

Menu Calendar Nutrient Analysis Report - January, 2023

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE-Global Flavors Asia-Pizza 2.0 :39003 - ServingDate: 01/03/2023								
Korean BBQ Flatbread Pizza - SR3385 (1 ea.)	30	423.05	19.69	9.13	0.00	1154.09	37.31	24.75
Teriyaki Meatball Roll Up - SR3486 (1 ea.)	30	503.33	24.45	7.14	0.00	799.82	47.56	25.40
Three Cheese Flatbread Pizza - SR1567 (1 ea.)	30	369.98	17.48	8.90	0.00	978.73	34.77	19.68
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/4 c.)	20	32.75	2.25	0.17	0.00	36.04	2.70	1.50
Spicy Asian Vegetable Blend - SR2607 (1/4 c.)	30	40.13	3.73	0.29	0.01	99.77	1.93	0.41
Soy Roasted Potatoes - SR2609 (1/4 c.)	45	93.22	6.52	0.76	0.00	335.25	9.59	0.74
Green Onion - SR1946 (1 tbsp.)	5	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	20	21.09	0.09	0.04	0.00	517.39	4.70	0.37
SY21-22 - FoodiE-Global Flavors Mexico- Pizza 2.0 :39003 - ServingDate: 01/04/2023								
Cheese Calzone, 5" - SR2629 (1 ea.)	60	368.13	12.77	6.66	0.00(M)	592.66	40.82	23.61
Taco Calzone, 5" - SR2633 (1 ea.)	40	335.92	9.25	4.21	0.00	593.63	40.28	21.77
From the Garden Bar - SR2596 (1 serv.)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/4 c.)	30	32.67	0.04	0.01	0.00	39.75	6.07	1.98
Mex Zucchini - SR1697 (1/4 c.)	30	73.65	7.26	0.56	0.00	85.74	2.54	0.86
Mex Roasted Sweet Potatoes - SR2277 (1/4 c.)	30	75.58	2.89	0.20	0.00	96.15	12.18	0.82
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Homemade Salsa - SR1007 (2 tbsp.)	30	7.38	0.03	0.01	0.00	78.67	1.55	0.26

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SY21-22 - FoodiE-Global Flavors Mexico- Pizza 2.0 :39003 - ServingDate: 01/04/2023								
Sour Cream - SR1659 (1 tbsp.)	30	30.00	2.50	1.75	0.00	7.50	0.50	0.50
SY21-22 - FoodiE-Global Flavors Mediterranean- Pizza 2.0 :39003 - ServingDate: 01/05/2023								
Greek Meatball Flatbread Roll Up - SR2622 (1 ea.)	60	458.33	24.45	7.14	0.00	654.82	36.56	24.90
Three Cheese Flatbread Pizza - SR1567 (1 ea.)	40	369.98	17.48	8.90	0.00	978.73	34.77	19.68
From the Garden Bar - SR2596 (1 serv.)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Chickpeas - SR1047 (1/4 c.)	10	98.28	1.86	0.03	0.00	169.51	15.32	5.11
Roasted Broccoli - SR1852 (1/4 c.)	25	32.75	2.25	0.17	0.00	36.04	2.70	1.50
Roasted Summer Squash - SR1523 (1/4 c.)	10	17.16	1.07	0.09	0.00	21.09	1.64	0.42
Sliced Black Olives - SR1390 (2 tbsp.)	5	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Diced Red Tomatoes - SR1012 (2 tbsp.)	5	4.43	0.05	0.01	0.00	1.23	0.96	0.22
SY21-22 - FoodiE-Global Flavors America-Pizza 2.0 :39003 - ServingDate: 01/06/2023								
Buffalo Chicken Flatbread Roll Up - SR2618 (1 ea.)	65	401.70	18.34	6.41	0.00	1361.79	37.29	20.98
Cheese Calzone, 5" - SR2629 (1 ea.)	35	368.13	12.77	6.66	0.00(M)	592.66	40.82	23.61
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/4 c.)	10	32.75	2.25	0.17	0.00	36.04	2.70	1.50

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SY21-22 - FoodiE-Global Flavors America-Pizza 2.0 :39003 - ServingDate: 01/06/2023								
Green Beans, Low Country Green Beans - SR2616 (1/4 c.)	25	33.18	2.35	0.32	0.00	173.75	2.77	1.02
Country Style Potato Wedges - SR1029 (1/4 c.)	100	45.21	1.26	0.00	0.00	15.07	7.54	1.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	30	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Red Pepper Flakes - SR1554 (1/4 tsp.)	5	1.43	0.08	0.01	0.00	0.14	0.25	0.05
SY21-22 - FoodiE-Global Flavors Mexico- Bowls :39003 - ServingDate: 01/09/2023								
