

Menu Calendar Nutrient Analysis Report - January, 2023

Site: Guthrie Junior High
 Date: 01/01/2023 - 01/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE From the Garden W6D2 :39002 - ServingDate: 01/03/2023								
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Orange Smiles - SR1172 (6 slice or w)	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Pears - SR3041 (1/2 c.)	25	57.47	0.00	0.00	0.00	4.79	15.33	0.00
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Edamame - SR1046 (1/2 c.)	30	99.79	4.29	0.51	0.01	4.95	7.35	9.82
Ginger Carrot Salad - SR1540 (1/2 c.)	15	69.86	0.15	0.03	0.00	36.79	17.36	0.65
Caesar Side Salad - SR1428 (1 c.)	20	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	0.00	249.48	30.62	7.69
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	2.37	1.54	0.00	107.36	12.18	8.22
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.20	0.14	0.00	102.90	12.15	8.26
Ranch Dressing - SR1931 (1 pump)	30	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	5	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
MK Special Sauce - SR2585 (1 tbsp.)	5	29.38	2.25	0.25	0.00	66.72	2.55	0.07
Music City Sauce - SR2584 (1 tbsp.)	10	32.08	1.90	0.22	0.01	52.11	3.54	0.74
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Spicy K Sauce - SR2586 (1 tbsp.)	5	20.36	0.02	0.00	0.00	160.03	5.06	0.01

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE From the Garden W6D3 :39002 - ServingDate: 01/04/2023								
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Unsweetened Applesauce - SR1195 (1/2 c.)	20	55.86	0.15	0.03	0.00	10.49	12.58	0.32
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Broccoli Lime Salad - SR1274 (1/2 c.)	20	26.44	2.16	0.16	0.00	29.21	1.75	0.62
Elote Corn - SR1677 (1/2 c.)	15	129.48	1.72	0.57	0.02	42.65	28.45	4.71
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	0.00	249.48	30.62	7.69
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	2.37	1.54	0.00	107.36	12.18	8.22
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.20	0.14	0.00	102.90	12.15	8.26
Creamy Caesar Dressing - SR2446 (2 tbsp.)	5	110.00	12.00	2.00	0.00	300.00	1.00	1.00
Italian Salad Dressing - SR1489 (1 tbsp.)	5	15.00	0.00	0.00	0.00	175.00	4.00	0.00
Ranch Dressing - SR1931 (1 pump)	40	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	60	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
MK Special Sauce - SR2585 (1 tbsp.)	15	29.38	2.25	0.25	0.00	66.72	2.55	0.07
Music City Sauce - SR2584 (1 tbsp.)	15	32.08	1.90	0.22	0.01	52.11	3.54	0.74
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Buffalo Ranch Sauce - SR1453 (2 tbsp.)	5	35.89	2.40	0.35	0.00	671.07	3.70	0.13
Spicy Cool Sauce - SR1788 (1 tbsp.)	10	31.39	2.26	0.25	0.00	110.09	2.38	0.76

