

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 Upper Crust - Week 2 Day 4 - ServingDate: 09/01/2022 | | | | | | | | |
| Cheese Pizza - SR2081 (1 slice) | 35 | 400.00 | 16.00 | 7.00 | 0.00 | 440.00 | 43.00 | 19.00 |
| Pepperoni Pizza - SR2084 (1 slice) | 35 | 431.59 | 18.92 | 8.09 | 0.00 | 544.49 | 43.00 | 20.46 |
| Personal Sausage Calzone - OKR1095 (1 calzone) | 30 | 445.72 | 19.86 | 8.78 | 0.14 | 910.67 | 41.40 | 24.51 |
| 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 |
| 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.) | 30 | 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 Upper Crust - Week 2 Day 4 - ServingDate: 09/01/2022 | | | | | | | | |
| Red Pepper Flakes - SR1554 (1/4 tsp.) | 30 | 1.43 | 0.08 | 0.01 | 0.00 | 0.14 | 0.25 | 0.05 |
| SY 21-22 Upper Crust - Week 2 Day 5 - ServingDate: 09/02/2022 | | | | | | | | |
| Cheese Pizza - SR2081 (1 slice) | 35 | 400.00 | 16.00 | 7.00 | 0.00 | 440.00 | 43.00 | 19.00 |
| Jalapeno Popper Pizza - OKR1640 (1 slice) | 30 | 528.48 | 26.89 | 11.17 | 0.06 | 1056.01 | 43.80 | 25.81 |
| Pepperoni Pizza - SR2084 (1 slice) | 35 | 431.59 | 18.92 | 8.09 | 0.00 | 544.49 | 43.00 | 20.46 |
| 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 |
| 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.) | 30 | 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 |

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 Upper Crust - Week 2 Day 5 - ServingDate: 09/02/2022 | | | | | | | | |
| Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.) | 0 | 25.00 | 1.25 | 0.25 | 0.00 | 160.00 | 4.00 | 0.00 |
| Red Pepper Flakes - SR1554 (1/4 tsp.) | 30 | 1.43 | 0.08 | 0.01 | 0.00 | 0.14 | 0.25 | 0.05 |
| SY 21-22 Upper Crust - Week 3 Day 2 - ServingDate: 09/06/2022 | | | | | | | | |
| Cheese Pizza - SR2081 (1 slice) | 25 | 400.00 | 16.00 | 7.00 | 0.00 | 440.00 | 43.00 | 19.00 |
| Pepperoni Pizza - SR2084 (1 slice) | 25 | 431.59 | 18.92 | 8.09 | 0.00 | 544.49 | 43.00 | 20.46 |
| Personal Pepperoni Pizza - OKR1770 (1 pizza) | 50 | 385.32 | 14.94 | 7.19 | 0.00 | 763.96 | 40.05 | 21.93 |
| 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 |
| 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.) | 75 | 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 |

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 Upper Crust - Week 3 Day 2 - ServingDate: 09/06/2022 | | | | | | | | |
| 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 |
| 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 Upper Crust - Week 3 Day 3 - ServingDate: 09/07/2022 | | | | | | | | |
| Cheese Pizza - SR2081 (1 slice) | 25 | 400.00 | 16.00 | 7.00 | 0.00 | 440.00 | 43.00 | 19.00 |
| Jalapeno Popper Pizza - OKR1640 (1 slice) | 25 | 528.48 | 26.89 | 11.17 | 0.06 | 1056.01 | 43.80 | 25.81 |
| Pepperoni Pizza - SR2084 (1 slice) | 50 | 431.59 | 18.92 | 8.09 | 0.00 | 544.49 | 43.00 | 20.46 |
| 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 |
| 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 |