Build-to-Order, Mexico Bowl, MIA - SR3455 (1 bowl)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Tinga Chicken Bowl - SR2691 (1 bowl)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tex Mex Bowl - SR2689 (1 bowl)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Two Bean & Vegetable Bowl - SR2690 (1 bowl)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mexican Tinga Chicken - SR2604 (1/4 c.)	50	52.83	1.25	0.01	0.00	111.32	2.03	7.49
Pinto Beans - SR1032 (1 #16 scoop)	20	57.63	0.00	0.00	0.00	80.69	10.37	3.46
Beef Taco Filling - SR1528 (3 tbsps.)	50	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Mexican Black Beans - SR1026 (1 #12 scoop)	100	43.56	0.05	0.01	0.00	53.00	8.10	2.63
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	90	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Cilantro Lime Rice - SR1232 (2/3 c.)	100	154.89	2.94	0.17	0.00	185.30	29.85	3.27
Tortilla Chips - SR1065 (7/8 oz.)	100	117.82	5.05	0.84	0.00	96.78	16.83	1.68

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SY21-22 - FoodiE-Global Flavors Mexico- Bowls :39003 - ServingDate: 01/09/2023								
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Elote Corn - SR1677 (1/4 c.)	50	64.74	0.86	0.29	0.01	21.32	14.22	2.35
Mex Zucchini - SR1697 (1/2 c.)	0	147.29	14.53	1.11	0.00	171.47	5.08	1.72
Mex Roasted Sweet Potatoes - SR2277 (1/4 c.)	20	75.58	2.89	0.20	0.00	96.15	12.18	0.82
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Homemade Salsa - SR1007 (2 tbsp.)	60	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Sour Cream - SR1659 (1 tbsp.)	40	30.00	2.50	1.75	0.00	7.50	0.50	0.50
SY21-22 - FoodiE-Global Flavors Asia- Bowls :39003 - ServingDate: 01/10/2023								
Build-to-Order, Asia Bowl - SR3456 (1 bowl)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Plant-Based Sweet & Sour Chick'n Bowl - SR2693 (1 bowl)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Korean BBQ & Dumpling Bowl - SR2695 (1 bowl)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Teriyaki Chicken & Dumpling Bowl - SR2696 (1 bowl)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Korean BBQ Chicken - SR2608 (1/3 c.)	50	141.52	5.89	0.62	0.01	467.64	6.76	13.51
Sweet & Sour Chick'n - SR2479 (4 nugget)	20	238.57	7.10	1.01	0.00	364.29	33.67	14.20
Teriyaki Chicken - SR2606 (1/2 c.)	50	153.14	3.54	1.77	0.00	681.98	12.78	16.45
Chicken & Vegetable Potstickers - SR2605 (3 ea.)	90	120.00	3.50	0.25	0.00	275.00	15.50	8.50

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SY21-22 - FoodiE-Global Flavors Asia-Bowls :39003 - ServingDate: 01/10/2023								
Vegetable Lo Mein - SR1770 (2/3 c.)	100	141.56	1.58	0.22	0.00	533.50	30.28	4.39
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Sesame Carrots - SR1787 (1/2 c.)	100	130.71	9.59	1.30	0.04	357.54	10.85	1.32
Roasted Broccoli - SR1852 (1/4 c.)	60	32.75	2.25	0.17	0.00	36.04	2.70	1.50
Spicy Asian Vegetable Blend - SR2607 (1/4 c.)	10	40.13	3.73	0.29	0.01	99.77	1.93	0.41
Soy Roasted Potatoes - SR2609 (1/2 c.)	10	186.44	13.04	1.52	0.00	670.51	19.19	1.48
Green Onion - SR1946 (1 tbsp.)	100	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	10	21.09	0.09	0.04	0.00	517.39	4.70	0.37
SY21-22 - FoodiE-Global Flavors America-Bowls :39003 - ServingDate: 01/11/2023								
