

# 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>SY21-22 Academy September Main Event tier II- K-8 W4D1 :37181 - ServingDate: 11/01/2021</b>								
Cheeseburger - COR1241 (1 burger)	20	350.00	13.00	5.50	0.00	695.00	33.00	19.50
Ham & Cheese on sliced Bread - COR1515 (1 ea.)	20	315.00	14.75	6.13	0.00	1130.00	28.00	19.50
Mini-Bento Box - SR2827 (1 Box)	20	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Pepperoni Pizza, - SR2076 (1 slice)	20	345.27	15.13	6.47	0.00	435.59	34.40	16.37
Sunbutter & Jelly Sandwich - COR1204 (1 sandwich)	20	600.45	34.84	4.11	0.00	511.27	55.37	18.37
Mozzarella Cheese - SR3098 (1/2 oz.)	20	45.56	3.54	2.53	0.00	86.06	0.51	3.04
Italian-style Meat Combination - SR2090 (1/2 portion)	20	87.46	4.64	1.37	0.00	343.35	0.00	11.45
Oven Fired Flatbread - SR1534 (1 piece)	20	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Orange Smiles - SR1172 (6 slice or w)	20	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Baby Carrots - SR1016 (1/2 c.)	20	25.40	0.09	0.02	0.00	56.61	5.98	0.46
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>SY21-22 Academy September Main Event tier II- K-8 W4D2 :37181 - ServingDate: 11/02/2021</b>								
Crispy Chicken Sandwich - COR1045 (1 ea.)	25	400.00	15.50	2.50	0.00	700.00	46.00	19.00
American Sub - SR3207 (1 sandwich)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fruit & Yo To Go Box - SR2956 (1 Box)	25	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Sunbutter & Jelly Sandwich - COR1204 (1 sandwich)	25	600.45	34.84	4.11	0.00	511.27	55.37	18.37

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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>SY21-22 Academy September Main Event tier II- K-8 W4D2 :37181 - ServingDate: 11/02/2021</b>								
Raspberry Rainbow Yogurt - SR1183 (1 4 oz conta)	25	80.00	0.50	0.00	0.00	65.00	15.00	4.00
American-style Meat Combination - SR2138 (5 slice)	25	130.19	5.75	1.46	0.00	505.66	0.00	19.43
American Cheese Slice - SR2821 (1/2 oz.)	25	55.00	4.50	2.50	0.00	135.00	1.00	2.50
Reduced Fat Mild Cheddar Cheese Cubes - SR2839 (1 pkg.)	25	90.00	7.00	4.50	0.00	190.00	0.00	7.00
Honey Graham Crackers - SR2366 (1 pkg.)	25	90.00	2.50	0.00	0.00	95.00	17.00	2.00
Sub Roll - COR1158 (1 roll.)	25	182.15	4.19	0.33	0.00(M)	205.63	32.63	4.79
Red Seedless Grapes - SR1496 (1/2 c.)	25	62.60	0.14	0.05	0.00	1.81	16.42	0.65
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Tater Tots - SR1450 (1/2 c.)	50	110.70	6.04	1.01	0.00	311.98	14.09	1.01
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>SY21-22 Academy September Main Event tier II- K-8 W4D3 :37181 - ServingDate: 11/03/2021</b>								
Grilled Cheese Sandwich - COR1243 (1 sandwich)	25	340.00	20.00	10.00	0.00	1280.00	28.00	14.00
Italian Sub - COR1357 (1 ea.)	25	368.74	16.36	5.18	0.00(M)	990.12	32.63	24.25
Sunbutter & Jelly Sandwich - COR1204 (1 sandwich)	25	600.45	34.84	4.11	0.00	511.27	55.37	18.37
Yogurt & Fruit Parfait - SR2946 (1 parfait)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vanilla Yogurt - SR2612 (1/2 c.)	25	99.17	0.68	0.45	0.00	51.57	20.40	3.40

