

## Menu Calendar Nutrient Analysis Report - November, 2021

Site: Home School Academy  
Date: 11/01/2021 - 11/30/2021

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 :37207 - ServingDate: 11/01/2021</b>								
Oatmeal Chocolate Chip BeneFIT Bar - SR2093 (1 Bar)	40	290.00	9.00	3.00	0.00	240.00	47.00	5.00
Sausage Breakfast Pizza - SR1167 (1 slice)	50	210.03	7.00	2.00	0.00	350.06	27.00	9.00
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	2	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl)	2	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	2	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	10	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Orange Wedges - COR1172 (4 slice or w)	50	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	80	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	20	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast CO-WY 1:2 Mini Maple Waffle, Peach Parfait:36194 :37207 - ServingDate: 11/02/2021</b>								
Oatmeal Chocolate Chip BeneFIT Bar - SR2093 (1 Bar)	0	290.00	9.00	3.00	0.00	240.00	47.00	5.00
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	136.42	20.83	3.58

## Menu Calendar Nutrient Analysis Report - November, 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)
<b>Breakfast CO-WY 1:2 Mini Maple Waffle, Peach Parfait:36194 :37207 - ServingDate: 11/02/2021</b>								
Cinnamon Chex - SR2336 (1 bowl)	2	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	2	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl)	2	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	2	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Peachy Parfait - COR2146 (1 parfait)	65	506.27 (M)	6.87(M)	1.69(M)	0.00(M)	317.92 (M)	101.13 (M)	12.68 (M)
Maple Madness Mini Waffles - SR2422 (1 pkg.)	25	189.77	4.97	0.77	0.07	153.58	33.18	3.08
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	10	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Diced Peaches - SR3040 (1/2 c.)	50	88.28	0.00	0.00	0.00	7.36	20.60	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	80	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	20	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast CO-WY 1:3 French Toast &amp; Nutrigrain Bar:36194 :37207 - ServingDate: 11/03/2021</b>								
Oatmeal Chocolate Chip BeneFIT Bar - SR2093 (1 Bar)	0	290.00	9.00	3.00	0.00	240.00	47.00	5.00
Blueberry Nutrigrain Bar - SR3029 (1 Bar)	40	160.00	4.00	0.50	0.00	135.00	30.00	2.00
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	116.82	2.63	0.25	0.00	173.04	22.85	1.37

## Menu Calendar Nutrient Analysis Report - November, 2021

Site: Home School Academy  
Date: 11/01/2021 - 11/30/2021

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; Nutrigrain Bar:36194 :37207 - ServingDate: 11/03/2021</b>								
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	2	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl)	2	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	2	105.36	0.90	0.11	0.00	212.30	23.77	1.51
French Toast Sticks - SR1910 (4 stick.)	50	254.56	9.79	1.96	0.00	293.72	37.21	5.87
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	10	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Fresh Whole Apple - SR2870 (1 medium (3))	25	94.64	0.31	0.05	0.00	1.82	25.13	0.47
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	80	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	20	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast CO-WY 1:4 Ham &amp; Cheese on Bun &amp; Blueberry Muffin :37207 - ServingDate: 11/04/2021</b>								
Oatmeal Chocolate Chip BeneFIT Bar - SR2093 (1 Bar)	0	290.00	9.00	3.00	0.00	240.00	47.00	5.00
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	2	110.00	3.00	0.50	0.00	160.00	22.00	1.00

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Date: 11/01/2021 - 11/30/2021

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 :37207 - ServingDate: 11/04/2021</b>								
Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl)	2	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	2	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Grilled Ham & Cheese - SR1797 (1 sandwich)	45	340.00	12.00	3.00	0.00	1239.98	28.00	34.00
Blueberry Muffin - SR1454 (1 muffin)	45	190.00	6.00	2.00	0.00	130.00	30.00	3.00
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	10	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Sliced Pears - SR3042 (1/2 c.)	50	62.40	0.00	0.00	0.00	5.20	15.60	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	80	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	20	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast CO-WY 1:5 Cinnamon Roll or Mini Bagel:36194 :37207 - ServingDate: 11/05/2021</b>								
Oatmeal Chocolate Chip BeneFIT Bar - SR2093 (1 Bar)	0	290.00	9.00	3.00	0.00	240.00	47.00	5.00
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	2	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl)	2	100.00	0.00	0.00	0.00	0.00	24.00	3.00

