

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)
21-22 - Pizza - American Regional (tier II) Day 3 :36373 - ServingDate: 12/01/2021								
Barbecue Chicken Pizza - COR2381 (1 slice)	9	325.04	9.41	4.54	0.00	854.53	39.82	19.49
Cheese Pizza - COR1882 (1 slice)	32	360.63	16.83	10.33	0.00	515.63	33.88	19.35
Pepperoni Pizza - COR1271 (1 slice)	32	393.54	19.87	11.47	0.00	624.48	33.88	20.87
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Caesar Side Salad - COR1067 (1 c.)	50	312.92	29.83	5.29	0.00	816.03	9.92	4.23
21-22 - Pizza - American Regional (tier II) Day 4 :36373 - ServingDate: 12/02/2021								
Cheese Pizza - COR1882 (1 slice)	22	360.63	16.83	10.33	0.00	515.63	33.88	19.35
Pepperoni Pizza - COR1271 (1 slice)	11	393.54	19.87	11.47	0.00	624.48	33.88	20.87
Sausage Pizza - COR1273 (1 slice)	0	429.62	22.71	12.34	0.10	704.04	34.89	22.39
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Caesar Side Salad - COR1067 (1 c.)	50	312.92	29.83	5.29	0.00	816.03	9.92	4.23
21-22 - Pizza - American Regional (tier II) Day 5 :36373 - ServingDate: 12/03/2021								
Cheese Pizza - COR1882 (1 slice)	32	360.63	16.83	10.33	0.00	515.63	33.88	19.35
Pepperoni Pizza - COR1271 (1 slice)	32	393.54	19.87	11.47	0.00	624.48	33.88	20.87
Supreme Pizza - COR2403 (1 slice)	8	383.09	16.86	7.56	0.00	792.37	35.41	23.93
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Caesar Side Salad - COR1067 (1 c.)	50	312.92	29.83	5.29	0.00	816.03	9.92	4.23

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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)
21-22 - Pizza - American Regional (tier II) Day 1 :36373 - ServingDate: 12/06/2021								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - COR1882 (1 slice)	32	360.63	16.83	10.33	0.00	515.63	33.88	19.35
Pepperoni Pizza - COR1271 (1 slice)	32	393.54	19.87	11.47	0.00	624.48	33.88	20.87
Breadstick - SR1044 (1 breadstick)	5	80.00	1.00	0.00	0.00	95.00	14.00	3.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spaghetti Sauce - SR3378 (1/2 c.)	23	90.44	4.52	1.13	0.00	141.30	11.30	1.13
Caesar Side Salad - COR1067 (1 c.)	50	312.92	29.83	5.29	0.00	816.03	9.92	4.23
21-22 - Pizza - American Regional (tier II) Day 2 :36373 - ServingDate: 12/07/2021								
Cheese Pizza - COR1882 (1 slice)	22	360.63	16.83	10.33	0.00	515.63	33.88	19.35
Pepperoni Pizza - COR1271 (1 slice)	11	393.54	19.87	11.47	0.00	624.48	33.88	20.87
Chicken Bacon Ranch Popper - COR2418 (1 bowl)	21	88.31	6.35	1.65	0.00	166.61	3.36	4.26
Breadstick - SR1044 (1 breadstick)	21	80.00	1.00	0.00	0.00	95.00	14.00	3.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Caesar Side Salad - COR1067 (1 c.)	50	312.92	29.83	5.29	0.00	816.03	9.92	4.23
21-22 - Pizza - American Regional (tier II) Day 3 :36373 - ServingDate: 12/08/2021								
Barbecue Chicken Pizza - COR2381 (1 slice)	9	325.04	9.41	4.54	0.00	854.53	39.82	19.49

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)
21-22 - Pizza - American Regional (tier II) Day 3 :36373 - ServingDate: 12/08/2021								
Cheese Pizza - COR1882 (1 slice)	32	360.63	16.83	10.33	0.00	515.63	33.88	19.35
Pepperoni Pizza - COR1271 (1 slice)	32	393.54	19.87	11.47	0.00	624.48	33.88	20.87
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Caesar Side Salad - COR1067 (1 c.)	50	312.92	29.83	5.29	0.00	816.03	9.92	4.23
21-22 - Pizza - American Regional (tier II) Day 4 :36373 - ServingDate: 12/09/2021								
Cheese Pizza - COR1882 (1 slice)	22	360.63	16.83	10.33	0.00	515.63	33.88	19.35
Pepperoni Pizza - COR1271 (1 slice)	11	393.54	19.87	11.47	0.00	624.48	33.88	20.87
Sausage Pizza - COR1273 (1 slice)	0	429.62	22.71	12.34	0.10	704.04	34.89	22.39
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Caesar Side Salad - COR1067 (1 c.)	50	312.92	29.83	5.29	0.00	816.03	9.92	4.23
21-22 - Pizza - American Regional (tier II) Day 5 :36373 - ServingDate: 12/10/2021								
Cheese Pizza - COR1882 (1 slice)	32	360.63	16.83	10.33	0.00	515.63	33.88	19.35
Pepperoni Pizza - COR1271 (1 slice)	32	393.54	19.87	11.47	0.00	624.48	33.88	20.87
Supreme Pizza - COR2403 (1 slice)	8	383.09	16.86	7.56	0.00	792.37	35.41	23.93
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Caesar Side Salad - COR1067 (1 c.)	50	312.92	29.83	5.29	0.00	816.03	9.92	4.23

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)
21-22 - Pizza - American Regional (tier II) Day 1 :36373 - ServingDate: 12/13/2021								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - COR1882 (1 slice)	32	360.63	16.83	10.33	0.00	515.63	33.88	19.35
Pepperoni Pizza - COR1271 (1 slice)	32	393.54	19.87	11.47	0.00	624.48	33.88	20.87
Breadstick - SR1044 (1 breadstick)	5	80.00	1.00	0.00	0.00	95.00	14.00	3.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spaghetti Sauce - SR3378 (1/2 c.)	23	90.44	4.52	1.13	0.00	141.30	11.30	1.13
Caesar Side Salad - COR1067 (1 c.)	50	312.92	29.83	5.29	0.00	816.03	9.92	4.23
21-22 - Pizza - American Regional (tier II) Day 2 :36373 - ServingDate: 12/14/2021								
Cheese Pizza - COR1882 (1 slice)	22	360.63	16.83	10.33	0.00	515.63	33.88	19.35
Pepperoni Pizza - COR1271 (1 slice)	11	393.54	19.87	11.47	0.00	624.48	33.88	20.87
Chicken Bacon Ranch Popper - COR2418 (1 bowl)	21	88.31	6.35	1.65	0.00	166.61	3.36	4.26
Breadstick - SR1044 (1 breadstick)	21	80.00	1.00	0.00	0.00	95.00	14.00	3.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Caesar Side Salad - COR1067 (1 c.)	50	312.92	29.83	5.29	0.00	816.03	9.92	4.23
21-22 - Pizza - American Regional (tier II) Day 3 :36373 - ServingDate: 12/15/2021								
Barbecue Chicken Pizza - COR2381 (1 slice)	9	325.04	9.41	4.54	0.00	854.53	39.82	19.49

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)
21-22 - Pizza - American Regional (tier II) Day 3 :36373 - ServingDate: 12/15/2021								
Cheese Pizza - COR1882 (1 slice)	32	360.63	16.83	10.33	0.00	515.63	33.88	19.35
Pepperoni Pizza - COR1271 (1 slice)	32	393.54	19.87	11.47	0.00	624.48	33.88	20.87
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Caesar Side Salad - COR1067 (1 c.)	50	312.92	29.83	5.29	0.00	816.03	9.92	4.23
21-22 - Pizza - American Regional (tier II) Day 4 :36373 - ServingDate: 12/16/2021								
Cheese Pizza - COR1882 (1 slice)	22	360.63	16.83	10.33	0.00	515.63	33.88	19.35
Pepperoni Pizza - COR1271 (1 slice)	11	393.54	19.87	11.47	0.00	624.48	33.88	20.87
Sausage Pizza - COR1273 (1 slice)	0	429.62	22.71	12.34	0.10	704.04	34.89	22.39
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Caesar Side Salad - COR1067 (1 c.)	50	312.92	29.83	5.29	0.00	816.03	9.92	4.23
21-22 - Pizza - American Regional (tier II) Day 5 :36373 - ServingDate: 12/17/2021								
Cheese Pizza - COR1882 (1 slice)	32	360.63	16.83	10.33	0.00	515.63	33.88	19.35
Pepperoni Pizza - COR1271 (1 slice)	32	393.54	19.87	11.47	0.00	624.48	33.88	20.87
Supreme Pizza - COR2403 (1 slice)	8	383.09	16.86	7.56	0.00	792.37	35.41	23.93
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Caesar Side Salad - COR1067 (1 c.)	50	312.92	29.83	5.29	0.00	816.03	9.92	4.23

Legend

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Air Academy High School
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(M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch
Site Group: Taste4
Menu Line: T4-Pizza (tier I)
Serving Group: 9-12
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.

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)
21-22 - Grill - Regional American (tier II) Day 3 :36372 - ServingDate: 12/01/2021								
Sandwich, Burger, 2.4 oz beef patty, American cheese, WG Bimbo hamburger bun, RECIPE - COR2535 (1 burger)	5	300.00	9.00	3.00	0.00	380.00	34.00	19.00
Cheeseburger - COR2267 (1 burger)	25	350.00	13.50	5.50	0.00	635.00	34.00	21.50
Crispy Chicken Sandwich - COR2262 (1 ea.)	25	430.00	18.00	4.00	0.00	710.00	43.00	25.00
Sandwich, GardenBurger WG Bimbo hamburger bun, RECIPE - COR2459 (1 burger)	1	240.00	5.00	0.00	0.00	600.00	38.00	18.00
Spicy Chicken Sandwich - COR2268 (1 burger)	30	430.00	17.00	3.00	0.00	600.00	48.00	22.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Crinkle Cut French Fries - SR2496 (1/2 c.)	0	90.89	3.54	0.51	0.00	25.25	13.13	1.01
Shredded Lettuce - SR1015 (1/4 cup shredd)	0	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	0	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	0	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	0	4.03	0.04	0.01	0.00	1.12	0.87	0.20
21-22 - Grill - Regional American (tier II) Day 4 :36372 - ServingDate: 12/02/2021								
Barbecue Riblet Sandwich, pork, Bimbo WG - COR2461 (1 sandwich)	0	338.00	12.00	3.50	0.10	775.00	43.50	19.00

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21-22 - Grill - Regional American (tier II) Day 4 :36372 - ServingDate: 12/02/2021								
Sandwich, Burger, 2.4 oz beef patty, American cheese, WG Bimbo hamburger bun, RECIPE - COR2535 (1 burger)	5	300.00	9.00	3.00	0.00	380.00	34.00	19.00
Cheeseburger - COR2267 (1 burger)	25	350.00	13.50	5.50	0.00	635.00	34.00	21.50
Crispy Chicken Sandwich - COR2262 (1 ea.)	25	430.00	18.00	4.00	0.00	710.00	43.00	25.00
Sandwich, GardenBurger WG Bimbo hamburger bun, RECIPE - COR2459 (1 burger)	1	240.00	5.00	0.00	0.00	600.00	38.00	18.00
Spicy Chicken Sandwich - COR2268 (1 burger)	30	430.00	17.00	3.00	0.00	600.00	48.00	22.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Tots - SR1450 (1/2 c.)	99	110.70	6.04	1.01	0.00	311.98	14.09	1.01
Shredded Lettuce - SR1015 (1/4 cup shredd)	0	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	0	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	0	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	0	4.03	0.04	0.01	0.00	1.12	0.87	0.20
21-22 - Grill - Regional American (tier II) Day 5 :36372 - ServingDate: 12/03/2021								
Sandwich, Burger, 2.4 oz beef patty, American cheese, WG Bimbo hamburger bun, RECIPE - COR2535 (1 burger)	5	300.00	9.00	3.00	0.00	380.00	34.00	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)
21-22 - Grill - Regional American (tier II) Day 5 :36372 - ServingDate: 12/03/2021								
Cheeseburger - COR2267 (1 burger)	25	350.00	13.50	5.50	0.00	635.00	34.00	21.50
Crispy Chicken Sandwich - COR2262 (1 ea.)	25	430.00	18.00	4.00	0.00	710.00	43.00	25.00
Sandwich, GardenBurger WG Bimbo hamburger bun, RECIPE - COR2459 (1 burger)	1	240.00	5.00	0.00	0.00	600.00	38.00	18.00
Grilled Cheese Sandwich - COR2286 (1 sandwich)	0	340.00	20.00	10.00	0.00	1260.00	26.00	16.00
Spicy Chicken Sandwich - COR2268 (1 burger)	30	430.00	17.00	3.00	0.00	600.00	48.00	22.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Crinkle Cut French Fries - SR2496 (1/2 c.)	99	90.89	3.54	0.51	0.00	25.25	13.13	1.01
Shredded Lettuce - SR1015 (1/4 cup shredd)	0	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	0	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	0	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	0	4.03	0.04	0.01	0.00	1.12	0.87	0.20
21-22 - Grill - Regional American (tier II) Day 1 :36372 - ServingDate: 12/06/2021								
Corn Dog - SR1023 (1 corn dog)	10	240.00	8.00	2.50	0.00	390.00	30.00	9.00
Sandwich, Burger, 2.4 oz beef patty, American cheese, WG Bimbo hamburger bun, RECIPE - COR2535 (1 burger)	5	300.00	9.00	3.00	0.00	380.00	34.00	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)
21-22 - Grill - Regional American (tier II) Day 1 :36372 - ServingDate: 12/06/2021								
Cheeseburger - COR2267 (1 burger)	25	350.00	13.50	5.50	0.00	635.00	34.00	21.50
Crispy Chicken Sandwich - COR2262 (1 ea.)	25	430.00	18.00	4.00	0.00	710.00	43.00	25.00
Sandwich, GardenBurger WG Bimbo hamburger bun, RECIPE - COR2459 (1 burger)	1	240.00	5.00	0.00	0.00	600.00	38.00	18.00
Spicy Chicken Sandwich - COR2268 (1 burger)	30	430.00	17.00	3.00	0.00	600.00	48.00	22.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Crinkle Cut French Fries - SR2496 (1/2 c.)	99	90.89	3.54	0.51	0.00	25.25	13.13	1.01
Shredded Lettuce - SR1015 (1/4 cup shredd)	0	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	0	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	0	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	0	4.03	0.04	0.01	0.00	1.12	0.87	0.20
21-22 - Grill - Regional American (tier II) Day 2 :36372 - ServingDate: 12/07/2021								
Sandwich, Bacon Cheeseburger, 2.4 oz beef patty, American cheese, Bimbo hamburger bun WG, RECIPE - COR2521 (1 burger)	0	373.33	15.50	6.17	0.00	728.33	34.00	23.17

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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)
21-22 - Grill - Regional American (tier II) Day 2 :36372 - ServingDate: 12/07/2021								
Sandwich, Burger, 2.4 oz beef patty, American cheese, WG Bimbo hamburger bun, RECIPE - COR2535 (1 burger)	5	300.00	9.00	3.00	0.00	380.00	34.00	19.00
Cheeseburger - COR2267 (1 burger)	25	350.00	13.50	5.50	0.00	635.00	34.00	21.50
Crispy Chicken Sandwich - COR2262 (1 ea.)	25	430.00	18.00	4.00	0.00	710.00	43.00	25.00
Sandwich, GardenBurger WG Bimbo hamburger bun, RECIPE - COR2459 (1 burger)	1	240.00	5.00	0.00	0.00	600.00	38.00	18.00
Spicy Chicken Sandwich - COR2268 (1 burger)	30	430.00	17.00	3.00	0.00	600.00	48.00	22.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Tots - SR1450 (1/2 c.)	99	110.70	6.04	1.01	0.00	311.98	14.09	1.01
Bacon Slices - SR1982 (1 slice)	10	25.14	2.15	0.72	0.00	100.56	0.00	1.80
Shredded Lettuce - SR1015 (1/4 cup shredd)	0	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	0	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	0	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	0	4.03	0.04	0.01	0.00	1.12	0.87	0.20

