

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Home School Academy
Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 Academy September Main Event tier II- K-8 WSD3 :37425 - ServingDate: 12/01/2021								
Corn Dog - SR1023 (1 corn dog)	70	240.00	8.00	2.50	0.00	390.00	30.00	9.00
Ham & Cheese Salad, mixed greens w/ spinach, ham, cheddar, cucumber, tomato - COR2541 (1 salad)	20	196.70	9.51	3.92	0.00	739.90	5.81	23.01
Italian Sub - COR1357 (1 ea.)	9	368.74	16.36	5.18	0.00(M)	990.12	32.63	24.25
Sunbutter & Jelly Sandwich - COR1204 (1 sandwich)	1	600.45	34.84	4.11	0.00	511.27	55.37	18.37
Dinner Roll - COR2368 (1 roll.)	20	85.08	1.98	0.16	0.00(M)	97.83	15.13	2.30
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fruit Cocktail - SR3023 (1/2 c.)	0	86.67	0.00	0.00	0.00	7.22	21.67	0.00
Celery Sticks - SR1014 (6 stick.)	50	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Tater Tots - SR1450 (1/2 c.)	0	110.70	6.04	1.01	0.00	311.98	14.09	1.01
SY21-22 Academy September Main Event tier II- K-8 WSD4 :37425 - ServingDate: 12/02/2021								
Chicken Quesadilla - COR2235 (1 each quesa)	75	366.05	13.36	6.18	0.00	1253.91	37.18	23.63
Sandwich, Turkey & Cheese on Bimbo WG sliced bread, Elementary, RECIPE - COR2543 (1 ea.)	24	327.50	12.13	3.75	0.00	957.49	26.00	29.75
Sunbutter & Jelly Sandwich - COR1204 (1 sandwich)	1	600.45	34.84	4.11	0.00	511.27	55.37	18.37
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Diced Pears - SR3041 (1/2 c.)	50	57.47	0.00	0.00	0.00	4.79	15.33	0.00

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SY21-22 Academy September Main Event tier II- K-8 WSD4 :37425 - ServingDate: 12/02/2021								
Beans, black, Heated, canned, drained, (1/2c=3.1oz=1/2c legume or 2oz M/MA) - SR3362 (1/2 c.)	50	114.94	0.00	0.00	0.00	135.84	20.90	7.32
Fresh Broccoli Florets - SR1027 (1/2 c.)	30	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Carrots - SR1016 (1/2 c.)	20	25.40	0.09	0.02	0.00	56.61	5.98	0.46
SY21-22 Academy September Main Event tier II- K-8 WSD5 :37425 - ServingDate: 12/03/2021								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	80	290.17	11.01	6.00	0.00	500.29	28.02	19.01
American Deli Sandwich - SR3130 (1 sandwich)	19	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sunbutter & Jelly Sandwich, sunbutter, grape jelly, Bimbo sliced bread WG, RECIPE - COR2547 (1 sandwich)	1	600.45	34.84	4.11	0.00	491.27	53.37	20.37
American-style Meat Combination - SR2138 (5 slice)	19	130.19	5.75	1.46	0.00	505.66	0.00	19.43
American Cheese Slice - SR1988 (1/2 oz.)	19	50.62	4.56	2.53	0.00	237.93	0.51	2.53
Sub Roll - COR1158 (1 roll.)	19	182.15	4.19	0.33	0.00(M)	205.63	32.63	4.79
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Unsweetened Applesauce - SR1195 (1/2 c.)	50	53.71	0.13	0.01	0.00	2.56	14.41	0.22
Crinkle Cut French Fries - SR2496 (1/2 c.)	75	90.89	3.54	0.51	0.00	25.25	13.13	1.01
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46

