

# Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Junior High  
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY21-22 - FoodiE-Global Flavors America-Comfort (Baked Potato):39003 - ServingDate: 02/01/2023</b>								
Cheesy Broccoli Baked Potato - SR2754 (1 potato)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chili & Cheese Baked Potato - SR3477 (1 potato)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Old School Spud - SR2753 (1 potato)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Taco Beef Baked Potato - SR2755 (1 potato)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheddar Cheese Sauce - SR1293 (3/8 c.)	75	171.73	13.80	7.51	0.00	634.80	3.07	10.73
Beef Taco Filling - SR1528 (1/4 c.)	25	74.39	3.02	1.21	0.00	240.10	3.02	8.47
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	75	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Rainbow Chili - SR1922 (1 c.)	25	186.09	1.27	0.05	0.00	412.66	36.24	9.41
Twisted Breadstick - SR2142 (1 breadstick)	100	172.69	3.27	0.09	0.00	190.34	28.41	6.09
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Aztec Corn - SR1434 (1/2 c.)	10	89.14	1.48	0.14	0.00	48.98	17.09	3.57
Vegetarian Baked Beans - SR3118 (1/2 c.)	10	112.64	1.02	0.00	0.00	122.88	21.50	7.17
Roasted Broccoli - SR1852 (1/2 c.)	45	65.49	4.49	0.33	0.00	72.07	5.40	3.00
Green Beans, Low Country Green Beans - SR2616 (1/2 c.)	20	66.37	4.70	0.64	0.00	347.50	5.54	2.04
Baked Potato - SR1562 (1 potato)	100	172.26	4.66	0.36	0.00	19.32	29.59	3.63
Green Onion - SR1946 (1 tbsp.)	65	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Sour Cream - SR1659 (2 tbsp.)	25	60.00	5.00	3.50	0.00	15.00	1.00	1.00

# Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Junior High  
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY21-22 - FoodiE-Global Flavors Italy-Comfort (Pastas) :39003 - ServingDate: 02/02/2023</b>								
Italian Meat Sauce Pasta Bowl - SR2764 (1 bowl)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheese Lasagna Roll - SR2763 (1 roll.)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Build-to-Order, Italy Bowl - SR3459 (1 bowl)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Alfredo Cheese Sauce - SR2217 (1/2 c.)	10	201.09	13.11	7.21	0.00	830.59	8.74	13.11
Cheese Lasagna Rollup - SR1497 (1 roll.)	40	277.32	4.01	2.06	0.00	510.06	42.88	17.16
Beef Bolognese - SR1197 (2/3 c.)	60	173.65	7.71	3.24	0.00	649.66	13.19	13.62
Breadstick - SR1044 (1 breadstick)	100	80.00	1.00	0.00	0.00	95.00	14.00	3.00
Whole Wheat Spaghetti Noodles - SR1135 (1/2 c.)	70	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.)	20	42.86	3.33	0.24	0.00	4.53	2.92	1.25
Parmesan Green Beans - SR1144 (1/4 c.)	20	20.95	1.17	0.16	0.00	6.83	2.59	0.65
Roasted Butternut Squash - SR1408 (1/4 c.)	10	36.65	0.16	0.01	0.00	15.85	9.28	0.60
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	10	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
<b>SY21-22 - FoodiE-Global Flavors Asia-Comfort (Rice Bowls) :39003 - ServingDate: 02/03/2023</b>								
Build-to-Order Asian Rice Bowl - SR3478 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)

# Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Junior High  
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY21-22 - FoodiE-Global Flavors Asia-Comfort (Rice Bowls):39003 - ServingDate: 02/03/2023</b>								
Orange Chicken Rice Bowl - SR2757 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sweet and Sour Chick'n Rice Bowl - SR3136 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Teriyaki Chicken Rice Bowl - SR2762 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Orange Chicken - SR1835 (12 piece)	50	346.37	16.49	2.95	0.00	540.33	34.21	16.16
Sweet & Sour Chick'n - SR2479 (5 nugget)	50	298.22	8.88	1.27	0.00	455.36	42.09	17.75
Teriyaki Chicken - SR2606 (1/2 c.)	50	153.14	3.54	1.77	0.00	681.98	12.78	16.45
Oven Fried Rice - SR1382 (2/3 c.)	100	156.08	1.64	0.23	0.00	330.02	30.65	5.05
Steamed Brown Rice - SR1098 (1/2 c.)	100	117.19	0.69	0.00	0.00	2.02	25.51	2.76
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/4 c.)	45	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.)	30	93.22	6.52	0.76	0.00	335.25	9.59	0.74
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.)	20	21.09	0.09	0.04	0.00	517.39	4.70	0.37
<b>SY21-22 - FoodiE-Global Flavors Mexico- Street :39003 - ServingDate: 02/06/2023</b>								
Build-to-Orde Street Taco - SR3491 (1 taco)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Bean & Vegetable Taco - SR2726 (1 taco)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)

# Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Junior High  
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY21-22 - FoodiE-Global Flavors Mexico- Street :39003 - ServingDate: 02/06/2023</b>								
Carnitas Taco - SR2729 (1 taco)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pavo al Pastor Taco - SR2776 (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
Turkey Al Pastor - SR1259 (1/4 c.)	50	66.31	1.99	0.48	0.00	490.61	3.39	8.49
Turkey Carnitas - SR1262 (1/4 c.)	50	75.98	3.49	0.59	0.00	480.16	2.66	8.42
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 (2/3 c.)	100	154.89	2.94	0.17	0.00	185.30	29.85	3.27
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)
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.)	25	75.58	2.89	0.20	0.00	96.15	12.18	0.82
Diced Yellow Onion - SR1264 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	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.)	40	30.00	2.50	1.75	0.00	7.50	0.50	0.50

# Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Junior High  
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY21-22 - FoodiE-Global Flavors Asia-Street :39003 - ServingDate: 02/07/2023</b>								
Build-to-Order Asian Street Sub - SR3492 (1 sandwich)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Korean BBQ Chicken Sub - SR2771 (1 sandwich)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sweet & Sour Chick'n Sub - SR3479 (1 sandwich)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Teriyaki Meatball Sub - SR2770 (1 sandwich)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Korean BBQ Chicken - SR2608 (1/3 c.)	45	141.52	5.89	0.62	0.01	467.64	6.76	13.51
Teriyaki Meatballs - SR3494 (5 Meatballs)	45	267.87	10.98	3.37	0.00	492.28	28.09	15.36
Sweet & Sour Chick'n - SR2479 (5 nugget)	10	298.22	8.88	1.27	0.00	455.36	42.09	17.75
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 Broccoli - SR1852 (1/4 c.)	25	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.)	60	93.22	6.52	0.76	0.00	335.25	9.59	0.74
Green Onion - SR1946 (1 tbsp.)	55	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Pickle Cucumbers - SR1785 (2 tbsp.)	55	3.49	0.02	0.01	0.00	54.91	0.86	0.10
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	45	21.09	0.09	0.04	0.00	517.39	4.70	0.37
<b>SY21-22 - FoodiE-Global Flavors America-Street :39003 - ServingDate: 02/08/2023</b>								
Smoky BBQ Chick'n Nuggets Basket, America MIA - SR3480 (1 Basket)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)

# Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Junior High  
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY21-22 - FoodiE-Global Flavors America-Street :39003 - ServingDate: 02/08/2023</b>								
Spicy Buffalo Chick'n Nuggets Basket - SR2769 (1 Basket)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Smoky BBQ Chicken Tenders Basket - SR3481 (1 Basket)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Buffalo Chicken Tenders Basket - SR2768 (1 Basket)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Breaded Chicken Tender - SR2504 (3 tenders)	80	263.02	15.17	2.53	0.00	394.54	16.19	15.17
Vegetarian Chick'n Nugget - SR2451 (4 nuggets)	20	182.57	7.10	1.01	0.00	304.29	19.27	14.20
Twisted Breadstick - SR2142 (1 breadstick)	100	172.69	3.27	0.09	0.00	190.34	28.41	6.09
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Baked Beans - SR3118 (1/2 c.)	10	112.64	1.02	0.00	0.00	122.88	21.50	7.17
Celery Sticks - SR1014 (6 stick.)	40	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Green Beans, Low Country Green Beans - SR2616 (1/2 c.)	20	66.37	4.70	0.64	0.00	347.50	5.54	2.04
Carrot Sticks - SR1606 (6 stick.)	40	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Country Style Potato Wedges - SR1029 (1/2 c.)	100	90.43	2.51	0.00	0.00	30.14	15.07	2.01
Barbecue Sauce - SR1008 (1 tbsp.)	50	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Buffalo Sauce - SR2613 (1 tbsp.)	50	3.39	0.09	0.02	0.00	626.53	0.48	0.17
<b>SY21-22 - FoodiE-Global Flavors Italy-Street (Mac &amp; Cheese) :39003 - ServingDate: 02/09/2023</b>								
Alfredo Mac - SR3483 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)

# Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Junior High  
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY21-22 - FoodiE-Global Flavors Italy-Street (Mac &amp; Cheese) :39003 - ServingDate: 02/09/2023</b>								
Cheesy Cheddar Mac, Italy, MIA - SR3482 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Chicken Alfredo Mac - SR2774 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tuscan Veggie Mac - SR2772 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Alfredo Macaroni - SR1422 (1 c.)	75	350.96	12.47	5.48	0.00	1034.02	49.30	16.55
Cheddar Macaroni - SR1549 (1 c.)	25	444.30	23.85	11.83	0.00	1357.99	42.11	22.85
Fajita Chicken - SR2529 (1/4 c.)	25	46.32	1.52	0.76	0.00	230.09	0.76	6.83
Roasted Tuscan Vegetables - SR1442 (1 #8 scoop)	25	55.38	0.11	0.02	0.00	113.60	10.50	3.00
Breadstick - SR1044 (1 breadstick)	50	80.00	1.00	0.00	0.00	95.00	14.00	3.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli and Red Peppers - SR2024 (1/4 c.)	40	42.86	3.33	0.24	0.00	4.53	2.92	1.25
Parmesan Green Beans - SR1144 (1/4 c.)	30	20.95	1.17	0.16	0.00	6.83	2.59	0.65
Roasted Butternut Squash - SR1408 (1/4 c.)	15	36.65	0.16	0.01	0.00	15.85	9.28	0.60
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	25	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
<b>SY21-22 - FoodiE-Global Flavors Mediterranean-Street (Totchos) :39003 - ServingDate: 02/10/2023</b>								
Build-to-Order Mediterranean Totchos - SR3485 (1 nacho)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)

# Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Junior High  
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY21-22 - FoodiE-Global Flavors Mediterranean-Street (Totchos) :39003 - ServingDate: 02/10/2023</b>								
Greek Meatball & Cheese Totchos - SR2782 (1 nacho)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mediterranean Vegetable Totchos - SR3484 (1 nacho)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Turkey Gyro & Cheese Totchos - SR2783 (1 nacho)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mozzarella Cheese - SR3098 (1 oz.)	20	81.00	5.06	3.04	0.00	162.00	2.02	7.09
Greek Meatballs - SR2621 (3 Meatballs)	70	147.99	10.79	2.33	0.00	122.11	4.90	8.86
Greek Turkey - SR1854 (1/4 c.)	30	151.17	8.87	0.96	0.00	328.93	10.91	8.31
Cheddar Cheese Sauce - SR1293 (1/4 c.)	80	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Dinner Roll - SR1009 (1 roll.)	100	160.00	3.00	0.00	0.00	135.00	29.00	7.00
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.)	15	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
Tater Tots - SR1450 (3/4 c.)	100	166.06	9.06	1.51	0.00	467.98	21.13	1.51
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



## Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Junior High  
Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY21-22 - FoodiE-Global Flavors Italy-Comfort (Pastas) :39003 - ServingDate: 02/13/2023</b>								
Italian Meat Sauce Pasta Bowl - SR2764 (1 bowl)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheese Lasagna Roll - SR2763 (1 roll.)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Build-to-Order, Italy Bowl - SR3459 (1 bowl)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Alfredo Cheese Sauce - SR2217 (1/2 c.)	10	201.09	13.11	7.21	0.00	830.59	8.74	13.11
Cheese Lasagna Rollup - SR1497 (1 roll.)	40	277.32	4.01	2.06	0.00	510.06	42.88	17.16
Beef Bolognese - SR1197 (2/3 c.)	60	173.65	7.71	3.24	0.00	649.66	13.19	13.62
Breadstick - SR1044 (1 breadstick)	100	80.00	1.00	0.00	0.00	95.00	14.00	3.00
Whole Wheat Spaghetti Noodles - SR1135 (1/2 c.)	70	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.)	20	42.86	3.33	0.24	0.00	4.53	2.92	1.25
Parmesan Green Beans - SR1144 (1/4 c.)	20	20.95	1.17	0.16	0.00	6.83	2.59	0.65
Roasted Butternut Squash - SR1408 (1/4 c.)	10	36.65	0.16	0.01	0.00	15.85	9.28	0.60
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	10	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
<b>SY21-22 - FoodiE-Global Flavors Asia-Pizza 2.0 :39003 - ServingDate: 02/14/2023</b>								
Korean BBQ Flatbread Pizza - SR3385 (1 ea.)	30	423.05	19.69	9.13	0.00	1154.09	37.31	24.75

# Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Junior High  
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY21-22 - FoodiE-Global Flavors Asia-Pizza 2.0 :39003 - ServingDate: 02/14/2023</b>								
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
<b>SY21-22 - FoodiE-Global Flavors Mexico- Pizza 2.0 :39003 - ServingDate: 02/15/2023</b>								
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	328.42	9.25	4.21	0.00	567.38	38.78	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
Sour Cream - SR1659 (1 tbsp.)	30	30.00	2.50	1.75	0.00	7.50	0.50	0.50

# Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Junior High  
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY21-22 - FoodiE-Global Flavors Mediterranean- Pizza 2.0 :39003 - ServingDate: 02/16/2023</b>								
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
<b>SY21-22 - FoodiE-Global Flavors America-Pizza 2.0 :39003 - ServingDate: 02/17/2023</b>								
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
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

# Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Junior High  
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY21-22 - FoodiE-Global Flavors America-Pizza 2.0 :39003 - ServingDate: 02/17/2023</b>								
Red Pepper Flakes - SR1554 (1/4 tsp.)	5	1.43	0.08	0.01	0.00	0.14	0.25	0.05
<b>SY21-22 - FoodiE-Global Flavors Asia-Bowls :39003 - ServingDate: 02/21/2023</b>								
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
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

# Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Junior High  
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY21-22 - FoodiE-Global Flavors Asia-Bowls :39003 - ServingDate: 02/21/2023</b>								
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
<b>SY21-22 - FoodiE-Global Flavors America-Bowls :39003 - ServingDate: 02/22/2023</b>								
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
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	138.46	4.05	0.71

# Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Junior High  
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY21-22 - FoodiE-Global Flavors America-Bowls :39003 - ServingDate: 02/22/2023</b>								
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
<b>SY21-22 - FoodiE-Global Flavors Italy-Bowls :39003 - ServingDate: 02/23/2023</b>								
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
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

# Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Junior High  
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY21-22 - FoodiE-Global Flavors Italy-Bowls :39003 - ServingDate: 02/23/2023</b>								
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
<b>SY21-22 - FoodiE-Global Flavors Mediterranean-Bowls :39003 - ServingDate: 02/24/2023</b>								
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)
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

# Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Junior High  
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY21-22 - FoodiE-Global Flavors Mediterranean-Bowls :39003 - ServingDate: 02/24/2023</b>								
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
<b>SY21-22 - FoodiE-Global Flavors Italy-Handheld :39003 - ServingDate: 02/27/2023</b>								
3 Cheese Caprese Grilled Cheese - SR2719 (1 sandwich)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Italian Meatball Sandwich - SR2720 (1 sandwich)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Italian-style Deli Sub - SR2722 (1 sandwich)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Italian Garden Sub - SR3466 (1 sandwich)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
American Cheese Slice - SR2821 (1 oz.)	10	110.00	9.00	5.00	0.00	270.00	2.00	5.00
Three Cheese Caprese Grilled Cheese - SR3384 (1 sandwich)	30	395.30	20.80	8.67	0.00	835.80	36.67	19.83
Italian-style Meat Combo, turkey, turkey ham, salami - SR3157 (6 slice)	30	146.00	6.80	1.76	0.00	589.79	1.00	19.97



# Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Junior High  
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY21-22 - FoodiE-Global Flavors Italy-Handheld :39003 - ServingDate: 02/27/2023</b>								
Meatball Sauce, Chicken Meatball - SR2534 (4 Meatballs)	30	188.27	9.13	2.74	0.00	348.62	14.32	12.97
Mozzarella Cheese - SR3098 (1/2 oz.)	40	40.50	2.53	1.52	0.00	81.00	1.01	3.54
Mini Sub Roll - SR1208 (1 roll (smal))	70	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 Broccoli and Red Peppers - SR2024 (1/2 c.)	10	85.72	6.65	0.48	0.00	9.07	5.83	2.51
Parmesan Green Beans - SR1144 (1/2 c.)	25	41.90	2.35	0.32	0.00	13.66	5.18	1.30
Roasted Butternut Squash - SR1408 (1/2 c.)	10	73.30	0.33	0.01	0.00	31.71	18.56	1.19
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.)	15	1.43	0.08	0.01	0.00	0.14	0.25	0.05
<b>SY21-22 - FoodiE-Global Flavors America-Handheld :39003 - ServingDate: 02/28/2023</b>								
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)
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

## Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Junior High  
Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY21-22 - FoodiE-Global Flavors America-Handheld :39003 - ServingDate: 02/28/2023</b>								
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

**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.