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)
21-22 - Grill - Regional American (tier II) Day 3 :36372 - ServingDate: 12/08/2021								
Sandwich, Burger, 2.4 oz beef patty, American cheese, WG Bimbo hamburger bun, RECIPE - COR2535 (1 burger)	5	300.00	9.00	3.00	0.00	380.00	34.00	19.00
Cheeseburger - COR2267 (1 burger)	25	350.00	13.50	5.50	0.00	635.00	34.00	21.50
Crispy Chicken Sandwich - COR2262 (1 ea.)	25	430.00	18.00	4.00	0.00	710.00	43.00	25.00
Sandwich, GardenBurger WG Bimbo hamburger bun, RECIPE - COR2459 (1 burger)	1	240.00	5.00	0.00	0.00	600.00	38.00	18.00
Spicy Chicken Sandwich - COR2268 (1 burger)	30	430.00	17.00	3.00	0.00	600.00	48.00	22.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Crinkle Cut French Fries - SR2496 (1/2 c.)	0	90.89	3.54	0.51	0.00	25.25	13.13	1.01
Shredded Lettuce - SR1015 (1/4 cup shredd)	0	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	0	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	0	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	0	4.03	0.04	0.01	0.00	1.12	0.87	0.20
21-22 - Grill - Regional American (tier II) Day 4 :36372 - ServingDate: 12/09/2021								
Barbecue Riblet Sandwich, pork, Bimbo WG - COR2461 (1 sandwich)	0	338.00	12.00	3.50	0.10	775.00	43.50	19.00

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)
21-22 - Grill - Regional American (tier II) Day 4 :36372 - ServingDate: 12/09/2021								
Sandwich, Burger, 2.4 oz beef patty, American cheese, WG Bimbo hamburger bun, RECIPE - COR2535 (1 burger)	5	300.00	9.00	3.00	0.00	380.00	34.00	19.00
Cheeseburger - COR2267 (1 burger)	25	350.00	13.50	5.50	0.00	635.00	34.00	21.50
Crispy Chicken Sandwich - COR2262 (1 ea.)	25	430.00	18.00	4.00	0.00	710.00	43.00	25.00
Sandwich, GardenBurger WG Bimbo hamburger bun, RECIPE - COR2459 (1 burger)	1	240.00	5.00	0.00	0.00	600.00	38.00	18.00
Spicy Chicken Sandwich - COR2268 (1 burger)	30	430.00	17.00	3.00	0.00	600.00	48.00	22.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Tots - SR1450 (1/2 c.)	99	110.70	6.04	1.01	0.00	311.98	14.09	1.01
Shredded Lettuce - SR1015 (1/4 cup shredd)	0	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	0	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	0	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	0	4.03	0.04	0.01	0.00	1.12	0.87	0.20
21-22 - Grill - Regional American (tier II) Day 5 :36372 - ServingDate: 12/10/2021								
Sandwich, Burger, 2.4 oz beef patty, American cheese, WG Bimbo hamburger bun, RECIPE - COR2535 (1 burger)	5	300.00	9.00	3.00	0.00	380.00	34.00	19.00

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)
21-22 - Grill - Regional American (tier II) Day 5 :36372 - ServingDate: 12/10/2021								
Cheeseburger - COR2267 (1 burger)	25	350.00	13.50	5.50	0.00	635.00	34.00	21.50
Crispy Chicken Sandwich - COR2262 (1 ea.)	25	430.00	18.00	4.00	0.00	710.00	43.00	25.00
Sandwich, GardenBurger WG Bimbo hamburger bun, RECIPE - COR2459 (1 burger)	1	240.00	5.00	0.00	0.00	600.00	38.00	18.00
Grilled Cheese Sandwich - COR2286 (1 sandwich)	0	340.00	20.00	10.00	0.00	1260.00	26.00	16.00
Spicy Chicken Sandwich - COR2268 (1 burger)	30	430.00	17.00	3.00	0.00	600.00	48.00	22.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Crinkle Cut French Fries - SR2496 (1/2 c.)	99	90.89	3.54	0.51	0.00	25.25	13.13	1.01
Shredded Lettuce - SR1015 (1/4 cup shredd)	0	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	0	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	0	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	0	4.03	0.04	0.01	0.00	1.12	0.87	0.20
21-22 - Grill - Regional American (tier II) Day 1 :36372 - ServingDate: 12/13/2021								
Corn Dog - SR1023 (1 corn dog)	10	240.00	8.00	2.50	0.00	390.00	30.00	9.00
Sandwich, Burger, 2.4 oz beef patty, American cheese, WG Bimbo hamburger bun, RECIPE - COR2535 (1 burger)	5	300.00	9.00	3.00	0.00	380.00	34.00	19.00

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)
21-22 - Grill - Regional American (tier II) Day 1 :36372 - ServingDate: 12/13/2021								
Cheeseburger - COR2267 (1 burger)	25	350.00	13.50	5.50	0.00	635.00	34.00	21.50
Crispy Chicken Sandwich - COR2262 (1 ea.)	25	430.00	18.00	4.00	0.00	710.00	43.00	25.00
Sandwich, GardenBurger WG Bimbo hamburger bun, RECIPE - COR2459 (1 burger)	1	240.00	5.00	0.00	0.00	600.00	38.00	18.00
Spicy Chicken Sandwich - COR2268 (1 burger)	30	430.00	17.00	3.00	0.00	600.00	48.00	22.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Crinkle Cut French Fries - SR2496 (1/2 c.)	99	90.89	3.54	0.51	0.00	25.25	13.13	1.01
Shredded Lettuce - SR1015 (1/4 cup shredd)	0	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	0	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	0	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	0	4.03	0.04	0.01	0.00	1.12	0.87	0.20
21-22 - Grill - Regional American (tier II) Day 2 :36372 - ServingDate: 12/14/2021								
Sandwich, Bacon Cheeseburger, 2.4 oz beef patty, American cheese, Bimbo hamburger bun WG, RECIPE - COR2521 (1 burger)	0	373.33	15.50	6.17	0.00	728.33	34.00	23.17

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)
21-22 - Grill - Regional American (tier II) Day 2 :36372 - ServingDate: 12/14/2021								
Sandwich, Burger, 2.4 oz beef patty, American cheese, WG Bimbo hamburger bun, RECIPE - COR2535 (1 burger)	5	300.00	9.00	3.00	0.00	380.00	34.00	19.00
Cheeseburger - COR2267 (1 burger)	25	350.00	13.50	5.50	0.00	635.00	34.00	21.50
Crispy Chicken Sandwich - COR2262 (1 ea.)	25	430.00	18.00	4.00	0.00	710.00	43.00	25.00
Sandwich, GardenBurger WG Bimbo hamburger bun, RECIPE - COR2459 (1 burger)	1	240.00	5.00	0.00	0.00	600.00	38.00	18.00
Spicy Chicken Sandwich - COR2268 (1 burger)	30	430.00	17.00	3.00	0.00	600.00	48.00	22.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Tots - SR1450 (1/2 c.)	99	110.70	6.04	1.01	0.00	311.98	14.09	1.01
Bacon Slices - SR1982 (1 slice)	10	25.14	2.15	0.72	0.00	100.56	0.00	1.80
Shredded Lettuce - SR1015 (1/4 cup shredd)	0	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	0	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	0	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	0	4.03	0.04	0.01	0.00	1.12	0.87	0.20

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)
21-22 - Grill - Regional American (tier II) Day 3 :36372 - ServingDate: 12/15/2021								
Sandwich, Burger, 2.4 oz beef patty, American cheese, WG Bimbo hamburger bun, RECIPE - COR2535 (1 burger)	5	300.00	9.00	3.00	0.00	380.00	34.00	19.00
Cheeseburger - COR2267 (1 burger)	25	350.00	13.50	5.50	0.00	635.00	34.00	21.50
Crispy Chicken Sandwich - COR2262 (1 ea.)	25	430.00	18.00	4.00	0.00	710.00	43.00	25.00
Sandwich, GardenBurger WG Bimbo hamburger bun, RECIPE - COR2459 (1 burger)	1	240.00	5.00	0.00	0.00	600.00	38.00	18.00
Spicy Chicken Sandwich - COR2268 (1 burger)	30	430.00	17.00	3.00	0.00	600.00	48.00	22.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Crinkle Cut French Fries - SR2496 (1/2 c.)	0	90.89	3.54	0.51	0.00	25.25	13.13	1.01
Shredded Lettuce - SR1015 (1/4 cup shredd)	0	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	0	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	0	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	0	4.03	0.04	0.01	0.00	1.12	0.87	0.20
21-22 - Grill - Regional American (tier II) Day 4 :36372 - ServingDate: 12/16/2021								
Barbecue Riblet Sandwich, pork, Bimbo WG - COR2461 (1 sandwich)	0	338.00	12.00	3.50	0.10	775.00	43.50	19.00

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)
21-22 - Grill - Regional American (tier II) Day 4 :36372 - ServingDate: 12/16/2021								
Sandwich, Burger, 2.4 oz beef patty, American cheese, WG Bimbo hamburger bun, RECIPE - COR2535 (1 burger)	5	300.00	9.00	3.00	0.00	380.00	34.00	19.00
Cheeseburger - COR2267 (1 burger)	25	350.00	13.50	5.50	0.00	635.00	34.00	21.50
Crispy Chicken Sandwich - COR2262 (1 ea.)	25	430.00	18.00	4.00	0.00	710.00	43.00	25.00
Sandwich, GardenBurger WG Bimbo hamburger bun, RECIPE - COR2459 (1 burger)	1	240.00	5.00	0.00	0.00	600.00	38.00	18.00
Spicy Chicken Sandwich - COR2268 (1 burger)	30	430.00	17.00	3.00	0.00	600.00	48.00	22.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Tots - SR1450 (1/2 c.)	99	110.70	6.04	1.01	0.00	311.98	14.09	1.01
Shredded Lettuce - SR1015 (1/4 cup shredd)	0	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	0	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	0	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	0	4.03	0.04	0.01	0.00	1.12	0.87	0.20
21-22 - Grill - Regional American (tier II) Day 5 :36372 - ServingDate: 12/17/2021								
Sandwich, Burger, 2.4 oz beef patty, American cheese, WG Bimbo hamburger bun, RECIPE - COR2535 (1 burger)	5	300.00	9.00	3.00	0.00	380.00	34.00	19.00

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)
21-22 - Grill - Regional American (tier II) Day 5 :36372 - ServingDate: 12/17/2021								
Cheeseburger - COR2267 (1 burger)	25	350.00	13.50	5.50	0.00	635.00	34.00	21.50
Crispy Chicken Sandwich - COR2262 (1 ea.)	25	430.00	18.00	4.00	0.00	710.00	43.00	25.00
Sandwich, GardenBurger WG Bimbo hamburger bun, RECIPE - COR2459 (1 burger)	1	240.00	5.00	0.00	0.00	600.00	38.00	18.00
Grilled Cheese Sandwich - COR2286 (1 sandwich)	0	340.00	20.00	10.00	0.00	1260.00	26.00	16.00
Spicy Chicken Sandwich - COR2268 (1 burger)	30	430.00	17.00	3.00	0.00	600.00	48.00	22.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Crinkle Cut French Fries - SR2496 (1/2 c.)	99	90.89	3.54	0.51	0.00	25.25	13.13	1.01
Shredded Lettuce - SR1015 (1/4 cup shredd)	0	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	0	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	0	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	0	4.03	0.04	0.01	0.00	1.12	0.87	0.20

Legend
 (M) - Missing Nutrient Values

Report Selections
 Meal Type: Lunch
 Site Group: Taste4
 Menu Line: T4-Grill (tier I)
 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.

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)
SY21-22 PopUp Brand- Chopsticks 1 Day :36320 - ServingDate: 12/01/2021								
Chopsticks- Fried Rice Bowl - SR3338 (1 bowl)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chopsticks- Noodle Bowl - SR3336 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chopsticks- Rice Bowl - SR3337 (1 bowl)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fajita Chicken - SR2529 (2/3 c.)	15	123.52	4.05	2.02	0.00	613.57	2.02	18.23
Popcorn Chicken - SR1413 (12 piece)	65	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Teriyaki Beef Dippers - SR1714 (4 piece)	20	150.00	8.00	3.50	0.00	419.99	6.00	12.00
Fried Rice - COR2442 (2/3 c.)	60	178.91	2.19	0.34	0.00(M)	330.38	35.15	5.54
Steamed Rice - SR2109 (1 c.)	15	275.74	1.62	0.00	0.00	4.78	60.02	6.49
Vegetable Lo Mein - COR1678 (1 c.)	25	493.89	2.81	0.09	0.00	3399.58	102.94	15.78
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - COR1695 (1/2 c.)	50	70.89	4.73	0.35	0.00	92.80	6.56	2.73
Roasted Sesame Carrots - COR1703 (1/2 c.)	50	402.32	25.07	3.49	0.00	972.99	42.65	2.59
Orange Sauce - SR2021 (1 tbsp.)	25	35.00	0.00	0.00	0.00	67.50	9.00	0.00
Teriyaki Sauce - COR2309 (1 tbsp.)	25	22.50	0.00	0.00	0.00	465.00	5.00	0.50
Sweet & Sour sauce - COR1670 (1 oz.)	25	33.45	0.00	0.00	0.00	158.76	7.94	0.28
SY21-22 PopUp Brand- Chopsticks 1 Day :36320 - ServingDate: 12/02/2021								
Chopsticks- Fried Rice Bowl - SR3338 (1 bowl)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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)
SY21-22 PopUp Brand- Chopsticks 1 Day :36320 - ServingDate: 12/02/2021								
Chopsticks- Noodle Bowl - SR3336 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chopsticks- Rice Bowl - SR3337 (1 bowl)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fajita Chicken - SR2529 (2/3 c.)	15	123.52	4.05	2.02	0.00	613.57	2.02	18.23
Popcorn Chicken - SR1413 (12 piece)	65	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Teriyaki Beef Dippers - SR1714 (4 piece)	20	150.00	8.00	3.50	0.00	419.99	6.00	12.00
Fried Rice - COR2442 (2/3 c.)	60	178.91	2.19	0.34	0.00(M)	330.38	35.15	5.54
Steamed Rice - SR2109 (1 c.)	15	275.74	1.62	0.00	0.00	4.78	60.02	6.49
Vegetable Lo Mein - COR1678 (1 c.)	25	493.89	2.81	0.09	0.00	3399.58	102.94	15.78
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - COR1695 (1/2 c.)	50	70.89	4.73	0.35	0.00	92.80	6.56	2.73
Roasted Sesame Carrots - COR1703 (1/2 c.)	50	402.32	25.07	3.49	0.00	972.99	42.65	2.59
Orange Sauce - SR2021 (1 tbsp.)	25	35.00	0.00	0.00	0.00	67.50	9.00	0.00
Teriyaki Sauce - COR2309 (1 tbsp.)	25	22.50	0.00	0.00	0.00	465.00	5.00	0.50
Sweet & Sour sauce - COR1670 (1 oz.)	25	33.45	0.00	0.00	0.00	158.76	7.94	0.28
SY21-22 Friday Favorites Mini PopUp Brand- Regional Cuisines :36320 - ServingDate: 12/03/2021								
Chicken Alfredo Macaroni - SR3146 (1 c.)	3	313.71	10.57	5.28	0.00	783.54	36.93	18.75

