

Menu Calendar Nutrient Analysis Report - October, 2020

Site: ALL

Date: 10/01/2020 - 10/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Providence Fall 2020 Lunch 5 week Cycle High School Week 1 Day 4 Mexican Beef tortilla w/ Salsa & Cheese alt. Asian Chicken Salad Wrap :32742 - ServingDate: 10/01/2020								
Asian Chicken Sub, Sandwich - PVR1311 (1 roll.)	0	357.51	6.86	2.42	0.00	1019.84	49.56	21.71
Chef Salad, Small - PVR1076 (1 salad)	0	143.11	8.54	3.74	0.00	268.67	4.42	11.99
Mexican Beef 6" Tortilla, Ground Beef , Taco Seasoning, Salsa, & Cheese - PVR1304 (2 taco)	0	411.63	21.62	9.91	1.67	780.62	28.71	20.75
Sunbutter & Jelly Sandwich - PVR1055 (1 sandwich)	0	570.35	32.43	3.58	0.00	563.61	57.27	18.60
Oven Fired Flatbread - SR1534 (1 piece)	0	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Fresh Apple - PVR1164 (1 ea.)	0	77.00	0.25	0.00	0.00	1.00	20.50	0.30
Celery Sticks - SR1014 (6 stick.)	0	10.34	0.11	0.03	0.00	51.71	1.92	0.45
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
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Ranch Dressing - SR2540 (1 packet)	0	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Providence Fall 2020 Lunch 5 week Cycle High School Week 1 Day 5 Cheese Pizza alt. Ham & Cheese Sandwich :32742 - ServingDate: 10/02/2020								
Cheese Pizza Square - SR2862 (1 slice)	0	310.00	11.00	4.00	0.00	480.00	35.00	16.00
Chef Salad, Small - PVR1076 (1 salad)	0	143.11	8.54	3.74	0.00	268.67	4.42	11.99

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Providence Fall 2020 Lunch 5 week Cycle High School Week 1 Day 5 Cheese Pizza alt. Ham & Cheese Sandwich :32742 - ServingDate: 10/02/2020								
Sunbutter & Jelly Sandwich - PVR1055 (1 sandwich)	0	570.35	32.43	3.58	0.00	563.61	57.27	18.60
Turkey and Cheese Sandwich - PVR1058 (1 sandwich)	0	340.56	13.52	6.26	0.00	888.94	31.26	23.34
Oven Fired Flatbread - SR1534 (1 piece)	0	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Fresh Oranges - SR1171 (1 small (2-3))	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Italian Roasted Chickpeas - SR2583 (1/2 c.)	0	128.82	2.69	0.07	0.00	264.68	19.71	6.53
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
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Ranch Dressing - SR2540 (1 packet)	0	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Yellow Mustard PC - SR2517 (1 packet)	0	4.58	0.00	0.00	0.00	77.92	0.92	0.00
Providence Fall 2020 Lunch 5 week Cycle High School Week 2 Day 1 Chicken Patty Sandwich alt. Turkey & Cheese Sandwich :32742 - ServingDate: 10/05/2020								
BLT Chicken Salad - PVR1303 (1 salad)	0	433.97	26.21	8.74	0.00	847.16	20.97	27.68
Chicke Patty Sandwich - PVR1092 (1 sandwich)	0	400.00	16.00	2.50	0.00	720.00	44.00	21.00
Sunbutter & Jelly Sandwich - PVR1055 (1 sandwich)	0	570.35	32.43	3.58	0.00	563.61	57.27	18.60