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 Upper Crust - Week 3 Day 3 - ServingDate: 09/07/2022 | | | | | | | | |
| 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 |
| 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 Upper Crust - Week 3 Day 4 - ServingDate: 09/08/2022 | | | | | | | | |
| Cheese Pizza - SR2081 (1 slice) | 25 | 400.00 | 16.00 | 7.00 | 0.00 | 440.00 | 43.00 | 19.00 |
| Mini Meatlovers Calzone - OKR1477 (1 calzone) | 50 | 428.02 | 18.03 | 8.18 | 0.07 | 897.32 | 40.72 | 24.97 |
| Pepperoni Pizza - SR2084 (1 slice) | 25 | 431.59 | 18.92 | 8.09 | 0.00 | 544.49 | 43.00 | 20.46 |
| 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 |
| Chocolate1% Milk - OKR1062 (8 oz.) | 0 | 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 21-22 Upper Crust - Week 3 Day 4 - ServingDate: 09/08/2022 | | | | | | | | |
| 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 |
| 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 Upper Crust - Week 3 Day 5 - ServingDate: 09/09/2022 | | | | | | | | |
| Cheese Pizza - SR2081 (1 slice) | 25 | 400.00 | 16.00 | 7.00 | 0.00 | 440.00 | 43.00 | 19.00 |
| Cheeseburger Pizza - OKR1645 (1 slice) | 25 | 556.59 | 27.32 | 13.01 | 0.00 | 946.02 | 45.80 | 28.83 |
| Pepperoni Pizza - SR2084 (1 slice) | 50 | 431.59 | 18.92 | 8.09 | 0.00 | 544.49 | 43.00 | 20.46 |
| 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 |

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 Upper Crust - Week 3 Day 5 - ServingDate: 09/09/2022 | | | | | | | | |
| 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 |
| 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 Upper Crust - Week 4 Day 1 - ServingDate: 09/12/2022 | | | | | | | | |
| Buffalo Chicken Pizza - SR2598 (1 slice) | 25 | 448.08 | 18.67 | 7.48 | 0.00 | 760.75 | 46.60 | 21.74 |
| Cheese Pizza - SR2081 (1 slice) | 25 | 400.00 | 16.00 | 7.00 | 0.00 | 440.00 | 43.00 | 19.00 |
| Pepperoni Pizza - SR2084 (1 slice) | 50 | 431.59 | 18.92 | 8.09 | 0.00 | 544.49 | 43.00 | 20.46 |
| 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 |

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 Upper Crust - Week 4 Day 1 - ServingDate: 09/12/2022 | | | | | | | | |
| 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 |
| 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 Upper Crust - Week 4 Day 2 - ServingDate: 09/13/2022 | | | | | | | | |
| Cheese Pizza - SR2081 (1 slice) | 25 | 400.00 | 16.00 | 7.00 | 0.00 | 440.00 | 43.00 | 19.00 |
| Pepperoni Pizza - SR2084 (1 slice) | 25 | 431.59 | 18.92 | 8.09 | 0.00 | 544.49 | 43.00 | 20.46 |
| Personal Sausage Pizza - OKR1771 (1 pizza) | 50 | 385.32 | 14.94 | 7.19 | 0.00 | 763.96 | 40.05 | 21.93 |
| 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 |

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 Upper Crust - Week 4 Day 2 - ServingDate: 09/13/2022 | | | | | | | | |
| 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 |
| 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 |
| 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 Upper Crust - Week 4 Day 3 - ServingDate: 09/14/2022 | | | | | | | | |
| Cheese Pizza - SR2081 (1 slice) | 25 | 400.00 | 16.00 | 7.00 | 0.00 | 440.00 | 43.00 | 19.00 |
| Pepperoni Pizza - SR2084 (1 slice) | 50 | 431.59 | 18.92 | 8.09 | 0.00 | 544.49 | 43.00 | 20.46 |
| Supreme Pizza - SR2085 (1 slice) | 25 | 446.32 | 19.82 | 8.36 | 0.04 | 568.75 | 44.06 | 21.20 |
| Unsweetened Applesauce - SR1195 (1/2 c.) | 0 | 55.86 | 0.15 | 0.03 | 0.00 | 10.49 | 12.58 | 0.32 |

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 21-22 Upper Crust - Week 4 Day 3 - ServingDate: 09/14/2022 | | | | | | | | |
| 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 |
| 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 |
| 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 Upper Crust - Week 4 Day 4 - ServingDate: 09/15/2022 | | | | | | | | |
| Cheese Pizza - SR2081 (1 slice) | 25 | 400.00 | 16.00 | 7.00 | 0.00 | 440.00 | 43.00 | 19.00 |
| Pepperoni Pizza - SR2084 (1 slice) | 50 | 431.59 | 18.92 | 8.09 | 0.00 | 544.49 | 43.00 | 20.46 |

