

## Menu Calendar Nutrient Analysis Report - May, 2022

Site: Guthrie Upper Elementary  
Date: 05/01/2022 - 05/31/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>K-12 Breakfast Program 21-22 W5D1 - ServingDate: 05/02/2022</b>								
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	20	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Trix Cereal reduced sugar - SR1184 (1 bowl)	20	113.29	1.37	0.25	0.00	140.00	23.74	1.46
Fruit & Yogurt Smoothie - SR2974 (1 Smoothie)	25	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Sausage Biscuit, WGR (21-22), turkey sausage - OKR1892 (1 ea.)	35	273.50	13.80	6.12	0.14	410.36	27.83	10.62
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Strawberry Yogurt - SR2433 (1/2 c.)	40	98.26	0.57	0.45	0.00	56.10	19.95	3.29
Original Graham Crackers - SR1163 (1 pkg.)	11	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	11	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Unsweetened Applesauce - SR1195 (1/2 c.)	12	55.86	0.15	0.03	0.00	10.49	12.58	0.32
Unsweetened Applesauce - SR2848 (1 Container)	50	60.00	0.00	0.00	0.00	15.00	14.00	0.00
100% Apple Juice - SR2547 (2 fl oz cup)	11	30.00	0.00	0.00	0.00	2.50	7.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00
<b>K-12 Breakfast Program 21-22 W5D2 - ServingDate: 05/03/2022</b>								
Soft Wheat Bagel - SR1168 (1 bagel)	25	170.00	1.00	0.00	0.00	310.00	35.00	6.00

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<b>K-12 Breakfast Program 21-22 W5D2 - ServingDate: 05/03/2022</b>								
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	15	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Trix Cereal reduced sugar - SR1184 (1 bowl)	15	113.29	1.37	0.25	0.00	140.00	23.74	1.46
Blueberry Muffin - SR1454 (1 muffin)	45	190.00	6.00	2.00	0.00	130.00	30.00	3.00
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	11	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Diced Peaches - SR1196 (1/2 c.)	1	77.87	0.05	0.00	0.00	7.08	20.48	1.11
Diced Peach Cups - OKR1792 (1 Container)	50	50.64	0.02	0.00	0.00	6.12	11.93	0.42
100% Apple Juice - SR2547 (2 fl oz cup)	11	30.00	0.00	0.00	0.00	2.50	7.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	50	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	1	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Original Cream Cheese Cup - OKR1229 (1 Container)	0	70.00	7.00	4.00	0.00	115.00	1.00	1.00
<b>K-12 Breakfast Program 21-22 W5D3 - ServingDate: 05/04/2022</b>								
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	15	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Trix Cereal reduced sugar - SR1184 (1 bowl)	15	113.29	1.37	0.25	0.00	140.00	23.74	1.46
French Toast Sticks - SR1910 (4 stick.)	45	257.36	9.90	1.49	0.00	296.95	37.61	5.94

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Site: Guthrie Upper Elementary  
Date: 05/01/2022 - 05/31/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>K-12 Breakfast Program 21-22 W5D3 - ServingDate: 05/04/2022</b>								
Fruit & Yogurt Smoothie - SR2974 (1 Smoothie)	25	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Strawberry Yogurt - SR2433 (1/2 c.)	25	98.26	0.57	0.45	0.00	56.10	19.95	3.29
Original Graham Crackers - SR1163 (1 pkg.)	25	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	11	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Small Apples - OKR1780 (1 small (2-3))	50	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Unsweetened Applesauce - SR1195 (1/4 c.)	11	27.93	0.08	0.01	0.00	5.24	6.29	0.16
Orange Smiles - SR1172 (6 slice or w)	1	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (2 fl oz cup)	11	30.00	0.00	0.00	0.00	2.50	7.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	1	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Breakfast Syrup Cup - SR2498 (1 Container)	45	110.00	0.00	0.00	0.00	20.00	29.00	0.00
<b>K-12 Breakfast Program 21-22 W5D4 - ServingDate: 05/05/2022</b>								
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	20	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Trix Cereal reduced sugar - SR1184 (1 bowl)	20	113.29	1.37	0.25	0.00	140.00	23.74	1.46

