

# Menu Calendar Nutrient Analysis Report - October, 2021

Site: Air Academy High School  
 Date: 10/01/2021 - 10/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Breakfast CO-WY 1:1 Sausage Breakfast Pizza, Benefit Bar :36197 - ServingDate: 10/11/2021</b>								
Oatmeal Chocolate Chip BeneFIT Bar - SR2093 (1 Bar)	0	290.00	9.00	3.00	0.00	240.00	47.00	5.00
Sausage Breakfast Pizza - SR1167 (1 slice)	0	210.03	7.00	2.00	0.00	350.06	27.00	9.00
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl)	0	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	0	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	0	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Orange Wedges - COR1172 (4 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	0	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast CO-WY 1:2 Egg &amp; Cheese Biscuit, Peach Parfait:36194 :36197 - ServingDate: 10/12/2021</b>								
Breakfast Biscuit Sandwich - SR1744 (1 sandwich)	0	262.26	15.01	8.76	0.06	500.06	23.45	8.97
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58

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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)
<b>Breakfast CO-WY 1:2 Egg &amp; Cheese Biscuit, Peach Parfait:36194 :36197 - ServingDate: 10/12/2021</b>								
Cinnamon Chex - SR2336 (1 bowl)	0	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl)	0	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	0	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Peachy Parfait - COR2146 (1 parfait)	0	506.27 (M)	6.87(M)	1.69(M)	0.00(M)	317.92 (M)	101.13 (M)	12.68 (M)
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	0	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Diced Peaches - SR3040 (1/2 c.)	0	88.28	0.00	0.00	0.00	7.36	20.60	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	0	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast CO-WY 1:3 French Toast &amp; UBR:36194 :36197 - ServingDate: 10/13/2021</b>								
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl)	0	100.00	0.00	0.00	0.00	0.00	24.00	3.00

# Menu Calendar Nutrient Analysis Report - October, 2021

Site: Air Academy High School  
 Date: 10/01/2021 - 10/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Breakfast CO-WY 1:3 French Toast &amp; UBR:36194 :36197 - ServingDate: 10/13/2021</b>								
Golden Grahams Cereal - SR2432 (1 bowl)	0	105.36	0.90	0.11	0.00	212.30	23.77	1.51
French Toast Sticks - SR1910 (4 stick.)	0	254.56	9.79	1.96	0.00	293.72	37.21	5.87
Oatmeal Chocolate Chip UBR - SR1173 (1 pkg.)	0	270.00	8.00	3.00	0.00	180.00	44.00	5.00
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	0	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Fresh Whole Apple - SR2870 (1 medium (3 )	0	94.64	0.31	0.05	0.00	1.82	25.13	0.47
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	0	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast CO-WY 1:4 Ham &amp; Cheese on Bun &amp; Blueberry Muffin :36197 - ServingDate: 10/14/2021</b>								
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl)	0	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	0	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Blueberry Muffin - SR1454 (1 muffin)	0	190.00	6.00	2.00	0.00	130.00	30.00	3.00

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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)
<b>Breakfast CO-WY 1:4 Ham &amp; Cheese on Bun &amp; Blueberry Muffin :36197 - ServingDate: 10/14/2021</b>								
Sandwich Breakfast, Ham, Egg & Cheese, WG bun, egg patty, American, RECIPE - COR2539 (1 sandwich)	0	305.00	13.75	4.38	0.00(M)	685.00	32.00	16.00
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	0	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Sliced Pears - SR3042 (1/2 c.)	0	62.40	0.00	0.00	0.00	5.20	15.60	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	0	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast CO-WY 1:5 Cinnamon Roll or Burrito :36197 - ServingDate: 10/15/2021</b>								
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl)	0	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	0	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Cinnamon Roll - SR1383 (1 roll.)	0	170.00	1.00	0.50	0.00	135.00	36.00	5.00
Strawberry Creamy Cheese Mini Bagels - SR1188 (1 pkg.)	0	177.54	4.76	1.79	0.14	154.97	33.67	4.62
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	0	60.00	3.00	2.00	0.00	200.00	1.00	7.00