Build-to-Order, American Potato Bowl, MIA - SR3457 (1 bowl)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Crispy Garden Bowl - SR2670 (1 bowl)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Smoky BBQ Chicken Potato Bowl - SR2658 (1 bowl)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Southern Style Crispy Chicken Potato Bowl - SR3458 (1 bowl)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Barbecue Chicken - SR2532 (1/4 c.)	50	104.00	2.00	0.00	0.00	557.33	7.47	12.00
Vegetarian Chick'n Nugget - SR2451 (4 nuggets)	20	182.57	7.10	1.01	0.00	304.29	19.27	14.20
Popcorn Chicken - SR1413 (12 piece)	50	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Twisted Breadstick - SR2142 (1 breadstick)	100	172.69	3.27	0.09	0.00	190.34	28.41	6.09

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SY21-22 - FoodiE-Global Flavors America-Bowls :39003 - ServingDate: 01/11/2023								
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Baked Beans - SR3118 (1/2 c.)	0	112.64	1.02	0.00	0.00	122.88	21.50	7.17
Green Beans, Low Country Green Beans - SR2616 (1/4 c.)	50	33.18	2.35	0.32	0.00	173.75	2.77	1.02
Steamed Corn - SR1034 (1/4 c.)	100	34.44	0.28	0.04	0.00	0.42	8.21	1.08
Whipped Potatoes - SR1112 (3/4 c.)	100	119.97	2.25	1.50	0.00	153.93	22.49	3.00
Chicken Gravy - SR1589 (1/4 c.)	50	30.37	1.01	0.00	0.00	133.39	4.05	0.00
Gravy, Pepper (Country, Biscuit) - SR2091 (1/4 c.)	20	42.87	2.42	2.19	0.00	179.47	4.58	0.37
Barbecue Sauce - SR1008 (1 tbsp.)	60	15.00	0.00	0.00	0.00	235.00	3.50	0.00
SY21-22 - FoodiE-Global Flavors Italy-Bowls :39003 - ServingDate: 01/12/2023								
Penne Chicken Bruschetta Bowl - SR2701 (1 bowl)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Build-to-Order, Italy Bowl - SR3459 (1 bowl)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tuscan Penne Veggie Alfredo Bowl - SR2703 (1 bowl)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spaghetti and Meatball Marinara Bowl - SR2673 (1 bowl)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Bruschetta Chicken - SR2610 (1/3 c.)	50	93.60	3.45	0.29	0.00	126.68	1.87	12.27
Chicken Meatballs - SR3065 (5 Meatballs)	50	176.64	10.93	3.37	0.00	201.88	5.89	14.30
Roasted Tuscan Vegetables - SR1442 (1 #6 scoop)	20	73.83	0.14	0.03	0.00	151.47	14.00	4.00

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SY21-22 - FoodiE-Global Flavors Italy-Bowls :39003 - ServingDate: 01/12/2023								
Alfredo Cheese Sauce - SR2217 (1/4 c.)	60	100.55	6.56	3.61	0.00	415.29	4.37	6.56
Breadstick - SR1044 (1 breadstick)	100	80.00	1.00	0.00	0.00	95.00	14.00	3.00
Whole Wheat Penne Pasta - SR1198 (1/2 c.)	60	100.87	1.52	0.06	0.00	208.31	19.25	3.29
Whole Wheat Spaghetti Noodles - SR1135 (1/2 c.)	50	96.44	1.55	0.21	0.00	211.37	19.80	3.33
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli and Red Peppers - SR2024 (1/4 c.)	60	42.86	3.33	0.24	0.00	4.53	2.92	1.25
Parmesan Green Beans - SR1144 (1/4 c.)	10	20.95	1.17	0.16	0.00	6.83	2.59	0.65
Roasted Butternut Squash - SR1408 (1/4 c.)	50	36.65	0.16	0.01	0.00	15.85	9.28	0.60
Spaghetti Sauce - SR2220 (1/2 c.)	50	64.72	0.49	0.06	0.00	259.64	13.34	2.08
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	40	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Red Pepper Flakes - SR1554 (1/4 tsp.)	10	1.43	0.08	0.01	0.00	0.14	0.25	0.05
SY21-22 - FoodiE-Global Flavors Mediterranean-Bowls :39003 - ServingDate: 01/13/2023								
Build-to-Order, Mediterranean Bowl - SR3460 (1 bowl)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
The Greek Gyro Bowl, MIA - SR2706 (1 bowl)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Greek Meatball Veggie Bowl - SR2705 (1 bowl)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mediterranean Vegetable Bowl - SR2704 (1 bowl)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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SY21-22 - FoodiE-Global Flavors Mediterranean-Bowls :39003 - ServingDate: 01/13/2023								