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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)
SY21-22 Academy September Main Event tier II- K-8 W5D5 :37425 - ServingDate: 12/03/2021								
Spaghetti Sauce - SR3378 (1/4 c.)	80	45.22	2.26	0.56	0.00	70.65	5.65	0.56
SY21-22 Academy September Main Event tier II- K-8 W1D2 :37425 - ServingDate: 12/07/2021								
Crispy Chicken Nuggets - SR1367 (5 nugget)	86	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Italian Sub - COR1357 (1 ea.)	5	368.74	16.36	5.18	0.00(M)	990.12	32.63	24.25
Sunbutter & Jelly Sandwich - COR1204 (1 sandwich)	1	600.45	34.84	4.11	0.00	511.27	55.37	18.37
Turkey & Cheese Salad, mixed greens w/ spinach, turkey, cheddar, cucumber, tomato - COR2545 (1 salad)	8	196.70	9.51	3.92	0.00	739.90	5.81	23.01
Goldfish Crackers - SR2426 (1 pkg.)	8	100.00	4.00	0.50	0.00	170.00	14.00	2.00
Dinner Roll - COR2368 (1 roll.)	86	85.08	1.98	0.16	0.00(M)	97.83	15.13	2.30
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Orange Smiles - SR1172 (6 slice or w)	50	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Celery Sticks - SR1014 (6 stick.)	25	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Tater Tots - SR1450 (1/2 c.)	75	110.70	6.04	1.01	0.00	311.98	14.09	1.01
SY21-22 Academy September Main Event tier II- K-8 W1D3 :37425 - ServingDate: 12/08/2021								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	60	290.17	11.01	6.00	0.00	500.29	28.02	19.01

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SY21-22 Academy September Main Event tier II- K-8 W1D3 :37425 - ServingDate: 12/08/2021								
Ham & Cheese on sliced Bread - COR1515 (1 ea.)	0	315.00	14.75	6.13	0.00	1130.00	28.00	19.50
Sunbutter & Jelly Sandwich - COR1204 (1 sandwich)	1	600.45	34.84	4.11	0.00	511.27	55.37	18.37
Yogurt & Fruit Parfait - SR2946 (1 parfait)	39	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vanilla Yogurt - SR2612 (1/2 c.)	39	99.17	0.68	0.45	0.00	51.57	20.40	3.40
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	0	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Nut-Free Granola - COR1522 (1/4 c.)	39	111.46	2.67	0.33	0.00	98.39	20.59	2.51
Honey Graham Crackers - SR2366 (1 pkg.)	39	90.00	2.50	0.00	0.00	95.00	17.00	2.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Diced Pears - SR3041 (1/2 c.)	20	57.47	0.00	0.00	0.00	4.79	15.33	0.00
Strawberries - SR2218 (1/2 c.)	39	122.40	0.17	0.01	0.00	3.99	33.05	0.68
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	40	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Spaghetti Sauce - SR3378 (1/4 c.)	50	45.22	2.26	0.56	0.00	70.65	5.65	0.56
SY21-22 Academy September Main Event tier II- K-8 W1D4 :37425 - ServingDate: 12/09/2021								
American Deli Sandwich - SR3130 (1 sandwich)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fruit & Yo To Go Box - SR2956 (1 Box)	9	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Hot Dog - COR1210 (1 serving (1))	50	240.00	10.00	2.50	0.00	460.00	24.00	11.00

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SY21-22 Academy September Main Event tier II- K-8 W1D4 :37425 - ServingDate: 12/09/2021								
Sunbutter & Jelly Sandwich - COR1204 (1 sandwich)	1	600.45	34.84	4.11	0.00	511.27	55.37	18.37
American-style Meat Combination - SR2138 (5 slice)	40	130.19	5.75	1.46	0.00	505.66	0.00	19.43
American Cheese Slice - SR1988 (1/2 oz.)	40	50.62	4.56	2.53	0.00	237.93	0.51	2.53
Reduced Fat Mild Cheddar Cheese Cubes - SR2839 (1 pkg.)	9	90.00	7.00	4.50	0.00	190.00	0.00	7.00
Raspberry Rainbow Yogurt - SR1183 (1 4 oz conta)	9	80.00	0.50	0.00	0.00	65.00	15.00	4.00
Scooby Doo Graham Crackers, Sticks, IW, 1oz Bags - SR3018 (1 pkg.)	9	120.00	3.50	1.00	0.00	115.00	21.00	2.00
Sub Roll - COR1158 (1 roll.)	40	182.15	4.19	0.33	0.00(M)	205.63	32.63	4.79
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Orange Smiles - SR1172 (6 slice or w)	9	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Vegetarian Baked Beans - SR2026 (1/2 c.)	34	132.68	0.00	0.00	0.00	561.33	29.60	7.14
Fresh Broccoli Florets - SR1027 (1/2 c.)	33	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	33	10.34	0.11	0.03	0.00	51.71	1.92	0.45
SY21-22 Academy September Main Event tier II- K-8 W1D5 :37425 - ServingDate: 12/10/2021								
Cheeseburger - COR1241 (1 burger)	69	350.00	13.00	5.50	0.00	695.00	33.00	19.50
Sandwich, Turkey & Cheese on Bimbo WG sliced bread, Elementary, RECIPE - COR2543 (1 ea.)	30	327.50	12.13	3.75	0.00	957.49	26.00	29.75