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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)
<b>Breakfast CO-WY 1:5 Cinnamon Roll or Burrito :36197 - ServingDate: 10/15/2021</b>								
Unsweetened Applesauce - SR1195 (1/2 c.)	0	53.71	0.13	0.01	0.00	2.56	14.41	0.22
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	0	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast CO-WY 1:1 Sausage Breakfast Pizza, Benefit Bar :36197 - ServingDate: 10/18/2021</b>								
Oatmeal Chocolate Chip BeneFIT Bar - SR2093 (1 Bar)	0	290.00	9.00	3.00	0.00	240.00	47.00	5.00
Sausage Breakfast Pizza - SR1167 (1 slice)	0	210.03	7.00	2.00	0.00	350.06	27.00	9.00
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl)	0	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	0	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	0	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Orange Wedges - COR1172 (4 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	0	120.00	0.00	0.00	0.00	180.00	20.00	8.00

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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)
<b>Breakfast CO-WY 1:1 Sausage Breakfast Pizza, Benefit Bar :36197 - ServingDate: 10/18/2021</b>								
1% White Milk - COR1181 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast CO-WY 1:2 Egg &amp; Cheese Biscuit, Peach Parfait:36194 :36197 - ServingDate: 10/19/2021</b>								
Breakfast Biscuit Sandwich - SR1744 (1 sandwich)	0	262.26	15.01	8.76	0.06	500.06	23.45	8.97
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl)	0	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	0	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Peachy Parfait - COR2146 (1 parfait)	0	506.27 (M)	6.87(M)	1.69(M)	0.00(M)	317.92 (M)	101.13 (M)	12.68 (M)
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	0	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Diced Peaches - SR3040 (1/2 c.)	0	88.28	0.00	0.00	0.00	7.36	20.60	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	0	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00

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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)
<b>Breakfast CO-WY 1:3 French Toast &amp; UBR:36194 :36197 - ServingDate: 10/20/2021</b>								
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl)	0	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	0	105.36	0.90	0.11	0.00	212.30	23.77	1.51
French Toast Sticks - SR1910 (4 stick.)	0	254.56	9.79	1.96	0.00	293.72	37.21	5.87
Oatmeal Chocolate Chip UBR - SR1173 (1 pkg.)	0	270.00	8.00	3.00	0.00	180.00	44.00	5.00
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	0	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Fresh Whole Apple - SR2870 (1 medium (3 )	0	94.64	0.31	0.05	0.00	1.82	25.13	0.47
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	0	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast CO-WY 1:4 Ham &amp; Cheese on Bun &amp; Blueberry Muffin :36197 - ServingDate: 10/21/2021</b>								
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	160.00	22.00	1.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Breakfast CO-WY 1:4 Ham &amp; Cheese on Bun &amp; Blueberry Muffin :36197 - ServingDate: 10/21/2021</b>								
Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl)	0	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	0	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Blueberry Muffin - SR1454 (1 muffin)	0	190.00	6.00	2.00	0.00	130.00	30.00	3.00
Sandwich Breakfast, Ham, Egg & Cheese, WG bun, egg patty, American, RECIPE - COR2539 (1 sandwich)	0	305.00	13.75	4.38	0.00(M)	685.00	32.00	16.00
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	0	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Sliced Pears - SR3042 (1/2 c.)	0	62.40	0.00	0.00	0.00	5.20	15.60	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	0	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast CO-WY 1:1 Sausage Breakfast Pizza, Benefit Bar :36197 - ServingDate: 10/25/2021</b>								
Oatmeal Chocolate Chip BeneFIT Bar - SR2093 (1 Bar)	0	290.00	9.00	3.00	0.00	240.00	47.00	5.00
Sausage Breakfast Pizza - SR1167 (1 slice)	0	210.03	7.00	2.00	0.00	350.06	27.00	9.00
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	116.82	2.63	0.25	0.00	173.04	22.85	1.37