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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)
SY21-22 Friday Favorites Mini PopUp Brand- Regional Cuisines :36320 - ServingDate: 12/03/2021								
Chili Frito Pie, chili w/ beans and beef crumbles, usda cheddar cheese, fritos - COR2456 (1 ea.)	0	665.45	26.97	8.01	0.00	2740.79	80.69	28.56
Country Fried Steak - SR2519 (1 patty)	90	304.90	18.29	4.57	0.00	325.22	19.31	15.24
Cheese Lasagna Rollup - SR1497 (1 roll.)	2	291.00	7.49	4.09	0.01	869.77	39.21	16.04
Meatloaf - SR1618 (1 meatloaf)	3	190.33	8.54	3.54	0.00	245.34	12.38	14.39
Dinner Roll - SR1009 (1 roll.)	93	160.00	3.00	0.00	0.00	135.00	29.00	7.00
Garlic Knot Breadstick - SR1255 (1 roll.)	5	110.72	4.05	0.22	0.00	95.84	15.02	3.23
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Parmesan Green Beans - SR1144 (1/2 c.)	25	41.90	2.35	0.32	0.00	13.66	5.18	1.30
Whipped Potatoes - SR1112 (1/2 c.)	95	79.98	1.50	1.00	0.00	102.63	15.00	2.00
Brown Gravy - SR1113 (1 fl. oz.)	3	14.77	0.29	0.00	0.00	77.67	2.36	0.00
Gravy, Pepper (Country, Biscuit) - SR2091 (1/4 c.)	90	42.86	2.42	2.19	0.00	179.41	4.57	0.37
SY21-22 PopUp Brand- Fiesta 1 Day :36322 - ServingDate: 12/06/2021								
Fiesta Tacos - SR3331 (1 taco)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fiesta Burrito - SR3330 (1 burrito)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fiesta Nachos - SR3329 (1 nacho)	50	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fajita Chicken - SR2529 (1/2 c.)	35	92.64	3.04	1.52	0.00	460.17	1.52	13.67
Pulled Pork, Carnitas - SR2185 (1/3 c.)	0	151.64	8.14	3.05	0.00	58.01	1.02	16.28

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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)
SY21-22 PopUp Brand- Fiesta 1 Day :36322 - ServingDate: 12/06/2021								
Beef Taco Meat - SR1071 (3/8 c.)	65	122.10	6.40	2.74	0.00	392.68	4.30	10.10
Cheddar Cheese Sauce - SR1293 (1/4 c.)	50	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Queso Blanco Sauce - SR1068 (1/4 c.)	0	122.00	10.00	5.60	0.00	436.99	1.00	7.00
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	50	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Cilantro Lime White Rice - COR2386 (2/3 c.)	0	154.76	2.93	0.17	0.00	184.96	29.87	3.27
Crispy Corn Taco Shell - SR2223 (3 shells)	15	255.00	12.00	1.50	0.00	0.00	33.00	3.00
Tortilla Chips - SR1065 (1 1/2 oz.)	50	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Tortilla Chips - COR1860 (20 chips)	0	266.00	10.00	1.00	0.00	70.00	38.00	6.00
Flour Tortilla - SR1177 (1 tortilla)	10	210.00	6.00	3.00	0.00	319.99	34.00	5.00
Flour Tortilla - SR1066 (2 tortilla)	15	179.97	5.00	2.00	0.00	259.96	28.00	4.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Aztec Corn - COR1707 (1/2 c.)	0	88.36	1.84	0.08	0.00	338.48	15.02	3.13
Vegetarian Refried Beans - SR1070 (1/2 c.)	10	161.28	0.58	0.00	0.00	158.86	28.80	10.37
Shredded Lettuce - SR1015 (1 cup shredden)	10	10.08	0.10	0.01	0.00	7.20	2.14	0.65
Sliced Black Olives - SR1390 (2 tbsp.)	0	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Diced Red Onion - SR1447 (2 tbsp.)	0	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	5	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Pico de Gallo - SR1073 (1 tbsp.)	15	1.77	0.01	0.00	0.00	17.93	0.39	0.07
Diced Red Tomatoes - SR1012 (2 tbsp.)	25	4.43	0.05	0.01	0.00	1.23	0.96	0.22
Thick & Chunky Salsa - SR2187 (2 tbsp.)	0	5.00	0.00	0.00	0.00	115.00	1.50	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)
SY21-22 PopUp Brand- Fiesta 1 Day :36322 - ServingDate: 12/06/2021								
Sour Cream - COR1120 (1 tbsp.)	0	30.00	3.00	1.75	0.00	30.00	1.00	0.50
SY21-22 PopUp Brand- Fiesta 1 Day :36322 - ServingDate: 12/07/2021								
Fiesta Tacos - SR3331 (1 taco)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fiesta Burrito - SR3330 (1 burrito)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fiesta Nachos - SR3329 (1 nacho)	50	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fajita Chicken - SR2529 (1/2 c.)	35	92.64	3.04	1.52	0.00	460.17	1.52	13.67
Pulled Pork, Carnitas - SR2185 (1/3 c.)	0	151.64	8.14	3.05	0.00	58.01	1.02	16.28
Beef Taco Meat - SR1071 (3/8 c.)	65	122.10	6.40	2.74	0.00	392.68	4.30	10.10
Cheddar Cheese Sauce - SR1293 (1/4 c.)	50	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Queso Blanco Sauce - SR1068 (1/4 c.)	0	122.00	10.00	5.60	0.00	436.99	1.00	7.00
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	50	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Cilantro Lime White Rice - COR2386 (2/3 c.)	0	154.76	2.93	0.17	0.00	184.96	29.87	3.27
Crispy Corn Taco Shell - SR2223 (3 shells)	15	255.00	12.00	1.50	0.00	0.00	33.00	3.00
Tortilla Chips - SR1065 (1 1/2 oz.)	50	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Tortilla Chips - COR1860 (20 chips)	0	266.00	10.00	1.00	0.00	70.00	38.00	6.00
Flour Tortilla - SR1177 (1 tortilla)	10	210.00	6.00	3.00	0.00	319.99	34.00	5.00
Flour Tortilla - SR1066 (2 tortilla)	15	179.97	5.00	2.00	0.00	259.96	28.00	4.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Aztec Corn - COR1707 (1/2 c.)	0	88.36	1.84	0.08	0.00	338.48	15.02	3.13

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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)
SY21-22 PopUp Brand- Fiesta 1 Day :36322 - ServingDate: 12/07/2021								
Vegetarian Refried Beans - SR1070 (1/2 c.)	10	161.28	0.58	0.00	0.00	158.86	28.80	10.37
Shredded Lettuce - SR1015 (1 cup shredd)	10	10.08	0.10	0.01	0.00	7.20	2.14	0.65
Sliced Black Olives - SR1390 (2 tbsp.)	0	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Diced Red Onion - SR1447 (2 tbsp.)	0	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	5	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Pico de Gallo - SR1073 (1 tbsp.)	15	1.77	0.01	0.00	0.00	17.93	0.39	0.07
Diced Red Tomatoes - SR1012 (2 tbsp.)	25	4.43	0.05	0.01	0.00	1.23	0.96	0.22
Thick & Chunky Salsa - SR2187 (2 tbsp.)	0	5.00	0.00	0.00	0.00	115.00	1.50	0.00
Sour Cream - COR1120 (1 tbsp.)	0	30.00	3.00	1.75	0.00	30.00	1.00	0.50
SY21-22 PopUp Brand- Fiesta 1 Day :36322 - ServingDate: 12/08/2021								
Fiesta Tacos - SR3331 (1 taco)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fiesta Burrito - SR3330 (1 burrito)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fiesta Nachos - SR3329 (1 nacho)	50	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fajita Chicken - SR2529 (1/2 c.)	35	92.64	3.04	1.52	0.00	460.17	1.52	13.67
Pulled Pork, Carnitas - SR2185 (1/3 c.)	0	151.64	8.14	3.05	0.00	58.01	1.02	16.28
Beef Taco Meat - SR1071 (3/8 c.)	65	122.10	6.40	2.74	0.00	392.68	4.30	10.10
Cheddar Cheese Sauce - SR1293 (1/4 c.)	50	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Queso Blanco Sauce - SR1068 (1/4 c.)	0	122.00	10.00	5.60	0.00	436.99	1.00	7.00
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	50	45.00	3.00	2.00	0.00	105.00	0.50	3.50

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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)
SY21-22 PopUp Brand- Fiesta 1 Day :36322 - ServingDate: 12/08/2021								
Cilantro Lime White Rice - COR2386 (2/3 c.)	0	154.76	2.93	0.17	0.00	184.96	29.87	3.27
Crispy Corn Taco Shell - SR2223 (3 shells)	15	255.00	12.00	1.50	0.00	0.00	33.00	3.00
Tortilla Chips - SR1065 (1 1/2 oz.)	50	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Tortilla Chips - COR1860 (20 chips)	0	266.00	10.00	1.00	0.00	70.00	38.00	6.00
Flour Tortilla - SR1177 (1 tortilla)	10	210.00	6.00	3.00	0.00	319.99	34.00	5.00
Flour Tortilla - SR1066 (2 tortilla)	15	179.97	5.00	2.00	0.00	259.96	28.00	4.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Aztec Corn - COR1707 (1/2 c.)	0	88.36	1.84	0.08	0.00	338.48	15.02	3.13
Vegetarian Refried Beans - SR1070 (1/2 c.)	10	161.28	0.58	0.00	0.00	158.86	28.80	10.37
Shredded Lettuce - SR1015 (1 cup shredd)	10	10.08	0.10	0.01	0.00	7.20	2.14	0.65
Sliced Black Olives - SR1390 (2 tbsp.)	0	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Diced Red Onion - SR1447 (2 tbsp.)	0	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	5	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Pico de Gallo - SR1073 (1 tbsp.)	15	1.77	0.01	0.00	0.00	17.93	0.39	0.07
Diced Red Tomatoes - SR1012 (2 tbsp.)	25	4.43	0.05	0.01	0.00	1.23	0.96	0.22
Thick & Chunky Salsa - SR2187 (2 tbsp.)	0	5.00	0.00	0.00	0.00	115.00	1.50	0.00
Sour Cream - COR1120 (1 tbsp.)	0	30.00	3.00	1.75	0.00	30.00	1.00	0.50
SY21-22 PopUp Brand- Fiesta 1 Day :36322 - ServingDate: 12/09/2021								
Fiesta Tacos - SR3331 (1 taco)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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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)
SY21-22 PopUp Brand- Fiesta 1 Day :36322 - ServingDate: 12/09/2021								
Fiesta Burrito - SR3330 (1 burrito)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fiesta Nachos - SR3329 (1 nacho)	50	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fajita Chicken - SR2529 (1/2 c.)	35	92.64	3.04	1.52	0.00	460.17	1.52	13.67
Pulled Pork, Carnitas - SR2185 (1/3 c.)	0	151.64	8.14	3.05	0.00	58.01	1.02	16.28
Beef Taco Meat - SR1071 (3/8 c.)	65	122.10	6.40	2.74	0.00	392.68	4.30	10.10
Cheddar Cheese Sauce - SR1293 (1/4 c.)	50	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Queso Blanco Sauce - SR1068 (1/4 c.)	0	122.00	10.00	5.60	0.00	436.99	1.00	7.00
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	50	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Cilantro Lime White Rice - COR2386 (2/3 c.)	0	154.76	2.93	0.17	0.00	184.96	29.87	3.27
Crispy Corn Taco Shell - SR2223 (3 shells)	15	255.00	12.00	1.50	0.00	0.00	33.00	3.00
Tortilla Chips - SR1065 (1 1/2 oz.)	50	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Tortilla Chips - COR1860 (20 chips)	0	266.00	10.00	1.00	0.00	70.00	38.00	6.00
Flour Tortilla - SR1177 (1 tortilla)	10	210.00	6.00	3.00	0.00	319.99	34.00	5.00
Flour Tortilla - SR1066 (2 tortilla)	15	179.97	5.00	2.00	0.00	259.96	28.00	4.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Aztec Corn - COR1707 (1/2 c.)	0	88.36	1.84	0.08	0.00	338.48	15.02	3.13
Vegetarian Refried Beans - SR1070 (1/2 c.)	10	161.28	0.58	0.00	0.00	158.86	28.80	10.37
Shredded Lettuce - SR1015 (1 cup shredd)	10	10.08	0.10	0.01	0.00	7.20	2.14	0.65
Sliced Black Olives - SR1390 (2 tbsp.)	0	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Diced Red Onion - SR1447 (2 tbsp.)	0	8.58	0.02	0.01	0.00	0.86	2.00	0.24

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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)
SY21-22 PopUp Brand- Fiesta 1 Day :36322 - ServingDate: 12/09/2021								
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	5	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Pico de Gallo - SR1073 (1 tbsp.)	15	1.77	0.01	0.00	0.00	17.93	0.39	0.07
Diced Red Tomatoes - SR1012 (2 tbsp.)	25	4.43	0.05	0.01	0.00	1.23	0.96	0.22
Thick & Chunky Salsa - SR2187 (2 tbsp.)	0	5.00	0.00	0.00	0.00	115.00	1.50	0.00
Sour Cream - COR1120 (1 tbsp.)	0	30.00	3.00	1.75	0.00	30.00	1.00	0.50
SY21-22 PopUp Brand- Fiesta 1 Day :36322 - ServingDate: 12/10/2021								
Fiesta Tacos - SR3331 (1 taco)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fiesta Burrito - SR3330 (1 burrito)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fiesta Nachos - SR3329 (1 nacho)	50	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fajita Chicken - SR2529 (1/2 c.)	35	92.64	3.04	1.52	0.00	460.17	1.52	13.67
Pulled Pork, Carnitas - SR2185 (1/3 c.)	0	151.64	8.14	3.05	0.00	58.01	1.02	16.28
Beef Taco Meat - SR1071 (3/8 c.)	65	122.10	6.40	2.74	0.00	392.68	4.30	10.10
Cheddar Cheese Sauce - SR1293 (1/4 c.)	50	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Queso Blanco Sauce - SR1068 (1/4 c.)	0	122.00	10.00	5.60	0.00	436.99	1.00	7.00
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	50	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Cilantro Lime White Rice - COR2386 (2/3 c.)	0	154.76	2.93	0.17	0.00	184.96	29.87	3.27
Crispy Corn Taco Shell - SR2223 (3 shells)	15	255.00	12.00	1.50	0.00	0.00	33.00	3.00
Tortilla Chips - SR1065 (1 1/2 oz.)	50	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Tortilla Chips - COR1860 (20 chips)	0	266.00	10.00	1.00	0.00	70.00	38.00	6.00

