

## Menu Calendar Nutrient Analysis Report - November, 2022

Site: Charter Oak Elementary  
Date: 11/01/2022 - 11/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
<b>SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 4 Day 2 :40584 - ServingDate: 11/01/2022</b>					
Biscuit with Old Fashioned Gravy - OKR1604 (1 ea.)	0	256.80	5.76	0.14	564.83
Cheerios - SR1160 (1 bowl)	5	100.52	0.36	0.00	136.42
Cinnamon Chex - SR2336 (1 bowl)	5	120.00	0.00	0.00	170.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	110.00	0.00	0.00	120.00
Froot Loops - SR2427 (1 bowl)	5	110.00	0.50	0.00	160.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	160.00
Cinnamon Roll - OKR1273 (1 roll.)	0	205.30	0.50	0.00	135.17
String Cheese Stick - SR3035 (1 stick.)	5	91.13	5.06	0.00	202.50
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	0.86	0.00	135.95
Honey Graham Crackers - SR2366 (1 pkg.)	20	90.00	0.00	0.00	95.00
Unsweetened Applesauce - SR1195 (1/2 c.)	20	55.86	0.03	0.00	10.49
Banana - SR1166 (1 medium (7"))	25	105.02	0.13	0.00	1.18
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	5.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	10.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	60	130.00	1.50	0.00	130.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	1.61	0.00	112.96
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	130.00

## Menu Calendar Nutrient Analysis Report - November, 2022

Site: Charter Oak Elementary  
Date: 11/01/2022 - 11/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
<b>SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 4 Day 3 :40584 - ServingDate: 11/02/2022</b>					
Sausage Breakfast Pizza - SR1167 (1 slice)	0	210.03	2.00	0.00	350.06
Cheerios - SR1160 (1 bowl)	5	100.52	0.36	0.00	136.42
Cinnamon Chex - SR2336 (1 bowl)	5	120.00	0.00	0.00	170.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	110.00	0.00	0.00	120.00
Froot Loops - SR2427 (1 bowl)	5	110.00	0.50	0.00	160.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	160.00
Apple Frudel Stick - SR1747 (1 pkg.)	0	174.98	0.78	0.07	216.38
String Cheese Stick - SR3035 (1 stick.)	5	91.13	5.06	0.00	202.50
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	0.86	0.00	135.95
Honey Graham Crackers - SR2366 (1 pkg.)	20	90.00	0.00	0.00	95.00
Orange Smiles - SR1172 (6 slice or w)	20	45.12	0.01	0.00	0.00
Strawberries - SR3043 (1/2 c.)	30	26.71	0.00	0.00	1.37
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	5.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	10.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	60	130.00	1.50	0.00	130.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	1.61	0.00	112.96
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	130.00

## Menu Calendar Nutrient Analysis Report - November, 2022

Site: Charter Oak Elementary  
Date: 11/01/2022 - 11/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
<b>SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 4 Day 4 :40584 - ServingDate: 11/03/2022</b>					
Soft-Filled Cinnamon Toast Crunch Breakfast Bar - SR2822 (1 pkg.)	0	204.07	1.85	0.13	231.07
Cheerios - SR1160 (1 bowl)	5	100.52	0.36	0.00	136.42
Cinnamon Chex - SR2336 (1 bowl)	5	120.00	0.00	0.00	170.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	110.00	0.00	0.00	120.00
Froot Loops - SR2427 (1 bowl)	5	110.00	0.50	0.00	160.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	160.00
Turkey Sausage Biscuit - OKR1665 (1 ea.)	0	243.25	6.69	0.06	630.41
String Cheese Stick - SR3035 (1 stick.)	5	91.13	5.06	0.00	202.50
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	0.86	0.00	135.95
Honey Graham Crackers - SR2366 (1 pkg.)	20	90.00	0.00	0.00	95.00
Fresh Apple Slices - SR2546 (1 pkg.)	25	30.00	0.00	0.00	0.00
Small Apples - OKR1780 (1 small (2-3))	0	77.48	0.04	0.00	1.49
Diced Peaches - SR3040 (1/2 c.)	20	59.04	0.00	0.00	4.92
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	5.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	10.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	60	130.00	1.50	0.00	130.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	1.61	0.00	112.96