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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)
<b>Breakfast CO-WY 1:1 Sausage Breakfast Pizza, Benefit Bar :36197 - ServingDate: 10/25/2021</b>								
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl)	0	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	0	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	0	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Orange Wedges - COR1172 (4 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	0	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast CO-WY 1:2 Egg &amp; Cheese Biscuit, Peach Parfait:36194 :36197 - ServingDate: 10/26/2021</b>								
Breakfast Biscuit Sandwich - SR1744 (1 sandwich)	0	262.26	15.01	8.76	0.06	500.06	23.45	8.97
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl)	0	100.00	0.00	0.00	0.00	0.00	24.00	3.00

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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)
<b>Breakfast CO-WY 1:2 Egg &amp; Cheese Biscuit, Peach Parfait:36194 :36197 - ServingDate: 10/26/2021</b>								
Golden Grahams Cereal - SR2432 (1 bowl)	0	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Peachy Parfait - COR2146 (1 parfait)	0	506.27 (M)	6.87(M)	1.69(M)	0.00(M)	317.92 (M)	101.13 (M)	12.68 (M)
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	0	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Diced Peaches - SR3040 (1/2 c.)	0	88.28	0.00	0.00	0.00	7.36	20.60	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	0	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast CO-WY 1:3 French Toast &amp; UBR:36194 :36197 - ServingDate: 10/27/2021</b>								
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl)	0	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	0	105.36	0.90	0.11	0.00	212.30	23.77	1.51
French Toast Sticks - SR1910 (4 stick.)	0	254.56	9.79	1.96	0.00	293.72	37.21	5.87
Oatmeal Chocolate Chip UBR - SR1173 (1 pkg.)	0	270.00	8.00	3.00	0.00	180.00	44.00	5.00
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	0	60.00	3.00	2.00	0.00	200.00	1.00	7.00

# Menu Calendar Nutrient Analysis Report - October, 2021

Site: Air Academy High School  
 Date: 10/01/2021 - 10/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Breakfast CO-WY 1:3 French Toast &amp; UBR:36194 :36197 - ServingDate: 10/27/2021</b>								
Fresh Whole Apple - SR2870 (1 medium (3 )	0	94.64	0.31	0.05	0.00	1.82	25.13	0.47
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	0	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast CO-WY 1:4 Ham &amp; Cheese on Bun &amp; Blueberry Muffin :36197 - ServingDate: 10/28/2021</b>								
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl)	0	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	0	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Blueberry Muffin - SR1454 (1 muffin)	0	190.00	6.00	2.00	0.00	130.00	30.00	3.00
Sandwich Breakfast, Ham, Egg & Cheese, WG bun, egg patty, American, RECIPE - COR2539 (1 sandwich)	0	305.00	13.75	4.38	0.00(M)	685.00	32.00	16.00
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	0	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Sliced Pears - SR3042 (1/2 c.)	0	62.40	0.00	0.00	0.00	5.20	15.60	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00

# Menu Calendar Nutrient Analysis Report - October, 2021

Site: Air Academy High School  
 Date: 10/01/2021 - 10/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Breakfast CO-WY 1:4 Ham &amp; Cheese on Bun &amp; Blueberry Muffin :36197 - ServingDate: 10/28/2021</b>								
Chocolate Skim Milk - COR1153 (1 Half Pint)	0	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast CO-WY 1:5 Cinnamon Roll or Burrito :36197 - ServingDate: 10/29/2021</b>								
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl)	0	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	0	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Cinnamon Roll - SR1383 (1 roll.)	0	170.00	1.00	0.50	0.00	135.00	36.00	5.00
Strawberry Creamy Cheese Mini Bagels - SR1188 (1 pkg.)	0	177.54	4.76	1.79	0.14	154.97	33.67	4.62
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	0	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Unsweetened Applesauce - SR1195 (1/2 c.)	0	53.71	0.13	0.01	0.00	2.56	14.41	0.22
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	0	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00

**Legend**

# Menu Calendar Nutrient Analysis Report - October, 2021

Site: Air Academy High School  
Date: 10/01/2021 - 10/31/2021

(M) - Missing Nutrient Values

**Report Selections**

Meal Type: Breakfast  
Site Group: Taste4  
Menu Line: B-Café Classics  
Serving Group: K-8  
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.