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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>SY21-22 Academy September Main Event tier II- K-8 W4D3 :37181 - ServingDate: 11/03/2021</b>								
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	25	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Nut-Free Granola - COR1522 (1/4 c.)	25	111.46	2.67	0.33	0.00	98.39	20.59	2.51
Honey Graham Crackers - SR2366 (1 pkg.)	25	90.00	2.50	0.00	0.00	95.00	17.00	2.00
Strawberries - SR2218 (1/2 c.)	25	122.40	0.17	0.01	0.00	3.99	33.05	0.68
Celery Sticks - SR1014 (6 stick.)	25	10.34	0.11	0.03	0.00	51.71	1.92	0.45
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>SY21-22 Academy September Main Event tier II- K-8 W4D4 :37181 - ServingDate: 11/04/2021</b>								
Corn Dog - SR1023 (1 corn dog)	25	240.00	8.00	2.50	0.00	390.00	30.00	9.00
Ham & Cheese Salad, mixed greens w/ spinach, ham, cheddar, cucumber, tomato - COR2541 (1 salad)	25	196.70	9.51	3.92	0.00	739.90	5.81	23.01
Sandwich, Turkey & Cheese on Bimbo WG sliced bread, Elementary, RECIPE - COR2543 (1 ea.)	25	327.50	12.13	3.75	0.00	957.49	26.00	29.75
Sunbutter & Jelly Sandwich - COR1204 (1 sandwich)	25	600.45	34.84	4.11	0.00	511.27	55.37	18.37
Goldfish Crackers - SR2426 (1 pkg.)	25	100.00	4.00	0.50	0.00	170.00	14.00	2.00
Baby Carrots - SR1016 (1/2 c.)	50	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Green Peas - SR2335 (1/2 c.)	50	73.53	0.38	0.06	0.00	103.13	13.01	4.99
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)

# Menu Calendar Nutrient Analysis Report - November, 2021

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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>SY21-22 Academy September Main Event tier II- K-8 W4D5 :37181 - ServingDate: 11/05/2021</b>								
American Sub - SR3207 (1 sandwich)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Popcorn Chicken with Pretzel & Cheese Sauce - COR2379 (1 serving)	58	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Sunbutter & Jelly Sandwich - COR1204 (1 sandwich)	2	600.45	34.84	4.11	0.00	511.27	55.37	18.37
Popcorn Chicken - SR1413 (6 piece)	58	127.38	7.20	1.38	0.00	193.83	7.75	7.75
American-style Meat Combination - SR2138 (5 slice)	40	130.19	5.75	1.46	0.00	505.66	0.00	19.43
Cheddar Cheese Sauce - SR1293 (1/4 c.)	58	114.49	9.20	5.01	0.00	423.20	2.04	7.16
American Cheese Slice - SR2821 (1/2 oz.)	40	55.00	4.50	2.50	0.00	135.00	1.00	2.50
Soft Pretzel - SR3114 (1 pretzel)	58	140.00	0.50	0.00	0.00	150.00	30.00	5.00
Sub Roll - COR1158 (1 roll.)	40	182.15	4.19	0.33	0.00(M)	205.63	32.63	4.79
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	50	10.34	0.11	0.03	0.00	51.71	1.92	0.45
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>SY21-22 Academy September Main Event tier II- K-8 W5D2 :37181 - ServingDate: 11/09/2021</b>								
Crispy Chicken Sandwich - COR1045 (1 ea.)	25	400.00	15.50	2.50	0.00	700.00	46.00	19.00
Fruit & Yo To Go Box - SR2956 (1 Box)	25	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Italian Sub - COR1357 (1 ea.)	25	368.74	16.36	5.18	0.00(M)	990.12	32.63	24.25

