

Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Upper Elementary
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 2 Day 3 :41084 - ServingDate: 02/01/2023								
Sausage Breakfast Pizza - SR1167 (1 slice)	50	210.00	7.00	2.00	0.00	350.00	27.00	9.00
Buttery Wheat Toast - OKR1044 (2 slices)	0	193.33	5.67	1.50	0.00	266.67	30.00	6.00
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	5	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	5	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	5	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	10	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	10	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	10	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	113.29	1.37	0.25	0.00	140.00	23.74	1.46
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese Stick - SR3035 (1 stick.)	5	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Banana - SR1166 (1 medium (7"))	50	105.02	0.39	0.13	0.00	1.18	26.95	1.29
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	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)
SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 2 Day 3 :41084 - ServingDate: 02/01/2023								
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Grape Jelly - SR2340 (1 tbsp.)	0	50.00	0.03	0.01	0.01	7.14	13.00	0.04
SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 2 Day 4 :41084 - ServingDate: 02/02/2023								
Breakfast Sandwich, English muffin, ham, American - OKR1951 (1 sandwich)	65	235.00	8.00	3.25	0.00	995.00	25.00	14.50
Hot Oatmeal - SR1483 (1/2 c.)	35	126.94	2.54	0.42	0.00	4.23	22.85	4.23
Apple Cinnamon Cheerios bowl/pack - SR1327 (1 bowl)	0	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	0	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	113.29	1.37	0.25	0.00	140.00	23.74	1.46

Menu Calendar Nutrient Analysis Report - February, 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)
SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 2 Day 4 :41084 - ServingDate: 02/02/2023								
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese Stick - SR3035 (1 stick.)	5	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Strawberry Flavor Craisins - SR2882 (1 Pouch)	25	109.95	0.00	0.00	(M)	0.00	26.99	0.00
Craisins, Watermelon Flavor - SR2915 (1 Pouch)	25	109.95	0.00	0.00	0.00	0.00	26.99	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 2 Day 5 :41084 - ServingDate: 02/03/2023								
Homestyle Breakfast Plate - SR2752 (1 plate)	65	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	0	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	23.00	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)
SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 2 Day 5 :41084 - ServingDate: 02/03/2023								
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	0	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	113.29	1.37	0.25	0.00	140.00	23.74	1.46
Cinnamon Toast - OKR1015 (2 slice)	45	227.56	5.76	1.75	0.00	266.73	38.93	6.03
Turkey Sausage Link - SR2332 (1 link)	65	60.00	4.00	1.00	0.00	90.00	0.00	6.00
Scrambled Eggs - OKR1375 (1/4 c.)	65	64.02	4.12	1.37	0.00	68.59	1.37	5.49
Buttery Wheat Toast - OKR1044 (1 slices)	65	96.67	2.83	0.75	0.00	133.33	15.00	3.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese Stick - SR3035 (1 stick.)	0	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Small Apples - OKR1780 (1 small (2-3))	45	77.48	0.25	0.04	0.00	1.49	20.58	0.39
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61

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SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 2 Day 5 :41084 - ServingDate: 02/03/2023								
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 3 Day 1 :41084 - ServingDate: 02/06/2023								
Buttery Wheat Toast - OKR1044 (2 slices)	0	193.33	5.67	1.50	0.00	266.67	30.00	6.00
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	5	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	5	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	5	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	10	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	10	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	10	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	113.29	1.37	0.25	0.00	140.00	23.74	1.46
French Toast Sticks - SR1910 (3 stick.)	50	193.02	7.42	1.11	0.00	222.71	28.21	4.45
Buttery Wheat Toast Side - OKR1160 (1 slice)	20	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	20	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese Stick - SR3035 (1 stick.)	20	91.13	7.09	5.06	0.00	202.50	0.00	7.09

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SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 3 Day 1 :41084 - ServingDate: 02/06/2023								
Unsweetened Applesauce - SR1195 (1/2 c.)	40	55.86	0.15	0.03	0.00	10.49	12.58	0.32
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Breakfast Syrup Cup - SR2498 (1 Container)	50	110.00	0.00	0.00	0.00	20.00	29.00	0.00
SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 3 Day 2 :41084 - ServingDate: 02/07/2023								
Biscuit with Old Fashioned Gravy - OKR1604 (1 ea.)	55	256.80	11.52	5.76	0.14	564.83	34.04	4.12
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	0	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	0	108.86	1.15	0.00	0.00	101.11	23.32	2.32