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Site: Charter Oak Elementary  
Date: 11/01/2022 - 11/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
<b>SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 4 Day 4 :40584 - ServingDate: 11/03/2022</b>					
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	130.00
<b>SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 4 Day 5 :40584 - ServingDate: 11/04/2022</b>					
Homestyle Breakfast Plate - SR2752 (1 plate)	0	(M)	(M)	(M)	(M)
Cheerios - SR1160 (1 bowl)	5	100.52	0.36	0.00	136.42
Cinnamon Chex - SR2336 (1 bowl)	5	120.00	0.00	0.00	170.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	110.00	0.00	0.00	120.00
Froot Loops - SR2427 (1 bowl)	5	110.00	0.50	0.00	160.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	160.00
String Cheese Stick - SR3035 (1 stick.)	5	91.13	5.06	0.00	202.50
Turkey Sausage Link - SR2332 (1 link)	0	60.00	1.00	0.00	90.00
Scrambled Eggs - OKR1375 (1 #10 scoop)	0	102.43	2.20	0.00	109.75
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	0.86	0.00	135.95
Honey Graham Crackers - SR2366 (1 pkg.)	20	90.00	0.00	0.00	95.00
Blueberries - SR2219 (1/2 c.)	20	39.41	0.00	0.00	0.98
Orange Smiles - SR1172 (6 slice or w)	25	45.12	0.01	0.00	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	5.00

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<b>SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 4 Day 5 :40584 - ServingDate: 11/04/2022</b>					
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	10.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	60	130.00	1.50	0.00	130.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	1.61	0.00	112.96
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	130.00
<b>SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 5 Day 1 :40584 - ServingDate: 11/07/2022</b>					
Cheerios - SR1160 (1 bowl)	5	100.52	0.36	0.00	136.42
Cinnamon Chex - SR2336 (1 bowl)	5	120.00	0.00	0.00	170.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	110.00	0.00	0.00	120.00
Froot Loops - SR2427 (1 bowl)	5	110.00	0.50	0.00	160.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	160.00
Pancake Sausage Bites - OKR1897 (5 pcs.)	0	220.00	3.00	0.00	360.00
Strawberry Yogurt - SR2433 (1/2 c.)	0	98.26	0.45	0.00	56.10
String Cheese Stick - SR3035 (1 stick.)	5	91.13	5.06	0.00	202.50
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	0.86	0.00	135.95
Honey Graham Crackers - SR2366 (1 pkg.)	20	90.00	0.00	0.00	95.00
Fresh Apple Slices - SR2546 (1 pkg.)	25	30.00	0.00	0.00	0.00

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<b>SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 5 Day 1 :40584 - ServingDate: 11/07/2022</b>					
Small Apples - OKR1780 (1 small (2-3))	0	77.48	0.04	0.00	1.49
Diced Bartlett Pears - SR1194 (1/2 c.)	20	59.31	0.00	0.00	4.75
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	5.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	10.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	60	130.00	1.50	0.00	130.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	1.61	0.00	112.96
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	130.00
<b>SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 5 Day 2 :40584 - ServingDate: 11/08/2022</b>					
Biscuit with Old Fashioned Gravy - OKR1604 (1 ea.)	0	256.80	5.76	0.14	564.83
Cheerios - SR1160 (1 bowl)	5	100.52	0.36	0.00	136.42
Cinnamon Chex - SR2336 (1 bowl)	5	120.00	0.00	0.00	170.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	110.00	0.00	0.00	120.00
Froot Loops - SR2427 (1 bowl)	5	110.00	0.50	0.00	160.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	160.00
Blueberry Muffin - SR1454 (1 muffin)	0	190.00	2.00	0.00	130.00
String Cheese Stick - SR3035 (1 stick.)	5	91.13	5.06	0.00	202.50

