

Menu Calendar Nutrient Analysis Report - March, 2023

Site: Charter Oak Elementary
 Date: 03/01/2023 - 03/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 1 Day 3 Cost - ServingDate: 03/01/2023								
Toasted Cheese Sandwich - OKR1220 (1 sandwich)	45	342.25	18.20	10.13	0.00	1161.50	32.02	16.13
Spaghetti with Chicken Meatballs, whole wheat - OKR1896 (1 serving)	40	351.75	13.35	3.69	0.00	670.32	41.88	20.24
Turkey & Cheese Sandwich - OKR1827 (1 sandwich)	15	294.61	11.11	5.06	0.00	912.18	32.02	19.15
Breadstick - SR1044 (1 breadstick)	30	80.00	1.00	0.00	0.00	95.00	14.00	3.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	65	65.49	4.49	0.33	0.00	72.07	5.40	3.00
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 1 Day 4 Cost - ServingDate: 03/02/2023								
Beef Chili Frito Pie - OKR1870 (1 ea.)	20	498.74	24.15	6.55	0.00	939.30	52.62	20.16
Pepperoni Smart Pizza - SR3777 (1 slice)	65	560.00	35.00	14.00	0.00	1300.00	35.40	28.00
Sunbutter & Jelly Sandwich - OKR1140 (1 sandwich)	15	394.57	19.00	2.00	0.00	360.00	45.89	13.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Frijoles ala Charro - OKR1230 (1/2 c.)	65	136.56	0.08	0.01	0.00	186.60	24.73	8.05
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 1 Day 5 Cost - ServingDate: 03/03/2023								
Fiesta Bean & Cheese Burrito - SR1030 (1 burrito)	20	294.94	8.30	3.62	0.00	519.72	41.75	15.73
Crispy Chicken Nuggets - SR1367 (5 nugget)	70	239.93	14.00	2.50	0.00	439.88	16.00	14.00

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SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 1 Day 5 Cost - ServingDate: 03/03/2023								
Ham & Cheese Sandwich - OKR1072 (1 sandwich)	10	351.13	15.10	6.56	0.00	1175.75	31.01	25.06
Dinner Roll - SR1010 (1 roll.)	70	80.00	1.50	0.00	0.00	65.00	14.00	3.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Steamed Corn - SR1034 (1/2 c.)	30	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Whipped Potatoes - SR1112 (1/2 c.)	65	79.98	1.50	1.00	0.00	102.62	15.00	2.00
Old Fashioned Country Biscuit Gravy - OKR1552 (1/4 c.)	65	42.52	2.43	1.22	0.00	147.42	4.86	0.00
Thick & Chunky Salsa - SR2187 (2 tbsp.)	5	5.00	0.00	0.00	0.00	115.00	1.50	0.00
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 2 Day 1 Cost - ServingDate: 03/06/2023								
Mexi Chicken Flatbread Pizza, Richs 6x6, USDA diced - OKR1943 (1 ea.)	15	409.76	17.50	8.07	0.00	985.99	34.14	26.83
Sunbutter & Jelly Sandwich - OKR1140 (1 sandwich)	25	394.57	19.00	2.00	0.00	360.00	45.89	13.00
Walking Nachos - SR1499 (1 nacho)	60	280.08	12.97	4.88	0.00	644.51	25.61	15.11
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Refried Beans - OKR1472 (1/2 c.)	65	170.42	1.67	0.01	0.00	369.81	29.43	6.52
Thick & Chunky Salsa - SR2187 (2 tbsp.)	30	5.00	0.00	0.00	0.00	115.00	1.50	0.00

