

## Menu Calendar Nutrient Analysis Report - December, 2018

Site: ALL

Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>Elem Bfast in Cafeteria - Week 1 Monday . - ServingDate: 12/03/2018</b>								
Assorted Cereal - NJR1110 (1 bowl)	0	105.71	1.36	0.21	0.00	158.57	23.29	1.71
Chocolate Chip Oatmeal Bar - NJR1754 (1 Bar)	0	150.00	4.50	1.00	0.00	105.00	24.00	2.00
Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	100.00	16.00	2.00
Assorted Fruit Cups - NJR1160 (1/2 c.)	0	53.94	0.04	0.00	0.00	4.62	14.01	0.55
Assorted Fresh Fruit - NJR1069 (1 ea.)	0	73.04	0.24	0.06	0.00	0.73	18.76	0.93
Assorted Fruit Juice - NJR1071 (4 fl oz cup)	0	66.67	0.00	0.00	0.00	3.33	15.67	0.00
Chocolate Fat Free Milk - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	0.00	220.00	23.00	8.00
Fat Free White Milk - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00
1% White Milk - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Elem Bfast in Cafeteria - Week 1 Tuesday - ServingDate: 12/04/2018</b>								
Assorted Cereal - NJR1110 (1 bowl)	0	105.71	1.36	0.21	0.00	158.57	23.29	1.71
Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	100.00	16.00	2.00
Assorted Fruit Cups - NJR1160 (1/2 c.)	0	53.94	0.04	0.00	0.00	4.62	14.01	0.55
Assorted Fresh Fruit - NJR1069 (1 ea.)	0	73.04	0.24	0.06	0.00	0.73	18.76	0.93
Assorted Fruit Juice - NJR1071 (4 fl oz cup)	0	66.67	0.00	0.00	0.00	3.33	15.67	0.00
Chocolate Fat Free Milk - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	0.00	220.00	23.00	8.00
Fat Free White Milk - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00
1% White Milk - NJR1313 (1 Half Pint)	0	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)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>Elem Bfast in Cafeteria - Week 1 Wednesday - ServingDate: 12/05/2018</b>								
Soft Wheat Bagel - SR1168 (1 bagel)	0	180.00	1.00	0.00	0.00	200.00	35.00	7.00
Assorted Cereal - NJR1110 (1 bowl)	0	105.71	1.36	0.21	0.00	158.57	23.29	1.71
Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	100.00	16.00	2.00
Assorted Fruit Cups - NJR1160 (1/2 c.)	0	53.94	0.04	0.00	0.00	4.62	14.01	0.55
Assorted Fresh Fruit - NJR1069 (1 ea.)	0	73.04	0.24	0.06	0.00	0.73	18.76	0.93
Assorted Fruit Juice - NJR1071 (4 fl oz cup)	0	66.67	0.00	0.00	0.00	3.33	15.67	0.00
Chocolate Fat Free Milk - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	0.00	220.00	23.00	8.00
Fat Free White Milk - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00
1% White Milk - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Cream Cheese Cup - SR1169 (3/4 oz.)	0	44.54	3.55	2.25	0.13	80.37	1.71	1.57
<b>Elem Bfast in Cafeteria - Week 1 Thursday - ServingDate: 12/06/2018</b>								
Assorted Cereal - NJR1110 (1 bowl)	0	105.71	1.36	0.21	0.00	158.57	23.29	1.71
Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	100.00	16.00	2.00
Assorted Fruit Cups - NJR1160 (1/2 c.)	0	53.94	0.04	0.00	0.00	4.62	14.01	0.55
Assorted Fresh Fruit - NJR1069 (1 ea.)	0	73.04	0.24	0.06	0.00	0.73	18.76	0.93
Assorted Fruit Juice - NJR1071 (4 fl oz cup)	0	66.67	0.00	0.00	0.00	3.33	15.67	0.00
Chocolate Fat Free Milk - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	0.00	220.00	23.00	8.00
Fat Free White Milk - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00