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SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 3 Day 2 :41084 - ServingDate: 02/07/2023								
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	113.29	1.37	0.25	0.00	140.00	23.74	1.46
Cinnamon Toast - OKR1015 (2 slice)	45	227.56	5.76	1.75	0.00	266.73	38.93	6.03
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese Stick - SR3035 (1 stick.)	0	91.13	7.09	5.06	0.00	202.50	0.00	7.09
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)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 3 Day 3 :41084 - ServingDate: 02/08/2023								
Sausage Breakfast Pizza - SR1167 (1 slice)	55	210.00	7.00	2.00	0.00	350.00	27.00	9.00
Buttery Wheat Toast - OKR1044 (2 slices)	0	193.33	5.67	1.50	0.00	266.67	30.00	6.00
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	5	113.51	1.88	0.00	0.00	113.51	22.71	2.27

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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)
SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 3 Day 3 :41084 - ServingDate: 02/08/2023								
Honey Cheerios Cereal - SR3548 (1 bowl)	5	110.00	1.50	0.00	0.00	170.00	22.00	3.00
Cinnamon Chex - SR2336 (1 bowl)	5	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	10	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	10	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	113.29	1.37	0.25	0.00	140.00	23.74	1.46
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese Stick - SR3035 (1 stick.)	5	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Banana - SR1166 (1 medium (7"))	50	105.02	0.39	0.13	0.00	1.18	26.95	1.29
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00

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SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 3 Day 3 :41084 - ServingDate: 02/08/2023								
Grape Jelly - SR2340 (1 tbsp.)	0	50.00	0.03	0.01	0.01	7.14	13.00	0.04
SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 3 Day 4 :41084 - ServingDate: 02/09/2023								
Breakfast Sandwich, English muffin, ham, American - OKR1951 (1 sandwich)	65	235.00	8.00	3.25	0.00	995.00	25.00	14.50
Hot Oatmeal - SR1483 (1/2 c.)	35	126.94	2.54	0.42	0.00	4.23	22.85	4.23
Apple Cinnamon Cheerios bowl/pack - SR1327 (1 bowl)	0	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	0	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	113.29	1.37	0.25	0.00	140.00	23.74	1.46
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese Stick - SR3035 (1 stick.)	5	91.13	7.09	5.06	0.00	202.50	0.00	7.09

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SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 3 Day 4 :41084 - ServingDate: 02/09/2023								
Strawberry Flavor Craisins - SR2882 (1 Pouch)	25	109.95	0.00	0.00	(M)	0.00	26.99	0.00
Craisins, Watermelon Flavor - SR2915 (1 Pouch)	25	109.95	0.00	0.00	0.00	0.00	26.99	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 3 Day 5 :41084 - ServingDate: 02/10/2023								
Breakfast Taco, Omelet, Tortilla - OKR1948 (1 tacos)	55	220.00	13.50	4.50	0.00	420.00	15.00	9.00
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	0	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00

Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Upper Elementary
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 3 Day 5 :41084 - ServingDate: 02/10/2023								
Lucky Charms - SR2428 (1 bowl)	0	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	113.29	1.37	0.25	0.00	140.00	23.74	1.46
Cinnamon Toast - OKR1015 (2 slice)	45	227.56	5.76	1.75	0.00	266.73	38.93	6.03
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese Stick - SR3035 (1 stick.)	0	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Small Apples - OKR1780 (1 small (2-3))	45	77.48	0.25	0.04	0.00	1.49	20.58	0.39
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 4 Day 1 :41084 - ServingDate: 02/13/2023								
Soft-Filled Cinnamon Toast Crunch Breakfast Bar - SR2822 (1 pkg.)	50	204.07	6.20	1.85	0.13	231.07	32.54	4.42
Buttery Wheat Toast - OKR1044 (2 slices)	0	193.33	5.67	1.50	0.00	266.67	30.00	6.00

Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Upper Elementary
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 4 Day 1 :41084 - ServingDate: 02/13/2023								
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	5	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	5	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	5	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	10	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	10	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	10	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	113.29	1.37	0.25	0.00	140.00	23.74	1.46
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese Stick - SR3035 (1 stick.)	5	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Unsweetened Applesauce - SR1195 (1/2 c.)	45	55.86	0.15	0.03	0.00	10.49	12.58	0.32
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00

Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Upper Elementary
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 4 Day 1 :41084 - ServingDate: 02/13/2023								
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 4 Day 2 :41084 - ServingDate: 02/14/2023								
Biscuit with Old Fashioned Gravy - OKR1604 (1 ea.)	50	256.80	11.52	5.76	0.14	564.83	34.04	4.12
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	0	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	0	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	113.29	1.37	0.25	0.00	140.00	23.74	1.46
Cinnamon Roll - OKR1273 (1 roll.)	50	205.30	1.00	0.50	0.00	135.17	45.05	5.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese Stick - SR3035 (1 stick.)	0	91.13	7.09	5.06	0.00	202.50	0.00	7.09

Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Upper Elementary
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 4 Day 2 :41084 - ServingDate: 02/14/2023								
Orange Smiles - SR1172 (6 slice or w)	45	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 4 Day 3 :41084 - ServingDate: 02/15/2023								
Sausage Breakfast Pizza - SR1167 (1 slice)	50	210.00	7.00	2.00	0.00	350.00	27.00	9.00
Buttery Wheat Toast - OKR1044 (2 slices)	0	193.33	5.67	1.50	0.00	266.67	30.00	6.00
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	5	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	5	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	5	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	10	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	10	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	0.00	170.00	24.00	2.00

Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Upper Elementary
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 4 Day 3 :41084 - ServingDate: 02/15/2023								
Lucky Charms - SR2428 (1 bowl)	10	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	113.29	1.37	0.25	0.00	140.00	23.74	1.46
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese Stick - SR3035 (1 stick.)	5	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Grape Jelly - SR2340 (1 tbsp.)	0	50.00	0.03	0.01	0.01	7.14	13.00	0.04
SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 4 Day 4 :41084 - ServingDate: 02/16/2023								
Breakfast Sandwich, English muffin, ham, American - OKR1951 (1 sandwich)	65	235.00	8.00	3.25	0.00	995.00	25.00	14.50
Hot Oatmeal - SR1483 (1/2 c.)	35	126.94	2.54	0.42	0.00	4.23	22.85	4.23

Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Upper Elementary
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 4 Day 4 :41084 - ServingDate: 02/16/2023								
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	0	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	0	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	113.29	1.37	0.25	0.00	140.00	23.74	1.46
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese Stick - SR3035 (1 stick.)	5	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Strawberry Flavor Craisins - SR2882 (1 Pouch)	25	109.95	0.00	0.00	(M)	0.00	26.99	0.00
Craisins, Watermelon Flavor - SR2915 (1 Pouch)	25	109.95	0.00	0.00	0.00	0.00	26.99	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00

Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Upper Elementary
Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 4 Day 4 :41084 - ServingDate: 02/16/2023								
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 4 Day 5 :41084 - ServingDate: 02/17/2023								
Homestyle Breakfast Plate - SR2752 (1 plate)	65	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	0	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	0	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	113.29	1.37	0.25	0.00	140.00	23.74	1.46
Cinnamon Toast - OKR1015 (2 slice)	35	227.56	5.76	1.75	0.00	266.73	38.93	6.03
Turkey Sausage Link - SR2332 (1 link)	65	60.00	4.00	1.00	0.00	90.00	0.00	6.00
Scrambled Eggs - OKR1375 (1/4 c.)	65	64.02	4.12	1.37	0.00	68.59	1.37	5.49
Buttery Wheat Toast - OKR1044 (1 slices)	65	96.67	2.83	0.75	0.00	133.33	15.00	3.00

Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Upper Elementary
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 4 Day 5 :41084 - ServingDate: 02/17/2023								
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese Stick - SR3035 (1 stick.)	0	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Small Apples - OKR1780 (1 small (2-3))	45	77.48	0.25	0.04	0.00	1.49	20.58	0.39
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 5 Day 2 :41084 - ServingDate: 02/21/2023								
Biscuit with Old Fashioned Gravy - OKR1604 (1 ea.)	55	256.80	11.52	5.76	0.14	564.83	34.04	4.12
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	0	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	120.00	2.50	0.00	0.00	160.00	22.00	1.00

Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Upper Elementary
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 5 Day 2 :41084 - ServingDate: 02/21/2023								
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	0	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	113.29	1.37	0.25	0.00	140.00	23.74	1.46
Cinnamon Toast - OKR1015 (2 slice)	45	227.56	5.76	1.75	0.00	266.73	38.93	6.03
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese Stick - SR3035 (1 stick.)	0	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Orange Smiles - SR1172 (6 slice or w)	45	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 5 Day 3 :41084 - ServingDate: 02/22/2023								
Sausage Breakfast Pizza - SR1167 (1 slice)	50	210.00	7.00	2.00	0.00	350.00	27.00	9.00

Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Upper Elementary
Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 5 Day 3 :41084 - ServingDate: 02/22/2023								
Buttery Wheat Toast - OKR1044 (2 slices)	0	193.33	5.67	1.50	0.00	266.67	30.00	6.00
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	5	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	5	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	5	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	10	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	10	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	10	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	113.29	1.37	0.25	0.00	140.00	23.74	1.46
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese Stick - SR3035 (1 stick.)	5	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Banana - SR1166 (1 medium (7"))	45	105.02	0.39	0.13	0.00	1.18	26.95	1.29
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00

Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Upper Elementary
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 5 Day 3 :41084 - ServingDate: 02/22/2023								
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 5 Day 4 :41084 - ServingDate: 02/23/2023								
Breakfast Sandwich, English muffin, ham, American - OKR1951 (1 sandwich)	65	235.00	8.00	3.25	0.00	995.00	25.00	14.50
Hot Oatmeal - SR1483 (1/2 c.)	35	126.94	2.54	0.42	0.00	4.23	22.85	4.23
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	0	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	0	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	113.29	1.37	0.25	0.00	140.00	23.74	1.46
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese Stick - SR3035 (1 stick.)	0	91.13	7.09	5.06	0.00	202.50	0.00	7.09

Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Upper Elementary
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 5 Day 4 :41084 - ServingDate: 02/23/2023								
Strawberry Flavor Craisins - SR2882 (1 Pouch)	25	109.95	0.00	0.00	(M)	0.00	26.99	0.00
Craisins, Watermelon Flavor - SR2915 (1 Pouch)	25	109.95	0.00	0.00	0.00	0.00	26.99	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 5 Day 5 :41084 - ServingDate: 02/24/2023								
Breakfast Taco, Omelet, Tortilla - OKR1948 (1 tacos)	55	220.00	13.50	4.50	0.00	420.00	15.00	9.00
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	0	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00

Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Upper Elementary
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 5 Day 5 :41084 - ServingDate: 02/24/2023								
Lucky Charms - SR2428 (1 bowl)	0	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	113.29	1.37	0.25	0.00	140.00	23.74	1.46
Cinnamon Toast - OKR1015 (2 slice)	45	227.56	5.76	1.75	0.00	266.73	38.93	6.03
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese Stick - SR3035 (1 stick.)	0	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Small Apples - OKR1780 (1 small (2-3))	45	77.48	0.25	0.04	0.00	1.49	20.58	0.39
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 1 Day 1 :41084 - ServingDate: 02/27/2023								
Buttery Wheat Toast - OKR1044 (2 slices)	0	193.33	5.67	1.50	0.00	266.67	30.00	6.00
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	5	113.51	1.88	0.00	0.00	113.51	22.71	2.27

Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Upper Elementary
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 1 Day 1 :41084 - ServingDate: 02/27/2023								
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	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	10	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	10	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	10	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	113.29	1.37	0.25	0.00	140.00	23.74	1.46
Pancake Sausage Bites - OKR1897 (5 pcs.)	61	220.00	13.00	3.00	0.00	360.00	17.00	10.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese Stick - SR3035 (1 stick.)	5	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Unsweetened Applesauce - SR1195 (1/2 c.)	40	55.86	0.15	0.03	0.00	10.49	12.58	0.32
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00

Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Upper Elementary
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 1 Day 2 :41084 - ServingDate: 02/28/2023								
Biscuit with Old Fashioned Gravy - OKR1604 (1 ea.)	60	256.80	11.52	5.76	0.14	564.83	34.04	4.12
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	0	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	0	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	113.29	1.37	0.25	0.00	140.00	23.74	1.46
Cinnamon Toast - OKR1015 (2 slice)	40	227.56	5.76	1.75	0.00	266.73	38.93	6.03
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese Stick - SR3035 (1 stick.)	0	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Orange Smiles - SR1172 (6 slice or w)	40	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00

Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Upper Elementary
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 1 Day 2 :41084 - ServingDate: 02/28/2023								
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	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-5
 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.