

Menu Calendar Nutrient Analysis Report - February, 2019

Site: Elementary School
 Date: 02/01/2019 - 02/28/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Jan. 19 - BIC K-5 Week 5 Day 5 Assorted Cereal :16161 - ServingDate: 02/01/2019								
Apple Jacks Bowlpack - SPR1414 (1 bowl)	25	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Cheerios Bowlpack - SPR1384 (1 bowl)	15	100.00	2.00	0.50	0.00	140.00	20.00	3.00
Cinnamon Chex Bowlpack - SPR1125 (1 ea.)	25	120.00	2.50	0.00	0.00	170.00	22.00	1.00
Cinnamon Goldfish - SPR1040 (1 pkg.)	65	120.00	4.00	1.00	0.00	130.00	19.00	2.00
Frosted Mini Wheat Bowlpack - SPR1122 (1 ea.)	15	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Trix Bowlpack, Reduced Sugar - SPR1416 (1 bowl)	15	110.00	1.00	0.00	0.00	140.00	24.00	1.00
Fresh Fruit Variety - SPR1164 (1/2 c.)	85	82.44	0.25	0.05	0.00	1.10	21.53	0.81
100% Juice - SPR1042 (4 oz.)	95	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	45	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	40	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Feb. 19 - BIC K-5 Week 1 Day 1 Assorted Cereal :17270 - ServingDate: 02/04/2019								
Apple Jacks Bowlpack - SPR1414 (1 bowl)	15	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Cheerios Bowlpack - SPR1384 (1 bowl)	10	100.00	2.00	0.50	0.00	140.00	20.00	3.00
Cinnamon Chex Bowlpack - SPR1125 (1 ea.)	10	120.00	2.50	0.00	0.00	170.00	22.00	1.00
Cinnamon Goldfish - SPR1040 (1 pkg.)	75	120.00	4.00	1.00	0.00	130.00	19.00	2.00

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SPS Feb. 19 - BIC K-5 Week 1 Day 1 Assorted Cereal :17270 - ServingDate: 02/04/2019								
Frosted Mini Wheat Bowlpack - SPR1122 (1 ea.)	10	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Trix Bowlpack, Reduced Sugar - SPR1416 (1 bowl)	25	110.00	1.00	0.00	0.00	140.00	24.00	1.00
Fresh Fruit Variety - SPR1164 (1/2 c.)	5	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Raisin Box - SPR1041 (1/4 c.)	35	108.00	0.00	0.00	0.00	4.00	29.00	1.00
100% Juice - SPR1042 (4 oz.)	65	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	35	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	50	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Feb. 19 - BIC K-5 Week 1 Day 2 Apple Strudel :17270 - ServingDate: 02/05/2019								
Apple Strudel - SPR1386 (1 pkg.)	85	210.00	6.00	1.00	0.00	260.00	36.00	5.00
Cinnamon Goldfish - SPR1040 (1 pkg.)	50	120.00	4.00	1.00	0.00	130.00	19.00	2.00
Cinnamon French Toast - SPR1046 (1 pkg.)	5	220.00	7.00	1.00	0.00	380.00	37.00	3.00
Fresh Fruit Variety - SPR1164 (1/2 c.)	65	82.44	0.25	0.05	0.00	1.10	21.53	0.81
100% Juice - SPR1042 (4 oz.)	75	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	30	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	30	118.34	2.69	1.61	0.00	139.86	13.99	8.61

