

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Guthrie High School
Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
K-12 School Breakfast Program 20-21 (Cart Creations & Cafe Classics) W3D3 :35350 - ServingDate: 12/01/2021								
Apple Pie Overnight Oats - SR1942 (10 Ounce serv)	20	239.82	2.61	0.92	0.00	68.01	49.57	7.19
Cinnamon Chex - SR2336 (1 bowl)	15	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Lucky Charms - SR2428 (1 bowl)	15	108.86	1.15	0.00	0.00	101.11	23.32	2.32
French Toast Sticks - SR1910 (4 stick.)	50	254.56	9.79	1.96	0.00	293.72	37.21	5.87
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	15	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Banana - SR1166 (1 medium (7"))	50	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	1	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	1	80.00	0.00	0.00	0.00	10.00	19.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Breakfast Syrup Cup - SR2498 (1 Container)	50	110.00	0.00	0.00	0.00(M)	20.00	29.00	0.00
K-12 School Breakfast Program 20-21 (Cart Creations & Cafe Classics) W3D4 :35350 - ServingDate: 12/02/2021								
Cinnamon Chex - SR2336 (1 bowl)	20	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Lucky Charms - SR2428 (1 bowl)	20	108.86	1.15	0.00	0.00	101.11	23.32	2.32

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Guthrie High School
 Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
K-12 School Breakfast Program 20-21 (Cart Creations & Cafe Classics) W3D4 :35350 - ServingDate: 12/02/2021								
Peachen N' Cream Overnight Oats - SR1943 (10 Ounce serv)	20	187.49	2.49	0.90	0.00	65.52	35.48	6.97
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Biscuit & Sausage Gravy - OKR1171 (1 ea.)	0	254.72	11.51	6.66	0.14	511.12	32.55	4.98
Biscuit - OKR1891 (1 biscuit)	40	213.50	9.30	4.62	0.14	330.36	27.83	4.62
Buttery Wheat Toast Side - OKR1160 (1 slice)	15	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Diced Peaches - SR1196 (1/2 c.)	1	77.87	0.05	0.00	0.00	7.08	20.48	1.11
Diced Peach Cups - OKR1792 (1 Container)	50	50.64	0.02	0.00	0.00	6.12	11.93	0.42
100% Apple Juice - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	1	80.00	0.00	0.00	0.00	10.00	19.00	0.00
Tater Tot Hash - SR1848 (1/2 c.)	40	125.55	7.33	1.10	0.00	346.85	15.02	1.16
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Grape Jelly - SR2340 (1 tbsp.)	40	50.00	0.03	0.01	0.01	7.14	13.00	0.04
K-12 School Breakfast Program 20-21 (Cart Creations & Cafe Classics) W3D5 :35350 - ServingDate: 12/03/2021								
Blueberry Bash Mini Waffle Bites - OKR1542 (1 pkg.)	40	190.20	5.11	0.77	0.07	154.75	32.86	3.15

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Guthrie High School
Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
K-12 School Breakfast Program 20-21 (Cart Creations & Cafe Classics) W3D5 :35350 - ServingDate: 12/03/2021								
Cinnamon Chex - SR2336 (1 bowl)	20	116.82	2.63	0.25	0.00	173.04	22.85	1.37
Lucky Charms - SR2428 (1 bowl)	20	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Peachen N' Cream Overnight Oats - SR1943 (10 Ounce serv)	20	187.49	2.49	0.90	0.00	65.52	35.48	6.97
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	15	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Unsweetened Applesauce - SR1195 (1/2 c.)	1	53.71	0.13	0.01	0.00	2.56	14.41	0.22
Unsweetened Applesauce - SR2848 (1 Container)	50	60.00	0.00	0.00	0.00	15.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	1	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	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(M)	20.00	29.00	0.00
K-12 School Breakfast Program 20-21 (Cart Creations & Cafe Classics) W4D1 :35350 - ServingDate: 12/06/2021								
Frosted Strawberry Pop- Tart - SR1465 (1 pkg.)	15	180.00	2.50	1.00	0.00	190.00	38.00	2.00
Oatmeal Chocolate Chip UBR - SR1173 (1 pkg.)	30	270.00	8.00	3.00	0.00	180.00	44.00	5.00

