

# Menu Calendar Nutrient Analysis Report - January, 2023

Site: Guthrie Junior High  
 Date: 01/01/2023 - 01/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY21-22 - FoodiE-Superfoods Cold-Deli :39004 - ServingDate: 01/03/2023</b>								
The Mediterranean Flatbread - SR2672 (1 wrap)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Turkey Cheddar Ranch Flatbread - SR2676 (1 wrap)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Classic Ham & Cheddar Wrap - SR2674 (1 wrap)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Buffalo Chicken Wrap - SR3451 (1 wrap)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Buffalo Chicken - SR3452 (1/2 c.)	25	157.57	4.34	0.07	0.00	2618.14	1.93	24.69
Original Homemade Hummus - SR1412 (2/3 c.)	25	249.18	13.98	0.85	0.01	402.26	24.36	7.95
Sliced Deli Turkey - SR2144 (5 slice)	0	137.50	5.63	1.25	0.00	462.49	0.00	21.25
Sliced Turkey Ham - SR2145 (5 slice)	0	125.00	6.25	1.88	0.00	599.99	0.00	17.50
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	50	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Oven Fired Flatbread - SR1534 (1 piece)	50	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Flour Tortilla - SR1177 (1 tortilla)	50	210.00	6.00	3.00	0.00	319.99	34.00	5.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Diced Cucumber - SR1968 (2 tbsp.)	50	3.03	0.02	0.01	0.00	0.40	0.73	0.13
Shredded Lettuce - SR1015 (1/4 cup shredd)	100	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Black Olives - SR1390 (2 tbsp.)	25	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Matchstick Carrots - SR1435 (2 tbsp.)	25	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Diced Red Tomatoes - SR1012 (2 tbsp.)	50	4.43	0.05	0.01	0.00	1.23	0.96	0.22
Light Ranch Dressing - SR1003 (1 tbsp.)	25	25.00	1.75	0.25	0.00	190.00	2.50	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)
<b>SY21-22 - FoodiE-Superfoods Cold-Tasty Greens :39004 - ServingDate: 01/04/2023</b>								
Chef Salad - SR2681 (1 salad)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Caesar Salad - SR2679 (1 salad)	25	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Garden Salad - SR2685 (1 salad)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Buffalo Chicken Salad - SR3453 (1 salad)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
American-Style Meat Combination - OKR1906 (2 slice)	26	89.70	3.03	1.01	0.00	470.88	2.02	15.11
Buffalo Chicken - SR3452 (1/2 c.)	25	157.57	4.34	0.07	0.00	2618.14	1.93	24.69
Fajita Chicken - SR2529 (2/3 c.)	26	123.52	4.05	2.02	0.00	613.57	2.02	18.23
Hard Boiled Eggs - SR1837 (1 egg)	50	77.50	5.30	1.64	0.00	62.00	0.55	6.29
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	76	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Twisted Breadstick - SR2142 (1 breadstick)	100	172.69	3.27	0.09	0.00	190.34	28.41	6.09
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Romaine Lettuce - SR2868 (2 c.)	25	19.28	0.34	0.04	0.00	9.07	2.66	1.39
Mixed Salad Greens - SR1080 (2 c.)	77	25.70	0.05	0.01	0.00	25.34	5.02	1.88
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	25	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Homestyle Herb Seasoned Croutons - SR2593 (2 tbsp.)	25	30.38	1.01	0.00	0.00	86.06	5.06	1.01
Diced Cucumber - SR1968 (2 tbsp.)	51	3.03	0.02	0.01	0.00	0.40	0.73	0.13
Sliced Black Olives - SR1390 (2 tbsp.)	27	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Matchstick Carrots - SR1435 (2 tbsp.)	50	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Diced Red Tomatoes - SR1012 (2 tbsp.)	53	4.43	0.05	0.01	0.00	1.23	0.96	0.22

