

Menu Calendar Nutrient Analysis Report - October, 2021

Site: Timberview Middle School

Date: 10/01/2021 - 10/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Breakfast CO-WY 1:5 Cinnamon Roll or Mini Bagel:36194 :36741 - ServingDate: 10/01/2021								
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	2	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)	2	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	2	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Strawberry Creamy Cheese Mini Bagels - SR1188 (1 pkg.)	45	177.54	4.76	1.79	0.14	154.97	33.67	4.62
Mini Cinnis - SR1595 (1 pkg.)	45	200.91	6.24	1.36	0.07	233.41	33.99	3.77
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	10	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Unsweetened Applesauce - SR1195 (1/2 c.)	50	53.71	0.13	0.01	0.00	2.56	14.41	0.22
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	80	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	20	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Breakfast CO-WY 1:1 Sausage Breakfast Pizza, Benefit Bar :36741 - ServingDate: 10/04/2021								
Oatmeal Chocolate Chip BenefIT Bar - SR2093 (1 Bar)	40	290.00	9.00	3.00	0.00	240.00	47.00	5.00
Sausage Breakfast Pizza - SR1167 (1 slice)	50	210.03	7.00	2.00	0.00	350.06	27.00	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)
Breakfast CO-WY 1:1 Sausage Breakfast Pizza, Benefit Bar :36741 - ServingDate: 10/04/2021								
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	2	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)	2	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	2	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	10	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Orange Wedges - COR1172 (4 slice or w)	50	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	80	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	20	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Breakfast CO-WY 1:2 Egg & Cheese Biscuit, Peach Parfait:36194 :36741 - ServingDate: 10/05/2021								
Breakfast Biscuit Sandwich - SR1744 (1 sandwich)	0	262.26	15.01	8.76	0.06	500.06	23.45	8.97
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	2	110.00	3.00	0.50	0.00	160.00	22.00	1.00

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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)
Breakfast CO-WY 1:2 Egg & Cheese Biscuit, Peach Parfait:36194 :36741 - ServingDate: 10/05/2021								
Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl)	2	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	2	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Peachy Parfait - COR2146 (1 parfait)	65	506.27 (M)	6.87(M)	1.69(M)	0.00(M)	317.92 (M)	101.13 (M)	12.68 (M)
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	10	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Diced Peaches - SR3040 (1/2 c.)	50	88.28	0.00	0.00	0.00	7.36	20.60	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	80	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	20	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Breakfast CO-WY 1:3 French Toast & Nutrigrain Bar:36194 :36741 - ServingDate: 10/06/2021								
Blueberry Nutrigrain Bar - SR3029 (1 Bar)	0	160.00	4.00	0.50	0.00	135.00	30.00	2.00
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	2	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)	2	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	2	105.36	0.90	0.11	0.00	212.30	23.77	1.51

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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)
Breakfast CO-WY 1:3 French Toast & Nutrigrain Bar:36194 :36741 - ServingDate: 10/06/2021								
French Toast Sticks - SR1910 (3 stick.)	0	190.92	7.34	1.47	0.00	220.29	27.90	4.41
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	10	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Fresh Whole Apple - SR2870 (1 medium (3)	25	94.64	0.31	0.05	0.00	1.82	25.13	0.47
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	80	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	20	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Breakfast CO-WY 1:4 Ham & Cheese on Bun & Blueberry Muffin :36741 - ServingDate: 10/07/2021								
American Egg, Ham & Cheese Breakfast Sandwich - SR3050 (1 sandwich)	45	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	2	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)	2	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	2	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Blueberry Muffin - SR1454 (1 muffin)	45	190.00	6.00	2.00	0.00	130.00	30.00	3.00
American Cheese Slice - SR1988 (1/2 oz.)	0	50.00	4.50	2.50	0.00	255.00	0.00	2.50

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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)
Breakfast CO-WY 1:4 Ham & Cheese on Bun & Blueberry Muffin :36741 - ServingDate: 10/07/2021								
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	10	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Hamburger Bun - COR2225 (1 ea.)	0	160.00	1.50	0.00	0.00	260.00	30.00	5.00
Sliced Pears - SR3042 (1/2 c.)	50	62.40	0.00	0.00	0.00	5.20	15.60	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	80	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	20	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Breakfast CO-WY 1:1 Sausage Breakfast Pizza, Benefit Bar :36741 - ServingDate: 10/11/2021								
Oatmeal Chocolate Chip BeneFIT Bar - SR2093 (1 Bar)	40	290.00	9.00	3.00	0.00	240.00	47.00	5.00
Sausage Breakfast Pizza - SR1167 (1 slice)	50	210.03	7.00	2.00	0.00	350.06	27.00	9.00
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	2	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)	2	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	2	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	10	60.00	3.00	2.00	0.00	200.00	1.00	7.00

