

Menu Calendar Nutrient Analysis Report - January, 2021

Site: CHARLES FORTES
 Date: 01/01/2021 - 01/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Providence Pre-K December 4 week cycle Week 1 Day 1 Ham & Cheese sandwich - ServingDate: 01/04/2021								
Cheese Sandwich - PVR1275 (1 sandwich)	0	361.75	20.02	10.00	0.00	864.00	30.32	16.07
Turkey and Cheese Sandwich - PVR1058 (1 sandwich)	0	340.56	13.52	6.26	0.00	888.94	31.26	23.34
Whipped Potatoes - SR1112 (1/2 c.)	0	79.98	1.50	1.00	0.00	102.63	15.00	2.00
Chilled Corn - SR1033 (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
Providence Pre-K December 4 week cycle Week 1 Day 2 Asian Chicken Sub - ServingDate: 01/05/2021								
Asian Chicken Sub, Sandwich - PVR1311 (1 roll.)	0	357.51	6.86	2.42	0.00	1019.84	49.56	21.71
Cheese Sandwich - PVR1275 (1 sandwich)	0	361.75	20.02	10.00	0.00	864.00	30.32	16.07
Scooby Doo Graham Crackers, Sticks, IW, 1oz Bags - SR3018 (1 pkg.)	0	120.00	3.50	1.00	0.00	115.00	21.00	2.00
Unsweetened Applesauce - SR1195 (1/2 c.)	0	53.58	0.13	0.01	0.00	2.55	14.38	0.22
Chilled Peas - SR2483 (1/2 c.)	0	65.49	0.34	0.06	0.00	91.85	11.58	4.44
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

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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 December 4 week cycle Week 1 Day 3 turkey sandwich - ServingDate: 01/06/2021								
Turkey and Cheese Sandwich - PVR1069 (1 sandwich)	0	326.10	13.00	6.00	0.00	819.46	31.00	21.02
Diced Bartlett Pears - SR1194 (1/2 c.)	0	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Home Fries - PVR1189 (1/2 c.)	0	112.41	9.21	1.05	0.00	454.54	18.31	4.97
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
Providence Pre-K December 4 week cycle Week 1 Day 4 Crispy Chicken Sub - ServingDate: 01/07/2021								
Cheese Sandwich - PVR1275 (1 sandwich)	0	361.75	20.02	10.00	0.00	864.00	30.32	16.07
Crispy Chicken Sub - PVR1312 (1 roll.)	0	378.69	13.54	4.03	0.00	708.15	38.13	24.25
Crispy Whole Apple - SR1161 (1 extra smal)	0	47.79	0.16	0.03	0.00	0.92	12.69	0.24
Diced Carrots - PVR1185 (1/2 c.)	0	18.00	0.00	0.00	0.00	140.00	4.00	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
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
Providence Pre-K December 4 week cycle Week 1 Day 5 cheese pizza - ServingDate: 01/08/2021								
Cheese Pizza - SR2081 (1 slice)	0	400.00	16.00	7.00	0.00	440.00	43.00	19.00

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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 December 4 week cycle Week 1 Day 5 cheese pizza - ServingDate: 01/08/2021								
Cheese Sandwich - PVR1275 (1 sandwich)	0	361.75	20.02	10.00	0.00	864.00	30.32	16.07
Animal Crackers - SR2431 (1 pkg.)	0	120.00	3.50	1.00	0.00	115.00	22.00	2.00
Fresh Oranges - SR1171 (1 small (2-3))	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Broccoli Florets - SR2904 (2 oz.)	0	16.67	0.00	0.00	0.00	16.67	2.67	2.00
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
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
Providence Pre-K December 4 week cycle Week 2 Day 1 turkey & Cheese - ServingDate: 01/11/2021								
Cheese Sandwich - PVR1275 (1 sandwich)	0	361.75	20.02	10.00	0.00	864.00	30.32	16.07
Turkey and Cheese Sandwich - PVR1069 (1 sandwich)	0	326.10	13.00	6.00	0.00	819.46	31.00	21.02
Pineapple Tidbits - SR1495 (1/2 c.)	0	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Sweet Potato Fries - SR2043 (1/2 c.)	0	162.34	7.61	1.01	0.00	213.08	23.34	3.04
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