# Menu Calendar Nutrient Analysis Report - January, 2023

Site: Guthrie Junior High  
 Date: 01/01/2023 - 01/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY21-22 - FoodiE-Superfoods Cold-Yogurt Smoothie Bowls :39004 - ServingDate: 01/05/2023</b>								
Banana Berry Smoothie Bowl - SR3446 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sunshine Smoothie Bowl - SR3444 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tropical Smoothie Bowl - SR3445 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Very Berry Smoothie Bowl - SR3443 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Berry Patch Smoothie - SR2553 (1 c.)	50	604.03	0.64	0.47	0.00	100.96	137.75	3.44
Orange Smoothie - SR1397 (1 c.)	50	157.15	0.76	0.47	0.00	56.84	33.70	3.56
Sunflower Seeds - SR3434 (1/4 c.)	100	190.00	17.00	2.00	0.00	160.00	6.00	6.00
Original Graham Crackers - SR1163 (1 pkg.)	100	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Oats & Honey Granola - SR2331 (1/4 c.)	100	85.65	3.19	0.33	0.02	65.23	12.76	1.50
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1/4 medium (7"))	25	26.25	0.10	0.03	0.00	0.29	6.74	0.32
Blueberries - SR2219 (2 tbsp.)	75	9.85	0.00	0.00	0.00	0.25	2.22	0.00
Pineapple Tidbits - SR1495 (2 tbsp.)	25	15.80	0.00	0.00	0.00	0.00	4.11	0.00
Diced Peaches - SR1196 (2 tbsp.)	25	19.47	0.01	0.00	0.00	1.77	5.12	0.28
Strawberries - SR2218 (2 tbsp.)	75	30.60	0.04	0.00	0.00	1.00	8.26	0.17
<b>SY21-22 - FoodiE-Superfoods Cold-Grain Bowls :39004 - ServingDate: 01/06/2023</b>								
Garden Noodle Grain Bowl - SR3450 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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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)
<b>SY21-22 - FoodiE-Superfoods Cold-Grain Bowls :39004 - ServingDate: 01/06/2023</b>								
Grecian Chicken Grain Bowl - SR3447 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Buffalo Chicken Grain Bowl - SR3448 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tokyo Teriyaki Grain Bowl - SR3449 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Chickpeas - SR1047 (1 #10 scoop)	25	157.25	2.97	0.05	0.00	271.22	24.51	8.17
Fajita Chicken - SR2529 (2/3 c.)	50	123.52	4.05	2.02	0.00	613.57	2.02	18.23
Lemon Pepper Chicken - SR2601 (1/2 c.)	25	112.26	3.58	1.78	0.00	661.72	2.91	16.02
Hard Boiled Eggs - SR1837 (1/2 egg)	25	38.75	2.65	0.82	0.00	31.00	0.28	3.15
Cold Citrus Herb Brown Rice - SR2638 (1 c.)	1	267.57	1.40	0.00	0.00	288.46	59.55	5.61
Vegetable Lo Mein - SR1770 (1 1/3 c.)	50	283.12	3.15	0.43	0.00	1067.00	60.55	8.79
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pineapple Tidbits - SR1495 (2 tbsp.)	25	15.80	0.00	0.00	0.00	0.00	4.11	0.00
Green Bell Pepper Strips - SR1658 (2 tbsp.)	25	2.46	0.02	0.01	0.00	0.37	0.57	0.11
Diced Cucumber - SR1968 (2 tbsp.)	75	3.03	0.02	0.01	0.00	0.40	0.73	0.13
Sliced Black Olives - SR1390 (2 tbsp.)	50	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Matchstick Carrots - SR1435 (2 tbsp.)	75	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Diced Red Tomatoes - SR1012 (2 tbsp.)	75	4.43	0.05	0.01	0.00	1.23	0.96	0.22
Italian Salad Dressing - SR1489 (1 tbsp.)	50	15.00	0.00	0.00	0.00	175.00	4.00	0.00
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	25	17.94	1.20	0.17	0.00	335.54	1.85	0.06
Teriyaki Sauce - SR2025 (1 tbsp.)	25	45.00	0.00	0.00	0.00	145.00	11.00	0.50

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<b>SY21-22 - FoodiE-Superfoods Cold-Yogurt Smoothie Bowls :39004 - ServingDate: 01/09/2023</b>								
Banana Berry Smoothie Bowl - SR3446 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sunshine Smoothie Bowl - SR3444 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tropical Smoothie Bowl - SR3445 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Very Berry Smoothie Bowl - SR3443 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Berry Patch Smoothie - SR2553 (1 c.)	50	604.03	0.64	0.47	0.00	100.96	137.75	3.44
Orange Smoothie - SR1397 (1 c.)	50	157.15	0.76	0.47	0.00	56.84	33.70	3.56
Sunflower Seeds - SR3434 (1/4 c.)	100	190.00	17.00	2.00	0.00	160.00	6.00	6.00
Original Graham Crackers - SR1163 (1 pkg.)	100	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Oats & Honey Granola - SR2331 (1/4 c.)	100	85.65	3.19	0.33	0.02	65.23	12.76	1.50
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1/4 medium (7"))	25	26.25	0.10	0.03	0.00	0.29	6.74	0.32
Blueberries - SR2219 (2 tbsp.)	75	9.85	0.00	0.00	0.00	0.25	2.22	0.00
Pineapple Tidbits - SR1495 (2 tbsp.)	25	15.80	0.00	0.00	0.00	0.00	4.11	0.00
Diced Peaches - SR1196 (2 tbsp.)	25	19.47	0.01	0.00	0.00	1.77	5.12	0.28
Strawberries - SR2218 (2 tbsp.)	75	30.60	0.04	0.00	0.00	1.00	8.26	0.17
<b>SY21-22 - FoodiE-Superfoods Cold-Grain Bowls :39004 - ServingDate: 01/10/2023</b>								
Garden Noodle Grain Bowl - SR3450 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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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)
<b>SY21-22 - FoodiE-Superfoods Cold-Grain Bowls :39004 - ServingDate: 01/10/2023</b>								
Grecian Chicken Grain Bowl - SR3447 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Buffalo Chicken Grain Bowl - SR3448 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tokyo Teriyaki Grain Bowl - SR3449 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Chickpeas - SR1047 (1 #10 scoop)	25	157.25	2.97	0.05	0.00	271.22	24.51	8.17
Fajita Chicken - SR2529 (2/3 c.)	50	123.52	4.05	2.02	0.00	613.57	2.02	18.23
Lemon Pepper Chicken - SR2601 (1/2 c.)	25	112.26	3.58	1.78	0.00	661.72	2.91	16.02
Hard Boiled Eggs - SR1837 (1/2 egg)	25	38.75	2.65	0.82	0.00	31.00	0.28	3.15
Cold Citrus Herb Brown Rice - SR2638 (1 c.)	1	267.57	1.40	0.00	0.00	288.46	59.55	5.61
Vegetable Lo Mein - SR1770 (1 1/3 c.)	50	283.12	3.15	0.43	0.00	1067.00	60.55	8.79
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pineapple Tidbits - SR1495 (2 tbsp.)	25	15.80	0.00	0.00	0.00	0.00	4.11	0.00
Green Bell Pepper Strips - SR1658 (2 tbsp.)	25	2.46	0.02	0.01	0.00	0.37	0.57	0.11
Diced Cucumber - SR1968 (2 tbsp.)	75	3.03	0.02	0.01	0.00	0.40	0.73	0.13
Sliced Black Olives - SR1390 (2 tbsp.)	50	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Matchstick Carrots - SR1435 (2 tbsp.)	75	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Diced Red Tomatoes - SR1012 (2 tbsp.)	75	4.43	0.05	0.01	0.00	1.23	0.96	0.22
Italian Salad Dressing - SR1489 (1 tbsp.)	50	15.00	0.00	0.00	0.00	175.00	4.00	0.00
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	25	17.94	1.20	0.17	0.00	335.54	1.85	0.06
Teriyaki Sauce - SR2025 (1 tbsp.)	25	45.00	0.00	0.00	0.00	145.00	11.00	0.50

