

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 Honor Roll Bar - Week 2 Day 4 :37144 - ServingDate: 09/01/2022								
Chicken Burger - OKR1124 (1 burger)	40	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Crispy Chicken Nuggets - SR1367 (5 nugget)	20	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Spicy Chicken Burger - OKR1167 (1 burger)	40	427.88	17.14	2.91	0.00	677.65	48.47	21.14
Dinner Roll - SR1010 (1 roll.)	20	80.00	1.50	0.00	0.00	65.00	14.00	3.00
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
Country Style Potato Wedges - SR1029 (1/2 c.)	60	90.43	2.51	0.00	0.00	30.14	15.07	2.01
Garden Side Salad - SR1429 (1 c.)	20	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)	50	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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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 Honor Roll Bar - Week 2 Day 4 :37144 - 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
Barbecue Sauce - SR1008 (1 tbsp.)	15	15.00	0.00	0.00	0.00	235.00	3.50	0.00
SY 21-22 Honor Roll Bar - Week 2 Day 5 :37144 - ServingDate: 09/02/2022								
Deluxe Cheeseburger - OKR1164 (1 burger)	20	345.56	13.05	5.53	0.00	682.88	34.51	20.53
Chicken Burger - OKR1124 (1 burger)	15	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Chili Cheese Hot Dog - OKR1086 (1 serving)	20	377.19	15.79	5.01	0.00	713.57	40.22	19.13
Traditional Hamburger - OKR1165 (1 burger)	15	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	30	427.88	17.14	2.91	0.00	677.65	48.47	21.14
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.)	20	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Baked French Fries - SR1444 (1/2 c.)	60	90.40	2.51	0.00	0.00	30.13	16.07	1.00
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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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 Honor Roll Bar - Week 2 Day 5 :37144 - ServingDate: 09/02/2022								
Ketchup - SR1004 (1 pump)	50	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 Honor Roll Bar - Week 3 Day 2 :37144 - ServingDate: 09/06/2022								
Chicken Burger - OKR1124 (1 burger)	30	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Crispy Chicken Nuggets - SR1367 (5 nugget)	30	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Spicy Chicken Burger - OKR1167 (1 burger)	40	427.88	17.14	2.91	0.00	677.65	48.47	21.14
Dinner Roll - SR1010 (1 roll.)	30	80.00	1.50	0.00	0.00	65.00	14.00	3.00
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.)	30	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Garden Side Salad - SR1429 (1 c.)	20	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Baked French Fries - SR1444 (1/2 c.)	60	90.40	2.51	0.00	0.00	30.13	16.07	1.00
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 Honor Roll Bar - Week 3 Day 2 :37144 - ServingDate: 09/06/2022								
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)	50	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
Barbecue Sauce - SR1008 (1 tbsp.)	25	15.00	0.00	0.00	0.00	235.00	3.50	0.00
SY 21-22 Honor Roll Bar - Week 3 Day 3 :37144 - ServingDate: 09/07/2022								
Chicken Tenders - OKR1184 (3 strip)	30	330.00	18.00	3.00	0.00	600.00	18.00	30.00
Chicken Burger - OKR1124 (1 burger)	30	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Spicy Chicken Burger - OKR1167 (1 burger)	40	427.88	17.14	2.91	0.00	677.65	48.47	21.14
Dinner Roll - SR1010 (1 roll.)	30	80.00	1.50	0.00	0.00	65.00	14.00	3.00
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

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SY 21-22 Honor Roll Bar - Week 3 Day 3 :37144 - ServingDate: 09/07/2022								
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.)	20	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Sweet Potato Crinkle Cut Fries - OKR1525 (1/2 c.)	60	169.34	6.97	1.00	0.00	258.99	24.90	1.00
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)	50	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)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Barbecue Sauce - SR1008 (1 tbsp.)	10	15.00	0.00	0.00	0.00	235.00	3.50	0.00
SY 21-22 Honor Roll Bar - Week 3 Day 4 :37144 - ServingDate: 09/08/2022								
Chicken Burger - OKR1124 (1 burger)	30	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Crispy Chicken Nuggets - SR1367 (5 nugget)	30	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Spicy Chicken Burger - OKR1167 (1 burger)	40	427.88	17.14	2.91	0.00	677.65	48.47	21.14
Dinner Roll - SR1010 (1 roll.)	30	80.00	1.50	0.00	0.00	65.00	14.00	3.00
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Fruit Cocktail - SR1037 (1/2 c.)	0	49.99	0.01	0.00	0.00	4.35	12.89	0.50

