

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)
SY 21-22 Fast Takes W2D4 - ServingDate: 09/01/2022								
Chicken Bacon and Ranch Wrap, 10-inch tortilla, USDA - OKR1856 (1 wrap)	15	400.76	19.76	4.17	0.00	662.67	31.25	21.64
Large Crispy Chicken Salad - OKR1461 (1 salad)	15	307.26	15.28	4.57	0.00	435.13	23.91	18.34
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	35	382.71	16.55	6.00	0.00	823.05	31.49	28.10
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	35	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	15	172.69	3.27	0.09	0.00	190.34	28.41	6.09
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Fruit Cocktail - SR1037 (1/2 c.)	15	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	10	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	40	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Garden Side Salad - SR1429 (1 c.)	30	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	30	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	30	0.00	0.00	0.00	0.00	180.00	0.00	0.00

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SY 21-22 Fast Takes W2D4 - ServingDate: 09/01/2022								
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	25.00	1.25	0.25	0.00	160.00	4.00	0.00
SY 21-22 Fast Takes W2D5 - ServingDate: 09/02/2022								
Large Crispy Chicken Salad - OKR1461 (1 salad)	20	307.26	15.28	4.57	0.00	435.13	23.91	18.34
Kidzable Protein Power - OKR1446 (1 portion)	30	383.87	15.68	5.98	0.00	646.78	42.08	17.47
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	25	382.71	16.55	6.00	0.00	823.05	31.49	28.10
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	25	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	20	172.69	3.27	0.09	0.00	190.34	28.41	6.09
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	15	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	10	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Celery Sticks - SR1014 (6 stick.)	30	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Caesar Side Salad - SR1428 (1 c.)	40	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.31	0.01	0.00	0.00	175.46	4.63	0.16

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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)
SY 21-22 Fast Takes W2D5 - ServingDate: 09/02/2022								
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	30	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	30	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	25.00	1.25	0.25	0.00	160.00	4.00	0.00
SY 21-22 Fast Takes W3D2 - ServingDate: 09/06/2022								
Chef Salad, USDA - OKR1839 (1 salad)	15	172.59	8.96	3.89	0.00	444.63	6.57	17.30
Crispy Chicken Wrap - SR2525 (1 wrap)	15	529.90	25.32	8.03	0.00	1156.65	56.58	20.60
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	35	382.71	16.55	6.00	0.00	823.05	31.49	28.10
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	35	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	15	172.69	3.27	0.09	0.00	190.34	28.41	6.09
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Diced Bartlett Pears - SR1194 (1/2 c.)	15	59.31	0.08	0.00	0.00	4.75	15.35	0.40
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	10	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	40	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Garden Side Salad - SR1429 (1 c.)	30	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00

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SY 21-22 Fast Takes W3D2 - ServingDate: 09/06/2022								
Ketchup - SR1004 (1 pump)	0	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	30	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	30	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	25.00	1.25	0.25	0.00	160.00	4.00	0.00
SY 21-22 Fast Takes W3D3 - ServingDate: 09/07/2022								
Chef Salad, USDA - OKR1839 (1 salad)	15	172.59	8.96	3.89	0.00	444.63	6.57	17.30
Crispy Chicken Wrap - SR2525 (1 wrap)	15	529.90	25.32	8.03	0.00	1156.65	56.58	20.60
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	35	382.71	16.55	6.00	0.00	823.05	31.49	28.10
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	35	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	25	172.69	3.27	0.09	0.00	190.34	28.41	6.09
Unsweetened Applesauce - SR1195 (1/2 c.)	15	55.86	0.15	0.03	0.00	10.49	12.58	0.32
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	10	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	40	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	30	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00

