

Menu Calendar Nutrient Analysis Report - November, 2020

Site: Academy Endeavour Elementary School

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 GK-8 SFSP Lunch Academy November- (Fast Takes + Hot) W2D1 :33243 - ServingDate: 11/02/2020								
Chicken Quesadilla - COR2179 (1 each quesa)	50	386.05	16.36	7.18	0.00	1223.91	36.18	22.63
Cheese and Yogurt Plate w/Goldfish Crackers - COR1438 (1 ea.)	50	270.00	11.50	5.00	0.00	420.00	29.00	13.00
Fresh Apple Slices - COR1263 (1 small (2- 3))	100	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Tater Tots - SR1450 (1/2 c.)	100	130.83	6.04	1.01	0.00	311.98	16.10	2.01
Chocolate Skim Milk - SR1000 (1 Half Pint)	100	151.96	0.00	0.00	0.00	249.48	30.53	7.69
Ranch Dressing - SR2540 (1 packet)	100	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Ketchup - SR2542 (1 packet)	100	10.00	0.00	0.00	0.00	85.00	3.00	0.00
RISE GK-8 SFSP Lunch Academy November- (Fast Takes + Hot) W2D2 :33243 - ServingDate: 11/03/2020								
Cheese Pizza - SR2081 (1 slice)	70	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Turkey & Cheese Pinwheel Sandwiches - COR2358 (1 Box)	30	356.50	16.25	6.75	0.00	1368.50	35.75	19.25
Unsweetened Applesauce - SR1195 (1/2 c.)	100	53.58	0.13	0.01	0.00	2.55	14.38	0.22
Petite Peel Baby Carrots - SR2905 (1 package (3))	100	35.00	0.00	0.00	0.00	50.00	8.00	1.00
Lowfat 1% White Milk - SR1001 (1 Half Pint)	100	102.48	2.37	1.54	0.00	107.36	12.18	8.22
Ranch Dressing - SR2540 (1 packet)	100	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Mayonnaise - SR2543 (1 packet)	30	60.00	6.00	1.00	0.00	60.00	1.00	0.00

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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)
RISE GK-8 SFSP Lunch Academy November- (Fast Takes + Hot) W2D2 :33243 - ServingDate: 11/03/2020								
Yellow Mustard PC - SR2517 (1 packet)	30	4.58	0.00	0.00	0.00	77.92	0.92	0.00
RISE GK-8 SFSP Lunch Academy November- (Fast Takes + Hot) W2D3 :33243 - ServingDate: 11/04/2020								
Cheeseburger - COR1194 (1 burger)	50	312.80	11.30	4.60	0.00	648.30	31.90	16.20
Strawberries & Yogurt Parfait w/Granola - COR1649 (1 ea.)	50	348.15	3.58	0.72	0.00	163.66	77.22	6.94
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	50	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Orange Smiles - SR1172 (6 slice or w)	50	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Crinkle Cut French Fries - SR2496 (1/2 c.)	100	89.58	3.10	0.34	0.00	110.26	14.47	1.38
Chocolate Skim Milk - SR1000 (1 Half Pint)	100	151.96	0.00	0.00	0.00	249.48	30.53	7.69
Ranch Dressing - SR2540 (1 packet)	100	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Ketchup - SR2542 (1 packet)	50	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Yellow Mustard PC - SR2517 (1 packet)	50	4.58	0.00	0.00	0.00	77.92	0.92	0.00
RISE GK-8 SFSP Lunch Academy November- (Fast Takes + Hot) W2D4 :33243 - ServingDate: 11/05/2020								
Grilled Cheese Sandwich - COR1243 (1 sandwich)	70	340.00	20.00	10.00	0.00	1280.00	28.00	14.00
Italian Sub - COR1357 (1 ea.)	30	334.31	14.86	4.93	0.00(M)	840.17	33.13	18.75