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Providence Fall 2020 Lunch 5 week Cycle High School Week 2 Day 1 Chicken Patty Sandwich alt. Turkey & Cheese Sandwich :32742 - ServingDate: 10/05/2020								
Turkey and Cheese Sandwich - PVR1069 (1 sandwich)	0	326.10	13.00	6.00	0.00	819.46	31.00	21.02
Oven Fired Flatbread - SR1534 (1 piece)	0	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Diced Bartlett Pears - SR1194 (1/2 c.)	0	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Baby Carrots - SR1016 (1/2 c.)	0	25.40	0.09	0.02	0.00	56.61	5.98	0.46
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
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Barbecue Sauce - SR2541 (1 packet)	0	15.00	0.00	0.00	0.00	85.00	4.00	0.00
Golden Italian Dressing - SR2578 (1 packet)	0	30.00	3.00	0.00	0.00	130.00	0.00	0.00
Mayonnaise - SR2543 (1 packet)	0	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Providence Fall 2020 Lunch 5 week Cycle High School Week 2 Day 2 Mexican Beef w/ shredded Cheese n& Chips :32742 - ServingDate: 10/06/2020								
BLT Chicken Salad - PVR1303 (1 salad)	0	433.97	26.21	8.74	0.00	847.16	20.97	27.68
Italian Sub - PVR1068 (1 sandwich)	0	365.28	17.64	6.88	0.00	1129.53	30.51	20.27
Mexican Beef Shredded Cheese with Chip, Ground Beef , Taco Seasoning - PVR1305 (1 ea.)	0	372.94	21.62	9.41	1.67	575.19	21.97	19.75

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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 Fall 2020 Lunch 5 week Cycle High School Week 2 Day 2 Mexican Beef w/ shredded Cheese & Chips :32742 - ServingDate: 10/06/2020								
Sunbutter & Jelly Sandwich - PVR1055 (1 sandwich)	0	570.35	32.43	3.58	0.00	563.61	57.27	18.60
Oven Fired Flatbread - SR1534 (1 piece)	0	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Unsweetened Applesauce - SR2848 (1 Container)	0	60.00	0.00	0.00	0.00	15.00	14.00	0.00
Black Bean Salsa - PVR1308 (1/2 c.)	0	126.75	0.00	0.00	0.00	252.75	23.39	6.87
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
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Golden Italian Dressing - SR2578 (1 packet)	0	30.00	3.00	0.00	0.00	130.00	0.00	0.00
Providence Fall 2020 Lunch 5 week Cycle High School Week 2 Day 3 Mozzarella Stuffed Breadsticks w/ Marinara Sauce alt. Turkey & Cheese Sandwich :32742 - ServingDate: 10/07/2020								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	0	300.18	11.01	6.00	0.00	490.29	30.02	19.01
BLT Chicken Salad - PVR1303 (1 salad)	0	433.97	26.21	8.74	0.00	847.16	20.97	27.68
Sunbutter & Jelly Sandwich - PVR1055 (1 sandwich)	0	570.35	32.43	3.58	0.00	563.61	57.27	18.60
Turkey and Cheese Sandwich - PVR1069 (1 sandwich)	0	326.10	13.00	6.00	0.00	819.46	31.00	21.02
Oven Fired Flatbread - SR1534 (1 piece)	0	180.00	5.00	1.00	0.00	330.00	28.00	6.00

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Providence Fall 2020 Lunch 5 week Cycle High School Week 2 Day 3 Mozzarella Stuffed Breadsticks w/ Marinara Sauce alt. Turkey & Cheese Sandwich :32742 - ServingDate: 10/07/2020								
Fresh Apple - PVR1164 (1 ea.)	0	77.00	0.25	0.00	0.00	1.00	20.50	0.30
Homemade Marinara Sauce - SR1430 (1/2 c.)	0	57.84	0.61	0.04	0.00	115.40	11.54	2.31
Cucumber Coins - SR1013 (1/2 c.)	0	9.22	0.07	0.02	0.00	1.23	2.23	0.40
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
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Golden Italian Dressing - SR2578 (1 packet)	0	30.00	3.00	0.00	0.00	130.00	0.00	0.00
Mayonnaise - SR2543 (1 packet)	0	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Providence Fall 2020 Lunch 5 week Cycle High School Week 2 Day 4 Southwest Chicken Salad alt. Italian Sub :32742 - ServingDate: 10/08/2020								
BLT Chicken Salad - PVR1303 (1 salad)	0	433.97	26.21	8.74	0.00	847.16	20.97	27.68
Italian Sub - PVR1068 (1 sandwich)	0	365.28	17.64	6.88	0.00	1129.53	30.51	20.27
Sunbutter & Jelly Sandwich - PVR1055 (1 sandwich)	0	570.35	32.43	3.58	0.00	563.61	57.27	18.60
Southwest Chicken Strips - PVR1310 (3 oz.)	0	124.53	5.12	2.56	0.00	554.14	3.40	15.36
Oven Fired Flatbread - SR1534 (1 piece)	0	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Spanish Rice - SR1509 (2/3 c.)	0	165.52	2.77	0.16	0.00	273.63	31.79	4.13