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Guthrie High School

Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
K-12 School Breakfast Program 20-21 (Cart Creations & Cafe Classics) W4D1 :35350 - ServingDate: 12/06/2021								
Yogurt & Fruit Parfait - SR2946 (1 parfait)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Strawberry Yogurt - SR2433 (1/2 c.)	15	110.65	0.64	0.51	0.00	63.18	22.46	3.70
Buttery Wheat Toast Side - OKR1160 (1 slice)	15	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Oats & Honey Granola - SR2331 (1/4 c.)	15	85.65	3.19	0.33	0.02	65.23	12.76	1.50
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	20	112.95	1.37	0.31	0.00	158.31	22.68	2.44
Froot Loops - SR2427 (1 bowl)	20	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Raisin Box - SR3104 (2 Box)	50	225.48	0.35	0.04	0.00	8.30	59.71	2.32
Strawberries - SR2218 (1/2 c.)	11	122.40	0.17	0.01	0.00	3.99	33.05	0.68
100% Apple Juice - SR2547 (4 fl oz cup)	1	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	50	80.00	0.00	0.00	0.00	10.00	19.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00
K-12 School Breakfast Program 20-21 (Cart Creations & Cafe Classics) W4D2 :35350 - ServingDate: 12/07/2021								
Buttermilk Pancakes - SR2010 (2 pancake)	35	160.00	2.00	0.33	0.00	406.67	30.67	4.00
Yogurt & Fruit Parfait - SR2946 (1 parfait)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Guthrie High School
Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
K-12 School Breakfast Program 20-21 (Cart Creations & Cafe Classics) W4D2 :35350 - ServingDate: 12/07/2021								
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Strawberry Yogurt - SR2433 (1/2 c.)	25	110.65	0.64	0.51	0.00	63.18	22.46	3.70
Buttery Wheat Toast Side - OKR1160 (1 slice)	15	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Oats & Honey Granola - SR2331 (1/4 c.)	25	85.65	3.19	0.33	0.02	65.23	12.76	1.50
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	20	112.95	1.37	0.31	0.00	158.31	22.68	2.44
Froot Loops - SR2427 (1 bowl)	20	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Mixed Fruit Cocktail - SR1037 (1/2 c.)	1	49.99	0.01	0.00	0.00	4.35	12.89	0.50
California Mixed Fruit Cup - SR2867 (1 Container)	50	51.59	0.02	0.00	0.00	6.03	12.45	0.35
Strawberries - SR2218 (1/2 c.)	11	122.40	0.17	0.01	0.00	3.99	33.05	0.68
100% Apple Juice - SR2547 (4 fl oz cup)	1	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Breakfast Syrup Cup - SR2498 (1 Container)	11	110.00	0.00	0.00	0.00(M)	20.00	29.00	0.00

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Guthrie High School
Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
K-12 School Breakfast Program 20-21 (Cart Creations & Cafe Classics) W4D3 :35350 - ServingDate: 12/08/2021								
Frosted Strawberry Pop- Tart - SR1465 (1 pkg.)	20	180.00	2.50	1.00	0.00	190.00	38.00	2.00
Yogurt & Fruit Parfait - SR2946 (1 parfait)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Strawberry Yogurt - SR2433 (1/2 c.)	25	110.65	0.64	0.51	0.00	63.18	22.46	3.70
Biscuit & Sausage Gravy - OKR1171 (1 ea.)	35	254.72	11.51	6.66	0.14	511.12	32.55	4.98
Biscuit - OKR1891 (1 biscuit)	35	213.50	9.30	4.62	0.14	330.36	27.83	4.62
Buttery Wheat Toast Side - OKR1160 (1 slice)	11	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Oats & Honey Granola - SR2331 (1/4 c.)	25	85.65	3.19	0.33	0.02	65.23	12.76	1.50
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	10	112.95	1.37	0.31	0.00	158.31	22.68	2.44
Froot Loops - SR2427 (1 bowl)	10	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Banana - SR1166 (1 medium (7"))	50	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	1	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Strawberries - SR2218 (1/2 c.)	11	122.40	0.17	0.01	0.00	3.99	33.05	0.68
100% Apple Juice - SR2547 (4 fl oz cup)	1	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Guthrie High School

Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
K-12 School Breakfast Program 20-21 (Cart Creations & Cafe Classics) W4D4 :35350 - ServingDate: 12/09/2021								
Breakfast Burrito, 8- inch scrambled eggs - OKR1847 (1 burrito)	35	269.37	11.13	2.88	0.00	424.58	32.42	9.99
Frosted Strawberry Pop- Tart - SR1465 (1 pkg.)	20	180.00	2.50	1.00	0.00	190.00	38.00	2.00
Yogurt & Fruit Parfait - SR2946 (1 parfait)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Strawberry Yogurt - SR2433 (1/2 c.)	25	110.65	0.64	0.51	0.00	63.18	22.46	3.70
Buttery Wheat Toast Side - OKR1160 (1 slice)	11	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Oats & Honey Granola - SR2331 (1/4 c.)	25	85.65	3.19	0.33	0.02	65.23	12.76	1.50
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	10	112.95	1.37	0.31	0.00	158.31	22.68	2.44
Froot Loops - SR2427 (1 bowl)	10	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Diced Bartlett Pears - SR1194 (1/2 c.)	1	59.31	0.08	0.00	0.00	4.75	15.35	0.40
Diced Pears - SR2866 (1 Container)	61	54.44	0.02	0.00	0.00	4.54	12.94	0.27
100% Apple Juice - SR2547 (4 fl oz cup)	1	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Guthrie High School

Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
K-12 School Breakfast Program 20-21 (Cart Creations & Cafe Classics) W4D5 :35350 - ServingDate: 12/10/2021								
Sausage Breakfast Pizza - SR1167 (1 slice)	45	210.03	7.00	2.00	0.00	350.06	27.00	9.00
Frosted Strawberry Pop- Tart - SR1465 (1 pkg.)	15	180.00	2.50	1.00	0.00	190.00	38.00	2.00
Yogurt & Fruit Parfait - SR2946 (1 parfait)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Strawberry Yogurt - SR2433 (1/2 c.)	20	110.65	0.64	0.51	0.00	63.18	22.46	3.70
Buttery Wheat Toast Side - OKR1160 (1 slice)	11	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Oats & Honey Granola - SR2331 (1/4 c.)	20	85.65	3.19	0.33	0.02	65.23	12.76	1.50
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	10	112.95	1.37	0.31	0.00	158.31	22.68	2.44
Froot Loops - SR2427 (1 bowl)	10	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Small Apples - OKR1780 (1 small (2- 3))	50	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Diced Bartlett Pears - SR1194 (1/2 c.)	11	59.31	0.08	0.00	0.00	4.75	15.35	0.40
Orange Smiles - SR1172 (6 slice or w)	1	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	1	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	50	80.00	0.00	0.00	0.00	10.00	19.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Guthrie High School
Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
K-12 School Breakfast Program 20-21 (Cart Creations & Cafe Classics) WSD1 :35350 - ServingDate: 12/13/2021								
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	20	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Trix Cereal reduced sugar - SR1184 (1 bowl)	20	113.29	1.37	0.25	0.00	140.00	23.74	1.46
Fruit & Yogurt Smoothie - SR2974 (1 Smoothie)	25	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Sausage Biscuit, WGR (21-22), turkey sausage - OKR1892 (1 ea.)	35	273.50	13.80	6.12	0.14	410.36	27.83	10.62
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Strawberry Yogurt - SR2433 (1/2 c.)	40	110.65	0.64	0.51	0.00	63.18	22.46	3.70
Buttery Wheat Toast Side - OKR1160 (1 slice)	11	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Original Graham Crackers - SR1163 (1 pkg.)	11	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Unsweetened Applesauce - SR1195 (1/2 c.)	12	53.71	0.13	0.01	0.00	2.56	14.41	0.22
Unsweetened Applesauce - SR2848 (1 Container)	50	60.00	0.00	0.00	0.00	15.00	14.00	0.00
100% Apple Juice - SR2547 (2 fl oz cup)	11	30.00	0.00	0.00	0.00	2.50	7.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Guthrie High School

Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
K-12 School Breakfast Program 20-21 (Cart Creations & Cafe Classics) W5D2 :35350 - ServingDate: 12/14/2021								
Soft Wheat Bagel - SR1168 (1 bagel)	25	180.00	1.00	0.00	0.00	200.00	35.00	7.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	15	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Trix Cereal reduced sugar - SR1184 (1 bowl)	15	113.29	1.37	0.25	0.00	140.00	23.74	1.46
Blueberry Muffin - SR1454 (1 muffin)	45	190.00	6.00	2.00	0.00	130.00	30.00	3.00
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	11	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Diced Peaches - SR1196 (1/2 c.)	1	77.87	0.05	0.00	0.00	7.08	20.48	1.11
Diced Peach Cups - OKR1792 (1 Container)	50	50.64	0.02	0.00	0.00	6.12	11.93	0.42
100% Apple Juice - SR2547 (2 fl oz cup)	11	30.00	0.00	0.00	0.00	2.50	7.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	50	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	1	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00
K-12 School Breakfast Program 20-21 (Cart Creations & Cafe Classics) W5D3 :35350 - ServingDate: 12/15/2021								
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	15	100.00	0.00	0.00	0.00	160.00	24.00	2.00

