

Menu Calendar Nutrient Analysis Report - August, 2021

Site: Guthrie Junior High
Date: 08/01/2021 - 08/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 21-22 Honor Roll Bar - Week 3 Day 4 - ServingDate: 08/19/2021								
Deluxe Cheeseburger - OKR1164 (1 burger)	20	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Chicken Burger - OKR1124 (1 burger)	10	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Crispy Chicken Nuggets - SR1367 (5 nugget)	30	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Traditional Hamburger - OKR1165 (1 burger)	10	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	30	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Dinner Roll - SR1010 (1 roll.)	30	80.00	1.50	0.00	0.00	65.00	14.00	3.00
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Fruit Cocktail - SR1037 (1/2 c.)	0	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Country Style Potato Wedges - OKR1399 (1/2 c.)	100	120.44	4.01	0.50	0.00	140.51	20.07	2.01
Fresh Broccoli Florets - SR1027 (1/2 c.)	0	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Garden Side Salad - SR1429 (1 c.)	0	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00

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SY 21-22 Honor Roll Bar - Week 3 Day 4 - ServingDate: 08/19/2021								
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
SY 21-22 Honor Roll Bar - Week 3 Day 5 - ServingDate: 08/20/2021								
Deluxe Cheeseburger - OKR1164 (1 burger)	25	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Chicken Burger - OKR1124 (1 burger)	15	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Traditional Hamburger - OKR1165 (1 burger)	10	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Little Italy Meatball Sub - SR1201 (1 sandwich)	20	403.56	17.29	6.45	0.01	810.20	43.05	22.03
Spicy Chicken Burger - OKR1167 (1 burger)	30	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	0	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Celery Sticks - SR1014 (6 stick.)	0	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Spiral-cut French Fries - SR2509 (1/2 c.)	0	106.91	5.70	0.71	0.00	256.57	14.25	1.43
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	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)
SY 21-22 Honor Roll Bar - Week 3 Day 5 - ServingDate: 08/20/2021								
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
SY 21-22 Honor Roll Bar - Week 4 Day 1 - ServingDate: 08/23/2021								
Chicken Tenders - OKR1184 (3 strip)	30	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Deluxe Cheeseburger - OKR1164 (1 burger)	20	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Chicken Burger - OKR1124 (1 burger)	10	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Traditional Hamburger - OKR1165 (1 burger)	10	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	30	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Dinner Roll - SR1010 (1 roll.)	30	80.00	1.50	0.00	0.00	65.00	14.00	3.00
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	0	77.87	0.05	0.00	0.00	7.08	20.48	1.11
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	0	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Tater Tots - SR1450 (1/2 c.)	100	130.83	6.04	1.01	0.00	311.98	16.10	2.01
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00

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SY 21-22 Honor Roll Bar - Week 4 Day 1 - ServingDate: 08/23/2021								
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Thrive Bar - SR2452 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
SY 21-22 Honor Roll Bar - Week 4 Day 2 - ServingDate: 08/24/2021								
Deluxe Cheeseburger - OKR1164 (1 burger)	25	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Chicken Burger - OKR1124 (1 burger)	10	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Crispy Chicken Nuggets - SR1367 (5 nugget)	30	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Traditional Hamburger - OKR1165 (1 burger)	10	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	25	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Dinner Roll - SR1010 (1 roll.)	30	80.00	1.50	0.00	0.00	65.00	14.00	3.00
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Diced Bartlett Pears - SR1194 (1/2 c.)	0	59.31	0.08	0.00	0.00	4.75	15.35	0.40
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00

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SY 21-22 Honor Roll Bar - Week 4 Day 2 - ServingDate: 08/24/2021								
Fresh Broccoli Florets - SR1027 (1/2 c.)	0	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Garden Side Salad - SR1429 (1 c.)	0	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Spiral-cut French Fries - SR2509 (1/2 c.)	0	106.91	5.70	0.71	0.00	256.57	14.25	1.43
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
SY 21-22 Honor Roll Bar - Week 4 Day 3 - ServingDate: 08/25/2021								
Chicken Tenders - OKR1184 (3 strip)	30	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Deluxe Cheeseburger - OKR1164 (1 burger)	25	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Chicken Burger - OKR1124 (1 burger)	10	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Traditional Hamburger - OKR1165 (1 burger)	10	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	25	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Dinner Roll - SR1010 (1 roll.)	30	80.00	1.50	0.00	0.00	65.00	14.00	3.00
Unsweetened Applesauce - SR1195 (1/2 c.)	0	53.71	0.13	0.01	0.00	2.56	14.41	0.22
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29