1% White Milk - NJR1313 (1 Half Pint)	0	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)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>Elem Bfast in Cafeteria - Week 1 Friday - ServingDate: 12/07/2018</b>								
Assorted Cereal - NJR1110 (1 bowl)	0	105.71	1.36	0.21	0.00	158.57	23.29	1.71
Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	100.00	16.00	2.00
Assorted Muffins - NJR1154 (1 muffin)	0	192.50	6.00	2.00	0.00	130.00	30.50	3.25
Assorted Fruit Cups - NJR1160 (1/2 c.)	0	53.94	0.04	0.00	0.00	4.62	14.01	0.55
Assorted Fresh Fruit - NJR1069 (1 ea.)	0	73.04	0.24	0.06	0.00	0.73	18.76	0.93
Assorted Fruit Juice - NJR1071 (4 fl oz cup)	0	66.67	0.00	0.00	0.00	3.33	15.67	0.00
Chocolate Fat Free Milk - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	0.00	220.00	23.00	8.00
Fat Free White Milk - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00
1% White Milk - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Elem Bfast in Cafeteria - Week 2 Monday - ServingDate: 12/10/2018</b>								
Strawberry Danimals Crush Cup Yogurt - NJR1463 (1 4 oz conta)	0	110.00	1.50	1.00	0.00	80.00	19.00	5.00
Assorted Cereal - NJR1110 (1 bowl)	0	105.71	1.36	0.21	0.00	158.57	23.29	1.71
Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	100.00	16.00	2.00
Scooby Doo Graham Sticks - NJR1787 (1 Bag)	0	120.00	3.50	1.00	0.00	115.00	21.00	2.00
Assorted Fruit Cups - NJR1160 (1/2 c.)	0	53.94	0.04	0.00	0.00	4.62	14.01	0.55
Assorted Fresh Fruit - NJR1069 (1 ea.)	0	73.04	0.24	0.06	0.00	0.73	18.76	0.93
Assorted Fruit Juice - NJR1071 (4 fl oz cup)	0	66.67	0.00	0.00	0.00	3.33	15.67	0.00
Chocolate Fat Free Milk - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	0.00	220.00	23.00	8.00
Fat Free White Milk - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>Elem Bfast in Cafeteria - Week 2 Monday . - ServingDate: 12/10/2018</b>								
1% White Milk - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Elem Bfast in Cafeteria - Week 2 Tuesday - ServingDate: 12/11/2018</b>								
Assorted Cereal - NJR1110 (1 bowl)	0	105.71	1.36	0.21	0.00	158.57	23.29	1.71
Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	100.00	16.00	2.00
Assorted Fruit Cups - NJR1160 (1/2 c.)	0	53.94	0.04	0.00	0.00	4.62	14.01	0.55
Assorted Fresh Fruit - NJR1069 (1 ea.)	0	73.04	0.24	0.06	0.00	0.73	18.76	0.93
Assorted Fruit Juice - NJR1071 (4 fl oz cup)	0	66.67	0.00	0.00	0.00	3.33	15.67	0.00
Chocolate Fat Free Milk - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	0.00	220.00	23.00	8.00
Fat Free White Milk - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00
1% White Milk - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Elem Bfast in Cafeteria - Week 2 Wednesday . - ServingDate: 12/12/2018</b>								
Apple Cinnamon Cheerios Cereal Bar - SR1596 (1 Bar)	0	150.00	3.50	0.00	0.00	95.00	30.00	2.00
Fruity Cheerios Cereal Bar - SR1181 (1 Bar)	0	150.00	3.50	0.50	0.00	95.00	29.00	3.00
Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar)	0	150.00	3.50	0.00	0.00	115.00	30.00	2.00
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	0	150.00	3.00	0.00	0.00	100.00	30.00	3.00
Golden Grahams Cereal Bar - SR1597 (1 Bar)	0	150.00	3.00	0.00	0.00	110.00	30.00	2.00
Trix Cereal Bar - SR1307 (1 Bar)	0	150.00	3.50	0.50	0.00	100.00	30.00	2.00