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SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 2 Day 2 Cost - ServingDate: 03/07/2023								
Cheesy Chicken Spaghetti - OKR1007 (6 oz.)	40	254.55	10.11	4.15	0.00	541.02	21.64	22.39
Cheese Ravioli With Tomato Sauce - SR3571 (4 3/8 oz.)	50	164.36	2.46	1.25	0.00	268.02	24.18	11.06
Crispy Chicken Wrap - SR2524 (1 wrap)	10	425.49	23.26	8.78	0.00	842.34	37.63	18.33
Breadstick - SR1044 (1 breadstick)	70	80.00	1.00	0.00	0.00	95.00	14.00	3.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	65	65.49	4.49	0.33	0.00	72.07	5.40	3.00
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 2 Day 3 Cost - ServingDate: 03/08/2023								
American Sandwich - OKR1129 (1 sandwich)	10	356.13	14.85	6.31	0.00	1120.75	31.01	26.56
French Toast Brunch 4 Lunch - OKR1957 (1 serving)	35	381.38	18.01	3.86	0.00	455.54	38.98	17.43
Pepperoni Smart Pizza - SR3777 (1 slice)	55	560.00	35.00	14.00	0.00	1300.00	35.40	28.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Baked Cinnamon Raisin Apples - SR1238 (3/8 c.)	65	123.28	1.85	0.75	0.00	30.64	27.29	0.41
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	35	105.00	0.00	0.00	0.00	47.50	26.00	0.00
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 2 Day 4 Cost - ServingDate: 03/09/2023								
Crispy Chicken Nuggets - SR1367 (5 nugget)	55	239.93	14.00	2.50	0.00	439.88	16.00	14.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 2 Day 4 Cost - ServingDate: 03/09/2023								
Corn Dog - SR1023 (1 corn dog)	35	240.00	9.00	2.50	0.00	470.00	30.00	9.00
Chicken Caesar Wrap - SR2531 (1 wrap)	10	359.46	21.33	5.23	0.00	537.14	25.05	18.01
Garlic Knot Breadstick - SR1255 (1 roll.)	55	110.63	4.05	0.22	0.00	95.85	15.02	3.23
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Seasoned Carrot Coins - SR1017 (1/2 c.)	30	73.94	5.10	0.43	0.00	180.00	7.47	0.61
Whipped Potatoes - SR1112 (1/2 c.)	65	79.98	1.50	1.00	0.00	102.62	15.00	2.00
Old Fashioned Country Biscuit Gravy - OKR1552 (1/4 c.)	65	42.52	2.43	1.22	0.00	147.42	4.86	0.00
BBQ Sauce - SR2486 (1 pump)	10	20.00	0.00	0.00	0.00	195.00	4.50	0.00
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 2 Day 5 Cost - ServingDate: 03/10/2023								
Old School Cheese Pizza - SR3759 (1 slice)	65	300.00	11.00	5.00	0.00	440.00	34.00	16.00
Traditional Hamburger - OKR1165 (1 burger)	20	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Pinwheel Party Box - OKR1956 (1 Box)	15	290.00	13.25	5.75	0.00	760.00	23.00	21.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mixed Garden Vegetables - SR1583 (1/2 c.)	65	52.99	0.47	0.08	0.00	99.20	11.21	2.30
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 4 Day 1 Cost - ServingDate: 03/20/2023								
American Sandwich - OKR1129 (1 sandwich)	20	356.13	14.85	6.31	0.00	1120.75	31.01	26.56

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SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 4 Day 1 Cost - ServingDate: 03/20/2023								
Baked Penne Pasta - SR2128 (1 c.)	30	444.06	14.77	7.01	0.00	1050.62	58.49	20.82
Crispy Chicken Sandwich - SR2686 (1 burger)	50	390.00	16.00	2.50	0.00	700.00	42.00	20.00
Garlic Knot Breadstick - SR1255 (1 roll.)	20	110.63	4.05	0.22	0.00	95.85	15.02	3.23
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Green Beans - SR1021 (1/2 c.)	65	22.18	0.13	0.04	0.00	43.10	5.11	1.18
BBQ Sauce - SR2486 (1 pump)	10	20.00	0.00	0.00	0.00	195.00	4.50	0.00
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 4 Day 2 Cost - ServingDate: 03/21/2023								
Old School Cheese Pizza - SR3759 (1 slice)	60	300.00	11.00	5.00	0.00	440.00	34.00	16.00
Traditional Hamburger - OKR1165 (1 burger)	20	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Pinwheel Party Box - OKR1956 (1 Box)	20	290.00	13.25	5.75	0.00	760.00	23.00	21.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	65	65.49	4.49	0.33	0.00	72.07	5.40	3.00
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 4 Day 3 Cost - ServingDate: 03/22/2023								
Barbecue Rib Sandwich - OKR1132 (1 sandwich)	30	332.89	12.00	3.50	0.00	861.89	42.01	18.00
Crispy Chicken Nuggets - SR1367 (5 nugget)	60	239.93	14.00	2.50	0.00	439.88	16.00	14.00