Falafel Fritters - SR2625 (3 ea.)	20	130.07	2.00	0.00	0.00	420.24	23.01	7.00
Greek Meatballs - SR2621 (4 Meatballs)	50	197.33	14.39	3.11	0.00	162.82	6.54	11.81
Greek Turkey - SR1854 (3/8 c.)	50	226.75	13.30	1.43	0.00	493.40	16.37	12.47
Mozzarella Cheese - SR3098 (1/2 oz.)	60	40.50	2.53	1.52	0.00	81.00	1.01	3.54
Cold Greek Herbed Brown Rice - SR2639 (1/2 c.)	100	152.14	1.30	0.40	0.00	318.64	32.99	3.26
Oven Fired Flatbread - SR1534 (1/2 piece)	100	90.00	2.50	0.50	0.00	165.00	14.00	3.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Chickpeas - SR1047 (1/2 c.)	50	196.56	3.72	0.06	0.00	339.02	30.64	10.21
Roasted Broccoli - SR1852 (1/4 c.)	60	32.75	2.25	0.17	0.00	36.04	2.70	1.50
Moroccan Spiced Carrots - SR2588 (1/2 c.)	40	122.06	10.32	0.81	0.00	158.09	8.34	0.84
Roasted Summer Squash - SR1523 (1/4 c.)	50	17.16	1.07	0.09	0.00	21.09	1.64	0.42
Sliced Black Olives - SR1390 (2 tbsp.)	50	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Diced Red Tomatoes - SR1012 (2 tbsp.)	60	4.43	0.05	0.01	0.00	1.23	0.96	0.22
Tzatziki Sauce - SR1820 (1 tbsp.)	100	7.38	0.02	0.00	0.00	63.90	0.78	1.20
SY21-22 - FoodiE-Global Flavors America-Handheld :39003 - ServingDate: 01/17/2023								
BBQ Chicken Sandwich - SR2712 (1 sandwich)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
BBQ Rib Sandwich - SR2649 (1 sandwich)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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SY21-22 - FoodiE-Global Flavors America-Handheld :39003 - ServingDate: 01/17/2023								
BBQ Chick'n Sandwich - SR2711 (1 sandwich)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Build-to-Order American Sandwich - SR3493 (1 sandwich)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Barbecue Beef Riblet - SR2064 (1 patty)	50	177.18	11.15	4.56	0.00	620.17	9.58	11.15
Barbecue Chick'n - SR2710 (3/8 c.)	20	193.66	6.66	0.95	0.00	637.77	23.32	13.31
Barbecue Chicken - SR2532 (1/4 c.)	50	104.00	2.00	0.00	0.00	557.33	7.47	12.00
Bimbo Bun - OKR1738 (1 roll (hamb))	100	160.00	2.00	0.00	0.00	270.00	31.00	6.00
From the Garden Bar - SR2596 (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
Green Beans, Low Country Green Beans - SR2616 (1/4 c.)	40	33.18	2.35	0.32	0.00	173.75	2.77	1.02
Country Style Potato Wedges - SR1029 (1/4 c.)	100	45.21	1.26	0.00	0.00	15.07	7.54	1.00
Sliced Red Onion - SR1986 (2 tbsp.)	10	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Dill Pickle Chips - SR1399 (2 tbsp.)	65	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Barbecue Sauce - SR1008 (1 tbsp.)	100	15.00	0.00	0.00	0.00	235.00	3.50	0.00
SY21-22 - FoodiE-Global Flavors Mexico- Handheld :39003 - ServingDate: 01/18/2023								
Bean & Vegetable Taco - SR2726 (1 taco)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Build-to-Order Taco - SR3461 (1 taco)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Chicken Tinga Taco - SR2727 (1 taco)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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SY21-22 - FoodiE-Global Flavors Mexico- Handheld :39003 - ServingDate: 01/18/2023								
Tex Mex Beef Taco - SR3462 (1 taco)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Refried Beans - OKR1472 (1/4 c.)	20	85.21	0.83	0.01	0.00	184.90	14.71	3.26