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<b>Elem Bfast in Cafeteria - Week 2 Wednesday . - ServingDate: 12/12/2018</b>								
Assorted Cereal - NJR1110 (1 bowl)	0	105.71	1.36	0.21	0.00	158.57	23.29	1.71
Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	100.00	16.00	2.00
Assorted Fruit Cups - NJR1160 (1/2 c.)	0	53.94	0.04	0.00	0.00	4.62	14.01	0.55
Assorted Fresh Fruit - NJR1069 (1 ea.)	0	73.04	0.24	0.06	0.00	0.73	18.76	0.93
Assorted Fruit Juice - NJR1071 (4 fl oz cup)	0	66.67	0.00	0.00	0.00	3.33	15.67	0.00
Chocolate Fat Free Milk - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	0.00	220.00	23.00	8.00
Fat Free White Milk - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00
1% White Milk - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Elem Bfast in Cafeteria - Week 2 Thursday - ServingDate: 12/13/2018</b>								
Assorted Cereal - NJR1110 (1 bowl)	0	105.71	1.36	0.21	0.00	158.57	23.29	1.71
Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	100.00	16.00	2.00
Assorted Fruit Cups - NJR1160 (1/2 c.)	0	53.94	0.04	0.00	0.00	4.62	14.01	0.55
Assorted Fresh Fruit - NJR1069 (1 ea.)	0	73.04	0.24	0.06	0.00	0.73	18.76	0.93
Assorted Fruit Juice - NJR1071 (4 fl oz cup)	0	66.67	0.00	0.00	0.00	3.33	15.67	0.00
Chocolate Fat Free Milk - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	0.00	220.00	23.00	8.00
Fat Free White Milk - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00
1% White Milk - NJR1313 (1 Half Pint)	0	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)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>Elem Bfast in Cafeteria - Week 2 Friday - ServingDate: 12/14/2018</b>								
Assorted Cereal - NJR1110 (1 bowl)	0	105.71	1.36	0.21	0.00	158.57	23.29	1.71
Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	100.00	16.00	2.00
Assorted Muffins - NJR1154 (1 muffin)	0	192.50	6.00	2.00	0.00	130.00	30.50	3.25
Assorted Fruit Cups - NJR1160 (1/2 c.)	0	53.94	0.04	0.00	0.00	4.62	14.01	0.55
Assorted Fresh Fruit - NJR1069 (1 ea.)	0	73.04	0.24	0.06	0.00	0.73	18.76	0.93
Assorted Fruit Juice - NJR1071 (4 fl oz cup)	0	66.67	0.00	0.00	0.00	3.33	15.67	0.00
Chocolate Fat Free Milk - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	0.00	220.00	23.00	8.00
Fat Free White Milk - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00
1% White Milk - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Elem Bfast in Cafeteria - Week 3 Monday . - ServingDate: 12/17/2018</b>								
Cinnamon Bun - NJR1576 (1 pkg.)	0	220.00	7.00	2.00	0.00	230.00	37.00	4.00
French Toast - NJR1577 (1 pkg.)	0	210.00	6.00	2.00	0.00	220.00	37.00	4.00
Assorted Cereal - NJR1110 (1 bowl)	0	105.71	1.36	0.21	0.00	158.57	23.29	1.71
Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	100.00	16.00	2.00
Assorted Fruit Cups - NJR1160 (1/2 c.)	0	53.94	0.04	0.00	0.00	4.62	14.01	0.55
Assorted Fresh Fruit - NJR1069 (1 ea.)	0	73.04	0.24	0.06	0.00	0.73	18.76	0.93
Assorted Fruit Juice - NJR1071 (4 fl oz cup)	0	66.67	0.00	0.00	0.00	3.33	15.67	0.00
Chocolate Fat Free Milk - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	0.00	220.00	23.00	8.00
Fat Free White Milk - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00
1% White Milk - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00

