

Menu Calendar Nutrient Analysis Report - March, 2020

Generated on: 2/24/2020 9:14:34 AM by Stephanie Gamboa

Site: PROV CAREER & TECH ACADEMY

Date: 03/01/2020 - 03/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Providence Secondary BIC 5 Weeks Week 1 Day 1 Nutrigrain Bar :29083 - ServingDate: 03/02/2020								
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Apple Cinnamon Nutrigrain Breakfast Bar - SR1352 (1 Bar)	0	150.00	3.50	0.50	0.00	135.00	30.00	2.00
Strawberry Nutrigrain Breakfast Bar - SR1353 (1 Bar)	0	160.00	4.00	0.50	0.00	150.00	30.00	2.00
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	110.00	1.00	0.00	0.00	140.00	24.00	1.00
Red Delicious Apples - PVR1163 (1 ea.)	0	100.00	0.00	0.00	0.00	0.00	25.01	0.00
Apple & Eve Apple Juice 4.23oz 100% Juice - PVR1216 (1 Carton)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Apple & Eve Orange Juice 4.23 oz (100% Fruit Juice Item # 5945385) - PVR1217 (1 Carton)	0	60.00	0.00	0.00	0.00	15.00	15.00	0.00
Guida's 1% Lowfat Milk - 8 fl. oz. - PVR1203 (1 Carton)	0	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Guida's Skim Milk - 8 fl. oz. - PVR1231 (1 Carton)	0	90.00	0.00	0.00	0.00	130.00	12.00	9.00

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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)
Providence Secondary BIC 5 Weeks Week 1 Day 2 Cinnamon Roll :29083 - ServingDate: 03/03/2020								
Fruity Cheerios Cereal Bar - SR1181 (1 Bar)	0	150.00	3.50	0.50	0.00	95.00	29.00	3.00
Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar)	0	150.00	3.50	0.00	0.00	115.00	30.00	2.00
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	0	150.00	3.00	0.00	0.00	100.00	30.00	3.00
Mini Cinnis - SR1595 (1 pkg.)	0	240.00	7.00	1.50	0.00	270.00	40.00	4.00
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Apple & Eve Apple Juice 4.23oz 100% Juice - PVR1216 (1 Carton)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Apple & Eve Orange Juice 4.23 oz (100% Fruit Juice Item # 5945385) - PVR1217 (1 Carton)	0	60.00	0.00	0.00	0.00	15.00	15.00	0.00
Guida's 1% Lowfat Milk - 8 fl. oz. - PVR1203 (1 Carton)	0	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Guida's Skim Milk - 8 fl. oz. - PVR1231 (1 Carton)	0	90.00	0.00	0.00	0.00	130.00	12.00	9.00
Providence Secondary BIC 5 Weeks Week 1 Day 3 egg omelet :29083 - ServingDate: 03/04/2020								
Southwest Egg Omelet - SR1626 (1 ea.)	0	115.96	7.39	2.12	0.00	122.47	2.60	8.39
Original Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	100.00	17.00	2.00

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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)
Providence Secondary BIC 5 Weeks Week 1 Day 3 egg omelet :29083 - ServingDate: 03/04/2020								
Ice Cream Machine 3.1 oz 2WG Apple Muffin - PVR1171 (1 muffin)	0	230.00	8.00	2.00	0.00	240.00	31.00	4.00
Ice Cream Machine 3.1 oz 2WG Banana Muffin - PVR1226 (1 muffin)	0	220.00	7.00	2.00	0.00	240.00	33.00	4.00
Ice Cream Machine 3.1 oz 2WG Blueberry Muffin - PVR1172 (1 muffin)	0	270.00	9.00	2.00	0.00	210.00	38.00	5.00
Chocolate Chip Muffin - PVR1194 (1 muffin)	0	290.00	7.00	1.50	0.00	250.00	41.00	6.00
Blueberries, Frozen - SR2219 (1/2 c.)	0	38.93	0.49	0.04	0.00	0.76	9.29	0.32
Apple & Eve Apple Juice 4.23oz 100% Juice - PVR1216 (1 Carton)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Apple & Eve Orange Juice 4.23 oz (100% Fruit Juice Item # 5945385) - PVR1217 (1 Carton)	0	60.00	0.00	0.00	0.00	15.00	15.00	0.00
Guida's 1% Lowfat Milk - 8 fl. oz. - PVR1203 (1 Carton)	0	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Guida's Skim Milk - 8 fl. oz. - PVR1231 (1 Carton)	0	90.00	0.00	0.00	0.00	130.00	12.00	9.00
Providence Secondary BIC 5 Weeks Week 1 Day 4 Bagel Cream cheese bagel or Assorted Muffin :29083 - ServingDate: 03/05/2020								
Ice Cream Machine 3.1 oz 2WG Banana Muffin - PVR1226 (1 muffin)	0	220.00	7.00	2.00	0.00	240.00	33.00	4.00