Mexican Tinga Chicken - SR2604 (1/3 c.)	50	70.44	1.67	0.01	0.00	148.43	2.71	9.99
Beef Taco Filling - SR1528 (1/4 c.)	50	74.39	3.02	1.21	0.00	240.10	3.02	8.47
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	100	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Cilantro Lime Rice - SR1232 (1/2 c.)	100	116.17	2.21	0.13	0.00	138.97	22.39	2.45
Crispy Corn Taco Shell - SR2223 (1 shells)	50	85.00	4.00	0.50	0.00	0.00	11.00	1.00
Flour Tortilla - SR1066 (1 tortilla)	50	89.99	2.50	1.00	0.00	129.98	14.00	2.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/4 c.)	10	32.67	0.04	0.01	0.00	39.75	6.07	1.98
Mex Zucchini - SR1697 (1/4 c.)	10	73.65	7.26	0.56	0.00	85.74	2.54	0.86
Mex Roasted Sweet Potatoes - SR2277 (1/4 c.)	20	75.58	2.89	0.20	0.00	96.15	12.18	0.82
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Homemade Salsa - SR1007 (2 tbsp.)	40	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Sour Cream - SR1659 (1 tbsp.)	40	30.00	2.50	1.75	0.00	7.50	0.50	0.50
Tomato and Shredded Lettuce Salad - SR1997 (1/2 c.)	100	11.38	0.12	0.02	0.00	4.26	2.45	0.60

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE-Global Flavors Mediterranean-Handheld :39003 - ServingDate: 01/19/2023								
Build-to-Order Mediterranean Sub - SR3464 (1 sandwich)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mediterranean Falafel & Vegetable Sub - SR2725 (1 sandwich)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Greek Spiced Meatball Sub - SR2724 (1 sandwich)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Greek Turkey Sandwich - SR2723 (1 sandwich)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Falafel Fritters - SR2625 (3 ea.)	20	130.07	2.00	0.00	0.00	420.24	23.01	7.00
Greek Meatballs - SR2621 (5 Meatballs)	50	246.66	17.98	3.88	0.00	203.52	8.17	14.77
Greek Turkey - SR1854 (1/2 c.)	50	302.33	17.73	1.91	0.00	657.86	21.83	16.62
Mozzarella Cheese - SR3098 (1/2 oz.)	100	40.50	2.53	1.52	0.00	81.00	1.01	3.54
Mini Sub Roll - SR1208 (1 roll (smal))	100	162.71	3.05	0.00	0.00	183.05	29.49	6.10
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Chickpeas - SR1047 (1/4 c.)	10	98.28	1.86	0.03	0.00	169.51	15.32	5.11
Roasted Broccoli - SR1852 (1/4 c.)	10	32.75	2.25	0.17	0.00	36.04	2.70	1.50
Roasted Summer Squash - SR1523 (1/4 c.)	10	17.16	1.07	0.09	0.00	21.09	1.64	0.42
Sliced Black Olives - SR1390 (2 tbsp.)	60	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Tzatziki Sauce - SR1820 (1 tbsp.)	60	7.38	0.02	0.00	0.00	63.90	0.78	1.20
Tomato and Shredded Lettuce Salad - SR1997 (1/2 c.)	60	11.38	0.12	0.02	0.00	4.26	2.45	0.60

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE-Global Flavors Asia-Handheld :39003 - ServingDate: 01/20/2023								
Chicken & Vegetable Potstickers - SR2605 (3 ea.)	80	120.00	3.50	0.25	0.00	275.00	15.50	8.50
Build-to-Order Asian Taco - SR3465 (1 taco)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Korean BBQ Chicken Taco - SR2714 (1 taco)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sweet & Sour Chick'n Taco - SR2717 (1 taco)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Teriyaki Chicken Taco - SR3013 (1 taco)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Korean BBQ Chicken - SR2608 (1/4 c.)	25	106.14	4.42	0.46	0.00	350.73	5.07	10.13
Sweet & Sour Chick'n - SR2479 (4 nugget)	55	238.57	7.10	1.01	0.00	364.29	33.67	14.20
Teriyaki Chicken - SR2606 (1/3 c.)	70	102.09	2.36	1.18	0.00	454.66	8.52	10.97
Flour Tortilla - SR1066 (1 tortilla)	100	89.99	2.50	1.00	0.00	129.98	14.00	2.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (2 tbsp.)	15	16.37	1.12	0.08	0.00	18.02	1.35	0.75
