

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 Revolve - Week 3 Day 4 - ServingDate: 08/19/2021 | | | | | | | | |
| Chili con Carne - SR1379 (1 c.) | 100 | 223.15 | 5.62 | 1.95 | 0.00 | 477.11 | 30.08 | 14.36 |
| Cornbread - OKR1293 (1 oz.) | 100 | 54.23 | 1.86 | 1.62 | 0.51(M) | 25.23 | 8.26 | 0.94 |
| 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 |
| Fresh Broccoli Florets - SR1027 (1/2 c.) | 0 | 10.84 | 0.12 | 0.01 | 0.00 | 10.53 | 2.12 | 0.90 |
| Steamed Corn - SR1034 (1/2 c.) | 75 | 68.89 | 0.57 | 0.09 | 0.00 | 0.85 | 16.41 | 2.17 |
| 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 |
| 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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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 Revolve - Week 3 Day 5 - ServingDate: 08/20/2021 | | | | | | | | |
| Popcorn Chicken Bowl - SR1477 (1 ea.) | 100 | 333.24 | 15.79 | 3.19 | 0.00 | 558.75 | 30.61 | 16.50 |
| Dinner Roll - SR1010 (1 roll.) | 100 | 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 |
| 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 |
| Roasted Green Beans - SR1021 (1/2 c.) | 100 | 22.18 | 0.13 | 0.04 | 0.00 | 43.09 | 5.11 | 1.18 |
| 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 |
| Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.) | 0 | 25.00 | 1.25 | 0.25 | 0.00 | 160.00 | 4.00 | 0.00 |

Menu Calendar Nutrient Analysis Report - August, 2021

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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 Revolve - Week 4 Day 1 - ServingDate: 08/23/2021 | | | | | | | | |
| Walking Nachos - OKR1530 (1 nacho) | 100 | 339.27 | 14.98 | 4.88 | 0.00 | 722.86 | 33.54 | 16.03 |
| 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 |
| Aztec Corn - SR1434 (1/2 c.) | 100 | 89.11 | 1.48 | 0.14 | 0.00 | 49.62 | 17.09 | 3.57 |
| 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 |
| 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 |
| Sour Cream - SR1659 (2 tbsp.) | 50 | 60.00 | 5.00 | 3.50 | 0.00 | 15.00 | 1.00 | 1.00 |