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Site: Guthrie Upper Elementary  
Date: 05/01/2022 - 05/31/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>K-12 Breakfast Program 21-22 W5D4 - ServingDate: 05/05/2022</b>								
Fruit & Yogurt Smoothie - SR2974 (1 Smoothie)	30	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Original Graham Crackers - SR1163 (1 pkg.)	30	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Pureed Bananas - SR2975 (1/4 c.)	30	49.63	0.18	0.06	0.00	0.56	12.74	0.61
Honey Glazed Chicken Biscuit - OKR1893 (1 sandwich)	30	373.91	14.90	5.62	0.14	507.21	51.63	10.28
100% Apple Juice - SR2547 (2 fl oz cup)	30	30.00	0.00	0.00	0.00	2.50	7.00	0.00
Strawberry Yogurt - SR2433 (1/2 c.)	30	98.26	0.57	0.45	0.00	56.10	19.95	3.29
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	11	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Banana - SR1166 (1 medium (7"))	50	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	1	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Grape Juice - SR1607 (4 fl oz cup)	1	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate 1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00
<b>K-12 Breakfast Program 21-22 W5D5 - ServingDate: 05/06/2022</b>								
Soft-Filled Cinnamon Toast Crunch Breakfast Bar - SR2822 (1 pkg.)	35	204.07	6.20	1.85	0.13	231.07	32.54	4.42
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	20	100.00	0.00	0.00	0.00	160.00	24.00	2.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>K-12 Breakfast Program 21-22 W5D5 - ServingDate: 05/06/2022</b>								
Trix Cereal reduced sugar - SR1184 (1 bowl)	20	113.29	1.37	0.25	0.00	140.00	23.74	1.46
Fruit & Yogurt Smoothie - SR2974 (1 Smoothie)	25	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Strawberry Yogurt - SR2433 (1/2 c.)	25	98.26	0.57	0.45	0.00	56.10	19.95	3.29
Original Graham Crackers - SR1163 (1 pkg.)	25	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	15	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Pureed Bananas - SR2975 (1/4 c.)	25	49.63	0.18	0.06	0.00	0.56	12.74	0.61
Mixed Fruit Cocktail - SR1037 (1/2 c.)	50	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Raisin Box - SR3104 (2 Box)	1	225.48	0.35	0.04	0.00	8.30	59.71	2.32
100% Apple Juice - SR2547 (2 fl oz cup)	56	30.00	0.00	0.00	0.00	2.50	7.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	1	80.00	0.00	0.00	0.00	10.00	19.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00
<b>K-12 Breakfast Program 21-22 W1D1 - ServingDate: 05/09/2022</b>								
American Breakfast Sandwich - SR1745 (1 sandwich)	35	245.00	9.25	3.88	0.00	910.00	26.00	14.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	20	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Lucky Charms - SR2428 (1 bowl)	20	108.86	1.15	0.00	0.00	101.11	23.32	2.32

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<b>K-12 Breakfast Program 21-22 W1D1 - ServingDate: 05/09/2022</b>								
Blueberry Patch Parfait - SR1384 (1 parfait)	0	224.23 (M)	3.87(M)	0.78(M)	0.02(M)	117.78 (M)	42.03 (M)	4.90(M)
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	15	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Raisin Box - SR3104 (2 Box)	1	225.48	0.35	0.04	0.00	8.30	59.71	2.32
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	50	80.00	0.00	0.00	0.00	10.00	19.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	65	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.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00
<b>K-12 Breakfast Program 21-22 W1D2 - ServingDate: 05/10/2022</b>								
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	20	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Lucky Charms - SR2428 (1 bowl)	20	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Buttermilk Pancakes - SR2010 (2 pancake )	35	160.00	2.00	0.33	0.00	406.67	30.67	4.00
Just Peachy Parfait - SR1503 (1 parfait)	0	262.69 (M)	3.92(M)	0.78(M)	0.02(M)	123.88 (M)	53.64 (M)	6.02(M)
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	20	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Diced Peaches - SR1196 (1/2 c.)	25	77.87	0.05	0.00	0.00	7.08	20.48	1.11
Diced Peach Cups - OKR1792 (1 Container)	75	50.64	0.02	0.00	0.00	6.12	11.93	0.42
100% Grape Juice - SR1607 (4 fl oz cup)	100	80.00	0.00	0.00	0.00	10.00	19.00	0.00

