

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)
Thrive - Thursday 100% whole grain - ServingDate: 09/01/2022								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Fruit Cocktail - SR1037 (1/2 c.)	20	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	20	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	20	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1035 (1/2 c.)	10	100.54	0.00	0.00	0.00	108.27	18.56	5.41
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	25	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Garden Side Salad - SR1429 (1 c.)	25	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chilled Corn - SR1033 (1/2 c.)	10	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	70	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
Caesar Salad Dressing - SR1551 (2 tbsp.)	5	130.00	14.00	2.50	0.00	210.00	1.00	1.00
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)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	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)
Thrive - Thursday 100% whole grain - ServingDate: 09/01/2022								
Shredded Lettuce - SR1015 (1/4 cup shredd)	5	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	5	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	35	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	5	4.03	0.04	0.01	0.00	1.12	0.87	0.20
Thrive - Friday 100% whole grain - ServingDate: 09/02/2022								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	20	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	20	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	20	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1035 (1/2 c.)	15	100.54	0.00	0.00	0.00	108.27	18.56	5.41
Fresh Broccoli Florets - SR1027 (1/2 c.)	20	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	20	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	20	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
Chilled Corn - SR1033 (1/2 c.)	10	68.89	0.57	0.09	0.00	0.85	16.41	2.17

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Thrive - Friday 100% whole grain - ServingDate: 09/02/2022								
Chocolate1% Milk - OKR1062 (8 oz.)	70	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
Caesar Salad Dressing - SR1551 (2 tbsp.)	5	130.00	14.00	2.50	0.00	210.00	1.00	1.00
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)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	5	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	5	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	35	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	5	4.03	0.04	0.01	0.00	1.12	0.87	0.20
Thrive - Tuesday 100% whole grain - ServingDate: 09/06/2022								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Diced Bartlett Pears - SR1194 (1/2 c.)	20	59.31	0.08	0.00	0.00	4.75	15.35	0.40
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	20	47.62	0.16	0.03	0.00	0.92	12.65	0.24

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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)
Thrive - Tuesday 100% whole grain - ServingDate: 09/06/2022								
Orange Smiles - SR1172 (6 slice or w)	20	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1035 (1/2 c.)	15	100.54	0.00	0.00	0.00	108.27	18.56	5.41
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	25	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Garden Side Salad - SR1429 (1 c.)	20	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chilled Corn - SR1033 (1/2 c.)	10	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	70	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
Caesar Salad Dressing - SR1551 (2 tbsp.)	5	130.00	14.00	2.50	0.00	210.00	1.00	1.00
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)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	5	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	5	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	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)
Thrive - Tuesday 100% whole grain - ServingDate: 09/06/2022								
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	5	4.03	0.04	0.01	0.00	1.12	0.87	0.20
Thrive - Wednesday 100% whole grain - ServingDate: 09/07/2022								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
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"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	20	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	20	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1035 (1/2 c.)	10	100.54	0.00	0.00	0.00	108.27	18.56	5.41
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	25	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	25	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Corn - SR1033 (1/2 c.)	10	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	70	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
Caesar Salad Dressing - SR1551 (2 tbsp.)	5	130.00	14.00	2.50	0.00	210.00	1.00	1.00

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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)
Thrive - Wednesday 100% whole grain - ServingDate: 09/07/2022								
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)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	5	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	5	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	35	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	5	4.03	0.04	0.01	0.00	1.12	0.87	0.20
Thrive - Thursday 100% whole grain - ServingDate: 09/08/2022								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Fruit Cocktail - SR1037 (1/2 c.)	20	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	20	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	20	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1035 (1/2 c.)	10	100.54	0.00	0.00	0.00	108.27	18.56	5.41
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	0.00	10.53	2.12	0.90

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Thrive - Thursday 100% whole grain - ServingDate: 09/08/2022								
Celery Sticks - SR1014 (6 stick.)	25	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Garden Side Salad - SR1429 (1 c.)	25	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chilled Corn - SR1033 (1/2 c.)	10	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	70	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
Caesar Salad Dressing - SR1551 (2 tbsp.)	5	130.00	14.00	2.50	0.00	210.00	1.00	1.00
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)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	5	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	5	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	35	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	5	4.03	0.04	0.01	0.00	1.12	0.87	0.20