Spicy Asian Vegetable Blend - SR2607 (2 tbsp.)	35	20.07	1.86	0.14	0.00	49.89	0.97	0.20
Soy Roasted Potatoes - SR2609 (2 tbsp.)	65	46.61	3.26	0.38	0.00	167.63	4.80	0.37
Green Onion - SR1946 (1 tbsp.)	10	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	30	21.09	0.09	0.04	0.00	517.39	4.70	0.37
SY21-22 - FoodiE-Global Flavors America-Wraps (Breakfast Plates) :39003 - ServingDate: 01/23/2023								
Chick'n & Waffle Stacker Breakfast Plate - SR2750 (1 plate)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE-Global Flavors America-Wraps (Breakfast Plates) :39003 - ServingDate: 01/23/2023								
Fruit-Topped Waffle Breakfast Plate - SR3467 (1 plate)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Homestyle Breakfast Plate - SR2752 (1 plate)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Chick'n Nugget - SR2451 (4 nuggets)	10	182.57	7.10	1.01	0.00	304.29	19.27	14.20
Scrambled Eggs - SR1179 (1/4 c.)	90	93.33	6.00	2.00	0.00	86.67	0.00	8.00
Country Breakfast Sausage Patty - SR1157 (1 patty)	60	60.00	4.50	1.50	0.00	80.00	0.00	6.00
Buttermilk Pancakes - SR2010 (2 pancake)	50	160.00	2.00	0.33	0.00	406.67	30.67	4.00
Toasted Waffle - SR1038 (2 waffle)	50	210.00	7.00	1.00	0.00	350.00	33.00	4.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Baked Cinnamon Raisin Apples - SR1238 (1/4 c.)	30	82.19	1.23	0.50	0.00	20.42	18.19	0.27
Warm Berries - SR2617 (1/4 c.)	90	53.58	0.05	0.01	0.00	1.55	13.82	0.21
Sweet Potato Fries - SR2043 (1/4 c.)	30	81.17	3.55	0.51	0.00	96.39	12.68	0.51
Golden Hash Brown Rounds - SR1984 (1 piece)	60	45.00	1.25	0.00	0.00	95.00	7.50	0.50
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	75	105.00	0.00	0.00	0.00	47.50	26.00	0.00
SY21-22 - FoodiE-Global Flavors Asia-Wraps (Burritos) :39003 - ServingDate: 01/24/2023								
Korean BBQ Chicken Burrito - SR2735 (1 wrap)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE-Global Flavors Asia-Wraps (Burritos) :39003 - ServingDate: 01/24/2023								
Sweet & Sour Chick'n Burrito - SR2738 (1 wrap)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Build-to-Order Asian Burrito - SR3468 (1 wrap)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Teriyaki Chicken Burrito - SR2736 (1 wrap)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Korean BBQ Chicken - SR2608 (1/3 c.)	35	141.52	5.89	0.62	0.01	467.64	6.76	13.51
Sweet & Sour Chick'n - SR2479 (4 nugget)	5	238.57	7.10	1.01	0.00	364.29	33.67	14.20
Teriyaki Chicken - SR2606 (1/2 c.)	60	153.14	3.54	1.77	0.00	681.98	12.78	16.45
Steamed Brown Rice - SR1098 (1/4 c.)	100	58.59	0.34	0.00	0.00	1.01	12.75	1.38
Flour Tortilla - SR1177 (1 tortilla)	100	210.00	6.00	3.00	0.00	319.99	34.00	5.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/4 c.)	20	32.75	2.25	0.17	0.00	36.04	2.70	1.50
Spicy Asian Vegetable Blend - SR2607 (1/4 c.)	35	40.13	3.73	0.29	0.01	99.77	1.93	0.41
Soy Roasted Potatoes - SR2609 (1/4 c.)	15	93.22	6.52	0.76	0.00	335.25	9.59	0.74
Green Onion - SR1946 (1 tbsp.)	20	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	30	21.09	0.09	0.04	0.00	517.39	4.70	0.37
SY21-22 - FoodiE-Global Flavors Italy-Wraps (Flatbreads) :39003 - ServingDate: 01/25/2023								
Chicken Bruschetta Flatbread Pizza, Richs 6x6, USDA Mozzarella - SR3383 (1 ea.)	10	394.24	17.54	7.13	0.00	842.33	34.47	25.17
Pepperoni Flatbread Pizza - SR3386 (1 ea.)	50	401.57	20.40	9.99	0.00	1083.22	34.77	21.14

