

Menu Calendar Report - January, 2018

Generated on: 1/4/2018 9:15:16 AM by Susan Cox

Site: Guthrie High School
 Meal Type: Lunch
 Site Group: CrossRoads Café
 Menu Line: CRC-Salsa

Monday	Tuesday	Wednesday	Thursday	Friday
1 Jan	2 Jan	3 Jan	4 Jan	5 Jan
			Chicken Enchilada Suiza (36.66 g) Nachos, Bar Jalapeno Cheese & Chips (30.55 g) Nachos, Bar Queso Blanco & Chips (30.35 g) Nachos, Bar Beans (22.73 g) Nachos, Bar Beef Topping (2.13 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Chilled Bartlett Pears (12.75 g) Fresh Whole Oranges (11.28 g) Caesar Side Salad (2.76-5.52 g) Fresh Broccoli Florets (2.12 g) Vegetable, Fiesta Potatoes (28.72 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Black Bean & Corn Salsa (4.33 g) Caesar Dressing (1.00 g) Fire Roasted Salsa (1.99 g) Jalapeno Peppers Ketchup (0.00-10.00 g) Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Salsa, Chunky (1.50 g) Sour Cream (1.00 g) Yellow Mustard	Fiesta Bowl (75.23 g) Nachos, Bar Jalapeno Cheese & Chips (30.55 g) Nachos, Bar Queso Blanco & Chips (30.35 g) Nachos Bar, Mexi-Chicken (1.94 g) Nachos, Bar Beans (22.73 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Mixed Fruit (15.22 g) Fresh Celery Sticks (1.92 g) Garden Side Salad (3.96 g) Refried Beans (21.70 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Black Bean & Corn Salsa (4.33 g) Fire Roasted Salsa (1.99 g) Jalapeno Peppers Ketchup (0.00-10.00 g) Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Salsa, Chunky (1.50 g) Sour Cream (1.00 g) Yellow Mustard
8 Jan	9 Jan	10 Jan	11 Jan	12 Jan
Nachos, Bar Jalapeno Cheese & Chips (30.55 g) Nachos, Bar Queso Blanco & Chips (30.35 g) Taco Salad (MS/HS) (48.27 g) Nachos Bar, Mexi-Chicken (1.94 g) Nachos, Bar Beans (22.73 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Pineapple Tidbits (18.73 g) Fresh Baby Carrots (5.84 g)	Beef Enchilada (36.82 g) Nachos, Bar Jalapeno Cheese & Chips (30.55 g) Nachos, Bar Queso Blanco & Chips (30.35 g) Nachos, Bar Beans (22.73 g) Nachos, Bar Beef Topping (2.13 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Diced Peaches (15.54 g) Fresh Whole Oranges (11.28 g) Caesar Side Salad (2.76-5.52 g)	Action Station: Build Your Own Burrito (49.56 g) Nachos, Bar Jalapeno Cheese & Chips (30.55 g) Nachos, Bar Queso Blanco & Chips (30.35 g) Nachos Bar, Mexi-Chicken (1.94 g) Nachos, Bar Beans (22.73 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Applesauce (14.89 g) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Fresh Baby Carrots (5.84 g)	Chicken Enchilada Suiza (36.66 g) Nachos, Bar Jalapeno Cheese & Chips (30.55 g) Nachos, Bar Queso Blanco & Chips (30.35 g) Nachos, Bar Beans (22.73 g) Nachos, Bar Beef Topping (2.13 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Chilled Bartlett Pears (12.75 g) Fresh Whole Oranges (11.28 g)	Fiesta Bowl (75.23 g) Nachos, Bar Jalapeno Cheese & Chips (30.55 g) Nachos, Bar Queso Blanco & Chips (30.35 g) Nachos Bar, Mexi-Chicken (1.94 g) Nachos, Bar Beans (22.73 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Mixed Fruit (15.22 g) Fresh Celery Sticks (1.92 g)

