

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/18/2023 3:00:29 PM by Leroy Claborn

Site: Charter Oak Elementary
Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24 Clubhouse Lunch_K5/K8 Week 5 Day 5 - ServingDate: 09/01/2023								
Meatball Sub - OKR1871 (1 sandwich)	15	388.77	13.66	4.26	0.00	709.74	46.33	22.01
Pepperoni Smart Pizza - SR3777 (1 slice)	75	326.00	13.40	5.90	0.00	526.00	34.14	17.20
Sunbutter & Jelly Sandwich - OKR1140 (1 sandwich)	10	392.69	18.84	1.98	0.00	348.87	45.82	12.93
String Cheese Stick - SR3035 (1 stick.)	10	90.00	7.00	5.00	0.00	200.00	0.00	7.00
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
SY23-24 Clubhouse Lunch_K5/K8 Week 1 Day 2 - ServingDate: 09/05/2023								
American Sandwich - OKR1969 (1 sandwich)	10	307.27	9.54	3.52	0.00	864.88	33.03	24.72
Old School Cheese Pizza - SR3759 (1 slice)	75	300.00	11.00	5.00	0.00	440.00	34.00	16.00
Chicken and Cheese Quesadilla - SR3897 (1 each quesadilla)	15	403.80	19.23	9.24	0.00	759.66	36.19	21.08
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Green Peas & Carrots - OKR1029 (1/2 c.)	65	66.05	0.54	0.10	0.00	74.28	12.49	3.25
Chocolate Chip Cookie - SR2492 (1 cookie)	90	111.38	3.54	1.01	0.00	86.06	18.23	2.02
SY23-24 Clubhouse Lunch_K5/K8 Week 1 Day 3 - ServingDate: 09/06/2023								
Toasted Cheese Sandwich - OKR1220 (1 sandwich)	35	342.25	18.20	10.13	0.00	1161.50	32.02	16.13
Spaghetti with Meatballs - SR3744 (1 serving)	50	416.05	14.38	3.83	0.00	395.16	55.08	22.46

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SY23-24 Clubhouse Lunch_K5/K8 Week 1 Day 3 - ServingDate: 09/06/2023								
Turkey & Cheese Sandwich - OKR1973 (1 sandwich)	15	283.34	8.02	2.50	0.00	729.50	32.52	22.17
Breadstick - SR1044 (1 breadstick)	50	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
SY23-24 Clubhouse Lunch_K5/K8 Week 1 Day 4 - ServingDate: 09/07/2023								
Chili Frito Pie - OKR1976 (1 ea.)	20	497.42	23.96	6.72	0.00	803.88	54.07	19.29
Pepperoni Smart Pizza - SR3777 (1 slice)	70	326.00	13.40	5.90	0.00	526.00	34.14	17.20
Sunbutter & Jelly Sandwich - OKR1140 (1 sandwich)	10	392.69	18.84	1.98	0.00	348.87	45.82	12.93
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pinto Beans - SR3314 (1/2 c.)	65	118.51	1.21	0.00	0.00	169.30	21.77	7.26
SY23-24 Clubhouse Lunch_K5/K8 Week 1 Day 5 - ServingDate: 09/08/2023								
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
Ham & Cheese Sandwich - OKR1972 (1 sandwich)	10	285.06	9.55	4.02	0.00	750.31	32.52	19.16
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)

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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)
SY23-24 Clubhouse Lunch_K5/K8 Week 1 Day 5 - ServingDate: 09/08/2023								
Steamed Corn - SR1034 (1/2 c.)	65	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
SY23-24 Clubhouse Lunch_K5/K8 Week 2 Day 1 - ServingDate: 09/11/2023								
Barbecue Chicken Sandwich - OKR1782 (1 sandwich)	20	280.69	4.32	0.00	0.00	916.81	39.66	19.93
Sunbutter & Jelly Sandwich - OKR1140 (1 sandwich)	15	392.69	18.84	1.98	0.00	348.87	45.82	12.93
Walking Nachos - OKR1979 (1 nacho)	65	282.65	13.41	4.91	0.00	604.25	26.50	15.47
String Cheese Stick - SR3035 (1 stick.)	15	90.00	7.00	5.00	0.00	200.00	0.00	7.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Refried Beans - SR1070 (1/2 c.)	65	161.28	0.58	0.00	0.00	164.61	27.65	10.37
SY23-24 Clubhouse Lunch_K5/K8 Week 2 Day 2 - ServingDate: 09/12/2023								
Corn Dog - SR1023 (1 corn dog)	65	240.00	9.00	2.50	0.00	470.00	30.00	9.00
Crispy Chicken Wrap - OKR1980 (1 wrap)	10	527.82	25.45	8.07	0.00	1157.37	56.72	20.34
Macaroni & Cheese - SR1137 (2/3 c.)	25	383.44	21.26	10.64	0.00	876.64	34.35	20.03
Garlic Knot Breadstick - SR1255 (1 roll.)	25	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)

