

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Air Academy High School
Date: 12/01/2021 - 12/31/2021

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|--------------------------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| Breakfast CO-WY 1:3 French Toast & Nutrigrain Bar:36194 :37232 - ServingDate: 12/01/2021 | | | | | | | | |
| Blueberry Nutrigrain Bar - SR3029 (1 Bar) | 0 | 160.00 | 4.00 | 0.50 | 0.00 | 135.00 | 30.00 | 2.00 |
| Cheerios - SR1160 (1 bowl) | 0 | 100.52 | 1.79 | 0.36 | 0.00 | 136.42 | 20.83 | 3.58 |
| Cinnamon Chex - SR2336 (1 bowl) | 0 | 116.82 | 2.63 | 0.25 | 0.00 | 173.04 | 22.85 | 1.37 |
| Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) | 0 | 110.00 | 3.00 | 0.50 | 0.00 | 160.00 | 22.00 | 1.00 |
| 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 |
| Golden Grahams Cereal - SR2432 (1 bowl) | 0 | 105.36 | 0.90 | 0.11 | 0.00 | 212.30 | 23.77 | 1.51 |
| French Toast Sticks - SR1910 (3 stick.) | 0 | 190.92 | 7.34 | 1.47 | 0.00 | 220.29 | 27.90 | 4.41 |
| Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.) | 0 | 60.00 | 3.00 | 2.00 | 0.00 | 200.00 | 1.00 | 7.00 |
| Fresh Whole Apple - SR2870 (1 medium (3) | 0 | 94.64 | 0.31 | 0.05 | 0.00 | 1.82 | 25.13 | 0.47 |
| 100% Apple Juice - SR2547 (4 fl oz cup) | 0 | 60.00 | 0.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| Chocolate Skim Milk - COR1153 (1 Half Pint) | 0 | 120.00 | 0.00 | 0.00 | 0.00 | 180.00 | 20.00 | 8.00 |
| 1% White Milk - COR1181 (1 Half Pint) | 0 | 110.00 | 2.50 | 1.50 | 0.00 | 130.00 | 13.00 | 8.00 |
| Breakfast CO-WY 1:4 Ham & Cheese on Bun & Blueberry Muffin :37232 - ServingDate: 12/02/2021 | | | | | | | | |
| Cheerios - SR1160 (1 bowl) | 0 | 100.52 | 1.79 | 0.36 | 0.00 | 136.42 | 20.83 | 3.58 |
| Cinnamon Chex - SR2336 (1 bowl) | 0 | 116.82 | 2.63 | 0.25 | 0.00 | 173.04 | 22.85 | 1.37 |
| Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) | 0 | 110.00 | 3.00 | 0.50 | 0.00 | 160.00 | 22.00 | 1.00 |

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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) |
|--------------------------------------------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-------------|----------|-------------|
| Breakfast CO-WY 1:4 Ham & Cheese on Bun & Blueberry Muffin :37232 - ServingDate: 12/02/2021 | | | | | | | | |
| 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 |
| Golden Grahams Cereal - SR2432 (1 bowl) | 0 | 105.36 | 0.90 | 0.11 | 0.00 | 212.30 | 23.77 | 1.51 |
| Grilled Ham & Cheese - SR1797 (1 sandwich) | 0 | 340.00 | 12.00 | 3.00 | 0.00 | 1239.98 | 28.00 | 34.00 |
| Blueberry Muffin - SR1454 (1 muffin) | 0 | 190.00 | 6.00 | 2.00 | 0.00 | 130.00 | 30.00 | 3.00 |
| Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.) | 0 | 60.00 | 3.00 | 2.00 | 0.00 | 200.00 | 1.00 | 7.00 |
| Sliced Pears - SR3042 (1/2 c.) | 0 | 62.40 | 0.00 | 0.00 | 0.00 | 5.20 | 15.60 | 0.00 |
| 100% Apple Juice - SR2547 (4 fl oz cup) | 0 | 60.00 | 0.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| Chocolate Skim Milk - COR1153 (1 Half Pint) | 0 | 120.00 | 0.00 | 0.00 | 0.00 | 180.00 | 20.00 | 8.00 |
| 1% White Milk - COR1181 (1 Half Pint) | 0 | 110.00 | 2.50 | 1.50 | 0.00 | 130.00 | 13.00 | 8.00 |
| Breakfast CO-WY 1:5 Cinnamon Roll or Mini Bagel:36194 :37232 - ServingDate: 12/03/2021 | | | | | | | | |
| Cheerios - SR1160 (1 bowl) | 0 | 100.52 | 1.79 | 0.36 | 0.00 | 136.42 | 20.83 | 3.58 |
| Cinnamon Chex - SR2336 (1 bowl) | 0 | 116.82 | 2.63 | 0.25 | 0.00 | 173.04 | 22.85 | 1.37 |
| Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) | 0 | 110.00 | 3.00 | 0.50 | 0.00 | 160.00 | 22.00 | 1.00 |
| 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 |
| Golden Grahams Cereal - SR2432 (1 bowl) | 0 | 105.36 | 0.90 | 0.11 | 0.00 | 212.30 | 23.77 | 1.51 |