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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>SY21-22 Academy September Main Event tier II- K-8 WSD2 :37181 - ServingDate: 11/09/2021</b>								
Sunbutter & Jelly Sandwich - COR1204 (1 sandwich)	25	600.45	34.84	4.11	0.00	511.27	55.37	18.37
Reduced Fat Mild Cheddar Cheese Cubes - SR2839 (1 pkg.)	25	90.00	7.00	4.50	0.00	190.00	0.00	7.00
Raspberry Rainbow Yogurt - SR1183 (1 4 oz conta)	25	80.00	0.50	0.00	0.00	65.00	15.00	4.00
Honey Graham Crackers - SR2366 (1 pkg.)	25	90.00	2.50	0.00	0.00	95.00	17.00	2.00
Red Seedless Grapes - SR1496 (1/2 c.)	25	62.60	0.14	0.05	0.00	1.81	16.42	0.65
Roasted Green Beans - SR1021 (1/2 c.)	50	22.18	0.13	0.04	0.00	43.09	5.11	1.18
Baby Carrots - SR1016 (1/2 c.)	50	25.40	0.09	0.02	0.00	56.61	5.98	0.46
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>SY21-22 Academy September Main Event tier II- K-8 WSD3 :37181 - ServingDate: 11/10/2021</b>								
American Sub - SR3207 (1 sandwich)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pasta Bowl w/ 5 Meatballs - COR2452 (1 bowl)	25	445.90	19.89	7.20	0.00	363.85	48.90	20.93
Sunbutter & Jelly Sandwich - COR1204 (1 sandwich)	25	600.45	34.84	4.11	0.00	511.27	55.37	18.37
Yogurt & Fruit Parfait - SR2946 (1 parfait)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
American-style Meat Combination - SR2138 (5 slice)	25	130.19	5.75	1.46	0.00	505.66	0.00	19.43
American Cheese Slice - SR2821 (1/2 oz.)	25	55.00	4.50	2.50	0.00	135.00	1.00	2.50

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<b>SY21-22 Academy September Main Event tier II- K-8 W5D3 :37181 - ServingDate: 11/10/2021</b>								
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	25	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Vanilla Yogurt - SR2612 (1/2 c.)	25	99.17	0.68	0.45	0.00	51.57	20.40	3.40
Nut-Free Granola - COR1522 (1/4 c.)	25	111.46	2.67	0.33	0.00	98.39	20.59	2.51
Breadstick - SR1044 (1 breadstick)	25	80.00	1.00	0.00	0.00	95.00	14.00	3.00
Sub Roll - COR1158 (1 roll.)	25	182.15	4.19	0.33	0.00(M)	205.63	32.63	4.79
Strawberries - SR2218 (1/2 c.)	25	122.40	0.17	0.01	0.00	3.99	33.05	0.68
Blanched Broccoli Florets - SR1272 (1/2 c.)	50	10.84	0.12	0.01	0.00	10.75	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	50	10.34	0.11	0.03	0.00	51.71	1.92	0.45
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>SY21-22 Academy September Main Event tier II- K-8 W5D4 :37181 - ServingDate: 11/11/2021</b>								
Ham & Cheese on sliced Bread - COR1515 (1 ea.)	25	315.00	14.75	6.13	0.00	1130.00	28.00	19.50
Hot Dog - COR1210 (1 serving (1))	25	240.00	10.00	2.50	0.00	460.00	24.00	11.00
Sunbutter & Jelly Sandwich - COR1204 (1 sandwich)	25	600.45	34.84	4.11	0.00	511.27	55.37	18.37
Turkey & Cheese Salad, mixed greens w/ spinach, turkey, cheddar, cucumber, tomato - COR2545 (1 salad)	25	196.70	9.51	3.92	0.00	739.90	5.81	23.01
Goldfish Crackers - SR2426 (1 pkg.)	0	100.00	4.00	0.50	0.00	170.00	14.00	2.00