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Providence Fall 2020 Lunch 5 week Cycle High School Week 2 Day 4 Southwest Chicken Salad alt. Italian Sub :32742 - ServingDate: 10/08/2020								
Fresh Oranges - SR1171 (1 small (2-3))	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Steamed Corn - SR1034 (1/2 c.)	0	68.89	0.57	0.09	0.00	0.85	16.41	2.17
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
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Golden Italian Dressing - SR2578 (1 packet)	0	30.00	3.00	0.00	0.00	130.00	0.00	0.00
Providence Fall 2020 Lunch 5 week Cycle High School Week 2 Day 5 Cheese Pizza alt. Turkey & Cheese Sandwich :32742 - ServingDate: 10/09/2020								
BLT Chicken Salad - PVR1303 (1 salad)	0	433.97	26.21	8.74	0.00	847.16	20.97	27.68
Cheese Pizza Square - SR2862 (1 slice)	0	310.00	11.00	4.00	0.00	480.00	35.00	16.00
Sunbutter & Jelly Sandwich - PVR1055 (1 sandwich)	0	570.35	32.43	3.58	0.00	563.61	57.27	18.60
Turkey and Cheese Sandwich - PVR1069 (1 sandwich)	0	326.10	13.00	6.00	0.00	819.46	31.00	21.02
Oven Fired Flatbread - SR1534 (1 piece)	0	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Diced Peaches - SR1196 (1/2 c.)	0	57.95	0.04	0.00	0.00	5.27	15.24	0.83
Fresh Broccoli Florets - SR1027 (1/2 c.)	0	10.84	0.12	0.01	0.00	10.53	2.12	0.90
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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Providence Fall 2020 Lunch 5 week Cycle High School Week 2 Day 5 Cheese Pizza alt. Turkey & Cheese Sandwich :32742 - ServingDate: 10/09/2020								
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Golden Italian Dressing - SR2578 (1 packet)	0	30.00	3.00	0.00	0.00	130.00	0.00	0.00
Mayonnaise - SR2543 (1 packet)	0	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Providence Fall 2020 Lunch 5 week Cycle High School Week 3 Day 2 French Toast Stick w/ Syrup and Egg Omelet alt. Buffalo Chicken Sub :32742 - ServingDate: 10/13/2020								
Antipasto Salad , USDA Turkey Ham , Mozzarella , Black Olives - PVR1302 (1 salad)	0	156.61	7.88	4.25	0.00	656.95	7.72	16.73
Buffalo Chicken Sub - PVR1309 (1 roll.)	0	431.17	18.50	4.85	0.00	997.37	43.04	23.14
Sunbutter & Jelly Sandwich - PVR1055 (1 sandwich)	0	570.35	32.43	3.58	0.00	563.61	57.27	18.60
Cheddar Cheese Omelet - SR2476 (1 Omelet)	0	130.00	11.00	3.50	0.00	290.00	1.00	7.00
French Toast Sticks - SR2164 (4 stick.)	0	285.28	13.31	2.38	0.00	370.86	36.13	4.75
Oven Fired Flatbread - SR1534 (1 piece)	0	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Diced Peaches - SR1196 (1/2 c.)	0	57.95	0.04	0.00	0.00	5.27	15.24	0.83
Tater Tots - SR1450 (1/2 c.)	0	130.83	6.04	1.01	0.00	311.98	16.10	2.01
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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Providence Fall 2020 Lunch 5 week Cycle High School Week 3 Day 2 French Toast Stick w/ Syrup and Egg Omelet alt. Buffalo Chicken Sub :32742 - ServingDate: 10/13/2020								
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Breakfast Syrup Cup - SR2498 (1 Container)	0	110.00	0.00	0.00	0.00	20.00	29.00	0.00
Golden Italian Dressing - SR2578 (1 packet)	0	30.00	3.00	0.00	0.00	130.00	0.00	0.00
Providence Fall 2020 Lunch 5 week Cycle High School Week 3 Day 3 Cheeseburger alt. Turkey & Cheese Sandwich :32742 - ServingDate: 10/14/2020								
Antipasto Salad , USDA Turkey Ham , Mozzarella , Black Olives - PVR1302 (1 salad)	0	156.61	7.88	4.25	0.00	656.95	7.72	16.73
Cheeseburger - PVR1137 (1 ea.)	0	395.00	18.50	7.50	0.00	460.00	32.00	21.50
Sunbutter & Jelly Sandwich - PVR1055 (1 sandwich)	0	570.35	32.43	3.58	0.00	563.61	57.27	18.60
Turkey and Cheese Sandwich - PVR1069 (1 sandwich)	0	326.10	13.00	6.00	0.00	819.46	31.00	21.02
Oven Fired Flatbread - SR1534 (1 piece)	0	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Mixed Fruit Cocktail - SR1037 (1/2 c.)	0	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Fresh Broccoli Florets - SR1027 (1/2 c.)	0	10.84	0.12	0.01	0.00	10.53	2.12	0.90
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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Providence Fall 2020 Lunch 5 week Cycle High School Week 3 Day 3 Cheeseburger alt. Turkey & Cheese Sandwich :32742 - ServingDate: 10/14/2020								
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Golden Italian Dressing - SR2578 (1 packet)	0	30.00	3.00	0.00	0.00	130.00	0.00	0.00
Ketchup - SR2542 (1 packet)	0	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Mayonnaise - SR2543 (1 packet)	0	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Yellow Mustard PC - SR2517 (1 packet)	0	4.58	0.00	0.00	0.00	77.92	0.92	0.00
Providence Fall 2020 Lunch 5 week Cycle High School Week 3 Day 4 Mexican beef Tortilla w/ cheese & Salsa alt. Buffalo Chicken Sub :32742 - ServingDate: 10/15/2020								
Antipasto Salad , USDA Turkey Ham , Mozzarella , Black Olives - PVR1302 (1 salad)	0	156.61	7.88	4.25	0.00	656.95	7.72	16.73
Buffalo Chicken Sub - PVR1309 (1 roll.)	0	431.17	18.50	4.85	0.00	997.37	43.04	23.14
Mexican Beef 6" Tortilla, Ground Beef , Taco Seasoning, Salsa, & Cheese - PVR1304 (2 taco)	0	411.63	21.62	9.91	1.67	780.62	28.71	20.75
Sunbutter & Jelly Sandwich - PVR1055 (1 sandwich)	0	570.35	32.43	3.58	0.00	563.61	57.27	18.60
Oven Fired Flatbread - SR1534 (1 piece)	0	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Fresh Oranges - SR1171 (1 small (2-3)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Celery Sticks - SR1014 (6 stick.)	0	10.34	0.11	0.03	0.00	51.71	1.92	0.45