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Air Academy High School
Date: 12/01/2021 - 12/31/2021

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|----------------------------------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-------------|----------|-------------|
| Breakfast CO-WY 1:5 Cinnamon Roll or Mini Bagel:36194 :37232 - ServingDate: 12/03/2021 | | | | | | | | |
| Strawberry Creamy Cheese Mini Bagels - SR1188 (1 pkg.) | 0 | 177.54 | 4.76 | 1.79 | 0.14 | 154.97 | 33.67 | 4.62 |
| Mini Cinnis - SR1595 (1 pkg.) | 0 | 200.91 | 6.24 | 1.36 | 0.07 | 233.41 | 33.99 | 3.77 |
| Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.) | 0 | 60.00 | 3.00 | 2.00 | 0.00 | 200.00 | 1.00 | 7.00 |
| Unsweetened Applesauce - SR1195 (1/2 c.) | 0 | 53.71 | 0.13 | 0.01 | 0.00 | 2.56 | 14.41 | 0.22 |
| 100% Apple Juice - SR2547 (4 fl oz cup) | 0 | 60.00 | 0.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| Chocolate Skim Milk - COR1153 (1 Half Pint) | 0 | 120.00 | 0.00 | 0.00 | 0.00 | 180.00 | 20.00 | 8.00 |
| 1% White Milk - COR1181 (1 Half Pint) | 0 | 110.00 | 2.50 | 1.50 | 0.00 | 130.00 | 13.00 | 8.00 |
| Breakfast CO-WY 1:1 Sausage Breakfast Pizza, Benefit Bar :37439 - ServingDate: 12/06/2021 | | | | | | | | |
| Oatmeal Chocolate Chip BeneFIT Bar - SR2093 (1 Bar) | 40 | 290.00 | 9.00 | 3.00 | 0.00 | 240.00 | 47.00 | 5.00 |
| Sausage Breakfast Pizza - SR1167 (1 slice) | 50 | 210.03 | 7.00 | 2.00 | 0.00 | 350.06 | 27.00 | 9.00 |
| Cheerios - SR1160 (1 bowl) | 2 | 100.52 | 1.79 | 0.36 | 0.00 | 136.42 | 20.83 | 3.58 |
| Cinnamon Chex - SR2336 (1 bowl) | 2 | 116.82 | 2.63 | 0.25 | 0.00 | 173.04 | 22.85 | 1.37 |
| Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) | 2 | 110.00 | 3.00 | 0.50 | 0.00 | 160.00 | 22.00 | 1.00 |
| Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl) | 2 | 100.00 | 0.00 | 0.00 | 0.00 | 0.00 | 24.00 | 3.00 |
| Golden Grahams Cereal - SR2432 (1 bowl) | 2 | 105.36 | 0.90 | 0.11 | 0.00 | 212.30 | 23.77 | 1.51 |

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Air Academy High School
Date: 12/01/2021 - 12/31/2021

