

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)
SY21-22 K5 W5D1 Lunch :37756 - ServingDate: 05/02/2022								
Deluxe Cheeseburger - OKR1164 (1 burger)	50	350.63	13.56	5.53	0.00	687.94	34.51	20.53
Chicken Alfredo, WG with Broccoli - SR2555 (1 c.)	30	312.32	12.17	5.52	0.00	893.21	36.34	18.93
Ham & Cheese Sandwich - OKR1832 (1 sandwich)	20	319.74	13.60	6.30	0.00	1068.57	31.30	20.09
Dinner Roll - SR1010 (1 roll.)	0	80.00	1.50	0.00	0.00	65.00	14.00	3.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mixed Garden Vegetables - SR1583 (1/2 c.)	35	52.99	0.47	0.08	0.00	99.20	11.21	2.30
SY21-22 K5 W5D2 Lunch :37756 - ServingDate: 05/03/2022								
Glazed Chicken Drumstick - SR2447 (1 piece)	30	248.99	15.56	3.89	0.00	497.98	3.11	24.90
Chicken Caesar Salad - SR2523 (1 salad)	10	150.37	6.56	1.45	0.00	387.11	9.43	13.98
Walking Nachos - SR1499 (1 nacho)	60	280.08	12.97	4.88	0.00	644.51	25.61	15.11
Dinner Roll - OKR1532 (1 roll.)	0	160.00	3.00	0.00	0.00	135.00	29.00	7.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Aztec Corn - SR3173 (1/2 c.)	40	89.92	1.48	0.14	0.00	46.29	17.23	3.54
Caesar Salad Dressing - SR1551 (1 tbsp.)	10	65.00	7.00	1.25	0.00	105.00	0.50	0.50
SY21-22 K5 W5D3 Lunch :37756 - ServingDate: 05/04/2022								
Baked Penne Pasta - SR1133 (1 c.)	35	392.48	14.50	6.99	0.00	1085.82	47.62	19.14
Chicken Burger - OKR1124 (1 burger)	45	400.00	16.00	2.50	0.00	710.00	47.00	20.00

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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 K5 W5D3 Lunch :37756 - ServingDate: 05/04/2022								
Turkey & Cheese Sandwich - OKR1827 (1 sandwich)	20	320.65	12.49	5.06	0.00	1001.48	32.39	22.11
Dinner Roll - SR1010 (1 roll.)	0	80.00	1.50	0.00	0.00	65.00	14.00	3.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Country Style Potato Wedges - SR1029 (1/2 c.)	85	90.43	2.51	0.00	0.00	30.14	15.07	2.01
SY21-22 K5 W5D4 Lunch :37756 - ServingDate: 05/05/2022								
All American Sandwich - OKR1828 (1 sandwich)	15	319.57	12.99	5.65	0.00	1052.09	31.34	21.07
Mini Corn Dog - SR2600 (6 ea.)	50	312.00	16.80	3.60	0.00	492.00	26.40	13.20
Chicken Parmesan - SR3148 (1 patty)	35	279.15	14.62	2.78	0.00	588.11	22.63	15.90
Dinner Roll - SR1010 (1 roll.)	0	80.00	1.50	0.00	0.00	65.00	14.00	3.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Baked Beans - SR2026 (1/2 c.)	40	132.68	0.00	0.00	0.00	561.33	29.60	7.14
SY21-22 K5 W5D5 Lunch :37756 - ServingDate: 05/06/2022								
All American Sandwich - OKR1828 (1 sandwich)	10	319.57	12.99	5.65	0.00	1052.09	31.34	21.07
Enchilada Suiza - OKR1451 (1 enchilada)	40	440.15	19.88	10.37	0.00	1050.41	38.64	26.66
Cheese Pizza Square - SR1024 (1 slice)	50	310.00	11.00	4.00	0.00	480.00	35.00	16.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	40	85.04	7.11	0.52	0.00	14.84	4.95	2.43

