

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 Revolve - Week 2 Day 4 - ServingDate: 09/01/2022								
Pulled Pork Sandwich - OKR1216 (1 sandwich)	100	403.10	19.15	5.88	0.00	326.70	31.00	28.18
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
Baked Beans with Pork - OKR1806 (1/2 c.)	50	156.53	0.52	0.00	0.00	573.96	31.31	7.30
Blue Ribbon Slaw - SR1254 (1/2 c.)	50	43.83	0.15	0.03	0.00	114.20	10.36	0.75
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
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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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 Revolve - Week 2 Day 5 - ServingDate: 09/02/2022								
Chicken Tenders - OKR1184 (3 strip)	100	330.00	18.00	3.00	0.00	600.00	18.00	30.00
Dinner Roll - SR1010 (1 roll.)	100	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
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
Roasted Green Beans - SR1021 (1/2 c.)	50	22.18	0.13	0.04	0.00	43.10	5.11	1.18
Whipped Potatoes - SR1112 (1/2 c.)	90	79.98	1.50	1.00	0.00	102.63	15.00	2.00
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
Old Fashioned Country Biscuit Gravy - OKR1552 (1/4 c.)	75	42.52	2.43	1.22	0.00	147.42	4.86	0.00
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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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 Revolve - Week 3 Day 2 - ServingDate: 09/06/2022								
Buttermilk Pancakes - SR2010 (2 pancake)	100	160.00	2.00	0.33	0.00	406.67	30.67	4.00
Turkey Sausage Link - SR2332 (1 link)	100	60.00	4.00	1.00	0.00	90.00	0.00	6.00
Scrambled Eggs - OKR1375 (1 #10 scoop)	100	102.43	6.58	2.20	0.00	109.75	2.20	8.78
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Blueberries - SR2219 (1/2 c.)	0	39.41	0.00	0.00	0.00	0.98	8.87	0.00
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
Fresh Blueberries - SR1545 (1/2 c.)	0	42.18	0.24	0.02	0.00	0.74	10.72	0.55
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
Sweet Potato Crinkle Cut Fries - OKR1525 (1/2 c.)	95	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
Breakfast Syrup Cup - SR2498 (1 Container)	100	110.00	0.00	0.00	0.00	20.00	29.00	0.00
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	0	105.00	0.00	0.00	0.00	47.50	26.00	0.00

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SY 21-22 Revolve - Week 3 Day 3 - ServingDate: 09/07/2022								
Chicken Alfredo, WG with Broccoli - SR2555 (1 c.)	100	312.32	12.17	5.52	0.00	893.21	36.34	18.93
Breadstick - SR1044 (1 breadstick)	100	80.00	1.00	0.00	0.00	95.00	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
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	100	85.04	7.11	0.52	0.00	14.84	4.95	2.43
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
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
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	50	3.33	0.25	0.17	0.00	15.00	0.17	0.17
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 Revolve - Week 3 Day 3 - ServingDate: 09/07/2022								
Red Pepper Flakes - SR1554 (1/4 tsp.)	50	1.43	0.08	0.01	0.00	0.14	0.25	0.05
SY 21-22 Revolve - Week 3 Day 4 - ServingDate: 09/08/2022								
Chili con Carne - SR1379 (1 c.)	100	216.38	5.44	1.91	0.00	607.74	29.88	14.32
Cornbread - OKR1293 (1 oz.)	100	54.23	1.86	1.62	0.51(M)	25.23	8.26	0.94
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
Steamed Corn - SR1034 (1/2 c.)	75	68.89	0.57	0.09	0.00	0.85	16.41	2.17
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

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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 Revolve - Week 3 Day 5 - ServingDate: 09/09/2022								
Popcorn Chicken Bowl - SR1477 (1 ea.)	100	333.24	15.79	3.19	0.00	558.75	30.61	16.50
Dinner Roll - SR1010 (1 roll.)	100	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
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
Roasted Green Beans - SR1021 (1/2 c.)	100	22.18	0.13	0.04	0.00	43.10	5.11	1.18
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 Revolve - Week 4 Day 1 - ServingDate: 09/12/2022								
Walking Nachos - OKR1530 (1 nacho)	100	339.39	14.99	4.88	0.00	723.15	33.52	16.04
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
Aztec Corn - SR1434 (1/2 c.)	100	89.14	1.48	0.14	0.00	48.98	17.09	3.57
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
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
Sour Cream - SR1659 (2 tbsp.)	50	60.00	5.00	3.50	0.00	15.00	1.00	1.00

