

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 Pre-K Fall 2020 2 week cycle Week 1 Day 4 Apple Muffin alt. Cheerios Cereal :32734 - ServingDate: 10/01/2020								
Cheerios - SR1160 (1 bowl)	0	100.00	2.00	0.50	0.00	140.00	20.00	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
Fresh Oranges - SR1171 (1 small (2-3))	0	45.12	0.12	0.01	0.00	0.00	11.28	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
Providence Pre-K Fall 2020 2 week cycle Week 1 Day 5 Vanilla Yogurt alt. Rice Krispies Cereal :32734 - ServingDate: 10/02/2020								
Rice Krispies, WG - SR2337 (1 bowl)	0	100.00	0.50	0.00	0.00	170.00	23.00	2.00
Vanilla Yogurt Cup - SR2484 (1 Container)	0	80.00	0.00	0.00	0.00	60.00	16.00	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
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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Providence Pre-K Fall 2020 2 week cycle Week 2 Day 1 Maple Mini Waffles alt. Cinnamon Toast Crunch Cereal :32734 - ServingDate: 10/05/2020								
Maple Madness Mini Waffles - SR2422 (1 pkg.)	0	200.00	5.00	1.00	0.00	170.00	37.00	4.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Unsweetened Applesauce - SR1195 (1/2 c.)	0	53.58	0.13	0.01	0.00	2.55	14.38	0.22
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
Breakfast Syrup Cup - SR2498 (1 Container)	0	110.00	0.00	0.00	0.00	20.00	29.00	0.00
Providence Pre-K Fall 2020 2 week cycle Week 2 Day 2 Cheddar Cheese omelet alt. Cinnamon Chex Cereal :32734 - ServingDate: 10/06/2020								
Cheddar Cheese Omelet - SR2476 (1 Omelet)	0	130.00	11.00	3.50	0.00	290.00	1.00	7.00
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	22.00	1.00
Unsweetened Applesauce - SR1195 (1/2 c.)	0	53.58	0.13	0.01	0.00	2.55	14.38	0.22
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 Pre-K Fall 2020 2 week cycle Week 2 Day 3 Cinnamon Chip Muffin alt. Cheerio Cereal :32734 - ServingDate: 10/07/2020								
Cheerios - SR1160 (1 bowl)	0	100.00	2.00	0.50	0.00	140.00	20.00	3.00
Red Delicious Apples - PVR1163 (1 ea.)	0	100.00	0.00	0.00	0.00	0.00	25.01	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 Pre-K Fall 2020 2 week cycle Week 2 Day 4 Bagel w/ Cream Cheese alt. Rice Krispies :32734 - ServingDate: 10/08/2020								
Rice Krispies, WG - SR2337 (1 bowl)	0	100.00	0.50	0.00	0.00	170.00	23.00	2.00
Soft Wheat Bagel - SR2925 (1 bagel)	0	180.00	1.00	0.00	0.00	200.00	35.00	7.00
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 Pre-K Fall 2020 2 week cycle Week 2 Day 5 Vanilla Yogurt alt Frosted Flakes Cereal :32734 - ServingDate: 10/09/2020								
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
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 Pre-K Fall 2020 2 week cycle Week 2 Day 5 Vanilla Yogurt alt Frosted Flakes Cereal :32734 - ServingDate: 10/09/2020								
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 Pre-K Fall 2020 2 week cycle Week 1 Day 2 Blueberry Muffin atl. Cinnamon Toast Crunch Cereal :32734 - ServingDate: 10/13/2020								
Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar)	0	150.00	3.50	0.00	0.00	115.00	30.00	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
Peach Cup, - SR3039 (1 ea.)	0	90.00	0.00	0.00	0.00	0.00	21.00	1.00
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 Pre-K Fall 2020 2 week cycle Week 1 Day 3 Strawberry mini Bagel alt. Frosted Mini Wheats :32734 - ServingDate: 10/14/2020								
Strawberry Creamy Cheese Mini Bagels - SR1188 (1 pkg.)	0	240.00	6.00	2.50	0.00	180.00	41.00	6.00
Frosted Mini Wheats Cereal Bowl - PVR1195 (1 bowl)	0	100.00	1.00	0.00	0.00	110.00	23.00	3.00
Red Delicious Apples - PVR1163 (1 ea.)	0	100.00	0.00	0.00	0.00	0.00	25.01	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 Pre-K Fall 2020 2 week cycle Week 1 Day 3 Strawberry mini Bagel alt. Frosted Mini Wheats :32734 - ServingDate: 10/14/2020								
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
Providence Pre-K Fall 2020 2 week cycle Week 1 Day 4 Apple Muffin alt. Cheerios Cereal :32734 - ServingDate: 10/15/2020								
Cheerios - SR1160 (1 bowl)	0	100.00	2.00	0.50	0.00	140.00	20.00	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
Fresh Oranges - SR1171 (1 small (2-3))	0	45.12	0.12	0.01	0.00	0.00	11.28	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
Providence Pre-K Fall 2020 2 week cycle Week 1 Day 5 Vanilla Yogurt alt. Rice Krispies Cereal :32734 - ServingDate: 10/16/2020								
Rice Krispies, WG - SR2337 (1 bowl)	0	100.00	0.50	0.00	0.00	170.00	23.00	2.00
Vanilla Yogurt Cup - SR2484 (1 Container)	0	80.00	0.00	0.00	0.00	60.00	16.00	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
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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Providence Pre-K Fall 2020 2 week cycle Week 2 Day 2 Cheddar Cheese omelet alt. Cinnamon Chex Cereal :32734 - ServingDate: 10/20/2020								
Cheddar Cheese Omelet - SR2476 (1 Omelet)	0	130.00	11.00	3.50	0.00	290.00	1.00	7.00
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	22.00	1.00
Unsweetened Applesauce - SR1195 (1/2 c.)	0	53.58	0.13	0.01	0.00	2.55	14.38	0.22
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 Pre-K Fall 2020 2 week cycle Week 2 Day 3 Cinnamon Chip Muffin alt. Cheerio Cereal :32734 - ServingDate: 10/21/2020								
Cheerios - SR1160 (1 bowl)	0	100.00	2.00	0.50	0.00	140.00	20.00	3.00
Red Delicious Apples - PVR1163 (1 ea.)	0	100.00	0.00	0.00	0.00	0.00	25.01	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 Pre-K Fall 2020 2 week cycle Week 2 Day 4 Bagel w/ Cream Cheese alt. Rice Krispies :32734 - ServingDate: 10/22/2020								
Rice Krispies, WG - SR2337 (1 bowl)	0	100.00	0.50	0.00	0.00	170.00	23.00	2.00
Soft Wheat Bagel - SR2925 (1 bagel)	0	180.00	1.00	0.00	0.00	200.00	35.00	7.00
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