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Providence Fall 2020 Lunch 5 week Cycle High School Week 3 Day 4 Mexican beef Tortilla w/ cheese & Salsa alt. Buffalo Chicken Sub :32742 - ServingDate: 10/15/2020								
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
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Golden Italian Dressing - SR2578 (1 packet)	0	30.00	3.00	0.00	0.00	130.00	0.00	0.00
Providence Fall 2020 Lunch 5 week Cycle High School Week 3 Day 5 Cheese Pizza alt. Turkey & Cheese Sandwich :32742 - ServingDate: 10/16/2020								
Antipasto Salad , USDA Turkey Ham , Mozzarella , Black Olives - PVR1302 (1 salad)	0	156.61	7.88	4.25	0.00	656.95	7.72	16.73
Cheese Pizza Square - SR2862 (1 slice)	0	310.00	11.00	4.00	0.00	480.00	35.00	16.00
Sunbutter & Jelly Sandwich - PVR1055 (1 sandwich)	0	570.35	32.43	3.58	0.00	563.61	57.27	18.60
Turkey and Cheese Sandwich - PVR1069 (1 sandwich)	0	326.10	13.00	6.00	0.00	819.46	31.00	21.02
Oven Fired Flatbread - SR1534 (1 piece)	0	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Fresh Apple - PVR1164 (1 ea.)	0	77.00	0.25	0.00	0.00	1.00	20.50	0.30
Italian Roasted Chickpeas - SR2583 (1/2 c.)	0	128.82	2.69	0.07	0.00	264.68	19.71	6.53
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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Providence Fall 2020 Lunch 5 week Cycle High School Week 3 Day 5 Cheese Pizza alt. Turkey & Cheese Sandwich :32742 - ServingDate: 10/16/2020								
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Golden Italian Dressing - SR2578 (1 packet)	0	30.00	3.00	0.00	0.00	130.00	0.00	0.00
Mayonnaise - SR2543 (1 packet)	0	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Providence Fall 2020 Lunch 5 week Cycle High School Week 4 Day 2 Mexican Beef w/ Shredded Cheese & Chips alt Crispy Chicken Sub :32742 - ServingDate: 10/20/2020								
Chicken Caesar Salad, Small - PVR1073 (1 salad)	0	140.41	5.31	1.44	0.00	274.19	7.82	15.13
Crispy Chicken Ranch Wrap - SR1089 (1 wrap)	0	478.49	20.65	6.03	0.00	1075.82	48.81	23.45
Mexican Beef Shredded Cheese with Chip, Ground Beef , Taco Seasoning - PVR1305 (1 ea.)	0	372.94	21.62	9.41	1.67	575.19	21.97	19.75
Sunbutter & Jelly Sandwich - PVR1055 (1 sandwich)	0	570.35	32.43	3.58	0.00	563.61	57.27	18.60
Oven Fired Flatbread - SR1534 (1 piece)	0	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Mixed Fruit Cocktail - SR1037 (1/2 c.)	0	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Black Bean Salsa - PVR1308 (1/2 c.)	0	126.75	0.00	0.00	0.00	252.75	23.39	6.87
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

