

# Menu Calendar Nutrient Analysis Report - September, 2021

Generated on: 8/26/2021 3:09:31 PM by Jenilee Pfaffe

Site: Challenger Middle School

Date: 09/01/2021 - 09/30/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Breakfast CO-WY 1:4 Ham &amp; Cheese on Bun &amp; Blueberry Muffin :36198 - ServingDate: 09/02/2021</b>								
Cheerios - SR1160 (1 bowl)	0	100.00	2.00	0.50	0.00	140.00	20.00	3.00
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	22.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl)	0	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	0	112.00	0.70	0.00	0.00	210.00	23.80	1.40
Blueberry Muffin - SR1454 (1 muffin)	0	190.00	6.00	2.00	0.00	130.00	30.00	3.00
Sandwich Breakfast, Ham, Egg & Cheese, WG bun, egg patty, American, RECIPE - COR2539 (1 sandwich)	0	305.00	13.75	4.38	0.00(M)	685.00	32.00	16.00
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	0	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Sliced Pears - SR3042 (1/2 c.)	0	62.40	0.00	0.00	0.00	5.20	15.60	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	0	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast CO-WY 1:5 Cinnamon Roll or Burrito :36198 - ServingDate: 09/03/2021</b>								
Cheerios - SR1160 (1 bowl)	0	100.00	2.00	0.50	0.00	140.00	20.00	3.00
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	22.00	1.00

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<b>Breakfast CO-WY 1:5 Cinnamon Roll or Burrito :36198 - ServingDate: 09/03/2021</b>								
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl)	0	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	0	112.00	0.70	0.00	0.00	210.00	23.80	1.40
Cinnamon Roll - SR1383 (1 roll.)	0	170.00	1.00	0.50	0.00	135.00	36.00	5.00
Strawberry Creamy Cheese Mini Bagels - SR1188 (1 pkg.)	0	240.00	6.00	2.50	0.00	180.00	41.00	6.00
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	0	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Unsweetened Applesauce - SR1195 (1/2 c.)	0	53.71	0.13	0.01	0.00	2.56	14.41	0.22
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	0	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00

**Legend**  
 (M) - Missing Nutrient Values

**Report Selections**  
 Meal Type: Breakfast  
 Site Group: Did You Know Café  
 Menu Line: B-Café Classics  
 Serving Group: K-12  
 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.