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SY21-22 Academy September Main Event tier II- K-8 W1D5 :37425 - ServingDate: 12/10/2021								
Sunbutter & Jelly Sandwich - COR1204 (1 sandwich)	1	600.45	34.84	4.11	0.00	511.27	55.37	18.37
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Diced Peaches - SR3040 (1/2 c.)	50	59.04	0.00	0.00	0.00	4.92	13.78	0.00
Crinkle Cut French Fries - SR2496 (1/2 c.)	70	90.89	3.54	0.51	0.00	25.25	13.13	1.01
Baby Carrots - SR1016 (1/2 c.)	30	25.40	0.09	0.02	0.00	56.61	5.98	0.46
SY21-22 Academy September Main Event tier II- K-8 W2D1 :37425 - ServingDate: 12/13/2021								
Mini-Bento Box - SR2827 (1 Box)	5	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Pepperoni Pizza, - SR2076 (1 slice)	80	345.27	15.13	6.47	0.00	435.59	34.40	16.37
Popcorn Chicken - SR1413 (12 piece)	5	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Sandwich, Turkey & Cheese on Bimbo WG sliced bread, Elementary, RECIPE - COR2543 (1 ea.)	9	327.50	12.13	3.75	0.00	957.49	26.00	29.75
Sunbutter & Jelly Sandwich - COR1204 (1 sandwich)	1	600.45	34.84	4.11	0.00	511.27	55.37	18.37
American-style Meat Combination - SR2138 (5 slice)	5	130.19	5.75	1.46	0.00	505.66	0.00	19.43
Mozzarella Cheese - SR3098 (1/2 oz.)	5	45.56	3.54	2.53	0.00	86.06	0.51	3.04
Goldfish Crackers - SR2426 (1 pkg.)	5	100.00	4.00	0.50	0.00	170.00	14.00	2.00
Oven Fired Flatbread - SR1534 (1 piece)	5	180.00	5.00	1.00	0.00	330.00	28.00	6.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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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)
SY21-22 Academy September Main Event tier II- K-8 W2D1 :37425 - ServingDate: 12/13/2021								
Unsweetened Applesauce - SR1195 (1/2 c.)	50	53.71	0.13	0.01	0.00	2.56	14.41	0.22
Celery Sticks - SR1014 (6 stick.)	75	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
SY21-22 Academy September Main Event tier II- K-8 W2D2 :37425 - ServingDate: 12/14/2021								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	70	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Fruit & Yo To Go Box - SR2956 (1 Box)	19	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Ham & Cheese Salad, mixed greens w/ spinach, ham, cheddar, cucumber, tomato - COR2541 (1 salad)	10	196.70	9.51	3.92	0.00	739.90	5.81	23.01
Sunbutter & Jelly Sandwich - COR1204 (1 sandwich)	1	600.45	34.84	4.11	0.00	511.27	55.37	18.37
Raspberry Rainbow Yogurt - SR1183 (1 4 oz conta)	29	80.00	0.50	0.00	0.00	65.00	15.00	4.00
Reduced Fat Mild Cheddar Cheese Cubes - SR2839 (1 pkg.)	19	90.00	7.00	4.50	0.00	190.00	0.00	7.00
Goldfish Crackers - SR2426 (1 pkg.)	70	100.00	4.00	0.50	0.00	170.00	14.00	2.00
Scooby Doo Graham Crackers, Sticks, IW, 1oz Bags - SR3018 (1 pkg.)	19	120.00	3.50	1.00	0.00	115.00	21.00	2.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Orange Smiles - SR1172 (6 slice or w)	80	45.12	0.12	0.01	0.00	0.00	11.28	0.90

