

Menu Calendar Nutrient Analysis Report - October, 2022

Site: Guthrie Upper Elementary
Date: 10/01/2022 - 10/31/2022

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|--|----------------|--------------------|------------------|----------------|------------------|----------------|--------------|----------------|
| SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 5 Day 1 - ServingDate: 10/03/2022 | | | | | | | | |
| Deluxe Cheeseburger - OKR1164 (1 burger) | 40 | 345.56 | 13.05 | 5.53 | 0.00 | 682.88 | 34.51 | 20.53 |
| Classic Chicken Alfredo Macaroni - SR2522 (1 c.) | 20 | 315.28 | 11.76 | 5.30 | 0.00 | 793.63 | 35.60 | 18.75 |
| Ham & Cheese Sandwich - OKR1072 (1 sandwich) | 20 | 351.13 | 15.10 | 6.56 | 0.00 | 1175.75 | 31.01 | 25.06 |
| Just Peachy Parfait - SR1503 (1 parfait) | 20 | 262.69 (M) | 3.92(M) | 0.78(M) | 0.02(M) | 123.88 (M) | 53.64 (M) | 6.02(M) |
| String Cheese Stick - SR3035 (1 stick.) | 20 | 91.13 | 7.09 | 5.06 | 0.00 | 202.50 | 0.00 | 7.09 |
| Honey Graham Crackers - SR2366 (1 pkg.) | 20 | 90.00 | 2.50 | 0.00 | 0.00 | 95.00 | 17.00 | 2.00 |
| Garlic Knot Breadstick - SR1255 (1 roll.) | 20 | 110.63 | 4.05 | 0.22 | 0.00 | 95.85 | 15.02 | 3.23 |
| From the Garden - SR2435 (1 serv.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Roasted Summer Squash - SR1523 (1/2 c.) | 40 | 34.33 | 2.14 | 0.18 | 0.00 | 42.19 | 3.28 | 0.85 |
| SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 5 Day 2 - ServingDate: 10/04/2022 | | | | | | | | |
| Crispy Chicken Wrap - SR2525 (1 wrap) | 10 | 529.90 | 25.32 | 8.03 | 0.00 | 1156.65 | 56.58 | 20.60 |
| Popcorn Chicken Potato Bowl - SR2675 (1 bowl) | 50 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Chicken Caesar Salad - SR2523 (1 salad) | 10 | 150.37 | 6.56 | 1.45 | 0.00 | 387.11 | 9.43 | 13.98 |
| Three Cheese Grilled Cheese Sandwich, USDA American, USDA Cheddar - OKR1941 (1 sandwich) | 30 | 366.19 | 18.09 | 9.56 | 0.00 | 687.31 | 33.01 | 17.07 |
| Popcorn Chicken - SR1413 (12 piece) | 50 | 254.75 | 14.40 | 2.77 | 0.00 | 387.66 | 15.51 | 15.51 |
| Garlic Knot Breadstick - SR1255 (1 roll.) | 50 | 110.63 | 4.05 | 0.22 | 0.00 | 95.85 | 15.02 | 3.23 |