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)
SY21-22 K5 W1D1 Lunch :37756 - ServingDate: 05/09/2022								
Deli Stackables Box - OKR1830 (1 Box)	30	397.85	15.35	5.64	0.00	1008.01	44.16	23.79
Macaroni & Cheese - SR1137 (2/3 c.)	40	383.44	21.26	10.64	0.00	1187.57	34.35	20.03
Spicy Black Bean Burger - OKR1862 (1 burger)	30	300.00	7.00	1.00	0.00	580.00	42.00	20.00
Dinner Roll - SR1010 (1 roll.)	0	80.00	1.50	0.00	0.00	65.00	14.00	3.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	50	65.49	4.49	0.33	0.00	72.07	5.40	3.00
SY21-22 K5 W1D2 Lunch :37756 - ServingDate: 05/10/2022								
Chicken Alfredo, WG with Broccoli - SR2555 (1 c.)	20	312.32	12.17	5.52	0.00	893.21	36.34	18.93
Chef Salad - SR1082 (1 salad)	20	165.52	9.35	3.87	0.00	345.04	5.23	14.98
Beefy Totchos - OKR1863 (1 nacho)	60	212.59	11.31	3.46	0.00	597.09	17.11	10.97
Dinner Roll - SR1010 (1 roll.)	0	80.00	1.50	0.00	0.00	65.00	14.00	3.00
Dinner Roll - SR1009 (1 roll.)	0	160.00	3.00	0.00	0.00	135.00	29.00	7.00
Flour Tortilla - SR3407 (1 tortilla)	60	132.86	4.09	2.04	0.00	204.40	22.48	3.07
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mixed Garden Vegetables - SR1583 (1/2 c.)	50	52.99	0.47	0.08	0.00	99.20	11.21	2.30
Tater Tots - SR1450 (1/2 c.)	40	110.70	6.04	1.01	0.00	311.98	14.09	1.01
SY21-22 K5 W1D3 Lunch :37756 - ServingDate: 05/11/2022								
Ham & Cheese Sandwich - OKR1832 (1 sandwich)	15	319.74	13.60	6.30	0.00	1068.57	31.30	20.09

Menu Calendar Nutrient Analysis Report - May, 2022

Site: Guthrie Upper Elementary
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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 K5 W1D3 Lunch :37756 - ServingDate: 05/11/2022								
Original Hot Dog - OKR1127 (1 serving (1))	30	280.00	11.00	2.50	0.00	530.00	32.00	14.00
Popcorn Chicken Potato Bowl - SR2675 (1 bowl)	55	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Popcorn Chicken - SR1413 (12 piece)	55	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Dinner Roll - SR1010 (1 roll.)	0	80.00	1.50	0.00	0.00	65.00	14.00	3.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Baked Beans - SR2026 (1/2 c.)	50	132.68	0.00	0.00	0.00	561.33	29.60	7.14
Whipped Potatoes - SR1112 (1/2 c.)	65	79.98	1.50	1.00	0.00	102.63	15.00	2.00
Old Fashioned Country Biscuit Gravy - OKR1552 (1/4 c.)	65	42.52	2.43	1.22	0.00	147.42	4.86	0.00
SY21-22 K5 W1D4 Lunch :37756 - ServingDate: 05/12/2022								
Blueberry Patch Parfait - SR1384 (1 parfait)	15	224.23 (M)	3.87(M)	0.78(M)	0.02(M)	117.78 (M)	42.03 (M)	4.90(M)
Teriyaki Chicken - SR1515 (5 nugget)	60	367.15	16.17	2.89	0.00	798.12	40.48	17.17
Spaghetti with Chicken Meatballs, whole wheat - OKR1896 (1 serving)	25	351.75	13.35	3.69	0.00	670.34	41.88	20.24
String Cheese Stick - SR3035 (1 stick.)	15	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Honey Graham Crackers - SR2366 (1 pkg.)	15	90.00	2.50	0.00	0.00	95.00	17.00	2.00
Steamed Brown Rice - SR1098 (1/2 c.)	20	117.19	0.69	0.00	0.00	2.03	25.51	2.76
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	50	85.04	7.11	0.52	0.00	14.84	4.95	2.43

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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 K5 W1D5 Lunch :37756 - ServingDate: 05/13/2022								
Toasted Cheese Sandwich - OKR1220 (1 sandwich)	25	362.50	20.23	10.13	0.00	1181.75	32.02	16.13
Cheese Pizza Square - SR1024 (1 slice)	60	310.00	11.00	4.00	0.00	480.00	35.00	16.00
Crispy Chicken Wrap - SR2524 (1 wrap)	15	425.49	23.26	8.78	0.00	842.34	37.63	18.33
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sweet Potato Fries - SR2043 (1/2 c.)	95	162.34	7.10	1.01	0.00	192.78	25.37	1.01
SY21-22 K5 W2D1 Lunch :37756 - ServingDate: 05/16/2022								
Chicken Burger - OKR1124 (1 burger)	35	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Buttermilk Pancakes - SR2010 (2 pancake)	50	160.00	2.00	0.33	0.00	406.67	30.67	4.00
Kidzable: Italian, vegetarian - OKR1868 (1 portion)	15	372.64	15.55	7.14	0.00	997.83	38.40	19.08
Scrambled Eggs - OKR1375 (1 #10 scoop)	50	102.43	6.58	2.20	0.00	109.75	2.20	8.78
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Baked Cinnamon Raisin Apples - SR1238 (3/8 c.)	60	121.86	1.90	0.76	0.00	29.02	26.93	0.37
Orange Smiles - SR1172 (6 slice or w)	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Tater Tots - SR1450 (1/2 c.)	50	110.70	6.04	1.01	0.00	311.98	14.09	1.01
Breakfast Syrup Cup - SR2498 (1 Container)	10	110.00	0.00	0.00	0.00	20.00	29.00	0.00
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	60	105.00	0.00	0.00	0.00	47.50	26.00	0.00
SY21-22 K5 W2D2 Lunch :37756 - ServingDate: 05/17/2022								
Chicken Quesadilla - SR1467 (1 each quesadilla)	50	302.84	15.62	7.79	0.00	683.73	22.52	17.38