Menu Calendar Nutrient Analysis Report - January, 2023

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE From the Garden W6D3 :39002 - ServingDate: 01/04/2023								
Spicy K Sauce - SR2586 (1 tbsp.)	30	20.36	0.02	0.00	0.00	160.03	5.06	0.01
SY21-22 - FoodiE From the Garden W6D4 :39002 - ServingDate: 01/05/2023								
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Orange Smiles - SR1172 (6 slice or w)	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fruit Cocktail - SR3023 (1/2 c.)	20	86.67	0.00	0.00	0.00	7.22	21.67	0.00
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Moroccan Spiced Carrots - SR2588 (1/2 c.)	10	122.06	10.32	0.81	0.00	158.09	8.34	0.84
Mex Zucchini - SR1697 (1/2 c.)	10	147.29	14.53	1.11	0.00	171.47	5.08	1.72
Caesar Side Salad - SR1428 (1 c.)	35	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Peas - SR2483 (1/2 c.)	5	72.76	0.38	0.06	0.00	102.06	12.87	4.93
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	0.00	249.48	30.62	7.69
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	2.37	1.54	0.00	107.36	12.18	8.22
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.20	0.14	0.00	102.90	12.15	8.26
Ranch Dressing - SR1931 (1 pump)	20	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	60	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	15	53.33	5.87	1.07	0.00	45.33	0.00	0.00
MK Special Sauce - SR2585 (1 tbsp.)	10	29.38	2.25	0.25	0.00	66.72	2.55	0.07
Music City Sauce - SR2584 (1 tbsp.)	10	32.08	1.90	0.22	0.01	52.11	3.54	0.74
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE From the Garden W6D4 :39002 - ServingDate: 01/05/2023								
Spicy Cool Sauce - SR1788 (1 tbsp.)	10	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Spicy K Sauce - SR2586 (1 tbsp.)	30	20.36	0.02	0.00	0.00	160.03	5.06	0.01
SY21-22 - FoodiE From the Garden W6D5 :39002 - ServingDate: 01/06/2023								
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Cinnamon Swirled Apples - SR1492 (1/2 c.)	20	44.60	0.00	0.00	0.00	8.79	10.78	0.01
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Blanched Broccoli Florets - SR1272 (1/2 c.)	15	10.84	0.12	0.01	0.00	10.75	2.12	0.90
Mixed Salad Greens - SR1080 (1/2 c.)	20	6.43	0.01	0.00	0.00	6.33	1.25	0.47
Citrus Glazed Carrots - SR1131 (1/2 c.)	10	60.46	0.78	0.14	0.00	67.70	13.35	0.68
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	0.00	249.48	30.62	7.69
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	2.37	1.54	0.00	107.36	12.18	8.22
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.20	0.14	0.00	102.90	12.15	8.26
Ranch Dressing - SR1931 (1 pump)	80	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	5	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
MK Special Sauce - SR2585 (1 tbsp.)	5	29.38	2.25	0.25	0.00	66.72	2.55	0.07
Music City Sauce - SR2584 (1 tbsp.)	5	32.08	1.90	0.22	0.01	52.11	3.54	0.74
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE From the Garden W6D5 :39002 - ServingDate: 01/06/2023								
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Spicy K Sauce - SR2586 (1 tbsp.)	5	20.36	0.02	0.00	0.00	160.03	5.06	0.01
SY21-22 - FoodiE From the Garden W1D1 :39002 - ServingDate: 01/09/2023								
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Crispy Whole Apple - SR1161 (1 extra smal)	10	47.79	0.16	0.03	0.00	0.92	12.69	0.24
Diced Peaches - SR3040 (1/2 c.)	20	59.04	0.00	0.00	0.00	4.92	13.78	0.00
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Frijoles ala Charro - SR3313 (1/2 c.)	10	127.34	1.89	0.25	0.00	246.05	20.74	8.81
Broccoli Lime Salad - SR1274 (1/2 c.)	10	26.44	2.16	0.16	0.00	29.21	1.75	0.62
Elote Corn - SR1677 (1/2 c.)	10	129.48	1.72	0.57	0.02	42.65	28.45	4.71
Garden Side Salad - SR1429 (1 c.)	30	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	0.00	249.48	30.62	7.69
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	2.37	1.54	0.00	107.36	12.18	8.22
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.20	0.14	0.00	102.90	12.15	8.26
Ranch Dressing - SR1931 (1 pump)	15	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	50	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	10	53.33	5.87	1.07	0.00	45.33	0.00	0.00
MK Special Sauce - SR2585 (1 tbsp.)	10	29.38	2.25	0.25	0.00	66.72	2.55	0.07
Music City Sauce - SR2584 (1 tbsp.)	15	32.08	1.90	0.22	0.01	52.11	3.54	0.74