Menu Calendar Nutrient Analysis Report - October, 2022

Site: Guthrie Upper Elementary
Date: 10/01/2022 - 10/31/2022

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|--|-------------|--------------------|---------------|-------------|---------------|-------------|----------|-------------|
| SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 5 Day 2 - ServingDate: 10/04/2022 | | | | | | | | |
| Twisted Breadstick - SR2142 (1 breadstick) | 10 | 172.69 | 3.27 | 0.09 | 0.00 | 190.34 | 28.41 | 6.09 |
| From the Garden - SR2435 (1 serv.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Vegetarian Baked Beans - SR2026 (1/2 c.) | 30 | 132.68 | 0.00 | 0.00 | 0.00 | 561.33 | 29.60 | 7.14 |
| Whipped Potatoes - SR1112 (1/2 c.) | 50 | 79.98 | 1.50 | 1.00 | 0.00 | 102.63 | 15.00 | 2.00 |
| Old Fashioned Country Biscuit Gravy - OKR1552 (1/4 c.) | 50 | 42.52 | 2.43 | 1.22 | 0.00 | 147.42 | 4.86 | 0.00 |
| SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 5 Day 3 - ServingDate: 10/05/2022 | | | | | | | | |
| Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) | 55 | 290.17 | 11.01 | 6.00 | 0.00 | 500.29 | 28.02 | 19.01 |
| Kidzable Build Your Own Pepperoni Pizza - OKR1141 (1 portion) | 15 | 440.23 | 21.64 | 9.42 | 0.00 | 1219.47 | 38.82 | 22.15 |
| Meatball Sub - OKR1871 (1 sandwich) | 20 | 388.77 | 13.66 | 4.26 | 0.00 | 709.74 | 46.33 | 22.01 |
| Buffalo Wrap - SR2527 (1 wrap) | 10 | 453.11 | 23.04 | 7.04 | 0.00 | 2021.63 | 44.68 | 19.75 |
| From the Garden - SR2435 (1 serv.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Oven Roasted California Blend Vegetables - OKR1939 (1/2 c.) | 30 | 104.64 | 8.54 | 0.70 | 0.01 | 40.85 | 7.45 | 1.61 |
| SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 5 Day 4 - ServingDate: 10/06/2022 | | | | | | | | |
| Mini Corn Dog - SR2600 (6 ea.) | 40 | 312.00 | 16.80 | 3.60 | 0.00 | 492.00 | 26.40 | 13.20 |
| Crispy Chick'n Salad K5, Vegetarian - OKR1938 (1 salad) | 10 | 248.65 | 9.88 | 3.28 | 0.00 | 367.63 | 25.66 | 16.82 |
| Enchilada Suiza - OKR1451 (1 enchilada) | 30 | 440.15 | 19.88 | 10.37 | 0.00 | 1050.41 | 38.64 | 26.66 |

Menu Calendar Nutrient Analysis Report - October, 2022

Site: Guthrie Upper Elementary
Date: 10/01/2022 - 10/31/2022

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|--|-------------|--------------------|---------------|-------------|---------------|-------------|----------|-------------|
| SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 5 Day 4 - ServingDate: 10/06/2022 | | | | | | | | |
| Turkey & Cheese Sandwich - OKR1827 (1 sandwich) | 20 | 310.52 | 11.48 | 5.06 | 0.00 | 991.36 | 32.39 | 22.11 |
| From the Garden - SR2435 (1 serv.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Mixed Garden Vegetables - SR1583 (1/2 c.) | 55 | 52.99 | 0.47 | 0.08 | 0.00 | 99.20 | 11.21 | 2.30 |
| SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 5 Day 5 - ServingDate: 10/07/2022 | | | | | | | | |
| Parmesan Chicken - SR2533 (1 patty) | 20 | 281.68 | 14.87 | 2.91 | 0.00 | 589.37 | 22.76 | 15.77 |
| Pepperoni Pizza Square - SR1025 (1 slice) | 70 | 333.69 | 13.19 | 4.82 | 0.00 | 558.37 | 35.00 | 17.09 |
| Protein Power Box - OKR1942 (1 Box) | 5 | 411.37 | 18.50 | 7.38 | 0.00 | 437.52 | 47.87 | 16.01 |
| Chicken Caesar Salad - SR2523 (1 salad) | 5 | 150.37 | 6.56 | 1.45 | 0.00 | 387.11 | 9.43 | 13.98 |
| Twisted Breadstick - SR2142 (1 breadstick) | 5 | 172.69 | 3.27 | 0.09 | 0.00 | 190.34 | 28.41 | 6.09 |
| From the Garden - SR2435 (1 serv.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Seasoned Carrot Coins - SR1017 (1/2 c.) | 40 | 73.94 | 5.10 | 0.43 | 0.00 | 180.00 | 7.47 | 0.61 |
| SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 1 Day 1 - ServingDate: 10/10/2022 | | | | | | | | |
| Barbecue Chicken Sandwich - OKR1782 (1 sandwich) | 35 | 280.69 | 4.32 | 0.00 | 0.00 | 916.81 | 39.66 | 19.93 |
| Crispy Chick'n Salad K5, Vegetarian - OKR1938 (1 salad) | 5 | 248.65 | 9.88 | 3.28 | 0.00 | 367.63 | 25.66 | 16.82 |
| Macaroni and Cheese - SR2124 (2/3 c.) | 50 | 386.61 | 20.82 | 10.41 | 0.00 | 1080.88 | 33.57 | 19.84 |
| Buffalo Wrap - SR2527 (1 wrap) | 10 | 453.11 | 23.04 | 7.04 | 0.00 | 2021.63 | 44.68 | 19.75 |

