

Menu Calendar Nutrient Analysis Report - October, 2022

Site: Guthrie Junior High
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)
SY21-22 - FoodiE- Global Flavors Mexico- Street :39003 - ServingDate: 10/03/2022								
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)
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	185.31	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

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SY21-22 - FoodiE-Global Flavors Asia-Street :39003 - ServingDate: 10/04/2022								
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
SY21-22 - FoodiE-Global Flavors America-Street :39003 - ServingDate: 10/05/2022								
Smoky BBQ Chick'n Nuggets Basket, America MIA - SR3480 (1 Basket)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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SY21-22 - FoodiE-Global Flavors America-Street :39003 - ServingDate: 10/05/2022								
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	260.00	15.00	2.50	0.00	390.00	16.00	15.00
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	143.36	20.48	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	347.51	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
SY21-22 - FoodiE-Global Flavors Italy-Street (Mac & Cheese) :39003 - ServingDate: 10/06/2022								
Alfredo Mac - SR3483 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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SY21-22 - FoodiE-Global Flavors Italy-Street (Mac & Cheese) :39003 - ServingDate: 10/06/2022								
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	1034.05	49.30	16.55
Cheddar Macaroni - SR1549 (1 c.)	25	444.30	23.85	11.83	0.00	1358.01	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	55.34	0.11	0.02	0.00	113.59	10.49	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
SY21-22 - FoodiE-Global Flavors Mediterranean-Street (Totchos) :39003 - ServingDate: 10/07/2022								
Build-to-Order Mediterranean Totchos - SR3485 (1 nacho)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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SY21-22 - FoodiE-Global Flavors Mediterranean-Street (Totchos) :39003 - ServingDate: 10/07/2022								
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	91.12	7.09	5.06	0.00	172.12	1.01	6.07
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

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SY21-22 - FoodiE-Global Flavors Italy-Comfort (Pastas) :39003 - ServingDate: 10/10/2022								
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	211.38	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
SY21-22 - FoodiE-Global Flavors Asia-Pizza 2.0 :39003 - ServingDate: 10/11/2022								
Korean BBQ Flatbread Pizza - SR3385 (1 ea.)	30	433.17	21.72	11.15	0.00	1164.22	36.29	23.73

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SY21-22 - FoodiE-Global Flavors Asia-Pizza 2.0 :39003 - ServingDate: 10/11/2022								
Teriyaki Meatball Roll Up - SR3486 (1 ea.)	30	513.45	26.48	9.17	0.00	809.94	46.55	24.39
Three Cheese Flatbread Pizza - SR1567 (1 ea.)	30	380.10	19.51	10.92	0.00	988.85	33.76	18.66
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: 10/12/2022								
Cheese Calzone, 5" - SR2629 (1 ea.)	60	382.48	15.64	9.53	0.00(M)	607.00	39.38	22.18
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
Sour Cream - SR1659 (1 tbsp.)	30	30.00	2.50	1.75	0.00	7.50	0.50	0.50

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SY21-22 - FoodiE-Global Flavors Mexico- Bowls :39003 - ServingDate: 10/17/2022								
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 tbsp.)	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	185.31	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
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

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SY21-22 - FoodiE-Global Flavors Asia-Bowls :39003 - ServingDate: 10/18/2022								
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	533.51	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

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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-Bowls :39003 - ServingDate: 10/19/2022								
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	143.36	20.48	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	153.94	22.49	3.00
Chicken Gravy - SR1589 (1/4 c.)	50	30.37	1.01	0.00	0.00	133.40	4.05	0.00
Gravy, Pepper (Country, Biscuit) - SR2091 (1/4 c.)	20	42.87	2.42	2.19	0.00	179.48	4.58	0.37
Barbecue Sauce - SR1008 (1 tbsp.)	60	15.00	0.00	0.00	0.00	235.00	3.50	0.00

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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)
SY21-22 - FoodiE-Global Flavors Italy-Bowls :39003 - ServingDate: 10/20/2022								
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	93.37	3.44	0.29	0.00	126.64	1.85	12.24
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	73.78	0.14	0.03	0.00	151.46	13.99	3.99
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	208.32	19.25	3.29
Whole Wheat Spaghetti Noodles - SR1135 (1/2 c.)	50	96.44	1.55	0.21	0.00	211.38	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

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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-Bowls :39003 - ServingDate: 10/20/2022								
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: 10/21/2022								
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	45.56	3.54	2.53	0.00	86.06	0.51	3.04
Cold Greek Herbed Brown Rice - SR2639 (1/2 c.)	100	152.14	1.30	0.40	0.00	318.65	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

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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-Bowls :39003 - ServingDate: 10/21/2022								
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 Italy-Handheld :39003 - ServingDate: 10/24/2022								
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	405.42	22.82	10.70	0.00	845.93	35.65	18.82
Italian-style Meat Combo, turkey, turkey ham, salami - SR3157 (6 slice)	30	151.56	7.84	2.28	0.00	758.85	1.01	19.69
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	45.56	3.54	2.53	0.00	86.06	0.51	3.04
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)

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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-Handheld :39003 - ServingDate: 10/24/2022								
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
SY21-22 - FoodiE-Global Flavors America-Handheld :39003 - ServingDate: 10/25/2022								
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
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

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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-Handheld :39003 - ServingDate: 10/25/2022								
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: 10/26/2022								
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)
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	138.98	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)

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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- Handheld :39003 - ServingDate: 10/26/2022								
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- Handheld :39003 - ServingDate: 10/27/2022								
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	45.56	3.54	2.53	0.00	86.06	0.51	3.04

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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: 10/27/2022								
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
SY21-22 - FoodiE-Global Flavors Asia-Handheld :39003 - ServingDate: 10/28/2022								
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

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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: 10/28/2022								
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: 10/31/2022								
Chick'n & Waffle Stacker Breakfast Plate - SR2750 (1 plate)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
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)

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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: 10/31/2022								
Baked Cinnamon Raisin Apples - SR1238 (1/4 c.)	30	81.24	1.26	0.51	0.00	19.35	17.95	0.24
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

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.