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 Upper Crust - Week 4 Day 4 - ServingDate: 09/15/2022 | | | | | | | | |
| Personal Sausage Calzone - OKR1095 (1 calzone) | 25 | 445.72 | 19.86 | 8.78 | 0.14 | 910.67 | 41.40 | 24.51 |
| 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 |
| 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 |
| Red Pepper Flakes - SR1554 (1/4 tsp.) | 50 | 1.43 | 0.08 | 0.01 | 0.00 | 0.14 | 0.25 | 0.05 |

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 Upper Crust - Week 4 Day 5 - ServingDate: 09/16/2022 | | | | | | | | |
| Cheese Pizza - SR2081 (1 slice) | 25 | 400.00 | 16.00 | 7.00 | 0.00 | 440.00 | 43.00 | 19.00 |
| Jalapeno Popper Pizza - OKR1640 (1 slice) | 25 | 528.48 | 26.89 | 11.17 | 0.06 | 1056.01 | 43.80 | 25.81 |
| Pepperoni Pizza - SR2084 (1 slice) | 50 | 431.59 | 18.92 | 8.09 | 0.00 | 544.49 | 43.00 | 20.46 |
| 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 |
| 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 |
| Red Pepper Flakes - SR1554 (1/4 tsp.) | 50 | 1.43 | 0.08 | 0.01 | 0.00 | 0.14 | 0.25 | 0.05 |

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 Upper Crust - Week 3 Day 2 :38090 - ServingDate: 09/20/2022 | | | | | | | | |
| Cheese Pizza - SR2081 (1 slice) | 25 | 400.00 | 16.00 | 7.00 | 0.00 | 440.00 | 43.00 | 19.00 |
| Pepperoni Pizza - SR2084 (1 slice) | 25 | 431.59 | 18.92 | 8.09 | 0.00 | 544.49 | 43.00 | 20.46 |
| Personal Pepperoni Pizza - OKR1770 (1 pizza) | 50 | 385.32 | 14.94 | 7.19 | 0.00 | 763.96 | 40.05 | 21.93 |
| Thrive Bar - SR2452 (1 serv.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Grated Parmesan Cheese - SR1553 (1/2 tsp.) | 75 | 3.33 | 0.25 | 0.17 | 0.00 | 15.00 | 0.17 | 0.17 |
| Red Pepper Flakes - SR1554 (1/4 tsp.) | 50 | 1.43 | 0.08 | 0.01 | 0.00 | 0.14 | 0.25 | 0.05 |
| SY 22-23 Upper Crust - Week 3 Day 3 :38090 - ServingDate: 09/21/2022 | | | | | | | | |
| Cheese Pizza - SR2081 (1 slice) | 25 | 400.00 | 16.00 | 7.00 | 0.00 | 440.00 | 43.00 | 19.00 |
| Jalapeno Popper Pizza - OKR1640 (1 slice) | 25 | 528.48 | 26.89 | 11.17 | 0.06 | 1056.01 | 43.80 | 25.81 |
| Pepperoni Pizza - SR2084 (1 slice) | 50 | 431.59 | 18.92 | 8.09 | 0.00 | 544.49 | 43.00 | 20.46 |
| Thrive Bar - SR2452 (1 serv.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Grated Parmesan Cheese - SR1553 (1/2 tsp.) | 50 | 3.33 | 0.25 | 0.17 | 0.00 | 15.00 | 0.17 | 0.17 |
| Red Pepper Flakes - SR1554 (1/4 tsp.) | 50 | 1.43 | 0.08 | 0.01 | 0.00 | 0.14 | 0.25 | 0.05 |
| SY 22-23 Upper Crust - Week 3 Day 4 :38090 - ServingDate: 09/22/2022 | | | | | | | | |
| Cheese Pizza - SR2081 (1 slice) | 25 | 400.00 | 16.00 | 7.00 | 0.00 | 440.00 | 43.00 | 19.00 |
| Mini Meatlovers Calzone - OKR1477 (1 calzone) | 50 | 428.02 | 18.03 | 8.18 | 0.07 | 897.32 | 40.72 | 24.97 |
| Pepperoni Pizza - SR2084 (1 slice) | 25 | 431.59 | 18.92 | 8.09 | 0.00 | 544.49 | 43.00 | 20.46 |