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SY23-24 Clubhouse Lunch_K5/K8 Week 2 Day 2 - ServingDate: 09/12/2023								
Roasted Broccoli - SR1852 (1/2 c.)	65	65.49	4.49	0.33	0.00	72.07	5.40	3.00
Chocolate Chip Cookie - SR2492 (1 cookie)	90	111.38	3.54	1.01	0.00	86.06	18.23	2.02
SY23-24 Clubhouse Lunch_K5/K8 Week 2 Day 3 - ServingDate: 09/13/2023								
American Sandwich - OKR1969 (1 sandwich)	10	307.27	9.54	3.52	0.00	864.88	33.03	24.72
French Toast Brunch 4 Lunch - OKR1957 (1 serving)	45	410.54	19.89	4.48	0.00	473.48	37.61	19.93
Old School Cheese Pizza - SR3759 (1 slice)	45	300.00	11.00	5.00	0.00	440.00	34.00	16.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Baked Cinnamon Raisin Apples - SR1238 (3/8 c.)	40	123.28	1.85	0.75	0.00	30.64	27.95	0.41
SY23-24 Clubhouse Lunch_K5/K8 Week 2 Day 4 - ServingDate: 09/14/2023								
Cheesy Chicken Spaghetti - OKR1007 (6 oz.)	15	260.25	10.28	4.08	0.00	365.64	21.95	22.16
Chicken Caesar Wrap - SR2556 (1 wrap)	10	441.68	23.67	6.52	0.00	680.56	37.34	19.70
Crispy Chicken Nuggets - SR1367 (5 nugget)	75	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Breadstick - SR1044 (1 breadstick)	15	80.00	1.00	0.00	0.00	95.00	14.00	3.00
Dinner Roll - SR1010 (1 roll.)	75	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)
Seasoned Carrot Coins - SR1017 (1/2 c.)	45	73.94	5.10	0.43	0.00	180.00	7.47	0.61

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SY23-24 Clubhouse Lunch_K5/K8 Week 2 Day 4 - ServingDate: 09/14/2023								
Whipped Potatoes - SR1112 (1/2 c.)	75	79.98	1.50	1.00	0.00	102.62	15.00	2.00
Old Fashioned Country Biscuit Gravy - OKR1552 (1/4 c.)	70	42.52	2.43	1.22	0.00	147.42	4.86	0.00
SY23-24 Clubhouse Lunch_K5/K8 Week 2 Day 5 - ServingDate: 09/15/2023								
Traditional Hamburger - OKR1165 (1 burger)	25	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Pepperoni Smart Pizza - SR3777 (1 slice)	65	326.00	13.40	5.90	0.00	526.00	34.14	17.20
Pinwheel Party Box - OKR1978 (1 Box)	10	357.27	13.54	6.51	0.00	954.88	37.03	23.72
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mixed Garden Vegetables - SR1583 (1/2 c.)	65	53.56	0.44	0.08	0.00	91.04	11.37	2.28
SY23-24 Clubhouse Lunch_K5/K8 Week 3 Day 2 - ServingDate: 09/19/2023								
Classic Beef Lasagna - OKR1981 (1 ea.)	35	312.75	10.63	5.56	0.00	571.33	36.39	17.59
Buffalo Chicken Wrap - OKR1982 (1 wrap)	10	537.32	24.94	8.04	0.00	2134.21	58.24	22.09
Chicken & Waffles - SR1425 (1 serving)	55	344.93	17.50	3.00	0.00	614.88	32.50	16.00
Breadstick - SR1044 (1 breadstick)	35	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 Summer Squash - SR1523 (1/2 c.)	65	34.33	2.14	0.18	0.00	42.19	3.28	0.85
Chocolate Chip Cookie - SR2492 (1 cookie)	90	111.38	3.54	1.01	0.00	86.06	18.23	2.02