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE-Global Flavors Italy-Wraps (Flatbreads) :39003 - ServingDate: 01/25/2023								
Three Cheese Flatbread Pizza - SR1567 (1 ea.)	40	369.98	17.48	8.90	0.00	978.73	34.77	19.68
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli and Red Peppers - SR2024 (1/2 c.)	40	85.72	6.65	0.48	0.00	9.07	5.83	2.51
Parmesan Green Beans - SR1144 (1/2 c.)	30	41.90	2.35	0.32	0.00	13.66	5.18	1.30
Roasted Butternut Squash - SR1408 (1/2 c.)	15	73.30	0.33	0.01	0.00	31.71	18.56	1.19
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	20	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Red Pepper Flakes - SR1554 (1/4 tsp.)	15	1.43	0.08	0.01	0.00	0.14	0.25	0.05
SY21-22 - FoodiE-Global Flavors Mexico- Wraps (Burritos) :39003 - ServingDate: 01/26/2023								
Bean & Vegetable Burrito - SR2746 (1 burrito)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Build-to-Order Mexican Burrito, MIA - SR3469 (1 burrito)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Tinga Chicken Burrito - SR2747 (1 burrito)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tex Mex Beef Burrito - SR2748 (1 burrito)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Refried Beans - OKR1472 (3/8 c.)	20	127.81	1.25	0.01	0.00	277.36	22.07	4.89
Mexican Tinga Chicken - SR2604 (1/3 c.)	50	70.44	1.67	0.01	0.00	148.43	2.71	9.99
Beef Taco Filling - SR1528 (1/3 c.)	50	99.19	4.03	1.61	0.00	320.13	4.03	11.29

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE-Global Flavors Mexico- Wraps (Burritos) :39003 - ServingDate: 01/26/2023								
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	100	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Cilantro Lime Rice - SR1232 (1/4 c.)	0	58.08	1.10	0.06	0.00	69.49	11.19	1.23
Flour Tortilla - SR1177 (1 tortilla)	100	210.00	6.00	3.00	0.00	319.99	34.00	5.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/4 c.)	10	32.67	0.04	0.01	0.00	39.75	6.07	1.98
Mex Zucchini - SR1697 (1/4 c.)	10	73.65	7.26	0.56	0.00	85.74	2.54	0.86
Mex Roasted Sweet Potatoes - SR2277 (1/4 c.)	20	75.58	2.89	0.20	0.00	96.15	12.18	0.82
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Homemade Salsa - SR1007 (2 tbsp.)	40	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Sour Cream - SR1659 (1 tbsp.)	40	30.00	2.50	1.75	0.00	7.50	0.50	0.50
Tomato and Shredded Lettuce Salad - SR1997 (1/2 c.)	100	11.38	0.12	0.02	0.00	4.26	2.45	0.60
SY21-22 - FoodiE-Global Flavors Mediterranean-Wraps (Flatbread/Gyro) :39003 - ServingDate: 01/27/2023								
Build-to-Order Mediterranean Flatbread, MIA - SR3473 (1 sandwich)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mediterranean Falafel & Vegetable Flatbread, MIA - SR3470 (1 sandwich)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE-Global Flavors Mediterranean-Wraps (Flatbread/Gyro) :39003 - ServingDate: 01/27/2023								
Greek Spiced Meatball Flatbread, MIA - SR3471 (1 sandwich)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Greek Turkey Flatbread, MIA - SR3472 (1 sandwich)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Falafel Fritters - SR2625 (3 ea.)	20	130.07	2.00	0.00	0.00	420.24	23.01	7.00
Greek Meatballs - SR2621 (5 Meatballs)	35	246.66	17.98	3.88	0.00	203.52	8.17	14.77
Greek Turkey - SR1854 (1/2 c.)	40	302.33	17.73	1.91	0.00	657.86	21.83	16.62
Mozzarella Cheese - SR3098 (1/2 oz.)	50	40.50	2.53	1.52	0.00	81.00	1.01	3.54
Oven Fired Flatbread - SR1534 (1 piece)	100	180.00	5.00	1.00	0.00	330.00	28.00	6.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Chickpeas - SR1047 (1/4 c.)	15	98.28	1.86	0.03	0.00	169.51	15.32	5.11