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SY21-22 Academy September Main Event tier II- K-8 W2D2 :37425 - ServingDate: 12/14/2021								
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Spaghetti Sauce - SR3378 (1/4 c.)	70	45.22	2.26	0.56	0.00	70.65	5.65	0.56
Tater Tots - SR1450 (1/2 c.)	20	110.70	6.04	1.01	0.00	311.98	14.09	1.01
SY21-22 Academy September Main Event tier II- K-8 W2D3 :37425 - ServingDate: 12/15/2021								
Academy Crispy Chicken Wrap, raquelitas tortilla, popcorn chicken - COR2474 (1 wrap)	75	509.91	23.68	6.23	0.00	1157.82	50.27	24.27
Corn Dog - SR1023 (1 corn dog)	24	240.00	8.00	2.50	0.00	390.00	30.00	9.00
Sunbutter & Jelly Sandwich - COR1204 (1 sandwich)	1	600.45	34.84	4.11	0.00	511.27	55.37	18.37
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Unsweetened Applesauce - SR1195 (1/2 c.)	25	53.71	0.13	0.01	0.00	2.56	14.41	0.22
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Crinkle Cut French Fries - SR2496 (1/2 c.)	90	90.89	3.54	0.51	0.00	25.25	13.13	1.01
Chocolate Cookie - COR1300 (1 ea.)	25	62.20	2.62	0.68	0.00(M)	54.35	9.03	1.07
Bakery Cookie, Chocolate Chip, WG, Academy, RECIPE - COR2005 (1 ea.)	25	69.28	3.23	1.52	0.00(M)	71.91	9.78	0.96
Snickerdoodle Cookie - COR1302 (1 ea.)	25	59.67	2.63	1.14	0.00(M)	75.51	8.42	0.85
Sugar Cookie - COR1303 (1 ea.)	25	59.57	2.63	1.14	0.00(M)	75.51	8.39	0.85

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SY21-22 Academy September Main Event tier II- K-8 W2D4 :37425 - ServingDate: 12/16/2021								
Chicken in Gravy - COR2414 (6 oz.)	75	102.37	3.01	0.00	0.00	189.40	4.05	12.00
Fruit & Yo To Go Box - SR2956 (1 Box)	20	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Sandwich, Ham & Cheese on Bimbo WG sliced bread, Elementary, RECIPE - COR2546 (1 ea.)	4	327.50	12.13	3.75	0.00	957.49	26.00	29.75
Sunbutter & Jelly Sandwich - COR1204 (1 sandwich)	1	600.45	34.84	4.11	0.00	511.27	55.37	18.37
Reduced Fat Mild Cheddar Cheese Cubes - SR2839 (1 pkg.)	20	90.00	7.00	4.50	0.00	190.00	0.00	7.00
Raspberry Rainbow Yogurt - SR1183 (1 4 oz conta)	20	80.00	0.50	0.00	0.00	65.00	15.00	4.00
Dinner Roll - COR2368 (1 roll.)	75	85.08	1.98	0.16	0.00(M)	97.83	15.13	2.30
Scooby Doo Graham Crackers, Sticks, IW, 1oz Bags - SR3018 (1 pkg.)	20	120.00	3.50	1.00	0.00	115.00	21.00	2.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Red Seedless Grapes - SR1496 (1/2 c.)	50	62.60	0.14	0.05	0.00	1.81	16.42	0.65
Green Beans - COR1316 (1/2 c.)	75	21.67	0.00	0.00	0.00	151.67	4.33	1.08
Pinto Beans - SR3314 (1/2 c.)	1	118.51	1.21	0.00	0.00	169.30	21.77	7.26
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Whipped Potatoes - SR1112 (1/2 c.)	75	79.98	1.50	1.00	0.00	102.63	15.00	2.00

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SY21-22 Academy September Main Event tier II- K-8 W2D5 :37425 - ServingDate: 12/17/2021								
French Toast Sticks - SR1910 (3 stick.)	85	190.92	7.34	1.47	0.00	220.29	27.90	4.41
Sandwich, Ham & Cheese on Bimbo WG sliced bread, Elementary, RECIPE - COR2546 (1 ea.)	10	327.50	12.13	3.75	0.00	957.49	26.00	29.75
Yogurt & Fruit Parfait - SR2946 (1 parfait)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Crispy Chicken Nuggets - SR1367 (5 nugget)	85	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Vanilla Yogurt - SR2612 (1/2 c.)	5	99.17	0.68	0.45	0.00	51.57	20.40	3.40
Nut-Free Granola - COR1522 (1/4 c.)	5	111.46	2.67	0.33	0.00	98.39	20.59	2.51
Honey Graham Crackers - SR2366 (1 pkg.)	5	90.00	2.50	0.00	0.00	95.00	17.00	2.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fruit Cocktail - SR3023 (1/2 c.)	50	86.67	0.00	0.00	0.00	7.22	21.67	0.00
Strawberries - SR2218 (1/2 c.)	5	122.40	0.17	0.01	0.00	3.99	33.05	0.68
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Carrots - SR1016 (1/2 c.)	50	25.40	0.09	0.02	0.00	56.61	5.98	0.46

Legend

(M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch

Site Group: The Clubhouse

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

Serving Group: K-8

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.