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SY21-22 K5 W2D2 Lunch :37756 - ServingDate: 05/17/2022								
Cheese Lasagna Rollup - SR1497 (1 roll.)	25	297.32	7.51	4.06	0.00	670.06	40.88	16.16
Turkey & Cheese Sandwich - OKR1827 (1 sandwich)	25	320.65	12.49	5.06	0.00	1001.48	32.39	22.11
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	30	85.04	7.11	0.52	0.00	14.84	4.95	2.43
SY21-22 K5 W2D3 Lunch :37756 - ServingDate: 05/18/2022								
Barbecue Chicken Sandwich - OKR1782 (1 sandwich)	25	280.69	4.32	0.00	0.00	916.81	39.66	19.93
Cheesy Nachos with Refried Beans - SR2654 (1 nacho)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Crispy Chicken Salad - SR2526 (1 salad)	15	257.61	13.02	4.03	0.00	406.55	21.00	14.71
Cheddar Cheese Sauce - SR1293 (1/4 c.)	60	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Dinner Roll - OKR1532 (1 roll.)	0	160.00	3.00	0.00	0.00	135.00	29.00	7.00
Tortilla Chips - SR1065 (1 1/2 oz.)	60	206.18	8.84	1.47	0.00	169.36	29.45	2.94
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	30	65.34	0.08	0.02	0.00	79.50	12.15	3.95
Vegetarian Refried Beans - OKR1472 (1/2 c.)	60	170.42	1.67	0.01	0.00	369.81	29.43	6.52
Homemade Salsa - SR1007 (2 tbsp.)	25	7.38	0.03	0.01	0.00	78.67	1.55	0.26
SY21-22 K5 W2D4 Lunch :37756 - ServingDate: 05/19/2022								
All American Sandwich - OKR1828 (1 sandwich)	20	319.57	12.99	5.65	0.00	1052.09	31.34	21.07

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SY21-22 K5 W2D4 Lunch :37756 - ServingDate: 05/19/2022								
Crispy Chicken Nuggets - SR1367 (5 nugget)	50	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Mini Corn Dog - SR2600 (6 ea.)	30	312.00	16.80	3.60	0.00	492.00	26.40	13.20
Dinner Roll - SR1010 (1 roll.)	0	80.00	1.50	0.00	0.00	65.00	14.00	3.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Emoji Potatoes - OKR1464 (2 1/2 oz.)	80	117.95	3.93	0.49	0.00	78.63	17.69	1.97
Roasted Green Beans - SR1021 (1/2 c.)	20	22.18	0.13	0.04	0.00	43.10	5.11	1.18
SY21-22 K5 W2D5 Lunch :37756 - ServingDate: 05/20/2022								
Beefy Mac - SR1479 (2/3 c.)	20	354.32	12.14	4.83	0.00	771.61	42.20	20.99
Home-Style Cheese Pizza - OKR1334 (1 slice)	70	327.14	13.74	6.59	0.00	733.88	31.07	17.33
Buffalo Chicken Wrap - SR1953 (1 wrap)	10	487.83	22.56	7.82	0.00	1768.20	49.24	21.28
Dinner Roll - SR1010 (1 roll.)	0	80.00	1.50	0.00	0.00	65.00	14.00	3.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mixed Garden Vegetables - SR1583 (1/2 c.)	20	52.99	0.47	0.08	0.00	99.20	11.21	2.30
Buffalo Side Vegetables - SR1954 (1/4 c.)	5	7.29	0.05	0.01	0.00	13.27	1.67	0.22
SY21-22 K5 W3D1 Lunch :37756 - ServingDate: 05/23/2022								
Crispy Chicken Nuggets - SR1367 (5 nugget)	60	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Ham & Cheese Sandwich - OKR1832 (1 sandwich)	15	319.74	13.60	6.30	0.00	1068.57	31.30	20.09
Mini Cheese Ravioli - SR1337 (1/2 c.)	25	161.88	3.90	1.98	0.00	349.56	21.03	10.51