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|------------------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|---------------|----------------|
| Breakfast CO-WY 1:1 Sausage Breakfast Pizza, Benefit Bar :37439 - ServingDate: 12/06/2021 | | | | | | | | |
| Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.) | 10 | 60.00 | 3.00 | 2.00 | 0.00 | 200.00 | 1.00 | 7.00 |
| Orange Wedges - COR1172 (4 slice or w) | 50 | 45.12 | 0.12 | 0.01 | 0.00 | 0.00 | 11.28 | 0.90 |
| 100% Apple Juice - SR2547 (4 fl oz cup) | 50 | 60.00 | 0.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| Chocolate Skim Milk - COR1153 (1 Half Pint) | 80 | 120.00 | 0.00 | 0.00 | 0.00 | 180.00 | 20.00 | 8.00 |
| 1% White Milk - COR1181 (1 Half Pint) | 20 | 110.00 | 2.50 | 1.50 | 0.00 | 130.00 | 13.00 | 8.00 |
| Breakfast CO-WY 1:2 Mini Maple Waffle, Peach Parfait:36194 :37439 - ServingDate: 12/07/2021 | | | | | | | | |
| Cheerios - SR1160 (1 bowl) | 2 | 100.52 | 1.79 | 0.36 | 0.00 | 136.42 | 20.83 | 3.58 |
| Cinnamon Chex - SR2336 (1 bowl) | 2 | 116.82 | 2.63 | 0.25 | 0.00 | 173.04 | 22.85 | 1.37 |
| Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) | 2 | 110.00 | 3.00 | 0.50 | 0.00 | 160.00 | 22.00 | 1.00 |
| Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl) | 2 | 100.00 | 0.00 | 0.00 | 0.00 | 0.00 | 24.00 | 3.00 |
| Golden Grahams Cereal - SR2432 (1 bowl) | 2 | 105.36 | 0.90 | 0.11 | 0.00 | 212.30 | 23.77 | 1.51 |
| Peachy Parfait - COR2146 (1 parfait) | 40 | 506.27 (M) | 6.87(M) | 1.69(M) | 0.00(M) | 317.92 (M) | 101.13 (M) | 12.68 (M) |
| Maple Madness Mini Waffles - SR2422 (1 pkg.) | 50 | 189.77 | 4.97 | 0.77 | 0.07 | 153.58 | 33.18 | 3.08 |
| Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.) | 10 | 60.00 | 3.00 | 2.00 | 0.00 | 200.00 | 1.00 | 7.00 |
| Diced Peaches - SR3040 (1/2 c.) | 50 | 59.04 | 0.00 | 0.00 | 0.00 | 4.92 | 13.78 | 0.00 |
| 100% Apple Juice - SR2547 (4 fl oz cup) | 50 | 60.00 | 0.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |