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<b>SY21-22 Academy September Main Event tier II- K-8 W5D4 :37181 - ServingDate: 11/11/2021</b>								
Celery Sticks - SR1014 (6 stick.)	100	10.34	0.11	0.03	0.00	51.71	1.92	0.45
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>SY21-22 Academy September Main Event tier II- K-8 W5D5 :37181 - ServingDate: 11/12/2021</b>								
Cheeseburger - COR1241 (1 burger)	50	350.00	13.00	5.50	0.00	695.00	33.00	19.50
Italian Sub - COR1357 (1 ea.)	45	368.74	16.36	5.18	0.00(M)	990.12	32.63	24.25
Sunbutter & Jelly Sandwich, sunbutter, grape jelly, Bimbo sliced bread WG, RECIPE - COR2547 (1 sandwich)	5	600.45	34.84	4.11	0.00	491.27	53.37	20.37
Crinkle Cut French Fries - SR2496 (1/2 c.)	75	90.89	3.54	0.51	0.00	25.25	13.13	1.01
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>SY21-22 Academy September Main Event tier II- K-8 W1D2 :37181 - ServingDate: 11/16/2021</b>								
Cheeseburger - COR1241 (1 burger)	50	350.00	13.00	5.50	0.00	695.00	33.00	19.50
Fruit & Yo To Go Box - SR2956 (1 Box)	49	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Sunbutter & Jelly Sandwich - COR1204 (1 sandwich)	1	600.45	34.84	4.11	0.00	511.27	55.37	18.37
Raspberry Rainbow Yogurt - SR1183 (1 4 oz conta)	49	80.00	0.50	0.00	0.00	65.00	15.00	4.00

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<b>SY21-22 Academy September Main Event tier II- K-8 W1D2 :37181 - ServingDate: 11/16/2021</b>								
Reduced Fat Mild Cheddar Cheese Cubes - SR2839 (1 pkg.)	49	90.00	7.00	4.50	0.00	190.00	0.00	7.00
Scooby Doo Graham Crackers, Sticks, IW, 1oz Bags - SR3018 (1 pkg.)	49	120.00	3.50	1.00	0.00	115.00	21.00	2.00
Orange Smiles - SR1172 (6 slice or w)	49	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Celery Sticks - SR1014 (6 stick.)	25	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Tater Tots - SR1450 (1/2 c.)	75	110.70	6.04	1.01	0.00	311.98	14.09	1.01
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>SY21-22 Academy September Main Event tier II- K-8 W1D3 :37181 - ServingDate: 11/17/2021</b>								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	60	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Sunbutter & Jelly Sandwich - COR1204 (1 sandwich)	1	600.45	34.84	4.11	0.00	511.27	55.37	18.37
Yogurt & Fruit Parfait - SR2946 (1 parfait)	39	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vanilla Yogurt - SR2612 (1/2 c.)	39	99.17	0.68	0.45	0.00	51.57	20.40	3.40
Reduced Fat Mozzarella Cheese Stick - SR2502 (1 stick.)	39	60.00	3.00	2.00	0.00	200.00	1.00	7.00
Nut-Free Granola - COR1522 (1/4 c.)	39	111.46	2.67	0.33	0.00	98.39	20.59	2.51
Honey Graham Crackers - SR2366 (1 pkg.)	39	90.00	2.50	0.00	0.00	95.00	17.00	2.00
Strawberries - SR2218 (1/2 c.)	39	122.40	0.17	0.01	0.00	3.99	33.05	0.68
Celery Sticks - SR1014 (6 stick.)	50	10.34	0.11	0.03	0.00	51.71	1.92	0.45