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<b>SY21-22 - FoodiE-Superfoods Cold-Deli :39004 - ServingDate: 01/11/2023</b>								
The Mediterranean Flatbread - SR2672 (1 wrap)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Turkey Cheddar Ranch Flatbread - SR2676 (1 wrap)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Classic Ham & Cheddar Wrap - SR2674 (1 wrap)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Buffalo Chicken Wrap - SR3451 (1 wrap)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Buffalo Chicken - SR3452 (1/2 c.)	25	157.57	4.34	0.07	0.00	2618.14	1.93	24.69
Original Homemade Hummus - SR1412 (2/3 c.)	25	249.18	13.98	0.85	0.01	402.26	24.36	7.95
Sliced Deli Turkey - SR2144 (5 slice)	0	137.50	5.63	1.25	0.00	462.49	0.00	21.25
Sliced Turkey Ham - SR2145 (5 slice)	0	125.00	6.25	1.88	0.00	599.99	0.00	17.50
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	50	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Oven Fired Flatbread - SR1534 (1 piece)	50	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Flour Tortilla - SR1177 (1 tortilla)	50	210.00	6.00	3.00	0.00	319.99	34.00	5.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Diced Cucumber - SR1968 (2 tbsp.)	50	3.03	0.02	0.01	0.00	0.40	0.73	0.13
Shredded Lettuce - SR1015 (1/4 cup shredd)	100	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Black Olives - SR1390 (2 tbsp.)	25	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Matchstick Carrots - SR1435 (2 tbsp.)	25	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Diced Red Tomatoes - SR1012 (2 tbsp.)	50	4.43	0.05	0.01	0.00	1.23	0.96	0.22
Light Ranch Dressing - SR1003 (1 tbsp.)	25	25.00	1.75	0.25	0.00	190.00	2.50	0.00

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<b>SY21-22 - FoodiE-Superfoods Cold-Tasty Greens :39004 - ServingDate: 01/12/2023</b>								
Chef Salad - SR2681 (1 salad)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Caesar Salad - SR2679 (1 salad)	25	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Garden Salad - SR2685 (1 salad)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Buffalo Chicken Salad - SR3453 (1 salad)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
American-Style Meat Combination - OKR1906 (2 slice)	26	89.70	3.03	1.01	0.00	470.88	2.02	15.11
Buffalo Chicken - SR3452 (1/2 c.)	25	157.57	4.34	0.07	0.00	2618.14	1.93	24.69
Fajita Chicken - SR2529 (2/3 c.)	26	123.52	4.05	2.02	0.00	613.57	2.02	18.23
Hard Boiled Eggs - SR1837 (1 egg)	50	77.50	5.30	1.64	0.00	62.00	0.55	6.29
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	76	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Twisted Breadstick - SR2142 (1 breadstick)	100	172.69	3.27	0.09	0.00	190.34	28.41	6.09
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Romaine Lettuce - SR2868 (2 c.)	25	19.28	0.34	0.04	0.00	9.07	2.66	1.39
Mixed Salad Greens - SR1080 (2 c.)	77	25.70	0.05	0.01	0.00	25.34	5.02	1.88
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	25	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Homestyle Herb Seasoned Croutons - SR2593 (2 tbsp.)	25	30.38	1.01	0.00	0.00	86.06	5.06	1.01
Diced Cucumber - SR1968 (2 tbsp.)	51	3.03	0.02	0.01	0.00	0.40	0.73	0.13
Sliced Black Olives - SR1390 (2 tbsp.)	27	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Matchstick Carrots - SR1435 (2 tbsp.)	50	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Diced Red Tomatoes - SR1012 (2 tbsp.)	53	4.43	0.05	0.01	0.00	1.23	0.96	0.22