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<b>SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 5 Day 2 :40584 - ServingDate: 11/08/2022</b>					
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	0.86	0.00	135.95
Honey Graham Crackers - SR2366 (1 pkg.)	20	90.00	0.00	0.00	95.00
Unsweetened Applesauce - SR1195 (1/2 c.)	25	55.86	0.03	0.00	10.49
Banana - SR1166 (1 medium (7"))	25	105.02	0.13	0.00	1.18
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	5.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	10.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	60	130.00	1.50	0.00	130.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	1.61	0.00	112.96
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	130.00
<b>SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 5 Day 3 :40584 - ServingDate: 11/09/2022</b>					
Sausage Breakfast Pizza - SR1167 (1 slice)	0	210.03	2.00	0.00	350.06
Cheerios - SR1160 (1 bowl)	5	100.52	0.36	0.00	136.42
Cinnamon Chex - SR2336 (1 bowl)	5	120.00	0.00	0.00	170.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	110.00	0.00	0.00	120.00
Froot Loops - SR2427 (1 bowl)	5	110.00	0.50	0.00	160.00

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<b>SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 5 Day 3 :40584 - ServingDate: 11/09/2022</b>					
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	160.00
Mini Cinnis - SR1595 (1 pkg.)	0	240.00	1.50	0.00	270.00
String Cheese Stick - SR3035 (1 stick.)	0	91.13	5.06	0.00	202.50
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	0.86	0.00	135.95
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	0.00	0.00	95.00
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.01	0.00	0.00
Strawberries - SR3043 (1/2 c.)	0	26.71	0.00	0.00	1.37
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	5.00
100% Grape Juice - SR1607 (4 fl oz cup)	0	80.00	0.00	0.00	10.00
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00
Chocolate 1% Milk - OKR1062 (8 oz.)	0	130.00	1.50	0.00	130.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	1.61	0.00	112.96
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	130.00
<b>SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 5 Day 4 :40584 - ServingDate: 11/10/2022</b>					
American Breakfast Sandwich - SR1745 (1 sandwich)	0	245.00	3.88	0.00	910.00
Cheerios - SR1160 (1 bowl)	5	100.52	0.36	0.00	136.42
Cinnamon Chex - SR2336 (1 bowl)	5	120.00	0.00	0.00	170.00



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<b>SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 5 Day 4 :40584 - ServingDate: 11/10/2022</b>					
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	110.00	0.00	0.00	120.00
Froot Loops - SR2427 (1 bowl)	5	110.00	0.50	0.00	160.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	160.00
French Toast Sticks - SR1910 (3 stick.)	0	193.02	1.11	0.00	222.71
String Cheese Stick - SR3035 (1 stick.)	5	91.13	5.06	0.00	202.50
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	0.86	0.00	135.95
Honey Graham Crackers - SR2366 (1 pkg.)	20	90.00	0.00	0.00	95.00
Fresh Apple Slices - SR2546 (1 pkg.)	25	30.00	0.00	0.00	0.00
Small Apples - OKR1780 (1 small (2-3))	0	77.48	0.04	0.00	1.49
Diced Peaches - SR3040 (1/2 c.)	20	59.04	0.00	0.00	4.92
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	5.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	10.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	60	130.00	1.50	0.00	130.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	1.61	0.00	112.96
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	130.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
<b>SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 5 Day 5 :40584 - ServingDate: 11/11/2022</b>					
Southern Style Biscuit - OKR1789 (1 biscuit)	0	183.25	5.19	0.06	550.41
Breakfast Taco, Omelet, Tortilla - OKR1948 (1 tacos)	0	220.00	4.50	0.00	420.00
Cheerios - SR1160 (1 bowl)	5	100.52	0.36	0.00	136.42
Cinnamon Chex - SR2336 (1 bowl)	5	120.00	0.00	0.00	170.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	110.00	0.00	0.00	120.00
Froot Loops - SR2427 (1 bowl)	5	110.00	0.50	0.00	160.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	160.00
String Cheese Stick - SR3035 (1 stick.)	5	91.13	5.06	0.00	202.50
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	0.86	0.00	135.95
Honey Graham Crackers - SR2366 (1 pkg.)	20	90.00	0.00	0.00	95.00
Blueberries - SR2219 (1/2 c.)	20	39.41	0.00	0.00	0.98
Orange Smiles - SR1172 (6 slice or w)	25	45.12	0.01	0.00	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	5.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	10.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	60	130.00	1.50	0.00	130.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	1.61	0.00	112.96
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	130.00
Grape Jelly - SR2340 (1 tbsp.)	0	50.00	0.01	0.01	7.14