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<b>SY21-22 Academy September Main Event tier II- K-8 W1D3 :37181 - ServingDate: 11/17/2021</b>								
Spaghetti Sauce - SR3378 (1/4 c.)	50	45.22	2.26	0.56	0.00	70.65	5.65	0.56
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chocolate Cookie - COR1300 (1 ea.)	25	62.20	2.62	0.68	0.00(M)	54.35	9.03	1.07
Bakery Cookie, Chocolate Chip, WG, Academy, RECIPE - COR2005 (1 ea.)	25	69.28	3.23	1.52	0.00(M)	71.91	9.78	0.96
Snickerdoodle Cookie - COR1302 (1 ea.)	25	59.67	2.63	1.14	0.00(M)	75.51	8.42	0.85
Sugar Cookie - COR1303 (1 ea.)	25	59.57	2.63	1.14	0.00(M)	75.51	8.39	0.85
<b>SY21-22 Academy September Main Event tier II- K-8 W1D4 :37181 - ServingDate: 11/18/2021</b>								
Crispy Chicken Sandwich - COR1045 (1 ea.)	0	400.00	15.50	2.50	0.00	700.00	46.00	19.00
Ham & Cheese on sliced Bread - COR1515 (1 ea.)	0	315.00	14.75	6.13	0.00	1130.00	28.00	19.50
Sunbutter & Jelly Sandwich - COR1204 (1 sandwich)	1	600.45	34.84	4.11	0.00	511.27	55.37	18.37
Turkey & Cheese Salad, mixed greens w/ spinach, turkey, cheddar, cucumber, tomato - COR2545 (1 salad)	0	196.70	9.51	3.92	0.00	739.90	5.81	23.01
Goldfish Crackers - SR2426 (1 pkg.)	0	100.00	4.00	0.50	0.00	170.00	14.00	2.00
Green Beans - COR1316 (1/2 c.)	50	21.67	0.00	0.00	0.00	151.67	4.33	1.08
Roasted Green Beans - SR1021 (1/2 c.)	0	22.18	0.13	0.04	0.00	43.09	5.11	1.18
From the Garden - SR2435 (1 serv.)	100	(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)
<b>SY21-22 Academy September Main Event tier II- K-8 W1D5 :37181 - ServingDate: 11/19/2021</b>								
French Toast Sticks - SR1910 (3 stick.)	50	190.92	7.34	1.47	0.00	220.29	27.90	4.41
Sandwich, Turkey & Cheese on Bimbo WG sliced bread, Elementary, RECIPE - COR2543 (1 ea.)	49	327.50	12.13	3.75	0.00	957.49	26.00	29.75
Sunbutter & Jelly Sandwich - COR1204 (1 sandwich)	1	600.45	34.84	4.11	0.00	511.27	55.37	18.37
Crispy Chicken Nuggets - SR1367 (5 nugget)	49	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Carrots - SR1016 (1/2 c.)	50	25.40	0.09	0.02	0.00	56.61	5.98	0.46
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	70	105.00	0.00	0.00	0.00	47.50	26.00	0.00
<b>SY21-22 Academy September Main Event tier II- K-8 W3D1 :37181 - ServingDate: 11/29/2021</b>								
Turkey Deli Sandwich - SR3124 (1 sandwich)	19	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Grilled Cheese Sandwich - COR1243 (1 sandwich)	20	340.00	20.00	10.00	0.00	1280.00	28.00	14.00
Mini-Bento Box - SR2827 (1 Box)	20	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Pepperoni Pizza, - SR2076 (1 slice)	40	345.27	15.13	6.47	0.00	435.59	34.40	16.37
Sunbutter & Jelly Sandwich - COR1204 (1 sandwich)	1	600.45	34.84	4.11	0.00	511.27	55.37	18.37
American-style Meat Combination - SR2138 (5 slice)	20	130.19	5.75	1.46	0.00	505.66	0.00	19.43
Mozzarella Cheese - SR3098 (1/2 oz.)	20	45.56	3.54	2.53	0.00	86.06	0.51	3.04