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE From the Garden W1D1 :39002 - ServingDate: 01/09/2023								
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	15	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Spicy K Sauce - SR2586 (1 tbsp.)	20	20.36	0.02	0.00	0.00	160.03	5.06	0.01
SY21-22 - FoodiE From the Garden W1D2 :39002 - ServingDate: 01/10/2023								
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Orange Smiles - SR1172 (6 slice or w)	40	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Pears - SR3041 (1/2 c.)	35	57.47	0.00	0.00	0.00	4.79	15.33	0.00
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Edamame - SR1046 (1/2 c.)	10	99.79	4.29	0.51	0.01	4.95	7.35	9.82
Ginger Carrot Salad - SR1540 (1/2 c.)	15	69.86	0.15	0.03	0.00	36.79	17.36	0.65
Mex Zucchini - SR1697 (1/2 c.)	5	147.29	14.53	1.11	0.00	171.47	5.08	1.72
Caesar Side Salad - SR1428 (1 c.)	35	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	0.00	249.48	30.62	7.69
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	2.37	1.54	0.00	107.36	12.18	8.22
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.20	0.14	0.00	102.90	12.15	8.26
Ranch Dressing - SR1931 (1 pump)	70	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	0	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
MK Special Sauce - SR2585 (1 tbsp.)	5	29.38	2.25	0.25	0.00	66.72	2.55	0.07

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SY21-22 - FoodiE From the Garden W1D2 :39002 - ServingDate: 01/10/2023								
Music City Sauce - SR2584 (1 tbsp.)	15	32.08	1.90	0.22	0.01	52.11	3.54	0.74
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	25	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Spicy K Sauce - SR2586 (1 tbsp.)	0	20.36	0.02	0.00	0.00	160.03	5.06	0.01
SY21-22 - FoodiE From the Garden W1D3 :39002 - ServingDate: 01/11/2023								
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Unsweetened Applesauce - SR1195 (1/2 c.)	55	55.86	0.15	0.03	0.00	10.49	12.58	0.32
Banana - SR1166 (1 medium (7"))	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Blanched Broccoli Florets - SR1272 (1/2 c.)	30	10.84	0.12	0.01	0.00	10.75	2.12	0.90
Citrus Glazed Carrots - SR1131 (1/2 c.)	20	60.46	0.78	0.14	0.00	67.70	13.35	0.68
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	0.00	249.48	30.62	7.69
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	2.37	1.54	0.00	107.36	12.18	8.22
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.20	0.14	0.00	102.90	12.15	8.26
Ranch Dressing - SR1931 (1 pump)	15	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	0	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	15	53.33	5.87	1.07	0.00	45.33	0.00	0.00
MK Special Sauce - SR2585 (1 tbsp.)	5	29.38	2.25	0.25	0.00	66.72	2.55	0.07

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SY21-22 - FoodiE From the Garden W1D3 :39002 - ServingDate: 01/11/2023								
Music City Sauce - SR2584 (1 tbsp.)	10	32.08	1.90	0.22	0.01	52.11	3.54	0.74
Yellow Mustard - SR1603 (1 pump)	10	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	15	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Spicy K Sauce - SR2586 (1 tbsp.)	0	20.36	0.02	0.00	0.00	160.03	5.06	0.01
SY21-22 - FoodiE From the Garden W1D4 :39002 - ServingDate: 01/12/2023								
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Orange Smiles - SR1172 (6 slice or w)	35	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fruit Cocktail - SR3023 (1/2 c.)	15	86.67	0.00	0.00	0.00	7.22	21.67	0.00
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Basil Corn Salad - SR2587 (1/2 c.)	5	102.63	4.12	0.34	0.00	296.57	16.85	2.40
Italian Roasted Chickpeas - SR2583 (1/2 c.)	5	145.36	2.86	0.06	0.00	267.06	22.57	7.48
Caesar Side Salad - SR1428 (1 c.)	40	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	0.00	249.48	30.62	7.69
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	2.37	1.54	0.00	107.36	12.18	8.22
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.20	0.14	0.00	102.90	12.15	8.26
Creamy Caesar Dressing - SR2446 (2 tbsp.)	5	110.00	12.00	2.00	0.00	300.00	1.00	1.00
Italian Salad Dressing - SR1489 (2 tbsp.)	5	30.00	0.00	0.00	0.00	350.00	8.00	0.00
Ranch Dressing - SR1931 (1 pump)	25	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	80	20.31	0.01	0.00	0.00	175.46	4.63	0.16

