

Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie High School
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Breakfast Secondary Upd Week 2 Day 3 :41125 - ServingDate: 02/01/2023								
Sausage Breakfast Pizza - SR1167 (1 slice)	45	210.00	7.00	2.00	0.00	350.00	27.00	9.00
Buttery Wheat Toast - OKR1044 (2 slices)	0	193.33	5.67	1.50	0.00	266.67	30.00	6.00
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	5	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	5	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	5	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	113.29	1.37	0.25	0.00	140.00	23.74	1.46
English Muffin - SR3361 (2 halves)	20	130.00	1.00	0.00	0.00	620.00	24.00	5.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese Stick - SR3035 (1 stick.)	10	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Banana - SR1166 (1 medium (7"))	50	105.02	0.39	0.13	0.00	1.18	26.95	1.29
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	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)
SY22-23 Breakfast Secondary Upd Week 2 Day 3 :41125 - ServingDate: 02/01/2023								
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
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
Grape Jelly - SR2340 (1 tbsp.)	25	50.00	0.03	0.01	0.01	7.14	13.00	0.04
SY22-23 Breakfast Secondary Upd Week 2 Day 4 :41125 - ServingDate: 02/02/2023								
Biscuit with Old Fashioned Gravy - OKR1604 (1 ea.)	40	256.80	11.52	5.76	0.14	564.83	34.04	4.12
Breakfast Sandwich, English muffin, ham, American - OKR1951 (1 sandwich)	35	235.00	8.00	3.25	0.00	995.00	25.00	14.50
Hot Oatmeal - SR1483 (1/2 c.)	25	126.94	2.54	0.42	0.00	4.23	22.85	4.23
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	0	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	0	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	113.29	1.37	0.25	0.00	140.00	23.74	1.46

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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)
SY22-23 Breakfast Secondary Upd Week 2 Day 4 :41125 - ServingDate: 02/02/2023								
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese Stick - SR3035 (1 stick.)	5	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Strawberry Flavor Craisins - SR2882 (1 Pouch)	25	109.95	0.00	0.00	(M)	0.00	26.99	0.00
Craisins, Watermelon Flavor - SR2915 (1 Pouch)	25	109.95	0.00	0.00	0.00	0.00	26.99	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
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
SY22-23 Breakfast Secondary Upd Week 2 Day 5 :41125 - ServingDate: 02/03/2023								
Homestyle Breakfast Plate - SR2752 (1 plate)	35	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	0	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	23.00	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)
SY22-23 Breakfast Secondary Upd Week 2 Day 5 :41125 - ServingDate: 02/03/2023								
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	0	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	113.29	1.37	0.25	0.00	140.00	23.74	1.46
Cinnamon Toast - OKR1015 (2 slice)	25	227.56	5.76	1.75	0.00	266.73	38.93	6.03
Toasted Waffle - SR2165 (2 waffle)	40	185.89	6.20	1.55	0.00	371.78	27.88	4.13
Turkey Sausage Link - SR2332 (1 link)	35	60.00	4.00	1.00	0.00	90.00	0.00	6.00
Scrambled Eggs - OKR1375 (1/4 c.)	35	64.02	4.12	1.37	0.00	68.59	1.37	5.49
Buttery Wheat Toast - OKR1044 (2 slices)	35	193.33	5.67	1.50	0.00	266.67	30.00	6.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese Stick - SR3035 (1 stick.)	0	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Small Apples - OKR1780 (1 small (2- 3)	45	77.48	0.25	0.04	0.00	1.49	20.58	0.39
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
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

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SY22-23 Breakfast Secondary Upd Week 2 Day 5 :41125 - ServingDate: 02/03/2023								
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
SY22-23 Breakfast Secondary Upd Week 3 Day 1 :41125 - ServingDate: 02/06/2023								
Buttery Wheat Toast - OKR1044 (2 slices)	0	193.33	5.67	1.50	0.00	266.67	30.00	6.00
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	5	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	5	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	5	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	113.29	1.37	0.25	0.00	140.00	23.74	1.46
French Toast Sticks - SR1910 (4 stick.)	50	257.36	9.90	1.49	0.00	296.95	37.61	5.94
Just Peachy Parfait - SR1503 (1 parfait)	15	262.69	3.92	0.78	0.02	123.88	53.64	6.02
Buttery Wheat Toast Side - OKR1160 (1 slice)	20	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	20	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese Stick - SR3035 (1 stick.)	20	91.13	7.09	5.06	0.00	202.50	0.00	7.09