Menu Calendar Nutrient Analysis Report - October, 2020

Site: ALL

Date: 10/01/2020 - 10/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Providence Fall 2020 Lunch 5 week Cycle High School Week 4 Day 2 Mexican Beef w/ Shredded Cheese & Chips alt Crispy Chicken Sub :32742 - ServingDate: 10/20/2020								
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Caesar Salad Dressing, reduced calorie - SR2446 (2 tbsp.)	0	70.00	7.00	1.50	0.00	320.00	2.00	0.00
Mayonnaise - SR2543 (1 packet)	0	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Providence Fall 2020 Lunch 5 week Cycle High School Week 4 Day 3 Mozzarella Stuffed Breadsticks w/ Marinara Sauce :32742 - ServingDate: 10/21/2020								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	0	300.18	11.01	6.00	0.00	490.29	30.02	19.01
Chicken Caesar Salad, Small - PVR1073 (1 salad)	0	140.41	5.31	1.44	0.00	274.19	7.82	15.13
Sunbutter & Jelly Sandwich - PVR1055 (1 sandwich)	0	570.35	32.43	3.58	0.00	563.61	57.27	18.60
Turkey and Cheese Sandwich - PVR1069 (1 sandwich)	0	326.10	13.00	6.00	0.00	819.46	31.00	21.02
Oven Fired Flatbread - SR1534 (1 piece)	0	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Unsweetened Applesauce - SR2848 (1 Container)	0	60.00	0.00	0.00	0.00	15.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	0	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Homemade Marinara Sauce - SR1430 (1/2 c.)	0	57.84	0.61	0.04	0.00	115.40	11.54	2.31