Menu Calendar Nutrient Analysis Report - December, 2021

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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) |
|-------------------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| Breakfast CO-WY 1:2 Mini Maple Waffle, Peach Parfait:36194 :37439 - ServingDate: 12/07/2021 | | | | | | | | |
| Chocolate Skim Milk - COR1153 (1 Half Pint) | 80 | 120.00 | 0.00 | 0.00 | 0.00 | 180.00 | 20.00 | 8.00 |
| 1% White Milk - COR1181 (1 Half Pint) | 20 | 110.00 | 2.50 | 1.50 | 0.00 | 130.00 | 13.00 | 8.00 |
| Breakfast CO-WY 1:3 French Toast & Nutrigrain Bar:36194 :37439 - ServingDate: 12/08/2021 | | | | | | | | |
| Blueberry Nutrigrain Bar - SR3029 (1 Bar) | 40 | 160.00 | 4.00 | 0.50 | 0.00 | 135.00 | 30.00 | 2.00 |
| Cheerios - SR1160 (1 bowl) | 2 | 100.52 | 1.79 | 0.36 | 0.00 | 136.42 | 20.83 | 3.58 |
| Cinnamon Chex - SR2336 (1 bowl) | 2 | 116.82 | 2.63 | 0.25 | 0.00 | 173.04 | 22.85 | 1.37 |
| Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) | 2 | 110.00 | 3.00 | 0.50 | 0.00 | 160.00 | 22.00 | 1.00 |
| Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl) | 2 | 100.00 | 0.00 | 0.00 | 0.00 | 0.00 | 24.00 | 3.00 |
| Golden Grahams Cereal - SR2432 (1 bowl) | 2 | 105.36 | 0.90 | 0.11 | 0.00 | 212.30 | 23.77 | 1.51 |
| French Toast Sticks - SR1910 (3 stick.) | 50 | 190.92 | 7.34 | 1.47 | 0.00 | 220.29 | 27.90 | 4.41 |
| Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.) | 10 | 60.00 | 3.00 | 2.00 | 0.00 | 200.00 | 1.00 | 7.00 |
| Fresh Whole Apple - SR2870 (1 medium (3) | 50 | 94.64 | 0.31 | 0.05 | 0.00 | 1.82 | 25.13 | 0.47 |
| 100% Apple Juice - SR2547 (4 fl oz cup) | 50 | 60.00 | 0.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| Chocolate Skim Milk - COR1153 (1 Half Pint) | 80 | 120.00 | 0.00 | 0.00 | 0.00 | 180.00 | 20.00 | 8.00 |
| 1% White Milk - COR1181 (1 Half Pint) | 20 | 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) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|--------------------------------------------------------------------------------------------------------------------------------|-------------|-----------------|---------------|-------------|---------------|-------------|----------|-------------|
| Breakfast CO-WY 1:4 Ham & Cheese on Bun & Blueberry Muffin :37439 - ServingDate: 12/09/2021 | | | | | | | | |
| Cheerios - SR1160 (1 bowl) | 0 | 100.52 | 1.79 | 0.36 | 0.00 | 136.42 | 20.83 | 3.58 |
| Cinnamon Chex - SR2336 (1 bowl) | 0 | 116.82 | 2.63 | 0.25 | 0.00 | 173.04 | 22.85 | 1.37 |
| Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) | 0 | 110.00 | 3.00 | 0.50 | 0.00 | 160.00 | 22.00 | 1.00 |
| 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 |
| Golden Grahams Cereal - SR2432 (1 bowl) | 0 | 105.36 | 0.90 | 0.11 | 0.00 | 212.30 | 23.77 | 1.51 |
| Grilled Ham & Cheese - SR1797 (1 sandwich) | 0 | 340.00 | 12.00 | 3.00 | 0.00 | 1239.98 | 28.00 | 34.00 |
| Blueberry Muffin - SR1454 (1 muffin) | 0 | 190.00 | 6.00 | 2.00 | 0.00 | 130.00 | 30.00 | 3.00 |
| Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.) | 0 | 60.00 | 3.00 | 2.00 | 0.00 | 200.00 | 1.00 | 7.00 |
| Sliced Pears - SR3042 (1/2 c.) | 0 | 62.40 | 0.00 | 0.00 | 0.00 | 5.20 | 15.60 | 0.00 |
| 100% Apple Juice - SR2547 (4 fl oz cup) | 0 | 60.00 | 0.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| Chocolate Skim Milk - COR1153 (1 Half Pint) | 0 | 120.00 | 0.00 | 0.00 | 0.00 | 180.00 | 20.00 | 8.00 |
| 1% White Milk - COR1181 (1 Half Pint) | 0 | 110.00 | 2.50 | 1.50 | 0.00 | 130.00 | 13.00 | 8.00 |
| Breakfast CO-WY 1:5 Cinnamon Roll or Mini Bagel:36194 :37439 - ServingDate: 12/10/2021 | | | | | | | | |
| Cheerios - SR1160 (1 bowl) | 2 | 100.52 | 1.79 | 0.36 | 0.00 | 136.42 | 20.83 | 3.58 |
| Cinnamon Chex - SR2336 (1 bowl) | 2 | 116.82 | 2.63 | 0.25 | 0.00 | 173.04 | 22.85 | 1.37 |
| Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) | 2 | 110.00 | 3.00 | 0.50 | 0.00 | 160.00 | 22.00 | 1.00 |