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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)
Providence Secondary BIC 5 Weeks Week 1 Day 4 Bagel Cream cheese bagel or Assorted Muffin :29083 - ServingDate: 03/05/2020								
Ice Cream Machine 3.1 oz 2WG Blueberry Muffin - PVR1172 (1 muffin)	0	270.00	9.00	2.00	0.00	210.00	38.00	5.00
Cinnamon Creamy Cheese Mini Bagels - SR1162 (1 pkg.)	0	240.00	6.00	2.50	0.00	180.00	41.00	6.00
Red Delicious Apples - PVR1163 (1 ea.)	0	100.00	0.00	0.00	0.00	0.00	25.01	0.00
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Apple & Eve Apple Juice 4.23oz 100% Juice - PVR1216 (1 Carton)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Apple & Eve Orange Juice 4.23 oz (100% Fruit Juice Item # 5945385) - PVR1217 (1 Carton)	0	60.00	0.00	0.00	0.00	15.00	15.00	0.00
Guida's 1% Lowfat Milk - 8 fl. oz. - PVR1203 (1 Carton)	0	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Guida's Skim Milk - 8 fl. oz. - PVR1231 (1 Carton)	0	90.00	0.00	0.00	0.00	130.00	12.00	9.00
Lactaid Milk - PVR1228 (1 Carton)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
2 Providence Secondary BIC 5 Weeks Week 4 Day 5 egg ham & cheese :29083 - ServingDate: 03/06/2020								
American Breakfast Bagel Sandwich - SR1645 (1 sandwich)	0	282.85	8.89	3.75	0.00	571.60	36.00	14.79

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2 Providence Secondary BIC 5 Weeks Week 4 Day 5 egg ham & cheese :29083 - ServingDate: 03/06/2020								
Fruity Cheerios Cereal Bar - SR1181 (1 Bar)	0	150.00	3.50	0.50	0.00	95.00	29.00	3.00
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	0	150.00	3.00	0.00	0.00	100.00	30.00	3.00
Trix Cereal Bar - SR1307 (1 Bar)	0	150.00	3.50	0.50	0.00	100.00	30.00	2.00
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Apple & Eve Apple Juice 4.23oz 100% Juice - PVR1216 (1 Carton)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Apple & Eve Orange Juice 4.23 oz (100% Fruit Juice Item # 5945385) - PVR1217 (1 Carton)	0	60.00	0.00	0.00	0.00	15.00	15.00	0.00
Guida's 1% Lowfat Milk - 8 fl. oz. - PVR1203 (1 Carton)	0	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Guida's Skim Milk - 8 fl. oz. - PVR1231 (1 Carton)	0	90.00	0.00	0.00	0.00	130.00	12.00	9.00
Lactaid Milk - PVR1228 (1 Carton)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Providence Secondary BIC 5 Weeks Week 2 Day 1 Cheddar Cheese Omelet w/ Bagel Slice :29083 - ServingDate: 03/09/2020								
Cheddar Cheese Omelet, Papetti's, 2 oz. - SR2438 (1 patty)	0	130.00	11.00	3.50	0.00	290.00	1.00	7.00
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	160.00	22.00	1.00