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<b>SY21-22 - FoodiE-Superfoods Cold-Yogurt Smoothie Bowls :39004 - ServingDate: 01/13/2023</b>								
Banana Berry Smoothie Bowl - SR3446 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sunshine Smoothie Bowl - SR3444 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tropical Smoothie Bowl - SR3445 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Very Berry Smoothie Bowl - SR3443 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Berry Patch Smoothie - SR2553 (1 c.)	50	604.03	0.64	0.47	0.00	100.96	137.75	3.44
Orange Smoothie - SR1397 (1 c.)	50	157.15	0.76	0.47	0.00	56.84	33.70	3.56
Sunflower Seeds - SR3434 (1/4 c.)	100	190.00	17.00	2.00	0.00	160.00	6.00	6.00
Original Graham Crackers - SR1163 (1 pkg.)	100	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Oats & Honey Granola - SR2331 (1/4 c.)	100	85.65	3.19	0.33	0.02	65.23	12.76	1.50
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1/4 medium (7"))	25	26.25	0.10	0.03	0.00	0.29	6.74	0.32
Blueberries - SR2219 (2 tbsp.)	75	9.85	0.00	0.00	0.00	0.25	2.22	0.00
Pineapple Tidbits - SR1495 (2 tbsp.)	25	15.80	0.00	0.00	0.00	0.00	4.11	0.00
Diced Peaches - SR1196 (2 tbsp.)	25	19.47	0.01	0.00	0.00	1.77	5.12	0.28
Strawberries - SR2218 (2 tbsp.)	75	30.60	0.04	0.00	0.00	1.00	8.26	0.17
<b>SY21-22 - FoodiE-Superfoods Cold-Deli :39004 - ServingDate: 01/17/2023</b>								
The Mediterranean Flatbread - SR2672 (1 wrap)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)

# Menu Calendar Nutrient Analysis Report - January, 2023

Site: Guthrie Junior High  
 Date: 01/01/2023 - 01/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY21-22 - FoodiE-Superfoods Cold-Deli :39004 - ServingDate: 01/17/2023</b>								
Turkey Cheddar Ranch Flatbread - SR2676 (1 wrap)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Classic Ham & Cheddar Wrap - SR2674 (1 wrap)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Buffalo Chicken Wrap - SR3451 (1 wrap)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Buffalo Chicken - SR3452 (1/2 c.)	25	157.57	4.34	0.07	0.00	2618.14	1.93	24.69
Original Homemade Hummus - SR1412 (2/3 c.)	25	249.18	13.98	0.85	0.01	402.26	24.36	7.95
Sliced Deli Turkey - SR2144 (5 slice)	0	137.50	5.63	1.25	0.00	462.49	0.00	21.25
Sliced Turkey Ham - SR2145 (5 slice)	0	125.00	6.25	1.88	0.00	599.99	0.00	17.50
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	50	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Oven Fired Flatbread - SR1534 (1 piece)	50	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Flour Tortilla - SR1177 (1 tortilla)	50	210.00	6.00	3.00	0.00	319.99	34.00	5.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Diced Cucumber - SR1968 (2 tbsp.)	50	3.03	0.02	0.01	0.00	0.40	0.73	0.13
Shredded Lettuce - SR1015 (1/4 cup shredd)	100	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Black Olives - SR1390 (2 tbsp.)	25	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Matchstick Carrots - SR1435 (2 tbsp.)	25	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Diced Red Tomatoes - SR1012 (2 tbsp.)	50	4.43	0.05	0.01	0.00	1.23	0.96	0.22
Light Ranch Dressing - SR1003 (1 tbsp.)	25	25.00	1.75	0.25	0.00	190.00	2.50	0.00