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Thrive - Friday 100% whole grain - ServingDate: 09/09/2022								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	20	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	20	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	20	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1035 (1/2 c.)	15	100.54	0.00	0.00	0.00	108.27	18.56	5.41
Fresh Broccoli Florets - SR1027 (1/2 c.)	20	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	20	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	20	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
Chilled Corn - SR1033 (1/2 c.)	10	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	70	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
Caesar Salad Dressing - SR1551 (2 tbsp.)	5	130.00	14.00	2.50	0.00	210.00	1.00	1.00
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)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00

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Thrive - Friday 100% whole grain - ServingDate: 09/09/2022								
Shredded Lettuce - SR1015 (1/4 cup shredd)	5	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	5	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	35	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	5	4.03	0.04	0.01	0.00	1.12	0.87	0.20
Thrive - Monday 100% whole grain - ServingDate: 09/12/2022								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	20	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	20	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	20	77.87	0.05	0.00	0.00	7.08	20.48	1.11
100% Apple Juice - SR1204 (4 fl oz cup)	90	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1035 (1/2 c.)	5	100.54	0.00	0.00	0.00	108.27	18.56	5.41
Fresh Broccoli Florets - SR1027 (1/2 c.)	20	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	25	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	25	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Corn - SR1033 (1/2 c.)	5	68.89	0.57	0.09	0.00	0.85	16.41	2.17

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)
Thrive - Monday 100% whole grain - ServingDate: 09/12/2022								
Chocolate1% Milk - OKR1062 (8 oz.)	70	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
Caesar Salad Dressing - SR1551 (2 tbsp.)	0	130.00	14.00	2.50	0.00	210.00	1.00	1.00
Ketchup - SR1004 (1 pump)	35	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)	15	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	15	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	25	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	25	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	20	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	35	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	20	4.03	0.04	0.01	0.00	1.12	0.87	0.20
Thrive - Tuesday 100% whole grain - ServingDate: 09/13/2022								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Diced Bartlett Pears - SR1194 (1/2 c.)	20	59.31	0.08	0.00	0.00	4.75	15.35	0.40
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	20	47.62	0.16	0.03	0.00	0.92	12.65	0.24

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)
Thrive - Tuesday 100% whole grain - ServingDate: 09/13/2022								
Orange Smiles - SR1172 (6 slice or w)	20	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1035 (1/2 c.)	15	100.54	0.00	0.00	0.00	108.27	18.56	5.41
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	25	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Garden Side Salad - SR1429 (1 c.)	20	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chilled Corn - SR1033 (1/2 c.)	10	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	70	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
Caesar Salad Dressing - SR1551 (2 tbsp.)	5	130.00	14.00	2.50	0.00	210.00	1.00	1.00
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)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	5	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	5	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	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)
Thrive - Tuesday 100% whole grain - ServingDate: 09/13/2022								
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	5	4.03	0.04	0.01	0.00	1.12	0.87	0.20
Thrive - Wednesday 100% whole grain - ServingDate: 09/14/2022								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
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"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	20	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	20	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1035 (1/2 c.)	10	100.54	0.00	0.00	0.00	108.27	18.56	5.41
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	25	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	25	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Corn - SR1033 (1/2 c.)	10	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	70	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
Caesar Salad Dressing - SR1551 (2 tbsp.)	5	130.00	14.00	2.50	0.00	210.00	1.00	1.00

Menu Calendar Nutrient Analysis Report - September, 2022

Site: Guthrie Junior High
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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)
Thrive - Wednesday 100% whole grain - ServingDate: 09/14/2022								
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)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	5	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	5	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	35	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	5	4.03	0.04	0.01	0.00	1.12	0.87	0.20
Thrive - Thursday 100% whole grain - ServingDate: 09/15/2022								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Fruit Cocktail - SR1037 (1/2 c.)	20	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	20	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	20	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1035 (1/2 c.)	10	100.54	0.00	0.00	0.00	108.27	18.56	5.41
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	0.00	10.53	2.12	0.90

