

Menu Calendar Nutrient Analysis Report - November, 2020

Site: ALL
 Date: 11/01/2020 - 11/30/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Rise Breakfast K-8 Academy 1:1 Egg & Ham on Hamburger Bun, Nutrigrain Bar :32717 - ServingDate: 11/02/2020								
Strawberry Nutrigrain Breakfast Bar - SR1353 (1 Bar)	50	160.00	4.00	0.50	0.00	150.00	30.00	2.00
Egg & Ham Breakfast Sandwich - COR2360 (1 sandwich)	50	222.34	4.68	1.00	0.00	431.69	32.37	12.10
100% Apple Juice - SR2547 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - SR1000 (1 Half Pint)	100	151.96	0.00	0.00	0.00	249.48	30.53	7.69
Rise Breakfast K-8 Academy 1:2 French Toast Sticks, Parfait :32717 - ServingDate: 11/03/2020								
French Toast Sticks - SR1910 (4 stick.)	50	254.56	9.79	1.96	0.00	293.72	37.21	5.87
Blueberry & Yogurt Parfait w/Granola - COR2362 (1 ea.)	50	265.09	3.42	0.71	0.00	159.67	53.02	6.27
100% Apple Juice - SR2547 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lowfat 1% White Milk - SR1001 (1 Half Pint)	100	102.48	2.37	1.54	0.00	107.36	12.18	8.22
Rise Breakfast K-8 Academy 1:3 Egg & Cheese on Hamburger Bun, Cinnamon Bagels :32717 - ServingDate: 11/04/2020								
Egg & Cheese Breakfast Sandwich - COR2361 (1 sandwich)	50	245.00	8.50	3.50	0.00	550.00	31.00	10.50
Cinnamon Creamy Cheese Mini Bagels - SR1162 (1 pkg.)	50	240.00	6.00	2.50	0.00	180.00	41.00	6.00
100% Apple Juice - SR2547 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - SR1000 (1 Half Pint)	100	151.96	0.00	0.00	0.00	249.48	30.53	7.69

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Rise Breakfast K-8 Academy 1:4 Breakfast Sausage Pizza, Parfait :32717 - ServingDate: 11/05/2020								
Sausage Breakfast Pizza - SR1167 (1 slice)	50	210.03	7.00	2.00	0.00	480.08	26.00	9.00
Strawberries & Yogurt Parfait w/Granola - COR1649 (1 ea.)	50	348.15	3.58	0.72	0.00	163.66	77.22	6.94
100% Apple Juice - SR2547 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lowfat 1% White Milk - SR1001 (1 Half Pint)	100	102.48	2.37	1.54	0.00	107.36	12.18	8.22
Rise Breakfast K-8 Academy 1:5 Mini Pancakes or Mini Strawberry Bagels :32717 - ServingDate: 11/06/2020								
Strawberry Creamy Cheese Mini Bagels - SR1188 (1 pkg.)	50	240.00	6.00	2.50	0.00	180.00	41.00	6.00
Blueberry Pancake Bites - SR1190 (1 pkg.)	50	210.00	6.00	1.00	0.00	310.00	35.00	4.00
100% Apple Juice - SR2547 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - SR1000 (1 Half Pint)	100	151.96	0.00	0.00	0.00	249.48	30.53	7.69
Rise Breakfast K-8 Academy 1:1 Egg & Ham on Hamburger Bun, Nutrigrain Bar :32717 - ServingDate: 11/09/2020								
Strawberry Nutrigrain Breakfast Bar - SR1353 (1 Bar)	50	160.00	4.00	0.50	0.00	150.00	30.00	2.00
Egg & Ham Breakfast Sandwich - COR2360 (1 sandwich)	50	222.34	4.68	1.00	0.00	431.69	32.37	12.10
100% Apple Juice - SR2547 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - SR1000 (1 Half Pint)	100	151.96	0.00	0.00	0.00	249.48	30.53	7.69

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Rise Breakfast K-8 Academy 1:2 French Toast Sticks, Parfait :32717 - ServingDate: 11/10/2020								
French Toast Sticks - SR1910 (4 stick.)	50	254.56	9.79	1.96	0.00	293.72	37.21	5.87
Blueberry & Yogurt Parfait w/Granola - COR2362 (1 ea.)	50	265.09	3.42	0.71	0.00	159.67	53.02	6.27
100% Apple Juice - SR2547 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lowfat 1% White Milk - SR1001 (1 Half Pint)	100	102.48	2.37	1.54	0.00	107.36	12.18	8.22
Rise Breakfast K-8 Academy 1:3 Egg & Cheese on Hamburger Bun, Cinnamon Bagels :32717 - ServingDate: 11/11/2020								
Egg & Cheese Breakfast Sandwich - COR2361 (1 sandwich)	50	245.00	8.50	3.50	0.00	550.00	31.00	10.50
Cinnamon Creamy Cheese Mini Bagels - SR1162 (1 pkg.)	50	240.00	6.00	2.50	0.00	180.00	41.00	6.00
100% Apple Juice - SR2547 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - SR1000 (1 Half Pint)	100	151.96	0.00	0.00	0.00	249.48	30.53	7.69
Rise Breakfast K-8 Academy 1:4 Breakfast Sausage Pizza, Parfait :32717 - ServingDate: 11/12/2020								
Sausage Breakfast Pizza - SR1167 (1 slice)	50	210.03	7.00	2.00	0.00	480.08	26.00	9.00
Strawberries & Yogurt Parfait w/Granola - COR1649 (1 ea.)	50	348.15	3.58	0.72	0.00	163.66	77.22	6.94
100% Apple Juice - SR2547 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lowfat 1% White Milk - SR1001 (1 Half Pint)	100	102.48	2.37	1.54	0.00	107.36	12.18	8.22