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Home School Academy
Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
From the Garden CO- WY - K-8 Clubhouse - W3D3 :34299 - ServingDate: 12/01/2021								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sliced Apples - SR1493 (1/2 c.)	50	43.80	0.00	0.00	0.00	8.76	10.51	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
Green Bell Pepper Strips - SR1658 (1/4 c.)	10	4.93	0.04	0.01	0.00	0.74	1.14	0.21
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Salad Mix with Spinach - COR1416 (1 c.)	10	14.40	0.14	0.02	0.00	32.16	2.54	1.43
Chocolate Skim Milk - COR1153 (1 Half Pint)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Ranch Dressing - COR1403 (1 tbsp.)	80	55.00	5.50	1.00	0.00	125.00	0.50	0.50
Italian Dressing - COR1024 (1 tbsp.)	1	5.00	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SR2485 (1 tbsp.)	25	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Ketchup - COR1861 (1 tbsp.)	25	34.00	0.00	0.00	0.00	380.00	8.00	0.00
Mayonnaise - COR2066 (1 tbsp.)	10	107.14	12.86	2.14	0.00	75.00	0.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	10	0.00	0.00	0.00	0.00	165.00	0.00	0.00
From the Garden CO- WY - K-8 Clubhouse - W3D4 :34299 - ServingDate: 12/02/2021								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Diced Peaches - SR3040 (1/2 c.)	50	59.04	0.00	0.00	0.00	4.92	13.78	0.00
Red Seedless Grapes - SR1496 (1/2 c.)	50	62.60	0.14	0.05	0.00	1.81	16.42	0.65
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Home School Academy
Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
From the Garden CO- WY - K-8 Clubhouse - W3D4 :34299 - ServingDate: 12/02/2021								
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Salad Mix with Spinach - COR1416 (1 c.)	10	14.40	0.14	0.02	0.00	32.16	2.54	1.43
Chocolate Skim Milk - COR1153 (1 Half Pint)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Ranch Dressing - COR1403 (1 tbsp.)	80	55.00	5.50	1.00	0.00	125.00	0.50	0.50
Italian Dressing - COR1024 (1 tbsp.)	1	5.00	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SR2485 (1 tbsp.)	25	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Ketchup - COR1861 (1 tbsp.)	25	34.00	0.00	0.00	0.00	380.00	8.00	0.00
Mayonnaise - COR2066 (1 tbsp.)	10	107.14	12.86	2.14	0.00	75.00	0.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	10	0.00	0.00	0.00	0.00	165.00	0.00	0.00
From the Garden CO- WY - K-8 Clubhouse - W3D5 :34299 - ServingDate: 12/03/2021								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Unsweetened Applesauce - SR1195 (1/2 c.)	50	53.71	0.13	0.01	0.00	2.56	14.41	0.22
Orange Smiles - SR1172 (6 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
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Salad Mix with Spinach - COR1416 (1 c.)	10	14.40	0.14	0.02	0.00	32.16	2.54	1.43

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Home School Academy
Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
From the Garden CO-WY - K-8 Clubhouse - W3D5 :34299 - ServingDate: 12/03/2021								
Chocolate Skim Milk - COR1153 (1 Half Pint)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Ranch Dressing - COR1403 (1 tbsp.)	80	55.00	5.50	1.00	0.00	125.00	0.50	0.50
Italian Dressing - COR1024 (1 tbsp.)	1	5.00	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SR2485 (1 tbsp.)	25	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Ketchup - COR1861 (1 tbsp.)	25	34.00	0.00	0.00	0.00	380.00	8.00	0.00
Mayonnaise - COR2066 (1 tbsp.)	10	107.14	12.86	2.14	0.00	75.00	0.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	10	0.00	0.00	0.00	0.00	165.00	0.00	0.00
From the Garden CO-WY - K-8 Clubhouse - W4D1 :34299 - ServingDate: 12/06/2021								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fresh Whole Apple - SR2870 (1 medium (3)	50	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Diced Pears - SR3041 (1/2 c.)	50	57.47	0.00	0.00	0.00	4.79	15.33	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
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Salad Mix with Spinach - COR1416 (1 c.)	10	14.40	0.14	0.02	0.00	32.16	2.54	1.43
Chocolate Skim Milk - COR1153 (1 Half Pint)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Ranch Dressing - COR1403 (1 tbsp.)	80	55.00	5.50	1.00	0.00	125.00	0.50	0.50