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|--|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| SY 21-22 Revolve - Week 4 Day 2 - ServingDate: 08/24/2021 | | | | | | | | |
| Teriyaki Pork riblet - SR1826 (5 piece) | 100 | 277.13 | 12.98 | 3.80 | 0.10 | 666.45 | 30.14 | 13.73 |
| Steamed Brown Rice - SR1098 (1 c.) | 0 | 234.38 | 1.38 | 0.00 | 0.00 | 4.06 | 51.01 | 5.51 |
| 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 |
| Roasted Sesame Carrots - SR1787 (1/2 c.) | 100 | 130.70 | 9.59 | 1.30 | 0.00 | 357.51 | 10.85 | 1.32 |
| 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 |
| Egg Roll - OKR1107 (1 egg roll) | 100 | 100.06 | 4.50 | 1.25 | 0.00 | 195.12 | 12.01 | 3.50 |
| 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 Revolve - Week 4 Day 3 - ServingDate: 08/25/2021 | | | | | | | | |
| Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) | 0 | 290.17 | 11.01 | 6.00 | 0.00 | 500.29 | 28.02 | 19.01 |
| 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 |
| 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 |
| Mixed Garden Vegetables - SR1583 (1/2 c.) | 0 | 51.62 | 0.46 | 0.08 | 0.00 | 98.95 | 10.90 | 2.25 |
| 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 |
| 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 |
| Side of Pizza Sauce - OKR1569 (1 fl. oz.) | 100 | 7.49 | 0.17 | 0.03 | 0.00 | 130.30 | 1.45 | 0.26 |
| 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 Revolve - Week 4 Day 4 - ServingDate: 08/26/2021 | | | | | | | | |
| Chicken Meatball Sauce - SR3066 (5 Meatballs) | 100 | 223.10 | 11.31 | 3.43 | 0.01 | 559.71 | 15.19 | 15.85 |
| Spaghetti with Chicken Meatballs, whole wheat - OKR1896 (1 serving) | 100 | 351.69 | 13.37 | 3.71 | 0.01 | 841.55 | 41.59 | 20.30 |
| Breadstick - SR1044 (1 breadstick) | 100 | 80.00 | 1.00 | 0.00 | 0.00 | 95.00 | 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 |
| 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 |
| Green Peas - SR2335 (1/2 c.) | 75 | 73.53 | 0.38 | 0.06 | 0.00 | 103.13 | 13.01 | 4.99 |
| Chocolate 1% 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 |
| Grated Parmesan Cheese - SR1553 (1/2 tsp.) | 25 | 3.33 | 0.25 | 0.17 | 0.00 | 15.00 | 0.17 | 0.17 |
| 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 Revolve - Week 4 Day 4 - ServingDate: 08/26/2021 | | | | | | | | |
| Red Pepper Flakes - SR1554 (1/4 tsp.) | 25 | 1.43 | 0.08 | 0.01 | 0.00 | 0.14 | 0.25 | 0.05 |
| SY 21-22 Revolve - Week 4 Day 5 - ServingDate: 08/27/2021 | | | | | | | | |
| Country Fried Steak - OKR1613 (1 patty) | 100 | 315.32 | 19.30 | 5.15 | 0.00 | 338.43 | 19.61 | 16.00 |
| Dinner Roll - SR1010 (1 roll.) | 100 | 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 |
| 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 |
| Roasted Green Beans - SR1021 (1/2 c.) | 50 | 22.18 | 0.13 | 0.04 | 0.00 | 43.09 | 5.11 | 1.18 |
| Whipped Potatoes - SR1112 (1/2 c.) | 100 | 79.98 | 1.50 | 1.00 | 0.00 | 102.63 | 15.00 | 2.00 |
| 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 |
| Old Fashioned Country Biscuit Gravy - OKR1552 (1/4 c.) | 75 | 42.52 | 2.43 | 1.22 | 0.00 | 147.42 | 4.86 | 0.00 |
| 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 Revolve - Week 4 Day 5 - ServingDate: 08/27/2021 | | | | | | | | |
| 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 Revolve - Week 5 Day 1 - ServingDate: 08/30/2021 | | | | | | | | |
| Cheese Ravioli with Meat Sauce - OKR1487 (1 portion) | 100 | 319.80 | 9.84 | 4.64 | 0.01 | 840.83 | 37.46 | 21.73 |
| Breadstick - SR1044 (1 breadstick) | 100 | 80.00 | 1.00 | 0.00 | 0.00 | 95.00 | 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 |
| Roasted Green Beans - SR1021 (1/2 c.) | 75 | 22.18 | 0.13 | 0.04 | 0.00 | 43.09 | 5.11 | 1.18 |
| 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 |
| 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 |
| Yellow Mustard - SR1603 (1 pump) | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 180.00 | 0.00 | 0.00 |

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| SY 21-22 Revolve - Week 5 Day 2 - ServingDate: 08/31/2021 | | | | | | | | |
| Chicken & Waffles - OKR1197 (1 serving) | 100 | 450.00 | 19.00 | 3.25 | 0.00 | 755.00 | 45.00 | 23.50 |
| Banana - SR1166 (1 medium (7")) | 0 | 105.02 | 0.39 | 0.13 | 0.00 | 1.18 | 26.95 | 1.29 |
| Blueberries - SR2219 (1/2 c.) | 0 | 39.41 | 0.00 | 0.00 | 0.00 | 0.98 | 8.87 | 0.00 |
| 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 |
| Fresh Blueberries - SR1545 (1/2 c.) | 0 | 42.18 | 0.24 | 0.02 | 0.00 | 0.74 | 10.72 | 0.55 |
| 100% Apple Juice - SR2547 (4 fl oz cup) | 0 | 60.00 | 0.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| Citrus Glazed Carrots - OKR1810 (1/2 c.) | 100 | 59.10 | 0.78 | 0.14 | 0.00 | 82.71 | 13.07 | 0.67 |
| 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 |
| Breakfast Syrup Cup - SR2498 (1 Container) | 100 | 110.00 | 0.00 | 0.00 | 0.00(M) | 20.00 | 29.00 | 0.00 |
| Ketchup - SR1004 (1 pump) | 0 | 20.00 | 0.00 | 0.00 | 0.00 | 160.00 | 5.00 | 0.00 |
| Yellow Mustard - SR1603 (1 pump) | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 180.00 | 0.00 | 0.00 |
| Pancake & Waffle Syrup - SR1158 (2 tbsp.) | 0 | 105.00 | 0.00 | 0.00 | 0.00 | 47.50 | 26.00 | 0.00 |

Legend

(M) - Missing Nutrient Values

Menu Calendar Nutrient Analysis Report - August, 2021

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

Report Selections

Meal Type: Lunch
Site Group: Did You Know Café
Menu Line: DYK-Revolve
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.