

Menu Calendar Nutrient Analysis Report - November, 2020

Generated on: 10/27/2020 2:09:22 PM by Stephanie Gamboa

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)
Providence November K-12 SFSP Breakfast Menu 4 Week Cycle Week 1 Day 1 Apple Muffin Or Frosted Mini Wheat Cereal :33521 - ServingDate: 11/02/2020								
Frosted Mini Wheats Cereal Bowl - PVR1195 (1 bowl)	0	100.00	1.00	0.00	0.00	110.00	23.00	3.00
Ice Cream Machine 3.1 oz 2WG Apple Muffin - PVR1171 (1 muffin)	0	230.00	8.00	2.00	0.00	240.00	31.00	4.00
Unsweetened Applesauce - SR2848 (1 Container)	0	60.00	0.00	0.00	0.00	15.00	14.00	0.00
Apple & Eve Apple Juice 4.23oz 100% Juice - PVR1216 (1 Carton)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Apple & Eve Orange Juice 4.23 oz (100% Fruit Juice Item # 5945385) - PVR1217 (1 Carton)	0	60.00	0.00	0.00	0.00	15.00	15.00	0.00
Guida's 1% Lowfat Milk - 8 fl. oz. - PVR1203 (1 Carton)	0	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Providence November K-12 SFSP Breakfast Menu 4 Week Cycle Week 1 Day 3 Banana Bread or Rice Krispies :33521 - ServingDate: 11/04/2020								
Rice Krispies, WG - SR2337 (1 bowl)	0	100.00	0.50	0.00	0.00	170.00	23.00	2.00
Banana Ultra Bread Slice, IW - SR2440 (1 pkg.)	0	280.00	10.00	2.00	0.00	220.00	44.00	5.00
Fresh Oranges - SR1171 (1 small (2-3)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Apple & Eve Apple Juice 4.23oz 100% Juice - PVR1216 (1 Carton)	0	60.00	0.00	0.00	0.00	5.00	14.00	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)
Providence November K-12 SFSP Breakfast Menu 4 Week Cycle Week 1 Day 3 Banana Bread or Rice Krispies :33521 - ServingDate: 11/04/2020								
Apple & Eve Orange Juice 4.23 oz (100% Fruit Juice Item # 5945385) - PVR1217 (1 Carton)	0	60.00	0.00	0.00	0.00	15.00	15.00	0.00
Guida's 1% Lowfat Milk - 8 fl. oz. - PVR1203 (1 Carton)	0	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Providence November K-12 SFSP Breakfast Menu 4 Week Cycle Week 1 Day 4 Maple Mini Waffles or Raisin Bran :33521 - ServingDate: 11/05/2020								
Maple Madness Mini Waffles - SR2422 (1 pkg.)	0	200.00	5.00	1.00	0.00	170.00	37.00	4.00
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Raisin Bran Cereal - SR1457 (1 bowl)	0	110.00	0.50	0.00	0.00	125.00	27.00	3.00
Apple & Eve Apple Juice 4.23oz 100% Juice - PVR1216 (1 Carton)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Apple & Eve Orange Juice 4.23 oz (100% Fruit Juice Item # 5945385) - PVR1217 (1 Carton)	0	60.00	0.00	0.00	0.00	15.00	15.00	0.00
Guida's 1% Lowfat Milk - 8 fl. oz. - PVR1203 (1 Carton)	0	110.00	2.50	1.50	0.00	130.00	13.00	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)
Providence November K-12 SFSP Breakfast Menu 4 Week Cycle Week 1 Day 5Vanilla Yogurt Jeff's Granola :33521 - ServingDate: 11/06/2020								
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	0	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Vanilla Yogurt Cup - SR2484 (1 Container)	0	80.00	0.00	0.00	0.00	60.00	16.00	4.00
Peach Cup, - SR3039 (1 ea.)	0	90.00	0.00	0.00	0.00	0.00	21.00	1.00
Apple & Eve Apple Juice 4.23oz 100% Juice - PVR1216 (1 Carton)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Apple & Eve Orange Juice 4.23 oz (100% Fruit Juice Item # 5945385) - PVR1217 (1 Carton)	0	60.00	0.00	0.00	0.00	15.00	15.00	0.00
Guida's 1% Lowfat Milk - 8 fl. oz. - PVR1203 (1 Carton)	0	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Providence November K-12 SFSP Breakfast Menu 4 Week Cycle Week 2 Day 1 Strawberry Nutri-Grain Bar Or Frosted Mini Wheats :33521 - ServingDate: 11/09/2020								
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
Strawberry Nutrigrain Breakfast Bar - SR1353 (1 Bar)	0	160.00	4.00	0.50	0.00	150.00	30.00	2.00
Unsweetened Applesauce - SR2848 (1 Container)	0	60.00	0.00	0.00	0.00	15.00	14.00	0.00