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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 Main Event II Play - 4 Entrees - K-5/K-8 Week 1 Day 1 - ServingDate: 10/10/2022 | | | | | | | | |
| Garlic Knot Breadstick - SR1255 (1 roll.) | 50 | 110.63 | 4.05 | 0.22 | 0.00 | 95.85 | 15.02 | 3.23 |
| From the Garden - SR2435 (1 serv.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Sweet Potato Crinkle Cut Fries - OKR1525 (1/2 c.) | 50 | 169.34 | 6.97 | 1.00 | 0.00 | 258.99 | 24.90 | 1.00 |
| SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 1 Day 2 - ServingDate: 10/11/2022 | | | | | | | | |
| American Sandwich - OKR1129 (1 sandwich) | 15 | 356.13 | 14.85 | 6.31 | 0.00 | 1120.75 | 31.01 | 26.56 |
| Cheese Pizza Square - SR1024 (1 slice) | 60 | 310.00 | 11.00 | 4.00 | 0.00 | 480.00 | 35.00 | 16.00 |
| Classic Chef Salad - SR1083 (1 salad) | 15 | 266.21 | 14.09 | 5.22 | 0.00 | 642.65 | 9.28 | 26.00 |
| Grillers Prime Veggie Burger - SR3551 (1 patty) | 10 | 150.00 | 8.00 | 1.00 | 0.00 | 400.00 | 6.00 | 16.00 |
| Hamburger Bun - OKR1351 (1 roll.) | 10 | 160.00 | 2.00 | 0.00 | 0.00 | 270.00 | 31.00 | 6.00 |
| Twisted Breadstick - SR2142 (1 breadstick) | 15 | 172.69 | 3.27 | 0.09 | 0.00 | 190.34 | 28.41 | 6.09 |
| From the Garden - SR2435 (1 serv.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Green Peas & Carrots - OKR1029 (1/2 c.) | 50 | 64.64 | 0.61 | 0.10 | 0.00 | 94.69 | 12.11 | 3.29 |
| SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 1 Day 3 - ServingDate: 10/12/2022 | | | | | | | | |
| Toasted Cheese Sandwich - OKR1220 (1 sandwich) | 40 | 342.25 | 18.20 | 10.13 | 0.00 | 1161.50 | 32.02 | 16.13 |
| 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) |
| Spaghetti with Chicken Meatballs, whole wheat - OKR1896 (1 serving) | 30 | 351.75 | 13.35 | 3.69 | 0.00 | 670.34 | 41.88 | 20.24 |

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|--|-------------|--------------------|---------------|-------------|---------------|-------------|----------|-------------|
| SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 1 Day 3 - ServingDate: 10/12/2022 | | | | | | | | |
| Turkey & Cheese Sandwich - OKR1827 (1 sandwich) | 15 | 310.52 | 11.48 | 5.06 | 0.00 | 991.36 | 32.39 | 22.11 |
| Breadstick - SR1044 (1 breadstick) | 30 | 80.00 | 1.00 | 0.00 | 0.00 | 95.00 | 14.00 | 3.00 |
| Honey Graham Crackers - SR2366 (1 pkg.) | 15 | 90.00 | 2.50 | 0.00 | 0.00 | 95.00 | 17.00 | 2.00 |
| From the Garden - SR2435 (1 serv.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Roasted Broccoli - SR1852 (1/2 c.) | 65 | 65.49 | 4.49 | 0.33 | 0.00 | 72.07 | 5.40 | 3.00 |
| SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 2 Day 1 - ServingDate: 10/17/2022 | | | | | | | | |
| Crispy Chicken Wrap - SR2525 (1 wrap) | 10 | 529.90 | 25.32 | 8.03 | 0.00 | 1156.65 | 56.58 | 20.60 |
| Mexi Chicken Flatbread Pizza, Richs 6x6, USDA diced - OKR1943 (1 ea.) | 10 | 409.76 | 17.50 | 8.07 | 0.00 | 985.99 | 34.14 | 26.83 |
| Sunbutter & Jelly Sandwich - OKR1140 (1 sandwich) | 25 | 394.57 | 19.00 | 2.00 | 0.00 | 360.00 | 45.89 | 13.00 |
| Walking Nachos - SR1499 (1 nacho) | 55 | 280.08 | 12.97 | 4.88 | 0.00 | 644.51 | 25.61 | 15.11 |
| String Cheese Stick - SR3035 (1 stick.) | 25 | 91.13 | 7.09 | 5.06 | 0.00 | 202.50 | 0.00 | 7.09 |
| From the Garden - SR2435 (1 serv.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Vegetarian Refried Beans - OKR1472 (1/2 c.) | 40 | 170.42 | 1.67 | 0.01 | 0.00 | 369.81 | 29.43 | 6.52 |
| SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 2 Day 2 - ServingDate: 10/18/2022 | | | | | | | | |
| Cheesy Chicken Spaghetti - OKR1007 (6 oz.) | 30 | 254.60 | 10.08 | 4.13 | 0.00 | 437.99 | 21.55 | 22.39 |