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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) |
|----------------------------------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-------------|----------|-------------|
| Breakfast CO-WY 1:5 Cinnamon Roll or Mini Bagel:36194 :37439 - ServingDate: 12/10/2021 | | | | | | | | |
| Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl) | 2 | 100.00 | 0.00 | 0.00 | 0.00 | 0.00 | 24.00 | 3.00 |
| Golden Grahams Cereal - SR2432 (1 bowl) | 2 | 105.36 | 0.90 | 0.11 | 0.00 | 212.30 | 23.77 | 1.51 |
| Strawberry Creamy Cheese Mini Bagels - SR1188 (1 pkg.) | 40 | 177.54 | 4.76 | 1.79 | 0.14 | 154.97 | 33.67 | 4.62 |
| Mini Cinnis - SR1595 (1 pkg.) | 50 | 200.91 | 6.24 | 1.36 | 0.07 | 233.41 | 33.99 | 3.77 |
| Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.) | 10 | 60.00 | 3.00 | 2.00 | 0.00 | 200.00 | 1.00 | 7.00 |
| Unsweetened Applesauce - SR1195 (1/2 c.) | 50 | 53.71 | 0.13 | 0.01 | 0.00 | 2.56 | 14.41 | 0.22 |
| 100% Apple Juice - SR2547 (4 fl oz cup) | 50 | 60.00 | 0.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| Chocolate Skim Milk - COR1153 (1 Half Pint) | 80 | 120.00 | 0.00 | 0.00 | 0.00 | 180.00 | 20.00 | 8.00 |
| 1% White Milk - COR1181 (1 Half Pint) | 20 | 110.00 | 2.50 | 1.50 | 0.00 | 130.00 | 13.00 | 8.00 |
| Breakfast CO-WY 1:1 Sausage Breakfast Pizza, Benefit Bar :37439 - ServingDate: 12/13/2021 | | | | | | | | |
| Oatmeal Chocolate Chip BeneFIT Bar - SR2093 (1 Bar) | 40 | 290.00 | 9.00 | 3.00 | 0.00 | 240.00 | 47.00 | 5.00 |
| Sausage Breakfast Pizza - SR1167 (1 slice) | 50 | 210.03 | 7.00 | 2.00 | 0.00 | 350.06 | 27.00 | 9.00 |
| Cheerios - SR1160 (1 bowl) | 2 | 100.52 | 1.79 | 0.36 | 0.00 | 136.42 | 20.83 | 3.58 |
| Cinnamon Chex - SR2336 (1 bowl) | 2 | 116.82 | 2.63 | 0.25 | 0.00 | 173.04 | 22.85 | 1.37 |
| Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) | 2 | 110.00 | 3.00 | 0.50 | 0.00 | 160.00 | 22.00 | 1.00 |

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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) |
|------------------------------------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-------------|------------|-------------|
| Breakfast CO-WY 1:1 Sausage Breakfast Pizza, Benefit Bar :37439 - ServingDate: 12/13/2021 | | | | | | | | |
| Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl) | 2 | 100.00 | 0.00 | 0.00 | 0.00 | 0.00 | 24.00 | 3.00 |
| Golden Grahams Cereal - SR2432 (1 bowl) | 2 | 105.36 | 0.90 | 0.11 | 0.00 | 212.30 | 23.77 | 1.51 |
| Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.) | 10 | 60.00 | 3.00 | 2.00 | 0.00 | 200.00 | 1.00 | 7.00 |
| Orange Wedges - COR1172 (4 slice or w) | 50 | 45.12 | 0.12 | 0.01 | 0.00 | 0.00 | 11.28 | 0.90 |
| 100% Apple Juice - SR2547 (4 fl oz cup) | 50 | 60.00 | 0.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| Chocolate Skim Milk - COR1153 (1 Half Pint) | 80 | 120.00 | 0.00 | 0.00 | 0.00 | 180.00 | 20.00 | 8.00 |
| 1% White Milk - COR1181 (1 Half Pint) | 20 | 110.00 | 2.50 | 1.50 | 0.00 | 130.00 | 13.00 | 8.00 |
| Breakfast CO-WY 1:2 Mini Maple Waffle, Peach Parfait:36194 :37439 - ServingDate: 12/14/2021 | | | | | | | | |
| Cheerios - SR1160 (1 bowl) | 2 | 100.52 | 1.79 | 0.36 | 0.00 | 136.42 | 20.83 | 3.58 |
| Cinnamon Chex - SR2336 (1 bowl) | 2 | 116.82 | 2.63 | 0.25 | 0.00 | 173.04 | 22.85 | 1.37 |
| Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) | 2 | 110.00 | 3.00 | 0.50 | 0.00 | 160.00 | 22.00 | 1.00 |
| Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl) | 2 | 100.00 | 0.00 | 0.00 | 0.00 | 0.00 | 24.00 | 3.00 |
| Golden Grahams Cereal - SR2432 (1 bowl) | 2 | 105.36 | 0.90 | 0.11 | 0.00 | 212.30 | 23.77 | 1.51 |
| Peachy Parfait - COR2146 (1 parfait) | 40 | 506.27 (M) | 6.87(M) | 1.69(M) | 0.00(M) | 317.92 (M) | 101.13 (M) | 12.68 (M) |
| Maple Madness Mini Waffles - SR2422 (1 pkg.) | 50 | 189.77 | 4.97 | 0.77 | 0.07 | 153.58 | 33.18 | 3.08 |