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SY 21-22 Revolve - Week 4 Day 2 - ServingDate: 09/13/2022								
Teriyaki Pork riblet - SR1826 (5 piece)	100	277.13	12.98	3.80	0.14	666.46	30.14	13.73
Steamed Brown Rice - SR1098 (1 c.)	0	234.38	1.38	0.00	0.00	4.06	51.01	5.51
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
Roasted Sesame Carrots - SR1787 (1/2 c.)	100	130.71	9.59	1.30	0.04	357.54	10.85	1.32
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
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 Revolve - Week 4 Day 3 - ServingDate: 09/14/2022								
Macaroni & Cheese - SR1137 (2/3 c.)	0	383.44	21.26	10.64	0.00	1187.57	34.35	20.03
Dinner Roll - SR1010 (1 roll.)	0	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
Mixed Garden Vegetables - SR1583 (1/2 c.)	0	52.99	0.47	0.08	0.00	99.20	11.21	2.30
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
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
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	100	7.49	0.17	0.03	0.00	130.30	1.45	0.26
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 Revolve - Week 4 Day 4 - ServingDate: 09/15/2022								
Chicken Meatball Sauce - SR3066 (5 Meatballs)	100	223.16	11.29	3.40	0.00	388.49	15.48	15.79
Spaghetti with Chicken Meatballs, whole wheat - OKR1896 (1 serving)	100	351.75	13.35	3.69	0.00	670.34	41.88	20.24
Breadstick - SR1044 (1 breadstick)	100	80.00	1.00	0.00	0.00	95.00	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
Garden Side Salad - SR1429 (1 c.)	0	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Green Peas - SR2335 (1/2 c.)	75	73.53	0.38	0.06	0.00	103.13	13.01	4.99
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
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	25	3.33	0.25	0.17	0.00	15.00	0.17	0.17
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 Revolve - Week 4 Day 4 - ServingDate: 09/15/2022								
Red Pepper Flakes - SR1554 (1/4 tsp.)	25	1.43	0.08	0.01	0.00	0.14	0.25	0.05
SY 21-22 Revolve - Week 4 Day 5 - ServingDate: 09/16/2022								
Steak Fingers - OKR1223 (4 ea.)	100	320.00	20.00	5.00	0.00	330.00	19.00	16.00
Dinner Roll - SR1010 (1 roll.)	100	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
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
Roasted Green Beans - SR1021 (1/2 c.)	50	22.18	0.13	0.04	0.00	43.10	5.11	1.18
Whipped Potatoes - SR1112 (1/2 c.)	100	79.98	1.50	1.00	0.00	102.63	15.00	2.00
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
Old Fashioned Country Biscuit Gravy - OKR1552 (1/4 c.)	75	42.52	2.43	1.22	0.00	147.42	4.86	0.00
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

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 Revolve - Week 4 Day 5 - ServingDate: 09/16/2022								
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
SY 22-23 Revolve - Week 3 Day 2 :38086 - ServingDate: 09/20/2022								
Buttermilk Pancakes - SR2010 (2 pancake)	100	160.00	2.00	0.33	0.00	406.67	30.67	4.00
Turkey Sausage Link - SR2332 (1 link)	100	60.00	4.00	1.00	0.00	90.00	0.00	6.00
Scrambled Eggs - OKR1375 (1 #10 scoop)	100	102.43	6.58	2.20	0.00	109.75	2.20	8.78
Thrive Bar - SR2452 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sweet Potato Crinkle Cut Fries - OKR1525 (1/2 c.)	95	169.34	6.97	1.00	0.00	258.99	24.90	1.00
Breakfast Syrup Cup - SR2498 (1 Container)	50	110.00	0.00	0.00	0.00	20.00	29.00	0.00
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	50	105.00	0.00	0.00	0.00	47.50	26.00	0.00
SY 22-23 Revolve - Week 3 Day 3 :38086 - ServingDate: 09/21/2022								
Chicken Alfredo, WG with Broccoli - SR2555 (1 c.)	100	312.32	12.17	5.52	0.00	893.21	36.34	18.93
Breadstick - SR1044 (1 breadstick)	100	80.00	1.00	0.00	0.00	95.00	14.00	3.00
Thrive Bar - SR2452 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	100	85.04	7.11	0.52	0.00	14.84	4.95	2.43
Bacon Crumble - SR1799 (1 tbsp.)	0	35.05	3.00	1.00	0.00	115.18	0.00	2.00