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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 Mini Bagel:36194 :37207 - ServingDate: 11/05/2021</b>								
Golden Grahams Cereal - SR2432 (1 bowl)	2	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Strawberry Creamy Cheese Mini Bagels - SR1188 (1 pkg.)	45	177.54	4.76	1.79	0.14	154.97	33.67	4.62
Mini Cinnis - SR1595 (1 pkg.)	45	200.91	6.24	1.36	0.07	233.41	33.99	3.77
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	10	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Unsweetened Applesauce - SR1195 (1/2 c.)	50	53.71	0.13	0.01	0.00	2.56	14.41	0.22
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	80	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	20	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast CO-WY 1:1 Sausage Breakfast Pizza, Benefit Bar :37207 - ServingDate: 11/08/2021</b>								
Oatmeal Chocolate Chip BeneFIT Bar - SR2093 (1 Bar)	40	290.00	9.00	3.00	0.00	240.00	47.00	5.00
Sausage Breakfast Pizza - SR1167 (1 slice)	50	210.03	7.00	2.00	0.00	350.06	27.00	9.00
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	2	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl)	2	100.00	0.00	0.00	0.00	0.00	24.00	3.00

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<b>Breakfast CO-WY 1:1 Sausage Breakfast Pizza, Benefit Bar :37207 - ServingDate: 11/08/2021</b>								
Golden Grahams Cereal - SR2432 (1 bowl)	2	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	10	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Orange Wedges - COR1172 (4 slice or w)	50	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	80	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	20	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast CO-WY 1:2 Mini Maple Waffle, Peach Parfait:36194 :37207 - ServingDate: 11/09/2021</b>								
Oatmeal Chocolate Chip BeneFIT Bar - SR2093 (1 Bar)	0	290.00	9.00	3.00	0.00	240.00	47.00	5.00
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	2	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl)	2	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	2	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Peachy Parfait - COR2146 (1 parfait)	65	506.27 (M)	6.87(M)	1.69(M)	0.00(M)	317.92 (M)	101.13 (M)	12.68 (M)
Maple Madness Mini Waffles - SR2422 (1 pkg.)	25	189.77	4.97	0.77	0.07	153.58	33.18	3.08

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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 Mini Maple Waffle, Peach Parfait:36194 :37207 - ServingDate: 11/09/2021</b>								
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	10	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Diced Peaches - SR3040 (1/2 c.)	50	88.28	0.00	0.00	0.00	7.36	20.60	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	80	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	20	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast CO-WY 1:3 French Toast &amp; Nutrigrain Bar:36194 :37207 - ServingDate: 11/10/2021</b>								
Oatmeal Chocolate Chip BeneFIT Bar - SR2093 (1 Bar)	0	290.00	9.00	3.00	0.00	240.00	47.00	5.00
Blueberry Nutrigrain Bar - SR3029 (1 Bar)	40	160.00	4.00	0.50	0.00	135.00	30.00	2.00
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	2	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl)	2	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	2	105.36	0.90	0.11	0.00	212.30	23.77	1.51
French Toast Sticks - SR1910 (4 stick.)	50	254.56	9.79	1.96	0.00	293.72	37.21	5.87
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	10	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 1:3 French Toast &amp; Nutrigrain Bar:36194 :37207 - ServingDate: 11/10/2021</b>								
Fresh Whole Apple - SR2870 (1 medium (3 )	25	94.64	0.31	0.05	0.00	1.82	25.13	0.47
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	80	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	20	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast CO-WY 1:4 Ham &amp; Cheese on Bun &amp; Blueberry Muffin :37207 - ServingDate: 11/11/2021</b>								
Oatmeal Chocolate Chip BeneFIT Bar - SR2093 (1 Bar)	0	290.00	9.00	3.00	0.00	240.00	47.00	5.00
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	2	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl)	2	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	2	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Grilled Ham & Cheese - SR1797 (1 sandwich)	45	340.00	12.00	3.00	0.00	1239.98	28.00	34.00
Blueberry Muffin - SR1454 (1 muffin)	45	190.00	6.00	2.00	0.00	130.00	30.00	3.00
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	10	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Sliced Pears - SR3042 (1/2 c.)	50	62.40	0.00	0.00	0.00	5.20	15.60	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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<b>Breakfast CO-WY 1:4 Ham &amp; Cheese on Bun &amp; Blueberry Muffin :37207 - ServingDate: 11/11/2021</b>								
Chocolate Skim Milk - COR1153 (1 Half Pint)	80	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	20	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast CO-WY 1:5 Cinnamon Roll or Mini Bagel:36194 :37207 - ServingDate: 11/12/2021</b>								
Oatmeal Chocolate Chip BeneFIT Bar - SR2093 (1 Bar)	0	290.00	9.00	3.00	0.00	240.00	47.00	5.00
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	2	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl)	2	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	2	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Strawberry Creamy Cheese Mini Bagels - SR1188 (1 pkg.)	45	177.54	4.76	1.79	0.14	154.97	33.67	4.62
Mini Cinnis - SR1595 (1 pkg.)	45	200.91	6.24	1.36	0.07	233.41	33.99	3.77
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	10	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Unsweetened Applesauce - SR1195 (1/2 c.)	50	53.71	0.13	0.01	0.00	2.56	14.41	0.22
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	80	120.00	0.00	0.00	0.00	180.00	20.00	8.00