Apple & Eve Apple Juice 4.23oz 100% Juice - PVR1216 (1 Carton)	0	60.00	0.00	0.00	0.00	5.00	14.00	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)
Providence November K-12 SFSP Breakfast Menu 4 Week Cycle Week 2 Day 1 Strawberry Nutri-Grain Bar Or Frosted Mini Wheats :33521 - ServingDate: 11/09/2020								
Apple & Eve Orange Juice 4.23 oz (100% Fruit Juice Item # 5945385) - PVR1217 (1 Carton)	0	60.00	0.00	0.00	0.00	15.00	15.00	0.00
Guida's 1% Lowfat Milk - 8 fl. oz. - PVR1203 (1 Carton)	0	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Providence November K-12 SFSP Breakfast Menu 4 Week Cycle Week 2 Day 2 Confetti Muff in or Cheerios Cereal :33521 - ServingDate: 11/10/2020								
Cheerios - SR1160 (1 bowl)	0	100.00	2.00	0.50	0.00	140.00	20.00	3.00
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Apple & Eve Apple Juice 4.23oz 100% Juice - PVR1216 (1 Carton)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Apple & Eve Orange Juice 4.23 oz (100% Fruit Juice Item # 5945385) - PVR1217 (1 Carton)	0	60.00	0.00	0.00	0.00	15.00	15.00	0.00
Guida's 1% Lowfat Milk - 8 fl. oz. - PVR1203 (1 Carton)	0	110.00	2.50	1.50	0.00	130.00	13.00	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)
Providence November K-12 SFSP Breakfast Menu 4 Week Cycle Week 2 Day 4 Chocolate Chip French Toast or Raisin Bran :33521 - ServingDate: 11/12/2020								
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Raisin Bran Cereal - SR1457 (1 bowl)	0	110.00	0.50	0.00	0.00	125.00	27.00	3.00
Chocolate Chip French Toast Bites - SR1593 (1 pkg.)	0	210.00	6.00	1.50	0.00	260.00	35.00	5.00
Apple & Eve Apple Juice 4.23oz 100% Juice - PVR1216 (1 Carton)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Apple & Eve Orange Juice 4.23 oz (100% Fruit Juice Item # 5945385) - PVR1217 (1 Carton)	0	60.00	0.00	0.00	0.00	15.00	15.00	0.00
Guida's 1% Lowfat Milk - 8 fl. oz. - PVR1203 (1 Carton)	0	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Providence November K-12 SFSP Breakfast Menu 4 Week Cycle Week 2 Day 5 Vanilla Yogurt w/ Jeff's Granola or Frosted Flakes Cereal :33521 - ServingDate: 11/13/2020								
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	0	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Vanilla Yogurt Cup - SR2484 (1 Container)	0	80.00	0.00	0.00	0.00	60.00	16.00	4.00
Peach Cup, - SR3039 (1 ea.)	0	90.00	0.00	0.00	0.00	0.00	21.00	1.00
Apple & Eve Apple Juice 4.23oz 100% Juice - PVR1216 (1 Carton)	0	60.00	0.00	0.00	0.00	5.00	14.00	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)
Providence November K-12 SFSP Breakfast Menu 4 Week Cycle Week 2 Day 5 Vanilla Yogurt w/ Jeff's Granola or Frosted Flakes Cereal :33521 - ServingDate: 11/13/2020								
Apple & Eve Orange Juice 4.23 oz (100% Fruit Juice Item # 5945385) - PVR1217 (1 Carton)	0	60.00	0.00	0.00	0.00	15.00	15.00	0.00
Guida's 1% Lowfat Milk - 8 fl. oz. - PVR1203 (1 Carton)	0	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Providence November K-12 SFSP Breakfast Menu 4 Week Cycle Week 3 Day 1 Apple Muffin or Frosted Mini :33521 - ServingDate: 11/16/2020								
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
Ice Cream Machine 3.1 oz 2WG Apple Muffin - PVR1171 (1 muffin)	0	230.00	8.00	2.00	0.00	240.00	31.00	4.00
Unsweetened Applesauce - SR2848 (1 Container)	0	60.00	0.00	0.00	0.00	15.00	14.00	0.00
Apple & Eve Apple Juice 4.23oz 100% Juice - PVR1216 (1 Carton)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Apple & Eve Orange Juice 4.23 oz (100% Fruit Juice Item # 5945385) - PVR1217 (1 Carton)	0	60.00	0.00	0.00	0.00	15.00	15.00	0.00
Guida's 1% Lowfat Milk - 8 fl. oz. - PVR1203 (1 Carton)	0	110.00	2.50	1.50	0.00	130.00	13.00	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)