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 Revolve - Week 3 Day 4 :38086 - ServingDate: 09/22/2022								
Chili con Carne - SR1379 (1 c.)	100	216.38	5.44	1.91	0.00	607.74	29.88	14.32
Cornbread - OKR1293 (1 oz.)	100	54.23	1.86	1.62	0.51(M)	25.23	8.26	0.94
Thrive Bar - SR2452 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Steamed Corn - SR1034 (1/2 c.)	75	68.89	0.57	0.09	0.00	0.85	16.41	2.17
SY 22-23 Revolve - Week 3 Day 5 :38086 - ServingDate: 09/23/2022								
Popcorn Chicken Bowl - SR1477 (1 ea.)	100	333.24	15.79	3.19	0.00	558.75	30.61	16.50
Dinner Roll - SR1010 (1 roll.)	100	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)
Roasted Green Beans - SR1021 (1/2 c.)	100	22.18	0.13	0.04	0.00	43.10	5.11	1.18
SY 22-23 Revolve - Week 4 Day 1 :38086 - ServingDate: 09/26/2022								
Walking Nachos - OKR1530 (1 nacho)	100	339.39	14.99	4.88	0.00	723.15	33.52	16.04
Thrive Bar - SR2452 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Aztec Corn - SR1434 (1/2 c.)	100	89.14	1.48	0.14	0.00	48.98	17.09	3.57
SY 22-23 Revolve - Week 4 Day 2 :38086 - ServingDate: 09/27/2022								
Teriyaki Pork riblet - SR1826 (5 piece)	100	277.13	12.98	3.80	0.14	666.46	30.14	13.73
Steamed Brown Rice - SR1098 (1 c.)	100	234.38	1.38	0.00	0.00	4.06	51.01	5.51
Thrive Bar - SR2452 (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

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 Revolve - Week 4 Day 3 :38086 - ServingDate: 09/28/2022								
Macaroni & Cheese - SR1137 (2/3 c.)	100	383.44	21.26	10.64	0.00	1187.57	34.35	20.03
Dinner Roll - SR1010 (1 roll.)	100	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)
Mixed Garden Vegetables - SR1583 (1/2 c.)	25	52.99	0.47	0.08	0.00	99.20	11.21	2.30
SY 22-23 Revolve - Week 4 Day 4 :38086 - ServingDate: 09/29/2022								
Chicken Meatball Sauce - SR3066 (5 Meatballs)	100	223.16	11.29	3.40	0.00	388.49	15.48	15.79
Spaghetti with Chicken Meatballs, whole wheat - OKR1896 (1 serving)	100	351.75	13.35	3.69	0.00	670.34	41.88	20.24
Breadstick - SR1044 (1 breadstick)	100	80.00	1.00	0.00	0.00	95.00	14.00	3.00
Thrive Bar - SR2452 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Green Peas - SR2335 (1/2 c.)	75	73.53	0.38	0.06	0.00	103.13	13.01	4.99
SY 22-23 Revolve - Week 4 Day 5 :38086 - ServingDate: 09/30/2022								
Steak Fingers - OKR1223 (4 ea.)	100	320.00	20.00	5.00	0.00	330.00	19.00	16.00
Dinner Roll - SR1010 (1 roll.)	100	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)
Roasted Green Beans - SR1021 (1/2 c.)	50	22.18	0.13	0.04	0.00	43.10	5.11	1.18
Whipped Potatoes - SR1112 (1/2 c.)	100	79.98	1.50	1.00	0.00	102.63	15.00	2.00

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: Lunch
Site Group: Did You Know Café
Menu Line: DYK-Revolve
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.