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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)
SY21-22 PopUp Brand- Fiesta 1 Day :36322 - ServingDate: 12/10/2021								
Flour Tortilla - SR1177 (1 tortilla)	10	210.00	6.00	3.00	0.00	319.99	34.00	5.00
Flour Tortilla - SR1066 (2 tortilla)	15	179.97	5.00	2.00	0.00	259.96	28.00	4.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Aztec Corn - COR1707 (1/2 c.)	0	88.36	1.84	0.08	0.00	338.48	15.02	3.13
Vegetarian Refried Beans - SR1070 (1/2 c.)	10	161.28	0.58	0.00	0.00	158.86	28.80	10.37
Shredded Lettuce - SR1015 (1 cup shredd)	10	10.08	0.10	0.01	0.00	7.20	2.14	0.65
Sliced Black Olives - SR1390 (2 tbsp.)	0	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Diced Red Onion - SR1447 (2 tbsp.)	0	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	5	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Pico de Gallo - SR1073 (1 tbsp.)	15	1.77	0.01	0.00	0.00	17.93	0.39	0.07
Diced Red Tomatoes - SR1012 (2 tbsp.)	25	4.43	0.05	0.01	0.00	1.23	0.96	0.22
Thick & Chunky Salsa - SR2187 (2 tbsp.)	0	5.00	0.00	0.00	0.00	115.00	1.50	0.00
Sour Cream - COR1120 (1 tbsp.)	0	30.00	3.00	1.75	0.00	30.00	1.00	0.50
SY21-22 PopUp Brand- Rockin Ramen 1 Day :36324 - ServingDate: 12/13/2021								
Rockin Ramen- Chicken Ramen Bowl, Built-to- Order - SR3345 (1 bowl)	50	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Rockin Ramen- Meatball Ramen Bowl, Built-to- Order - SR3344 (1 bowl)	50	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hard Boiled Eggs - SR1837 (1/2 egg)	10	38.75	2.65	0.82	0.00	31.00	0.28	3.15

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)
SY21-22 PopUp Brand- Rockin Ramen 1 Day :36324 - ServingDate: 12/13/2021								
Fajita Chicken - SR2529 (1/3 c.)	50	61.76	2.02	1.01	0.00	306.78	1.01	9.11
Beefy Meatballs - SR2032 (3 Meatballs)	50	118.19	8.71	3.73	0.00	136.86	2.49	8.71
Lo Mein Noodles - COR2186 (1 c.)	100	156.00	1.60	0.40	0.00	131.10	29.60	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Corn - COR1050 (1/2 c.)	25	70.00	1.00	0.00	0.00	300.00	13.00	2.00
O - Cabbage, green, shredded, ready-to- serve - SR2425 (1/4 c.)	25	4.20	0.02	0.01	0.00	3.02	0.97	0.21
Sliced Mushrooms - SR2424 (1/4 c.)	25	20.45	0.32	0.05	0.00	4.65	3.03	2.87
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.)	50	61.60	3.90	0.87	0.00(M)	446.49	5.03	1.78
Broth- Pho, Vegetable - SR2211 (1 c.)	50	23.83	1.37	0.20	0.00(M)	42.64	2.74	0.32
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Green Onion - SR1946 (1 tbsp.)	5	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	5	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Matchstick Carrots - SR1435 (2 tbsp.)	5	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Sriracha Chili Sauce - COR2439 (1 tbsp.)	10	12.00	0.00	0.00	0.00	240.00	3.00	0.00
SY21-22 PopUp Brand- Rockin Ramen 1 Day :36324 - ServingDate: 12/14/2021								
Rockin Ramen- Chicken Ramen Bowl, Built-to- Order - SR3345 (1 bowl)	50	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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)
SY21-22 PopUp Brand- Rockin Ramen 1 Day :36324 - ServingDate: 12/14/2021								
Rockin Ramen- Meatball Ramen Bowl, Built-to-Order - SR3344 (1 bowl)	50	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hard Boiled Eggs - SR1837 (1/2 egg)	10	38.75	2.65	0.82	0.00	31.00	0.28	3.15
Fajita Chicken - SR2529 (1/3 c.)	50	61.76	2.02	1.01	0.00	306.78	1.01	9.11
Beefy Meatballs - SR2032 (3 Meatballs)	50	118.19	8.71	3.73	0.00	136.86	2.49	8.71
Lo Mein Noodles - COR2186 (1 c.)	100	156.00	1.60	0.40	0.00	131.10	29.60	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Corn - COR1050 (1/2 c.)	25	70.00	1.00	0.00	0.00	300.00	13.00	2.00
O - Cabbage, green, shredded, ready-to-serve - SR2425 (1/4 c.)	25	4.20	0.02	0.01	0.00	3.02	0.97	0.21
Sliced Mushrooms - SR2424 (1/4 c.)	25	20.45	0.32	0.05	0.00	4.65	3.03	2.87
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.)	50	61.60	3.90	0.87	0.00(M)	446.49	5.03	1.78
Broth- Pho, Vegetable - SR2211 (1 c.)	50	23.83	1.37	0.20	0.00(M)	42.64	2.74	0.32
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Green Onion - SR1946 (1 tbsp.)	5	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	5	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Matchstick Carrots - SR1435 (2 tbsp.)	5	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Sriracha Chili Sauce - COR2439 (1 tbsp.)	10	12.00	0.00	0.00	0.00	240.00	3.00	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)
SY21-22 PopUp Brand- Rockin Ramen 1 Day :36324 - ServingDate: 12/15/2021								
Rockin Ramen- Chicken Ramen Bowl, Built-to-Order - SR3345 (1 bowl)	50	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Rockin Ramen- Meatball Ramen Bowl, Built-to-Order - SR3344 (1 bowl)	50	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hard Boiled Eggs - SR1837 (1/2 egg)	10	38.75	2.65	0.82	0.00	31.00	0.28	3.15
Fajita Chicken - SR2529 (1/3 c.)	50	61.76	2.02	1.01	0.00	306.78	1.01	9.11
Beefy Meatballs - SR2032 (3 Meatballs)	50	118.19	8.71	3.73	0.00	136.86	2.49	8.71
Lo Mein Noodles - COR2186 (1 c.)	100	156.00	1.60	0.40	0.00	131.10	29.60	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Corn - COR1050 (1/2 c.)	25	70.00	1.00	0.00	0.00	300.00	13.00	2.00
O - Cabbage, green, shredded, ready-to-serve - SR2425 (1/4 c.)	25	4.20	0.02	0.01	0.00	3.02	0.97	0.21
Sliced Mushrooms - SR2424 (1/4 c.)	25	20.45	0.32	0.05	0.00	4.65	3.03	2.87
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.)	50	61.60	3.90	0.87	0.00(M)	446.49	5.03	1.78
Broth- Pho, Vegetable - SR2211 (1 c.)	50	23.83	1.37	0.20	0.00(M)	42.64	2.74	0.32
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Green Onion - SR1946 (1 tbsp.)	5	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	5	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Matchstick Carrots - SR1435 (2 tbsp.)	5	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Sriracha Chili Sauce - COR2439 (1 tbsp.)	10	12.00	0.00	0.00	0.00	240.00	3.00	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)
SY21-22 PopUp Brand- Rockin Ramen 1 Day :36324 - ServingDate: 12/16/2021								
Rockin Ramen- Chicken Ramen Bowl, Built-to-Order - SR3345 (1 bowl)	50	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Rockin Ramen- Meatball Ramen Bowl, Built-to-Order - SR3344 (1 bowl)	50	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hard Boiled Eggs - SR1837 (1/2 egg)	10	38.75	2.65	0.82	0.00	31.00	0.28	3.15
Fajita Chicken - SR2529 (1/3 c.)	50	61.76	2.02	1.01	0.00	306.78	1.01	9.11
Beefy Meatballs - SR2032 (3 Meatballs)	50	118.19	8.71	3.73	0.00	136.86	2.49	8.71
Lo Mein Noodles - COR2186 (1 c.)	100	156.00	1.60	0.40	0.00	131.10	29.60	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Corn - COR1050 (1/2 c.)	25	70.00	1.00	0.00	0.00	300.00	13.00	2.00
O - Cabbage, green, shredded, ready-to-serve - SR2425 (1/4 c.)	25	4.20	0.02	0.01	0.00	3.02	0.97	0.21
Sliced Mushrooms - SR2424 (1/4 c.)	25	20.45	0.32	0.05	0.00	4.65	3.03	2.87
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.)	50	61.60	3.90	0.87	0.00(M)	446.49	5.03	1.78
Broth- Pho, Vegetable - SR2211 (1 c.)	50	23.83	1.37	0.20	0.00(M)	42.64	2.74	0.32
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Green Onion - SR1946 (1 tbsp.)	5	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	5	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Matchstick Carrots - SR1435 (2 tbsp.)	5	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Sriracha Chili Sauce - COR2439 (1 tbsp.)	10	12.00	0.00	0.00	0.00	240.00	3.00	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)
SY21-22 PopUp Brand- Rockin Ramen 1 Day :36324 - ServingDate: 12/17/2021								
Rockin Ramen- Chicken Ramen Bowl, Built-to-Order - SR3345 (1 bowl)	50	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Rockin Ramen- Meatball Ramen Bowl, Built-to-Order - SR3344 (1 bowl)	50	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hard Boiled Eggs - SR1837 (1/2 egg)	10	38.75	2.65	0.82	0.00	31.00	0.28	3.15
Fajita Chicken - SR2529 (1/3 c.)	50	61.76	2.02	1.01	0.00	306.78	1.01	9.11
Beefy Meatballs - SR2032 (3 Meatballs)	50	118.19	8.71	3.73	0.00	136.86	2.49	8.71
Lo Mein Noodles - COR2186 (1 c.)	100	156.00	1.60	0.40	0.00	131.10	29.60	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Corn - COR1050 (1/2 c.)	25	70.00	1.00	0.00	0.00	300.00	13.00	2.00
O - Cabbage, green, shredded, ready-to-serve - SR2425 (1/4 c.)	25	4.20	0.02	0.01	0.00	3.02	0.97	0.21
Sliced Mushrooms - SR2424 (1/4 c.)	25	20.45	0.32	0.05	0.00	4.65	3.03	2.87
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.)	50	61.60	3.90	0.87	0.00(M)	446.49	5.03	1.78
Broth- Pho, Vegetable - SR2211 (1 c.)	50	23.83	1.37	0.20	0.00(M)	42.64	2.74	0.32
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Green Onion - SR1946 (1 tbsp.)	5	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	5	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Matchstick Carrots - SR1435 (2 tbsp.)	5	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Sriracha Chili Sauce - COR2439 (1 tbsp.)	10	12.00	0.00	0.00	0.00	240.00	3.00	0.00

Menu Calendar Nutrient Analysis Report - December, 2021

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

Legend

(M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch
Site Group: Taste4
Menu Line: T4-Adventure (1)
Serving Group: 9-12
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.

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)
SY21-22 Core - FAST-Regional American-Day1 (tier II) :36371 - ServingDate: 12/01/2021								
BBQ Fajita Chicken Sub, Rich's - COR2471 (1 sandwich)	2	402.20	10.07	4.01	0.00	1636.50	50.00	27.68
Buffalo Chicken Salad, fajita USDA - COR2467 (1 salad)	3	195.46	7.50	4.10	0.00	3251.76	6.97	23.70
Buffalo Wrap, tortilla, fajita chicken - COR2473 (1 wrap)	0	361.06	11.86	5.58	0.00	3469.60	33.44	27.27
Chef Salad, mixed greens w/ spinach, turkey, ham, egg, cheddar, cucumber, tomato - COR2464 (1 salad)	5	240.64	11.66	4.33	0.00	676.57	6.09	28.09
Chicken Caesar Salad G612, fajita USDA - COR2465 (1 salad)	5	166.87	5.48	2.21	0.00	719.16	8.59	20.10
Chilly Philly Salad, spinach greens, turkey, roasted peppers-onion, mozzarella, tomato - COR2513 (1 salad)	0	237.93	11.47	3.99	0.00	626.84	8.35	26.63
Chilly Philly Sub, Richs, turkey, roasted peppers-onion, mozzarella - COR2514 (1 sandwich)	0	386.24	14.38	3.96	0.00	777.72	35.30	31.30
Crispy Chicken Wrap, tortilla, popcorn chicken - COR2475 (1 wrap)	0	485.91	23.18	6.73	0.00	721.82	44.27	23.27
Yogurt & Fruit Parfait - SR3272 (1 parfait)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Italian Antipasto Salad - COR2478 (1 salad)	4	233.85	14.26	4.83	0.00	1075.20	4.65	23.43
Italian Sub Sandwich, Richs - COR2468 (1 sandwich)	10	359.83	14.43	4.81	0.00	1027.96	31.01	28.83
Salad Entree, Crispy Chicken Salad, Spinach, popcorn chicken RECIPE - COR2466 (1 ea.)	5	273.00	14.40	2.76	0.00	416.12	19.47	17.08

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)
SY21-22 Core - FAST-Regional American-Day1 (tier II) :36371 - ServingDate: 12/01/2021								
Sub Sandwich, American Combo Sub on Rich's - COR2469 (1 ea.)	10	342.90	13.31	3.96	0.00	943.70	29.49	28.04
Sub, turkey ham, American, Richs - COR2476 (1 sandwich)	10	342.71	13.80	4.38	0.00	918.05	30.49	26.10
Sub, turkey, American, Richs - COR2477 (1 sandwich)	10	350.21	13.18	3.75	0.00	900.55	29.49	29.85
Vanilla Yogurt - SR2612 (1 c.)	1	198.33	1.36	0.91	0.00	103.13	40.80	6.80
Dinner Roll - COR1232 (1 roll.)	0	170.15	3.95	0.32	0.00(M)	195.66	30.25	4.61
Nut-Free Granola - COR1522 (1/2 c.)	0	222.92	5.33	0.67	0.00	196.77	41.19	5.02
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Wild Blueberries - SR2872 (1/2 c.)	1	39.34	0.00	0.00	0.00	0.00	8.85	0.00
Diced Peaches - SR3040 (1/2 c.)	1	59.04	0.00	0.00	0.00	4.92	13.78	0.00
Strawberries - SR2218 (1/2 c.)	1	122.40	0.17	0.01	0.00	3.99	33.05	0.68
SY21-22 Core - FAST-Regional American-Day1 (tier II) :36371 - ServingDate: 12/02/2021								
BBQ Fajita Chicken Sub, Rich's - COR2471 (1 sandwich)	2	402.20	10.07	4.01	0.00	1636.50	50.00	27.68
Buffalo Chicken Salad, fajita USDA - COR2467 (1 salad)	3	195.46	7.50	4.10	0.00	3251.76	6.97	23.70
Buffalo Wrap, tortilla, fajita chicken - COR2473 (1 wrap)	0	361.06	11.86	5.58	0.00	3469.60	33.44	27.27
Chef Salad, mixed greens w/ spinach, turkey, ham, egg, cheddar, cucumber, tomato - COR2464 (1 salad)	5	240.64	11.66	4.33	0.00	676.57	6.09	28.09