# Menu Calendar Nutrient Analysis Report - January, 2023

Site: Guthrie Junior High  
 Date: 01/01/2023 - 01/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY21-22 - FoodiE-Superfoods Cold-Tasty Greens :39004 - ServingDate: 01/18/2023</b>								
Chef Salad - SR2681 (1 salad)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Caesar Salad - SR2679 (1 salad)	25	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Garden Salad - SR2685 (1 salad)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Buffalo Chicken Salad - SR3453 (1 salad)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
American-Style Meat Combination - OKR1906 (2 slice)	26	89.70	3.03	1.01	0.00	470.88	2.02	15.11
Buffalo Chicken - SR3452 (1/2 c.)	25	157.57	4.34	0.07	0.00	2618.14	1.93	24.69
Fajita Chicken - SR2529 (2/3 c.)	26	123.52	4.05	2.02	0.00	613.57	2.02	18.23
Hard Boiled Eggs - SR1837 (1 egg)	50	77.50	5.30	1.64	0.00	62.00	0.55	6.29
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	76	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Twisted Breadstick - SR2142 (1 breadstick)	100	172.69	3.27	0.09	0.00	190.34	28.41	6.09
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Romaine Lettuce - SR2868 (2 c.)	25	19.28	0.34	0.04	0.00	9.07	2.66	1.39
Mixed Salad Greens - SR1080 (2 c.)	77	25.70	0.05	0.01	0.00	25.34	5.02	1.88
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	25	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Homestyle Herb Seasoned Croutons - SR2593 (2 tbsp.)	25	30.38	1.01	0.00	0.00	86.06	5.06	1.01
Diced Cucumber - SR1968 (2 tbsp.)	51	3.03	0.02	0.01	0.00	0.40	0.73	0.13
Sliced Black Olives - SR1390 (2 tbsp.)	27	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Matchstick Carrots - SR1435 (2 tbsp.)	50	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Diced Red Tomatoes - SR1012 (2 tbsp.)	53	4.43	0.05	0.01	0.00	1.23	0.96	0.22

# Menu Calendar Nutrient Analysis Report - January, 2023

Site: Guthrie Junior High  
 Date: 01/01/2023 - 01/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY21-22 - FoodiE-Superfoods Cold-Yogurt Smoothie Bowls :39004 - ServingDate: 01/19/2023</b>								
Banana Berry Smoothie Bowl - SR3446 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sunshine Smoothie Bowl - SR3444 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tropical Smoothie Bowl - SR3445 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Very Berry Smoothie Bowl - SR3443 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Berry Patch Smoothie - SR2553 (1 c.)	50	604.03	0.64	0.47	0.00	100.96	137.75	3.44
Orange Smoothie - SR1397 (1 c.)	50	157.15	0.76	0.47	0.00	56.84	33.70	3.56
Sunflower Seeds - SR3434 (1/4 c.)	100	190.00	17.00	2.00	0.00	160.00	6.00	6.00
Original Graham Crackers - SR1163 (1 pkg.)	100	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Oats & Honey Granola - SR2331 (1/4 c.)	100	85.65	3.19	0.33	0.02	65.23	12.76	1.50
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1/4 medium (7"))	25	26.25	0.10	0.03	0.00	0.29	6.74	0.32
Blueberries - SR2219 (2 tbsp.)	75	9.85	0.00	0.00	0.00	0.25	2.22	0.00
Pineapple Tidbits - SR1495 (2 tbsp.)	25	15.80	0.00	0.00	0.00	0.00	4.11	0.00
Diced Peaches - SR1196 (2 tbsp.)	25	19.47	0.01	0.00	0.00	1.77	5.12	0.28
Strawberries - SR2218 (2 tbsp.)	75	30.60	0.04	0.00	0.00	1.00	8.26	0.17
<b>SY21-22 - FoodiE-Superfoods Cold-Grain Bowls :39004 - ServingDate: 01/20/2023</b>								
Garden Noodle Grain Bowl - SR3450 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)

# Menu Calendar Nutrient Analysis Report - January, 2023

Site: Guthrie Junior High  
 Date: 01/01/2023 - 01/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY21-22 - FoodiE-Superfoods Cold-Grain Bowls :39004 - ServingDate: 01/20/2023</b>								
Grecian Chicken Grain Bowl - SR3447 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Buffalo Chicken Grain Bowl - SR3448 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tokyo Teriyaki Grain Bowl - SR3449 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Chickpeas - SR1047 (1 #10 scoop)	25	157.25	2.97	0.05	0.00	271.22	24.51	8.17
Fajita Chicken - SR2529 (2/3 c.)	50	123.52	4.05	2.02	0.00	613.57	2.02	18.23
Lemon Pepper Chicken - SR2601 (1/2 c.)	25	112.26	3.58	1.78	0.00	661.72	2.91	16.02
Hard Boiled Eggs - SR1837 (1/2 egg)	25	38.75	2.65	0.82	0.00	31.00	0.28	3.15
Cold Citrus Herb Brown Rice - SR2638 (1 c.)	1	267.57	1.40	0.00	0.00	288.46	59.55	5.61
Vegetable Lo Mein - SR1770 (1 1/3 c.)	50	283.12	3.15	0.43	0.00	1067.00	60.55	8.79
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pineapple Tidbits - SR1495 (2 tbsp.)	25	15.80	0.00	0.00	0.00	0.00	4.11	0.00
Green Bell Pepper Strips - SR1658 (2 tbsp.)	25	2.46	0.02	0.01	0.00	0.37	0.57	0.11
Diced Cucumber - SR1968 (2 tbsp.)	75	3.03	0.02	0.01	0.00	0.40	0.73	0.13
Sliced Black Olives - SR1390 (2 tbsp.)	50	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Matchstick Carrots - SR1435 (2 tbsp.)	75	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Diced Red Tomatoes - SR1012 (2 tbsp.)	75	4.43	0.05	0.01	0.00	1.23	0.96	0.22
Italian Salad Dressing - SR1489 (1 tbsp.)	50	15.00	0.00	0.00	0.00	175.00	4.00	0.00
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	25	17.94	1.20	0.17	0.00	335.54	1.85	0.06
Teriyaki Sauce - SR2025 (1 tbsp.)	25	45.00	0.00	0.00	0.00	145.00	11.00	0.50