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|--|-------------|--------------------|---------------|-------------|---------------|-------------|-----------|-------------|
| SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 2 Day 2 - ServingDate: 10/18/2022 | | | | | | | | |
| Kidzable Build Your Own Pepperoni Pizza - OKR1141 (1 portion) | 0 | 440.23 | 21.64 | 9.42 | 0.00 | 1219.47 | 38.82 | 22.15 |
| Cheese Ravioli With Tomato Sauce - SR3571 (4 3/8 oz.) | 40 | 164.36 | 2.46 | 1.25 | 0.00 | 268.02 | 24.18 | 11.06 |
| Chicken Caesar Salad - SR2523 (1 salad) | 5 | 150.37 | 6.56 | 1.45 | 0.00 | 387.11 | 9.43 | 13.98 |
| Breadstick - SR1044 (1 breadstick) | 70 | 80.00 | 1.00 | 0.00 | 0.00 | 95.00 | 14.00 | 3.00 |
| Twisted Breadstick - SR2142 (1 breadstick) | 5 | 172.69 | 3.27 | 0.09 | 0.00 | 190.34 | 28.41 | 6.09 |
| From the Garden - SR2435 (1 serv.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Roasted Broccoli - SR1852 (1/2 c.) | 65 | 65.49 | 4.49 | 0.33 | 0.00 | 72.07 | 5.40 | 3.00 |
| SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 2 Day 3 - ServingDate: 10/19/2022 | | | | | | | | |
| American Sandwich - OKR1129 (1 sandwich) | 10 | 356.13 | 14.85 | 6.31 | 0.00 | 1120.75 | 31.01 | 26.56 |
| Breakfast for Lunch: French Toast Sticks and Sausage - SR3122 (1 plate) | 60 | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) |
| Chicken Quesadilla - SR1467 (1 each quesa) | 20 | 302.84 | 15.62 | 7.79 | 0.00 | 683.73 | 22.52 | 17.38 |
| Strawberry Fields Parfait - SR1386 (1 parfait) | 10 | 307.22 (M) | 4.04(M) | 0.80(M) | 0.02(M) | 120.79 (M) | 66.21 (M) | 5.58(M) |
| String Cheese Stick - SR3035 (1 stick.) | 10 | 91.13 | 7.09 | 5.06 | 0.00 | 202.50 | 0.00 | 7.09 |
| Turkey Sausage Link - SR2332 (1 link) | 60 | 60.00 | 4.00 | 1.00 | 0.00 | 90.00 | 0.00 | 6.00 |
| Honey Graham Crackers - SR2366 (1 pkg.) | 10 | 90.00 | 2.50 | 0.00 | 0.00 | 95.00 | 17.00 | 2.00 |
| French Toast Sticks - SR1910 (3 stick.) | 60 | 193.02 | 7.42 | 1.11 | 0.00 | 222.71 | 28.21 | 4.45 |
| From the Garden - SR2435 (1 serv.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |

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Date: 10/01/2022 - 10/31/2022