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Feb. 19 - BIC K-5 Week 1 Day 3 Blueberry Muffin :17270 - ServingDate: 02/06/2019								
Mozzarella String Cheese - SPR1412 (1 stick.)	65	80.00	6.00	3.50	0.00	150.00	1.00	7.00
Blueberry Muffin - SPR1390 (1 ea.)	85	190.00	6.00	2.00	0.00	130.00	30.00	3.00
Cinnamon Goldfish - SPR1040 (1 pkg.)	5	120.00	4.00	1.00	0.00	130.00	19.00	2.00
Fresh Fruit Variety - SPR1164 (1/2 c.)	50	82.44	0.25	0.05	0.00	1.10	21.53	0.81
100% Juice - SPR1042 (4 oz.)	75	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	30	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	30	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Feb. 19 - BIC K-5 Week 1 Day 4 Chocolate Chip French Toast :17270 - ServingDate: 02/07/2019								
Mozzarella String Cheese - SPR1412 (1 stick.)	65	80.00	6.00	3.50	0.00	150.00	1.00	7.00
Cheerios Bowlpack - SPR1384 (1 bowl)	1	100.00	2.00	0.50	0.00	140.00	20.00	3.00
Chocolate Chip French Toast - SPR1422 (1 pkg.)	95	210.00	6.00	1.50	0.00	270.00	35.00	5.00
Cinnamon Chex Bowlpack - SPR1125 (1 ea.)	1	120.00	2.50	0.00	0.00	170.00	22.00	1.00
Cinnamon Goldfish - SPR1040 (1 pkg.)	5	120.00	4.00	1.00	0.00	130.00	19.00	2.00
Frosted Mini Wheat Bowlpack - SPR1122 (1 ea.)	1	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Fresh Fruit Variety - SPR1164 (1/2 c.)	50	82.44	0.25	0.05	0.00	1.10	21.53	0.81

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Feb. 19 - BIC K-5 Week 1 Day 4 Chocolate Chip French Toast :17270 - ServingDate: 02/07/2019								
100% Juice - SPR1042 (4 oz.)	75	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	30	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	30	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Feb. 19 - BIC K-5 Week 1 Day 5 Cinnabar :17270 - ServingDate: 02/08/2019								
Yogurt Vanilla Danimal - SPR1190 (1 ea.)	5	80.00	0.00	0.00	0.00	60.00	16.00	4.00
Cinnabar - SPR1288 (1 ea.)	85	280.00	9.00	2.00	0.00	260.00	45.00	5.00
Cinnamon Goldfish - SPR1040 (1 pkg.)	50	120.00	4.00	1.00	0.00	130.00	19.00	2.00
Fresh Fruit Variety - SPR1164 (1/2 c.)	65	82.44	0.25	0.05	0.00	1.10	21.53	0.81
100% Juice - SPR1042 (4 oz.)	75	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	30	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	30	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Feb. 19 - BIC K-5 Week 2 Day 1 Chocolate Banana Breakfast Bar :17270 - ServingDate: 02/11/2019								
Banana Chocolate Chunk Bar - SPR1423 (1 Bar)	85	280.00	8.00	3.00	0.00	220.00	48.00	5.00
Cheerios Bowlpack - SPR1384 (1 bowl)	1	100.00	2.00	0.50	0.00	140.00	20.00	3.00

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SPS Feb. 19 - BIC K-5 Week 2 Day 1 Chocolate Banana Breakfast Bar :17270 - ServingDate: 02/11/2019								
Cinnamon Chex Bowlpack - SPR1125 (1 ea.)	1	120.00	2.50	0.00	0.00	170.00	22.00	1.00
Cinnamon Goldfish - SPR1040 (1 pkg.)	50	120.00	4.00	1.00	0.00	130.00	19.00	2.00
Frosted Mini Wheat Bowlpack - SPR1122 (1 ea.)	1	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Craisins - SPR1044 (1/4 c.)	35	110.00	0.00	0.00	0.00	0.00	28.00	0.00
Fresh Fruit Variety - SPR1164 (1/2 c.)	5	82.44	0.25	0.05	0.00	1.10	21.53	0.81
100% Juice - SPR1042 (4 oz.)	75	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	30	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	30	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Feb. 19 - BIC K-5 Week 2 Day 2 Cinnamon Ultimate Breakfast Round :17270 - ServingDate: 02/12/2019								
Mozzarella String Cheese - SPR1412 (1 stick.)	40	80.00	6.00	3.50	0.00	150.00	1.00	7.00
Apple Cinnamon Muffin - SPR1391 (1 ea.)	5	160.00	5.00	0.50	0.00	130.00	26.00	2.00
Cinnamon Breakfast Round - SPR1336 (1 ea.)	65	270.00	8.00	3.00	0.00	190.00	44.00	5.00
Cinnamon Goldfish - SPR1040 (1 pkg.)	5	120.00	4.00	1.00	0.00	130.00	19.00	2.00
Fresh Fruit Variety - SPR1164 (1/2 c.)	50	82.44	0.25	0.05	0.00	1.10	21.53	0.81
100% Juice - SPR1042 (4 oz.)	70	60.00	0.00	0.00	0.00	5.00	14.00	0.00