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 Upper Crust - Week 3 Day 4 :38090 - ServingDate: 09/22/2022 | | | | | | | | |
| Thrive Bar - SR2452 (1 serv.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Grated Parmesan Cheese - SR1553 (1/2 tsp.) | 50 | 3.33 | 0.25 | 0.17 | 0.00 | 15.00 | 0.17 | 0.17 |
| Red Pepper Flakes - SR1554 (1/4 tsp.) | 50 | 1.43 | 0.08 | 0.01 | 0.00 | 0.14 | 0.25 | 0.05 |
| SY 22-23 Upper Crust - Week 3 Day 5 :38090 - ServingDate: 09/23/2022 | | | | | | | | |
| Cheese Pizza - SR2081 (1 slice) | 25 | 400.00 | 16.00 | 7.00 | 0.00 | 440.00 | 43.00 | 19.00 |
| Cheeseburger Pizza - OKR1645 (1 slice) | 25 | 556.59 | 27.32 | 13.01 | 0.00 | 946.02 | 45.80 | 28.83 |
| Pepperoni Pizza - SR2084 (1 slice) | 50 | 431.59 | 18.92 | 8.09 | 0.00 | 544.49 | 43.00 | 20.46 |
| Thrive Bar - SR2452 (1 serv.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Grated Parmesan Cheese - SR1553 (1/2 tsp.) | 50 | 3.33 | 0.25 | 0.17 | 0.00 | 15.00 | 0.17 | 0.17 |
| Red Pepper Flakes - SR1554 (1/4 tsp.) | 50 | 1.43 | 0.08 | 0.01 | 0.00 | 0.14 | 0.25 | 0.05 |
| SY 22-23 Upper Crust - Week 4 Day 1 :38090 - ServingDate: 09/26/2022 | | | | | | | | |
| Buffalo Chicken Pizza - SR2598 (1 slice) | 25 | 448.08 | 18.67 | 7.48 | 0.00 | 760.75 | 46.60 | 21.74 |
| Cheese Pizza - SR2081 (1 slice) | 25 | 400.00 | 16.00 | 7.00 | 0.00 | 440.00 | 43.00 | 19.00 |
| Pepperoni Pizza - SR2084 (1 slice) | 50 | 431.59 | 18.92 | 8.09 | 0.00 | 544.49 | 43.00 | 20.46 |
| Thrive Bar - SR2452 (1 serv.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Grated Parmesan Cheese - SR1553 (1/2 tsp.) | 50 | 3.33 | 0.25 | 0.17 | 0.00 | 15.00 | 0.17 | 0.17 |
| Red Pepper Flakes - SR1554 (1/4 tsp.) | 50 | 1.43 | 0.08 | 0.01 | 0.00 | 0.14 | 0.25 | 0.05 |