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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)
Breakfast CO-WY 1:1 Sausage Breakfast Pizza, Benefit Bar :36741 - ServingDate: 10/11/2021								
Orange Wedges - COR1172 (4 slice or w)	50	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	80	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	20	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Breakfast CO-WY 1:2 Egg & Cheese Biscuit, Peach Parfait:36194 :36741 - ServingDate: 10/12/2021								
Breakfast Biscuit Sandwich - SR1744 (1 sandwich)	0	262.26	15.01	8.76	0.06	500.06	23.45	8.97
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	2	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)	2	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	2	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Peachy Parfait - COR2146 (1 parfait)	65	506.27 (M)	6.87(M)	1.69(M)	0.00(M)	317.92 (M)	101.13 (M)	12.68 (M)
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	10	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Diced Peaches - SR3040 (1/2 c.)	50	88.28	0.00	0.00	0.00	7.36	20.60	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	80	120.00	0.00	0.00	0.00	180.00	20.00	8.00

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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)
Breakfast CO-WY 1:2 Egg & Cheese Biscuit, Peach Parfait:36194 :36741 - ServingDate: 10/12/2021								
1% White Milk - COR1181 (1 Half Pint)	20	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Breakfast CO-WY 1:3 French Toast & Nutrigrain Bar:36194 :36741 - ServingDate: 10/13/2021								
Blueberry Nutrigrain Bar - SR3029 (1 Bar)	0	160.00	4.00	0.50	0.00	135.00	30.00	2.00
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	2	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)	2	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	2	105.36	0.90	0.11	0.00	212.30	23.77	1.51
French Toast Sticks - SR1910 (3 stick.)	0	190.92	7.34	1.47	0.00	220.29	27.90	4.41
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	10	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Fresh Whole Apple - SR2870 (1 medium (3)	25	94.64	0.31	0.05	0.00	1.82	25.13	0.47
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	80	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	20	110.00	2.50	1.50	0.00	130.00	13.00	8.00

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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)
Breakfast CO-WY 1:4 Ham & Cheese on Bun & Blueberry Muffin :36741 - ServingDate: 10/14/2021								
American Egg, Ham & Cheese Breakfast Sandwich - SR3050 (1 sandwich)	45	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	2	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)	2	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	2	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Blueberry Muffin - SR1454 (1 muffin)	45	190.00	6.00	2.00	0.00	130.00	30.00	3.00
American Cheese Slice - SR1988 (1/2 oz.)	0	50.00	4.50	2.50	0.00	255.00	0.00	2.50
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	10	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Hamburger Bun - COR2225 (1 ea.)	0	160.00	1.50	0.00	0.00	260.00	30.00	5.00
Sliced Pears - SR3042 (1/2 c.)	50	62.40	0.00	0.00	0.00	5.20	15.60	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	80	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	20	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Breakfast CO-WY 1:5 Cinnamon Roll or Mini Bagel:36194 :36741 - ServingDate: 10/15/2021								
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	136.42	20.83	3.58

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Breakfast CO-WY 1:5 Cinnamon Roll or Mini Bagel:36194 :36741 - ServingDate: 10/15/2021								
Cinnamon Chex - SR2336 (1 bowl)	2	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	2	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)	2	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	2	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Strawberry Creamy Cheese Mini Bagels - SR1188 (1 pkg.)	45	177.54	4.76	1.79	0.14	154.97	33.67	4.62
Mini Cinnis - SR1595 (1 pkg.)	45	200.91	6.24	1.36	0.07	233.41	33.99	3.77
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	10	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Unsweetened Applesauce - SR1195 (1/2 c.)	50	53.71	0.13	0.01	0.00	2.56	14.41	0.22
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	80	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	20	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Breakfast CO-WY 1:1 Sausage Breakfast Pizza, Benefit Bar :36741 - ServingDate: 10/18/2021								
Oatmeal Chocolate Chip BeneFIT Bar - SR2093 (1 Bar)	40	290.00	9.00	3.00	0.00	240.00	47.00	5.00
Sausage Breakfast Pizza - SR1167 (1 slice)	50	210.03	7.00	2.00	0.00	350.06	27.00	9.00
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	136.42	20.83	3.58