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Providence Pre-K Fall 2020 2 week cycle Week 2 Day 5 Vanilla Yogurt alt Frosted Flakes Cereal :32734 - ServingDate: 10/23/2020								
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
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 Pre-K Fall 2020 2 week cycle Week 1 Day 1 Banana Bread Alt. Cinnamon Chex Cereal :32734 - ServingDate: 10/26/2020								
Banana Ultra Bread Slice, IW - SR2440 (1 pkg.)	0	280.00	10.00	2.00	0.00	220.00	44.00	5.00
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	22.00	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

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Providence Pre-K Fall 2020 2 week cycle Week 1 Day 2 Blueberry Muffin atl. Cinnamon Toast Crunch Cereal :32734 - ServingDate: 10/27/2020								
Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar)	0	150.00	3.50	0.00	0.00	115.00	30.00	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
Peach Cup, - SR3039 (1 ea.)	0	90.00	0.00	0.00	0.00	0.00	21.00	1.00
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 Pre-K Fall 2020 2 week cycle Week 1 Day 3 Strawberry mini Bagel alt. Frosted Mini Wheats :32734 - ServingDate: 10/28/2020								
Strawberry Creamy Cheese Mini Bagels - SR1188 (1 pkg.)	0	240.00	6.00	2.50	0.00	180.00	41.00	6.00
Frosted Mini Wheats Cereal Bowl - PVR1195 (1 bowl)	0	100.00	1.00	0.00	0.00	110.00	23.00	3.00
Red Delicious Apples - PVR1163 (1 ea.)	0	100.00	0.00	0.00	0.00	0.00	25.01	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 Pre-K Fall 2020 2 week cycle Week 1 Day 4 Apple Muffin alt. Cheerios Cereal :32734 - ServingDate: 10/29/2020								
Cheerios - SR1160 (1 bowl)	0	100.00	2.00	0.50	0.00	140.00	20.00	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

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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 Pre-K Fall 2020 2 week cycle Week 1 Day 4 Apple Muffin alt. Cheerios Cereal :32734 - ServingDate: 10/29/2020								
Fresh Oranges - SR1171 (1 small (2-3))	0	45.12	0.12	0.01	0.00	0.00	11.28	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
Providence Pre-K Fall 2020 2 week cycle Week 1 Day 5 Vanilla Yogurt alt. Rice Krispies Cereal :32734 - ServingDate: 10/30/2020								
Rice Krispies, WG - SR2337 (1 bowl)	0	100.00	0.50	0.00	0.00	170.00	23.00	2.00
Vanilla Yogurt Cup - SR2484 (1 Container)	0	80.00	0.00	0.00	0.00	60.00	16.00	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
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

Report Selections
 Meal Type: Breakfast
 Site Group: The Clubhouse
 Menu Line: Pre-K Breakfast
 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.