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SY 21-22 Fast Takes W3D3 - ServingDate: 09/07/2022								
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	30	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	30	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	25.00	1.25	0.25	0.00	160.00	4.00	0.00
SY 21-22 Fast Takes W3D4 - ServingDate: 09/08/2022								
Chef Salad, USDA - OKR1839 (1 salad)	15	172.59	8.96	3.89	0.00	444.63	6.57	17.30
Crispy Chicken Wrap - SR2525 (1 wrap)	15	529.90	25.32	8.03	0.00	1156.65	56.58	20.60
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	35	382.71	16.55	6.00	0.00	823.05	31.49	28.10
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	35	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	15	172.69	3.27	0.09	0.00	190.34	28.41	6.09
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Fruit Cocktail - SR1037 (1/2 c.)	15	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	10	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	30	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Garden Side Salad - SR1429 (1 c.)	40	20.07	0.13	0.02	0.00	25.59	4.25	1.10

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SY 21-22 Fast Takes W3D4 - ServingDate: 09/08/2022								
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	30	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	30	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	25.00	1.25	0.25	0.00	160.00	4.00	0.00
SY 21-22 Fast Takes W3D5 - ServingDate: 09/09/2022								
Chef Salad, USDA - OKR1839 (1 salad)	25	172.59	8.96	3.89	0.00	444.63	6.57	17.30
Kidzable Protein Power - OKR1446 (1 portion)	25	383.87	15.68	5.98	0.00	646.78	42.08	17.47
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	25	382.71	16.55	6.00	0.00	823.05	31.49	28.10
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	25	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	25	172.69	3.27	0.09	0.00	190.34	28.41	6.09
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	15	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	10	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Celery Sticks - SR1014 (6 stick.)	40	10.34	0.11	0.03	0.00	51.71	1.92	0.45

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SY 21-22 Fast Takes W3D5 - ServingDate: 09/09/2022								
Caesar Side Salad - SR1428 (1 c.)	30	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	30	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	30	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	25.00	1.25	0.25	0.00	160.00	4.00	0.00
SY 21-22 Fast Takes W4D1 - ServingDate: 09/12/2022								
Chicken Bacon and Ranch Wrap, 10-inch tortilla, USDA - OKR1856 (1 wrap)	15	400.76	19.76	4.17	0.00	662.67	31.25	21.64
Large Crispy Chicken Salad - OKR1461 (1 salad)	15	307.26	15.28	4.57	0.00	435.13	23.91	18.34
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	35	382.71	16.55	6.00	0.00	823.05	31.49	28.10
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	35	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	15	172.69	3.27	0.09	0.00	190.34	28.41	6.09
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	10	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90

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SY 21-22 Fast Takes W4D1 - ServingDate: 09/12/2022								
Diced Peaches - SR1196 (1/2 c.)	15	77.87	0.05	0.00	0.00	7.08	20.48	1.11
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	30	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	30	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	30	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	30	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	25.00	1.25	0.25	0.00	160.00	4.00	0.00
SY 21-22 Fast Takes W4D2 - ServingDate: 09/13/2022								
Chicken Bacon and Ranch Wrap, 10-inch tortilla, USDA - OKR1856 (1 wrap)	15	400.76	19.76	4.17	0.00	662.67	31.25	21.64
Large Crispy Chicken Salad - OKR1461 (1 salad)	15	307.26	15.28	4.57	0.00	435.13	23.91	18.34
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	35	382.71	16.55	6.00	0.00	823.05	31.49	28.10
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	35	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	15	172.69	3.27	0.09	0.00	190.34	28.41	6.09
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29

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SY 21-22 Fast Takes W4D2 - ServingDate: 09/13/2022								
Diced Bartlett Pears - SR1194 (1/2 c.)	15	59.31	0.08	0.00	0.00	4.75	15.35	0.40
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	10	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	30	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Garden Side Salad - SR1429 (1 c.)	30	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	30	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	30	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	25.00	1.25	0.25	0.00	160.00	4.00	0.00
SY 21-22 Fast Takes W4D3 - ServingDate: 09/14/2022								
Chicken Bacon and Ranch Wrap, 10-inch tortilla, USDA - OKR1856 (1 wrap)	15	400.76	19.76	4.17	0.00	662.67	31.25	21.64
Large Crispy Chicken Salad - OKR1461 (1 salad)	15	307.26	15.28	4.57	0.00	435.13	23.91	18.34
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	35	382.71	16.55	6.00	0.00	823.05	31.49	28.10