Roasted Broccoli - SR1852 (1/4 c.)	40	32.75	2.25	0.17	0.00	36.04	2.70	1.50
Roasted Summer Squash - SR1523 (1/4 c.)	30	17.16	1.07	0.09	0.00	21.09	1.64	0.42
Sliced Black Olives - SR1390 (2 tbsp.)	90	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Tzatziki Sauce - SR1820 (1 tbsp.)	100	7.38	0.02	0.00	0.00	63.90	0.78	1.20
Tomato and Shredded Lettuce Salad - SR1997 (1/2 c.)	60	11.38	0.12	0.02	0.00	4.26	2.45	0.60
SY21-22 - FoodiE-Global Flavors America-Comfort (Chili Bowl) :39003 - ServingDate: 01/30/2023								
Build-to-Order Chili Bowl - SR3476 (1 bowl)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE-Global Flavors America-Comfort (Chili Bowl) :39003 - ServingDate: 01/30/2023								
Chili Con Carne Bowl - SR3474 (1 bowl)	45	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Rainbow Chili Bowl - SR3475 (1 bowl)	45	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chili con Carne - SR1379 (1 c.)	55	216.38	5.44	1.91	0.00	607.73	29.88	14.32
Rainbow Chili - SR1922 (1 c.)	55	186.09	1.27	0.05	0.00	412.66	36.24	9.41
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	100	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Frito Corn Chips - SR2033 (1 c.)	100	227.37	14.21	2.13	0.00	241.58	22.74	2.84
Tortilla Chips - SR1065 (1 1/2 oz.)	1	206.18	8.84	1.47	0.00	169.36	29.45	2.94
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chilled Black Beans - SR2006 (1/4 c.)	55	60.25	0.00	0.00	0.00	71.20	10.95	3.83
Sweet Potato Fries - SR2043 (1/4 c.)	10	81.17	3.55	0.51	0.00	96.39	12.68	0.51
Roasted Peppers and Onions Blend - SR1952 (1/4 c.)	55	34.82	2.09	0.18	0.00	44.27	4.12	0.61
Green Onion - SR1946 (1 tbsp.)	100	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Sour Cream - SR1659 (2 tbsp.)	30	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY21-22 - FoodiE-Global Flavors Mexico- Comfort (Enchiladas) :39003 - ServingDate: 01/31/2023								
Blanco queso Enchilada with Beans - SR2765 (2 enchilada)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Blanco Queso Enchilada with Taco Meat - SR2766 (2 enchilada)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Enchilada Suiza - SR3490 (2 enchilada)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE-Global Flavors Mexico- Comfort (Enchiladas) :39003 - ServingDate: 01/31/2023								
Enchilada Combo - SR2767 (2 enchilada)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Bean and Cheese Enchilada - SR3488 (1 enchilada)	20	197.45	5.89	2.80	0.00	386.37	26.20	8.53
Beef Enchilada - SR3489 (1 enchilada)	50	171.84	7.09	3.37	0.00	437.18	17.24	8.61
Enchilada Suiza - SR3315 (1 enchilada)	50	172.74	6.22	2.56	0.00	379.52	18.16	8.78
Cilantro Lime Rice - SR1232 (1/4 c.)	100	58.08	1.10	0.06	0.00	69.49	11.19	1.23
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/4 c.)	15	32.67	0.04	0.01	0.00	39.75	6.07	1.98
Mex Zucchini - SR1697 (1/4 c.)	10	73.65	7.26	0.56	0.00	85.74	2.54	0.86
Mex Roasted Sweet Potatoes - SR2277 (1/4 c.)	15	75.58	2.89	0.20	0.00	96.15	12.18	0.82
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	40	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Homemade Salsa - SR1007 (2 tbsp.)	30	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Sour Cream - SR1659 (1 tbsp.)	20	30.00	2.50	1.75	0.00	7.50	0.50	0.50

Legend
 (M) - Missing Nutrient Values

Report Selections
 Meal Type: Lunch
 Site Group: FoodiE Cafe
 Menu Line: FE-Global Flavors (II-Play)
 Serving Group: 6-8
 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.