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE From the Garden W1D4 :39002 - ServingDate: 01/12/2023								
Mayonnaise Pump - SR1991 (1 pump)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
MK Special Sauce - SR2585 (1 tbsp.)	20	29.38	2.25	0.25	0.00	66.72	2.55	0.07
Music City Sauce - SR2584 (1 tbsp.)	20	32.08	1.90	0.22	0.01	52.11	3.54	0.74
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Buffalo Ranch Sauce - SR1453 (2 tbsp.)	5	35.89	2.40	0.35	0.00	671.07	3.70	0.13
Spicy Cool Sauce - SR1788 (1 tbsp.)	15	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Spicy K Sauce - SR2586 (1 tbsp.)	30	20.36	0.02	0.00	0.00	160.03	5.06	0.01
SY21-22 - FoodiE From the Garden W1D5 :39002 - ServingDate: 01/13/2023								
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Cinnamon Swirled Apples - SR1492 (1/2 c.)	15	44.60	0.00	0.00	0.00	8.79	10.78	0.01
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Mixed Salad Greens - SR1080 (1/2 c.)	10	6.43	0.01	0.00	0.00	6.33	1.25	0.47
Moroccan Spiced Carrots - SR2588 (1/2 c.)	10	122.06	10.32	0.81	0.00	158.09	8.34	0.84
Chilled Peas - SR2483 (1/2 c.)	15	72.76	0.38	0.06	0.00	102.06	12.87	4.93
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	0.00	249.48	30.62	7.69
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	2.37	1.54	0.00	107.36	12.18	8.22
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.20	0.14	0.00	102.90	12.15	8.26
Ranch Dressing - SR1931 (1 pump)	20	60.00	6.00	1.00	0.00	125.00	1.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE From the Garden W1D5 :39002 - ServingDate: 01/13/2023								
Ketchup - SR1004 (1 pump)	60	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	10	53.33	5.87	1.07	0.00	45.33	0.00	0.00
MK Special Sauce - SR2585 (1 tbsp.)	15	29.38	2.25	0.25	0.00	66.72	2.55	0.07
Music City Sauce - SR2584 (1 tbsp.)	15	32.08	1.90	0.22	0.01	52.11	3.54	0.74
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	15	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Spicy K Sauce - SR2586 (1 tbsp.)	30	20.36	0.02	0.00	0.00	160.03	5.06	0.01
SY21-22 - FoodiE From the Garden W2D2 :39002 - ServingDate: 01/17/2023								
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Orange Smiles - SR1172 (6 slice or w)	40	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Pears - SR3041 (1/2 c.)	35	57.47	0.00	0.00	0.00	4.79	15.33	0.00
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Blanched Broccoli Florets - SR1272 (1/2 c.)	15	10.84	0.12	0.01	0.00	10.75	2.12	0.90
Citrus Glazed Carrots - SR1131 (1/2 c.)	10	60.46	0.78	0.14	0.00	67.70	13.35	0.68
Caesar Side Salad - SR1428 (1 c.)	25	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	0.00	249.48	30.62	7.69
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	2.37	1.54	0.00	107.36	12.18	8.22
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.20	0.14	0.00	102.90	12.15	8.26
Ranch Dressing - SR1931 (1 pump)	20	60.00	6.00	1.00	0.00	125.00	1.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE From the Garden W2D2 :39002 - ServingDate: 01/17/2023								
Ketchup - SR1004 (1 pump)	25	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
MK Special Sauce - SR2585 (1 tbsp.)	10	29.38	2.25	0.25	0.00	66.72	2.55	0.07
Music City Sauce - SR2584 (1 tbsp.)	10	32.08	1.90	0.22	0.01	52.11	3.54	0.74
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	15	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Spicy K Sauce - SR2586 (1 tbsp.)	25	20.36	0.02	0.00	0.00	160.03	5.06	0.01
SY21-22 - FoodiE From the Garden W2D3 :39002 - ServingDate: 01/18/2023								
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Unsweetened Applesauce - SR1195 (1/2 c.)	30	55.86	0.15	0.03	0.00	10.49	12.58	0.32
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Broccoli Lime Salad - SR1274 (1/2 c.)	15	26.44	2.16	0.16	0.00	29.21	1.75	0.62
Elote Corn - SR1677 (1/2 c.)	20	129.48	1.72	0.57	0.02	42.65	28.45	4.71
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	0.00	249.48	30.62	7.69
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	2.37	1.54	0.00	107.36	12.18	8.22
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.20	0.14	0.00	102.90	12.15	8.26
Creamy Caesar Dressing - SR2446 (2 tbsp.)	5	110.00	12.00	2.00	0.00	300.00	1.00	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)
SY21-22 - FoodiE From the Garden W2D3 :39002 - ServingDate: 01/18/2023								
Italian Salad Dressing - SR1489 (2 tbsp.)	5	30.00	0.00	0.00	0.00	350.00	8.00	0.00
Ranch Dressing - SR1931 (1 pump)	30	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	60	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
MK Special Sauce - SR2585 (1 tbsp.)	15	29.38	2.25	0.25	0.00	66.72	2.55	0.07
Music City Sauce - SR2584 (1 tbsp.)	15	32.08	1.90	0.22	0.01	52.11	3.54	0.74
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Buffalo Ranch Sauce - SR1453 (2 tbsp.)	5	35.89	2.40	0.35	0.00	671.07	3.70	0.13
Spicy Cool Sauce - SR1788 (1 tbsp.)	15	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Spicy K Sauce - SR2586 (1 tbsp.)	30	20.36	0.02	0.00	0.00	160.03	5.06	0.01
SY21-22 - FoodiE From the Garden W2D4 :39002 - ServingDate: 01/19/2023								
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Orange Smiles - SR1172 (6 slice or w)	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fruit Cocktail - SR3023 (1/2 c.)	25	86.67	0.00	0.00	0.00	7.22	21.67	0.00
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Moroccan Spiced Carrots - SR2588 (1/2 c.)	10	122.06	10.32	0.81	0.00	158.09	8.34	0.84
Mex Zucchini - SR1697 (1/2 c.)	10	147.29	14.53	1.11	0.00	171.47	5.08	1.72
Caesar Side Salad - SR1428 (1 c.)	25	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Peas - SR2483 (1/2 c.)	20	72.76	0.38	0.06	0.00	102.06	12.87	4.93