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<b>SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 1 Day 1 :40584 - ServingDate: 11/14/2022</b>					
Cheerios - SR1160 (1 bowl)	5	100.52	0.36	0.00	136.42
Cinnamon Chex - SR2336 (1 bowl)	5	120.00	0.00	0.00	170.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	110.00	0.00	0.00	120.00
Froot Loops - SR2427 (1 bowl)	5	110.00	0.50	0.00	160.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	160.00
Pancake Sausage Bites - OKR1897 (5 pcs.)	60	220.00	3.00	0.00	360.00
Strawberry Yogurt - SR2433 (1/2 c.)	15	98.26	0.45	0.00	56.10
String Cheese Stick - SR3035 (1 stick.)	5	91.13	5.06	0.00	202.50
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	0.86	0.00	135.95
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	0.00	0.00	95.00
Fresh Apple Slices - SR2546 (1 pkg.)	20	30.00	0.00	0.00	0.00
Small Apples - OKR1780 (1 small (2-3))	20	77.48	0.04	0.00	1.49
Diced Bartlett Pears - SR1194 (1/2 c.)	25	59.31	0.00	0.00	4.75
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	5.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	10.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	60	130.00	1.50	0.00	130.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	1.61	0.00	112.96
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	130.00

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<b>SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 1 Day 2 :40584 - ServingDate: 11/15/2022</b>					
Biscuit with Old Fashioned Gravy - OKR1604 (1 ea.)	60	256.80	5.76	0.14	564.83
Cheerios - SR1160 (1 bowl)	5	100.52	0.36	0.00	136.42
Cinnamon Chex - SR2336 (1 bowl)	5	120.00	0.00	0.00	170.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	110.00	0.00	0.00	120.00
Froot Loops - SR2427 (1 bowl)	5	110.00	0.50	0.00	160.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	160.00
Banana Muffin - SR1591 (1 muffin)	15	190.00	2.00	0.00	130.00
String Cheese Stick - SR3035 (1 stick.)	20	91.13	5.06	0.00	202.50
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	0.86	0.00	135.95
Honey Graham Crackers - SR2366 (1 pkg.)	20	90.00	0.00	0.00	95.00
Small Apples - OKR1780 (1 small (2- 3))	15	77.48	0.04	0.00	1.49
Unsweetened Applesauce - SR1195 (1/2 c.)	15	55.86	0.03	0.00	10.49
Banana - SR1166 (1 medium (7"))	25	105.02	0.13	0.00	1.18
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	5.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	10.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	60	130.00	1.50	0.00	130.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	1.61	0.00	112.96

## Menu Calendar Nutrient Analysis Report - November, 2022

Site: Charter Oak Elementary  
Date: 11/01/2022 - 11/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
<b>SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 1 Day 2 :40584 - ServingDate: 11/15/2022</b>					
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	130.00
<b>SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 1 Day 3 :40584 - ServingDate: 11/16/2022</b>					
Sausage Breakfast Pizza - SR1167 (1 slice)	60	210.03	2.00	0.00	350.06
Cheerios - SR1160 (1 bowl)	5	100.52	0.36	0.00	136.42
Cinnamon Chex - SR2336 (1 bowl)	5	120.00	0.00	0.00	170.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	110.00	0.00	0.00	120.00
Froot Loops - SR2427 (1 bowl)	5	110.00	0.50	0.00	160.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	160.00
Strawberry Creamy Cheese Mini Bagels - SR1188 (1 pkg.)	15	177.54	1.79	0.14	154.97
String Cheese Stick - SR3035 (1 stick.)	5	91.13	5.06	0.00	202.50
Buttery Wheat Toast Side - OKR1160 (1 slice)	15	99.05	0.86	0.00	135.95
Honey Graham Crackers - SR2366 (1 pkg.)	5	90.00	0.00	0.00	95.00
Small Apples - OKR1780 (1 small (2-3))	15	77.48	0.04	0.00	1.49
Orange Smiles - SR1172 (6 slice or w)	25	45.12	0.01	0.00	0.00
Strawberries - SR3043 (1/2 c.)	30	26.71	0.00	0.00	1.37
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	5.00