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SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 4 Day 3 Cost - ServingDate: 03/22/2023								
Strawberry Banana Parfait - SR1504 (1 parfait)	10	280.19	3.99	0.75	0.01	120.97	57.92	5.55
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Dinner Roll - SR1010 (1 roll.)	60	80.00	1.50	0.00	0.00	65.00	14.00	3.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Smile Fries - SR3502 (1/2 c.)	85	130.65	4.52	0.50	0.00	180.89	20.10	2.01
BBQ Sauce - SR2486 (1 pump)	10	20.00	0.00	0.00	0.00	195.00	4.50	0.00
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 4 Day 4 Cost - ServingDate: 03/23/2023								
Beefy Totchos - OKR1863 (1 nacho)	55	212.59	11.31	3.46	0.00	597.09	17.11	10.97
Cheese Quesadilla - SR1050 (1 each quesadilla)	30	220.00	10.00	6.00	0.00	410.00	23.00	10.00
Crispy Chicken Wrap - SR2524 (1 wrap)	15	425.49	23.26	8.78	0.00	842.34	37.63	18.33
Flour Tortilla - SR3407 (1 tortilla)	55	132.86	4.09	2.04	0.00	204.40	22.48	3.07
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Corn - SR1303 (1/2 c.)	65	71.60	0.67	0.10	0.01	1.64	16.82	2.24
Thick & Chunky Salsa - SR2187 (2 tbsp.)	35	5.00	0.00	0.00	0.00	115.00	1.50	0.00
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 4 Day 5 Cost - ServingDate: 03/24/2023								
Old School Cheese Pizza - SR3759 (1 slice)	50	300.00	11.00	5.00	0.00	440.00	34.00	16.00

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SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 4 Day 5 Cost - ServingDate: 03/24/2023								
Glazed Chicken Drumstick - SR2447 (1 piece)	35	248.99	15.56	3.89	0.00	497.98	3.11	24.90
Sunbutter & Jelly Sandwich - OKR1140 (1 sandwich)	15	394.57	19.00	2.00	0.00	360.00	45.89	13.00
Twisted Breadstick - SR2142 (1 breadstick)	35	172.69	3.27	0.09	0.00	190.34	28.41	6.09
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Baked Beans - SR2026 (1/2 c.)	30	132.68	0.00	0.00	0.00	561.33	29.60	7.14
Whipped Potatoes - SR1112 (1/2 c.)	65	79.98	1.50	1.00	0.00	102.62	15.00	2.00
Old Fashioned Country Biscuit Gravy - OKR1552 (1/4 c.)	65	42.52	2.43	1.22	0.00	147.42	4.86	0.00
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 5 Day 1 Cost - ServingDate: 03/27/2023								
Deluxe Cheeseburger - OKR1164 (1 burger)	45	345.56	13.05	5.53	0.00	682.88	34.51	20.53
Ham & Cheese Sandwich - OKR1072 (1 sandwich)	20	351.13	15.10	6.56	0.00	1175.75	31.01	25.06
Macaroni and Cheese - SR2124 (2/3 c.)	35	386.61	20.82	10.41	0.00	1080.85	33.57	19.84
Garlic Knot Breadstick - SR1255 (1 roll.)	35	110.63	4.05	0.22	0.00	95.85	15.02	3.23
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Summer Squash - SR1523 (1/2 c.)	65	34.33	2.14	0.18	0.00	42.19	3.28	0.85