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE From the Garden W2D4 :39002 - ServingDate: 01/19/2023								
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	0.00	249.48	30.62	7.69
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	2.37	1.54	0.00	107.36	12.18	8.22
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.20	0.14	0.00	102.90	12.15	8.26
Ranch Dressing - SR1931 (1 pump)	10	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	60	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
MK Special Sauce - SR2585 (1 tbsp.)	20	29.38	2.25	0.25	0.00	66.72	2.55	0.07
Music City Sauce - SR2584 (1 tbsp.)	15	32.08	1.90	0.22	0.01	52.11	3.54	0.74
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	10	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Spicy K Sauce - SR2586 (1 tbsp.)	30	20.36	0.02	0.00	0.00	160.03	5.06	0.01
SY21-22 - FoodiE From the Garden W2D5 :39002 - ServingDate: 01/20/2023								
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Cinnamon Swirled Apples - SR1492 (1/2 c.)	25	44.60	0.00	0.00	0.00	8.79	10.78	0.01
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Edamame - SR1046 (1/2 c.)	20	99.79	4.29	0.51	0.01	4.95	7.35	9.82
Ginger Carrot Salad - SR1540 (1/2 c.)	15	69.86	0.15	0.03	0.00	36.79	17.36	0.65
Mixed Salad Greens - SR1080 (1/2 c.)	10	6.43	0.01	0.00	0.00	6.33	1.25	0.47