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SPS Feb. 19 - BIC K-5 Week 2 Day 2 Cinnamon Ultimate Breakfast Round :17270 - ServingDate: 02/12/2019								
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	30	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	30	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Feb. 19 - BIC K-5 Week 2 Day 3 Egg & Cheese Breakfast Sandwich :17270 - ServingDate: 02/13/2019								
Egg & Cheese Breakfast Sandwich - SPR1045 (1 sandwich)	85	160.00	7.00	2.50	0.00	280.00	19.00	6.00
Cinnamon Goldfish - SPR1040 (1 pkg.)	75	120.00	4.00	1.00	0.00	130.00	19.00	2.00
Fresh Fruit Variety - SPR1164 (1/2 c.)	50	82.44	0.25	0.05	0.00	1.10	21.53	0.81
100% Juice - SPR1042 (4 oz.)	75	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	30	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	30	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Feb. 19 - BIC K-5 Week 2 Day 4 Confetti Pancakes :17270 - ServingDate: 02/14/2019								
Cheerios Bowlpack - SPR1384 (1 bowl)	1	100.00	2.00	0.50	0.00	140.00	20.00	3.00
Cinnamon Chex Bowlpack - SPR1125 (1 ea.)	1	120.00	2.50	0.00	0.00	170.00	22.00	1.00
Confetti Pancake - SPR1424 (1 pkg.)	85	220.00	7.00	1.00	0.00	300.00	36.00	4.00
Cinnamon Goldfish - SPR1040 (1 pkg.)	50	120.00	4.00	1.00	0.00	130.00	19.00	2.00

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SPS Feb. 19 - BIC K-5 Week 2 Day 4 Confetti Pancakes :17270 - ServingDate: 02/14/2019								
Frosted Mini Wheat Bowlpack - SPR1122 (1 ea.)	1	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Fresh Fruit Variety - SPR1164 (1/2 c.)	65	82.44	0.25	0.05	0.00	1.10	21.53	0.81
100% Juice - SPR1042 (4 oz.)	75	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	30	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	30	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Feb. 19 - BIC K-5 Week 2 Day 5 Strawberry Guava Flip :17270 - ServingDate: 02/15/2019								
Mozzarella String Cheese - SPR1412 (1 stick.)	65	80.00	6.00	3.50	0.00	150.00	1.00	7.00
Yogurt Vanilla Danimal - SPR1190 (1 ea.)	5	80.00	0.00	0.00	0.00	60.00	16.00	4.00
Cinnamon Goldfish - SPR1040 (1 pkg.)	5	120.00	4.00	1.00	0.00	130.00	19.00	2.00
Strawberry Guava Flip - SPR1292 (1 ea.)	85	260.00	7.00	1.50	0.00	260.00	45.00	4.00
Fresh Fruit Variety - SPR1164 (1/2 c.)	65	82.44	0.25	0.05	0.00	1.10	21.53	0.81
100% Juice - SPR1042 (4 oz.)	75	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	30	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	30	118.34	2.69	1.61	0.00	139.86	13.99	8.61