## Menu Calendar Nutrient Analysis Report - November, 2022

Site: Charter Oak Elementary  
Date: 11/01/2022 - 11/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
<b>SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 1 Day 3 :40584 - ServingDate: 11/16/2022</b>					
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	10.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	60	130.00	1.50	0.00	130.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	1.61	0.00	112.96
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	130.00
<b>SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 1 Day 4 :40584 - ServingDate: 11/17/2022</b>					
Breakfast Sandwich - SR1193 (1 sandwich)	40	220.00	3.50	0.00	790.00
Cheerios - SR1160 (1 bowl)	5	100.52	0.36	0.00	136.42
Cinnamon Chex - SR2336 (1 bowl)	5	120.00	0.00	0.00	170.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	110.00	0.00	0.00	120.00
Froot Loops - SR2427 (1 bowl)	5	110.00	0.50	0.00	160.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	160.00
French Toast Sticks - SR1910 (3 stick.)	35	193.02	1.11	0.00	222.71
String Cheese Stick - SR3035 (1 stick.)	10	91.13	5.06	0.00	202.50
Buttery Wheat Toast Side - OKR1160 (1 slice)	15	99.05	0.86	0.00	135.95
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	0.00	0.00	95.00
Fresh Apple Slices - SR2546 (1 pkg.)	25	30.00	0.00	0.00	0.00

## Menu Calendar Nutrient Analysis Report - November, 2022

Site: Charter Oak Elementary  
Date: 11/01/2022 - 11/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
<b>SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 1 Day 4 :40584 - ServingDate: 11/17/2022</b>					
Small Apples - OKR1780 (1 small (2-3))	0	77.48	0.04	0.00	1.49
Diced Peaches - SR3040 (1/2 c.)	25	59.04	0.00	0.00	4.92
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	5.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	10.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	60	130.00	1.50	0.00	130.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	1.61	0.00	112.96
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	130.00
Breakfast Syrup Cup - SR2498 (1 Container)	0	110.00	0.00	0.00	20.00
<b>SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 1 Day 5 :40584 - ServingDate: 11/18/2022</b>					
Breakfast Taco, Omelet, Tortilla - OKR1948 (1 tacos)	0	220.00	4.50	0.00	420.00
Cheerios - SR1160 (1 bowl)	5	100.52	0.36	0.00	136.42
Cinnamon Chex - SR2336 (1 bowl)	5	120.00	0.00	0.00	170.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	110.00	0.00	0.00	120.00
Froot Loops - SR2427 (1 bowl)	5	110.00	0.50	0.00	160.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	160.00
Waffle, Eggoji, Kellogg - OKR1937 (2 ea.)	35	180.00	1.50	0.00	210.00

## Menu Calendar Nutrient Analysis Report - November, 2022

Site: Charter Oak Elementary  
Date: 11/01/2022 - 11/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
<b>SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 1 Day 5 :40584 - ServingDate: 11/18/2022</b>					
String Cheese Stick - SR3035 (1 stick.)	10	91.13	5.06	0.00	202.50
Buttery Wheat Toast Side - OKR1160 (1 slice)	15	99.05	0.86	0.00	135.95
Honey Graham Crackers - SR2366 (1 pkg.)	15	90.00	0.00	0.00	95.00
Small Apples - OKR1780 (1 small (2-3))	15	77.48	0.04	0.00	1.49
Blueberries - SR2219 (1/2 c.)	15	39.41	0.00	0.00	0.98
Orange Smiles - SR1172 (6 slice or w)	25	45.12	0.01	0.00	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	5.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	10.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	60	130.00	1.50	0.00	130.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	1.61	0.00	112.96
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	130.00
<b>SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 3 Day 1 :40584 - ServingDate: 11/28/2022</b>					
Cheerios - SR1160 (1 bowl)	5	100.52	0.36	0.00	136.42
Cinnamon Chex - SR2336 (1 bowl)	5	120.00	0.00	0.00	170.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	110.00	0.00	0.00	120.00
Froot Loops - SR2427 (1 bowl)	5	110.00	0.50	0.00	160.00