# Menu Calendar Nutrient Analysis Report - January, 2023

Site: Guthrie Junior High  
 Date: 01/01/2023 - 01/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY21-22 - FoodiE-Superfoods Cold-Deli :39004 - ServingDate: 01/23/2023</b>								
The Mediterranean Flatbread - SR2672 (1 wrap)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Turkey Cheddar Ranch Flatbread - SR2676 (1 wrap)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Classic Ham & Cheddar Wrap - SR2674 (1 wrap)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Buffalo Chicken Wrap - SR3451 (1 wrap)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Buffalo Chicken - SR3452 (1/2 c.)	25	157.57	4.34	0.07	0.00	2618.14	1.93	24.69
Original Homemade Hummus - SR1412 (2/3 c.)	25	249.18	13.98	0.85	0.01	402.26	24.36	7.95
Sliced Deli Turkey - SR2144 (5 slice)	0	137.50	5.63	1.25	0.00	462.49	0.00	21.25
Sliced Turkey Ham - SR2145 (5 slice)	0	125.00	6.25	1.88	0.00	599.99	0.00	17.50
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	50	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Oven Fired Flatbread - SR1534 (1 piece)	50	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Flour Tortilla - SR1177 (1 tortilla)	50	210.00	6.00	3.00	0.00	319.99	34.00	5.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Diced Cucumber - SR1968 (2 tbsp.)	50	3.03	0.02	0.01	0.00	0.40	0.73	0.13
Shredded Lettuce - SR1015 (1/4 cup shredd)	100	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Black Olives - SR1390 (2 tbsp.)	25	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Matchstick Carrots - SR1435 (2 tbsp.)	25	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Diced Red Tomatoes - SR1012 (2 tbsp.)	50	4.43	0.05	0.01	0.00	1.23	0.96	0.22
Light Ranch Dressing - SR1003 (1 tbsp.)	25	25.00	1.75	0.25	0.00	190.00	2.50	0.00

# Menu Calendar Nutrient Analysis Report - January, 2023

Site: Guthrie Junior High  
 Date: 01/01/2023 - 01/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY21-22 - FoodiE-Superfoods Cold-Tasty Greens :39004 - ServingDate: 01/24/2023</b>								
Chef Salad - SR2681 (1 salad)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Caesar Salad - SR2679 (1 salad)	25	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Garden Salad - SR2685 (1 salad)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Buffalo Chicken Salad - SR3453 (1 salad)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
American-Style Meat Combination - OKR1906 (2 slice)	26	89.70	3.03	1.01	0.00	470.88	2.02	15.11
Buffalo Chicken - SR3452 (1/2 c.)	25	157.57	4.34	0.07	0.00	2618.14	1.93	24.69
Fajita Chicken - SR2529 (2/3 c.)	26	123.52	4.05	2.02	0.00	613.57	2.02	18.23
Hard Boiled Eggs - SR1837 (1 egg)	50	77.50	5.30	1.64	0.00	62.00	0.55	6.29
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	76	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Twisted Breadstick - SR2142 (1 breadstick)	100	172.69	3.27	0.09	0.00	190.34	28.41	6.09
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Romaine Lettuce - SR2868 (2 c.)	25	19.28	0.34	0.04	0.00	9.07	2.66	1.39
Mixed Salad Greens - SR1080 (2 c.)	77	25.70	0.05	0.01	0.00	25.34	5.02	1.88
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	25	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Homestyle Herb Seasoned Croutons - SR2593 (2 tbsp.)	25	30.38	1.01	0.00	0.00	86.06	5.06	1.01
Diced Cucumber - SR1968 (2 tbsp.)	51	3.03	0.02	0.01	0.00	0.40	0.73	0.13
Sliced Black Olives - SR1390 (2 tbsp.)	27	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Matchstick Carrots - SR1435 (2 tbsp.)	50	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Diced Red Tomatoes - SR1012 (2 tbsp.)	53	4.43	0.05	0.01	0.00	1.23	0.96	0.22