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SPS Feb. 19 - BIC K-5 Week 3 Day 1 Assorted Cereal :17270 - ServingDate: 02/25/2019								
Apple Jacks Bowlpack - SPR1414 (1 bowl)	15	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Cheerios Bowlpack - SPR1384 (1 bowl)	25	100.00	2.00	0.50	0.00	140.00	20.00	3.00
Cinnamon Chex Bowlpack - SPR1125 (1 ea.)	15	120.00	2.50	0.00	0.00	170.00	22.00	1.00
Cinnamon Goldfish - SPR1040 (1 pkg.)	85	120.00	4.00	1.00	0.00	130.00	19.00	2.00
Frosted Mini Wheat Bowlpack - SPR1122 (1 ea.)	15	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Trix Bowlpack, Reduced Sugar - SPR1416 (1 bowl)	25	110.00	1.00	0.00	0.00	140.00	24.00	1.00
Fresh Fruit Variety - SPR1164 (1/2 c.)	5	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Raisin Box - SPR1041 (1/4 c.)	35	108.00	0.00	0.00	0.00	4.00	29.00	1.00
100% Juice - SPR1042 (4 oz.)	75	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	45	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	45	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Feb. 19 - BIC K-5 Week 3 Day 2 Blueberry Waffle :17270 - ServingDate: 02/26/2019								
Mozzarella String Cheese - SPR1412 (1 stick.)	65	80.00	6.00	3.50	0.00	150.00	1.00	7.00
Cinnamon Goldfish - SPR1040 (1 pkg.)	5	120.00	4.00	1.00	0.00	130.00	19.00	2.00
Blueberry Waffle - SPR1048 (1 pkg.)	85	210.00	6.00	1.00	0.00	170.00	37.00	4.00
Fresh Fruit Variety - SPR1164 (1/2 c.)	65	82.44	0.25	0.05	0.00	1.10	21.53	0.81

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Feb. 19 - BIC K-5 Week 3 Day 2 Blueberry Waffle :17270 - ServingDate: 02/26/2019								
100% Juice - SPR1042 (4 oz.)	75	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	30	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	30	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Feb. 19 - BIC K-5 Week 3 Day 3 Assorted Muffin :17270 - ServingDate: 02/27/2019								
Apple Cinnamon Muffin - SPR1391 (1 ea.)	35	160.00	5.00	0.50	0.00	130.00	26.00	2.00
Banana Muffin - SPR1392 (1 ea.)	30	190.00	6.00	2.00	0.00	130.00	30.00	3.00
Blueberry Muffin - SPR1390 (1 ea.)	35	190.00	6.00	2.00	0.00	130.00	30.00	3.00
Cinnamon Goldfish - SPR1040 (1 pkg.)	65	120.00	4.00	1.00	0.00	130.00	19.00	2.00
Fresh Fruit Variety - SPR1164 (1/2 c.)	75	82.44	0.25	0.05	0.00	1.10	21.53	0.81
100% Juice - SPR1042 (4 oz.)	75	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	30	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	30	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Feb. 19 - BIC K-5 Week 3 Day 4 Chocolate Croissant :17270 - ServingDate: 02/28/2019								
Mozzarella String Cheese - SPR1412 (1 stick.)	75	80.00	6.00	3.50	0.00	150.00	1.00	7.00

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SPS Feb. 19 - BIC K-5 Week 3 Day 4 Chocolate Croissant :17270 - ServingDate: 02/28/2019								
Cheerios Bowlpack - SPR1384 (1 bowl)	1	100.00	2.00	0.50	0.00	140.00	20.00	3.00
Cinnamon Chex Bowlpack - SPR1125 (1 ea.)	1	120.00	2.50	0.00	0.00	170.00	22.00	1.00
Cinnamon Goldfish - SPR1040 (1 pkg.)	5	120.00	4.00	1.00	0.00	130.00	19.00	2.00
Chocolate Croissant - SPR1289 (1 ea.)	95	230.00	8.00	1.50	0.00	270.00	37.00	6.00
Frosted Mini Wheat Bowlpack - SPR1122 (1 ea.)	1	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Fresh Fruit Variety - SPR1164 (1/2 c.)	85	82.44	0.25	0.05	0.00	1.10	21.53	0.81
100% Juice - SPR1042 (4 oz.)	85	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	30	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	45	118.34	2.69	1.61	0.00	139.86	13.99	8.61

Legend
 (M) - Missing Nutrient Values

Report Selections
 Meal Type: Breakfast
 Site Group: The Clubhouse
 Menu Line: BRKFST-Classroom Café
 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.