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Home School Academy
Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
From the Garden CO-WY - K-8 Clubhouse - W4D1 :34299 - ServingDate: 12/06/2021								
Italian Dressing - COR1024 (1 tbsp.)	1	5.00	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SR2485 (1 tbsp.)	25	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Ketchup - COR1861 (1 tbsp.)	25	34.00	0.00	0.00	0.00	380.00	8.00	0.00
Mayonnaise - COR2066 (1 tbsp.)	10	107.14	12.86	2.14	0.00	75.00	0.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	10	0.00	0.00	0.00	0.00	165.00	0.00	0.00
From the Garden CO-WY - K-8 Clubhouse - W4D2 :34299 - ServingDate: 12/07/2021								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fresh Pears - SR1585 (1 medium)	50	101.46	0.25	0.04	0.00	1.78	27.11	0.64
Fruit Cocktail - SR3023 (1/2 c.)	50	86.67	0.00	0.00	0.00	7.22	21.67	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
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Salad Mix with Spinach - COR1416 (1 c.)	10	14.40	0.14	0.02	0.00	32.16	2.54	1.43
Chocolate Skim Milk - COR1153 (1 Half Pint)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Ranch Dressing - COR1403 (1 tbsp.)	80	55.00	5.50	1.00	0.00	125.00	0.50	0.50
Italian Dressing - COR1024 (1 tbsp.)	1	5.00	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SR2485 (1 tbsp.)	25	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Ketchup - COR1861 (1 tbsp.)	25	34.00	0.00	0.00	0.00	380.00	8.00	0.00

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Home School Academy
Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
From the Garden CO- WY - K-8 Clubhouse - W4D2 :34299 - ServingDate: 12/07/2021								
Mayonnaise - COR2066 (1 tbsp.)	10	107.14	12.86	2.14	0.00	75.00	0.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	10	0.00	0.00	0.00	0.00	165.00	0.00	0.00
From the Garden CO- WY - K-8 Clubhouse - W4D3 :34299 - ServingDate: 12/08/2021								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sliced Apples - SR1493 (1/2 c.)	50	43.80	0.00	0.00	0.00	8.76	10.51	0.00
Cubed Watermelon - SR1299 (1/2 c.)	50	27.67	0.14	0.01	0.00	0.92	6.96	0.56
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Green Bell Pepper Strips - SR1658 (1/4 c.)	10	4.93	0.04	0.01	0.00	0.74	1.14	0.21
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Salad Mix with Spinach - COR1416 (1 c.)	10	14.40	0.14	0.02	0.00	32.16	2.54	1.43
Chocolate Skim Milk - COR1153 (1 Half Pint)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Ranch Dressing - COR1403 (1 tbsp.)	80	55.00	5.50	1.00	0.00	125.00	0.50	0.50
Italian Dressing - COR1024 (1 tbsp.)	1	5.00	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SR2485 (1 tbsp.)	25	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Ketchup - COR1861 (1 tbsp.)	25	34.00	0.00	0.00	0.00	380.00	8.00	0.00
Mayonnaise - COR2066 (1 tbsp.)	10	107.14	12.86	2.14	0.00	75.00	0.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	10	0.00	0.00	0.00	0.00	165.00	0.00	0.00