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|-------------------------------------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-------------|----------|-------------|
| Breakfast CO-WY 1:2 Mini Maple Waffle, Peach Parfait:36194 :37439 - ServingDate: 12/14/2021 | | | | | | | | |
| Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.) | 10 | 60.00 | 3.00 | 2.00 | 0.00 | 200.00 | 1.00 | 7.00 |
| Diced Peaches - SR3040 (1/2 c.) | 50 | 59.04 | 0.00 | 0.00 | 0.00 | 4.92 | 13.78 | 0.00 |
| 100% Apple Juice - SR2547 (4 fl oz cup) | 50 | 60.00 | 0.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| Chocolate Skim Milk - COR1153 (1 Half Pint) | 80 | 120.00 | 0.00 | 0.00 | 0.00 | 180.00 | 20.00 | 8.00 |
| 1% White Milk - COR1181 (1 Half Pint) | 20 | 110.00 | 2.50 | 1.50 | 0.00 | 130.00 | 13.00 | 8.00 |
| Breakfast CO-WY 1:3 French Toast & Nutrigrain Bar:36194 :37439 - ServingDate: 12/15/2021 | | | | | | | | |
| Blueberry Nutrigrain Bar - SR3029 (1 Bar) | 40 | 160.00 | 4.00 | 0.50 | 0.00 | 135.00 | 30.00 | 2.00 |
| Cheerios - SR1160 (1 bowl) | 2 | 100.52 | 1.79 | 0.36 | 0.00 | 136.42 | 20.83 | 3.58 |
| Cinnamon Chex - SR2336 (1 bowl) | 2 | 116.82 | 2.63 | 0.25 | 0.00 | 173.04 | 22.85 | 1.37 |
| Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) | 2 | 110.00 | 3.00 | 0.50 | 0.00 | 160.00 | 22.00 | 1.00 |
| Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl) | 2 | 100.00 | 0.00 | 0.00 | 0.00 | 0.00 | 24.00 | 3.00 |
| Golden Grahams Cereal - SR2432 (1 bowl) | 2 | 105.36 | 0.90 | 0.11 | 0.00 | 212.30 | 23.77 | 1.51 |
| French Toast Sticks - SR1910 (3 stick.) | 50 | 190.92 | 7.34 | 1.47 | 0.00 | 220.29 | 27.90 | 4.41 |
| Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.) | 10 | 60.00 | 3.00 | 2.00 | 0.00 | 200.00 | 1.00 | 7.00 |
| Fresh Whole Apple - SR2870 (1 medium (3) | 50 | 94.64 | 0.31 | 0.05 | 0.00 | 1.82 | 25.13 | 0.47 |
| 100% Apple Juice - SR2547 (4 fl oz cup) | 50 | 60.00 | 0.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Air Academy High School
Date: 12/01/2021 - 12/31/2021