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Providence Secondary BIC 5 Weeks Week 2 Day 1 Cheddar Cheese Omelet w/ Bagel Slice :29083 - ServingDate: 03/09/2020								
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	110.00	1.00	0.00	0.00	140.00	24.00	1.00
Soft Wheat Bagel - SR1168 (1 bagel)	0	180.00	1.00	0.00	0.00	200.00	35.00	7.00
Red Delicious Apples - PVR1163 (1 ea.)	0	100.00	0.00	0.00	0.00	0.00	25.01	0.00
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Apple & Eve Apple Juice 4.23oz 100% Juice - PVR1216 (1 Carton)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Apple & Eve Orange Juice 4.23 oz (100% Fruit Juice Item # 5945385) - PVR1217 (1 Carton)	0	60.00	0.00	0.00	0.00	15.00	15.00	0.00
Guida's 1% Lowfat Milk - 8 fl. oz. - PVR1203 (1 Carton)	0	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Guida's Skim Milk - 8 fl. oz. - PVR1231 (1 Carton)	0	90.00	0.00	0.00	0.00	130.00	12.00	9.00
Lactaid Milk - PVR1228 (1 Carton)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Providence Secondary BIC 5 Weeks Week 2 Day 2 Yogurt :29083 - ServingDate: 03/10/2020								
Raspberry Rainbow Yogurt - SR1183 (1 4 oz conta)	0	80.00	0.50	0.00	0.00	65.00	15.00	4.00

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Providence Secondary BIC 5 Weeks Week 2 Day 2 Yogurt :29083 - ServingDate: 03/10/2020								
Strawberry Banana Bash Yogurt - SR1145 (1 4 oz conta)	0	80.00	0.50	0.00	0.00	60.00	15.00	4.00
Fruity Cheerios Cereal Bar - SR1181 (1 Bar)	0	150.00	3.50	0.50	0.00	95.00	29.00	3.00
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	0	150.00	3.00	0.00	0.00	100.00	30.00	3.00
Trix Cereal Bar - SR1307 (1 Bar)	0	150.00	3.50	0.50	0.00	100.00	30.00	2.00
Blueberries, Frozen - SR2219 (1/2 c.)	0	38.93	0.49	0.04	0.00	0.76	9.29	0.32
Apple & Eve Apple Juice 4.23oz 100% Juice - PVR1216 (1 Carton)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Apple & Eve Orange Juice 4.23 oz (100% Fruit Juice Item # 5945385) - PVR1217 (1 Carton)	0	60.00	0.00	0.00	0.00	15.00	15.00	0.00
Guida's 1% Lowfat Milk - 8 fl. oz. - PVR1203 (1 Carton)	0	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Guida's Skim Milk - 8 fl. oz. - PVR1231 (1 Carton)	0	90.00	0.00	0.00	0.00	130.00	12.00	9.00
Lactaid Milk - PVR1228 (1 Carton)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Providence Secondary BIC 5 Weeks Week 2 Day 4 Shri confetti muffin :29083 - ServingDate: 03/12/2020								
Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar)	0	150.00	3.50	0.00	0.00	115.00	30.00	2.00
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	0	150.00	3.00	0.00	0.00	100.00	30.00	3.00

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Providence Secondary BIC 5 Weeks Week 2 Day 4 Shri confetti muffin :29083 - ServingDate: 03/12/2020								
Trix Cereal Bar - SR1307 (1 Bar)	0	150.00	3.50	0.50	0.00	100.00	30.00	2.00
Shri Bark Muffins- Whole Grain Cranberry Orange - PVR1158 (1 muffin)	0	270.00	9.00	2.00	0.00	210.00	38.00	5.00
Fresh Pineapple - PVR1191 (1/2 c.)	0	34.96	0.84	0.01	0.00	76.27	9.18	0.38
Apple & Eve Apple Juice 4.23oz 100% Juice - PVR1216 (1 Carton)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Apple & Eve Orange Juice 4.23 oz (100% Fruit Juice Item # 5945385) - PVR1217 (1 Carton)	0	60.00	0.00	0.00	0.00	15.00	15.00	0.00
Guida's 1% Lowfat Milk - 8 fl. oz. - PVR1203 (1 Carton)	0	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Guida's Skim Milk - 8 fl. oz. - PVR1231 (1 Carton)	0	90.00	0.00	0.00	0.00	130.00	12.00	9.00
Lactaid Milk - PVR1228 (1 Carton)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Providence Secondary BIC 5 Weeks Week 2 Day 5 Strawberry Guava :29083 - ServingDate: 03/13/2020								
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	110.00	1.00	0.00	0.00	140.00	24.00	1.00