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Home School Academy
Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
From the Garden CO-WY - K-8 Clubhouse - W4D4 :34299 - ServingDate: 12/09/2021								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Diced Peaches - SR3040 (1/2 c.)	50	59.04	0.00	0.00	0.00	4.92	13.78	0.00
Red Seedless Grapes - SR1496 (1/2 c.)	50	62.60	0.14	0.05	0.00	1.81	16.42	0.65
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Salad Mix with Spinach - COR1416 (1 c.)	10	14.40	0.14	0.02	0.00	32.16	2.54	1.43
Chocolate Skim Milk - COR1153 (1 Half Pint)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Ranch Dressing - COR1403 (1 tbsp.)	80	55.00	5.50	1.00	0.00	125.00	0.50	0.50
Italian Dressing - COR1024 (1 tbsp.)	1	5.00	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SR2485 (1 tbsp.)	25	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Ketchup - COR1861 (1 tbsp.)	25	34.00	0.00	0.00	0.00	380.00	8.00	0.00
Mayonnaise - COR2066 (1 tbsp.)	10	107.14	12.86	2.14	0.00	75.00	0.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	10	0.00	0.00	0.00	0.00	165.00	0.00	0.00
From the Garden CO-WY - K-8 Clubhouse - W4D5 :34299 - ServingDate: 12/10/2021								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Unsweetened Applesauce - SR1195 (1/2 c.)	50	53.71	0.13	0.01	0.00	2.56	14.41	0.22
Orange Smiles - SR1172 (6 slice or w)	50	45.12	0.12	0.01	0.00	0.00	11.28	0.90

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Home School Academy
 Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
From the Garden CO-WY - K-8 Clubhouse - W4D5 :34299 - ServingDate: 12/10/2021								
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Salad Mix with Spinach - COR1416 (1 c.)	10	14.40	0.14	0.02	0.00	32.16	2.54	1.43
Red Tomato Wedges - SR1974 (1/4 c.)	10	7.69	0.09	0.01	0.00	2.14	1.66	0.38
Chocolate Skim Milk - COR1153 (1 Half Pint)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Ranch Dressing - COR1403 (1 tbsp.)	80	55.00	5.50	1.00	0.00	125.00	0.50	0.50
Italian Dressing - COR1024 (1 tbsp.)	1	5.00	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SR2485 (1 tbsp.)	25	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Ketchup - COR1861 (1 tbsp.)	25	34.00	0.00	0.00	0.00	380.00	8.00	0.00
Mayonnaise - COR2066 (1 tbsp.)	10	107.14	12.86	2.14	0.00	75.00	0.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	10	0.00	0.00	0.00	0.00	165.00	0.00	0.00
From the Garden CO-WY - K-8 Clubhouse - W5D1 :34299 - ServingDate: 12/13/2021								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fresh Whole Apple - SR2870 (1 medium (3)	50	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Diced Pears - SR3041 (1/2 c.)	50	57.47	0.00	0.00	0.00	4.79	15.33	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
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Home School Academy
Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
From the Garden CO-WY - K-8 Clubhouse - WSD1 :34299 - ServingDate: 12/13/2021								
Salad Mix with Spinach - COR1416 (1 c.)	10	14.40	0.14	0.02	0.00	32.16	2.54	1.43
Chocolate Skim Milk - COR1153 (1 Half Pint)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Ranch Dressing - COR1403 (1 tbsp.)	80	55.00	5.50	1.00	0.00	125.00	0.50	0.50
Italian Dressing - COR1024 (1 tbsp.)	1	5.00	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SR2485 (1 tbsp.)	25	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Ketchup - COR1861 (1 tbsp.)	25	34.00	0.00	0.00	0.00	380.00	8.00	0.00
Mayonnaise - COR2066 (1 tbsp.)	10	107.14	12.86	2.14	0.00	75.00	0.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	10	0.00	0.00	0.00	0.00	165.00	0.00	0.00
From the Garden CO-WY - K-8 Clubhouse - WSD2 :34299 - ServingDate: 12/14/2021								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fresh Pears - SR1585 (1 medium)	50	101.46	0.25	0.04	0.00	1.78	27.11	0.64
Fruit Cocktail - SR3023 (1/2 c.)	50	86.67	0.00	0.00	0.00	7.22	21.67	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
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Salad Mix with Spinach - COR1416 (1 c.)	10	14.40	0.14	0.02	0.00	32.16	2.54	1.43
Chocolate Skim Milk - COR1153 (1 Half Pint)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Home School Academy
Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
From the Garden CO- WY - K-8 Clubhouse - W5D2 :34299 - ServingDate: 12/14/2021								
Ranch Dressing - COR1403 (1 tbsp.)	80	55.00	5.50	1.00	0.00	125.00	0.50	0.50
Italian Dressing - COR1024 (1 tbsp.)	1	5.00	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SR2485 (1 tbsp.)	25	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Ketchup - COR1861 (1 tbsp.)	25	34.00	0.00	0.00	0.00	380.00	8.00	0.00
Mayonnaise - COR2066 (1 tbsp.)	10	107.14	12.86	2.14	0.00	75.00	0.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	10	0.00	0.00	0.00	0.00	165.00	0.00	0.00
From the Garden CO- WY - K-8 Clubhouse - W5D3 :34299 - ServingDate: 12/15/2021								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sliced Apples - SR1493 (1/2 c.)	50	43.80	0.00	0.00	0.00	8.76	10.51	0.00
Cantaloupe Chunks - SR2907 (1 pkg.)	50	30.00	0.00	0.00	0.00	0.00	7.00	1.00
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Salad Mix with Spinach - COR1416 (1 c.)	10	14.40	0.14	0.02	0.00	32.16	2.54	1.43
Chocolate Skim Milk - COR1153 (1 Half Pint)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Ranch Dressing - COR1403 (1 tbsp.)	80	55.00	5.50	1.00	0.00	125.00	0.50	0.50
Italian Dressing - COR1024 (1 tbsp.)	1	5.00	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SR2485 (1 tbsp.)	25	20.00	0.00	0.00	0.00	160.00	5.00	0.00