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|--------------------------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| Breakfast CO-WY 1:3 French Toast & Nutrigrain Bar:36194 :37439 - ServingDate: 12/15/2021 | | | | | | | | |
| Chocolate Skim Milk - COR1153 (1 Half Pint) | 80 | 120.00 | 0.00 | 0.00 | 0.00 | 180.00 | 20.00 | 8.00 |
| 1% White Milk - COR1181 (1 Half Pint) | 20 | 110.00 | 2.50 | 1.50 | 0.00 | 130.00 | 13.00 | 8.00 |
| Breakfast CO-WY 1:4 Ham & Cheese on Bun & Blueberry Muffin :37439 - ServingDate: 12/16/2021 | | | | | | | | |
| Cheerios - SR1160 (1 bowl) | 0 | 100.52 | 1.79 | 0.36 | 0.00 | 136.42 | 20.83 | 3.58 |
| Cinnamon Chex - SR2336 (1 bowl) | 0 | 116.82 | 2.63 | 0.25 | 0.00 | 173.04 | 22.85 | 1.37 |
| Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) | 0 | 110.00 | 3.00 | 0.50 | 0.00 | 160.00 | 22.00 | 1.00 |
| 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 |
| Golden Grahams Cereal - SR2432 (1 bowl) | 0 | 105.36 | 0.90 | 0.11 | 0.00 | 212.30 | 23.77 | 1.51 |
| Grilled Ham & Cheese - SR1797 (1 sandwich) | 0 | 340.00 | 12.00 | 3.00 | 0.00 | 1239.98 | 28.00 | 34.00 |
| Blueberry Muffin - SR1454 (1 muffin) | 0 | 190.00 | 6.00 | 2.00 | 0.00 | 130.00 | 30.00 | 3.00 |
| Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.) | 0 | 60.00 | 3.00 | 2.00 | 0.00 | 200.00 | 1.00 | 7.00 |
| Sliced Pears - SR3042 (1/2 c.) | 0 | 62.40 | 0.00 | 0.00 | 0.00 | 5.20 | 15.60 | 0.00 |
| 100% Apple Juice - SR2547 (4 fl oz cup) | 0 | 60.00 | 0.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| Chocolate Skim Milk - COR1153 (1 Half Pint) | 0 | 120.00 | 0.00 | 0.00 | 0.00 | 180.00 | 20.00 | 8.00 |
| 1% White Milk - COR1181 (1 Half Pint) | 0 | 110.00 | 2.50 | 1.50 | 0.00 | 130.00 | 13.00 | 8.00 |

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Air Academy High School
Date: 12/01/2021 - 12/31/2021

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|-------------------------------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-------------|----------|-------------|
| Breakfast CO-WY 1:5 Cinnamon Roll or Mini Bagel:36194 :37439 - ServingDate: 12/17/2021 | | | | | | | | |
| Cheerios - SR1160 (1 bowl) | 2 | 100.52 | 1.79 | 0.36 | 0.00 | 136.42 | 20.83 | 3.58 |
| Cinnamon Chex - SR2336 (1 bowl) | 2 | 116.82 | 2.63 | 0.25 | 0.00 | 173.04 | 22.85 | 1.37 |
| Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) | 2 | 110.00 | 3.00 | 0.50 | 0.00 | 160.00 | 22.00 | 1.00 |
| Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl) | 2 | 100.00 | 0.00 | 0.00 | 0.00 | 0.00 | 24.00 | 3.00 |
| Golden Grahams Cereal - SR2432 (1 bowl) | 2 | 105.36 | 0.90 | 0.11 | 0.00 | 212.30 | 23.77 | 1.51 |
| Strawberry Creamy Cheese Mini Bagels - SR1188 (1 pkg.) | 40 | 177.54 | 4.76 | 1.79 | 0.14 | 154.97 | 33.67 | 4.62 |
| Mini Cinnis - SR1595 (1 pkg.) | 50 | 200.91 | 6.24 | 1.36 | 0.07 | 233.41 | 33.99 | 3.77 |
| Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.) | 10 | 60.00 | 3.00 | 2.00 | 0.00 | 200.00 | 1.00 | 7.00 |
| Unsweetened Applesauce - SR1195 (1/2 c.) | 50 | 53.71 | 0.13 | 0.01 | 0.00 | 2.56 | 14.41 | 0.22 |
| 100% Apple Juice - SR2547 (4 fl oz cup) | 50 | 60.00 | 0.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| Chocolate Skim Milk - COR1153 (1 Half Pint) | 80 | 120.00 | 0.00 | 0.00 | 0.00 | 180.00 | 20.00 | 8.00 |
| 1% White Milk - COR1181 (1 Half Pint) | 20 | 110.00 | 2.50 | 1.50 | 0.00 | 130.00 | 13.00 | 8.00 |

Legend

(M) - Missing Nutrient Values

Report Selections

Meal Type: Breakfast

Site Group: Taste4

Menu Line: B-Café Classics

Serving Group: 9-12

Nutrients Option: Expanded

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Air Academy High School
Date: 12/01/2021 - 12/31/2021

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.