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)
SY21-22 Core - FAST-Regional American-Day1 (tier II) :36371 - ServingDate: 12/02/2021								
Chicken Caesar Salad G612, fajita USDA - COR2465 (1 salad)	5	166.87	5.48	2.21	0.00	719.16	8.59	20.10
Chilly Philly Salad, spinach greens, turkey, roasted peppers-onion, mozzarella, tomato - COR2513 (1 salad)	0	237.93	11.47	3.99	0.00	626.84	8.35	26.63
Chilly Philly Sub, Richs, turkey, roasted peppers-onion, mozzarella - COR2514 (1 sandwich)	0	386.24	14.38	3.96	0.00	777.72	35.30	31.30
Crispy Chicken Wrap, tortilla, popcorn chicken - COR2475 (1 wrap)	0	485.91	23.18	6.73	0.00	721.82	44.27	23.27
Yogurt & Fruit Parfait - SR3272 (1 parfait)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Italian Antipasto Salad - COR2478 (1 salad)	4	233.85	14.26	4.83	0.00	1075.20	4.65	23.43
Italian Sub Sandwich, Richs - COR2468 (1 sandwich)	10	359.83	14.43	4.81	0.00	1027.96	31.01	28.83
Salad Entree, Crispy Chicken Salad, Spinach, popcorn chicken RECIPE - COR2466 (1 ea.)	5	273.00	14.40	2.76	0.00	416.12	19.47	17.08
Sub Sandwich, American Combo Sub on Rich's - COR2469 (1 ea.)	10	342.90	13.31	3.96	0.00	943.70	29.49	28.04
Sub, turkey ham, American, Richs - COR2476 (1 sandwich)	10	342.71	13.80	4.38	0.00	918.05	30.49	26.10
Sub, turkey, American, Richs - COR2477 (1 sandwich)	10	350.21	13.18	3.75	0.00	900.55	29.49	29.85
Vanilla Yogurt - SR2612 (1 c.)	1	198.33	1.36	0.91	0.00	103.13	40.80	6.80
Dinner Roll - COR1232 (1 roll.)	0	170.15	3.95	0.32	0.00(M)	195.66	30.25	4.61
Nut-Free Granola - COR1522 (1/2 c.)	0	222.92	5.33	0.67	0.00	196.77	41.19	5.02

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)
SY21-22 Core - FAST-Regional American-Day1 (tier II) :36371 - ServingDate: 12/02/2021								
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Wild Blueberries - SR2872 (1/2 c.)	1	39.34	0.00	0.00	0.00	0.00	8.85	0.00
Diced Peaches - SR3040 (1/2 c.)	1	59.04	0.00	0.00	0.00	4.92	13.78	0.00
Strawberries - SR2218 (1/2 c.)	1	122.40	0.17	0.01	0.00	3.99	33.05	0.68
SY21-22 Core - FAST-Regional American-Day1 (tier II) :36371 - ServingDate: 12/03/2021								
BBQ Fajita Chicken Sub, Rich's - COR2471 (1 sandwich)	2	402.20	10.07	4.01	0.00	1636.50	50.00	27.68
Buffalo Chicken Salad, fajita USDA - COR2467 (1 salad)	3	195.46	7.50	4.10	0.00	3251.76	6.97	23.70
Buffalo Wrap, tortilla, fajita chicken - COR2473 (1 wrap)	0	361.06	11.86	5.58	0.00	3469.60	33.44	27.27
Chef Salad, mixed greens w/ spinach, turkey, ham, egg, cheddar, cucumber, tomato - COR2464 (1 salad)	5	240.64	11.66	4.33	0.00	676.57	6.09	28.09
Chicken Caesar Salad G612, fajita USDA - COR2465 (1 salad)	5	166.87	5.48	2.21	0.00	719.16	8.59	20.10
Chilly Philly Salad, spinach greens, turkey, roasted peppers-onion, mozzarella, tomato - COR2513 (1 salad)	0	237.93	11.47	3.99	0.00	626.84	8.35	26.63
Chilly Philly Sub, Richs, turkey, roasted peppers-onion, mozzarella - COR2514 (1 sandwich)	0	386.24	14.38	3.96	0.00	777.72	35.30	31.30
Crispy Chicken Wrap, tortilla, popcorn chicken - COR2475 (1 wrap)	0	485.91	23.18	6.73	0.00	721.82	44.27	23.27

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)
SY21-22 Core - FAST-Regional American-Day1 (tier II) :36371 - ServingDate: 12/03/2021								
Yogurt & Fruit Parfait - SR3272 (1 parfait)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Italian Antipasto Salad - COR2478 (1 salad)	4	233.85	14.26	4.83	0.00	1075.20	4.65	23.43
Italian Sub Sandwich, Richs - COR2468 (1 sandwich)	10	359.83	14.43	4.81	0.00	1027.96	31.01	28.83
Salad Entree, Crispy Chicken Salad, Spinach, popcorn chicken RECIPE - COR2466 (1 ea.)	5	273.00	14.40	2.76	0.00	416.12	19.47	17.08
Sub Sandwich, American Combo Sub on Rich's - COR2469 (1 ea.)	10	342.90	13.31	3.96	0.00	943.70	29.49	28.04
Sub, turkey ham, American, Richs - COR2476 (1 sandwich)	10	342.71	13.80	4.38	0.00	918.05	30.49	26.10
Sub, turkey, American, Richs - COR2477 (1 sandwich)	10	350.21	13.18	3.75	0.00	900.55	29.49	29.85
Vanilla Yogurt - SR2612 (1 c.)	1	198.33	1.36	0.91	0.00	103.13	40.80	6.80
Dinner Roll - COR1232 (1 roll.)	0	170.15	3.95	0.32	0.00(M)	195.66	30.25	4.61
Nut-Free Granola - COR1522 (1/2 c.)	0	222.92	5.33	0.67	0.00	196.77	41.19	5.02
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Wild Blueberries - SR2872 (1/2 c.)	1	39.34	0.00	0.00	0.00	0.00	8.85	0.00
Diced Peaches - SR3040 (1/2 c.)	1	59.04	0.00	0.00	0.00	4.92	13.78	0.00
Strawberries - SR2218 (1/2 c.)	1	122.40	0.17	0.01	0.00	3.99	33.05	0.68
SY21-22 Core - FAST-Regional American-Day1 (tier II) :36371 - ServingDate: 12/06/2021								
BBQ Fajita Chicken Sub, Rich's - COR2471 (1 sandwich)	2	402.20	10.07	4.01	0.00	1636.50	50.00	27.68

Menu Calendar Nutrient Analysis Report - December, 2021

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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)
SY21-22 Core - FAST-Regional American-Day1 (tier II) :36371 - ServingDate: 12/06/2021								
Buffalo Chicken Salad, fajita USDA - COR2467 (1 salad)	3	195.46	7.50	4.10	0.00	3251.76	6.97	23.70
Buffalo Wrap, tortilla, fajita chicken - COR2473 (1 wrap)	0	361.06	11.86	5.58	0.00	3469.60	33.44	27.27
Chef Salad, mixed greens w/ spinach, turkey, ham, egg, cheddar, cucumber, tomato - COR2464 (1 salad)	5	240.64	11.66	4.33	0.00	676.57	6.09	28.09
Chicken Caesar Salad G612, fajita USDA - COR2465 (1 salad)	5	166.87	5.48	2.21	0.00	719.16	8.59	20.10
Chilly Philly Salad, spinach greens, turkey, roasted peppers-onion, mozzarella, tomato - COR2513 (1 salad)	0	237.93	11.47	3.99	0.00	626.84	8.35	26.63
Chilly Philly Sub, Richs, turkey, roasted peppers-onion, mozzarella - COR2514 (1 sandwich)	0	386.24	14.38	3.96	0.00	777.72	35.30	31.30
Crispy Chicken Wrap, tortilla, popcorn chicken - COR2475 (1 wrap)	0	485.91	23.18	6.73	0.00	721.82	44.27	23.27
Yogurt & Fruit Parfait - SR3272 (1 parfait)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Italian Antipasto Salad - COR2478 (1 salad)	4	233.85	14.26	4.83	0.00	1075.20	4.65	23.43
Italian Sub Sandwich, Richs - COR2468 (1 sandwich)	10	359.83	14.43	4.81	0.00	1027.96	31.01	28.83
Salad Entree, Crispy Chicken Salad, Spinach, popcorn chicken RECIPE - COR2466 (1 ea.)	5	273.00	14.40	2.76	0.00	416.12	19.47	17.08
Sub Sandwich, American Combo Sub on Rich's - COR2469 (1 ea.)	10	342.90	13.31	3.96	0.00	943.70	29.49	28.04

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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)
SY21-22 Core - FAST-Regional American-Day1 (tier II) :36371 - ServingDate: 12/06/2021								
Sub, turkey ham, American, Richs - COR2476 (1 sandwich)	10	342.71	13.80	4.38	0.00	918.05	30.49	26.10
Sub, turkey, American, Richs - COR2477 (1 sandwich)	10	350.21	13.18	3.75	0.00	900.55	29.49	29.85
Vanilla Yogurt - SR2612 (1 c.)	1	198.33	1.36	0.91	0.00	103.13	40.80	6.80
Dinner Roll - COR1232 (1 roll.)	0	170.15	3.95	0.32	0.00(M)	195.66	30.25	4.61
Nut-Free Granola - COR1522 (1/2 c.)	0	222.92	5.33	0.67	0.00	196.77	41.19	5.02
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Wild Blueberries - SR2872 (1/2 c.)	1	39.34	0.00	0.00	0.00	0.00	8.85	0.00
Diced Peaches - SR3040 (1/2 c.)	1	59.04	0.00	0.00	0.00	4.92	13.78	0.00
Strawberries - SR2218 (1/2 c.)	1	122.40	0.17	0.01	0.00	3.99	33.05	0.68
SY21-22 Core - FAST-Regional American-Day1 (tier II) :36371 - ServingDate: 12/07/2021								
BBQ Fajita Chicken Sub, Rich's - COR2471 (1 sandwich)	2	402.20	10.07	4.01	0.00	1636.50	50.00	27.68
Buffalo Chicken Salad, fajita USDA - COR2467 (1 salad)	3	195.46	7.50	4.10	0.00	3251.76	6.97	23.70
Buffalo Wrap, tortilla, fajita chicken - COR2473 (1 wrap)	0	361.06	11.86	5.58	0.00	3469.60	33.44	27.27
Chef Salad, mixed greens w/ spinach, turkey, ham, egg, cheddar, cucumber, tomato - COR2464 (1 salad)	5	240.64	11.66	4.33	0.00	676.57	6.09	28.09
Chicken Caesar Salad G612, fajita USDA - COR2465 (1 salad)	5	166.87	5.48	2.21	0.00	719.16	8.59	20.10

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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)
SY21-22 Core - FAST-Regional American-Day1 (tier II) :36371 - ServingDate: 12/07/2021								
Chilly Philly Salad, spinach greens, turkey, roasted peppers-onion, mozzarella, tomato - COR2513 (1 salad)	0	237.93	11.47	3.99	0.00	626.84	8.35	26.63
Chilly Philly Sub, Richs, turkey, roasted peppers-onion, mozzarella - COR2514 (1 sandwich)	0	386.24	14.38	3.96	0.00	777.72	35.30	31.30
Crispy Chicken Wrap, tortilla, popcorn chicken - COR2475 (1 wrap)	0	485.91	23.18	6.73	0.00	721.82	44.27	23.27
Yogurt & Fruit Parfait - SR3272 (1 parfait)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Italian Antipasto Salad - COR2478 (1 salad)	4	233.85	14.26	4.83	0.00	1075.20	4.65	23.43
Italian Sub Sandwich, Richs - COR2468 (1 sandwich)	10	359.83	14.43	4.81	0.00	1027.96	31.01	28.83
Salad Entree, Crispy Chicken Salad, Spinach, popcorn chicken RECIPE - COR2466 (1 ea.)	5	273.00	14.40	2.76	0.00	416.12	19.47	17.08
Sub Sandwich, American Combo Sub on Rich's - COR2469 (1 ea.)	10	342.90	13.31	3.96	0.00	943.70	29.49	28.04
Sub, turkey ham, American, Richs - COR2476 (1 sandwich)	10	342.71	13.80	4.38	0.00	918.05	30.49	26.10
Sub, turkey, American, Richs - COR2477 (1 sandwich)	10	350.21	13.18	3.75	0.00	900.55	29.49	29.85
Vanilla Yogurt - SR2612 (1 c.)	1	198.33	1.36	0.91	0.00	103.13	40.80	6.80
Dinner Roll - COR1232 (1 roll.)	0	170.15	3.95	0.32	0.00(M)	195.66	30.25	4.61
Nut-Free Granola - COR1522 (1/2 c.)	0	222.92	5.33	0.67	0.00	196.77	41.19	5.02
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Wild Blueberries - SR2872 (1/2 c.)	1	39.34	0.00	0.00	0.00	0.00	8.85	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)
SY21-22 Core - FAST-Regional American-Day1 (tier II) :36371 - ServingDate: 12/07/2021								
Diced Peaches - SR3040 (1/2 c.)	1	59.04	0.00	0.00	0.00	4.92	13.78	0.00
Strawberries - SR2218 (1/2 c.)	1	122.40	0.17	0.01	0.00	3.99	33.05	0.68
SY21-22 Core - FAST-Regional American-Day1 (tier II) :36371 - ServingDate: 12/08/2021								
BBQ Fajita Chicken Sub, Rich's - COR2471 (1 sandwich)	2	402.20	10.07	4.01	0.00	1636.50	50.00	27.68
Buffalo Chicken Salad, fajita USDA - COR2467 (1 salad)	3	195.46	7.50	4.10	0.00	3251.76	6.97	23.70
Buffalo Wrap, tortilla, fajita chicken - COR2473 (1 wrap)	0	361.06	11.86	5.58	0.00	3469.60	33.44	27.27
Chef Salad, mixed greens w/ spinach, turkey, ham, egg, cheddar, cucumber, tomato - COR2464 (1 salad)	5	240.64	11.66	4.33	0.00	676.57	6.09	28.09
Chicken Caesar Salad G612, fajita USDA - COR2465 (1 salad)	5	166.87	5.48	2.21	0.00	719.16	8.59	20.10
Chilly Philly Salad, spinach greens, turkey, roasted peppers-onion, mozzarella, tomato - COR2513 (1 salad)	0	237.93	11.47	3.99	0.00	626.84	8.35	26.63
Chilly Philly Sub, Richs, turkey, roasted peppers-onion, mozzarella - COR2514 (1 sandwich)	0	386.24	14.38	3.96	0.00	777.72	35.30	31.30
Crispy Chicken Wrap, tortilla, popcorn chicken - COR2475 (1 wrap)	0	485.91	23.18	6.73	0.00	721.82	44.27	23.27
Yogurt & Fruit Parfait - SR3272 (1 parfait)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Italian Antipasto Salad - COR2478 (1 salad)	4	233.85	14.26	4.83	0.00	1075.20	4.65	23.43

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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)
SY21-22 Core - FAST-Regional American-Day1 (tier II) :36371 - ServingDate: 12/08/2021								
Italian Sub Sandwich, Richs - COR2468 (1 sandwich)	10	359.83	14.43	4.81	0.00	1027.96	31.01	28.83
Salad Entree, Crispy Chicken Salad, Spinach, popcorn chicken RECIPE - COR2466 (1 ea.)	5	273.00	14.40	2.76	0.00	416.12	19.47	17.08
Sub Sandwich, American Combo Sub on Rich's - COR2469 (1 ea.)	10	342.90	13.31	3.96	0.00	943.70	29.49	28.04
Sub, turkey ham, American, Richs - COR2476 (1 sandwich)	10	342.71	13.80	4.38	0.00	918.05	30.49	26.10
Sub, turkey, American, Richs - COR2477 (1 sandwich)	10	350.21	13.18	3.75	0.00	900.55	29.49	29.85
Vanilla Yogurt - SR2612 (1 c.)	1	198.33	1.36	0.91	0.00	103.13	40.80	6.80
Dinner Roll - COR1232 (1 roll.)	0	170.15	3.95	0.32	0.00(M)	195.66	30.25	4.61
Nut-Free Granola - COR1522 (1/2 c.)	0	222.92	5.33	0.67	0.00	196.77	41.19	5.02
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Wild Blueberries - SR2872 (1/2 c.)	1	39.34	0.00	0.00	0.00	0.00	8.85	0.00
Diced Peaches - SR3040 (1/2 c.)	1	59.04	0.00	0.00	0.00	4.92	13.78	0.00
Strawberries - SR2218 (1/2 c.)	1	122.40	0.17	0.01	0.00	3.99	33.05	0.68
SY21-22 Core - FAST-Regional American-Day1 (tier II) :36371 - ServingDate: 12/09/2021								
BBQ Fajita Chicken Sub, Rich's - COR2471 (1 sandwich)	2	402.20	10.07	4.01	0.00	1636.50	50.00	27.68
Buffalo Chicken Salad, fajita USDA - COR2467 (1 salad)	3	195.46	7.50	4.10	0.00	3251.76	6.97	23.70