Providence November K-12 SFSP Breakfast Menu 4 Week Cycle Week 3 Day 2 Bagel w/ cream Cheese or Cheerios Cereal :33521 - ServingDate: 11/17/2020								
Cheerios - SR1160 (1 bowl)	0	100.00	2.00	0.50	0.00	140.00	20.00	3.00
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Soft Wheat Bagel - SR2925 (1 bagel)	0	180.00	1.00	0.00	0.00	200.00	35.00	7.00
Apple & Eve Apple Juice 4.23oz 100% Juice - PVR1216 (1 Carton)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Apple & Eve Orange Juice 4.23 oz (100% Fruit Juice Item # 5945385) - PVR1217 (1 Carton)	0	60.00	0.00	0.00	0.00	15.00	15.00	0.00
Guida's 1% Lowfat Milk - 8 fl. oz. - PVR1203 (1 Carton)	0	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Cream Cheese Cup - SR1169 (3/4 oz.)	0	44.54	3.55	2.25	0.13	80.37	1.71	1.57
Providence November K-12 SFSP Breakfast Menu 4 Week Cycle Week 3 Day 3 Mini Blueberry Pancakes or Rice Krispies :33521 - ServingDate: 11/18/2020								
Rice Krispies, WG - SR2337 (1 bowl)	0	100.00	0.50	0.00	0.00	170.00	23.00	2.00
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Blueberry Pancake Bites - SR1190 (1 pkg.)	0	210.00	6.00	1.00	0.00	310.00	35.00	4.00
Apple & Eve Apple Juice 4.23oz 100% Juice - PVR1216 (1 Carton)	0	60.00	0.00	0.00	0.00	5.00	14.00	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)
Providence November K-12 SFSP Breakfast Menu 4 Week Cycle Week 3 Day 3 Mini Blueberry Pancakes or Rice Krispies :33521 - ServingDate: 11/18/2020								
Apple & Eve Orange Juice 4.23 oz (100% Fruit Juice Item # 5945385) - PVR1217 (1 Carton)	0	60.00	0.00	0.00	0.00	15.00	15.00	0.00
Guida's 1% Lowfat Milk - 8 fl. oz. - PVR1203 (1 Carton)	0	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Providence November K-12 SFSP Breakfast Menu 4 Week Cycle Week 3 Day 4 Strawberry Cheerios Cereal Bar or Raisin Bran :33521 - ServingDate: 11/19/2020								
Fruity Cheerios Cereal Bar - SR1181 (1 Bar)	0	150.00	3.50	0.50	0.00	95.00	29.00	3.00
Raisin Bran Cereal - SR1457 (1 bowl)	0	110.00	0.50	0.00	0.00	125.00	27.00	3.00
Fresh Oranges - SR1171 (1 small (2-3))	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Apple & Eve Apple Juice 4.23oz 100% Juice - PVR1216 (1 Carton)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Apple & Eve Orange Juice 4.23 oz (100% Fruit Juice Item # 5945385) - PVR1217 (1 Carton)	0	60.00	0.00	0.00	0.00	15.00	15.00	0.00
Guida's 1% Lowfat Milk - 8 fl. oz. - PVR1203 (1 Carton)	0	110.00	2.50	1.50	0.00	130.00	13.00	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)
Providence November K-12 SFSP Breakfast Menu 4 Week Cycle Week 3 Day 5 Vanilla yogurt w/ Jeff's Granola :33521 - ServingDate: 11/20/2020								
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	0	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Danimals vanilla yogurt - PVR1156 (1 Container)	0	70.00	0.00	0.00	0.00	60.00	14.00	4.00
Peach Cup, - SR3039 (1 ea.)	0	90.00	0.00	0.00	0.00	0.00	21.00	1.00
Apple & Eve Apple Juice 4.23oz 100% Juice - PVR1216 (1 Carton)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Apple & Eve Orange Juice 4.23 oz (100% Fruit Juice Item # 5945385) - PVR1217 (1 Carton)	0	60.00	0.00	0.00	0.00	15.00	15.00	0.00
Guida's 1% Lowfat Milk - 8 fl. oz. - PVR1203 (1 Carton)	0	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Providence November K-12 SFSP Breakfast Menu 4 Week Cycle Week 4 Day 1 Blueberry muffin or Frosted Mini Wheats :33521 - ServingDate: 11/23/2020								
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	0	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Ice Cream Machine 3.1 oz 2WG Blueberry Muffin - PVR1172 (1 muffin)	0	270.00	9.00	2.00	0.00	210.00	38.00	5.00
Unsweetened Applesauce - SR2848 (1 Container)	0	60.00	0.00	0.00	0.00	15.00	14.00	0.00
Apple & Eve Apple Juice 4.23oz 100% Juice - PVR1216 (1 Carton)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00