# Menu Calendar Nutrient Analysis Report - January, 2023

Site: Guthrie Junior High  
 Date: 01/01/2023 - 01/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY21-22 - FoodiE-Superfoods Cold-Yogurt Smoothie Bowls :39004 - ServingDate: 01/25/2023</b>								
Banana Berry Smoothie Bowl - SR3446 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sunshine Smoothie Bowl - SR3444 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tropical Smoothie Bowl - SR3445 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Very Berry Smoothie Bowl - SR3443 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Berry Patch Smoothie - SR2553 (1 c.)	50	604.03	0.64	0.47	0.00	100.96	137.75	3.44
Orange Smoothie - SR1397 (1 c.)	50	157.15	0.76	0.47	0.00	56.84	33.70	3.56
Sunflower Seeds - SR3434 (1/4 c.)	100	190.00	17.00	2.00	0.00	160.00	6.00	6.00
Original Graham Crackers - SR1163 (1 pkg.)	100	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Oats & Honey Granola - SR2331 (1/4 c.)	100	85.65	3.19	0.33	0.02	65.23	12.76	1.50
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1/4 medium (7"))	25	26.25	0.10	0.03	0.00	0.29	6.74	0.32
Blueberries - SR2219 (2 tbsp.)	75	9.85	0.00	0.00	0.00	0.25	2.22	0.00
Pineapple Tidbits - SR1495 (2 tbsp.)	25	15.80	0.00	0.00	0.00	0.00	4.11	0.00
Diced Peaches - SR1196 (2 tbsp.)	25	19.47	0.01	0.00	0.00	1.77	5.12	0.28
Strawberries - SR2218 (2 tbsp.)	75	30.60	0.04	0.00	0.00	1.00	8.26	0.17
<b>SY21-22 - FoodiE-Superfoods Cold-Grain Bowls :39004 - ServingDate: 01/26/2023</b>								
Garden Noodle Grain Bowl - SR3450 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)



# Menu Calendar Nutrient Analysis Report - January, 2023

Site: Guthrie Junior High  
 Date: 01/01/2023 - 01/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY21-22 - FoodiE-Superfoods Cold-Grain Bowls :39004 - ServingDate: 01/26/2023</b>								
Grecian Chicken Grain Bowl - SR3447 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Buffalo Chicken Grain Bowl - SR3448 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tokyo Teriyaki Grain Bowl - SR3449 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Chickpeas - SR1047 (1 #10 scoop)	25	157.25	2.97	0.05	0.00	271.22	24.51	8.17
Fajita Chicken - SR2529 (2/3 c.)	50	123.52	4.05	2.02	0.00	613.57	2.02	18.23
Lemon Pepper Chicken - SR2601 (1/2 c.)	25	112.26	3.58	1.78	0.00	661.72	2.91	16.02
Hard Boiled Eggs - SR1837 (1/2 egg)	25	38.75	2.65	0.82	0.00	31.00	0.28	3.15
Cold Citrus Herb Brown Rice - SR2638 (1 c.)	1	267.57	1.40	0.00	0.00	288.46	59.55	5.61
Vegetable Lo Mein - SR1770 (1 1/3 c.)	50	283.12	3.15	0.43	0.00	1067.00	60.55	8.79
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pineapple Tidbits - SR1495 (2 tbsp.)	25	15.80	0.00	0.00	0.00	0.00	4.11	0.00
Green Bell Pepper Strips - SR1658 (2 tbsp.)	25	2.46	0.02	0.01	0.00	0.37	0.57	0.11
Diced Cucumber - SR1968 (2 tbsp.)	75	3.03	0.02	0.01	0.00	0.40	0.73	0.13
Sliced Black Olives - SR1390 (2 tbsp.)	50	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Matchstick Carrots - SR1435 (2 tbsp.)	75	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Diced Red Tomatoes - SR1012 (2 tbsp.)	75	4.43	0.05	0.01	0.00	1.23	0.96	0.22
Italian Salad Dressing - SR1489 (1 tbsp.)	50	15.00	0.00	0.00	0.00	175.00	4.00	0.00
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	25	17.94	1.20	0.17	0.00	335.54	1.85	0.06
Teriyaki Sauce - SR2025 (1 tbsp.)	25	45.00	0.00	0.00	0.00	145.00	11.00	0.50

# Menu Calendar Nutrient Analysis Report - January, 2023

Site: Guthrie Junior High  
 Date: 01/01/2023 - 01/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY21-22 - FoodiE-Superfoods Cold-Deli :39004 - ServingDate: 01/27/2023</b>								
The Mediterranean Flatbread - SR2672 (1 wrap)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Turkey Cheddar Ranch Flatbread - SR2676 (1 wrap)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Classic Ham & Cheddar Wrap - SR2674 (1 wrap)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Buffalo Chicken Wrap - SR3451 (1 wrap)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Buffalo Chicken - SR3452 (1/2 c.)	25	157.57	4.34	0.07	0.00	2618.14	1.93	24.69
Original Homemade Hummus - SR1412 (2/3 c.)	25	249.18	13.98	0.85	0.01	402.26	24.36	7.95
Sliced Deli Turkey - SR2144 (5 slice)	0	137.50	5.63	1.25	0.00	462.49	0.00	21.25
Sliced Turkey Ham - SR2145 (5 slice)	0	125.00	6.25	1.88	0.00	599.99	0.00	17.50
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	50	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Oven Fired Flatbread - SR1534 (1 piece)	50	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Flour Tortilla - SR1177 (1 tortilla)	50	210.00	6.00	3.00	0.00	319.99	34.00	5.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Diced Cucumber - SR1968 (2 tbsp.)	50	3.03	0.02	0.01	0.00	0.40	0.73	0.13
Shredded Lettuce - SR1015 (1/4 cup shredd)	100	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Black Olives - SR1390 (2 tbsp.)	25	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Matchstick Carrots - SR1435 (2 tbsp.)	25	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Diced Red Tomatoes - SR1012 (2 tbsp.)	50	4.43	0.05	0.01	0.00	1.23	0.96	0.22
Light Ranch Dressing - SR1003 (1 tbsp.)	25	25.00	1.75	0.25	0.00	190.00	2.50	0.00