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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)
SY21-22 Core - FAST-Regional American-Day1 (tier II) :36371 - ServingDate: 12/09/2021								
Buffalo Wrap, tortilla, fajita chicken - COR2473 (1 wrap)	0	361.06	11.86	5.58	0.00	3469.60	33.44	27.27
Chef Salad, mixed greens w/ spinach, turkey, ham, egg, cheddar, cucumber, tomato - COR2464 (1 salad)	5	240.64	11.66	4.33	0.00	676.57	6.09	28.09
Chicken Caesar Salad G612, fajita USDA - COR2465 (1 salad)	5	166.87	5.48	2.21	0.00	719.16	8.59	20.10
Chilly Philly Salad, spinach greens, turkey, roasted peppers-onion, mozzarella, tomato - COR2513 (1 salad)	0	237.93	11.47	3.99	0.00	626.84	8.35	26.63
Chilly Philly Sub, Richs, turkey, roasted peppers-onion, mozzarella - COR2514 (1 sandwich)	0	386.24	14.38	3.96	0.00	777.72	35.30	31.30
Crispy Chicken Wrap, tortilla, popcorn chicken - COR2475 (1 wrap)	0	485.91	23.18	6.73	0.00	721.82	44.27	23.27
Yogurt & Fruit Parfait - SR3272 (1 parfait)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Italian Antipasto Salad - COR2478 (1 salad)	4	233.85	14.26	4.83	0.00	1075.20	4.65	23.43
Italian Sub Sandwich, Richs - COR2468 (1 sandwich)	10	359.83	14.43	4.81	0.00	1027.96	31.01	28.83
Salad Entree, Crispy Chicken Salad, Spinach, popcorn chicken RECIPE - COR2466 (1 ea.)	5	273.00	14.40	2.76	0.00	416.12	19.47	17.08
Sub Sandwich, American Combo Sub on Rich's - COR2469 (1 ea.)	10	342.90	13.31	3.96	0.00	943.70	29.49	28.04
Sub, turkey ham, American, Richs - COR2476 (1 sandwich)	10	342.71	13.80	4.38	0.00	918.05	30.49	26.10

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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)
SY21-22 Core - FAST-Regional American-Day1 (tier II) :36371 - ServingDate: 12/09/2021								
Sub, turkey, American, Richs - COR2477 (1 sandwich)	10	350.21	13.18	3.75	0.00	900.55	29.49	29.85
Vanilla Yogurt - SR2612 (1 c.)	1	198.33	1.36	0.91	0.00	103.13	40.80	6.80
Dinner Roll - COR1232 (1 roll.)	0	170.15	3.95	0.32	0.00(M)	195.66	30.25	4.61
Nut-Free Granola - COR1522 (1/2 c.)	0	222.92	5.33	0.67	0.00	196.77	41.19	5.02
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Wild Blueberries - SR2872 (1/2 c.)	1	39.34	0.00	0.00	0.00	0.00	8.85	0.00
Diced Peaches - SR3040 (1/2 c.)	1	59.04	0.00	0.00	0.00	4.92	13.78	0.00
Strawberries - SR2218 (1/2 c.)	1	122.40	0.17	0.01	0.00	3.99	33.05	0.68
SY21-22 Core - FAST-Regional American-Day1 (tier II) :36371 - ServingDate: 12/10/2021								
BBQ Fajita Chicken Sub, Rich's - COR2471 (1 sandwich)	2	402.20	10.07	4.01	0.00	1636.50	50.00	27.68
Buffalo Chicken Salad, fajita USDA - COR2467 (1 salad)	3	195.46	7.50	4.10	0.00	3251.76	6.97	23.70
Buffalo Wrap, tortilla, fajita chicken - COR2473 (1 wrap)	0	361.06	11.86	5.58	0.00	3469.60	33.44	27.27
Chef Salad, mixed greens w/ spinach, turkey, ham, egg, cheddar, cucumber, tomato - COR2464 (1 salad)	5	240.64	11.66	4.33	0.00	676.57	6.09	28.09
Chicken Caesar Salad G612, fajita USDA - COR2465 (1 salad)	5	166.87	5.48	2.21	0.00	719.16	8.59	20.10

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)
SY21-22 Core - FAST-Regional American-Day1 (tier II) :36371 - ServingDate: 12/10/2021								
Chilly Philly Salad, spinach greens, turkey, roasted peppers-onion, mozzarella, tomato - COR2513 (1 salad)	0	237.93	11.47	3.99	0.00	626.84	8.35	26.63
Chilly Philly Sub, Richs, turkey, roasted peppers-onion, mozzarella - COR2514 (1 sandwich)	0	386.24	14.38	3.96	0.00	777.72	35.30	31.30
Crispy Chicken Wrap, tortilla, popcorn chicken - COR2475 (1 wrap)	0	485.91	23.18	6.73	0.00	721.82	44.27	23.27
Yogurt & Fruit Parfait - SR3272 (1 parfait)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Italian Antipasto Salad - COR2478 (1 salad)	4	233.85	14.26	4.83	0.00	1075.20	4.65	23.43
Italian Sub Sandwich, Richs - COR2468 (1 sandwich)	10	359.83	14.43	4.81	0.00	1027.96	31.01	28.83
Salad Entree, Crispy Chicken Salad, Spinach, popcorn chicken RECIPE - COR2466 (1 ea.)	5	273.00	14.40	2.76	0.00	416.12	19.47	17.08
Sub Sandwich, American Combo Sub on Rich's - COR2469 (1 ea.)	10	342.90	13.31	3.96	0.00	943.70	29.49	28.04
Sub, turkey ham, American, Richs - COR2476 (1 sandwich)	10	342.71	13.80	4.38	0.00	918.05	30.49	26.10
Sub, turkey, American, Richs - COR2477 (1 sandwich)	10	350.21	13.18	3.75	0.00	900.55	29.49	29.85
Vanilla Yogurt - SR2612 (1 c.)	1	198.33	1.36	0.91	0.00	103.13	40.80	6.80
Dinner Roll - COR1232 (1 roll.)	0	170.15	3.95	0.32	0.00(M)	195.66	30.25	4.61
Nut-Free Granola - COR1522 (1/2 c.)	0	222.92	5.33	0.67	0.00	196.77	41.19	5.02
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Wild Blueberries - SR2872 (1/2 c.)	1	39.34	0.00	0.00	0.00	0.00	8.85	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)
SY21-22 Core - FAST- Regional American- Day1 (tier II) :36371 - ServingDate: 12/10/2021								
Diced Peaches - SR3040 (1/2 c.)	1	59.04	0.00	0.00	0.00	4.92	13.78	0.00
Strawberries - SR2218 (1/2 c.)	1	122.40	0.17	0.01	0.00	3.99	33.05	0.68
SY21-22 Core - FAST- Regional American- Day1 (tier II) :36371 - ServingDate: 12/13/2021								
BBQ Fajita Chicken Sub, Rich's - COR2471 (1 sandwich)	2	402.20	10.07	4.01	0.00	1636.50	50.00	27.68
Buffalo Chicken Salad, fajita USDA - COR2467 (1 salad)	3	195.46	7.50	4.10	0.00	3251.76	6.97	23.70
Buffalo Wrap, tortilla, fajita chicken - COR2473 (1 wrap)	0	361.06	11.86	5.58	0.00	3469.60	33.44	27.27
Chef Salad, mixed greens w/ spinach, turkey, ham, egg, cheddar, cucumber, tomato - COR2464 (1 salad)	5	240.64	11.66	4.33	0.00	676.57	6.09	28.09
Chicken Caesar Salad G612, fajita USDA - COR2465 (1 salad)	5	166.87	5.48	2.21	0.00	719.16	8.59	20.10
Chilly Philly Salad, spinach greens, turkey, roasted peppers-onion, mozzarella, tomato - COR2513 (1 salad)	0	237.93	11.47	3.99	0.00	626.84	8.35	26.63
Chilly Philly Sub, Richs, turkey, roasted peppers-onion, mozzarella - COR2514 (1 sandwich)	0	386.24	14.38	3.96	0.00	777.72	35.30	31.30
Crispy Chicken Wrap, tortilla, popcorn chicken - COR2475 (1 wrap)	0	485.91	23.18	6.73	0.00	721.82	44.27	23.27
Yogurt & Fruit Parfait - SR3272 (1 parfait)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Italian Antipasto Salad - COR2478 (1 salad)	4	233.85	14.26	4.83	0.00	1075.20	4.65	23.43

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)
SY21-22 Core - FAST-Regional American-Day1 (tier II) :36371 - ServingDate: 12/13/2021								
Italian Sub Sandwich, Richs - COR2468 (1 sandwich)	10	359.83	14.43	4.81	0.00	1027.96	31.01	28.83
Salad Entree, Crispy Chicken Salad, Spinach, popcorn chicken RECIPE - COR2466 (1 ea.)	5	273.00	14.40	2.76	0.00	416.12	19.47	17.08
Sub Sandwich, American Combo Sub on Rich's - COR2469 (1 ea.)	10	342.90	13.31	3.96	0.00	943.70	29.49	28.04
Sub, turkey ham, American, Richs - COR2476 (1 sandwich)	10	342.71	13.80	4.38	0.00	918.05	30.49	26.10
Sub, turkey, American, Richs - COR2477 (1 sandwich)	10	350.21	13.18	3.75	0.00	900.55	29.49	29.85
Vanilla Yogurt - SR2612 (1 c.)	1	198.33	1.36	0.91	0.00	103.13	40.80	6.80
Dinner Roll - COR1232 (1 roll.)	0	170.15	3.95	0.32	0.00(M)	195.66	30.25	4.61
Nut-Free Granola - COR1522 (1/2 c.)	0	222.92	5.33	0.67	0.00	196.77	41.19	5.02
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Wild Blueberries - SR2872 (1/2 c.)	1	39.34	0.00	0.00	0.00	0.00	8.85	0.00
Diced Peaches - SR3040 (1/2 c.)	1	59.04	0.00	0.00	0.00	4.92	13.78	0.00
Strawberries - SR2218 (1/2 c.)	1	122.40	0.17	0.01	0.00	3.99	33.05	0.68
SY21-22 Core - FAST-Regional American-Day2 (tier II) :36371 - ServingDate: 12/14/2021								
BBQ Fajita Chicken Sub, Rich's - COR2471 (1 sandwich)	2	402.20	10.07	4.01	0.00	1636.50	50.00	27.68
Buffalo Chicken Salad, fajita USDA - COR2467 (1 salad)	3	195.46	7.50	4.10	0.00	3251.76	6.97	23.70

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)
SY21-22 Core - FAST-Regional American-Day2 (tier II) :36371 - ServingDate: 12/14/2021								
Buffalo Wrap, tortilla, fajita chicken - COR2473 (1 wrap)	5	361.06	11.86	5.58	0.00	3469.60	33.44	27.27
Chef Salad, mixed greens w/ spinach, turkey, ham, egg, cheddar, cucumber, tomato - COR2464 (1 salad)	5	240.64	11.66	4.33	0.00	676.57	6.09	28.09
Chicken Caesar Salad G612, fajita USDA - COR2465 (1 salad)	5	166.87	5.48	2.21	0.00	719.16	8.59	20.10
Crispy Chicken Wrap, tortilla, popcorn chicken - COR2475 (1 wrap)	10	485.91	23.18	6.73	0.00	721.82	44.27	23.27
Yogurt & Fruit Parfait - SR3272 (1 parfait)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Italian Antipasto Salad - COR2478 (1 salad)	4	233.85	14.26	4.83	0.00	1075.20	4.65	23.43
Italian Sub Sandwich, Richs - COR2468 (1 sandwich)	10	359.83	14.43	4.81	0.00	1027.96	31.01	28.83
Salad Entree, Crispy Chicken Salad, Spinach, popcorn chicken RECIPE - COR2466 (1 ea.)	5	273.00	14.40	2.76	0.00	416.12	19.47	17.08
Sub Sandwich, American Combo Sub on Rich's - COR2469 (1 ea.)	10	342.90	13.31	3.96	0.00	943.70	29.49	28.04
Sub, turkey ham, American, Richs - COR2476 (1 sandwich)	10	342.71	13.80	4.38	0.00	918.05	30.49	26.10
Sub, turkey, American, Richs - COR2477 (1 sandwich)	10	350.21	13.18	3.75	0.00	900.55	29.49	29.85
Vanilla Yogurt - SR2612 (1 c.)	1	198.33	1.36	0.91	0.00	103.13	40.80	6.80
Dinner Roll - COR1232 (1 roll.)	0	170.15	3.95	0.32	0.00(M)	195.66	30.25	4.61
Nut-Free Granola - COR1522 (1/2 c.)	0	222.92	5.33	0.67	0.00	196.77	41.19	5.02
Oats & Honey Granola - SR2331 (1/2 c.)	1	171.31	6.38	0.66	0.04	130.46	25.52	3.01

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)
SY21-22 Core - FAST-Regional American-Day2 (tier II) :36371 - ServingDate: 12/14/2021								
Dinner Roll - SR1009 (1 roll.)	1	160.00	3.00	0.00	0.00	135.00	29.00	7.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Wild Blueberries - SR2872 (1/2 c.)	1	39.34	0.00	0.00	0.00	0.00	8.85	0.00
Diced Peaches - SR3040 (1/2 c.)	1	59.04	0.00	0.00	0.00	4.92	13.78	0.00
Strawberries - SR2218 (1/2 c.)	1	122.40	0.17	0.01	0.00	3.99	33.05	0.68
SY21-22 Core - FAST-Regional American-Day3 (tier II) :36371 - ServingDate: 12/15/2021								
BBQ Fajita Chicken Sub, Rich's - COR2471 (1 sandwich)	2	402.20	10.07	4.01	0.00	1636.50	50.00	27.68
Buffalo Chicken Salad, fajita USDA - COR2467 (1 salad)	3	195.46	7.50	4.10	0.00	3251.76	6.97	23.70
Buffalo Wrap, tortilla, fajita chicken - COR2473 (1 wrap)	5	361.06	11.86	5.58	0.00	3469.60	33.44	27.27
Chef Salad, mixed greens w/ spinach, turkey, ham, egg, cheddar, cucumber, tomato - COR2464 (1 salad)	5	240.64	11.66	4.33	0.00	676.57	6.09	28.09
Chicken Caesar Salad G612, fajita USDA - COR2465 (1 salad)	5	166.87	5.48	2.21	0.00	719.16	8.59	20.10
Crispy Chicken Wrap, tortilla, popcorn chicken - COR2475 (1 wrap)	5	485.91	23.18	6.73	0.00	721.82	44.27	23.27
Yogurt & Fruit Parfait - SR3272 (1 parfait)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Italian Antipasto Salad - COR2478 (1 salad)	4	233.85	14.26	4.83	0.00	1075.20	4.65	23.43
Italian Sub Sandwich, Richs - COR2468 (1 sandwich)	10	359.83	14.43	4.81	0.00	1027.96	31.01	28.83