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Providence Secondary BIC 5 Weeks Week 2 Day 5 Strawberry Guava :29083 - ServingDate: 03/13/2020								
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Apple & Eve Apple Juice 4.23oz 100% Juice - PVR1216 (1 Carton)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Apple & Eve Orange Juice 4.23 oz (100% Fruit Juice Item # 5945385) - PVR1217 (1 Carton)	0	60.00	0.00	0.00	0.00	15.00	15.00	0.00
Guida's 1% Lowfat Milk - 8 fl. oz. - PVR1203 (1 Carton)	0	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Guida's Skim Milk - 8 fl. oz. - PVR1231 (1 Carton)	0	90.00	0.00	0.00	0.00	130.00	12.00	9.00
Lactaid Milk - PVR1228 (1 Carton)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Providence Secondary BIC 5 Weeks Week 3 Day 1 Blueberry muffin :29083 - ServingDate: 03/16/2020								
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Lucky Charms, WG Bowlpak, 1 oz - SR2428 (1 bowl)	0	110.00	1.00	0.00	0.00	180.00	23.00	2.00
Ice Cream Machine 3.1 oz 2WG Blueberry Muffin - PVR1172 (1 muffin)	0	270.00	9.00	2.00	0.00	210.00	38.00	5.00
Red Delicious Apples - PVR1163 (1 ea.)	0	100.00	0.00	0.00	0.00	0.00	25.01	0.00

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Providence Secondary BIC 5 Weeks Week 3 Day 1 Blueberry muffin :29083 - ServingDate: 03/16/2020								
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Apple & Eve Apple Juice 4.23oz 100% Juice - PVR1216 (1 Carton)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Apple & Eve Orange Juice 4.23 oz (100% Fruit Juice Item # 5945385) - PVR1217 (1 Carton)	0	60.00	0.00	0.00	0.00	15.00	15.00	0.00
Guida's 1% Lowfat Milk - 8 fl. oz. - PVR1203 (1 Carton)	0	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Guida's Skim Milk - 8 fl. oz. - PVR1231 (1 Carton)	0	90.00	0.00	0.00	0.00	130.00	12.00	9.00
Lactaid Milk - PVR1228 (1 Carton)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Providence Secondary BIC 5 Weeks Week 3 Day 2 French toast :29083 - ServingDate: 03/17/2020								
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Golden Grahams Cereal - SR2432 (1 bowl)	0	112.00	0.70	0.00	0.00	210.00	23.80	1.40
French Toast Sticks - SR2164 (4 stick.)	0	285.28	13.31	2.38	0.00	370.86	36.13	4.75
Honeydew Melon Cubes - SR1365 (1/2 c.)	0	57.60	0.22	0.06	0.00	28.80	14.54	0.86
Apple & Eve Apple Juice 4.23oz 100% Juice - PVR1216 (1 Carton)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00

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Providence Secondary BIC 5 Weeks Week 3 Day 2 French toast :29083 - ServingDate: 03/17/2020								
Apple & Eve Orange Juice 4.23 oz (100% Fruit Juice Item # 5945385) - PVR1217 (1 Carton)	0	60.00	0.00	0.00	0.00	15.00	15.00	0.00
Guida's 1% Lowfat Milk - 8 fl. oz. - PVR1203 (1 Carton)	0	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Guida's Skim Milk - 8 fl. oz. - PVR1231 (1 Carton)	0	90.00	0.00	0.00	0.00	130.00	12.00	9.00
Lactaid Milk - PVR1228 (1 Carton)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	0	105.00	0.00	0.00	0.00	47.50	26.00	0.00
Providence Secondary BIC 5 Weeks Week 3 Day 3 Cinnar Bar :29083 - ServingDate: 03/18/2020								
Ice Cream Machine 3.1 oz 2WG Apple Muffin - PVR1171 (1 muffin)	0	230.00	8.00	2.00	0.00	240.00	31.00	4.00
Ice Cream Machine 3.1 oz 2WG Banana Muffin - PVR1226 (1 muffin)	0	220.00	7.00	2.00	0.00	240.00	33.00	4.00
Ice Cream Machine 3.1 oz 2WG Blueberry Muffin - PVR1172 (1 muffin)	0	270.00	9.00	2.00	0.00	210.00	38.00	5.00
Red Delicious Apples - PVR1163 (1 ea.)	0	100.00	0.00	0.00	0.00	0.00	25.01	0.00
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Apple & Eve Apple Juice 4.23oz 100% Juice - PVR1216 (1 Carton)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00

