

Menu Calendar Nutrient Analysis Report - September, 2022

Site: Guthrie Junior High
 Date: 09/01/2022 - 09/30/2022

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 Breakfast Secondary Week 3 Day 2 :39410 - ServingDate: 09/20/2022								
Blueberry Nutrigrain Bar - SR3029 (1 Bar)	15	160.00	4.00	0.50	0.00	135.00	30.00	2.00
Breakfast Sandwich - OKR1923 (1 sandwich)	45	236.28	13.72	7.51	0.00	651.53	20.14	8.42
Cheerios - SR1160 (1 bowl)	5	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	5	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Just Peachy Parfait - SR1735 (1 parfait)	15	447.51 (M)	7.79(M)	1.57(M)	0.04(M)	240.67 (M)	86.80 (M)	10.92 (M)
String Cheese Stick - SR3035 (1 stick.)	10	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Unsweetened Applesauce - SR1195 (1/2 c.)	20	55.86	0.15	0.03	0.00	10.49	12.58	0.32
Banana - SR1166 (1 medium (7"))	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	60	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00

Menu Calendar Nutrient Analysis Report - September, 2022

Site: Guthrie Junior High
 Date: 09/01/2022 - 09/30/2022

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 Breakfast Secondary Week 3 Day 3 :39410 - ServingDate: 09/21/2022								
Sausage Breakfast Pizza - SR1167 (1 slice)	55	210.03	7.00	2.00	0.00	350.06	27.00	9.00
Cheerios - SR1160 (1 bowl)	5	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	5	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Just Peachy Parfait - SR1735 (1 parfait)	10	447.51 (M)	7.79(M)	1.57(M)	0.04(M)	240.67 (M)	86.80 (M)	10.92 (M)
Blueberry Pop Tart - OKR1691 (1 pkg.)	10	180.00	2.50	1.00	0.00	180.00	38.00	2.00
String Cheese Stick - SR3035 (1 stick.)	10	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Orange Smiles - SR1172 (6 slice or w)	25	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Strawberries - SR3043 (1/2 c.)	25	26.71	0.00	0.00	0.00	1.37	6.85	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	60	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00

Menu Calendar Nutrient Analysis Report - September, 2022

Site: Guthrie Junior High
 Date: 09/01/2022 - 09/30/2022

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 Breakfast Secondary Week 3 Day 4 :39410 - ServingDate: 09/22/2022								
Cheerios - SR1160 (1 bowl)	5	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	5	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Strawberry Creamy Cheese Mini Bagels - SR1188 (1 pkg.)	50	177.54	4.76	1.79	0.14	154.97	33.67	4.62
Blueberry Muffin - SR1454 (1 muffin)	15	190.00	6.00	2.00	0.00	130.00	30.00	3.00
Just Peachy Parfait - SR1735 (1 parfait)	10	447.51 (M)	7.79(M)	1.57(M)	0.04(M)	240.67 (M)	86.80 (M)	10.92 (M)
String Cheese Stick - SR3035 (1 stick.)	10	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Fresh Apple Slices - SR2546 (1 pkg.)	25	30.00	0.00	0.00	0.00	0.00	7.00	0.00
Diced Peaches - SR3040 (1/2 c.)	20	59.04	0.00	0.00	0.00	4.92	13.78	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	60	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00

Menu Calendar Nutrient Analysis Report - September, 2022

Site: Guthrie Junior High
 Date: 09/01/2022 - 09/30/2022

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 Breakfast Secondary Week 3 Day 5 :39410 - ServingDate: 09/23/2022								
Strawberry Nutrigrain Breakfast Bar - SR1353 (1 Bar)	15	160.00	4.00	0.50	0.00	150.00	30.00	2.00
Egg & Cheese Breakfast Taco Roll - SR3011 (1 taco)	50	140.00	5.00	1.50	0.00	420.00	17.00	7.00
Cheerios - SR1160 (1 bowl)	5	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	5	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Just Peachy Parfait - SR1735 (1 parfait)	10	447.51 (M)	7.79(M)	1.57(M)	0.04(M)	240.67 (M)	86.80 (M)	10.92 (M)
String Cheese Stick - SR3035 (1 stick.)	10	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Orange Smiles - SR1172 (6 slice or w)	25	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Strawberries - SR3043 (1/2 c.)	25	26.71	0.00	0.00	0.00	1.37	6.85	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	60	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00

Menu Calendar Nutrient Analysis Report - September, 2022

Site: Guthrie Junior High
 Date: 09/01/2022 - 09/30/2022

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 Breakfast Secondary Week 4 Day 1 :39410 - ServingDate: 09/26/2022								
Cheerios - SR1160 (1 bowl)	5	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	5	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	0.00	160.00	24.00	2.00
French Toast Sticks - SR1910 (3 stick.)	50	193.02	7.42	1.11	0.00	222.71	28.21	4.45
Double Chocolate Chip Muffin - SR1592 (1 muffin)	15	190.00	6.00	2.00	0.00	130.00	33.00	3.00
Strawberry Banana Parfait - SR1737 (1 parfait)	10	462.40 (M)	7.72(M)	1.61(M)	0.04(M)	245.03 (M)	90.50 (M)	10.33 (M)
String Cheese Stick - SR3035 (1 stick.)	10	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Fresh Apple Slices - SR2546 (1 pkg.)	25	30.00	0.00	0.00	0.00	0.00	7.00	0.00
Diced Bartlett Pears - SR1194 (1/2 c.)	20	59.31	0.08	0.00	0.00	4.75	15.35	0.40
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	60	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Breakfast Syrup Cup - SR2498 (1 Container)	50	110.00	0.00	0.00	0.00	20.00	29.00	0.00