## Menu Calendar Nutrient Analysis Report - November, 2022

Site: Charter Oak Elementary  
Date: 11/01/2022 - 11/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
<b>SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 3 Day 1 :40584 - ServingDate: 11/28/2022</b>					
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	160.00
Pancake Sausage Bites - OKR1897 (5 pcs.)	0	220.00	3.00	0.00	360.00
Strawberry Yogurt - SR2433 (1/2 c.)	15	98.26	0.45	0.00	56.10
String Cheese Stick - SR3035 (1 stick.)	5	91.13	5.06	0.00	202.50
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	0.86	0.00	135.95
Honey Graham Crackers - SR2366 (1 pkg.)	20	90.00	0.00	0.00	95.00
Fresh Apple Slices - SR2546 (1 pkg.)	20	30.00	0.00	0.00	0.00
Small Apples - OKR1780 (1 small (2-3))	15	77.48	0.04	0.00	1.49
Diced Bartlett Pears - SR1194 (1/2 c.)	20	59.31	0.00	0.00	4.75
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	5.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	10.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	60	130.00	1.50	0.00	130.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	1.61	0.00	112.96
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	130.00

## Menu Calendar Nutrient Analysis Report - November, 2022

Site: Charter Oak Elementary  
Date: 11/01/2022 - 11/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
<b>SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 3 Day 2 :40584 - ServingDate: 11/29/2022</b>					
Biscuit with Old Fashioned Gravy - OKR1604 (1 ea.)	55	256.80	5.76	0.14	564.83
Cheerios - SR1160 (1 bowl)	5	100.52	0.36	0.00	136.42
Cinnamon Chex - SR2336 (1 bowl)	5	120.00	0.00	0.00	170.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	110.00	0.00	0.00	120.00
Froot Loops - SR2427 (1 bowl)	5	110.00	0.50	0.00	160.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	160.00
Double Chocolate Chip Muffin - SR1592 (1 muffin)	20	190.00	2.00	0.00	130.00
String Cheese Stick - SR3035 (1 stick.)	5	91.13	5.06	0.00	202.50
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	0.86	0.00	135.95
Honey Graham Crackers - SR2366 (1 pkg.)	20	90.00	0.00	0.00	95.00
Small Apples - OKR1780 (1 small (2-3))	15	77.48	0.04	0.00	1.49
Unsweetened Applesauce - SR1195 (1/2 c.)	25	55.86	0.03	0.00	10.49
Banana - SR1166 (1 medium (7"))	25	105.02	0.13	0.00	1.18
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	5.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	10.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	60	130.00	1.50	0.00	130.00

## Menu Calendar Nutrient Analysis Report - November, 2022

Site: Charter Oak Elementary  
Date: 11/01/2022 - 11/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
<b>SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 3 Day 2 :40584 - ServingDate: 11/29/2022</b>					
White 1% Milk - OKR1061 (8 oz.)	15	107.58	1.61	0.00	112.96
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	130.00
<b>SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 3 Day 3 :40584 - ServingDate: 11/30/2022</b>					
Sausage Breakfast Pizza - SR1167 (1 slice)	60	210.03	2.00	0.00	350.06
Cheerios - SR1160 (1 bowl)	5	100.52	0.36	0.00	136.42
Cinnamon Chex - SR2336 (1 bowl)	5	120.00	0.00	0.00	170.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	110.00	0.00	0.00	120.00
Froot Loops - SR2427 (1 bowl)	5	110.00	0.50	0.00	160.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	160.00
Strawberry Creamy Cheese Mini Bagels - SR1188 (1 pkg.)	15	177.54	1.79	0.14	154.97
String Cheese Stick - SR3035 (1 stick.)	5	91.13	5.06	0.00	202.50
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	0.86	0.00	135.95
Honey Graham Crackers - SR2366 (1 pkg.)	20	90.00	0.00	0.00	95.00
Small Apples - OKR1780 (1 small (2-3))	15	77.48	0.04	0.00	1.49
Orange Smiles - SR1172 (6 slice or w)	20	45.12	0.01	0.00	0.00
Strawberries - SR3043 (1/2 c.)	30	26.71	0.00	0.00	1.37

# Menu Calendar Nutrient Analysis Report - November, 2022

Site: Charter Oak Elementary  
 Date: 11/01/2022 - 11/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
<b>SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 3 Day 3 :40584 - ServingDate: 11/30/2022</b>					
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	5.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	10.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	60	130.00	1.50	0.00	130.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	1.61	0.00	112.96
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	130.00

**Legend**  
 (M) - Missing Nutrient Values

**Report Selections**  
 Meal Type: Breakfast  
 Site Group: The Clubhouse  
 Menu Line: B-Café Classics  
 Serving Group: K-5  
 Nutrients Option: Simplified

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.