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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)
RISE GK-8 SFSP Lunch Academy November- (Fast Takes + Hot) W2D4 :33243 - ServingDate: 11/05/2020								
Diced Peaches - SR3040 (1/2 c.)	100	65.00	0.00	0.00	0.00	5.42	15.17	0.00
Celery Sticks - SR1014 (6 stick.)	0	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Lowfat 1% White Milk - SR1001 (1 Half Pint)	100	102.48	2.37	1.54	0.00	107.36	12.18	8.22
Ranch Dressing - SR2540 (1 packet)	100	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Mayonnaise - SR2543 (1 packet)	30	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Yellow Mustard PC - SR2517 (1 packet)	30	4.58	0.00	0.00	0.00	77.92	0.92	0.00
RISE GK-8 SFSP Lunch Academy November- (Fast Takes + Hot) W2D5 :33243 - ServingDate: 11/06/2020								
Macaroni and Cheese - COR2231 (1 #6 scoop)	70	378.23	18.73	9.79	0.00	877.10	33.57	19.84
Blueberry & Yogurt Parfait w/Granola - COR2362 (1 ea.)	30	265.09	3.42	0.71	0.00	159.67	53.02	6.27
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	30	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Breadstick - SR1044 (1 breadstick)	70	80.00	1.00	0.00	0.00	95.00	14.00	3.00
Diced Peaches - SR3040 (1/2 c.)	70	65.00	0.00	0.00	0.00	5.42	15.17	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	100	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Chocolate Skim Milk - SR1000 (1 Half Pint)	100	151.96	0.00	0.00	0.00	249.48	30.53	7.69
Ranch Dressing - SR2540 (1 packet)	100	50.00	5.00	1.00	0.00	100.00	1.00	0.00

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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)
RISE GK-8 SFSP Lunch Academy November- (Fast Takes + Hot) W3D1 :33243 - ServingDate: 11/09/2020								
Crispy Chicken Sandwich - COR1045 (1 ea.)	50	400.00	15.50	2.50	0.00	700.00	46.00	19.00
Cheese and Yogurt Plate w/Goldfish Crackers - COR1438 (1 ea.)	50	270.00	11.50	5.00	0.00	420.00	29.00	13.00
Fresh Apple Slices - COR1263 (1 small (2-3))	100	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Tater Tots - SR1450 (1/2 c.)	100	130.83	6.04	1.01	0.00	311.98	16.10	2.01
Chocolate Skim Milk - SR1000 (1 Half Pint)	100	151.96	0.00	0.00	0.00	249.48	30.53	7.69
Ranch Dressing - SR2540 (1 packet)	0	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Ketchup - SR2542 (1 packet)	50	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Yellow Mustard PC - SR2517 (1 packet)	50	4.58	0.00	0.00	0.00	77.92	0.92	0.00
RISE GK-8 SFSP Lunch Academy November- (Fast Takes + Hot) W3D2 :33243 - ServingDate: 11/10/2020								
Cheese Pizza - SR2081 (1 slice)	70	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Turkey & Cheese Pinwheel Sandwiches - COR2358 (1 Box)	30	356.50	16.25	6.75	0.00	1368.50	35.75	19.25
Unsweetened Applesauce - SR1195 (1/2 c.)	100	53.58	0.13	0.01	0.00	2.55	14.38	0.22
Petite Peel Baby Carrots - SR2905 (1 package (3))	100	35.00	0.00	0.00	0.00	50.00	8.00	1.00
Lowfat 1% White Milk - SR1001 (1 Half Pint)	100	102.48	2.37	1.54	0.00	107.36	12.18	8.22
Ranch Dressing - SR2540 (1 packet)	100	50.00	5.00	1.00	0.00	100.00	1.00	0.00

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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)
RISE GK-8 SFSP Lunch Academy November- (Fast Takes + Hot) W3D2 :33243 - ServingDate: 11/10/2020								
Mayonnaise - SR2543 (1 packet)	30	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Yellow Mustard PC - SR2517 (1 packet)	30	4.58	0.00	0.00	0.00	77.92	0.92	0.00
RISE GK-8 SFSP Lunch Academy November- (Fast Takes + Hot) W3D3 :33243 - ServingDate: 11/11/2020								
Cheeseburger - COR1194 (1 burger)	50	312.80	11.30	4.60	0.00	648.30	31.90	16.20
Strawberries & Yogurt Parfait w/Granola - COR1649 (1 ea.)	50	348.15	3.58	0.72	0.00	163.66	77.22	6.94
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	50	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Orange Smiles - SR1172 (6 slice or w)	50	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Crinkle Cut French Fries - SR2496 (1/2 c.)	100	89.58	3.10	0.34	0.00	110.26	14.47	1.38
Chocolate Skim Milk - SR1000 (1 Half Pint)	100	151.96	0.00	0.00	0.00	249.48	30.53	7.69
Ranch Dressing - SR2540 (1 packet)	100	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Ketchup - SR2542 (1 packet)	50	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Yellow Mustard PC - SR2517 (1 packet)	50	4.58	0.00	0.00	0.00	77.92	0.92	0.00
RISE GK-8 SFSP Lunch Academy November- (Fast Takes + Hot) W3D4 :33243 - ServingDate: 11/12/2020								
Grilled Cheese Sandwich - COR1243 (1 sandwich)	70	340.00	20.00	10.00	0.00	1280.00	28.00	14.00