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SY 21-22 Honor Roll Bar - Week 4 Day 3 - ServingDate: 08/25/2021								
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	0	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Sweet Potato Crinkle Cut Fries - OKR1525 (1/2 c.)	75	120.86	4.53	0.50	0.00	181.29	17.12	2.01
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Barbecue Sauce - SR1008 (1 tbsp.)	25	15.00	0.00	0.00	0.00	235.00	3.50	0.00
SY 21-22 Honor Roll Bar - Week 4 Day 4 - ServingDate: 08/26/2021								
Deluxe Cheeseburger - OKR1164 (1 burger)	25	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Chicken Burger - OKR1124 (1 burger)	10	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Crispy Chicken Nuggets - SR1367 (5 nugget)	30	239.93	14.00	2.50	0.00	439.88	16.00	14.00

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SY 21-22 Honor Roll Bar - Week 4 Day 4 - ServingDate: 08/26/2021								
Traditional Hamburger - OKR1165 (1 burger)	15	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	20	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Dinner Roll - SR1010 (1 roll.)	30	80.00	1.50	0.00	0.00	65.00	14.00	3.00
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Fruit Cocktail - SR1037 (1/2 c.)	0	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Country Style Potato Wedges - OKR1399 (1/2 c.)	100	120.44	4.01	0.50	0.00	140.51	20.07	2.01
Fresh Broccoli Florets - SR1027 (1/2 c.)	0	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Garden Side Salad - SR1429 (1 c.)	0	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Barbecue Sauce - SR1008 (1 tbsp.)	25	15.00	0.00	0.00	0.00	235.00	3.50	0.00
SY 21-22 Honor Roll Bar - Week 4 Day 5 - ServingDate: 08/27/2021								
Bacon Cheeseburger - OKR1347 (1 ea.)	20	373.33	15.50	6.17	0.00	798.33	34.00	22.17

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SY 21-22 Honor Roll Bar - Week 4 Day 5 - ServingDate: 08/27/2021								
Deluxe Cheeseburger - OKR1164 (1 burger)	20	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Chicken Burger - OKR1124 (1 burger)	15	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Traditional Hamburger - OKR1165 (1 burger)	15	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	30	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	0	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Celery Sticks - SR1014 (6 stick.)	0	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Baked French Fries - SR1444 (1/2 c.)	100	102.93	3.56	0.40	0.00	126.68	17.42	1.58
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00

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SY 21-22 Honor Roll Bar - Week 5 Day 1 - ServingDate: 08/30/2021								
Chicken Tenders - OKR1184 (3 strip)	20	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Deluxe Cheeseburger - OKR1164 (1 burger)	20	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Chicken Burger - OKR1124 (1 burger)	20	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Traditional Hamburger - OKR1165 (1 burger)	20	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	20	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Dinner Roll - SR1010 (1 roll.)	20	80.00	1.50	0.00	0.00	65.00	14.00	3.00
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	0	77.87	0.05	0.00	0.00	7.08	20.48	1.11
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	0	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Tater Tots - SR1450 (1/2 c.)	75	130.83	6.04	1.01	0.00	311.98	16.10	2.01
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00

Menu Calendar Nutrient Analysis Report - August, 2021

Site: Guthrie Junior High
Date: 08/01/2021 - 08/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 21-22 Honor Roll Bar - Week 5 Day 1 - ServingDate: 08/30/2021								
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Barbecue Sauce - SR1008 (1 tbsp.)	15	15.00	0.00	0.00	0.00	235.00	3.50	0.00
SY 21-22 Honor Roll Bar - Week 5 Day 2 - ServingDate: 08/31/2021								
Deluxe Cheeseburger - OKR1164 (1 burger)	20	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Chicken Burger - OKR1124 (1 burger)	20	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Crispy Chicken Nuggets - SR1367 (5 nugget)	30	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Traditional Hamburger - OKR1165 (1 burger)	20	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	20	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Dinner Roll - SR1010 (1 roll.)	20	80.00	1.50	0.00	0.00	65.00	14.00	3.00
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Diced Bartlett Pears - SR1194 (1/2 c.)	0	59.31	0.08	0.00	0.00	4.75	15.35	0.40
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	0	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Garden Side Salad - SR1429 (1 c.)	0	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Baked French Fries - SR1444 (1/2 c.)	100	102.93	3.56	0.40	0.00	126.68	17.42	1.58
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61

Menu Calendar Nutrient Analysis Report - August, 2021

Site: Guthrie Junior High
Date: 08/01/2021 - 08/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 21-22 Honor Roll Bar - Week 5 Day 2 - ServingDate: 08/31/2021								
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Barbecue Sauce - SR1008 (1 tbsp.)	15	15.00	0.00	0.00	0.00	235.00	3.50	0.00

Legend

(M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch

Site Group: Did You Know Café

Menu Line: DYK-Honor Roll (tier I)

Serving Group: 6-8

Nutrients Option: Expanded

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