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Breakfast CO-WY 1:1 Sausage Breakfast Pizza, Benefit Bar :36741 - ServingDate: 10/18/2021								
Cinnamon Chex - SR2336 (1 bowl)	2	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	2	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)	2	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	2	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	10	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Orange Wedges - COR1172 (4 slice or w)	50	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	80	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	20	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Breakfast CO-WY 1:2 Egg & Cheese Biscuit, Peach Parfait:36194 :36741 - ServingDate: 10/19/2021								
Breakfast Biscuit Sandwich - SR1744 (1 sandwich)	0	262.26	15.01	8.76	0.06	500.06	23.45	8.97
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	2	110.00	3.00	0.50	0.00	160.00	22.00	1.00

Menu Calendar Nutrient Analysis Report - October, 2021

Generated on: 10/4/2021 5:08:53 PM by Jenilee Pfaffe

Site: Timberview Middle School

Date: 10/01/2021 - 10/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Breakfast CO-WY 1:2 Egg & Cheese Biscuit, Peach Parfait:36194 :36741 - ServingDate: 10/19/2021								
Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl)	2	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	2	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Peachy Parfait - COR2146 (1 parfait)	65	506.27 (M)	6.87(M)	1.69(M)	0.00(M)	317.92 (M)	101.13 (M)	12.68 (M)
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	10	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Diced Peaches - SR3040 (1/2 c.)	50	88.28	0.00	0.00	0.00	7.36	20.60	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	80	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	20	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Breakfast CO-WY 1:3 French Toast & Nutrigrain Bar:36194 :36741 - ServingDate: 10/20/2021								
Blueberry Nutrigrain Bar - SR3029 (1 Bar)	0	160.00	4.00	0.50	0.00	135.00	30.00	2.00
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	2	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)	2	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	2	105.36	0.90	0.11	0.00	212.30	23.77	1.51

Menu Calendar Nutrient Analysis Report - October, 2021

Site: Timberview Middle School

Date: 10/01/2021 - 10/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Breakfast CO-WY 1:3 French Toast & Nutrigrain Bar:36194 :36741 - ServingDate: 10/20/2021								
French Toast Sticks - SR1910 (3 stick.)	0	190.92	7.34	1.47	0.00	220.29	27.90	4.41
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	10	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Fresh Whole Apple - SR2870 (1 medium (3))	25	94.64	0.31	0.05	0.00	1.82	25.13	0.47
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	80	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	20	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Breakfast CO-WY 1:4 Ham & Cheese on Bun & Blueberry Muffin :36741 - ServingDate: 10/21/2021								
American Egg, Ham & Cheese Breakfast Sandwich - SR3050 (1 sandwich)	45	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	2	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)	2	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	2	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Blueberry Muffin - SR1454 (1 muffin)	45	190.00	6.00	2.00	0.00	130.00	30.00	3.00
American Cheese Slice - SR1988 (1/2 oz.)	0	50.00	4.50	2.50	0.00	255.00	0.00	2.50

Menu Calendar Nutrient Analysis Report - October, 2021

Site: Timberview Middle School

Date: 10/01/2021 - 10/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Breakfast CO-WY 1:4 Ham & Cheese on Bun & Blueberry Muffin :36741 - ServingDate: 10/21/2021								
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	10	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Hamburger Bun - COR2225 (1 ea.)	0	160.00	1.50	0.00	0.00	260.00	30.00	5.00
Sliced Pears - SR3042 (1/2 c.)	50	62.40	0.00	0.00	0.00	5.20	15.60	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	80	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	20	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Breakfast CO-WY 1:1 Sausage Breakfast Pizza, Benefit Bar :36741 - ServingDate: 10/25/2021								
Oatmeal Chocolate Chip BeneFIT Bar - SR2093 (1 Bar)	40	290.00	9.00	3.00	0.00	240.00	47.00	5.00
Sausage Breakfast Pizza - SR1167 (1 slice)	50	210.03	7.00	2.00	0.00	350.06	27.00	9.00
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	2	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)	2	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	2	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	10	60.00	3.00	2.00	0.00	200.00	1.00	7.00