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)
SY21-22 Core - FAST- Regional American- Day3 (tier II) :36371 - ServingDate: 12/15/2021								
Salad Entree, Crispy Chicken Salad, Spinach, popcorn chicken RECIPE - COR2466 (1 ea.)	5	273.00	14.40	2.76	0.00	416.12	19.47	17.08
Southwest BBQ Chicken Salad, spinach greens, roasted peppers-onion, mozzarella, tomato - COR2515 (1 salad)	5	228.16	9.38	4.23	0.00	804.87	11.48	24.17
Southwest BBQ Chicken Sub, Richs WG - COR2516 (1 sandwich)	5	383.13	12.71	4.46	0.00	1087.03	38.60	29.34
Sub Sandwich, American Combo Sub on Rich's - COR2469 (1 ea.)	10	342.90	13.31	3.96	0.00	943.70	29.49	28.04
Sub, turkey ham, American, Richs - COR2476 (1 sandwich)	10	342.71	13.80	4.38	0.00	918.05	30.49	26.10
Sub, turkey, American, Richs - COR2477 (1 sandwich)	10	350.21	13.18	3.75	0.00	900.55	29.49	29.85
Vanilla Yogurt - SR2612 (1 c.)	1	198.33	1.36	0.91	0.00	103.13	40.80	6.80
Dinner Roll - COR1232 (1 roll.)	0	170.15	3.95	0.32	0.00(M)	195.66	30.25	4.61
Nut-Free Granola - COR1522 (1/2 c.)	0	222.92	5.33	0.67	0.00	196.77	41.19	5.02
Oats & Honey Granola - SR2331 (1/2 c.)	1	171.31	6.38	0.66	0.04	130.46	25.52	3.01
Dinner Roll - SR1009 (1 roll.)	1	160.00	3.00	0.00	0.00	135.00	29.00	7.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Wild Blueberries - SR2872 (1/2 c.)	1	39.34	0.00	0.00	0.00	0.00	8.85	0.00
Diced Peaches - SR3040 (1/2 c.)	1	59.04	0.00	0.00	0.00	4.92	13.78	0.00
Strawberries - SR2218 (1/2 c.)	1	122.40	0.17	0.01	0.00	3.99	33.05	0.68

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)
SY21-22 Core - FAST-Regional American-Day4 (tier II) :36371 - ServingDate: 12/16/2021								
BBQ Fajita Chicken Sub, Rich's - COR2471 (1 sandwich)	2	402.20	10.07	4.01	0.00	1636.50	50.00	27.68
Buffalo Chicken Salad, fajita USDA - COR2467 (1 salad)	3	195.46	7.50	4.10	0.00	3251.76	6.97	23.70
Buffalo Wrap, tortilla, fajita chicken - COR2473 (1 wrap)	5	361.06	11.86	5.58	0.00	3469.60	33.44	27.27
Chef Salad, mixed greens w/ spinach, turkey, ham, egg, cheddar, cucumber, tomato - COR2464 (1 salad)	5	240.64	11.66	4.33	0.00	676.57	6.09	28.09
Chicken Caesar Salad G612, fajita USDA - COR2465 (1 salad)	5	166.87	5.48	2.21	0.00	719.16	8.59	20.10
Crispy Chicken Wrap, WG, popcorn chicken - COR2519 (1 wrap)	10	555.00	26.51	8.79	0.00	929.86	52.17	26.44
Yogurt & Fruit Parfait - SR3272 (1 parfait)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Italian Antipasto Salad - COR2478 (1 salad)	4	233.85	14.26	4.83	0.00	1075.20	4.65	23.43
Italian Sub Sandwich, Richs - COR2468 (1 sandwich)	10	359.83	14.43	4.81	0.00	1027.96	31.01	28.83
Salad Entree, Crispy Chicken Salad, Spinach, popcorn chicken RECIPE - COR2466 (1 ea.)	5	273.00	14.40	2.76	0.00	416.12	19.47	17.08
Sub Sandwich, American Combo Sub on Rich's - COR2469 (1 ea.)	10	342.90	13.31	3.96	0.00	943.70	29.49	28.04
Sub, turkey ham, American, Richs - COR2476 (1 sandwich)	10	342.71	13.80	4.38	0.00	918.05	30.49	26.10
Sub, turkey, American, Richs - COR2477 (1 sandwich)	10	350.21	13.18	3.75	0.00	900.55	29.49	29.85
Vanilla Yogurt - SR2612 (1 c.)	1	198.33	1.36	0.91	0.00	103.13	40.80	6.80

Menu Calendar Nutrient Analysis Report - December, 2021

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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)
SY21-22 Core - FAST-Regional American-Day4 (tier II) :36371 - ServingDate: 12/16/2021								
Dinner Roll - COR1232 (1 roll.)	0	170.15	3.95	0.32	0.00(M)	195.66	30.25	4.61
Nut-Free Granola - COR1522 (1/2 c.)	0	222.92	5.33	0.67	0.00	196.77	41.19	5.02
Oats & Honey Granola - SR2331 (1/2 c.)	1	171.31	6.38	0.66	0.04	130.46	25.52	3.01
Dinner Roll - SR1009 (1 roll.)	1	160.00	3.00	0.00	0.00	135.00	29.00	7.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Wild Blueberries - SR2872 (1/2 c.)	1	39.34	0.00	0.00	0.00	0.00	8.85	0.00
Diced Peaches - SR3040 (1/2 c.)	1	59.04	0.00	0.00	0.00	4.92	13.78	0.00
Strawberries - SR2218 (1/2 c.)	1	122.40	0.17	0.01	0.00	3.99	33.05	0.68
SY21-22 Core - FAST-Regional American-Day5 (tier II) :36371 - ServingDate: 12/17/2021								
BBQ Fajita Chicken Sub, Rich's - COR2471 (1 sandwich)	2	402.20	10.07	4.01	0.00	1636.50	50.00	27.68
Buffalo Chicken Salad, fajita USDA - COR2467 (1 salad)	3	195.46	7.50	4.10	0.00	3251.76	6.97	23.70
Buffalo Wrap, tortilla, fajita chicken - COR2473 (1 wrap)	10	361.06	11.86	5.58	0.00	3469.60	33.44	27.27
Chef Salad, mixed greens w/ spinach, turkey, ham, egg, cheddar, cucumber, tomato - COR2464 (1 salad)	5	240.64	11.66	4.33	0.00	676.57	6.09	28.09
Chicken Caesar Salad G612, fajita USDA - COR2465 (1 salad)	5	166.87	5.48	2.21	0.00	719.16	8.59	20.10
Crispy Chicken Wrap, tortilla, popcorn chicken - COR2475 (1 wrap)	10	485.91	23.18	6.73	0.00	721.82	44.27	23.27
Yogurt & Fruit Parfait - SR3272 (1 parfait)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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)
SY21-22 Core - FAST-Regional American-Day5 (tier II) :36371 - ServingDate: 12/17/2021								
Italian Antipasto Salad - COR2478 (1 salad)	4	233.85	14.26	4.83	0.00	1075.20	4.65	23.43
Italian Sub Sandwich, Richs - COR2468 (1 sandwich)	10	359.83	14.43	4.81	0.00	1027.96	31.01	28.83
Salad Entree, Crispy Chicken Salad, Spinach, popcorn chicken RECIPE - COR2466 (1 ea.)	5	273.00	14.40	2.76	0.00	416.12	19.47	17.08
Sub Sandwich, American Combo Sub on Rich's - COR2469 (1 ea.)	10	342.90	13.31	3.96	0.00	943.70	29.49	28.04
Sub, turkey ham, American, Richs - COR2476 (1 sandwich)	10	342.71	13.80	4.38	0.00	918.05	30.49	26.10
Sub, turkey, American, Richs - COR2477 (1 sandwich)	10	350.21	13.18	3.75	0.00	900.55	29.49	29.85
Vanilla Yogurt - SR2612 (1 c.)	1	198.33	1.36	0.91	0.00	103.13	40.80	6.80
Dinner Roll - COR1232 (1 roll.)	0	170.15	3.95	0.32	0.00(M)	195.66	30.25	4.61
Nut-Free Granola - COR1522 (1/2 c.)	0	222.92	5.33	0.67	0.00	196.77	41.19	5.02
Oats & Honey Granola - SR2331 (1/2 c.)	1	171.31	6.38	0.66	0.04	130.46	25.52	3.01
Dinner Roll - SR1009 (1 roll.)	1	160.00	3.00	0.00	0.00	135.00	29.00	7.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Wild Blueberries - SR2872 (1/2 c.)	1	39.34	0.00	0.00	0.00	0.00	8.85	0.00
Diced Peaches - SR3040 (1/2 c.)	1	59.04	0.00	0.00	0.00	4.92	13.78	0.00
Strawberries - SR2218 (1/2 c.)	1	122.40	0.17	0.01	0.00	3.99	33.05	0.68

Legend

(M) - Missing Nutrient Values

Menu Calendar Nutrient Analysis Report - December, 2021

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

Report Selections

Meal Type: Lunch
Site Group: Taste4
Menu Line: T4-Fast (tier I)
Serving Group: 9-12
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.

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)
Taste4- Mediterranean- Garden Bar Milk and Condiments W1D3 :34810 - ServingDate: 12/01/2021								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sliced Apples - SR1493 (1/2 c.)	50	43.80	0.00	0.00	0.00	8.76	10.51	0.00
Cantaloupe Chunks - SR2907 (1 pkg.)	50	30.00	0.00	0.00	0.00	0.00	7.00	1.00
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Cubed Watermelon - SR1299 (1/2 c.)	0	27.67	0.14	0.01	0.00	0.92	6.96	0.56
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	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
Green Bell Pepper Strips - SR1658 (1/4 c.)	10	4.93	0.04	0.01	0.00	0.74	1.14	0.21
Cucumber Coins - SR1013 (1/2 c.)	0	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Salad Mix with Spinach - COR1416 (1 c.)	10	14.40	0.14	0.02	0.00	32.16	2.54	1.43
Chocolate Skim Milk - COR1153 (1 Half Pint)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Ranch Dressing - COR1403 (1 tbsp.)	80	55.00	5.50	1.00	0.00	125.00	0.50	0.50
Italian Dressing - COR1024 (1 tbsp.)	1	5.00	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SR2485 (1 tbsp.)	25	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Ketchup - COR1861 (1 tbsp.)	25	34.00	0.00	0.00	0.00	380.00	8.00	0.00
Mayonnaise - COR2066 (1 tbsp.)	10	107.14	12.86	2.14	0.00	75.00	0.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	10	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Barbecue Sauce - COR2380 (1 tbsp.)	10	18.00	0.00	0.00	0.00	185.00	4.50	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)
Taste4- Mediterranean- Garden Bar Milk and Condiments W1D3 :34810 - ServingDate: 12/01/2021								
Sriracha Chili Sauce - COR2439 (1 tbsp.)	0	12.00	0.00	0.00	0.00	240.00	3.00	0.00
Taste4- Mediterranean- Garden Bar Milk and Condiments W1D4 :34810 - ServingDate: 12/02/2021								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fresh Whole Apple - SR2870 (1 medium (3)	0	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
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
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	0	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Salad Mix with Spinach - COR1416 (1 c.)	10	14.40	0.14	0.02	0.00	32.16	2.54	1.43
Chocolate Skim Milk - COR1153 (1 Half Pint)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Ranch Dressing - COR1403 (1 tbsp.)	80	55.00	5.50	1.00	0.00	125.00	0.50	0.50
Italian Dressing - COR1024 (1 tbsp.)	1	5.00	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SR2485 (1 tbsp.)	25	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Ketchup - COR1861 (1 tbsp.)	25	34.00	0.00	0.00	0.00	380.00	8.00	0.00

Menu Calendar Nutrient Analysis Report - December, 2021

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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)
Taste4-Mediterranean-Garden Bar Milk and Condiments W1D4 :34810 - ServingDate: 12/02/2021								
Mayonnaise - COR2066 (1 tbsp.)	10	107.14	12.86	2.14	0.00	75.00	0.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	10	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Barbecue Sauce - COR2380 (1 tbsp.)	10	18.00	0.00	0.00	0.00	185.00	4.50	0.00
Sriracha Chili Sauce - COR2439 (1 tbsp.)	0	12.00	0.00	0.00	0.00	240.00	3.00	0.00
Taste4-Mediterranean-Garden Bar Milk and Condiments W1D5 :34810 - ServingDate: 12/03/2021								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Unsweetened Applesauce - SR1195 (1/2 c.)	50	53.71	0.13	0.01	0.00	2.56	14.41	0.22
Orange Smiles - SR1172 (6 slice or w)	50	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Red Seedless Grapes - SR1496 (1/2 c.)	0	62.60	0.14	0.05	0.00	1.81	16.42	0.65
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	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
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Salad Mix with Spinach - COR1416 (1 c.)	10	14.40	0.14	0.02	0.00	32.16	2.54	1.43
Chocolate Skim Milk - COR1153 (1 Half Pint)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Ranch Dressing - COR1403 (1 tbsp.)	80	55.00	5.50	1.00	0.00	125.00	0.50	0.50

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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)
Taste4- Mediterranean- Garden Bar Milk and Condiments W1D5 :34810 - ServingDate: 12/03/2021								
Italian Dressing - COR1024 (1 tbsp.)	1	5.00	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SR2485 (1 tbsp.)	25	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Ketchup - COR1861 (1 tbsp.)	25	34.00	0.00	0.00	0.00	380.00	8.00	0.00
Mayonnaise - COR2066 (1 tbsp.)	10	107.14	12.86	2.14	0.00	75.00	0.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	10	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Barbecue Sauce - COR2380 (1 tbsp.)	10	18.00	0.00	0.00	0.00	185.00	4.50	0.00
Sriracha Chili Sauce - COR2439 (1 tbsp.)	0	12.00	0.00	0.00	0.00	240.00	3.00	0.00
Taste4- American Regional - Garden Bar Milk and Condiments - W1D1 :34807 - ServingDate: 12/06/2021								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fresh Whole Apple - SR2870 (1 medium (3)	50	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Pears - SR3041 (1/2 c.)	50	57.47	0.00	0.00	0.00	4.79	15.33	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
Fresh Broccoli Florets - SR1027 (1/2 c.)	0	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Salad Mix with Spinach - COR1416 (1 c.)	10	14.40	0.14	0.02	0.00	32.16	2.54	1.43

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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)
Taste4- American Regional - Garden Bar Milk and Condiments - W1D1 :34807 - ServingDate: 12/06/2021								
Chocolate Skim Milk - COR1153 (1 Half Pint)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Buffalo Ranch Sauce, Franks hot sauce - COR1999 (1 tbsp.)	0	37.80	3.69	0.67	0.00	292.18	0.49	0.39
Ranch Dressing - COR1403 (1 tbsp.)	80	55.00	5.50	1.00	0.00	125.00	0.50	0.50
Italian Dressing - COR1024 (1 tbsp.)	1	5.00	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SR2485 (1 tbsp.)	25	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Ketchup - COR1861 (1 tbsp.)	25	34.00	0.00	0.00	0.00	380.00	8.00	0.00
Mayonnaise - COR2066 (1 tbsp.)	10	107.14	12.86	2.14	0.00	75.00	0.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	10	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Barbecue Sauce - COR2380 (1 tbsp.)	10	18.00	0.00	0.00	0.00	185.00	4.50	0.00
Sriracha Chili Sauce - COR2439 (1 tbsp.)	0	12.00	0.00	0.00	0.00	240.00	3.00	0.00
Taste4- American Regional - Garden Bar Milk and Condiments W1D2 - ServingDate: 12/07/2021								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fresh Whole Apple - SR2870 (1 medium (3))	0	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Orange Smiles - SR1172 (6 slice or w)	50	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fruit Cocktail - SR3023 (1/2 c.)	50	86.67	0.00	0.00	0.00	7.22	21.67	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