Menu Calendar Nutrient Analysis Report - March, 2020

Site: PROV CAREER & TECH ACADEMY

Date: 03/01/2020 - 03/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Providence Secondary BIC 5 Weeks Week 3 Day 3 Cinnar Bar :29083 - ServingDate: 03/18/2020								
Apple & Eve Orange Juice 4.23 oz (100% Fruit Juice Item # 5945385) - PVR1217 (1 Carton)	0	60.00	0.00	0.00	0.00	15.00	15.00	0.00
Guida's 1% Lowfat Milk - 8 fl. oz. - PVR1203 (1 Carton)	0	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Guida's Skim Milk - 8 fl. oz. - PVR1231 (1 Carton)	0	90.00	0.00	0.00	0.00	130.00	12.00	9.00
Lactaid Milk - PVR1228 (1 Carton)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Providence Secondary BIC 5 Weeks Week 3 Day 4 egg baco & cheese on Flkatbread :29083 - ServingDate: 03/19/2020								
Bacon, Egg and Cheese on a Bagel Sandwich - PVR1060 (1 sandwich)	0	308.33	18.00	11.17	0.00	793.33	28.00	11.17
Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar)	0	150.00	3.50	0.00	0.00	115.00	30.00	2.00
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	0	150.00	3.00	0.00	0.00	100.00	30.00	3.00
Golden Grahams Cereal Bar - SR1597 (1 Bar)	0	150.00	3.00	0.00	0.00	110.00	30.00	2.00
Trix Cereal Bar - SR1307 (1 Bar)	0	150.00	3.50	0.50	0.00	100.00	30.00	2.00
Orange Smiles - SR1172 (6 slice or w)	0	62.63	0.16	0.02	0.00	0.00	15.66	1.25
Apple & Eve Apple Juice 4.23oz 100% Juice - PVR1216 (1 Carton)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00

Menu Calendar Nutrient Analysis Report - March, 2020

Site: PROV CAREER & TECH ACADEMY

Date: 03/01/2020 - 03/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Providence Secondary BIC 5 Weeks Week 3 Day 4 egg baco & cheese on Fikatbread :29083 - ServingDate: 03/19/2020								
Apple & Eve Orange Juice 4.23 oz (100% Fruit Juice Item # 5945385) - PVR1217 (1 Carton)	0	60.00	0.00	0.00	0.00	15.00	15.00	0.00
Guida's 1% Lowfat Milk - 8 fl. oz. - PVR1203 (1 Carton)	0	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Guida's Skim Milk - 8 fl. oz. - PVR1231 (1 Carton)	0	90.00	0.00	0.00	0.00	130.00	12.00	9.00
Lactaid Milk - PVR1228 (1 Carton)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Providence Secondary BIC 5 Weeks Week 3 Day 5 88 Acres bar :29083 - ServingDate: 03/20/2020								
Apple Frudel Stick - SR1747 (1 pkg.)	0	210.00	6.00	1.00	0.00	260.00	36.00	5.00
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	110.00	1.00	0.00	0.00	140.00	24.00	1.00
Strawberries - SR2218 (1/2 c.)	0	122.40	0.17	0.01	0.00	3.99	33.05	0.68
Apple & Eve Apple Juice 4.23oz 100% Juice - PVR1216 (1 Carton)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Apple & Eve Orange Juice 4.23 oz (100% Fruit Juice Item # 5945385) - PVR1217 (1 Carton)	0	60.00	0.00	0.00	0.00	15.00	15.00	0.00