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SY22-23 Breakfast Secondary Upd Week 3 Day 1 :41125 - ServingDate: 02/06/2023								
Unsweetened Applesauce - SR1195 (1/2 c.)	40	55.86	0.15	0.03	0.00	10.49	12.58	0.32
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
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
Breakfast Syrup Cup - SR2498 (1 Container)	0	110.00	0.00	0.00	0.00	20.00	29.00	0.00
SY22-23 Breakfast Secondary Upd Week 3 Day 2 :41125 - ServingDate: 02/07/2023								
Biscuit with Old Fashioned Gravy - OKR1604 (1 ea.)	45	256.80	11.52	5.76	0.14	564.83	34.04	4.12
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	0	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	0	108.86	1.15	0.00	0.00	101.11	23.32	2.32

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SY22-23 Breakfast Secondary Upd Week 3 Day 2 :41125 - ServingDate: 02/07/2023								
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	113.29	1.37	0.25	0.00	140.00	23.74	1.46
Cinnamon Toast - OKR1015 (2 slice)	25	227.56	5.76	1.75	0.00	266.73	38.93	6.03
Turkey Sausage Biscuit - OKR1665 (1 ea.)	30	243.25	12.29	6.69	0.06	630.41	25.49	8.83
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese Stick - SR3035 (1 stick.)	0	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Orange Smiles - SR1172 (6 slice or w)	50	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
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
SY22-23 Breakfast Secondary Upd Week 3 Day 3 :41125 - ServingDate: 02/08/2023								
Sausage Breakfast Pizza - SR1167 (1 slice)	45	210.00	7.00	2.00	0.00	350.00	27.00	9.00
Buttery Wheat Toast - OKR1044 (2 slices)	0	193.33	5.67	1.50	0.00	266.67	30.00	6.00
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	5	113.51	1.88	0.00	0.00	113.51	22.71	2.27

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SY22-23 Breakfast Secondary Upd Week 3 Day 3 :41125 - ServingDate: 02/08/2023								
Honey Cheerios Cereal - SR3548 (1 bowl)	5	110.00	1.50	0.00	0.00	170.00	22.00	3.00
Cinnamon Chex - SR2336 (1 bowl)	5	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	113.29	1.37	0.25	0.00	140.00	23.74	1.46
English Muffin - SR3361 (2 halves)	20	130.00	1.00	0.00	0.00	620.00	24.00	5.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese Stick - SR3035 (1 stick.)	5	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Banana - SR1166 (1 medium (7"))	50	105.02	0.39	0.13	0.00	1.18	26.95	1.29
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
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

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SY22-23 Breakfast Secondary Upd Week 3 Day 3 :41125 - ServingDate: 02/08/2023								
Grape Jelly - SR2340 (1 tbsp.)	25	50.00	0.03	0.01	0.01	7.14	13.00	0.04
SY22-23 Breakfast Secondary Upd Week 3 Day 4 :41125 - ServingDate: 02/09/2023								
Biscuit with Old Fashioned Gravy - OKR1604 (1 ea.)	45	256.80	11.52	5.76	0.14	564.83	34.04	4.12
Breakfast Sandwich, English muffin, ham, American - OKR1951 (1 sandwich)	35	235.00	8.00	3.25	0.00	995.00	25.00	14.50
Hot Oatmeal - SR1483 (1/2 c.)	20	126.94	2.54	0.42	0.00	4.23	22.85	4.23
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	0	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	0	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	113.29	1.37	0.25	0.00	140.00	23.74	1.46
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese Stick - SR3035 (1 stick.)	5	91.13	7.09	5.06	0.00	202.50	0.00	7.09

Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie High School
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Breakfast Secondary Upd Week 3 Day 4 :41125 - ServingDate: 02/09/2023								
Strawberry Flavor Craisins - SR2882 (1 Pouch)	25	109.95	0.00	0.00	(M)	0.00	26.99	0.00
Craisins, Watermelon Flavor - SR2915 (1 Pouch)	25	109.95	0.00	0.00	0.00	0.00	26.99	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
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
SY22-23 Breakfast Secondary Upd Week 3 Day 5 :41125 - ServingDate: 02/10/2023								
Breakfast Taco, Omelet, Tortilla - OKR1948 (1 tacos)	35	220.00	13.50	4.50	0.00	420.00	15.00	9.00
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	0	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	0	108.86	1.15	0.00	0.00	101.11	23.32	2.32

Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie High School
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Breakfast Secondary Upd Week 3 Day 5 :41125 - ServingDate: 02/10/2023								
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	113.29	1.37	0.25	0.00	140.00	23.74	1.46
Cinnamon Toast - OKR1015 (2 slice)	25	227.56	5.76	1.75	0.00	266.73	38.93	6.03
Toasted Waffle - SR2165 (2 waffle)	40	185.89	6.20	1.55	0.00	371.78	27.88	4.13
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese Stick - SR3035 (1 stick.)	0	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Small Apples - OKR1780 (1 small (2-3))	45	77.48	0.25	0.04	0.00	1.49	20.58	0.39
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
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
SY22-23 Breakfast Secondary Upd Week 4 Day 1 :41125 - ServingDate: 02/13/2023								
Soft-Filled Cinnamon Toast Crunch Breakfast Bar - SR2822 (1 pkg.)	45	204.07	6.20	1.85	0.13	231.07	32.54	4.42
Buttery Wheat Toast - OKR1044 (2 slices)	0	193.33	5.67	1.50	0.00	266.67	30.00	6.00
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	5	113.51	1.88	0.00	0.00	113.51	22.71	2.27

Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie High School
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Breakfast Secondary Upd Week 4 Day 1 :41125 - ServingDate: 02/13/2023								
Cheerios - SR1160 (1 bowl)	5	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	5	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	113.29	1.37	0.25	0.00	140.00	23.74	1.46
French Toast Sticks - SR1910 (3 stick.)	20	193.02	7.42	1.11	0.00	222.71	28.21	4.45
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese Stick - SR3035 (1 stick.)	5	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Unsweetened Applesauce - SR1195 (1/2 c.)	45	55.86	0.15	0.03	0.00	10.49	12.58	0.32
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
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 - February, 2023

Site: Guthrie High School
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Breakfast Secondary Upd Week 4 Day 1 :41125 - ServingDate: 02/13/2023								
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Breakfast Syrup Cup - SR2498 (1 Container)	20	110.00	0.00	0.00	0.00	20.00	29.00	0.00
SY22-23 Breakfast Secondary Upd Week 4 Day 2 :41125 - ServingDate: 02/14/2023								
Biscuit with Old Fashioned Gravy - OKR1604 (1 ea.)	40	256.80	11.52	5.76	0.14	564.83	34.04	4.12
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	0	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	0	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	113.29	1.37	0.25	0.00	140.00	23.74	1.46
Cinnamon Roll - OKR1273 (1 roll.)	30	205.30	1.00	0.50	0.00	135.17	45.05	5.00
Turkey Sausage Biscuit - OKR1665 (1 ea.)	30	243.25	12.29	6.69	0.06	630.41	25.49	8.83
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese Stick - SR3035 (1 stick.)	0	91.13	7.09	5.06	0.00	202.50	0.00	7.09

Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie High School
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Breakfast Secondary Upd Week 4 Day 2 :41125 - ServingDate: 02/14/2023								
Orange Smiles - SR1172 (6 slice or w)	45	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
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
SY22-23 Breakfast Secondary Upd Week 4 Day 3 :41125 - ServingDate: 02/15/2023								
Sausage Breakfast Pizza - SR1167 (1 slice)	40	210.00	7.00	2.00	0.00	350.00	27.00	9.00
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	5	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	5	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	5	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32