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE From the Garden W2D5 :39002 - ServingDate: 01/20/2023								
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	0.00	249.48	30.62	7.69
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	2.37	1.54	0.00	107.36	12.18	8.22
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.20	0.14	0.00	102.90	12.15	8.26
Ranch Dressing - SR1931 (1 pump)	60	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	5	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
MK Special Sauce - SR2585 (1 tbsp.)	5	29.38	2.25	0.25	0.00	66.72	2.55	0.07
Music City Sauce - SR2584 (1 tbsp.)	10	32.08	1.90	0.22	0.01	52.11	3.54	0.74
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	15	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Spicy K Sauce - SR2586 (1 tbsp.)	5	20.36	0.02	0.00	0.00	160.03	5.06	0.01
SY21-22 - FoodiE From the Garden W3D1 :39002 - ServingDate: 01/23/2023								
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Crispy Whole Apple - SR1161 (1 extra smal)	30	47.79	0.16	0.03	0.00	0.92	12.69	0.24
Diced Peaches - SR3040 (1/2 c.)	40	59.04	0.00	0.00	0.00	4.92	13.78	0.00
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Blanched Broccoli Florets - SR1272 (1/2 c.)	20	10.84	0.12	0.01	0.00	10.75	2.12	0.90
Citrus Glazed Carrots - SR1131 (1/2 c.)	10	60.46	0.78	0.14	0.00	67.70	13.35	0.68
Garden Side Salad - SR1429 (1 c.)	15	20.07	0.13	0.02	0.00	25.59	4.25	1.10

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE From the Garden W3D1 :39002 - ServingDate: 01/23/2023								
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	0.00	249.48	30.62	7.69
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	2.37	1.54	0.00	107.36	12.18	8.22
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.20	0.14	0.00	102.90	12.15	8.26
Ranch Dressing - SR1931 (1 pump)	30	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	5	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
MK Special Sauce - SR2585 (1 tbsp.)	15	29.38	2.25	0.25	0.00	66.72	2.55	0.07
Music City Sauce - SR2584 (1 tbsp.)	15	32.08	1.90	0.22	0.01	52.11	3.54	0.74
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	15	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Spicy K Sauce - SR2586 (1 tbsp.)	5	20.36	0.02	0.00	0.00	160.03	5.06	0.01
SY21-22 - FoodiE From the Garden W3D2 :39002 - ServingDate: 01/24/2023								
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Orange Smiles - SR1172 (6 slice or w)	20	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Pears - SR3041 (1/2 c.)	20	57.47	0.00	0.00	0.00	4.79	15.33	0.00
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Edamame - SR1046 (1/2 c.)	25	99.79	4.29	0.51	0.01	4.95	7.35	9.82
Ginger Carrot Salad - SR1540 (1/2 c.)	15	69.86	0.15	0.03	0.00	36.79	17.36	0.65
Caesar Side Salad - SR1428 (1 c.)	20	169.83	15.80	3.27	0.00	325.07	5.61	2.95