Menu Calendar Nutrient Analysis Report - September, 2022

Site: Guthrie Junior High
 Date: 09/01/2022 - 09/30/2022

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 Breakfast Secondary Week 4 Day 2 :39410 - ServingDate: 09/27/2022								
Biscuit with Old Fashioned Gravy - OKR1604 (1 ea.)	50	256.80	11.52	5.76	0.14	564.83	34.04	4.12
Apple Cinnamon Nutrigrain Breakfast Bar - SR1352 (1 Bar)	10	150.00	3.50	0.50	0.00	135.00	30.00	2.00
Cheerios - SR1160 (1 bowl)	5	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	5	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Strawberry Banana Parfait - SR1737 (1 parfait)	15	462.40 (M)	7.72(M)	1.61(M)	0.04(M)	245.03 (M)	90.50 (M)	10.33 (M)
String Cheese Stick - SR3035 (1 stick.)	10	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Unsweetened Applesauce - SR1195 (1/2 c.)	25	55.86	0.15	0.03	0.00	10.49	12.58	0.32
Banana - SR1166 (1 medium (7"))	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	60	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00

Menu Calendar Nutrient Analysis Report - September, 2022

Site: Guthrie Junior High
 Date: 09/01/2022 - 09/30/2022

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 Breakfast Secondary Week 4 Day 3 :39410 - ServingDate: 09/28/2022								
Breakfast on a Stick - SR2494 (1 stick.)	50	200.00	10.00	2.50	0.00	310.00	17.00	7.00
Cheerios - SR1160 (1 bowl)	5	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	5	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Strawberry Banana Parfait - SR1737 (1 parfait)	10	462.40 (M)	7.72(M)	1.61(M)	0.04(M)	245.03 (M)	90.50 (M)	10.33 (M)
Frosted Strawberry Pop-Tart - SR1465 (1 pkg.)	15	180.00	2.50	1.00	0.00	190.00	38.00	2.00
String Cheese Stick - SR3035 (1 stick.)	10	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Orange Smiles - SR1172 (6 slice or w)	25	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Strawberries - SR3043 (1/2 c.)	25	26.71	0.00	0.00	0.00	1.37	6.85	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	60	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00

Menu Calendar Nutrient Analysis Report - September, 2022

Site: Guthrie Junior High
 Date: 09/01/2022 - 09/30/2022

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 Breakfast Secondary Week 4 Day 4 :39410 - ServingDate: 09/29/2022								
Cheerios - SR1160 (1 bowl)	5	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	5	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Cinnamon Roll - OKR1273 (1 roll.)	50	205.30	1.00	0.50	0.00	135.17	45.05	5.00
Banana Muffin - SR1591 (1 muffin)	15	190.00	6.00	2.00	0.00	130.00	30.00	3.00
Strawberry Banana Parfait - SR1737 (1 parfait)	10	462.40 (M)	7.72(M)	1.61(M)	0.04(M)	245.03 (M)	90.50 (M)	10.33 (M)
String Cheese Stick - SR3035 (1 stick.)	10	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Fresh Apple Slices - SR2546 (1 pkg.)	25	30.00	0.00	0.00	0.00	0.00	7.00	0.00
Diced Peaches - SR3040 (1/2 c.)	20	59.04	0.00	0.00	0.00	4.92	13.78	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	60	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00

Menu Calendar Nutrient Analysis Report - September, 2022

Site: Guthrie Junior High
 Date: 09/01/2022 - 09/30/2022

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 Breakfast Secondary Week 4 Day 5 :39410 - ServingDate: 09/30/2022								
Blueberry Nutrigrain Bar - SR3029 (1 Bar)	10	160.00	4.00	0.50	0.00	135.00	30.00	2.00
Cheerios - SR1160 (1 bowl)	5	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	5	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Confetti Pancake Bites - SR2512 (1 pkg.)	50	220.00	7.00	1.00	0.00	300.00	36.00	4.00
Strawberry Banana Parfait - SR1737 (1 parfait)	15	462.40 (M)	7.72(M)	1.61(M)	0.04(M)	245.03 (M)	90.50 (M)	10.33 (M)
String Cheese Stick - SR3035 (1 stick.)	10	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Blueberries - SR2219 (1/2 c.)	20	39.41	0.00	0.00	0.00	0.98	8.87	0.00
Orange Smiles - SR1172 (6 slice or w)	25	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	60	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00

Legend
 (M) - Missing Nutrient Values

Menu Calendar Nutrient Analysis Report - September, 2022

Site: Guthrie Junior High
Date: 09/01/2022 - 09/30/2022

Report Selections

Meal Type: Breakfast
Site Group: Did You Know Café
Menu Line: B-Café Classics
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.