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SY21-22 K5 W3D1 Lunch :37756 - ServingDate: 05/23/2022								
Dinner Roll - SR1010 (1 roll.)	0	80.00	1.50	0.00	0.00	65.00	14.00	3.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mixed Garden Vegetables - SR1583 (1/2 c.)	25	52.99	0.47	0.08	0.00	99.20	11.21	2.30
SY21-22 K5 W3D2 Lunch :37756 - ServingDate: 05/24/2022								
Deluxe Cheeseburger - OKR1164 (1 burger)	35	350.63	13.56	5.53	0.00	687.94	34.51	20.53
Ham & Cheese Sandwich - OKR1832 (1 sandwich)	5	319.74	13.60	6.30	0.00	1068.57	31.30	20.09
Macaroni & Cheese - SR1137 (2/3 c.)	0	383.44	21.26	10.64	0.00	1187.57	34.35	20.03
Dinner Roll - SR1010 (1 roll.)	0	80.00	1.50	0.00	0.00	65.00	14.00	3.00
From the Garden - SR2435 (1 serv.)	101	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Baked Beans - SR2026 (1/2 c.)	20	132.68	0.00	0.00	0.00	561.33	29.60	7.14
Spaghetti Sauce - SR2220 (1/4 c.)	60	32.36	0.25	0.03	0.00	129.82	6.67	1.04
SY21-22 K5 W3D3 Lunch :37756 - ServingDate: 05/25/2022								
Pepperoni Pizza Square - SR1025 (1 slice)	65	333.69	13.19	4.82	0.00	558.37	35.00	17.09
Chef Salad - SR1082 (1 salad)	10	165.52	9.35	3.87	0.00	345.04	5.23	14.98
Beef Chili Frito Pie - OKR1870 (1 ea.)	0	505.52	24.33	6.58	0.00	808.69	52.82	20.20
Dinner Roll - SR1009 (1 roll.)	0	160.00	3.00	0.00	0.00	135.00	29.00	7.00
From the Garden - SR2435 (1 serv.)	101	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	25	85.04	7.11	0.52	0.00	14.84	4.95	2.43

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SY21-22 K5 W3D4 Lunch :37756 - ServingDate: 05/26/2022								
Chicken Burger - OKR1124 (1 burger)	70	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Kidzable: American Combo - OKR1898 (1 portion)	10	379.82	15.63	6.52	0.00	834.69	42.28	19.43
Taco Quesadilla - SR3297 (1 quesadilla)	20	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Beef Taco Filling - SR1528 (3 tbsp.)	20	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Shredded Yellow Cheddar Cheese - SR3010 (1 oz.)	20	90.00	6.00	4.00	0.00	210.00	1.00	7.00
Flour Tortilla - SR3407 (1 tortilla)	20	132.86	4.09	2.04	0.00	204.40	22.48	3.07
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Tot Hash - SR1848 (1/2 c.)	90	125.56	7.33	1.10	0.00	346.86	15.02	1.16
SY21-22 K5 W3D5 Lunch :37756 - ServingDate: 05/27/2022								
Country Steak Fingers - OKR1808 (4 ea.)	60	307.58	19.22	4.81	0.00	317.19	18.26	15.38
Turkey & Cheese Sandwich - OKR1827 (1 sandwich)	10	320.65	12.49	5.06	0.00	1001.48	32.39	22.11
Original Hot Dog - OKR1127 (1 serving (1))	0	280.00	11.00	2.50	0.00	530.00	32.00	14.00
Dinner Roll - SR1010 (1 roll.)	60	80.00	1.50	0.00	0.00	65.00	14.00	3.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Green Beans - SR1021 (1/2 c.)	50	22.18	0.13	0.04	0.00	43.10	5.11	1.18
Whipped Potatoes - SR1112 (1/2 c.)	60	79.98	1.50	1.00	0.00	102.63	15.00	2.00
Old Fashioned Country Biscuit Gravy - OKR1552 (1/4 c.)	40	42.52	2.43	1.22	0.00	147.42	4.86	0.00

Legend

Menu Calendar Nutrient Analysis Report - May, 2022

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

(M) - Missing Nutrient Values

Report Selections

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