# Menu Calendar Nutrient Analysis Report - January, 2023

Site: Guthrie Junior High  
 Date: 01/01/2023 - 01/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY21-22 - FoodiE-Superfoods Cold-Tasty Greens :39004 - ServingDate: 01/30/2023</b>								
Chef Salad - SR2681 (1 salad)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Caesar Salad - SR2679 (1 salad)	25	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Garden Salad - SR2685 (1 salad)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Buffalo Chicken Salad - SR3453 (1 salad)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
American-Style Meat Combination - OKR1906 (2 slice)	26	89.70	3.03	1.01	0.00	470.88	2.02	15.11
Buffalo Chicken - SR3452 (1/2 c.)	25	157.57	4.34	0.07	0.00	2618.14	1.93	24.69
Fajita Chicken - SR2529 (2/3 c.)	26	123.52	4.05	2.02	0.00	613.57	2.02	18.23
Hard Boiled Eggs - SR1837 (1 egg)	50	77.50	5.30	1.64	0.00	62.00	0.55	6.29
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	76	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Twisted Breadstick - SR2142 (1 breadstick)	100	172.69	3.27	0.09	0.00	190.34	28.41	6.09
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Romaine Lettuce - SR2868 (2 c.)	25	19.28	0.34	0.04	0.00	9.07	2.66	1.39
Mixed Salad Greens - SR1080 (2 c.)	77	25.70	0.05	0.01	0.00	25.34	5.02	1.88
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	25	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Homestyle Herb Seasoned Croutons - SR2593 (2 tbsp.)	25	30.38	1.01	0.00	0.00	86.06	5.06	1.01
Diced Cucumber - SR1968 (2 tbsp.)	51	3.03	0.02	0.01	0.00	0.40	0.73	0.13
Sliced Black Olives - SR1390 (2 tbsp.)	27	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Matchstick Carrots - SR1435 (2 tbsp.)	50	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Diced Red Tomatoes - SR1012 (2 tbsp.)	53	4.43	0.05	0.01	0.00	1.23	0.96	0.22

# Menu Calendar Nutrient Analysis Report - January, 2023

Site: Guthrie Junior High  
 Date: 01/01/2023 - 01/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY21-22 - FoodiE-Superfoods Cold-Yogurt Smoothie Bowls :39004 - ServingDate: 01/31/2023</b>								
Banana Berry Smoothie Bowl - SR3446 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sunshine Smoothie Bowl - SR3444 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tropical Smoothie Bowl - SR3445 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Very Berry Smoothie Bowl - SR3443 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Berry Patch Smoothie - SR2553 (1 c.)	50	604.03	0.64	0.47	0.00	100.96	137.75	3.44
Orange Smoothie - SR1397 (1 c.)	50	157.15	0.76	0.47	0.00	56.84	33.70	3.56
Sunflower Seeds - SR3434 (1/4 c.)	100	190.00	17.00	2.00	0.00	160.00	6.00	6.00
Original Graham Crackers - SR1163 (1 pkg.)	100	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Oats & Honey Granola - SR2331 (1/4 c.)	100	85.65	3.19	0.33	0.02	65.23	12.76	1.50
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1/4 medium (7"))	25	26.25	0.10	0.03	0.00	0.29	6.74	0.32
Blueberries - SR2219 (2 tbsp.)	75	9.85	0.00	0.00	0.00	0.25	2.22	0.00
Pineapple Tidbits - SR1495 (2 tbsp.)	25	15.80	0.00	0.00	0.00	0.00	4.11	0.00
Diced Peaches - SR1196 (2 tbsp.)	25	19.47	0.01	0.00	0.00	1.77	5.12	0.28
Strawberries - SR2218 (2 tbsp.)	75	30.60	0.04	0.00	0.00	1.00	8.26	0.17

**Legend**  
 (M) - Missing Nutrient Values

# Menu Calendar Nutrient Analysis Report - January, 2023

Site: Guthrie Junior High  
Date: 01/01/2023 - 01/31/2023

**Report Selections**

Meal Type: Lunch  
Site Group: FoodiE Cafe  
Menu Line: FE-Superfoods (II-Play)  
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.