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SY 21-22 Honor Roll Bar - Week 3 Day 4 :37144 - ServingDate: 09/08/2022								
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	0	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Country Style Potato Wedges - SR1029 (1/2 c.)	100	90.43	2.51	0.00	0.00	30.14	15.07	2.01
Garden Side Salad - SR1429 (1 c.)	0	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	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)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
SY 21-22 Honor Roll Bar - Week 3 Day 5 :37144 - ServingDate: 09/09/2022								
Deluxe Cheeseburger - OKR1164 (1 burger)	25	345.56	13.05	5.53	0.00	682.88	34.51	20.53
Chicken Burger - OKR1124 (1 burger)	15	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Traditional Hamburger - OKR1165 (1 burger)	10	300.00	9.00	3.00	0.00	450.00	34.00	18.00

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SY 21-22 Honor Roll Bar - Week 3 Day 5 :37144 - ServingDate: 09/09/2022								
Meatball Sub - OKR1871 (1 sandwich)	20	388.77	13.66	4.26	0.00	709.74	46.33	22.01
Spicy Chicken Burger - OKR1167 (1 burger)	30	427.88	17.14	2.91	0.00	677.65	48.47	21.14
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	0	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Celery Sticks - SR1014 (6 stick.)	0	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Spiral-cut French Fries - SR2509 (1/2 c.)	0	106.91	5.70	0.71	0.00	256.57	14.25	1.43
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	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)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
SY 21-22 Honor Roll Bar - Week 4 Day 1 :37144 - ServingDate: 09/12/2022								
Chicken Tenders - OKR1184 (3 strip)	30	330.00	18.00	3.00	0.00	600.00	18.00	30.00

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SY 21-22 Honor Roll Bar - Week 4 Day 1 :37144 - ServingDate: 09/12/2022								
Chicken Burger - OKR1124 (1 burger)	30	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Spicy Chicken Burger - OKR1167 (1 burger)	40	427.88	17.14	2.91	0.00	677.65	48.47	21.14
Dinner Roll - SR1010 (1 roll.)	30	80.00	1.50	0.00	0.00	65.00	14.00	3.00
Thrive Bar - SR2452 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	0	77.87	0.05	0.00	0.00	7.08	20.48	1.11
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	0	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Tater Tots - SR1450 (1/2 c.)	100	110.70	6.04	1.01	0.00	311.98	14.09	1.01
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	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)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00

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SY 21-22 Honor Roll Bar - Week 4 Day 2 :37144 - ServingDate: 09/13/2022								
Chicken Burger - OKR1124 (1 burger)	30	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Crispy Chicken Nuggets - SR1367 (5 nugget)	30	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Spicy Chicken Burger - OKR1167 (1 burger)	40	427.88	17.14	2.91	0.00	677.65	48.47	21.14
Dinner Roll - SR1010 (1 roll.)	30	80.00	1.50	0.00	0.00	65.00	14.00	3.00
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Diced Bartlett Pears - SR1194 (1/2 c.)	0	59.31	0.08	0.00	0.00	4.75	15.35	0.40
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	0	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Garden Side Salad - SR1429 (1 c.)	0	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Spiral-cut French Fries - SR2509 (1/2 c.)	0	106.91	5.70	0.71	0.00	256.57	14.25	1.43
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	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)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	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 Honor Roll Bar - Week 4 Day 3 :37144 - ServingDate: 09/14/2022								
Chicken Tenders - OKR1184 (3 strip)	30	330.00	18.00	3.00	0.00	600.00	18.00	30.00
Chicken Burger - OKR1124 (1 burger)	30	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Spicy Chicken Burger - OKR1167 (1 burger)	40	427.88	17.14	2.91	0.00	677.65	48.47	21.14
Dinner Roll - SR1010 (1 roll.)	30	80.00	1.50	0.00	0.00	65.00	14.00	3.00
Unsweetened Applesauce - SR1195 (1/2 c.)	0	55.86	0.15	0.03	0.00	10.49	12.58	0.32
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	0	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Sweet Potato Crinkle Cut Fries - OKR1525 (1/2 c.)	75	169.34	6.97	1.00	0.00	258.99	24.90	1.00
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	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)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	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 Honor Roll Bar - Week 4 Day 3 :37144 - ServingDate: 09/14/2022								
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Barbecue Sauce - SR1008 (1 tbsp.)	25	15.00	0.00	0.00	0.00	235.00	3.50	0.00
SY 21-22 Honor Roll Bar - Week 4 Day 4 :37144 - ServingDate: 09/15/2022								
Chicken Burger - OKR1124 (1 burger)	30	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Crispy Chicken Nuggets - SR1367 (5 nugget)	30	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Spicy Chicken Burger - OKR1167 (1 burger)	40	427.88	17.14	2.91	0.00	677.65	48.47	21.14
Dinner Roll - SR1010 (1 roll.)	30	80.00	1.50	0.00	0.00	65.00	14.00	3.00
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Fruit Cocktail - SR1037 (1/2 c.)	0	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	0	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Country Style Potato Wedges - SR1029 (1/2 c.)	100	90.43	2.51	0.00	0.00	30.14	15.07	2.01
Garden Side Salad - SR1429 (1 c.)	0	20.07	0.13	0.02	0.00	25.59	4.25	1.10
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)	0	53.33	5.87	1.07	0.00	45.33	0.00	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 Honor Roll Bar - Week 4 Day 4 :37144 - ServingDate: 09/15/2022								
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Barbecue Sauce - SR1008 (1 tbsp.)	25	15.00	0.00	0.00	0.00	235.00	3.50	0.00
SY 21-22 Honor Roll Bar - Week 4 Day 5 :37144 - ServingDate: 09/16/2022								
Bacon Cheeseburger - OKR1347 (1 ea.)	20	368.90	15.05	6.20	0.00	776.21	34.51	22.20
Deluxe Cheeseburger - OKR1164 (1 burger)	20	345.56	13.05	5.53	0.00	682.88	34.51	20.53
Chicken Burger - OKR1124 (1 burger)	15	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Traditional Hamburger - OKR1165 (1 burger)	15	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	30	427.88	17.14	2.91	0.00	677.65	48.47	21.14
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	0	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Celery Sticks - SR1014 (6 stick.)	0	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Baked French Fries - SR1444 (1/2 c.)	100	90.40	2.51	0.00	0.00	30.13	16.07	1.00
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61