Menu Calendar Nutrient Analysis Report - March, 2020

Site: PROV CAREER & TECH ACADEMY

Date: 03/01/2020 - 03/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Providence Secondary BIC 5 Weeks Week 3 Day 5 88 Acres bar :29083 - ServingDate: 03/20/2020								
Guida's 1% Lowfat Milk - 8 fl. oz. - PVR1203 (1 Carton)	0	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Guida's Skim Milk - 8 fl. oz. - PVR1231 (1 Carton)	0	90.00	0.00	0.00	0.00	130.00	12.00	9.00
Lactaid Milk - PVR1228 (1 Carton)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Providence Secondary BIC 5 Weeks Week 4 Day 1 Muffin :29083 - ServingDate: 03/23/2020								
Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar)	0	150.00	3.50	0.00	0.00	115.00	30.00	2.00
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	0	150.00	3.00	0.00	0.00	100.00	30.00	3.00
Trix Cereal Bar - SR1307 (1 Bar)	0	150.00	3.50	0.50	0.00	100.00	30.00	2.00
Ice Cream Machine 3.1 oz 2WG Apple Muffin - PVR1171 (1 muffin)	0	230.00	8.00	2.00	0.00	240.00	31.00	4.00
Ice Cream Machine 3.1 oz 2WG Banana Muffin - PVR1226 (1 muffin)	0	220.00	7.00	2.00	0.00	240.00	33.00	4.00
Ice Cream Machine 3.1 oz 2WG Blueberry Muffin - PVR1172 (1 muffin)	0	270.00	9.00	2.00	0.00	210.00	38.00	5.00
Red Delicious Apples - PVR1163 (1 ea.)	0	100.00	0.00	0.00	0.00	0.00	25.01	0.00
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Apple & Eve Apple Juice 4.23oz 100% Juice - PVR1216 (1 Carton)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00

Menu Calendar Nutrient Analysis Report - March, 2020

Site: PROV CAREER & TECH ACADEMY

Date: 03/01/2020 - 03/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Providence Secondary BIC 5 Weeks Week 4 Day 1 Muffin :29083 - ServingDate: 03/23/2020								
Apple & Eve Orange Juice 4.23 oz (100% Fruit Juice Item # 5945385) - PVR1217 (1 Carton)	0	60.00	0.00	0.00	0.00	15.00	15.00	0.00
Guida's 1% Lowfat Milk - 8 fl. oz. - PVR1203 (1 Carton)	0	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Guida's Skim Milk - 8 fl. oz. - PVR1231 (1 Carton)	0	90.00	0.00	0.00	0.00	130.00	12.00	9.00
Lactaid Milk - PVR1228 (1 Carton)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Providence Secondary BIC 5 Weeks Week 4 Day 4 Cheddar Cheese omelet w/ bagel slice :29083 - ServingDate: 03/24/2020								
Cheddar Cheese Omelet, Papetti's, 2 oz. - SR2438 (1 patty)	0	130.00	11.00	3.50	0.00	290.00	1.00	7.00
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	110.00	1.00	0.00	0.00	140.00	24.00	1.00
Soft Wheat Bagel - SR1168 (1 bagel)	0	180.00	1.00	0.00	0.00	200.00	35.00	7.00
Honeydew Melon Cubes - SR1365 (1/2 c.)	0	57.60	0.22	0.06	0.00	28.80	14.54	0.86
Apple & Eve Apple Juice 4.23oz 100% Juice - PVR1216 (1 Carton)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00