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RISE GK-8 SFSP Lunch Academy November- (Fast Takes + Hot) W3D4 :33243 - ServingDate: 11/12/2020								
Italian Sub - COR1357 (1 ea.)	30	334.31	14.86	4.93	0.00(M)	840.17	33.13	18.75
Sliced Pears - SR3042 (1/2 c.)	100	104.00	0.00	0.00	0.00	8.67	26.00	0.00
Celery Sticks - SR1014 (6 stick.)	100	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Lowfat 1% White Milk - SR1001 (1 Half Pint)	100	102.48	2.37	1.54	0.00	107.36	12.18	8.22
Ranch Dressing - SR2540 (1 packet)	100	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Mayonnaise - SR2543 (1 packet)	30	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Yellow Mustard PC - SR2517 (1 packet)	30	4.58	0.00	0.00	0.00	77.92	0.92	0.00
RISE GK-8 SFSP Lunch Academy November- (Fast Takes + Hot) W3D5 :33243 - ServingDate: 11/13/2020								
Blueberry & Yogurt Parfait w/Granola - COR2362 (1 ea.)	50	265.09	3.42	0.71	0.00	159.67	53.02	6.27
Popcorn Chicken - SR1413 (12 piece)	50	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	50	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Breadstick - SR1044 (1 breadstick)	50	80.00	1.00	0.00	0.00	95.00	14.00	3.00
Diced Peaches - SR3040 (1/2 c.)	50	65.00	0.00	0.00	0.00	5.42	15.17	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	100	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Chocolate Skim Milk - SR1000 (1 Half Pint)	100	151.96	0.00	0.00	0.00	249.48	30.53	7.69
Ranch Dressing - SR2540 (1 packet)	100	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Ketchup - SR2542 (1 packet)	50	10.00	0.00	0.00	0.00	85.00	3.00	0.00

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RISE GK-8 SFSP Lunch Academy November- (Fast Takes + Hot) W4D1 :33243 - ServingDate: 11/16/2020								
Chicken Quesadilla - COR2179 (1 each quesa)	50	386.05	16.36	7.18	0.00	1223.91	36.18	22.63
Cheese and Yogurt Plate w/Goldfish Crackers - COR1438 (1 ea.)	50	270.00	11.50	5.00	0.00	420.00	29.00	13.00
Fresh Apple Slices - COR1263 (1 small (2- 3))	100	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Tater Tots - SR1450 (1/2 c.)	100	130.83	6.04	1.01	0.00	311.98	16.10	2.01
Chocolate Skim Milk - SR1000 (1 Half Pint)	100	151.96	0.00	0.00	0.00	249.48	30.53	7.69
Ranch Dressing - SR2540 (1 packet)	100	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Ketchup - SR2542 (1 packet)	100	10.00	0.00	0.00	0.00	85.00	3.00	0.00
RISE GK-8 SFSP Lunch Academy November- (Fast Takes + Hot) W4D2 :33243 - ServingDate: 11/17/2020								
Cheese Pizza - SR2081 (1 slice)	70	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Turkey & Cheese Pinwheel Sandwiches - COR2358 (1 Box)	30	356.50	16.25	6.75	0.00	1368.50	35.75	19.25
Unsweetened Applesauce - SR1195 (1/2 c.)	100	53.58	0.13	0.01	0.00	2.55	14.38	0.22
Petite Peel Baby Carrots - SR2905 (1 package (3))	100	35.00	0.00	0.00	0.00	50.00	8.00	1.00
Lowfat 1% White Milk - SR1001 (1 Half Pint)	100	102.48	2.37	1.54	0.00	107.36	12.18	8.22
Ranch Dressing - SR2540 (1 packet)	100	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Mayonnaise - SR2543 (1 packet)	30	60.00	6.00	1.00	0.00	60.00	1.00	0.00