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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 December 4 week cycle Week 2 Day 2 Italian Sub - ServingDate: 01/12/2021								
Cheese Sandwich - PVR1275 (1 sandwich)	0	361.75	20.02	10.00	0.00	864.00	30.32	16.07
Italian Sub - PVR1068 (1 sandwich)	0	365.28	17.64	6.88	0.00	1129.53	30.51	20.27
Goldfish Crackers - SR2426 (1 pkg.)	0	100.00	4.00	0.50	0.00	170.00	14.00	2.00
Whipped Potatoes - SR1112 (1/2 c.)	0	79.98	1.50	1.00	0.00	102.63	15.00	2.00
Chilled Corn - SR1033 (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
Providence Pre-K December 4 week cycle Week 2 Day 3 Chicken Salad Sandwich - ServingDate: 01/13/2021								
Cheese Sandwich - PVR1275 (1 sandwich)	0	361.75	20.02	10.00	0.00	864.00	30.32	16.07
Chicken Salad Sandwich - PVR1062 (1 sandwich)	0	344.64	12.19	0.83	0.00	637.06	33.77	23.50
Mixed Fruit Cocktail - SR1037 (1/2 c.)	0	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Chilled Peas - SR2483 (1/2 c.)	0	65.49	0.34	0.06	0.00	91.85	11.58	4.44
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

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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 December 4 week cycle Week 2 Day 4 Crispy Chicken Sub - ServingDate: 01/14/2021								
Cheese Sandwich - PVR1275 (1 sandwich)	0	361.75	20.02	10.00	0.00	864.00	30.32	16.07
Crispy Chicken Sub - PVR1312 (1 roll.)	0	378.69	13.54	4.03	0.00	708.15	38.13	24.25
Crispy Whole Apple - SR1161 (1 extra smal)	0	47.79	0.16	0.03	0.00	0.92	12.69	0.24
Roasted Butternut Squash - SR1408 (1/2 c.)	0	73.29	0.33	0.01	0.00	31.71	18.56	1.19
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
Providence Pre-K December 4 week cycle Week 2 Day 5 Cheese Pizza - ServingDate: 01/15/2021								
Cheese Pizza - SR2081 (1 slice)	0	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Cheese Sandwich - PVR1275 (1 sandwich)	0	361.75	20.02	10.00	0.00	864.00	30.32	16.07
Whole Grain Teddy Grahams - PVR1199 (1 pkg.)	0	90.00	3.00	0.00	0.00	70.00	16.00	1.00
Fresh Oranges - SR1171 (1 small (2-3))	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Roasted Broccoli - SR1852 (1/2 c.)	0	65.49	4.49	0.33	0.00	72.06	5.40	3.00
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
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

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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 December 4 week cycle Week 3 Day 2 Asian Chicken Sub - ServingDate: 01/19/2021								
Asian Chicken Sub, Sandwich - PVR1311 (1 roll.)	0	357.51	6.86	2.42	0.00	1019.84	49.56	21.71
Cheese Sandwich - PVR1275 (1 sandwich)	0	361.75	20.02	10.00	0.00	864.00	30.32	16.07
Scooby Doo Graham Crackers, Sticks, IW, 1oz Bags - SR3018 (1 pkg.)	0	120.00	3.50	1.00	0.00	115.00	21.00	2.00
Unsweetened Applesauce - SR1195 (1/2 c.)	0	53.58	0.13	0.01	0.00	2.55	14.38	0.22
Chilled Peas - SR2483 (1/2 c.)	0	65.49	0.34	0.06	0.00	91.85	11.58	4.44
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
Providence Pre-K December 4 week cycle Week 3 Day 3 Turkey Sandwich - ServingDate: 01/20/2021								
Cheese Sandwich - PVR1275 (1 sandwich)	0	361.75	20.02	10.00	0.00	864.00	30.32	16.07
Turkey and Cheese Sandwich - PVR1069 (1 sandwich)	0	326.10	13.00	6.00	0.00	819.46	31.00	21.02
Diced Bartlett Pears - SR1194 (1/2 c.)	0	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Sweet Potato Fries - SR2043 (1/2 c.)	0	162.34	7.61	1.01	0.00	213.08	23.34	3.04
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