Menu Calendar Nutrient Analysis Report - September, 2022

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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)
Thrive - Thursday 100% whole grain - ServingDate: 09/15/2022								
Celery Sticks - SR1014 (6 stick.)	25	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Garden Side Salad - SR1429 (1 c.)	25	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chilled Corn - SR1033 (1/2 c.)	10	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	70	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
Caesar Salad Dressing - SR1551 (2 tbsp.)	5	130.00	14.00	2.50	0.00	210.00	1.00	1.00
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)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	5	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	5	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	35	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	5	4.03	0.04	0.01	0.00	1.12	0.87	0.20

Menu Calendar Nutrient Analysis Report - September, 2022

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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)
Thrive - Friday 100% whole grain - ServingDate: 09/16/2022								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	20	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	20	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	20	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1035 (1/2 c.)	15	100.54	0.00	0.00	0.00	108.27	18.56	5.41
Fresh Broccoli Florets - SR1027 (1/2 c.)	20	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	20	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	20	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
Chilled Corn - SR1033 (1/2 c.)	10	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	70	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
Caesar Salad Dressing - SR1551 (2 tbsp.)	5	130.00	14.00	2.50	0.00	210.00	1.00	1.00
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)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	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)
Thrive - Friday 100% whole grain - ServingDate: 09/16/2022								
Shredded Lettuce - SR1015 (1/4 cup shredd)	5	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	5	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	35	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	5	4.03	0.04	0.01	0.00	1.12	0.87	0.20
SY 22-23 Thrive Bar [ALL LINES] Week 3 Day 2 - ServingDate: 09/20/2022								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Blueberries - SR2219 (1/2 c.)	10	39.41	0.00	0.00	0.00	0.98	8.87	0.00
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
Fresh Blueberries - SR1545 (1/2 c.)	20	42.18	0.24	0.02	0.00	0.74	10.72	0.55
Orange Smiles - SR1172 (6 slice or w)	20	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
100% Grape Juice - SR1607 (4 fl oz cup)	30	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Garden Side Salad - SR1429 (1 c.)	15	20.07	0.13	0.02	0.00	25.59	4.25	1.10

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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 22-23 Thrive Bar [ALL LINES] Week 3 Day 2 - ServingDate: 09/20/2022								
Chocolate1% Milk - OKR1062 (8 oz.)	80	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
Ranch Dressing - SR1931 (1 pump)	30	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	40	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)	15	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	20	0.00	0.00	0.00	0.00	180.00	0.00	0.00
SY 22-23 Thrive Bar [ALL LINES] Week 3 Day 3 - ServingDate: 09/21/2022								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
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
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	25	47.62	0.16	0.03	0.00	0.92	12.65	0.24
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)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	30	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	15	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	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)
SY 22-23 Thrive Bar [ALL LINES] Week 3 Day 3 - ServingDate: 09/21/2022								
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
Bacon Crumble - SR1799 (1 tbsp.)	0	35.05	3.00	1.00	0.00	115.18	0.00	2.00
Ranch Dressing - SR1931 (1 pump)	30	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	40	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)	15	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	20	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Barbecue Sauce - SR1008 (1 tbsp.)	0	15.00	0.00	0.00	0.00	235.00	3.50	0.00
SY 22-23 Thrive Bar [ALL LINES] Week 3 Day 4 - ServingDate: 09/22/2022								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Banana - SR1166 (1 medium (7"))	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Fruit Cocktail - SR1037 (1/2 c.)	25	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	25	47.62	0.16	0.03	0.00	0.92	12.65	0.24
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)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	30	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Garden Side Salad - SR1429 (1 c.)	15	20.07	0.13	0.02	0.00	25.59	4.25	1.10