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Garden Side Salad (3.96 g)	Fresh Broccoli Florets (2.12 g)	Frijoles ala Charro, stewed pinto beans (16.90 g)	Caesar Side Salad (2.76-5.52 g)	Garden Side Salad (3.96 g)
Refried Beans (21.70 g)	Vegetable,Fiesta Potatoes (28.72 g)	Garden Side Salad (3.96 g)	Fresh Broccoli Florets (2.12 g)	Refried Beans (21.70 g)
Chocolate Skim Milk (20.00 g)	Chocolate Skim Milk (20.00 g)	Chocolate Skim Milk (20.00 g)	Vegetable,Fiesta Potatoes (28.72 g)	Chocolate Skim Milk (20.00 g)
While 1% Milk (13.00 g)	While 1% Milk (13.00 g)	While 1% Milk (13.00 g)	Chocolate Skim Milk (20.00 g)	While 1% Milk (13.00 g)
White Skim Milk (13.00 g)	White Skim Milk (13.00 g)	White Skim Milk (13.00 g)	While 1% Milk (13.00 g)	White Skim Milk (13.00 g)
Black Bean & Corn Salsa (4.33 g)	Black Bean & Corn Salsa (4.33 g)	Black Bean & Corn Salsa (4.33 g)	White Skim Milk (13.00 g)	Black Bean & Corn Salsa (4.33 g)
Fire Roasted Salsa (1.99 g)	Caesar Dressing (1.00 g)	Fire Roasted Salsa (1.99 g)	Black Bean & Corn Salsa (4.33 g)	Fire Roasted Salsa (1.99 g)
Jalapeno Peppers	Fire Roasted Salsa (1.99 g)	Jalapeno Peppers	Caesar Dressing (1.00 g)	Jalapeno Peppers
Ketchup (0.00-10.00 g)	Jalapeno Peppers	Ketchup (0.00-10.00 g)	Fire Roasted Salsa (1.99 g)	Ketchup (0.00-10.00 g)
Light Mayo (2.00 g)	Ketchup (0.00-10.00 g)	Light Mayo (2.00 g)	Jalapeno Peppers	Light Mayo (2.00 g)
Ranch Dressing, Low Fat (3.53 g)	Light Mayo (2.00 g)	Ranch Dressing, Low Fat (3.53 g)	Ketchup (0.00-10.00 g)	Ranch Dressing, Low Fat (3.53 g)
Salsa, Chunky (1.50 g)	Ranch Dressing, Low Fat (3.53 g)	Salsa, Chunky (1.50 g)	Light Mayo (2.00 g)	Salsa, Chunky (1.50 g)
Sour Cream (1.00 g)	Salsa, Chunky (1.50 g)	Sour Cream (1.00 g)	Ranch Dressing, Low Fat (3.53 g)	Sour Cream (1.00 g)
Yellow Mustard	Sour Cream (1.00 g)	Yellow Mustard	Salsa, Chunky (1.50 g)	Yellow Mustard
	Yellow Mustard		Sour Cream (1.00 g)	
			Yellow Mustard	
15 Jan	16 Jan	17 Jan	18 Jan	19 Jan
	Beef Enchilada (36.82 g)	Action Station: Build Your Own Burrito (49.56 g)	Chicken Enchilada Suiza (36.66 g)	Fiesta Bowl (75.23 g)
	Nachos, Bar Jalapeno Cheese & Chips (30.55 g)	Nachos, Bar Jalapeno Cheese & Chips (30.55 g)	Nachos, Bar Jalapeno Cheese & Chips (30.55 g)	Nachos, Bar Jalapeno Cheese & Chips (30.55 g)
	Nachos, Bar Queso Blanco & Chips (30.35 g)	Nachos, Bar Queso Blanco & Chips (30.35 g)	Nachos, Bar Queso Blanco & Chips (30.35 g)	Nachos, Bar Queso Blanco & Chips (30.35 g)
	Nachos, Bar Beans (22.73 g)	Nachos Bar, Mexi-Chicken (1.94 g)	Nachos, Bar Beans (22.73 g)	Nachos Bar, Mexi-Chicken (1.94 g)
	Nachos, Bar Beef Topping (2.13 g)	Nachos, Bar Beans (22.73 g)	Nachos, Bar Beef Topping (2.13 g)	Nachos, Bar Beans (22.73 g)
	100% Apple Juice (14.00 g)	100% Apple Juice (14.00 g)	100% Apple Juice (14.00 g)	100% Apple Juice (14.00 g)