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Providence November K-12 SFSP Breakfast Menu 4 Week Cycle Week 4 Day 1 Blueberry muffin or Frosted Mini Wheats :33521 - ServingDate: 11/23/2020								
Apple & Eve Orange Juice 4.23 oz (100% Fruit Juice Item # 5945385) - PVR1217 (1 Carton)	0	60.00	0.00	0.00	0.00	15.00	15.00	0.00
Guida's 1% Lowfat Milk - 8 fl. oz. - PVR1203 (1 Carton)	0	110.00	2.50	1.50	0.00	130.00	13.00	9.00
Providence November K-12 SFSP Breakfast Menu 4 Week Cycle Week 4 Day 2 Strawberry Mini Bagel or Cheerios :33521 - ServingDate: 11/24/2020								
Cheerios - SR1160 (1 bowl)	0	100.00	2.00	0.50	0.00	140.00	20.00	3.00
Strawberry Creamy Cheese Mini Bagels - SR1188 (1 pkg.)	0	240.00	6.00	2.50	0.00	180.00	41.00	6.00
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Apple & Eve Apple Juice 4.23oz 100% Juice - PVR1216 (1 Carton)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Apple & Eve Orange Juice 4.23 oz (100% Fruit Juice Item # 5945385) - PVR1217 (1 Carton)	0	60.00	0.00	0.00	0.00	15.00	15.00	0.00
Guida's 1% Lowfat Milk - 8 fl. oz. - PVR1203 (1 Carton)	0	110.00	2.50	1.50	0.00	130.00	13.00	9.00

Legend

(M) - Missing Nutrient Values

Menu Calendar Nutrient Analysis Report - November, 2020

Generated on: 10/27/2020 2:09:22 PM by Stephanie Gamboa

Site: ALL

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

Report Selections

Meal Type: Breakfast

Site Group: The Clubhouse

Menu Line: B-Classroom Café

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.