Menu Calendar Nutrient Analysis Report - October, 2020

Site: ALL

Date: 10/01/2020 - 10/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Providence Fall 2020 Lunch 5 week Cycle High School Week 4 Day 3 Mozzarella Stuffed Breadsticks w/ Marinara Sauce :32742 - ServingDate: 10/21/2020								
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
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Caesar Salad Dressing, reduced calorie - SR2446 (2 tbsp.)	0	70.00	7.00	1.50	0.00	320.00	2.00	0.00
Mayonnaise - SR2543 (1 packet)	0	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Providence Fall 2020 Lunch 5 week Cycle High School Week 4 Day 4 Southwest Chicken w/ Rice & Beans alt. Crispy Chicken Sub :32742 - ServingDate: 10/22/2020								
Chicken Caesar Salad, Small - PVR1073 (1 salad)	0	140.41	5.31	1.44	0.00	274.19	7.82	15.13
Crispy Chicken Ranch Wrap - SR1089 (1 wrap)	0	478.49	20.65	6.03	0.00	1075.82	48.81	23.45
Sunbutter & Jelly Sandwich - PVR1055 (1 sandwich)	0	570.35	32.43	3.58	0.00	563.61	57.27	18.60
Southwest Chicken Strips - PVR1310 (3 oz.)	0	124.53	5.12	2.56	0.00	554.14	3.40	15.36
Oven Fired Flatbread - SR1534 (1 piece)	0	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Spanish Rice - SR1509 (2/3 c.)	0	165.52	2.77	0.16	0.00	273.63	31.79	4.13
Fresh Apple - PVR1164 (1 ea.)	0	77.00	0.25	0.00	0.00	1.00	20.50	0.30
Baby Carrots - SR1016 (1/2 c.)	0	25.40	0.09	0.02	0.00	56.61	5.98	0.46

Menu Calendar Nutrient Analysis Report - October, 2020

Site: ALL
 Date: 10/01/2020 - 10/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Providence Fall 2020 Lunch 5 week Cycle High School Week 4 Day 4 Southwest Chicken w/ Rice & Beans alt. Crispy Chicken Sub :32742 - ServingDate: 10/22/2020								
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
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Caesar Salad Dressing, reduced calorie - SR2446 (2 tbsp.)	0	70.00	7.00	1.50	0.00	320.00	2.00	0.00
Mayonnaise - SR2543 (1 packet)	0	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Providence Fall 2020 Lunch 5 week Cycle High School Week 4 Day 5 Cheese Pizza alt. Turkey & Cheese Sandwich :32742 - ServingDate: 10/23/2020								
Cheese Pizza Square - SR2862 (1 slice)	0	310.00	11.00	4.00	0.00	480.00	35.00	16.00
Chicken Caesar Salad, Small - PVR1073 (1 salad)	0	140.41	5.31	1.44	0.00	274.19	7.82	15.13
Sunbutter & Jelly Sandwich - PVR1055 (1 sandwich)	0	570.35	32.43	3.58	0.00	563.61	57.27	18.60
Turkey and Cheese Sandwich - PVR1069 (1 sandwich)	0	326.10	13.00	6.00	0.00	819.46	31.00	21.02
Oven Fired Flatbread - SR1534 (1 piece)	0	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Fresh Oranges - SR1171 (1 small (2-3))	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Cucumber Coins - SR1013 (1/2 c.)	0	9.22	0.07	0.02	0.00	1.23	2.23	0.40
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