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|--|-------------|--------------------|---------------|-------------|---------------|-------------|----------|-------------|
| SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 2 Day 3 - ServingDate: 10/19/2022 | | | | | | | | |
| Baked Cinnamon Raisin Apples - SR1238 (3/8 c.) | 60 | 121.86 | 1.90 | 0.76 | 0.00 | 29.02 | 26.93 | 0.37 |
| Pancake & Waffle Syrup - SR1158 (2 tbsp.) | 60 | 105.00 | 0.00 | 0.00 | 0.00 | 47.50 | 26.00 | 0.00 |
| SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 2 Day 4 - ServingDate: 10/20/2022 | | | | | | | | |
| Crispy Chicken Nuggets - SR1367 (5 nugget) | 50 | 239.93 | 14.00 | 2.50 | 0.00 | 439.88 | 16.00 | 14.00 |
| Corn Dog - SR1023 (1 corn dog) | 35 | 240.00 | 8.00 | 2.50 | 0.00 | 390.00 | 30.00 | 9.00 |
| Protein Power Box - OKR1942 (1 Box) | 5 | 411.37 | 18.50 | 7.38 | 0.00 | 437.52 | 47.87 | 16.01 |
| Chicken Caesar Salad - SR2523 (1 salad) | 10 | 150.37 | 6.56 | 1.45 | 0.00 | 387.11 | 9.43 | 13.98 |
| Garlic Knot Breadstick - SR1255 (1 roll.) | 50 | 110.63 | 4.05 | 0.22 | 0.00 | 95.85 | 15.02 | 3.23 |
| Twisted Breadstick - SR2142 (1 breadstick) | 10 | 172.69 | 3.27 | 0.09 | 0.00 | 190.34 | 28.41 | 6.09 |
| From the Garden - SR2435 (1 serv.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Seasoned Carrot Coins - SR1017 (1/2 c.) | 50 | 73.94 | 5.10 | 0.43 | 0.00 | 180.00 | 7.47 | 0.61 |
| Whipped Potatoes - SR1112 (1/2 c.) | 50 | 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 |
| SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 2 Day 5 - ServingDate: 10/21/2022 | | | | | | | | |
| Home-Style Cheese Pizza - OKR1334 (1 slice) | 60 | 327.14 | 13.74 | 6.59 | 0.00 | 733.88 | 31.07 | 17.33 |
| Traditional Hamburger - OKR1165 (1 burger) | 20 | 300.00 | 9.00 | 3.00 | 0.00 | 450.00 | 34.00 | 18.00 |
| Pinwheel Party Box - OKR1945 (1 Box) | 10 | 487.51 | 22.30 | 7.43 | 0.00 | 969.35 | 51.23 | 23.13 |

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|--|-------------|--------------------|---------------|-------------|---------------|-------------|----------|-------------|
| SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 2 Day 5 - ServingDate: 10/21/2022 | | | | | | | | |
| Classic Chef Salad - SR1083 (1 salad) | 10 | 266.21 | 14.09 | 5.22 | 0.00 | 642.65 | 9.28 | 26.00 |
| Twisted Breadstick - SR2142 (1 breadstick) | 10 | 172.69 | 3.27 | 0.09 | 0.00 | 190.34 | 28.41 | 6.09 |
| From the Garden - SR2435 (1 serv.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Mixed Garden Vegetables - SR1583 (1/2 c.) | 60 | 52.99 | 0.47 | 0.08 | 0.00 | 99.20 | 11.21 | 2.30 |
| SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 3 Day 1 - ServingDate: 10/24/2022 | | | | | | | | |
| Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) | 50 | 290.17 | 11.01 | 6.00 | 0.00 | 500.29 | 28.02 | 19.01 |
| Breaded Drumstick - SR3363 (1 pcs.) | 25 | 190.00 | 11.00 | 2.50 | 0.00 | 450.00 | 5.00 | 16.00 |
| Ham & Cheese Sandwich - OKR1072 (1 sandwich) | 15 | 351.13 | 15.10 | 6.56 | 0.00 | 1175.75 | 31.01 | 25.06 |
| Buffalo Wrap - SR2527 (1 wrap) | 10 | 453.11 | 23.04 | 7.04 | 0.00 | 2021.63 | 44.68 | 19.75 |
| From the Garden - SR2435 (1 serv.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Roasted Green Beans - SR1021 (1/2 c.) | 75 | 22.18 | 0.13 | 0.04 | 0.00 | 43.10 | 5.11 | 1.18 |
| Spaghetti Sauce - SR2220 (1/4 c.) | 50 | 32.36 | 0.25 | 0.03 | 0.00 | 129.82 | 6.67 | 1.04 |
| SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 3 Day 2 - ServingDate: 10/25/2022 | | | | | | | | |
| Scratch Beef Lasagna - OKR1603 (1 ea.) | 20 | 314.20 | 10.81 | 5.45 | 0.00 | 673.11 | 35.71 | 18.24 |
| Chicken & Waffles - OKR1163 (1 serving) | 65 | 344.93 | 17.50 | 3.00 | 0.00 | 614.88 | 32.50 | 16.00 |
| Protein Power Box - OKR1942 (1 Box) | 5 | 411.37 | 18.50 | 7.38 | 0.00 | 437.52 | 47.87 | 16.01 |
| Classic Chef Salad - SR1083 (1 salad) | 10 | 266.21 | 14.09 | 5.22 | 0.00 | 642.65 | 9.28 | 26.00 |