	Apple Whole: 125 ct (MS/HS)	Apple Whole: 125 ct (MS/HS)	Apple Whole: 125 ct (MS/HS)	Apple Whole: 125 ct (MS/HS)
	Banana (26.95 g)	Applesauce (14.89 g)	Banana (26.95 g)	Banana (26.95 g)
	Diced Peaches (15.54 g)	Banana (26.95 g)	Chilled Bartlett Pears (12.75 g)	Fresh Whole Oranges (11.28 g)
	Fresh Whole Oranges (11.28 g)	Fresh Whole Oranges (11.28 g)	Fresh Whole Oranges (11.28 g)	Mixed Fruit (15.22 g)
	Caesar Side Salad (2.76-5.52 g)	Fresh Baby Carrots (5.84 g)	Caesar Side Salad (2.76-5.52 g)	Fresh Celery Sticks (1.92 g)
	Fresh Broccoli Florets (2.12 g)	Frijoles ala Charro, stewed pinto beans (16.90 g)	Fresh Broccoli Florets (2.12 g)	Garden Side Salad (3.96 g)
	Vegetable,Fiesta Potatoes (28.72 g)	Garden Side Salad (3.96 g)	Vegetable,Fiesta Potatoes (28.72 g)	Refried Beans (21.70 g)
	Chocolate Skim Milk (20.00 g)	Chocolate Skim Milk (20.00 g)	Chocolate Skim Milk (20.00 g)	Chocolate Skim Milk (20.00 g)
	While 1% Milk (13.00 g)	While 1% Milk (13.00 g)	While 1% Milk (13.00 g)	While 1% Milk (13.00 g)
	White Skim Milk (13.00 g)	White Skim Milk (13.00 g)	White Skim Milk (13.00 g)	White Skim Milk (13.00 g)
	Black Bean & Corn Salsa (4.33 g)	Black Bean & Corn Salsa (4.33 g)	Black Bean & Corn Salsa (4.33 g)	Black Bean & Corn Salsa (4.33 g)
	Caesar Dressing (1.00 g)	Fire Roasted Salsa (1.99 g)	Caesar Dressing (1.00 g)	Fire Roasted Salsa (1.99 g)
	Fire Roasted Salsa (1.99 g)	Jalapeno Peppers	Fire Roasted Salsa (1.99 g)	Jalapeno Peppers
	Jalapeno Peppers	Ketchup (0.00-10.00 g)	Jalapeno Peppers	Ketchup (0.00-10.00 g)
	Ketchup (0.00-10.00 g)	Light Mayo (2.00 g)	Ketchup (0.00-10.00 g)	Light Mayo (2.00 g)
	Light Mayo (2.00 g)	Ranch Dressing, Low Fat (3.53 g)	Light Mayo (2.00 g)	Ranch Dressing, Low Fat (3.53 g)
	Ranch Dressing, Low Fat (3.53 g)	Salsa, Chunky (1.50 g)	Ranch Dressing, Low Fat (3.53 g)	Salsa, Chunky (1.50 g)
				Sour Cream (1.00 g)

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	16 Jan	17 Jan	18 Jan	19 Jan
	Salsa, Chunky (1.50 g) Sour Cream (1.00 g) Yellow Mustard	Sour Cream (1.00 g) Yellow Mustard	Salsa, Chunky (1.50 g) Sour Cream (1.00 g) Yellow Mustard	Yellow Mustard
22 Jan	23 Jan	24 Jan	25 Jan	26 Jan
Nachos, Bar Jalapeno Cheese & Chips (30.55 g) Nachos, Bar Queso Blanco & Chips (30.35 g) Taco Salad (MS/HS) (48.27 g) Nachos Bar, Mexi-Chicken (1.94 g) Nachos, Bar Beans (22.73 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Pineapple Tidbits (18.73 g) Fresh Baby Carrots (5.84 g) Garden Side Salad (3.96 g) Refried Beans (21.70 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Black Bean & Corn Salsa (4.33 g) Fire Roasted Salsa (1.99 g) Jalapeno Peppers Ketchup (0.00-10.00 g) Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Salsa, Chunky (1.50 g) Sour Cream (1.00 g) Yellow Mustard	Beef Enchilada (36.82 g) Nachos, Bar Jalapeno Cheese & Chips (30.55 g) Nachos, Bar Queso Blanco & Chips (30.35 g) Nachos, Bar Beans (22.73 g) Nachos, Bar Beef Topping (2.13 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Diced