Menu Calendar Nutrient Analysis Report - October, 2020

Site: ALL
 Date: 10/01/2020 - 10/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Providence Fall 2020 Lunch 5 week Cycle High School Week 4 Day 5 Cheese Pizza alt. Turkey & Cheese Sandwich :32742 - ServingDate: 10/23/2020								
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Mayonnaise - SR2543 (1 packet)	0	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Providence Fall 2020 Lunch 5 week Cycle High School Week 5 Day 1 Chicken Nuggets w/ Dinner roll Alt. Ham & Cheese Sandwich :32742 - ServingDate: 10/26/2020								
Chef Salad, Small - PVR1076 (1 salad)	0	143.11	8.54	3.74	0.00	268.67	4.42	11.99
Golden Chicken Nuggets - SR1031 (5 nugget)	0	213.17	10.03	1.88	0.00	426.33	12.54	17.55
Sunbutter & Jelly Sandwich - PVR1055 (1 sandwich)	0	570.35	32.43	3.58	0.00	563.61	57.27	18.60
Turkey and Cheese Sandwich - PVR1058 (1 sandwich)	0	340.56	13.52	6.26	0.00	888.94	31.26	23.34
Oven Fired Flatbread - SR1534 (1 piece)	0	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Whole Wheat Dinner Roll - PVR1155 (1 roll.)	0	88.59	0.98	0.00	0.00	167.34	15.75	3.94
Unsweetened Applesauce - SR2848 (1 Container)	0	60.00	0.00	0.00	0.00	15.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	0	25.40	0.09	0.02	0.00	56.61	5.98	0.46
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

Menu Calendar Nutrient Analysis Report - October, 2020

Site: ALL

Date: 10/01/2020 - 10/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Providence Fall 2020 Lunch 5 week Cycle High School Week 5 Day 1 Chicken Nuggets w/ Dinner roll Alt. Ham & Cheese Sandwich :32742 - ServingDate: 10/26/2020								
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Barbecue Sauce - SR2541 (1 packet)	0	15.00	0.00	0.00	0.00	85.00	4.00	0.00
Ranch Dressing - SR2540 (1 packet)	0	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Ketchup - SR2542 (1 packet)	0	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Yellow Mustard PC - SR2517 (1 packet)	0	4.58	0.00	0.00	0.00	77.92	0.92	0.00
Providence Fall 2020 Lunch 5 week Cycle High School Week 5 Day 2 Egg omelet with French Toast alt. Asian Chicken Sub :32742 - ServingDate: 10/27/2020								
Asian Chicken Sub, Sandwich - PVR1311 (1 roll.)	0	357.51	6.86	2.42	0.00	1019.84	49.56	21.71
Chef Salad, Small - PVR1076 (1 salad)	0	143.11	8.54	3.74	0.00	268.67	4.42	11.99
Sunbutter & Jelly Sandwich - PVR1055 (1 sandwich)	0	570.35	32.43	3.58	0.00	563.61	57.27	18.60
Southwest Egg Omelet - SR1626 (1 ea.)	0	115.96	7.39	2.12	0.00	122.47	2.60	8.39
French Toast Sticks - SR2164 (4 stick.)	0	285.28	13.31	2.38	0.00	370.86	36.13	4.75
Oven Fired Flatbread - SR1534 (1 piece)	0	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Diced Bartlett Pears - SR1194 (1/2 c.)	0	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Tater Tots - SR1450 (1/2 c.)	0	130.83	6.04	1.01	0.00	311.98	16.10	2.01

Menu Calendar Nutrient Analysis Report - October, 2020

Site: ALL
 Date: 10/01/2020 - 10/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Providence Fall 2020 Lunch 5 week Cycle High School Week 5 Day 2 Egg omelet with French Toast alt. Asian Chicken Sub :32742 - ServingDate: 10/27/2020								
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
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Breakfast Syrup Cup - SR2498 (1 Container)	0	110.00	0.00	0.00	0.00	20.00	29.00	0.00
Ranch Dressing - SR2540 (1 packet)	0	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Providence Fall 2020 Lunch 5 week Cycle High School Week 5 Day 3 Cheeseburger alt. Ham & Cheese Sandwich :32742 - ServingDate: 10/28/2020								
Cheeseburger - PVR1137 (1 ea.)	0	395.00	18.50	7.50	0.00	460.00	32.00	21.50
Chef Salad, Small - PVR1076 (1 salad)	0	143.11	8.54	3.74	0.00	268.67	4.42	11.99
Sunbutter & Jelly Sandwich - PVR1055 (1 sandwich)	0	570.35	32.43	3.58	0.00	563.61	57.27	18.60
Turkey and Cheese Sandwich - PVR1058 (1 sandwich)	0	340.56	13.52	6.26	0.00	888.94	31.26	23.34
Oven Fired Flatbread - SR1534 (1 piece)	0	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Mixed Fruit Cocktail - SR1037 (1/2 c.)	0	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Fresh Broccoli Florets - SR1027 (1/2 c.)	0	10.84	0.12	0.01	0.00	10.53	2.12	0.90
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