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SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 5 Day 2 Cost - ServingDate: 03/28/2023								
Old School Cheese Pizza - SR3759 (1 slice)	55	300.00	11.00	5.00	0.00	440.00	34.00	16.00
Popcorn Chicken Bowl - OKR1961 (1 ea.)	35	446.14	18.90	5.07	0.00	638.55	51.78	19.68
Crispy Chicken Wrap - SR2524 (1 wrap)	10	425.49	23.26	8.78	0.00	842.34	37.63	18.33
Dinner Roll - SR1010 (1 roll.)	35	80.00	1.50	0.00	0.00	65.00	14.00	3.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Baked Beans - SR2026 (1/2 c.)	65	132.68	0.00	0.00	0.00	561.33	29.60	7.14
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 5 Day 3 Cost - ServingDate: 03/29/2023								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	45	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Kidzable Build Your Own Pepperoni Pizza - OKR1960 (1 portion)	20	422.37	21.53	9.40	0.00	1165.34	35.23	21.70
Beef & Cheese Nachos - SR2680 (1 nacho)	35	399.80	21.41	7.66	0.00	799.65	36.76	16.92
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Oven Roasted California Blend Vegetables - OKR1939 (1/2 c.)	65	104.64	8.54	0.70	0.01	40.85	7.45	1.61
Spaghetti Sauce - SR2220 (1/4 c.)	45	32.36	0.25	0.03	0.00	129.82	6.67	1.04
Thick & Chunky Salsa - SR2187 (2 tbsp.)	10	5.00	0.00	0.00	0.00	115.00	1.50	0.00

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SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 5 Day 4 Cost - ServingDate: 03/30/2023								
Corn Dog - SR1023 (1 corn dog)	55	240.00	9.00	2.50	0.00	470.00	30.00	9.00
Enchilada Suiza - OKR1451 (1 enchilada)	35	440.15	19.88	10.37	0.00	1050.41	38.64	26.66
Turkey & Cheese Sandwich - OKR1827 (1 sandwich)	10	294.61	11.11	5.06	0.00	912.18	32.02	19.15
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mixed Garden Vegetables - SR1583 (1/2 c.)	65	52.99	0.47	0.08	0.00	99.20	11.21	2.30
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 5 Day 5 Cost - ServingDate: 03/31/2023								
Meatball Sub - OKR1871 (1 sandwich)	20	388.77	13.66	4.26	0.00	709.74	46.33	22.01
Pepperoni Smart Pizza - SR3777 (1 slice)	70	560.00	35.00	14.00	0.00	1300.00	35.40	28.00
Sunbutter & Jelly Sandwich - OKR1140 (1 sandwich)	10	394.57	19.00	2.00	0.00	360.00	45.89	13.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Seasoned Carrot Coins - SR1017 (1/2 c.)	65	73.94	5.10	0.43	0.00	180.00	7.47	0.61

Legend
 (M) - Missing Nutrient Values

Report Selections
 Meal Type: Lunch
 Site Group: The Clubhouse
 Menu Line: CH-Main Event (II-Play)
 Serving Group: K-5
 Nutrients Option: Expanded

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Please be advised that our menu items may contain allergens or may have come in contact with items containing allergens. In addition, food manufacturers may change their formulation or manner of processing without our knowledge. Sodexo therefore cannot guarantee the accuracy of nutrition information. Ingredient and nutrition content of foods may vary due to changes in product formulation, recipe substitutions, portion size and other factors. The nutrition analyses provided are approximations only. Sodexo assumes no liability for any adverse reactions that may occur in the school cafeteria. We encourage all food allergic individuals to first inform the school nurse of allergy/intolerance and then work with our staff to plan a menu.