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|--|-------------|--------------------|---------------|-------------|---------------|-------------|----------|-------------|
| SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 3 Day 2 - ServingDate: 10/25/2022 | | | | | | | | |
| Twisted Breadstick - SR2142 (1 breadstick) | 10 | 172.69 | 3.27 | 0.09 | 0.00 | 190.34 | 28.41 | 6.09 |
| From the Garden - SR2435 (1 serv.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Roasted Summer Squash - SR1523 (1/2 c.) | 50 | 34.33 | 2.14 | 0.18 | 0.00 | 42.19 | 3.28 | 0.85 |
| Breakfast Syrup Cup - SR2498 (1 Container) | 65 | 110.00 | 0.00 | 0.00 | 0.00 | 20.00 | 29.00 | 0.00 |
| SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 3 Day 3 - ServingDate: 10/26/2022 | | | | | | | | |
| Deluxe Cheeseburger - OKR1164 (1 burger) | 40 | 345.56 | 13.05 | 5.53 | 0.00 | 682.88 | 34.51 | 20.53 |
| Kidzable: Italian, vegetarian - OKR1868 (1 portion) | 0 | 372.64 | 15.55 | 7.14 | 0.00 | 997.83 | 38.40 | 19.08 |
| Chicken Caesar Salad - SR2523 (1 salad) | 10 | 150.37 | 6.56 | 1.45 | 0.00 | 387.11 | 9.43 | 13.98 |
| Tater Tot Casserole - OKR1621 (1 serving) | 40 | 290.63 | 17.27 | 6.11 | 0.00 | 1003.19 | 20.29 | 14.15 |
| Twisted Breadstick - SR2142 (1 breadstick) | 50 | 172.69 | 3.27 | 0.09 | 0.00 | 190.34 | 28.41 | 6.09 |
| From the Garden - SR2435 (1 serv.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Oven Roasted California Blend Vegetables - OKR1939 (1/2 c.) | 30 | 104.64 | 8.54 | 0.70 | 0.01 | 40.85 | 7.45 | 1.61 |
| SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 3 Day 4 - ServingDate: 10/27/2022 | | | | | | | | |
| Twisted Dog - OKR1434 (1 serving (1)) | 30 | 280.00 | 11.00 | 2.50 | 0.00 | 450.00 | 29.00 | 14.00 |
| Orange Chicken Nuggets - SR2815 (5 nugget) | 30 | 347.16 | 16.17 | 2.89 | 0.00 | 643.12 | 36.48 | 16.17 |
| Classic Chef Salad - SR1083 (1 salad) | 10 | 266.21 | 14.09 | 5.22 | 0.00 | 642.65 | 9.28 | 26.00 |