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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)
Taste4- American Regional - Garden Bar Milk and Condiments W1D2 - ServingDate: 12/07/2021								
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	0	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Salad Mix with Spinach - COR1416 (1 c.)	10	14.40	0.14	0.02	0.00	32.16	2.54	1.43
Chocolate Skim Milk - COR1153 (1 Half Pint)	10	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Buffalo Ranch Sauce, Franks hot sauce - COR1999 (1 tbsp.)	0	37.80	3.69	0.67	0.00	292.18	0.49	0.39
Ranch Dressing - COR1403 (1 tbsp.)	80	55.00	5.50	1.00	0.00	125.00	0.50	0.50
Italian Dressing - COR1024 (1 tbsp.)	1	5.00	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SR2485 (1 tbsp.)	25	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Ketchup - COR1861 (1 tbsp.)	1	34.00	0.00	0.00	0.00	380.00	8.00	0.00
Mayonnaise - COR2066 (1 tbsp.)	10	107.14	12.86	2.14	0.00	75.00	0.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	10	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Barbecue Sauce - COR2380 (1 tbsp.)	10	18.00	0.00	0.00	0.00	185.00	4.50	0.00
Sriracha Chili Sauce - COR2439 (1 tbsp.)	0	12.00	0.00	0.00	0.00	240.00	3.00	0.00
Taste4- American Regional - Garden Bar Milk and Condiments W1D3 - ServingDate: 12/08/2021								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sliced Apples - SR1493 (1/2 c.)	50	43.80	0.00	0.00	0.00	8.76	10.51	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)
Taste4- American Regional - Garden Bar Milk and Condiments W1D3 - ServingDate: 12/08/2021								
Cantaloupe Chunks - SR2907 (1 pkg.)	50	30.00	0.00	0.00	0.00	0.00	7.00	1.00
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Cubed Watermelon - SR1299 (1/2 c.)	0	27.67	0.14	0.01	0.00	0.92	6.96	0.56
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	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
Green Bell Pepper Strips - SR1658 (1/4 c.)	10	4.93	0.04	0.01	0.00	0.74	1.14	0.21
Cucumber Coins - SR1013 (1/2 c.)	0	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Salad Mix with Spinach - COR1416 (1 c.)	10	14.40	0.14	0.02	0.00	32.16	2.54	1.43
Chocolate Skim Milk - COR1153 (1 Half Pint)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Buffalo Ranch Sauce, Franks hot sauce - COR1999 (1 tbsp.)	0	37.80	3.69	0.67	0.00	292.18	0.49	0.39
Ranch Dressing - COR1403 (1 tbsp.)	80	55.00	5.50	1.00	0.00	125.00	0.50	0.50
Italian Dressing - COR1024 (1 tbsp.)	1	5.00	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SR2485 (1 tbsp.)	25	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Ketchup - COR1861 (1 tbsp.)	25	34.00	0.00	0.00	0.00	380.00	8.00	0.00
Mayonnaise - COR2066 (1 tbsp.)	10	107.14	12.86	2.14	0.00	75.00	0.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	10	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Barbecue Sauce - COR2380 (1 tbsp.)	10	18.00	0.00	0.00	0.00	185.00	4.50	0.00
Sriracha Chili Sauce - COR2439 (1 tbsp.)	0	12.00	0.00	0.00	0.00	240.00	3.00	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)
Taste4- American Regional - Garden Bar Milk and Condiments W1D4 - ServingDate: 12/09/2021								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fresh Whole Apple - SR2870 (1 medium (3)	0	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
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
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	0	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Salad Mix with Spinach - COR1416 (1 c.)	10	14.40	0.14	0.02	0.00	32.16	2.54	1.43
Chocolate Skim Milk - COR1153 (1 Half Pint)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Buffalo Ranch Sauce, Franks hot sauce - COR1999 (1 tbsp.)	0	37.80	3.69	0.67	0.00	292.18	0.49	0.39
Ranch Dressing - COR1403 (1 tbsp.)	80	55.00	5.50	1.00	0.00	125.00	0.50	0.50
Italian Dressing - COR1024 (1 tbsp.)	1	5.00	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SR2485 (1 tbsp.)	25	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Ketchup - COR1861 (1 tbsp.)	25	34.00	0.00	0.00	0.00	380.00	8.00	0.00
Mayonnaise - COR2066 (1 tbsp.)	10	107.14	12.86	2.14	0.00	75.00	0.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	10	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Barbecue Sauce - COR2380 (1 tbsp.)	10	18.00	0.00	0.00	0.00	185.00	4.50	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)
Taste4- American Regional - Garden Bar Milk and Condiments W1D4 - ServingDate: 12/09/2021								
Sriracha Chili Sauce - COR2439 (1 tbsp.)	0	12.00	0.00	0.00	0.00	240.00	3.00	0.00
Taste4- American Regional - Garden Bar Milk and Condiments W1D5 - ServingDate: 12/10/2021								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Unsweetened Applesauce - SR1195 (1/2 c.)	50	53.71	0.13	0.01	0.00	2.56	14.41	0.22
Orange Smiles - SR1172 (6 slice or w)	50	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Red Seedless Grapes - SR1496 (1/2 c.)	0	62.60	0.14	0.05	0.00	1.81	16.42	0.65
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	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
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Salad Mix with Spinach - COR1416 (1 c.)	10	14.40	0.14	0.02	0.00	32.16	2.54	1.43
Chocolate Skim Milk - COR1153 (1 Half Pint)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Buffalo Ranch Sauce, Franks hot sauce - COR1999 (1 tbsp.)	0	37.80	3.69	0.67	0.00	292.18	0.49	0.39
Ranch Dressing - COR1403 (1 tbsp.)	80	55.00	5.50	1.00	0.00	125.00	0.50	0.50
Italian Dressing - COR1024 (1 tbsp.)	1	5.00	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SR2485 (1 tbsp.)	25	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Ketchup - COR1861 (1 tbsp.)	25	34.00	0.00	0.00	0.00	380.00	8.00	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)
Taste4- American Regional - Garden Bar Milk and Condiments W1D5 - ServingDate: 12/10/2021								
Mayonnaise - COR2066 (1 tbsp.)	10	107.14	12.86	2.14	0.00	75.00	0.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	10	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Barbecue Sauce - COR2380 (1 tbsp.)	10	18.00	0.00	0.00	0.00	185.00	4.50	0.00
Sriracha Chili Sauce - COR2439 (1 tbsp.)	0	12.00	0.00	0.00	0.00	240.00	3.00	0.00
Taste4- American Regional - Garden Bar Milk and Condiments - W1D1 :34807 - ServingDate: 12/13/2021								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fresh Whole Apple - SR2870 (1 medium (3)	50	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Pears - SR3041 (1/2 c.)	50	57.47	0.00	0.00	0.00	4.79	15.33	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
Fresh Broccoli Florets - SR1027 (1/2 c.)	0	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Salad Mix with Spinach - COR1416 (1 c.)	10	14.40	0.14	0.02	0.00	32.16	2.54	1.43
Chocolate Skim Milk - COR1153 (1 Half Pint)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Buffalo Ranch Sauce, Franks hot sauce - COR1999 (1 tbsp.)	0	37.80	3.69	0.67	0.00	292.18	0.49	0.39

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)
Taste4- American Regional - Garden Bar Milk and Condiments - W1D1 :34807 - ServingDate: 12/13/2021								
Ranch Dressing - COR1403 (1 tbsp.)	80	55.00	5.50	1.00	0.00	125.00	0.50	0.50
Italian Dressing - COR1024 (1 tbsp.)	1	5.00	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SR2485 (1 tbsp.)	25	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Ketchup - COR1861 (1 tbsp.)	25	34.00	0.00	0.00	0.00	380.00	8.00	0.00
Mayonnaise - COR2066 (1 tbsp.)	10	107.14	12.86	2.14	0.00	75.00	0.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	10	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Barbecue Sauce - COR2380 (1 tbsp.)	10	18.00	0.00	0.00	0.00	185.00	4.50	0.00
Sriracha Chili Sauce - COR2439 (1 tbsp.)	0	12.00	0.00	0.00	0.00	240.00	3.00	0.00
Taste4- American Regional - Garden Bar Milk and Condiments W1D2 - ServingDate: 12/14/2021								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fresh Whole Apple - SR2870 (1 medium (3))	0	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Orange Smiles - SR1172 (6 slice or w)	50	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fruit Cocktail - SR3023 (1/2 c.)	50	86.67	0.00	0.00	0.00	7.22	21.67	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
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	0	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Salad Mix with Spinach - COR1416 (1 c.)	10	14.40	0.14	0.02	0.00	32.16	2.54	1.43

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)
Taste4- American Regional - Garden Bar Milk and Condiments W1D2 - ServingDate: 12/14/2021								
Chocolate Skim Milk - COR1153 (1 Half Pint)	10	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Buffalo Ranch Sauce, Franks hot sauce - COR1999 (1 tbsp.)	0	37.80	3.69	0.67	0.00	292.18	0.49	0.39
Ranch Dressing - COR1403 (1 tbsp.)	80	55.00	5.50	1.00	0.00	125.00	0.50	0.50
Italian Dressing - COR1024 (1 tbsp.)	1	5.00	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SR2485 (1 tbsp.)	25	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Ketchup - COR1861 (1 tbsp.)	1	34.00	0.00	0.00	0.00	380.00	8.00	0.00
Mayonnaise - COR2066 (1 tbsp.)	10	107.14	12.86	2.14	0.00	75.00	0.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	10	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Barbecue Sauce - COR2380 (1 tbsp.)	10	18.00	0.00	0.00	0.00	185.00	4.50	0.00
Sriracha Chili Sauce - COR2439 (1 tbsp.)	0	12.00	0.00	0.00	0.00	240.00	3.00	0.00
Taste4- American Regional - Garden Bar Milk and Condiments W1D3 - ServingDate: 12/15/2021								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sliced Apples - SR1493 (1/2 c.)	50	43.80	0.00	0.00	0.00	8.76	10.51	0.00
Cantaloupe Chunks - SR2907 (1 pkg.)	50	30.00	0.00	0.00	0.00	0.00	7.00	1.00
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Cubed Watermelon - SR1299 (1/2 c.)	0	27.67	0.14	0.01	0.00	0.92	6.96	0.56
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)
Taste4- American Regional - Garden Bar Milk and Condiments W1D3 - ServingDate: 12/15/2021								
Fresh Broccoli Florets - SR1027 (1/2 c.)	0	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Green Bell Pepper Strips - SR1658 (1/4 c.)	10	4.93	0.04	0.01	0.00	0.74	1.14	0.21
Cucumber Coins - SR1013 (1/2 c.)	0	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Salad Mix with Spinach - COR1416 (1 c.)	10	14.40	0.14	0.02	0.00	32.16	2.54	1.43
Chocolate Skim Milk - COR1153 (1 Half Pint)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Buffalo Ranch Sauce, Franks hot sauce - COR1999 (1 tbsp.)	0	37.80	3.69	0.67	0.00	292.18	0.49	0.39
Ranch Dressing - COR1403 (1 tbsp.)	80	55.00	5.50	1.00	0.00	125.00	0.50	0.50
Italian Dressing - COR1024 (1 tbsp.)	1	5.00	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SR2485 (1 tbsp.)	25	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Ketchup - COR1861 (1 tbsp.)	25	34.00	0.00	0.00	0.00	380.00	8.00	0.00
Mayonnaise - COR2066 (1 tbsp.)	10	107.14	12.86	2.14	0.00	75.00	0.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	10	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Barbecue Sauce - COR2380 (1 tbsp.)	10	18.00	0.00	0.00	0.00	185.00	4.50	0.00
Sriracha Chili Sauce - COR2439 (1 tbsp.)	0	12.00	0.00	0.00	0.00	240.00	3.00	0.00
Taste4- American Regional - Garden Bar Milk and Condiments W1D4 - ServingDate: 12/16/2021								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	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)
Taste4- American Regional - Garden Bar Milk and Condiments W1D4 - ServingDate: 12/16/2021								
Fresh Whole Apple - SR2870 (1 medium (3)	0	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
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
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	0	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Salad Mix with Spinach - COR1416 (1 c.)	10	14.40	0.14	0.02	0.00	32.16	2.54	1.43
Chocolate Skim Milk - COR1153 (1 Half Pint)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Buffalo Ranch Sauce, Franks hot sauce - COR1999 (1 tbsp.)	0	37.80	3.69	0.67	0.00	292.18	0.49	0.39
Ranch Dressing - COR1403 (1 tbsp.)	80	55.00	5.50	1.00	0.00	125.00	0.50	0.50
Italian Dressing - COR1024 (1 tbsp.)	1	5.00	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SR2485 (1 tbsp.)	25	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Ketchup - COR1861 (1 tbsp.)	25	34.00	0.00	0.00	0.00	380.00	8.00	0.00
Mayonnaise - COR2066 (1 tbsp.)	10	107.14	12.86	2.14	0.00	75.00	0.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	10	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Barbecue Sauce - COR2380 (1 tbsp.)	10	18.00	0.00	0.00	0.00	185.00	4.50	0.00
Sriracha Chili Sauce - COR2439 (1 tbsp.)	0	12.00	0.00	0.00	0.00	240.00	3.00	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)
Taste4- American Regional - Garden Bar Milk and Condiments W1D5 - ServingDate: 12/17/2021								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Unsweetened Applesauce - SR1195 (1/2 c.)	50	53.71	0.13	0.01	0.00	2.56	14.41	0.22
Orange Smiles - SR1172 (6 slice or w)	50	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Red Seedless Grapes - SR1496 (1/2 c.)	0	62.60	0.14	0.05	0.00	1.81	16.42	0.65
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	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
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Salad Mix with Spinach - COR1416 (1 c.)	10	14.40	0.14	0.02	0.00	32.16	2.54	1.43
Chocolate Skim Milk - COR1153 (1 Half Pint)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	10	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Buffalo Ranch Sauce, Franks hot sauce - COR1999 (1 tbsp.)	0	37.80	3.69	0.67	0.00	292.18	0.49	0.39
Ranch Dressing - COR1403 (1 tbsp.)	80	55.00	5.50	1.00	0.00	125.00	0.50	0.50
Italian Dressing - COR1024 (1 tbsp.)	1	5.00	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SR2485 (1 tbsp.)	25	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Ketchup - COR1861 (1 tbsp.)	25	34.00	0.00	0.00	0.00	380.00	8.00	0.00
Mayonnaise - COR2066 (1 tbsp.)	10	107.14	12.86	2.14	0.00	75.00	0.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	10	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Barbecue Sauce - COR2380 (1 tbsp.)	10	18.00	0.00	0.00	0.00	185.00	4.50	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)
Taste4- American Regional - Garden Bar Milk and Condiments W1D5 - ServingDate: 12/17/2021								
Sriracha Chili Sauce - COR2439 (1 tbsp.)	0	12.00	0.00	0.00	0.00	240.00	3.00	0.00

Legend
 (M) - Missing Nutrient Values

Report Selections
 Meal Type: Lunch
 Site Group: Taste4
 Menu Line: T4-Extras Bar (Garden, Milk, Condiments)
 Serving Group: 9-12
 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.