Menu Calendar Nutrient Analysis Report - March, 2020

Site: PROV CAREER & TECH ACADEMY

Date: 03/01/2020 - 03/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Providence Secondary BIC 5 Weeks Week 4 Day 4 Cheddar Cheese omelet w/ bagel slice :29083 - ServingDate: 03/24/2020								
Apple & Eve Orange Juice 4.23 oz (100% Fruit Juice Item # 5945385) - PVR1217 (1 Carton)	0	60.00	0.00	0.00	0.00	15.00	15.00	0.00
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Guida's Skim Milk - 8 fl. oz. - PVR1231 (1 Carton)	0	90.00	0.00	0.00	0.00	130.00	12.00	9.00
Guida's Whole Milk - 8 fl. oz - PVR1206 (1 Carton)	0	160.00	8.00	5.00	0.00	125.00	13.00	8.00
Providence Secondary BIC 5 Weeks Week 4 Day 3mini pancake :29083 - ServingDate: 03/25/2020								
Ice Cream Machine 3.1 oz 2WG Apple Muffin - PVR1171 (1 muffin)	0	230.00	8.00	2.00	0.00	240.00	31.00	4.00
Ice Cream Machine 3.1 oz 2WG Banana Muffin - PVR1226 (1 muffin)	0	220.00	7.00	2.00	0.00	240.00	33.00	4.00
Ice Cream Machine 3.1 oz 2WG Blueberry Muffin - PVR1172 (1 muffin)	0	270.00	9.00	2.00	0.00	210.00	38.00	5.00
Mini Eggo Pancake Bites - SR1590 (1 pkg.)	0	210.00	6.00	1.00	0.00	320.00	35.00	4.00
Strawberries - SR2218 (1/2 c.)	0	122.40	0.17	0.01	0.00	3.99	33.05	0.68
Apple & Eve Apple Juice 4.23oz 100% Juice - PVR1216 (1 Carton)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00

Menu Calendar Nutrient Analysis Report - March, 2020

Site: PROV CAREER & TECH ACADEMY

Date: 03/01/2020 - 03/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Providence Secondary BIC 5 Weeks Week 4 Day 3mini pancake :29083 - ServingDate: 03/25/2020								
Apple & Eve Orange Juice 4.23 oz (100% Fruit Juice Item # 5945385) - PVR1217 (1 Carton)	0	60.00	0.00	0.00	0.00	15.00	15.00	0.00
Guida's 1% Lowfat Milk - 8 fl. oz. - PVR1203 (1 Carton)	0	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Guida's Skim Milk - 8 fl. oz. - PVR1231 (1 Carton)	0	90.00	0.00	0.00	0.00	130.00	12.00	9.00
Lactaid Milk - PVR1228 (1 Carton)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Providence Secondary BIC 5 Weeks Week 4 Day 2 :29083 - ServingDate: 03/26/2020								
Special K Cereal Bowl - PVR1196 (1 bowl)	0	70.00	0.00	0.00	0.00	125.00	13.00	3.00
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Blueberries, Frozen - SR2219 (1/2 c.)	0	38.93	0.49	0.04	0.00	0.76	9.29	0.32
Apple & Eve Apple Juice 4.23oz 100% Juice - PVR1216 (1 Carton)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Apple & Eve Orange Juice 4.23 oz (100% Fruit Juice Item # 5945385) - PVR1217 (1 Carton)	0	60.00	0.00	0.00	0.00	15.00	15.00	0.00
Guida's 1% Lowfat Milk - 8 fl. oz. - PVR1203 (1 Carton)	0	110.00	2.50	1.50	0.00	130.00	13.00	9.00

Menu Calendar Nutrient Analysis Report - March, 2020

Site: PROV CAREER & TECH ACADEMY

Date: 03/01/2020 - 03/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Providence Secondary BIC 5 Weeks Week 4 Day 2 :29083 - ServingDate: 03/26/2020								
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Guida's Skim Milk - 8 fl. oz. - PVR1231 (1 Carton)	0	90.00	0.00	0.00	0.00	130.00	12.00	9.00
Lactaid Milk - PVR1228 (1 Carton)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Providence Secondary BIC 5 Weeks Week 4 Day 5 egg ham & cheese :29083 - ServingDate: 03/27/2020								
American Breakfast Bagel Sandwich - SR1645 (1 sandwich)	0	282.85	8.89	3.75	0.00	571.60	36.00	14.79
Dark Chocolate and Sea Salt 88 Acres Bar - PVR1296 (1 Bar)	0	180.00	7.00	1.50	0.00	110.00	27.00	5.00
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Apple & Eve Apple Juice 4.23oz 100% Juice - PVR1216 (1 Carton)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Apple & Eve Orange Juice 4.23 oz (100% Fruit Juice Item # 5945385) - PVR1217 (1 Carton)	0	60.00	0.00	0.00	0.00	15.00	15.00	0.00
Guida's 1% Lowfat Milk - 8 fl. oz. - PVR1203 (1 Carton)	0	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Guida's Skim Milk - 8 fl. oz. - PVR1231 (1 Carton)	0	90.00	0.00	0.00	0.00	130.00	12.00	9.00
Lactaid Milk - PVR1228 (1 Carton)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00