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 Thrive Bar [ALL LINES] Week 3 Day 4 - ServingDate: 09/22/2022								
Chocolate1% Milk - OKR1062 (8 oz.)	80	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
Ranch Dressing - SR1931 (1 pump)	30	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	40	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)	15	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	20	0.00	0.00	0.00	0.00	180.00	0.00	0.00
SY 22-23 Thrive Bar [ALL LINES] Week 3 Day 5 - ServingDate: 09/23/2022								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Banana - SR1166 (1 medium (7"))	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	25	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	25	47.62	0.16	0.03	0.00	0.92	12.65	0.24
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)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	30	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Celery Sticks - SR1014 (6 stick.)	25	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Caesar Side Salad - SR1428 (1 c.)	15	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	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)
SY 22-23 Thrive Bar [ALL LINES] Week 3 Day 5 - ServingDate: 09/23/2022								
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
Ranch Dressing - SR1931 (1 pump)	30	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	40	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)	15	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	20	0.00	0.00	0.00	0.00	180.00	0.00	0.00
SY 22-23 Thrive Bar [ALL LINES] Week 2 Day 1 - ServingDate: 09/26/2022								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Banana - SR1166 (1 medium (7"))	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	25	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	25	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	25	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
100% Grape Juice - SR1607 (4 fl oz cup)	30	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	35	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	25	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	80	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

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 Thrive Bar [ALL LINES] Week 2 Day 1 - ServingDate: 09/26/2022								
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR1931 (1 pump)	30	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	40	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)	10	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	20	0.00	0.00	0.00	0.00	180.00	0.00	0.00
SY 22-23 Thrive Bar [ALL LINES] Week 4 Day 2 - ServingDate: 09/27/2022								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Banana - SR1166 (1 medium (7"))	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Diced Bartlett Pears - SR1194 (1/2 c.)	25	59.31	0.08	0.00	0.00	4.75	15.35	0.40
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	25	47.62	0.16	0.03	0.00	0.92	12.65	0.24
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)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	30	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Garden Side Salad - SR1429 (1 c.)	15	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	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)
SY 22-23 Thrive Bar [ALL LINES] Week 4 Day 2 - ServingDate: 09/27/2022								
Ranch Dressing - SR1931 (1 pump)	30	60.00	6.00	1.00	0.00	125.00	1.00	0.00
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)	15	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	20	0.00	0.00	0.00	0.00	180.00	0.00	0.00
SY 22-23 Thrive Bar [ALL LINES] Week 4 Day 3 - ServingDate: 09/28/2022								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
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
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	25	47.62	0.16	0.03	0.00	0.92	12.65	0.24
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)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	30	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	15	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	10	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR1931 (1 pump)	30	60.00	6.00	1.00	0.00	125.00	1.00	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 Thrive Bar [ALL LINES] Week 4 Day 3 - ServingDate: 09/28/2022								
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)	15	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	20	0.00	0.00	0.00	0.00	180.00	0.00	0.00
SY 22-23 Thrive Bar [ALL LINES] Week 4 Day 4 - ServingDate: 09/29/2022								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Banana - SR1166 (1 medium (7"))	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Fruit Cocktail - SR1037 (1/2 c.)	25	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	25	47.62	0.16	0.03	0.00	0.92	12.65	0.24
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)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	30	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Garden Side Salad - SR1429 (1 c.)	15	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chocolate1% Milk - OKR1062 (8 oz.)	80	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
Ranch Dressing - SR1931 (1 pump)	30	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	40	20.31	0.01	0.00	0.00	175.46	4.63	0.16

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 Thrive Bar [ALL LINES] Week 4 Day 4 - ServingDate: 09/29/2022								
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	15	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	20	0.00	0.00	0.00	0.00	180.00	0.00	0.00
SY 22-23 Thrive Bar [ALL LINES] Week 4 Day 5 - ServingDate: 09/30/2022								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Banana - SR1166 (1 medium (7"))	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	25	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	25	47.62	0.16	0.03	0.00	0.92	12.65	0.24
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)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	30	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Celery Sticks - SR1014 (6 stick.)	25	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Caesar Side Salad - SR1428 (1 c.)	15	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	80	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
Ranch Dressing - SR1931 (1 pump)	30	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	40	20.31	0.01	0.00	0.00	175.46	4.63	0.16

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 Thrive Bar [ALL LINES] Week 4 Day 5 - ServingDate: 09/30/2022								
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	15	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	20	0.00	0.00	0.00	0.00	180.00	0.00	0.00

Legend
 (M) - Missing Nutrient Values

Report Selections
 Meal Type: Lunch
 Site Group: Did You Know Café
 Menu Line: DYK-Thrive Bar (Garden, Milk, Condiments)
 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.