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Providence Pre-K December 4 week cycle Week 3 Day 4 crispy Chicken Sub - ServingDate: 01/21/2021								
Cheese Sandwich - PVR1275 (1 sandwich)	0	361.75	20.02	10.00	0.00	864.00	30.32	16.07
Crispy Chicken Sub - PVR1312 (1 roll.)	0	378.69	13.54	4.03	0.00	708.15	38.13	24.25
Crispy Whole Apple - SR1161 (1 extra smal)	0	47.79	0.16	0.03	0.00	0.92	12.69	0.24
Green Beans, Low Country Green Beans - SR2616 (1/2 c.)	0	66.36	4.70	0.64	0.00	347.44	5.54	2.04
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
Providence Pre-K December 4 week cycle Week 3 Day 5 Cheese Pizza - ServingDate: 01/22/2021								
Cheese Sandwich - PVR1275 (1 sandwich)	0	361.75	20.02	10.00	0.00	864.00	30.32	16.07
Crispy Chicken Sub - PVR1312 (1 roll.)	0	378.69	13.54	4.03	0.00	708.15	38.13	24.25
Animal Crackers - SR2431 (1 pkg.)	0	120.00	3.50	1.00	0.00	115.00	22.00	2.00
Fresh Oranges - SR1171 (1 small (2-3)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
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
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

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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 December 4 week cycle Week 4 Day 2 Italian Sub - ServingDate: 01/26/2021								
Cheese Sandwich - PVR1275 (1 sandwich)	0	361.75	20.02	10.00	0.00	864.00	30.32	16.07
Italian Sub - PVR1068 (1 sandwich)	0	365.28	17.64	6.88	0.00	1129.53	30.51	20.27
Goldfish Crackers - SR2426 (1 pkg.)	0	100.00	4.00	0.50	0.00	170.00	14.00	2.00
Roasted Butternut Squash - SR1408 (1/2 c.)	0	73.29	0.33	0.01	0.00	31.71	18.56	1.19
Whipped Potatoes - SR1112 (1/2 c.)	0	79.98	1.50	1.00	0.00	102.63	15.00	2.00
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
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
Providence Pre-K December 4 week cycle Week 4 Day 3 chicken salad sandwich - ServingDate: 01/27/2021								
Cheese Sandwich - PVR1275 (1 sandwich)	0	361.75	20.02	10.00	0.00	864.00	30.32	16.07
Chicken Salad Sandwich - PVR1062 (1 sandwich)	0	344.64	12.19	0.83	0.00	637.06	33.77	23.50
Mandarin Oranges - SR1557 (1/2 c.)	0	54.99	0.00	0.00	0.00	0.00	13.75	0.00
Chilled Peas - SR2483 (1/2 c.)	0	65.49	0.34	0.06	0.00	91.85	11.58	4.44
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

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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 December 4 week cycle Week 4 Day 4 Crispy Chicken Sub - ServingDate: 01/28/2021								
Cheese Sandwich - PVR1275 (1 sandwich)	0	361.75	20.02	10.00	0.00	864.00	30.32	16.07
Crispy Chicken Sub - PVR1312 (1 roll.)	0	378.69	13.54	4.03	0.00	708.15	38.13	24.25
Crispy Whole Apple - SR1161 (1 extra smal)	0	47.79	0.16	0.03	0.00	0.92	12.69	0.24
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
Providence Pre-K December 4 week cycle Week 4 Day 5 Cheese Pizza - ServingDate: 01/29/2021								
Cheese Pizza - SR2081 (1 slice)	0	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Cheese Sandwich - PVR1275 (1 sandwich)	0	361.75	20.02	10.00	0.00	864.00	30.32	16.07
Whole Grain Teddy Grahams - PVR1199 (1 pkg.)	0	90.00	3.00	0.00	0.00	70.00	16.00	1.00
Fresh Oranges - SR1171 (1 small (2-3))	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
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
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

Legend
 (M) - Missing Nutrient Values

Menu Calendar Nutrient Analysis Report - January, 2021

Generated on: 12/8/2020 1:29:36 PM by Stephanie Gamboa

Site: CHARLES FORTES
Date: 01/01/2021 - 01/31/2021

Report Selections

Meal Type: Lunch
Site Group: The Clubhouse
Menu Line: Pre-K Lunch
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.