# 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>SY21-22 Academy September Main Event tier II- K-8 W3D1 :37181 - ServingDate: 11/29/2021</b>								
American Cheese Slice - SR1988 (1/2 oz.)	19	50.00	4.50	2.50	0.00	255.00	0.00	2.50
Sliced Deli Turkey - SR1532 (5 slice)	19	137.50	5.63	1.25	0.00	462.49	0.00	21.25
Bread Slices, 2 count, enriched - COR2296 (2 slice)	19	140.00	2.00	0.00	0.00	260.00	28.00	4.00
Oven Fired Flatbread - SR1534 (1 piece)	20	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Red Seedless Grapes - SR1496 (1/2 c.)	20	62.60	0.14	0.05	0.00	1.81	16.42	0.65
Celery Sticks - SR1014 (6 stick.)	50	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	50	25.40	0.09	0.02	0.00	56.61	5.98	0.46
From the Garden - SR2435 (1 serv.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>SY21-22 Academy September Main Event tier II- K-8 W3D2 :37181 - ServingDate: 11/30/2021</b>								
Fruit & Yo To Go Box - SR2956 (1 Box)	50	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Ham & Cheese on sliced Bread - COR1515 (1 ea.)	24	315.00	14.75	6.13	0.00	1130.00	28.00	19.50
Hot Dog - COR1210 (1 serving (1))	25	240.00	10.00	2.50	0.00	460.00	24.00	11.00
Sunbutter & Jelly Sandwich - COR1204 (1 sandwich)	1	600.45	34.84	4.11	0.00	511.27	55.37	18.37
Raspberry Rainbow Yogurt - SR1183 (1 4 oz conta)	50	80.00	0.50	0.00	0.00	65.00	15.00	4.00
Reduced Fat Mild Cheddar Cheese Cubes - SR2839 (1 pkg.)	50	90.00	7.00	4.50	0.00	190.00	0.00	7.00
Scooby Doo Graham Crackers, Sticks, IW, 1oz Bags - SR3018 (1 pkg.)	50	120.00	3.50	1.00	0.00	115.00	21.00	2.00

# 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>SY21-22 Academy September Main Event tier II- K-8 W3D2 :37181 - ServingDate: 11/30/2021</b>								
Red Seedless Grapes - SR1496 (1/2 c.)	50	62.60	0.14	0.05	0.00	1.81	16.42	0.65
Baby Carrots - SR1016 (1/2 c.)	100	25.40	0.09	0.02	0.00	56.61	5.98	0.46
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)

**Legend**  
 (M) - Missing Nutrient Values

**Report Selections**  
 Meal Type: Lunch  
 Site Group: The Clubhouse  
 Menu Line: CH-Main Event (II-Play)  
 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.

# 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>From the Garden CO-WY - K-8 Clubhouse - W4D1 :34299 - ServingDate: 11/01/2021</b>								
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
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
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
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
<b>From the Garden CO-WY - K-8 Clubhouse - W4D2 :34299 - ServingDate: 11/02/2021</b>								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fresh Pears - SR1585 (1 medium)	50	101.46	0.25	0.04	0.00	1.78	27.11	0.64
Fruit Cocktail - SR3023 (1/2 c.)	50	86.67	0.00	0.00	0.00	7.22	21.67	0.00

# 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>From the Garden CO-WY - K-8 Clubhouse - W4D2 :34299 - ServingDate: 11/02/2021</b>								
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
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
<b>From the Garden CO-WY - K-8 Clubhouse - W4D3 :34299 - ServingDate: 11/03/2021</b>								
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
Cubed Watermelon - SR1299 (1/2 c.)	50	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
Green Bell Pepper Strips - SR1658 (1/4 c.)	10	4.93	0.04	0.01	0.00	0.74	1.14	0.21
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46

# 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>From the Garden CO-WY - K-8 Clubhouse - W4D3 :34299 - ServingDate: 11/03/2021</b>								
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
<b>From the Garden CO-WY - K-8 Clubhouse - W4D4 :34299 - ServingDate: 11/04/2021</b>								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Diced Peaches - SR3040 (1/2 c.)	50	88.28	0.00	0.00	0.00	7.36	20.60	0.00
Red Seedless Grapes - SR1496 (1/2 c.)	50	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.)	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
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

# 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>From the Garden CO-WY - K-8 Clubhouse - W4D4 :34299 - ServingDate: 11/04/2021</b>								
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
<b>From the Garden CO-WY - K-8 Clubhouse - W4D5 :34299 - ServingDate: 11/05/2021</b>								
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
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Salad Mix with Spinach - COR1416 (1 c.)	10	14.40	0.14	0.02	0.00	32.16	2.54	1.43
Red Tomato Wedges - SR1974 (1/4 c.)	10	7.69	0.09	0.01	0.00	2.14	1.66	0.38
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



# 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>From the Garden CO-WY - K-8 Clubhouse - W4D5 :34299 - ServingDate: 11/05/2021</b>								
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
<b>From the Garden CO-WY - K-8 Clubhouse - W5D1 :34299 - ServingDate: 11/08/2021</b>								
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
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
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
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