Menu Calendar Nutrient Analysis Report - October, 2022

Site: Guthrie Upper Elementary

Date: 10/01/2022 - 10/31/2022

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|--|----------------|--------------------|------------------|----------------|------------------|----------------|--------------|----------------|
| SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 3 Day 4 - ServingDate: 10/27/2022 | | | | | | | | |
| Sunbutter & Jelly Sandwich - OKR1140 (1 sandwich) | 30 | 394.57 | 19.00 | 2.00 | 0.00 | 360.00 | 45.89 | 13.00 |
| Steamed Brown Rice - SR1098 (1/2 c.) | 40 | 117.19 | 0.69 | 0.00 | 0.00 | 2.03 | 25.51 | 2.76 |
| Twisted Breadstick - SR2142 (1 breadstick) | 15 | 172.69 | 3.27 | 0.09 | 0.00 | 190.34 | 28.41 | 6.09 |
| From the Garden - SR2435 (1 serv.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Green Peas - SR2335 (1/2 c.) | 25 | 73.53 | 0.38 | 0.06 | 0.00 | 103.13 | 13.01 | 4.99 |
| SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 3 Day 5 - ServingDate: 10/28/2022 | | | | | | | | |
| Baja Fish Tacos - OKR1940 (2 tacos) | 20 | 428.61 | 13.17 | 3.53 | 0.00 | 593.87 | 55.05 | 19.55 |
| Crispy Chicken Wrap - SR2525 (1 wrap) | 10 | 529.90 | 25.32 | 8.03 | 0.00 | 1156.65 | 56.58 | 20.60 |
| Cheesy Nachos with Taco Meat - SR2655 (1 nacho) | 50 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Double Berry Parfait - SR1174 (1 parfait) | 20 | 265.72 (M) | 3.95(M) | 0.79(M) | 0.02(M) | 119.28 (M) | 54.12 (M) | 5.24(M) |
| Cheddar Cheese Sauce - SR1293 (1/4 c.) | 50 | 114.49 | 9.20 | 5.01 | 0.00 | 423.20 | 2.04 | 7.16 |
| String Cheese - SR1146 (1 stick.) | 20 | 80.00 | 6.00 | 3.50 | 0.00 | 190.00 | 0.00 | 7.00 |
| String Cheese Stick - SR3035 (1 stick.) | 20 | 91.13 | 7.09 | 5.06 | 0.00 | 202.50 | 0.00 | 7.09 |
| Beef Taco Filling - SR1528 (3 tbsp.) | 50 | 55.79 | 2.27 | 0.91 | 0.00 | 180.08 | 2.27 | 6.35 |
| Honey Graham Crackers - SR2366 (1 pkg.) | 20 | 90.00 | 2.50 | 0.00 | 0.00 | 95.00 | 17.00 | 2.00 |
| Tortilla Chips - SR1065 (1 1/2 oz.) | 50 | 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) |
| Frijoles ala Charro - SR3313 (1/2 c.) | 0 | 127.34 | 1.89 | 0.25 | 0.00 | 246.05 | 20.74 | 8.81 |

Menu Calendar Nutrient Analysis Report - October, 2022

Site: Guthrie Upper Elementary
Date: 10/01/2022 - 10/31/2022

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|--|-------------|--------------------|---------------|-------------|---------------|-------------|----------|-------------|
| SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 4 Day 1 - ServingDate: 10/31/2022 | | | | | | | | |
| American Sandwich - OKR1129 (1 sandwich) | 20 | 356.13 | 14.85 | 6.31 | 0.00 | 1120.75 | 31.01 | 26.56 |
| Baked Penne Pasta - SR2128 (1 c.) | 20 | 444.06 | 14.77 | 7.01 | 0.00 | 1050.67 | 58.49 | 20.82 |
| Crispy Chicken Sandwich - SR2686 (1 burger) | 50 | 390.00 | 16.00 | 2.50 | 0.00 | 700.00 | 42.00 | 20.00 |
| Chicken Caesar Salad - SR2523 (1 salad) | 10 | 150.37 | 6.56 | 1.45 | 0.00 | 387.11 | 9.43 | 13.98 |
| Garlic Knot Breadstick - SR1255 (1 roll.) | 20 | 110.63 | 4.05 | 0.22 | 0.00 | 95.85 | 15.02 | 3.23 |
| 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 |

Legend

(M) - Missing Nutrient Values

Report SelectionsMeal 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.