Peaches (15.54 g) Fresh Whole Oranges (11.28 g) Caesar Side Salad (2.76-5.52 g) Fresh Broccoli Florets (2.12 g) Vegetable,Fiesta Potatoes (28.72 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Black Bean & Corn Salsa (4.33 g) Caesar Dressing (1.00 g) Fire Roasted Salsa (1.99 g) Jalapeno Peppers Ketchup (0.00-10.00 g) Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Salsa, Chunky (1.50 g) Sour Cream (1.00 g) Yellow Mustard	Action Station: Build Your Own Burrito (49.56 g) Nachos, Bar Jalapeno Cheese & Chips (30.55 g) Nachos, Bar Queso Blanco & Chips (30.35 g) Nachos Bar, Mexi-Chicken (1.94 g) Nachos, Bar Beans (22.73 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Applesauce (14.89 g) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Fresh Baby Carrots (5.84 g) Frijoles ala Charro, stewed pinto beans (16.90 g) Garden Side Salad (3.96 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Black Bean & Corn Salsa (4.33 g) Fire Roasted Salsa (1.99 g) Jalapeno Peppers Ketchup (0.00-10.00 g) Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Salsa, Chunky (1.50 g) Sour Cream (1.00 g) Yellow Mustard	Chicken Enchilada Suiza (36.66 g) Nachos, Bar Jalapeno Cheese & Chips (30.55 g) Nachos, Bar Queso Blanco & Chips (30.35 g) Nachos, Bar Beans (22.73 g) Nachos, Bar Beef Topping (2.13 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Chilled Bartlett Pears (12.75 g) Fresh Whole Oranges (11.28 g) Caesar Side Salad (2.76-5.52 g) Fresh Broccoli Florets (2.12 g) Vegetable,Fiesta Potatoes (28.72 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Black Bean & Corn Salsa (4.33 g) Fire Roasted Salsa (1.99 g) Jalapeno Peppers Ketchup (0.00-10.00 g) Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Salsa, Chunky (1.50 g) Sour Cream (1.00 g) Yellow Mustard	Fiesta Bowl (75.23 g) Nachos, Bar Jalapeno Cheese & Chips (30.55 g) Nachos, Bar Queso Blanco & Chips (30.35 g) Nachos Bar, Mexi-Chicken (1.94 g) Nachos, Bar Beans (22.73 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Mixed Fruit (15.22 g) Fresh Celery Sticks (1.92 g) Garden Side Salad (3.96 g) Refried Beans (21.70 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Black Bean & Corn Salsa (4.33 g) Fire Roasted Salsa (1.99 g) Jalapeno Peppers Ketchup (0.00-10.00 g) Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Salsa, Chunky (1.50 g) Sour Cream (1.00 g) Yellow Mustard
29 Jan	30 Jan	31 Jan	1 Feb	2 Feb
Nachos, Bar Jalapeno Cheese & Chips (30.55 g) Nachos, Bar Queso Blanco & Chips (30.35 g) Taco Salad (MS/HS) (48.27 g) Nachos Bar, Mexi-Chicken (1.94 g) Nachos, Bar Beans (22.73 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Pineapple Tidbits (18.73 g)	Beef Enchilada (36.82 g) Nachos, Bar Jalapeno Cheese & Chips (30.55 g) Nachos, Bar Queso Blanco & Chips (30.35 g) Nachos, Bar Beans (22.73 g) Nachos, Bar Beef Topping (2.13 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Diced Peaches (15.54 g) Fresh Whole Oranges (11.28 g)	Action