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<b>Breakfast CO-WY 1:5 Cinnamon Roll or Mini Bagel:36194 :37207 - ServingDate: 11/12/2021</b>								
1% White Milk - COR1181 (1 Half Pint)	20	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 :37207 - ServingDate: 11/15/2021</b>								
Oatmeal Chocolate Chip BeneFIT Bar - SR2093 (1 Bar)	40	290.00	9.00	3.00	0.00	240.00	47.00	5.00
Sausage Breakfast Pizza - SR1167 (1 slice)	50	210.03	7.00	2.00	0.00	350.06	27.00	9.00
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	2	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl)	2	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	2	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	10	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Orange Wedges - COR1172 (4 slice or w)	50	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	80	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	20	110.00	2.50	1.50	0.00	130.00	13.00	8.00

## Menu Calendar Nutrient Analysis Report - November, 2021

Site: Home School Academy  
Date: 11/01/2021 - 11/30/2021

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 1:2 Mini Maple Waffle, Peach Parfait:36194 :37207 - ServingDate: 11/16/2021</b>								
Oatmeal Chocolate Chip BeneFIT Bar - SR2093 (1 Bar)	0	290.00	9.00	3.00	0.00	240.00	47.00	5.00
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	2	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl)	2	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	2	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Peachy Parfait - COR2146 (1 parfait)	65	506.27 (M)	6.87(M)	1.69(M)	0.00(M)	317.92 (M)	101.13 (M)	12.68 (M)
Maple Madness Mini Waffles - SR2422 (1 pkg.)	25	189.77	4.97	0.77	0.07	153.58	33.18	3.08
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	10	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Diced Peaches - SR3040 (1/2 c.)	50	88.28	0.00	0.00	0.00	7.36	20.60	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	80	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	20	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast CO-WY 1:3 French Toast &amp; Nutrigrain Bar:36194 :37207 - ServingDate: 11/17/2021</b>								
Oatmeal Chocolate Chip BeneFIT Bar - SR2093 (1 Bar)	0	290.00	9.00	3.00	0.00	240.00	47.00	5.00

## Menu Calendar Nutrient Analysis Report - November, 2021

Site: Home School Academy  
Date: 11/01/2021 - 11/30/2021

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; Nutrigrain Bar:36194 :37207 - ServingDate: 11/17/2021</b>								
Blueberry Nutrigrain Bar - SR3029 (1 Bar)	40	160.00	4.00	0.50	0.00	135.00	30.00	2.00
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	2	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl)	2	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	2	105.36	0.90	0.11	0.00	212.30	23.77	1.51
French Toast Sticks - SR1910 (4 stick.)	50	254.56	9.79	1.96	0.00	293.72	37.21	5.87
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	10	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Fresh Whole Apple - SR2870 (1 medium (3 )	25	94.64	0.31	0.05	0.00	1.82	25.13	0.47
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	80	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	20	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast CO-WY 1:4 Ham &amp; Cheese on Bun &amp; Blueberry Muffin :37207 - ServingDate: 11/18/2021</b>								
Oatmeal Chocolate Chip BeneFIT Bar - SR2093 (1 Bar)	0	290.00	9.00	3.00	0.00	240.00	47.00	5.00
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	116.82	2.63	0.25	0.00	173.04	22.85	1.37