# 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>From the Garden CO-WY - K-8 Clubhouse - WSD2 :34299 - ServingDate: 11/09/2021</b>								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fresh Pears - SR1585 (1 medium)	50	101.46	0.25	0.04	0.00	1.78	27.11	0.64
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
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
<b>From the Garden CO-WY - K-8 Clubhouse - WSD3 :34299 - ServingDate: 11/10/2021</b>								
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

# 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>From the Garden CO-WY - K-8 Clubhouse - WSD3 :34299 - ServingDate: 11/10/2021</b>								
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Cucumber Coins - SR1013 (1/2 c.)	10	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
<b>From the Garden CO-WY - K-8 Clubhouse - WSD4 :34299 - ServingDate: 11/11/2021</b>								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Diced Peaches - SR3040 (1/2 c.)	50	88.28	0.00	0.00	0.00	7.36	20.60	0.00
Red Seedless Grapes - SR1496 (1/2 c.)	50	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.)	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

# 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>From the Garden CO-WY - K-8 Clubhouse - WSD4 :34299 - ServingDate: 11/11/2021</b>								
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
<b>From the Garden CO-WY - K-8 Clubhouse - WSD5 :34299 - ServingDate: 11/12/2021</b>								
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
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
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

# 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>From the Garden CO-WY - K-8 Clubhouse - W5D5 :34299 - ServingDate: 11/12/2021</b>								
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
<b>From the Garden CO-WY - K-8 Clubhouse - W1D1 :34299 - ServingDate: 11/15/2021</b>								
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
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
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
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

# 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>From the Garden CO-WY - K-8 Clubhouse - W1D1 :34299 - ServingDate: 11/15/2021</b>								
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
<b>From the Garden CO-WY - K-8 Clubhouse - W1D2 :34299 - ServingDate: 11/16/2021</b>								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
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
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

# 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>From the Garden CO-WY - K-8 Clubhouse - W1D3 :34299 - ServingDate: 11/17/2021</b>								
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
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Green Bell Pepper Strips - SR1658 (1/4 c.)	10	4.93	0.04	0.01	0.00	0.74	1.14	0.21
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
<b>From the Garden CO-WY - K-8 Clubhouse - W1D4 :34299 - ServingDate: 11/18/2021</b>								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Diced Peaches - SR3040 (1/2 c.)	50	88.28	0.00	0.00	0.00	7.36	20.60	0.00
Red Seedless Grapes - SR1496 (1/2 c.)	50	62.60	0.14	0.05	0.00	1.81	16.42	0.65

# 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>From the Garden CO-WY - K-8 Clubhouse - W1D4 :34299 - ServingDate: 11/18/2021</b>								
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
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
<b>From the Garden CO-WY - K-8 Clubhouse - W1D5 :34299 - ServingDate: 11/19/2021</b>								
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
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
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



# 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>From the Garden CO-WY - K-8 Clubhouse - W1D5 :34299 - ServingDate: 11/19/2021</b>								
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
<b>From the Garden CO-WY - K-8 Clubhouse - W3D1 :34299 - ServingDate: 11/29/2021</b>								
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
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
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

# 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>From the Garden CO-WY - K-8 Clubhouse - W3D1 :34299 - ServingDate: 11/29/2021</b>								
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
<b>From the Garden CO-WY - K-8 Clubhouse - W3D2 :34299 - ServingDate: 11/30/2021</b>								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fresh Pears - SR1585 (1 medium)	50	101.46	0.25	0.04	0.00	1.78	27.11	0.64
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
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

# 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>From the Garden CO-WY - K-8 Clubhouse - W3D2 :34299 - ServingDate: 11/30/2021</b>								
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

**Legend**  
 (M) - Missing Nutrient Values

**Report Selections**  
 Meal Type: Lunch  
 Site Group: The Clubhouse  
 Menu Line: CH-From the Garden Bar (Garden, Milk, Condiments)  
 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.