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE From the Garden W3D2 :39002 - ServingDate: 01/24/2023								
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	0.00	249.48	30.62	7.69
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	2.37	1.54	0.00	107.36	12.18	8.22
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.20	0.14	0.00	102.90	12.15	8.26
Creamy Caesar Dressing - SR2446 (2 tbsp.)	5	110.00	12.00	2.00	0.00	300.00	1.00	1.00
Italian Salad Dressing - SR1489 (2 tbsp.)	5	30.00	0.00	0.00	0.00	350.00	8.00	0.00
Ranch Dressing - SR1931 (1 pump)	30	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	60	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
MK Special Sauce - SR2585 (1 tbsp.)	15	29.38	2.25	0.25	0.00	66.72	2.55	0.07
Music City Sauce - SR2584 (1 tbsp.)	15	32.08	1.90	0.22	0.01	52.11	3.54	0.74
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Buffalo Ranch Sauce - SR1453 (2 tbsp.)	5	35.89	2.40	0.35	0.00	671.07	3.70	0.13
Spicy Cool Sauce - SR1788 (1 tbsp.)	15	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Spicy K Sauce - SR2586 (1 tbsp.)	30	20.36	0.02	0.00	0.00	160.03	5.06	0.01
SY21-22 - FoodiE From the Garden W3D3 :39002 - ServingDate: 01/25/2023								
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Unsweetened Applesauce - SR1195 (1/2 c.)	15	55.86	0.15	0.03	0.00	10.49	12.58	0.32
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	5.00	14.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE From the Garden W3D3 :39002 - ServingDate: 01/25/2023								
Basil Corn Salad - SR2587 (1/2 c.)	10	102.63	4.12	0.34	0.00	296.57	16.85	2.40
Italian Roasted Chickpeas - SR2583 (1/2 c.)	10	145.36	2.86	0.06	0.00	267.06	22.57	7.48
Super Side Salad - SR1979 (1 c.)	15	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	0.00	249.48	30.62	7.69
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	2.37	1.54	0.00	107.36	12.18	8.22
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.20	0.14	0.00	102.90	12.15	8.26
Ranch Dressing - SR1931 (1 pump)	70	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	60	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
MK Special Sauce - SR2585 (1 tbsp.)	10	29.38	2.25	0.25	0.00	66.72	2.55	0.07
Music City Sauce - SR2584 (1 tbsp.)	10	32.08	1.90	0.22	0.01	52.11	3.54	0.74
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	15	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Spicy K Sauce - SR2586 (1 tbsp.)	20	20.36	0.02	0.00	0.00	160.03	5.06	0.01
SY21-22 - FoodiE From the Garden W3D4 :39002 - ServingDate: 01/26/2023								
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Orange Smiles - SR1172 (6 slice or w)	40	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fruit Cocktail - SR3023 (1/2 c.)	30	86.67	0.00	0.00	0.00	7.22	21.67	0.00
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	5.00	14.00	0.00