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 Honor Roll Bar - Week 4 Day 5 :37144 - ServingDate: 09/16/2022								
White Skim Milk - OKR1060 (8 oz.)	0	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)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
SY 22-23 Honor Roll Bar - Week 3 Day 2 :38089 - ServingDate: 09/20/2022								
Deluxe Cheeseburger - OKR1164 (1 burger)	20	345.56	13.05	5.53	0.00	682.88	34.51	20.53
Chicken Burger - OKR1124 (1 burger)	10	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Crispy Chicken Nuggets - SR1367 (5 nugget)	30	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Traditional Hamburger - OKR1165 (1 burger)	10	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	30	427.88	17.14	2.91	0.00	677.65	48.47	21.14
Dinner Roll - SR1010 (1 roll.)	30	80.00	1.50	0.00	0.00	65.00	14.00	3.00
Thrive Bar - SR2452 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Baked French Fries - SR1444 (1/2 c.)	60	90.40	2.51	0.00	0.00	30.13	16.07	1.00
SY 22-23 Honor Roll Bar - Week 3 Day 3 :38089 - ServingDate: 09/21/2022								
Chicken Tenders - OKR1184 (3 strip)	30	330.00	18.00	3.00	0.00	600.00	18.00	30.00
Deluxe Cheeseburger - OKR1164 (1 burger)	25	345.56	13.05	5.53	0.00	682.88	34.51	20.53

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 Honor Roll Bar - Week 3 Day 3 :38089 - ServingDate: 09/21/2022								
Chicken Burger - OKR1124 (1 burger)	10	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Traditional Hamburger - OKR1165 (1 burger)	10	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	25	427.88	17.14	2.91	0.00	677.65	48.47	21.14
Dinner Roll - SR1010 (1 roll.)	30	80.00	1.50	0.00	0.00	65.00	14.00	3.00
Thrive Bar - SR2452 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sweet Potato Crinkle Cut Fries - OKR1525 (1/2 c.)	60	169.34	6.97	1.00	0.00	258.99	24.90	1.00
SY 22-23 Honor Roll Bar - Week 3 Day 4 :38089 - ServingDate: 09/22/2022								
Deluxe Cheeseburger - OKR1164 (1 burger)	20	345.56	13.05	5.53	0.00	682.88	34.51	20.53
Chicken Burger - OKR1124 (1 burger)	10	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Crispy Chicken Nuggets - SR1367 (5 nugget)	30	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Traditional Hamburger - OKR1165 (1 burger)	10	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	30	427.88	17.14	2.91	0.00	677.65	48.47	21.14
Dinner Roll - SR1010 (1 roll.)	30	80.00	1.50	0.00	0.00	65.00	14.00	3.00
Thrive Bar - SR2452 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY 22-23 Honor Roll Bar - Week 3 Day 5 :38089 - ServingDate: 09/23/2022								
Deluxe Cheeseburger - OKR1164 (1 burger)	25	345.56	13.05	5.53	0.00	682.88	34.51	20.53
Chicken Burger - OKR1124 (1 burger)	15	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Traditional Hamburger - OKR1165 (1 burger)	10	300.00	9.00	3.00	0.00	450.00	34.00	18.00