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<b>K-12 Breakfast Program 21-22 W1D2 - ServingDate: 05/10/2022</b>								
100% Orange Juice - SR1295 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	65	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.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Breakfast Syrup Cup - SR2498 (1 Container)	35	110.00	0.00	0.00	0.00	20.00	29.00	0.00
<b>K-12 Breakfast Program 21-22 W1D3 - ServingDate: 05/11/2022</b>								
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	20	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Lucky Charms - SR2428 (1 bowl)	20	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Just Peachy Parfait - SR1503 (1 parfait)	0	262.69 (M)	3.92(M)	0.78(M)	0.02(M)	123.88 (M)	53.64 (M)	6.02(M)
Oatmeal Chocolate Chip UBR - SR1173 (1 pkg.)	35	270.00	8.00	3.00	0.00	180.00	44.00	5.00
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	20	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	1	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	25	77.87	0.05	0.00	0.00	7.08	20.48	1.11
Diced Peach Cups - OKR1792 (1 Container)	1	50.64	0.02	0.00	0.00	6.12	11.93	0.42
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	50	80.00	0.00	0.00	0.00	10.00	19.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00

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<b>K-12 Breakfast Program 21-22 W1D3 - ServingDate: 05/11/2022</b>								
White 1% Milk - OKR1061 (8 oz.)	50	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00
<b>K-12 Breakfast Program 21-22 W1D4 - ServingDate: 05/12/2022</b>								
Egg & Cheese Breakfast Taco Roll - SR3011 (1 taco)	35	140.00	5.00	1.50	0.00	420.00	17.00	7.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	20	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Lucky Charms - SR2428 (1 bowl)	20	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Blueberry Patch Parfait - SR1384 (1 parfait)	0	224.23 (M)	3.87(M)	0.78(M)	0.02(M)	117.78 (M)	42.03 (M)	4.90(M)
Yogurt & Fruit Parfait - SR2946 (1 parfait)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	20	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Orange Smiles - SR1172 (6 slice or w)	1	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Grape Juice - SR1607 (4 fl oz cup)	100	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	65	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.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00
<b>K-12 Breakfast Program 21-22 W1D5 - ServingDate: 05/13/2022</b>								
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	20	110.00	3.00	0.50	0.00	160.00	22.00	1.00



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<b>K-12 Breakfast Program 21-22 W1D5 - ServingDate: 05/13/2022</b>								
Lucky Charms - SR2428 (1 bowl)	20	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Cinnamon Roll - OKR1273 (1 roll.)	35	205.34	1.00	0.50	0.00	135.15	45.06	5.00
Blueberry Patch Parfait - SR1384 (1 parfait)	0	224.23 (M)	3.87(M)	0.78(M)	0.02(M)	117.78 (M)	42.03 (M)	4.90(M)
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	20	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Unsweetened Applesauce - SR1195 (1/2 c.)	1	55.86	0.15	0.03	0.00	10.49	12.58	0.32
Unsweetened Applesauce - SR2848 (1 Container)	75	60.00	0.00	0.00	0.00	15.00	14.00	0.00
Blueberries - SR2219 (1/2 c.)	25	39.41	0.00	0.00	0.00	0.98	8.87	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	90	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	65	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.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00
<b>K-12 Breakfast Program 21-22 W2D1 - ServingDate: 05/16/2022</b>								
Cocoa Puffs Cereal - SR1170 (1 bowl)	20	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	20	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Confetti Pancake Bites - SR2512 (1 pkg.)	35	220.00	7.00	1.00	0.00	300.00	36.00	4.00
Fruit & Yogurt Smoothie - SR2974 (1 Smoothie)	25	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00