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)
SY 21-22 Fast Takes W4D3 - ServingDate: 09/14/2022								
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	35	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	15	172.69	3.27	0.09	0.00	190.34	28.41	6.09
Unsweetened Applesauce - SR1195 (1/2 c.)	15	55.86	0.15	0.03	0.00	10.49	12.58	0.32
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	10	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	40	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	30	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	30	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	30	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	25.00	1.25	0.25	0.00	160.00	4.00	0.00
SY 21-22 Fast Takes W4D4 - ServingDate: 09/15/2022								
Chicken Bacon and Ranch Wrap, 10-inch tortilla, USDA - OKR1856 (1 wrap)	15	400.76	19.76	4.17	0.00	662.67	31.25	21.64

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)
SY 21-22 Fast Takes W4D4 - ServingDate: 09/15/2022								
Large Crispy Chicken Salad - OKR1461 (1 salad)	15	307.26	15.28	4.57	0.00	435.13	23.91	18.34
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	35	382.71	16.55	6.00	0.00	823.05	31.49	28.10
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	35	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	15	172.69	3.27	0.09	0.00	190.34	28.41	6.09
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Fruit Cocktail - SR1037 (1/2 c.)	15	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	10	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	30	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Garden Side Salad - SR1429 (1 c.)	40	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	30	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	30	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	25.00	1.25	0.25	0.00	160.00	4.00	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)
SY 21-22 Fast Takes W4D5 - ServingDate: 09/16/2022								
Large Crispy Chicken Salad - OKR1461 (1 salad)	10	307.26	15.28	4.57	0.00	435.13	23.91	18.34
Kidzable Protein Power - OKR1446 (1 portion)	30	383.87	15.68	5.98	0.00	646.78	42.08	17.47
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	30	382.71	16.55	6.00	0.00	823.05	31.49	28.10
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	30	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	10	172.69	3.27	0.09	0.00	190.34	28.41	6.09
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	15	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	10	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Celery Sticks - SR1014 (6 stick.)	40	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Caesar Side Salad - SR1428 (1 c.)	30	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	30	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	30	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	25.00	1.25	0.25	0.00	160.00	4.00	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)
SY 22-23 Fast Takes W3D2 :38087 - ServingDate: 09/20/2022								
Chef Salad, USDA - OKR1839 (1 salad)	15	172.59	8.96	3.89	0.00	444.63	6.57	17.30
Crispy Chicken Wrap - SR2525 (1 wrap)	15	529.90	25.32	8.03	0.00	1156.65	56.58	20.60
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	35	382.71	16.55	6.00	0.00	823.05	31.49	28.10
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	35	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	15	172.69	3.27	0.09	0.00	190.34	28.41	6.09
Thrive Bar - SR2452 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY 22-23 Fast Takes W3D3 :38087 - ServingDate: 09/21/2022								
Chef Salad, USDA - OKR1839 (1 salad)	15	172.59	8.96	3.89	0.00	444.63	6.57	17.30
Crispy Chicken Wrap - SR2525 (1 wrap)	15	529.90	25.32	8.03	0.00	1156.65	56.58	20.60
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	35	382.71	16.55	6.00	0.00	823.05	31.49	28.10
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	35	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	25	172.69	3.27	0.09	0.00	190.34	28.41	6.09
Thrive Bar - SR2452 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY 22-23 Fast Takes W3D4 :38087 - ServingDate: 09/22/2022								
Chef Salad, USDA - OKR1839 (1 salad)	15	172.59	8.96	3.89	0.00	444.63	6.57	17.30
Crispy Chicken Wrap - SR2525 (1 wrap)	15	529.90	25.32	8.03	0.00	1156.65	56.58	20.60
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	35	382.71	16.55	6.00	0.00	823.05	31.49	28.10