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 Date: 01/01/2023 - 01/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE From the Garden W3D4 :39002 - ServingDate: 01/26/2023								
Broccoli Lime Salad - SR1274 (1/2 c.)	10	26.44	2.16	0.16	0.00	29.21	1.75	0.62
Elote Corn - SR1677 (1/2 c.)	10	129.48	1.72	0.57	0.02	42.65	28.45	4.71
Caesar Side Salad - SR1428 (1 c.)	30	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	0.00	249.48	30.62	7.69
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	2.37	1.54	0.00	107.36	12.18	8.22
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.20	0.14	0.00	102.90	12.15	8.26
Ranch Dressing - SR1931 (1 pump)	70	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	5	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
MK Special Sauce - SR2585 (1 tbsp.)	5	29.38	2.25	0.25	0.00	66.72	2.55	0.07
Music City Sauce - SR2584 (1 tbsp.)	10	32.08	1.90	0.22	0.01	52.11	3.54	0.74
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	10	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Spicy K Sauce - SR2586 (1 tbsp.)	5	20.36	0.02	0.00	0.00	160.03	5.06	0.01
SY21-22 - FoodiE From the Garden W3D5 :39002 - ServingDate: 01/27/2023								
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Banana - SR1166 (1 medium (7"))	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Cinnamon Swirled Apples - SR1492 (1/2 c.)	15	44.60	0.00	0.00	0.00	8.79	10.78	0.01
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	5.00	14.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE From the Garden W3D5 :39002 - ServingDate: 01/27/2023								
Mixed Salad Greens - SR1080 (1/2 c.)	10	6.43	0.01	0.00	0.00	6.33	1.25	0.47
Moroccan Spiced Carrots - SR2588 (1/2 c.)	10	122.06	10.32	0.81	0.00	158.09	8.34	0.84
Mex Zucchini - SR1697 (1/2 c.)	10	147.29	14.53	1.11	0.00	171.47	5.08	1.72
Chilled Peas - SR2483 (1/2 c.)	20	72.76	0.38	0.06	0.00	102.06	12.87	4.93
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	0.00	249.48	30.62	7.69
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	2.37	1.54	0.00	107.36	12.18	8.22
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.20	0.14	0.00	102.90	12.15	8.26
Ranch Dressing - SR1931 (1 pump)	15	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	5	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
MK Special Sauce - SR2585 (1 tbsp.)	5	29.38	2.25	0.25	0.00	66.72	2.55	0.07
Music City Sauce - SR2584 (1 tbsp.)	10	32.08	1.90	0.22	0.01	52.11	3.54	0.74
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	15	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Spicy K Sauce - SR2586 (1 tbsp.)	5	20.36	0.02	0.00	0.00	160.03	5.06	0.01
SY21-22 - FoodiE From the Garden W4D1 :39002 - ServingDate: 01/30/2023								
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Crispy Whole Apple - SR1161 (1 extra smal)	15	47.79	0.16	0.03	0.00	0.92	12.69	0.24
Diced Peaches - SR3040 (1/2 c.)	20	59.04	0.00	0.00	0.00	4.92	13.78	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE From the Garden W4D1 :39002 - ServingDate: 01/30/2023								
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Blanched Broccoli Florets - SR1272 (1/2 c.)	15	10.84	0.12	0.01	0.00	10.75	2.12	0.90
Citrus Glazed Carrots - SR1131 (1/2 c.)	20	60.46	0.78	0.14	0.00	67.70	13.35	0.68
Garden Side Salad - SR1429 (1 c.)	20	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	0.00	249.48	30.62	7.69
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	2.37	1.54	0.00	107.36	12.18	8.22
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.20	0.14	0.00	102.90	12.15	8.26
Ranch Dressing - SR1931 (1 pump)	75	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	60	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
MK Special Sauce - SR2585 (1 tbsp.)	15	29.38	2.25	0.25	0.00	66.72	2.55	0.07
Music City Sauce - SR2584 (1 tbsp.)	15	32.08	1.90	0.22	0.01	52.11	3.54	0.74
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	15	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Spicy K Sauce - SR2586 (1 tbsp.)	30	20.36	0.02	0.00	0.00	160.03	5.06	0.01
SY21-22 - FoodiE From the Garden W4D2 :39002 - ServingDate: 01/31/2023								
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Orange Smiles - SR1172 (6 slice or w)	35	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Pears - SR3041 (1/2 c.)	35	57.47	0.00	0.00	0.00	4.79	15.33	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE From the Garden W4D2 :39002 - ServingDate: 01/31/2023								
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Broccoli Lime Salad - SR1274 (1/2 c.)	20	26.44	2.16	0.16	0.00	29.21	1.75	0.62
Elote Corn - SR1677 (1/2 c.)	20	129.48	1.72	0.57	0.02	42.65	28.45	4.71
Caesar Side Salad - SR1428 (1 c.)	30	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	0.00	249.48	30.62	7.69
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	2.37	1.54	0.00	107.36	12.18	8.22
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.20	0.14	0.00	102.90	12.15	8.26
Ranch Dressing - SR1931 (1 pump)	20	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	60	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	10	53.33	5.87	1.07	0.00	45.33	0.00	0.00
MK Special Sauce - SR2585 (1 tbsp.)	15	29.38	2.25	0.25	0.00	66.72	2.55	0.07
Music City Sauce - SR2584 (1 tbsp.)	15	32.08	1.90	0.22	0.01	52.11	3.54	0.74
Yellow Mustard - SR1603 (1 pump)	20	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	10	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Spicy K Sauce - SR2586 (1 tbsp.)	30	20.36	0.02	0.00	0.00	160.03	5.06	0.01

Legend
 (M) - Missing Nutrient Values

Report Selections
 Meal Type: Lunch
 Site Group: FoodiE Cafe
 Menu Line: FE-From The Garden (Milk, Condiments)
 Serving Group: 6-8
 Nutrients Option: Expanded

Menu Calendar Nutrient Analysis Report - January, 2023

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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.