## Menu Calendar Nutrient Analysis Report - May, 2022

Site: Guthrie Upper Elementary  
Date: 05/01/2022 - 05/31/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>K-12 Breakfast Program 21-22 W2D1 - ServingDate: 05/16/2022</b>								
Vanilla Yogurt - SR2612 (1/2 c.)	25	99.17	0.68	0.45	0.00	51.57	20.40	3.40
Original Graham Crackers - SR1163 (1 pkg.)	25	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	11	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Diced Bartlett Pears - SR1194 (1/2 c.)	1	59.31	0.08	0.00	0.00	4.75	15.35	0.40
Diced Pears - SR2866 (1 Container)	50	54.44	0.02	0.00	0.00	4.54	12.94	0.27
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)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Breakfast Syrup Cup - SR2498 (1 Container)	11	110.00	0.00	0.00	0.00	20.00	29.00	0.00
<b>K-12 Breakfast Program 21-22 W2D2 - ServingDate: 05/17/2022</b>								
Cocoa Puffs Cereal - SR1170 (1 bowl)	20	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	20	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Fruit & Yogurt Smoothie - SR2974 (1 Smoothie)	25	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Pancake Sausage Bites - OKR1897 (5 pcs.)	35	220.00	13.00	3.00	0.00	360.00	17.00	10.00
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Vanilla Yogurt - SR2612 (1/2 c.)	25	99.17	0.68	0.45	0.00	51.57	20.40	3.40
Original Graham Crackers - SR1163 (1 pkg.)	25	90.00	2.50	0.00	0.00	100.00	17.00	2.00

## Menu Calendar Nutrient Analysis Report - May, 2022

Site: Guthrie Upper Elementary  
Date: 05/01/2022 - 05/31/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>K-12 Breakfast Program 21-22 W2D2 - ServingDate: 05/17/2022</b>								
Buttery Wheat Toast Side - OKR1160 (1 slice)	11	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Unsweetened Applesauce - SR1195 (1/4 c.)	11	27.93	0.08	0.01	0.00	5.24	6.29	0.16
Mixed Fruit Cocktail - SR1037 (1/2 c.)	1	49.99	0.01	0.00	0.00	4.35	12.89	0.50
California Mixed Fruit Cup - SR2867 (1 Container)	50	51.59	0.02	0.00	0.00	6.03	12.45	0.35
100% Apple Juice - SR2547 (4 fl oz cup)	1	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	50	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (2 fl oz cup)	11	30.00	0.00	0.00	0.00	0.00	7.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00
<b>K-12 Breakfast Program 21-22 W2D3 - ServingDate: 05/18/2022</b>								
Cocoa Puffs Cereal - SR1170 (1 bowl)	15	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	15	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Fruit & Yogurt Smoothie - SR2974 (1 Smoothie)	37	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Banana Muffin - SR1591 (1 muffin)	33	190.00	6.00	2.00	0.00	130.00	30.00	3.00
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Vanilla Yogurt - SR2612 (1/2 c.)	37	99.17	0.68	0.45	0.00	51.57	20.40	3.40
Original Graham Crackers - SR1163 (1 pkg.)	37	90.00	2.50	0.00	0.00	100.00	17.00	2.00

## Menu Calendar Nutrient Analysis Report - May, 2022

Site: Guthrie Upper Elementary  
Date: 05/01/2022 - 05/31/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>K-12 Breakfast Program 21-22 W2D3 - ServingDate: 05/18/2022</b>								
Buttery Wheat Toast Side - OKR1160 (1 slice)	50	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Unsweetened Applesauce - SR1195 (1/4 c.)	33	27.93	0.08	0.01	0.00	5.24	6.29	0.16
Baked Cinnamon Raisin Apples - OKR1811 (3/8 c.)	50	116.43	1.90	0.76	0.00	89.13	25.81	0.35
Orange Smiles - SR1172 (6 slice or w)	1	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	1	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	50	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (2 fl oz cup)	11	30.00	0.00	0.00	0.00	0.00	7.00	0.00
Chocolate 1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00
<b>K-12 Breakfast Program 21-22 W2D4 - ServingDate: 05/19/2022</b>								
Breakfast Sandwich, biscuit, egg patty, WGR (CACFP) - OKR1894 (1 sandwich)	35	256.27	15.15	7.66	0.00	718.66	20.28	7.99
Cocoa Puffs Cereal - SR1170 (1 bowl)	20	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	20	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Fruit & Yogurt Smoothie - SR2974 (1 Smoothie)	25	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Vanilla Yogurt - SR2612 (1/2 c.)	25	99.17	0.68	0.45	0.00	51.57	20.40	3.40
Original Graham Crackers - SR1163 (1 pkg.)	25	90.00	2.50	0.00	0.00	100.00	17.00	2.00