Menu Calendar Nutrient Analysis Report - March, 2020

Site: PROV CAREER & TECH ACADEMY

Date: 03/01/2020 - 03/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Providence Secondary BIC 5 Weeks Week 5 Day 1 Cinnamon Roll :29083 - ServingDate: 03/30/2020								
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	110.00	1.00	0.00	0.00	140.00	24.00	1.00
Cinnamon Roll - SR1383 (1 roll.)	0	180.00	1.50	0.50	0.00	140.00	36.00	5.00
Red Delicious Apples - PVR1163 (1 ea.)	0	100.00	0.00	0.00	0.00	0.00	25.01	0.00
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Apple & Eve Apple Juice 4.23oz 100% Juice - PVR1216 (1 Carton)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Apple & Eve Orange Juice 4.23 oz (100% Fruit Juice Item # 5945385) - PVR1217 (1 Carton)	0	60.00	0.00	0.00	0.00	15.00	15.00	0.00
Guida's 1% Lowfat Milk - 8 fl. oz. - PVR1203 (1 Carton)	0	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Guida's Skim Milk - 8 fl. oz. - PVR1231 (1 Carton)	0	90.00	0.00	0.00	0.00	130.00	12.00	9.00
Lactaid Milk - PVR1228 (1 Carton)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Providence Secondary BIC 5 Weeks Week 5 Day 2 Eggo waffle bite :29083 - ServingDate: 03/31/2020								
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	0	150.00	3.00	0.00	0.00	100.00	30.00	3.00

Menu Calendar Nutrient Analysis Report - March, 2020

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Date: 03/01/2020 - 03/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Providence Secondary BIC 5 Weeks Week 5 Day 2 Eggo waffle bite :29083 - ServingDate: 03/31/2020								
Golden Grahams Cereal Bar - SR1597 (1 Bar)	0	150.00	3.00	0.00	0.00	110.00	30.00	2.00
Trix Cereal Bar - SR1307 (1 Bar)	0	150.00	3.50	0.50	0.00	100.00	30.00	2.00
Mini Waffles, Maple Madness, Pillsbury, WG - SR2422 (1 pkg.)	0	200.00	5.00	1.00	0.00	170.00	37.00	4.00
Orange Smiles - SR1172 (6 slice or w)	0	62.63	0.16	0.02	0.00	0.00	15.66	1.25
Apple & Eve Apple Juice 4.23oz 100% Juice - PVR1216 (1 Carton)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Apple & Eve Orange Juice 4.23 oz (100% Fruit Juice Item # 5945385) - PVR1217 (1 Carton)	0	60.00	0.00	0.00	0.00	15.00	15.00	0.00
Guida's 1% Lowfat Milk - 8 fl. oz. - PVR1203 (1 Carton)	0	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Guida's Skim Milk - 8 fl. oz. - PVR1231 (1 Carton)	0	90.00	0.00	0.00	0.00	130.00	12.00	9.00
Lactaid Milk - PVR1228 (1 Carton)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	0	105.00	0.00	0.00	0.00	47.50	26.00	0.00

Legend

(M) - Missing Nutrient Values

Report Selections

Meal Type: Breakfast
 Site Group: Taste4
 Menu Line: B-Classroom Café
 Serving Group: 9-12
 Nutrients Option: Expanded

Menu Calendar Nutrient Analysis Report - March, 2020

Site: PROV CAREER & TECH ACADEMY
Date: 03/01/2020 - 03/31/2020

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.