Menu Calendar Nutrient Analysis Report - October, 2020

Site: ALL

Date: 10/01/2020 - 10/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Providence Fall 2020 Lunch 5 week Cycle High School Week 5 Day 3 Cheeseburger alt. Ham & Cheese Sandwich :32742 - ServingDate: 10/28/2020								
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Ranch Dressing - SR2540 (1 packet)	0	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Ketchup - SR2542 (1 packet)	0	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Yellow Mustard PC - SR2517 (1 packet)	0	4.58	0.00	0.00	0.00	77.92	0.92	0.00
Providence Fall 2020 Lunch 5 week Cycle High School Week 5 Day 4 Mexican Beef Tortilla w/ Salad & Cheese :32742 - ServingDate: 10/29/2020								
Asian Chicken Sub, Sandwich - PVR1311 (1 roll.)	0	357.51	6.86	2.42	0.00	1019.84	49.56	21.71
Chef Salad, Small - PVR1076 (1 salad)	0	143.11	8.54	3.74	0.00	268.67	4.42	11.99
Mexican Beef 6" Tortilla, Ground Beef , Taco Seasoning, Salsa, & Cheese - PVR1304 (2 taco)	0	411.63	21.62	9.91	1.67	780.62	28.71	20.75
Sunbutter & Jelly Sandwich - PVR1055 (1 sandwich)	0	570.35	32.43	3.58	0.00	563.61	57.27	18.60
Oven Fired Flatbread - SR1534 (1 piece)	0	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Fresh Apple - PVR1164 (1 ea.)	0	77.00	0.25	0.00	0.00	1.00	20.50	0.30
Celery Sticks - SR1014 (6 stick.)	0	10.34	0.11	0.03	0.00	51.71	1.92	0.45
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

Menu Calendar Nutrient Analysis Report - October, 2020

Site: ALL

Date: 10/01/2020 - 10/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Providence Fall 2020 Lunch 5 week Cycle High School Week 5 Day 4 Mexican Beef Tortilla w/ Salad & Cheese :32742 - ServingDate: 10/29/2020								
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Ranch Dressing - SR2540 (1 packet)	0	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Providence Fall 2020 Lunch 5 week Cycle High School Week 5 Day 5 Cheese pizza alt. Ham & Cheese :32742 - ServingDate: 10/30/2020								
Cheese Pizza Square - SR2862 (1 slice)	0	310.00	11.00	4.00	0.00	480.00	35.00	16.00
Chef Salad, Small - PVR1076 (1 salad)	0	143.11	8.54	3.74	0.00	268.67	4.42	11.99
Sunbutter & Jelly Sandwich - PVR1055 (1 sandwich)	0	570.35	32.43	3.58	0.00	563.61	57.27	18.60
Turkey and Cheese Sandwich - PVR1058 (1 sandwich)	0	340.56	13.52	6.26	0.00	888.94	31.26	23.34
Oven Fired Flatbread - SR1534 (1 piece)	0	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Fresh Oranges - SR1171 (1 small (2-3))	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Italian Roasted Chickpeas - SR2583 (1/2 c.)	0	128.82	2.69	0.07	0.00	264.68	19.71	6.53
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
Guida's Fat Free Chocolate Milk - 8 fl. oz. - PVR1204 (1 Carton)	0	140.00	0.00	0.00	0.00	220.00	24.00	9.00
Ranch Dressing - SR2540 (1 packet)	0	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Yellow Mustard PC - SR2517 (1 packet)	0	4.58	0.00	0.00	0.00	77.92	0.92	0.00

Menu Calendar Nutrient Analysis Report - October, 2020

Site: ALL
Date: 10/01/2020 - 10/31/2020

Legend

(M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch
Site Group: CrossRoads Café
Menu Line: CRC-Favorites
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.