## Menu Calendar Nutrient Analysis Report - May, 2022

Site: Guthrie Upper Elementary  
Date: 05/01/2022 - 05/31/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>K-12 Breakfast Program 21-22 W2D4 - ServingDate: 05/19/2022</b>								
Buttery Wheat Toast Side - OKR1160 (1 slice)	40	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Banana - SR1166 (1 medium (7"))	50	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	1	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	1	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)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00
<b>K-12 Breakfast Program 21-22 W2D5 - ServingDate: 05/20/2022</b>								
Cocoa Puffs Cereal - SR1170 (1 bowl)	20	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	20	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Oatmeal Chocolate Chip UBR - SR1173 (1 pkg.)	35	270.00	8.00	3.00	0.00	180.00	44.00	5.00
Fruit & Yogurt Smoothie - SR2974 (1 Smoothie)	25	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Vanilla Yogurt - SR2612 (1/2 c.)	25	99.17	0.68	0.45	0.00	51.57	20.40	3.40
Original Graham Crackers - SR1163 (1 pkg.)	11	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	11	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Unsweetened Applesauce - SR1195 (1/4 c.)	11	27.93	0.08	0.01	0.00	5.24	6.29	0.16

## Menu Calendar Nutrient Analysis Report - May, 2022

Site: Guthrie Upper Elementary  
Date: 05/01/2022 - 05/31/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>K-12 Breakfast Program 21-22 W2D5 - ServingDate: 05/20/2022</b>								
Raisin Box - SR3104 (2 Box)	50	225.48	0.35	0.04	0.00	8.30	59.71	2.32
100% Apple Juice - SR2547 (4 fl oz cup)	1	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	50	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (2 fl oz cup)	11	30.00	0.00	0.00	0.00	0.00	7.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00
<b>K-12 Breakfast Program 21-22 W3D1 - ServingDate: 05/23/2022</b>								
Cinnamon Chex - SR2336 (1 bowl)	25	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Lucky Charms - SR2428 (1 bowl)	25	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Cinnamon Creamy Cheese Mini Bagels - SR1162 (1 pkg.)	50	191.06	4.69	1.79	0.14	154.84	34.02	4.76
Double Chocolate Chip Muffin - SR1592 (1 muffin)	0	190.00	6.00	2.00	0.00	130.00	33.00	3.00
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	15	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Mixed Fruit Cocktail - SR1037 (1/2 c.)	75	49.99	0.01	0.00	0.00	4.35	12.89	0.50
California Mixed Fruit Cup - SR2867 (1 Container)	0	51.59	0.02	0.00	0.00	6.03	12.45	0.35
100% Grape Juice - SR1607 (4 fl oz cup)	1	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00

## Menu Calendar Nutrient Analysis Report - May, 2022

Site: Guthrie Upper Elementary  
Date: 05/01/2022 - 05/31/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>K-12 Breakfast Program 21-22 W3D1 - ServingDate: 05/23/2022</b>								
White 1% Milk - OKR1061 (8 oz.)	50	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00
<b>K-12 Breakfast Program 21-22 W3D2 - ServingDate: 05/24/2022</b>								
Bacon Scramble Breakfast Pizza - OKR1540 (1 slice)	35	210.00	9.00	4.00	0.00	340.00	22.00	10.00
Apple Pie Overnight Oats - SR1942 (10 Ounce serv)	25	241.88	2.64	0.93	0.00	75.62	47.81	7.29
Cinnamon Chex - SR2336 (1 bowl)	20	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Lucky Charms - SR2428 (1 bowl)	20	108.86	1.15	0.00	0.00	101.11	23.32	2.32
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	15	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Baked Cinnamon Raisin Apples - OKR1811 (3/8 c.)	50	116.43	1.90	0.76	0.00	89.13	25.81	0.35
Raisin Box - SR3104 (2 Box)	1	225.48	0.35	0.04	0.00	8.30	59.71	2.32
100% Grape Juice - SR1607 (4 fl oz cup)	1	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00