Menu Calendar Nutrient Analysis Report - October, 2021

Site: Timberview Middle School

Date: 10/01/2021 - 10/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Breakfast CO-WY 1:1 Sausage Breakfast Pizza, Benefit Bar :36741 - ServingDate: 10/25/2021								
Orange Wedges - COR1172 (4 slice or w)	50	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	80	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	20	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Breakfast CO-WY 1:2 Egg & Cheese Biscuit, Peach Parfait:36194 :36741 - ServingDate: 10/26/2021								
Breakfast Biscuit Sandwich - SR1744 (1 sandwich)	0	262.26	15.01	8.76	0.06	500.06	23.45	8.97
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	2	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)	2	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	2	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Peachy Parfait - COR2146 (1 parfait)	65	506.27 (M)	6.87(M)	1.69(M)	0.00(M)	317.92 (M)	101.13 (M)	12.68 (M)
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	10	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Diced Peaches - SR3040 (1/2 c.)	50	88.28	0.00	0.00	0.00	7.36	20.60	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	80	120.00	0.00	0.00	0.00	180.00	20.00	8.00

Menu Calendar Nutrient Analysis Report - October, 2021

Site: Timberview Middle School

Date: 10/01/2021 - 10/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Breakfast CO-WY 1:2 Egg & Cheese Biscuit, Peach Parfait:36194 :36741 - ServingDate: 10/26/2021								
1% White Milk - COR1181 (1 Half Pint)	20	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Breakfast CO-WY 1:3 French Toast & Nutrigrain Bar:36194 :36741 - ServingDate: 10/27/2021								
Blueberry Nutrigrain Bar - SR3029 (1 Bar)	0	160.00	4.00	0.50	0.00	135.00	30.00	2.00
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	2	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)	2	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	2	105.36	0.90	0.11	0.00	212.30	23.77	1.51
French Toast Sticks - SR1910 (3 stick.)	0	190.92	7.34	1.47	0.00	220.29	27.90	4.41
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	10	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Fresh Whole Apple - SR2870 (1 medium (3)	25	94.64	0.31	0.05	0.00	1.82	25.13	0.47
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	80	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	20	110.00	2.50	1.50	0.00	130.00	13.00	8.00

Menu Calendar Nutrient Analysis Report - October, 2021

Site: Timberview Middle School
 Date: 10/01/2021 - 10/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Breakfast CO-WY 1:4 Ham & Cheese on Bun & Blueberry Muffin :36741 - ServingDate: 10/28/2021								
American Egg, Ham & Cheese Breakfast Sandwich - SR3050 (1 sandwich)	45	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	2	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)	2	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	2	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Blueberry Muffin - SR1454 (1 muffin)	45	190.00	6.00	2.00	0.00	130.00	30.00	3.00
American Cheese Slice - SR1988 (1/2 oz.)	0	50.00	4.50	2.50	0.00	255.00	0.00	2.50
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	10	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Hamburger Bun - COR2225 (1 ea.)	0	160.00	1.50	0.00	0.00	260.00	30.00	5.00
Sliced Pears - SR3042 (1/2 c.)	50	62.40	0.00	0.00	0.00	5.20	15.60	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	80	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	20	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Breakfast CO-WY 1:5 Cinnamon Roll or Mini Bagel:36194 :36741 - ServingDate: 10/29/2021								
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	136.42	20.83	3.58

Menu Calendar Nutrient Analysis Report - October, 2021

Site: Timberview Middle School

Date: 10/01/2021 - 10/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Breakfast CO-WY 1:5 Cinnamon Roll or Mini Bagel:36194 :36741 - ServingDate: 10/29/2021								
Cinnamon Chex - SR2336 (1 bowl)	2	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	2	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)	2	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	2	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Strawberry Creamy Cheese Mini Bagels - SR1188 (1 pkg.)	45	177.54	4.76	1.79	0.14	154.97	33.67	4.62
Mini Cinnis - SR1595 (1 pkg.)	45	200.91	6.24	1.36	0.07	233.41	33.99	3.77
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	10	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Unsweetened Applesauce - SR1195 (1/2 c.)	50	53.71	0.13	0.01	0.00	2.56	14.41	0.22
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	80	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	20	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-8
 Nutrients Option: Expanded

Menu Calendar Nutrient Analysis Report - October, 2021

Site: Timberview Middle School
Date: 10/01/2021 - 10/31/2021

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.