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Rise Breakfast K-8 Academy 1:5 Mini Pancakes or Mini Strawberry Bagels :32717 - ServingDate: 11/13/2020								
Strawberry Creamy Cheese Mini Bagels - SR1188 (1 pkg.)	50	240.00	6.00	2.50	0.00	180.00	41.00	6.00
Blueberry Pancake Bites - SR1190 (1 pkg.)	50	210.00	6.00	1.00	0.00	310.00	35.00	4.00
100% Apple Juice - SR2547 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - SR1000 (1 Half Pint)	100	151.96	0.00	0.00	0.00	249.48	30.53	7.69
Rise Breakfast K-8 Academy 1:1 Egg & Ham on Hamburger Bun, Nutrigrain Bar :32717 - ServingDate: 11/16/2020								
Strawberry Nutrigrain Breakfast Bar - SR1353 (1 Bar)	50	160.00	4.00	0.50	0.00	150.00	30.00	2.00
Egg & Ham Breakfast Sandwich - COR2360 (1 sandwich)	50	222.34	4.68	1.00	0.00	431.69	32.37	12.10
100% Apple Juice - SR2547 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - SR1000 (1 Half Pint)	100	151.96	0.00	0.00	0.00	249.48	30.53	7.69
Rise Breakfast K-8 Academy 1:2 French Toast Sticks, Parfait :32717 - ServingDate: 11/17/2020								
French Toast Sticks - SR1910 (4 stick.)	50	254.56	9.79	1.96	0.00	293.72	37.21	5.87
Blueberry & Yogurt Parfait w/Granola - COR2362 (1 ea.)	50	265.09	3.42	0.71	0.00	159.67	53.02	6.27
100% Apple Juice - SR2547 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lowfat 1% White Milk - SR1001 (1 Half Pint)	100	102.48	2.37	1.54	0.00	107.36	12.18	8.22

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Rise Breakfast K-8 Academy 1:3 Egg & Cheese on Hamburger Bun, Cinnamon Bagels :32717 - ServingDate: 11/18/2020								
Egg & Cheese Breakfast Sandwich - COR2361 (1 sandwich)	50	245.00	8.50	3.50	0.00	550.00	31.00	10.50
Cinnamon Creamy Cheese Mini Bagels - SR1162 (1 pkg.)	50	240.00	6.00	2.50	0.00	180.00	41.00	6.00
100% Apple Juice - SR2547 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - SR1000 (1 Half Pint)	100	151.96	0.00	0.00	0.00	249.48	30.53	7.69
Rise Breakfast K-8 Academy 1:4 Breakfast Sausage Pizza, Parfait :32717 - ServingDate: 11/19/2020								
Sausage Breakfast Pizza - SR1167 (1 slice)	50	210.03	7.00	2.00	0.00	480.08	26.00	9.00
Strawberries & Yogurt Parfait w/Granola - COR1649 (1 ea.)	50	348.15	3.58	0.72	0.00	163.66	77.22	6.94
100% Apple Juice - SR2547 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lowfat 1% White Milk - SR1001 (1 Half Pint)	100	102.48	2.37	1.54	0.00	107.36	12.18	8.22
Rise Breakfast K-8 Academy 1:5 Mini Pancakes or Mini Strawberry Bagels :32717 - ServingDate: 11/20/2020								
Strawberry Creamy Cheese Mini Bagels - SR1188 (1 pkg.)	50	240.00	6.00	2.50	0.00	180.00	41.00	6.00
Blueberry Pancake Bites - SR1190 (1 pkg.)	50	210.00	6.00	1.00	0.00	310.00	35.00	4.00
100% Apple Juice - SR2547 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - SR1000 (1 Half Pint)	100	151.96	0.00	0.00	0.00	249.48	30.53	7.69

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Rise Breakfast K-8 Academy 1:1 Egg & Ham on Hamburger Bun, Nutrigrain Bar :32717 - ServingDate: 11/30/2020								
Strawberry Nutrigrain Breakfast Bar - SR1353 (1 Bar)	50	160.00	4.00	0.50	0.00	150.00	30.00	2.00
Egg & Ham Breakfast Sandwich - COR2360 (1 sandwich)	50	222.34	4.68	1.00	0.00	431.69	32.37	12.10
100% Apple Juice - SR2547 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - SR1000 (1 Half Pint)	100	151.96	0.00	0.00	0.00	249.48	30.53	7.69

Legend
 (M) - Missing Nutrient Values

Report Selections
 Meal Type: Breakfast
 Site Group: The Clubhouse
 Menu Line: B-Café Classics
 Serving Group: All Ages
 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.