## Menu Calendar Nutrient Analysis Report - May, 2022

Site: Guthrie Upper Elementary  
Date: 05/01/2022 - 05/31/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>K-12 Breakfast Program 21-22 W3D3 - ServingDate: 05/25/2022</b>								
Apple Pie Overnight Oats - SR1942 (10 Ounce serv)	20	241.88	2.64	0.93	0.00	75.62	47.81	7.29
Cinnamon Chex - SR2336 (1 bowl)	15	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Lucky Charms - SR2428 (1 bowl)	15	108.86	1.15	0.00	0.00	101.11	23.32	2.32
French Toast Sticks - SR1910 (4 stick.)	50	257.36	9.90	1.49	0.00	296.95	37.61	5.94
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	15	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Banana - SR1166 (1 medium (7"))	50	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	1	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
100% Grape Juice - SR1607 (4 fl oz cup)	1	80.00	0.00	0.00	0.00	10.00	19.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	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
<b>K-12 Breakfast Program 21-22 W3D4 - ServingDate: 05/26/2022</b>								
Cinnamon Chex - SR2336 (1 bowl)	20	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Lucky Charms - SR2428 (1 bowl)	20	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Peachen N' Cream Overnight Oats - SR1943 (10 Ounce serv)	20	187.49	2.49	0.90	0.00	65.52	35.48	6.97
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00



## Menu Calendar Nutrient Analysis Report - May, 2022

Site: Guthrie Upper Elementary  
Date: 05/01/2022 - 05/31/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>K-12 Breakfast Program 21-22 W3D4 - ServingDate: 05/26/2022</b>								
Biscuit & Sausage Gravy - OKR1171 (1 ea.)	0	254.73	11.51	6.66	0.14	511.19	32.55	4.98
Biscuit - OKR1891 (1 biscuit)	40	213.50	9.30	4.62	0.14	330.36	27.83	4.62
Buttery Wheat Toast Side - OKR1160 (1 slice)	15	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Diced Peaches - SR1196 (1/2 c.)	1	77.87	0.05	0.00	0.00	7.08	20.48	1.11
Diced Peach Cups - OKR1792 (1 Container)	50	50.64	0.02	0.00	0.00	6.12	11.93	0.42
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	1	80.00	0.00	0.00	0.00	10.00	19.00	0.00
Tater Tot Hash - SR1848 (1/2 c.)	40	125.56	7.33	1.10	0.00	346.86	15.02	1.16
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Grape Jelly - SR2340 (1 tbsp.)	40	50.00	0.03	0.01	0.01	7.14	13.00	0.04
<b>K-12 Breakfast Program 21-22 W3D5 - ServingDate: 05/27/2022</b>								
Blueberry Bash Mini Waffle Bites - OKR1542 (1 pkg.)	40	190.20	5.11	0.77	0.07	154.75	32.86	3.15
Cinnamon Chex - SR2336 (1 bowl)	20	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Lucky Charms - SR2428 (1 bowl)	20	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Peachen N' Cream Overnight Oats - SR1943 (10 Ounce serv)	20	187.49	2.49	0.90	0.00	65.52	35.48	6.97
String Cheese - SR1146 (1 stick.)	40	80.00	6.00	3.50	0.00	190.00	0.00	7.00

# Menu Calendar Nutrient Analysis Report - May, 2022

Site: Guthrie Upper Elementary  
 Date: 05/01/2022 - 05/31/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>K-12 Breakfast Program 21-22 W3D5 - ServingDate: 05/27/2022</b>								
Buttery Wheat Toast Side - OKR1160 (1 slice)	15	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Unsweetened Applesauce - SR1195 (1/2 c.)	1	55.86	0.15	0.03	0.00	10.49	12.58	0.32
Unsweetened Applesauce - SR2848 (1 Container)	50	60.00	0.00	0.00	0.00	15.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	1	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Breakfast Syrup Cup - SR2498 (1 Container)	40	110.00	0.00	0.00	0.00	20.00	29.00	0.00

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

**Report Selections**  
 Meal Type: Breakfast  
 Site Group: The Clubhouse  
 Menu Line: B-Café Classics  
 Serving Group: K-12  
 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.