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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)
RISE GK-8 SFSP Lunch Academy November- (Fast Takes + Hot) W4D2 :33243 - ServingDate: 11/17/2020								
Yellow Mustard PC - SR2517 (1 packet)	30	4.58	0.00	0.00	0.00	77.92	0.92	0.00
RISE GK-8 SFSP Lunch Academy November 18 - ServingDate: 11/18/2020								
Grilled Cheese Sandwich - COR1243 (1 sandwich)	70	340.00	20.00	10.00	0.00	1280.00	28.00	14.00
Italian Sub - COR1357 (1 ea.)	30	334.31	14.86	4.93	0.00(M)	840.17	33.13	18.75
Orange Smiles - SR1172 (6 slice or w)	100	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Crinkle Cut French Fries - SR2496 (1/2 c.)	100	89.58	3.10	0.34	0.00	110.26	14.47	1.38
Chocolate Skim Milk - SR1000 (1 Half Pint)	100	151.96	0.00	0.00	0.00	249.48	30.53	7.69
Ranch Dressing - SR2540 (1 packet)	100	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Ketchup - SR2542 (1 packet)	100	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Mayonnaise - SR2543 (1 packet)	30	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Yellow Mustard PC - SR2517 (1 packet)	30	4.58	0.00	0.00	0.00	77.92	0.92	0.00
RISE GK-8 SFSP Lunch Academy November 19 Thanksgiving Meal - ServingDate: 11/19/2020								
Turkey in Gravy w/Mashed Potatoes - COR1624 (1 serving)	60	243.56	8.89	2.62	0.00	789.00	21.10	17.43
Cheese and Yogurt Plate w/Goldfish Crackers - COR1438 (1 ea.)	40	270.00	11.50	5.00	0.00	420.00	29.00	13.00
Breadstick - SR1044 (1 breadstick)	60	80.00	1.00	0.00	0.00	95.00	14.00	3.00

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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)
RISE GK-8 SFSP Lunch Academy November 19 Thanksgiving Meal - ServingDate: 11/19/2020								
Fruit Jello, Diced Pears w/Strawberry jello - COR2052 (1/2 c.)	100	91.11	0.00	0.00	0.00	42.04	23.68	0.37
Celery Sticks - SR1014 (6 stick.)	40	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Lowfat 1% White Milk - SR1001 (1 Half Pint)	100	102.48	2.37	1.54	0.00	107.36	12.18	8.22
Ranch Dressing - SR2540 (1 packet)	100	50.00	5.00	1.00	0.00	100.00	1.00	0.00
RISE GK-8 SFSP Lunch Academy November- (Fast Takes + Hot) W4D5 :33243 - ServingDate: 11/20/2020								
Mac & Cheese - SR2536 (2/3 c.)	70	302.07	15.00	8.50	0.60	659.15	27.01	16.00
Blueberry & Yogurt Parfait w/Granola - COR2362 (1 ea.)	30	265.09	3.42	0.71	0.00	159.67	53.02	6.27
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	30	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Breadstick - SR1044 (1 breadstick)	70	80.00	1.00	0.00	0.00	95.00	14.00	3.00
Diced Peaches - SR3040 (1/2 c.)	70	65.00	0.00	0.00	0.00	5.42	15.17	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	100	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Chocolate Skim Milk - SR1000 (1 Half Pint)	100	151.96	0.00	0.00	0.00	249.48	30.53	7.69
Ranch Dressing - SR2540 (1 packet)	100	50.00	5.00	1.00	0.00	100.00	1.00	0.00

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RISE GK-8 SFSP Lunch Academy November- (Fast Takes + Hot) W2D1 :33243 - ServingDate: 11/30/2020								
Chicken Quesadilla - COR2179 (1 each quesa)	50	386.05	16.36	7.18	0.00	1223.91	36.18	22.63
Cheese and Yogurt Plate w/Goldfish Crackers - COR1438 (1 ea.)	50	270.00	11.50	5.00	0.00	420.00	29.00	13.00
Fresh Apple Slices - COR1263 (1 small (2- 3))	100	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Tater Tots - SR1450 (1/2 c.)	100	130.83	6.04	1.01	0.00	311.98	16.10	2.01
Chocolate Skim Milk - SR1000 (1 Half Pint)	100	151.96	0.00	0.00	0.00	249.48	30.53	7.69
Ranch Dressing - SR2540 (1 packet)	100	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Ketchup - SR2542 (1 packet)	100	10.00	0.00	0.00	0.00	85.00	3.00	0.00

Legend

(M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch

Site Group: The Clubhouse

Menu Line: CH-Main Event (II-Play)

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.