## Menu Calendar Nutrient Analysis Report - November, 2021

Site: Home School Academy  
Date: 11/01/2021 - 11/30/2021

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 :37207 - ServingDate: 11/18/2021</b>								
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	2	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl)	2	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	2	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Grilled Ham & Cheese - SR1797 (1 sandwich)	45	340.00	12.00	3.00	0.00	1239.98	28.00	34.00
Blueberry Muffin - SR1454 (1 muffin)	45	190.00	6.00	2.00	0.00	130.00	30.00	3.00
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	10	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Sliced Pears - SR3042 (1/2 c.)	50	62.40	0.00	0.00	0.00	5.20	15.60	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	80	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	20	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast CO-WY 1:5 Cinnamon Roll or Mini Bagel:36194 :37207 - ServingDate: 11/19/2021</b>								
Oatmeal Chocolate Chip BeneFIT Bar - SR2093 (1 Bar)	0	290.00	9.00	3.00	0.00	240.00	47.00	5.00
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	2	110.00	3.00	0.50	0.00	160.00	22.00	1.00

## Menu Calendar Nutrient Analysis Report - November, 2021

Site: Home School Academy  
Date: 11/01/2021 - 11/30/2021

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 1:5 Cinnamon Roll or Mini Bagel:36194 :37207 - ServingDate: 11/19/2021</b>								
Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl)	2	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	2	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Strawberry Creamy Cheese Mini Bagels - SR1188 (1 pkg.)	45	177.54	4.76	1.79	0.14	154.97	33.67	4.62
Mini Cinnis - SR1595 (1 pkg.)	45	200.91	6.24	1.36	0.07	233.41	33.99	3.77
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	10	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Unsweetened Applesauce - SR1195 (1/2 c.)	50	53.71	0.13	0.01	0.00	2.56	14.41	0.22
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	80	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	20	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast CO-WY 1:1 Sausage Breakfast Pizza, Benefit Bar :37207 - ServingDate: 11/29/2021</b>								
Oatmeal Chocolate Chip BeneFIT Bar - SR2093 (1 Bar)	40	290.00	9.00	3.00	0.00	240.00	47.00	5.00
Sausage Breakfast Pizza - SR1167 (1 slice)	50	210.03	7.00	2.00	0.00	350.06	27.00	9.00
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	2	110.00	3.00	0.50	0.00	160.00	22.00	1.00

## Menu Calendar Nutrient Analysis Report - November, 2021

Site: Home School Academy  
Date: 11/01/2021 - 11/30/2021

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 :37207 - ServingDate: 11/29/2021</b>								
Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl)	2	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	2	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	10	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Orange Wedges - COR1172 (4 slice or w)	50	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	80	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	20	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Breakfast CO-WY 1:2 Mini Maple Waffle, Peach Parfait:36194 :37207 - ServingDate: 11/30/2021</b>								
Oatmeal Chocolate Chip BeneFIT Bar - SR2093 (1 Bar)	0	290.00	9.00	3.00	0.00	240.00	47.00	5.00
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	2	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cereal, ready-to-eat, Frosted Mini-Wheats, bite size, bowlpak 1 oz (CACFP) - SR2330 (1 bowl)	2	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Golden Grahams Cereal - SR2432 (1 bowl)	2	105.36	0.90	0.11	0.00	212.30	23.77	1.51
Peachy Parfait - COR2146 (1 parfait)	65	506.27 (M)	6.87(M)	1.69(M)	0.00(M)	317.92 (M)	101.13 (M)	12.68 (M)

## Menu Calendar Nutrient Analysis Report - November, 2021

Site: Home School Academy  
Date: 11/01/2021 - 11/30/2021

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 1:2 Mini Maple Waffle, Peach Parfait:36194 :37207 - ServingDate: 11/30/2021</b>								
Maple Madness Mini Waffles - SR2422 (1 pkg.)	25	189.77	4.97	0.77	0.07	153.58	33.18	3.08
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	10	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Diced Peaches - SR3040 (1/2 c.)	50	88.28	0.00	0.00	0.00	7.36	20.60	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	80	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	20	110.00	2.50	1.50	0.00	130.00	13.00	8.00

**Legend**

(M) - Missing Nutrient Values

**Report Selections**

Meal Type: Breakfast  
Site Group: The Clubhouse  
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.