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Guthrie High School

Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
K-12 School Breakfast Program 20-21 (Cart Creations & Cafe Classics) WSD3 :35350 - ServingDate: 12/15/2021								
Trix Cereal reduced sugar - SR1184 (1 bowl)	15	113.29	1.37	0.25	0.00	140.00	23.74	1.46
French Toast Sticks - SR1910 (4 stick.)	45	254.56	9.79	1.96	0.00	293.72	37.21	5.87
Fruit & Yogurt Smoothie - SR2974 (1 Smoothie)	25	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Strawberry Yogurt - SR2433 (1/2 c.)	25	110.65	0.64	0.51	0.00	63.18	22.46	3.70
Buttery Wheat Toast Side - OKR1160 (1 slice)	11	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Original Graham Crackers - SR1163 (1 pkg.)	25	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Small Apples - OKR1780 (1 small (2- 3))	50	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Unsweetened Applesauce - SR1195 (1/4 c.)	11	26.85	0.06	0.01	0.00	1.28	7.21	0.11
Orange Smiles - SR1172 (6 slice or w)	1	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (2 fl oz cup)	11	30.00	0.00	0.00	0.00	2.50	7.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	1	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Breakfast Syrup Cup - SR2498 (1 Container)	45	110.00	0.00	0.00	0.00(M)	20.00	29.00	0.00

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Guthrie High School
Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
K-12 School Breakfast Program 20-21 (Cart Creations & Cafe Classics) WSD4 :35350 - ServingDate: 12/16/2021								
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	20	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Trix Cereal reduced sugar - SR1184 (1 bowl)	20	113.29	1.37	0.25	0.00	140.00	23.74	1.46
Fruit & Yogurt Smoothie - SR2974 (1 Smoothie)	30	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Pureed Bananas - SR2975 (1/4 c.)	30	49.63	0.18	0.06	0.00	0.56	12.74	0.61
Original Graham Crackers - SR1163 (1 pkg.)	30	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Honey Glazed Chicken Biscuit - OKR1893 (1 sandwich)	30	373.91	14.90	5.62	0.14	507.21	51.63	10.28
100% Apple Juice - SR2547 (2 fl oz cup)	30	30.00	0.00	0.00	0.00	2.50	7.00	0.00
Strawberry Yogurt - SR2433 (1/2 c.)	30	110.65	0.64	0.51	0.00	63.18	22.46	3.70
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	11	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Banana - SR1166 (1 medium (7"))	50	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	1	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Grape Juice - SR1607 (4 fl oz cup)	1	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Guthrie High School

Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
K-12 School Breakfast Program 20-21 (Cart Creations & Cafe Classics) WSD5 :35350 - ServingDate: 12/17/2021								
Soft-Filled Cinnamon Toast Crunch Breakfast Bar - SR2822 (1 pkg.)	35	204.07	6.20	1.85	0.13	231.07	32.54	4.42
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	20	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Trix Cereal reduced sugar - SR1184 (1 bowl)	20	113.29	1.37	0.25	0.00	140.00	23.74	1.46
Fruit & Yogurt Smoothie - SR2974 (1 Smoothie)	25	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Strawberry Yogurt - SR2433 (1/2 c.)	25	110.65	0.64	0.51	0.00	63.18	22.46	3.70
Buttery Wheat Toast Side - OKR1160 (1 slice)	15	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Original Graham Crackers - SR1163 (1 pkg.)	25	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Pureed Bananas - SR2975 (1/4 c.)	25	49.63	0.18	0.06	0.00	0.56	12.74	0.61
Mixed Fruit Cocktail - SR1037 (1/2 c.)	50	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Raisin Box - SR3104 (2 Box)	1	225.48	0.35	0.04	0.00	8.30	59.71	2.32
100% Apple Juice - SR2547 (2 fl oz cup)	56	30.00	0.00	0.00	0.00	2.50	7.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	1	80.00	0.00	0.00	0.00	10.00	19.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00

Legend

(M) - Missing Nutrient Values

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Guthrie High School
Date: 12/01/2021 - 12/31/2021

Report Selections

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