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 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Breakfast Secondary Upd Week 4 Day 3 :41125 - ServingDate: 02/15/2023								
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	113.29	1.37	0.25	0.00	140.00	23.74	1.46
English Muffin - SR3361 (2 halves)	25	130.00	1.00	0.00	0.00	620.00	24.00	5.00
Buttery Wheat Toast - OKR1044 (2 slices)	0	193.33	5.67	1.50	0.00	266.67	30.00	6.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese Stick - SR3035 (1 stick.)	5	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
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
Grape Jelly - SR2340 (1 tbsp.)	25	50.00	0.03	0.01	0.01	7.14	13.00	0.04
SY22-23 Breakfast Secondary Upd Week 4 Day 4 :41125 - ServingDate: 02/16/2023								
Biscuit & Country Gravy - SR1339 (1 ea.)	40	232.87	11.42	8.19	0.00	489.47	28.57	4.37
Breakfast Sandwich, English muffin, ham, American - OKR1951 (1 sandwich)	35	235.00	8.00	3.25	0.00	995.00	25.00	14.50

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 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Breakfast Secondary Upd Week 4 Day 4 :41125 - ServingDate: 02/16/2023								
Hot Oatmeal - SR1483 (1/2 c.)	25	126.94	2.54	0.42	0.00	4.23	22.85	4.23
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	0	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	0	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	113.29	1.37	0.25	0.00	140.00	23.74	1.46
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese Stick - SR3035 (1 stick.)	5	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Strawberry Flavor Craisins - SR2882 (1 Pouch)	25	109.95	0.00	0.00	(M)	0.00	26.99	0.00
Watermelon Flavored Craisins - SR3109 (2 Pouch)	25	219.91	0.00	0.00	0.00	0.00	53.98	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00

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 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Breakfast Secondary Upd Week 4 Day 4 :41125 - ServingDate: 02/16/2023								
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
SY22-23 Breakfast Secondary Upd Week 4 Day 5 :41125 - ServingDate: 02/17/2023								
Homestyle Breakfast Plate - SR2752 (1 plate)	35	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	0	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	0	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	113.29	1.37	0.25	0.00	140.00	23.74	1.46
Cinnamon Toast - OKR1015 (2 slice)	25	227.56	5.76	1.75	0.00	266.73	38.93	6.03
Toasted Waffle - SR2165 (2 waffle)	40	185.89	6.20	1.55	0.00	371.78	27.88	4.13
Turkey Sausage Link - SR2332 (1 link)	35	60.00	4.00	1.00	0.00	90.00	0.00	6.00
Scrambled Eggs - OKR1375 (1/4 c.)	35	64.02	4.12	1.37	0.00	68.59	1.37	5.49
Buttery Wheat Toast - OKR1044 (2 slices)	35	193.33	5.67	1.50	0.00	266.67	30.00	6.00

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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)
SY22-23 Breakfast Secondary Upd Week 4 Day 5 :41125 - ServingDate: 02/17/2023								
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese Stick - SR3035 (1 stick.)	0	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Small Apples - OKR1780 (1 small (2-3))	45	77.48	0.25	0.04	0.00	1.49	20.58	0.39
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
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
SY22-23 Breakfast Secondary Upd Week 5 Day 2 :41125 - ServingDate: 02/21/2023								
Biscuit with Old Fashioned Gravy - OKR1604 (1 ea.)	40	256.80	11.52	5.76	0.14	564.83	34.04	4.12
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	0	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00

Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie High School
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Breakfast Secondary Upd Week 5 Day 2 :41125 - ServingDate: 02/21/2023								
Froot Loops - SR2427 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	0	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	113.29	1.37	0.25	0.00	140.00	23.74	1.46
Cinnamon Toast - OKR1015 (2 slice)	25	227.56	5.76	1.75	0.00	266.73	38.93	6.03
Turkey Sausage Biscuit - OKR1665 (1 ea.)	35	243.25	12.29	6.69	0.06	630.41	25.49	8.83
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese Stick - SR3035 (1 stick.)	0	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Orange Smiles - SR1172 (6 slice or w)	45	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
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
SY22-23 Breakfast Secondary Upd Week 5 Day 3 :41125 - ServingDate: 02/22/2023								
Sausage Breakfast Pizza - SR1167 (1 slice)	45	210.00	7.00	2.00	0.00	350.00	27.00	9.00
Buttery Wheat Toast - OKR1044 (2 slices)	0	193.33	5.67	1.50	0.00	266.67	30.00	6.00

Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie High School
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Breakfast Secondary Upd Week 5 Day 3 :41125 - ServingDate: 02/22/2023								
Apple Cinnamon Cheerios bowl/pack - SR1327 (1 bowl)	5	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	5	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	5	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	113.29	1.37	0.25	0.00	140.00	23.74	1.46
English Muffin - SR3361 (2 halves)	20	130.00	1.00	0.00	0.00	620.00	24.00	5.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese Stick - SR3035 (1 stick.)	10	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Banana - SR1166 (1 medium (7"))	45	105.02	0.39	0.13	0.00	1.18	26.95	1.29
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
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 - February, 2023

Site: Guthrie High School
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Breakfast Secondary Upd Week 5 Day 3 :41125 - ServingDate: 02/22/2023								
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
Grape Jelly - SR2340 (1 tbsp.)	20	50.00	0.03	0.01	0.01	7.14	13.00	0.04
SY22-23 Breakfast Secondary Upd Week 5 Day 4 :41125 - ServingDate: 02/23/2023								
Biscuit with Old Fashioned Gravy - OKR1604 (1 ea.)	45	256.80	11.52	5.76	0.14	564.83	34.04	4.12
Breakfast Sandwich, English muffin, ham, American - OKR1951 (1 sandwich)	35	235.00	8.00	3.25	0.00	995.00	25.00	14.50
Hot Oatmeal - SR1483 (1/2 c.)	20	126.94	2.54	0.42	0.00	4.23	22.85	4.23
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	0	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	0	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	113.29	1.37	0.25	0.00	140.00	23.74	1.46
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	3.10	0.86	0.00	135.95	15.00	3.00

Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie High School
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Breakfast Secondary Upd Week 5 Day 4 :41125 - ServingDate: 02/23/2023								
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese Stick - SR3035 (1 stick.)	0	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Strawberry Flavor Craisins - SR2882 (1 Pouch)	25	109.95	0.00	0.00	(M)	0.00	26.99	0.00
Watermelon Flavored Craisins - SR3109 (2 Pouch)	25	219.91	0.00	0.00	0.00	0.00	53.98	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
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
SY22-23 Breakfast Secondary Upd Week 5 Day 5 :41125 - ServingDate: 02/24/2023								
Breakfast Taco, Omelet, Tortilla - OKR1948 (1 tacos)	35	220.00	13.50	4.50	0.00	420.00	15.00	9.00
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	0	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	0	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00

Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie High School
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Breakfast Secondary Upd Week 5 Day 5 :41125 - ServingDate: 02/24/2023								
Froot Loops - SR2427 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	0	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	113.29	1.37	0.25	0.00	140.00	23.74	1.46
Cinnamon Toast - OKR1015 (2 slice)	25	227.56	5.76	1.75	0.00	266.73	38.93	6.03
Toasted Waffle - SR2165 (2 waffle)	40	185.89	6.20	1.55	0.00	371.78	27.88	4.13
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese Stick - SR3035 (1 stick.)	0	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Small Apples - OKR1780 (1 small (2-3))	45	77.48	0.25	0.04	0.00	1.49	20.58	0.39
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
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

Legend
 (M) - Missing Nutrient Values

Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie High School
Date: 02/01/2023 - 02/28/2023

Report Selections

Meal Type: Breakfast
Site Group: Taste4
Menu Line: B-Café Classics
Serving Group: 9-12
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.