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)
SY 22-23 Fast Takes W3D4 :38087 - ServingDate: 09/22/2022								
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	35	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	15	172.69	3.27	0.09	0.00	190.34	28.41	6.09
Thrive Bar - SR2452 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY 22-23 Fast Takes W3D5 :38087 - ServingDate: 09/23/2022								
Chef Salad, USDA - OKR1839 (1 salad)	25	172.59	8.96	3.89	0.00	444.63	6.57	17.30
Kidzable Protein Power - OKR1446 (1 portion)	25	383.87	15.68	5.98	0.00	646.78	42.08	17.47
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	25	382.71	16.55	6.00	0.00	823.05	31.49	28.10
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	25	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	25	172.69	3.27	0.09	0.00	190.34	28.41	6.09
Thrive Bar - SR2452 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY 22-23 Fast Takes W4D1 :38087 - ServingDate: 09/26/2022								
Chicken Bacon and Ranch Wrap, 10-inch tortilla, USDA - OKR1856 (1 wrap)	15	400.76	19.76	4.17	0.00	662.67	31.25	21.64
Large Crispy Chicken Salad - OKR1461 (1 salad)	15	307.26	15.28	4.57	0.00	435.13	23.91	18.34
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	35	382.71	16.55	6.00	0.00	823.05	31.49	28.10
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	35	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	15	172.69	3.27	0.09	0.00	190.34	28.41	6.09

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)
SY 22-23 Fast Takes W4D1 :38087 - ServingDate: 09/26/2022								
Thrive Bar - SR2452 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY 22-23 Fast Takes W4D2 :38087 - ServingDate: 09/27/2022								
Chicken Bacon and Ranch Wrap, 10-inch tortilla, USDA - OKR1856 (1 wrap)	15	400.76	19.76	4.17	0.00	662.67	31.25	21.64
Large Crispy Chicken Salad - OKR1461 (1 salad)	15	307.26	15.28	4.57	0.00	435.13	23.91	18.34
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	35	382.71	16.55	6.00	0.00	823.05	31.49	28.10
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	35	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	15	172.69	3.27	0.09	0.00	190.34	28.41	6.09
Thrive Bar - SR2452 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY 22-23 Fast Takes W4D3 :38087 - ServingDate: 09/28/2022								
Chicken Bacon and Ranch Wrap, 10-inch tortilla, USDA - OKR1856 (1 wrap)	15	400.76	19.76	4.17	0.00	662.67	31.25	21.64
Large Crispy Chicken Salad - OKR1461 (1 salad)	15	307.26	15.28	4.57	0.00	435.13	23.91	18.34
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	35	382.71	16.55	6.00	0.00	823.05	31.49	28.10
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	35	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	15	172.69	3.27	0.09	0.00	190.34	28.41	6.09
Thrive Bar - SR2452 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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)
SY 22-23 Fast Takes W4D4 :38087 - ServingDate: 09/29/2022								
Chicken Bacon and Ranch Wrap, 10-inch tortilla, USDA - OKR1856 (1 wrap)	15	400.76	19.76	4.17	0.00	662.67	31.25	21.64
Large Crispy Chicken Salad - OKR1461 (1 salad)	15	307.26	15.28	4.57	0.00	435.13	23.91	18.34
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	35	382.71	16.55	6.00	0.00	823.05	31.49	28.10
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	35	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	15	172.69	3.27	0.09	0.00	190.34	28.41	6.09
Thrive Bar - SR2452 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY 22-23 Fast Takes W4D5 :38087 - ServingDate: 09/30/2022								
Large Crispy Chicken Salad - OKR1461 (1 salad)	10	307.26	15.28	4.57	0.00	435.13	23.91	18.34
Kidzable Protein Power - OKR1446 (1 portion)	30	383.87	15.68	5.98	0.00	646.78	42.08	17.47
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	30	382.71	16.55	6.00	0.00	823.05	31.49	28.10
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	30	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	10	172.69	3.27	0.09	0.00	190.34	28.41	6.09
Thrive Bar - SR2452 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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: Lunch
Site Group: Did You Know Café
Menu Line: DYK-Fast Takes (tier I)
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.