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<b>Elem Bfast in Cafeteria - Week 3 Tuesday - ServingDate: 12/18/2018</b>								
Assorted Cereal - NJR1110 (1 bowl)	0	105.71	1.36	0.21	0.00	158.57	23.29	1.71
Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	100.00	16.00	2.00
Assorted Fruit Cups - NJR1160 (1/2 c.)	0	53.94	0.04	0.00	0.00	4.62	14.01	0.55
Assorted Fresh Fruit - NJR1069 (1 ea.)	0	73.04	0.24	0.06	0.00	0.73	18.76	0.93
Assorted Fruit Juice - NJR1071 (4 fl oz cup)	0	66.67	0.00	0.00	0.00	3.33	15.67	0.00
Chocolate Fat Free Milk - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	0.00	220.00	23.00	8.00
Fat Free White Milk - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00
1% White Milk - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Elem Bfast in Cafeteria - Week 3 Wednesday . - ServingDate: 12/19/2018</b>								
Vanilla Danimals Yogurt - NJR1471 (1 4 oz conta)	0	80.00	0.00	0.00	0.00	60.00	16.00	4.00
Assorted Cereal - NJR1110 (1 bowl)	0	105.71	1.36	0.21	0.00	158.57	23.29	1.71
Cinnamon Elf Graham Crackers - NJR1822 (1 Bag)	0	120.00	4.00	1.00	0.00	105.00	21.00	2.00
Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	100.00	16.00	2.00
Assorted Fruit Cups - NJR1160 (1/2 c.)	0	53.94	0.04	0.00	0.00	4.62	14.01	0.55
Assorted Fresh Fruit - NJR1069 (1 ea.)	0	73.04	0.24	0.06	0.00	0.73	18.76	0.93
Assorted Fruit Juice - NJR1071 (4 fl oz cup)	0	66.67	0.00	0.00	0.00	3.33	15.67	0.00
Chocolate Fat Free Milk - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	0.00	220.00	23.00	8.00
Fat Free White Milk - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00
1% White Milk - NJR1313 (1 Half Pint)	0	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)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>Elem Bfast in Cafeteria - Week 3 Thursday - ServingDate: 12/20/2018</b>								
Assorted Cereal - NJR1110 (1 bowl)	0	105.71	1.36	0.21	0.00	158.57	23.29	1.71
Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	100.00	16.00	2.00
Assorted Fruit Cups - NJR1160 (1/2 c.)	0	53.94	0.04	0.00	0.00	4.62	14.01	0.55
Assorted Fresh Fruit - NJR1069 (1 ea.)	0	73.04	0.24	0.06	0.00	0.73	18.76	0.93
Assorted Fruit Juice - NJR1071 (4 fl oz cup)	0	66.67	0.00	0.00	0.00	3.33	15.67	0.00
Chocolate Fat Free Milk - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	0.00	220.00	23.00	8.00
Fat Free White Milk - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00
1% White Milk - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Elem Bfast in Cafeteria - Week 3 Friday - ServingDate: 12/21/2018</b>								
Assorted Cereal - NJR1110 (1 bowl)	0	105.71	1.36	0.21	0.00	158.57	23.29	1.71
Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	100.00	16.00	2.00
Assorted Muffins - NJR1154 (1 muffin)	0	192.50	6.00	2.00	0.00	130.00	30.50	3.25
Assorted Fruit Cups - NJR1160 (1/2 c.)	0	53.94	0.04	0.00	0.00	4.62	14.01	0.55
Assorted Fresh Fruit - NJR1069 (1 ea.)	0	73.04	0.24	0.06	0.00	0.73	18.76	0.93
Assorted Fruit Juice - NJR1071 (4 fl oz cup)	0	66.67	0.00	0.00	0.00	3.33	15.67	0.00
Chocolate Fat Free Milk - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	0.00	220.00	23.00	8.00
Fat Free White Milk - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00
1% White Milk - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00

**Legend**

(M) - Missing Nutrient Values

# Menu Calendar Nutrient Analysis Report - December, 2018

Site: ALL  
Date: 12/01/2018 - 12/31/2018

## **Report Selections**

Meal Type: Breakfast  
Site Group: The Clubhouse  
Menu Line: BRKFST-Café Classics  
Serving Group: K-5  
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.