Station: Build Your Own Burrito (49.56 g) Nachos, Bar Jalapeno Cheese & Chips (30.55 g) Nachos, Bar Queso Blanco & Chips (30.35 g) Nachos Bar, Mexi-Chicken (1.94 g) Nachos, Bar Beans (22.73 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Applesauce (14.89 g) Banana (26.95 g)	Chicken Enchilada Suiza (36.66 g) Nachos, Bar Jalapeno Cheese & Chips (30.55 g) Nachos, Bar Queso Blanco & Chips (30.35 g) Nachos, Bar Beans (22.73 g) Nachos, Bar Beef Topping (2.13 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Chilled Bartlett Pears (12.75 g)	Fiesta Bowl (75.23 g) Nachos, Bar Jalapeno Cheese & Chips (30.55 g) Nachos, Bar Queso Blanco & Chips (30.35 g) Nachos Bar, Mexi-Chicken (1.94 g) Nachos, Bar Beans (22.73 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Mixed Fruit (15.22 g)

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29 Jan	30 Jan	31 Jan	1 Feb	2 Feb
Fresh Baby Carrots (5.84 g)	Caesar Side Salad (2.76-5.52 g)	Fresh Whole Oranges (11.28 g)	Fresh Whole Oranges (11.28 g)	Fresh Celery Sticks (1.92 g)
Garden Side Salad (3.96 g)	Fresh Broccoli Florets (2.12 g)	Fresh Baby Carrots (5.84 g)	Caesar Side Salad (2.76-5.52 g)	Garden Side Salad (3.96 g)
Refried Beans (21.70 g)	Vegetable,Fiesta Potatoes (28.72 g)	Frijoles ala Charro, stewed pinto beans (16.90 g)	Fresh Broccoli Florets (2.12 g)	Refried Beans (21.70 g)
Chocolate Skim Milk (20.00 g)	Chocolate Skim Milk (20.00 g)	Garden Side Salad (3.96 g)	Vegetable,Fiesta Potatoes (28.72 g)	Chocolate Skim Milk (20.00 g)
While 1% Milk (13.00 g)	While 1% Milk (13.00 g)	Chocolate Skim Milk (20.00 g)	Chocolate Skim Milk (20.00 g)	While 1% Milk (13.00 g)
White Skim Milk (13.00 g)	White Skim Milk (13.00 g)	While 1% Milk (13.00 g)	While 1% Milk (13.00 g)	White Skim Milk (13.00 g)
Black Bean & Corn Salsa (4.33 g)	Black Bean & Corn Salsa (4.33 g)	White Skim Milk (13.00 g)	White Skim Milk (13.00 g)	Black Bean & Corn Salsa (4.33 g)
Fire Roasted Salsa (1.99 g)	Fire Roasted Salsa (1.99 g)	Black Bean & Corn Salsa (4.33 g)	Black Bean & Corn Salsa (4.33 g)	Fire Roasted Salsa (1.99 g)
Jalapeno Peppers	Jalapeno Peppers	Fire Roasted Salsa (1.99 g)	Caesar Dressing (1.00 g)	Jalapeno Peppers
Ketchup (0.00-10.00 g)	Ketchup (0.00-10.00 g)	Jalapeno Peppers	Fire Roasted Salsa (1.99 g)	Ketchup (0.00-10.00 g)
Light Mayo (2.00 g)	Light Mayo (2.00 g)	Ketchup (0.00-10.00 g)	Jalapeno Peppers	Light Mayo (2.00 g)
Ranch Dressing, Low Fat (3.53 g)	Ranch Dressing, Low Fat (3.53 g)	Light Mayo (2.00 g)	Ketchup (0.00-10.00 g)	Ranch Dressing, Low Fat (3.53 g)
Salsa, Chunky (1.50 g)	Salsa, Chunky (1.50 g)	Ranch Dressing, Low Fat (3.53 g)	Light Mayo (2.00 g)	Salsa, Chunky (1.50 g)
Sour Cream (1.00 g)	Sour Cream (1.00 g)	Salsa, Chunky (1.50 g)	Ranch Dressing, Low Fat (3.53 g)	Sour Cream (1.00 g)
Yellow Mustard	Yellow Mustard	Sour Cream (1.00 g)	Salsa, Chunky (1.50 g)	Yellow Mustard
		Yellow Mustard	Sour Cream (1.00 g)	
			Yellow Mustard	

Carbohydrate values in grams follow the Menu Item name