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Home School Academy
Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
From the Garden CO-WY - K-8 Clubhouse - WSD3 :34299 - ServingDate: 12/15/2021								
Ketchup - COR1861 (1 tbsp.)	25	34.00	0.00	0.00	0.00	380.00	8.00	0.00
Mayonnaise - COR2066 (1 tbsp.)	10	107.14	12.86	2.14	0.00	75.00	0.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	10	0.00	0.00	0.00	0.00	165.00	0.00	0.00
From the Garden CO-WY - K-8 Clubhouse - WSD4 :34299 - ServingDate: 12/16/2021								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Diced Peaches - SR3040 (1/2 c.)	50	59.04	0.00	0.00	0.00	4.92	13.78	0.00
Red Seedless Grapes - SR1496 (1/2 c.)	50	62.60	0.14	0.05	0.00	1.81	16.42	0.65
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Salad Mix with Spinach - COR1416 (1 c.)	10	14.40	0.14	0.02	0.00	32.16	2.54	1.43
Chocolate Skim Milk - COR1153 (1 Half Pint)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Ranch Dressing - COR1403 (1 tbsp.)	80	55.00	5.50	1.00	0.00	125.00	0.50	0.50
Italian Dressing - COR1024 (1 tbsp.)	1	5.00	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SR2485 (1 tbsp.)	25	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Ketchup - COR1861 (1 tbsp.)	25	34.00	0.00	0.00	0.00	380.00	8.00	0.00
Mayonnaise - COR2066 (1 tbsp.)	10	107.14	12.86	2.14	0.00	75.00	0.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	10	0.00	0.00	0.00	0.00	165.00	0.00	0.00

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Home School Academy
Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
From the Garden CO- WY - K-8 Clubhouse - WSD5 :34299 - ServingDate: 12/17/2021								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Unsweetened Applesauce - SR1195 (1/2 c.)	50	53.71	0.13	0.01	0.00	2.56	14.41	0.22
Orange Smiles - SR1172 (6 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
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Salad Mix with Spinach - COR1416 (1 c.)	10	14.40	0.14	0.02	0.00	32.16	2.54	1.43
Chocolate Skim Milk - COR1153 (1 Half Pint)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Ranch Dressing - COR1403 (1 tbsp.)	80	55.00	5.50	1.00	0.00	125.00	0.50	0.50
Italian Dressing - COR1024 (1 tbsp.)	1	5.00	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SR2485 (1 tbsp.)	25	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Ketchup - COR1861 (1 tbsp.)	25	34.00	0.00	0.00	0.00	380.00	8.00	0.00
Mayonnaise - COR2066 (1 tbsp.)	10	107.14	12.86	2.14	0.00	75.00	0.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	10	0.00	0.00	0.00	0.00	165.00	0.00	0.00

Legend

(M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch
Site Group: The Clubhouse
Menu Line: CH-From the Garden Bar (Garden, Milk, Condiments)
Serving Group: K-8
Nutrients Option: Expanded

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Home School Academy
Date: 12/01/2021 - 12/31/2021

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.