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SY23-24 Clubhouse Lunch_K5/K8 Week 3 Day 3 - ServingDate: 09/20/2023								
Old School Cheese Pizza - SR3759 (1 slice)	75	300.00	11.00	5.00	0.00	440.00	34.00	16.00
Crispy Chicken Wrap - OKR1980 (1 wrap)	10	527.82	25.45	8.07	0.00	1157.37	56.72	20.34
Bean & Cheese Nachos - SR1471 (1 nacho)	15	396.30	18.21	6.55	0.00	678.59	44.27	15.35
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pinto Beans - SR3314 (1/2 c.)	65	118.51	1.21	0.00	0.00	169.30	21.77	7.26
SY23-24 Clubhouse Lunch_K5/K8 Week 3 Day 4 - ServingDate: 09/21/2023								
Twisted Dog - OKR1434 (1 serving (1))	45	280.09	11.00	2.50	0.00	450.11	29.02	14.00
Orange Chicken Nuggets - SR2815 (5 nugget)	45	350.42	16.20	2.92	0.04	642.80	36.65	16.32
Sunbutter & Jelly Sandwich - OKR1140 (1 sandwich)	10	392.69	18.84	1.98	0.00	348.87	45.82	12.93
String Cheese Stick - SR3035 (1 stick.)	10	90.00	7.00	5.00	0.00	200.00	0.00	7.00
Steamed Brown Rice - SR1098 (1/2 c.)	45	117.19	1.03	0.00	0.00	2.02	24.82	2.76
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Green Peas - SR2335 (1/2 c.)	65	75.92	0.26	0.05	0.00	68.75	13.66	4.92
SY23-24 Clubhouse Lunch_K5/K8 Week 3 Day 5 - ServingDate: 09/22/2023								
Chicken Caesar Wrap - SR2556 (1 wrap)	5	441.68	23.67	6.52	0.00	680.56	37.34	19.70
Grilled Cheese Sandwich - OKR1970 (1 sandwich)	20	380.00	20.00	10.00	0.00	769.99	34.00	16.00

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SY23-24 Clubhouse Lunch_K5/K8 Week 3 Day 5 - ServingDate: 09/22/2023								
Pepperoni Smart Pizza - SR3777 (1 slice)	75	326.00	13.40	5.90	0.00	526.00	34.14	17.20
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Crinkle Cut Sweet Potato Fries - SR3936 (1/2 c.)	75	169.47	6.98	1.00	0.00	259.20	24.92	1.00
SY23-24 Clubhouse Lunch_K5/K8 Week 4 Day 1 - ServingDate: 09/25/2023								
American Sandwich - OKR1969 (1 sandwich)	10	307.27	9.54	3.52	0.00	864.88	33.03	24.72
Baked Penne Pasta - SR1133 (1 c.)	15	392.48	14.50	6.99	0.00	744.09	47.62	19.14
Chicken Burger - OKR1124 (1 burger)	75	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Garlic Knot Breadstick - SR1255 (1 roll.)	15	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
SY23-24 Clubhouse Lunch_K5/K8 Week 4 Day 2 - ServingDate: 09/26/2023								
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)	25	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Pinwheel Party Box - OKR1978 (1 Box)	10	357.27	13.54	6.51	0.00	954.88	37.03	23.72
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
Chocolate Chip Cookie - SR2492 (1 cookie)	90	111.38	3.54	1.01	0.00	86.06	18.23	2.02

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SY23-24 Clubhouse Lunch_K5/K8 Week 4 Day 3 - ServingDate: 09/27/2023								
Barbecue Rib Sandwich - OKR1132 (1 sandwich)	20	332.89	12.00	3.50	0.00	861.89	42.01	18.00
Crispy Chicken Nuggets - SR1367 (5 nugget)	65	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Strawberry Banana Parfait - OKR1983 (1 parfait)	15	271.96	5.38	0.92	0.02	149.83	50.47	6.05
Dinner Roll - SR1010 (1 roll.)	65	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.)	75	130.65	4.52	0.50	0.00	180.89	20.10	2.01
SY23-24 Clubhouse Lunch_K5/K8 Week 4 Day 4 - ServingDate: 09/28/2023								
Beefy Totchos - OKR1863 (1 nacho)	65	214.25	11.65	3.47	0.00	556.18	17.45	11.26
Crispy Chicken Wrap - OKR1980 (1 wrap)	15	527.82	25.45	8.07	0.00	1157.37	56.72	20.34
Cheese Quesadilla - SR1054 (1 each quesadilla)	20	390.00	18.00	10.00	0.00	679.99	36.00	21.00
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
SY23-24 Clubhouse Lunch_K5/K8 Week 4 Day 5 - ServingDate: 09/29/2023								
Glazed Chicken Drumstick - SR2447 (1 piece)	15	248.99	15.56	3.89	0.00	497.98	3.11	24.90
Pepperoni Smart Pizza - SR3777 (1 slice)	75	326.00	13.40	5.90	0.00	526.00	34.14	17.20
Sunbutter & Jelly Sandwich - OKR1140 (1 sandwich)	10	392.69	18.84	1.98	0.00	348.87	45.82	12.93

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SY23-24 Clubhouse Lunch_K5/K8 Week 4 Day 5 - ServingDate: 09/29/2023								
Twisted Breadstick - SR2142 (1 breadstick)	15	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 - SR3118 (1/2 c.)	65	112.64	1.02	0.00	0.00	122.88	21.50	7.17

Legend
(M) - Missing Nutrient Values

Report Selections
Meal Type: Lunch
Site Group: The Clubhouse
Menu Line: CH-Main Event (3 entrees)
Serving Group: K-8
Nutrients Option: Expanded

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.