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 Upper Crust - Week 4 Day 2 :38090 - ServingDate: 09/27/2022 | | | | | | | | |
| Cheese Pizza - SR2081 (1 slice) | 25 | 400.00 | 16.00 | 7.00 | 0.00 | 440.00 | 43.00 | 19.00 |
| Pepperoni Pizza - SR2084 (1 slice) | 25 | 431.59 | 18.92 | 8.09 | 0.00 | 544.49 | 43.00 | 20.46 |
| Personal Sausage Pizza - OKR1771 (1 pizza) | 50 | 385.32 | 14.94 | 7.19 | 0.00 | 763.96 | 40.05 | 21.93 |
| Thrive Bar - SR2452 (1 serv.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Grated Parmesan Cheese - SR1553 (1/2 tsp.) | 50 | 3.33 | 0.25 | 0.17 | 0.00 | 15.00 | 0.17 | 0.17 |
| Red Pepper Flakes - SR1554 (1/4 tsp.) | 50 | 1.43 | 0.08 | 0.01 | 0.00 | 0.14 | 0.25 | 0.05 |
| SY 22-23 Upper Crust - Week 4 Day 3 :38090 - ServingDate: 09/28/2022 | | | | | | | | |
| Cheese Pizza - SR2081 (1 slice) | 25 | 400.00 | 16.00 | 7.00 | 0.00 | 440.00 | 43.00 | 19.00 |
| Pepperoni Pizza - SR2084 (1 slice) | 50 | 431.59 | 18.92 | 8.09 | 0.00 | 544.49 | 43.00 | 20.46 |
| Supreme Pizza - SR2085 (1 slice) | 25 | 446.32 | 19.82 | 8.36 | 0.04 | 568.75 | 44.06 | 21.20 |
| Thrive Bar - SR2452 (1 serv.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Grated Parmesan Cheese - SR1553 (1/2 tsp.) | 50 | 3.33 | 0.25 | 0.17 | 0.00 | 15.00 | 0.17 | 0.17 |
| Red Pepper Flakes - SR1554 (1/4 tsp.) | 25 | 1.43 | 0.08 | 0.01 | 0.00 | 0.14 | 0.25 | 0.05 |
| SY 22-23 Upper Crust - Week 4 Day 4 :38090 - ServingDate: 09/29/2022 | | | | | | | | |
| Cheese Pizza - SR2081 (1 slice) | 25 | 400.00 | 16.00 | 7.00 | 0.00 | 440.00 | 43.00 | 19.00 |
| Pepperoni Pizza - SR2084 (1 slice) | 50 | 431.59 | 18.92 | 8.09 | 0.00 | 544.49 | 43.00 | 20.46 |
| Personal Sausage Calzone - OKR1095 (1 calzone) | 25 | 445.72 | 19.86 | 8.78 | 0.14 | 910.67 | 41.40 | 24.51 |

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 Upper Crust - Week 4 Day 4 :38090 - ServingDate: 09/29/2022 | | | | | | | | |
| Thrive Bar - SR2452 (1 serv.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Grated Parmesan Cheese - SR1553 (1/2 tsp.) | 50 | 3.33 | 0.25 | 0.17 | 0.00 | 15.00 | 0.17 | 0.17 |
| Red Pepper Flakes - SR1554 (1/4 tsp.) | 50 | 1.43 | 0.08 | 0.01 | 0.00 | 0.14 | 0.25 | 0.05 |
| SY 22-23 Upper Crust - Week 4 Day 5 :38090 - ServingDate: 09/30/2022 | | | | | | | | |
| Cheese Pizza - SR2081 (1 slice) | 25 | 400.00 | 16.00 | 7.00 | 0.00 | 440.00 | 43.00 | 19.00 |
| Jalapeno Popper Pizza - OKR1640 (1 slice) | 25 | 528.48 | 26.89 | 11.17 | 0.06 | 1056.01 | 43.80 | 25.81 |
| Pepperoni Pizza - SR2084 (1 slice) | 50 | 431.59 | 18.92 | 8.09 | 0.00 | 544.49 | 43.00 | 20.46 |
| Thrive Bar - SR2452 (1 serv.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Grated Parmesan Cheese - SR1553 (1/2 tsp.) | 50 | 3.33 | 0.25 | 0.17 | 0.00 | 15.00 | 0.17 | 0.17 |
| Red Pepper Flakes - SR1554 (1/4 tsp.) | 50 | 1.43 | 0.08 | 0.01 | 0.00 | 0.14 | 0.25 | 0.05 |

Legend
 (M) - Missing Nutrient Values

Report Selections
 Meal Type: Lunch
 Site Group: Did You Know Café
 Menu Line: DYK-Upper Crust (tier I)
 Serving Group: 6-8
 Nutrients Option: Expanded

Please be advised that our menu items may contain allergens or may have come in contact with items containing allergens. In addition, food manufacturers may change their formulation or manner of processing without our knowledge. Sodexo therefore cannot guarantee the accuracy of nutrition information. Ingredient and nutrition content of foods may vary due to changes in product formulation, recipe substitutions, portion size and other factors. The nutrition analyses provided are approximations only. Sodexo assumes no liability for any adverse reactions that may occur in the school cafeteria. We encourage all food allergic individuals to first inform the school nurse of allergy/intolerance and then work with our staff to plan a menu.