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 Honor Roll Bar - Week 3 Day 5 :38089 - ServingDate: 09/23/2022								
Meatball Sub - OKR1871 (1 sandwich)	20	388.77	13.66	4.26	0.00	709.74	46.33	22.01
Spicy Chicken Burger - OKR1167 (1 burger)	30	427.88	17.14	2.91	0.00	677.65	48.47	21.14
Thrive Bar - SR2452 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY 22-23 Honor Roll Bar - Week 4 Day 1 :38089 - ServingDate: 09/26/2022								
Chicken Tenders - OKR1184 (3 strip)	30	330.00	18.00	3.00	0.00	600.00	18.00	30.00
Deluxe Cheeseburger - OKR1164 (1 burger)	20	345.56	13.05	5.53	0.00	682.88	34.51	20.53
Chicken Burger - OKR1124 (1 burger)	10	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Traditional Hamburger - OKR1165 (1 burger)	10	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	30	427.88	17.14	2.91	0.00	677.65	48.47	21.14
Dinner Roll - SR1010 (1 roll.)	30	80.00	1.50	0.00	0.00	65.00	14.00	3.00
Thrive Bar - SR2452 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Tots - SR1450 (1/2 c.)	100	110.70	6.04	1.01	0.00	311.98	14.09	1.01
SY 22-23 Honor Roll Bar - Week 4 Day 2 :38089 - ServingDate: 09/27/2022								
Deluxe Cheeseburger - OKR1164 (1 burger)	25	345.56	13.05	5.53	0.00	682.88	34.51	20.53
Chicken Burger - OKR1124 (1 burger)	10	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Crispy Chicken Nuggets - SR1367 (5 nugget)	30	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Traditional Hamburger - OKR1165 (1 burger)	10	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	25	427.88	17.14	2.91	0.00	677.65	48.47	21.14

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 Honor Roll Bar - Week 4 Day 2 :38089 - ServingDate: 09/27/2022								
Dinner Roll - SR1010 (1 roll.)	30	80.00	1.50	0.00	0.00	65.00	14.00	3.00
Thrive Bar - SR2452 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spiral-cut French Fries - SR2509 (1/2 c.)	0	106.91	5.70	0.71	0.00	256.57	14.25	1.43
SY 22-23 Honor Roll Bar - Week 4 Day 3 :38089 - ServingDate: 09/28/2022								
Chicken Tenders - OKR1184 (3 strip)	30	330.00	18.00	3.00	0.00	600.00	18.00	30.00
Deluxe Cheeseburger - OKR1164 (1 burger)	25	345.56	13.05	5.53	0.00	682.88	34.51	20.53
Chicken Burger - OKR1124 (1 burger)	10	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Traditional Hamburger - OKR1165 (1 burger)	10	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	25	427.88	17.14	2.91	0.00	677.65	48.47	21.14
Dinner Roll - SR1010 (1 roll.)	30	80.00	1.50	0.00	0.00	65.00	14.00	3.00
Thrive Bar - SR2452 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sweet Potato Crinkle Cut Fries - OKR1525 (1/2 c.)	75	169.34	6.97	1.00	0.00	258.99	24.90	1.00
SY 22-23 Honor Roll Bar - Week 4 Day 4 :38089 - ServingDate: 09/29/2022								
Deluxe Cheeseburger - OKR1164 (1 burger)	25	345.56	13.05	5.53	0.00	682.88	34.51	20.53
Chicken Burger - OKR1124 (1 burger)	10	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Crispy Chicken Nuggets - SR1367 (5 nugget)	30	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Traditional Hamburger - OKR1165 (1 burger)	15	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	20	427.88	17.14	2.91	0.00	677.65	48.47	21.14

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 Honor Roll Bar - Week 4 Day 4 :38089 - ServingDate: 09/29/2022								
Dinner Roll - SR1010 (1 roll.)	30	80.00	1.50	0.00	0.00	65.00	14.00	3.00
Thrive Bar - SR2452 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Country Style Potato Wedges - SR1029 (1/2 c.)	100	90.43	2.51	0.00	0.00	30.14	15.07	2.01
SY 22-23 Honor Roll Bar - Week 4 Day 5 :38089 - ServingDate: 09/30/2022								
Bacon Cheeseburger - OKR1347 (1 ea.)	20	368.90	15.05	6.20	0.00	776.21	34.51	22.20
Deluxe Cheeseburger - OKR1164 (1 burger)	20	345.56	13.05	5.53	0.00	682.88	34.51	20.53
Chicken Burger - OKR1124 (1 burger)	15	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Traditional Hamburger - OKR1165 (1 burger)	15	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	30	427.88	17.14	2.91	0.00	677.65	48.47	21.14
Thrive Bar - SR2452 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Baked French Fries - SR1444 (1/2 c.)	100	90.40	2.51	0.00	0.00	30.13	16.07	1.00

Legend
 (M) - Missing Nutrient Values

Report Selections
 Meal Type: Lunch
 Site Group: Did You Know Café
 Menu Line: DYK-Honor Roll Bar
 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.