

## 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)
<b>Thrive - Thursday 100% whole grain - ServingDate: 08/19/2021</b>								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Fruit Cocktail - SR1037 (1/2 c.)	20	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	20	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	20	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1035 (1/2 c.)	10	100.54	0.00	0.00	0.00	108.27	18.56	5.41
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	25	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Garden Side Salad - SR1429 (1 c.)	25	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chilled Corn - SR1033 (1/2 c.)	10	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	70	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (2 tbsp.)	5	130.00	14.00	2.50	0.00	210.00	1.00	1.00
Ketchup - SR1004 (1 pump)	50	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)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	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)
<b>Thrive - Thursday 100% whole grain - ServingDate: 08/19/2021</b>								
Shredded Lettuce - SR1015 (1/4 cup shredd)	5	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	5	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	35	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	5	4.03	0.04	0.01	0.00	1.12	0.87	0.20
<b>Thrive - Friday 100% whole grain - ServingDate: 08/20/2021</b>								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	20	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	20	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	20	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1035 (1/2 c.)	15	100.54	0.00	0.00	0.00	108.27	18.56	5.41
Fresh Broccoli Florets - SR1027 (1/2 c.)	20	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	20	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	20	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	20	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Corn - SR1033 (1/2 c.)	10	68.89	0.57	0.09	0.00	0.85	16.41	2.17

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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>Thrive - Friday 100% whole grain - ServingDate: 08/20/2021</b>								
Chocolate1% Milk - OKR1062 (8 oz.)	70	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (2 tbsp.)	5	130.00	14.00	2.50	0.00	210.00	1.00	1.00
Ketchup - SR1004 (1 pump)	50	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)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	5	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	5	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	35	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	5	4.03	0.04	0.01	0.00	1.12	0.87	0.20
<b>Thrive - Monday 100% whole grain - ServingDate: 08/23/2021</b>								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	20	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	20	45.12	0.12	0.01	0.00	0.00	11.28	0.90

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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>Thrive - Monday 100% whole grain - ServingDate: 08/23/2021</b>								
Diced Peaches - SR1196 (1/2 c.)	20	77.87	0.05	0.00	0.00	7.08	20.48	1.11
100% Apple Juice - SR1204 (4 fl oz cup)	90	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1035 (1/2 c.)	5	100.54	0.00	0.00	0.00	108.27	18.56	5.41
Fresh Broccoli Florets - SR1027 (1/2 c.)	20	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	25	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	25	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Corn - SR1033 (1/2 c.)	5	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	70	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (2 tbsp.)	0	130.00	14.00	2.50	0.00	210.00	1.00	1.00
Ketchup - SR1004 (1 pump)	35	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)	15	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	15	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	25	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	25	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	20	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	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)
<b>Thrive - Monday 100% whole grain - ServingDate: 08/23/2021</b>								
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	35	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	20	4.03	0.04	0.01	0.00	1.12	0.87	0.20
<b>Thrive - Tuesday 100% whole grain - ServingDate: 08/24/2021</b>								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Diced Bartlett Pears - SR1194 (1/2 c.)	20	59.31	0.08	0.00	0.00	4.75	15.35	0.40
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	20	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	20	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1035 (1/2 c.)	15	100.54	0.00	0.00	0.00	108.27	18.56	5.41
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	25	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Garden Side Salad - SR1429 (1 c.)	20	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chilled Corn - SR1033 (1/2 c.)	10	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	70	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (2 tbsp.)	5	130.00	14.00	2.50	0.00	210.00	1.00	1.00

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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>Thrive - Tuesday 100% whole grain - ServingDate: 08/24/2021</b>								
Ketchup - SR1004 (1 pump)	50	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)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	5	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	5	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	5	4.03	0.04	0.01	0.00	1.12	0.87	0.20
<b>Thrive - Wednesday 100% whole grain - ServingDate: 08/25/2021</b>								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Unsweetened Applesauce - SR1195 (1/2 c.)	20	53.71	0.13	0.01	0.00	2.56	14.41	0.22
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	20	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	20	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1035 (1/2 c.)	10	100.54	0.00	0.00	0.00	108.27	18.56	5.41
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	0.00	10.53	2.12	0.90

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<b>Thrive - Wednesday 100% whole grain - ServingDate: 08/25/2021</b>								
Celery Sticks - SR1014 (6 stick.)	25	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	25	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Corn - SR1033 (1/2 c.)	10	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	70	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (2 tbsp.)	5	130.00	14.00	2.50	0.00	210.00	1.00	1.00
Ketchup - SR1004 (1 pump)	50	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)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	5	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	5	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	35	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	5	4.03	0.04	0.01	0.00	1.12	0.87	0.20

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<b>Thrive - Thursday 100% whole grain - ServingDate: 08/26/2021</b>								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Fruit Cocktail - SR1037 (1/2 c.)	20	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	20	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	20	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1035 (1/2 c.)	10	100.54	0.00	0.00	0.00	108.27	18.56	5.41
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	25	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Garden Side Salad - SR1429 (1 c.)	25	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chilled Corn - SR1033 (1/2 c.)	10	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	70	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (2 tbsp.)	5	130.00	14.00	2.50	0.00	210.00	1.00	1.00
Ketchup - SR1004 (1 pump)	50	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)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00



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<b>Thrive - Thursday 100% whole grain - ServingDate: 08/26/2021</b>								
Shredded Lettuce - SR1015 (1/4 cup shredd)	5	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	5	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	35	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	5	4.03	0.04	0.01	0.00	1.12	0.87	0.20
<b>Thrive - Friday 100% whole grain - ServingDate: 08/27/2021</b>								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	20	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	20	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	20	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1035 (1/2 c.)	15	100.54	0.00	0.00	0.00	108.27	18.56	5.41
Fresh Broccoli Florets - SR1027 (1/2 c.)	20	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	20	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	20	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	20	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Corn - SR1033 (1/2 c.)	10	68.89	0.57	0.09	0.00	0.85	16.41	2.17

## 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)
<b>Thrive - Friday 100% whole grain - ServingDate: 08/27/2021</b>								
Chocolate1% Milk - OKR1062 (8 oz.)	70	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (2 tbsp.)	5	130.00	14.00	2.50	0.00	210.00	1.00	1.00
Ketchup - SR1004 (1 pump)	50	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)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	5	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	5	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	35	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	5	4.03	0.04	0.01	0.00	1.12	0.87	0.20
<b>Thrive - Monday 100% whole grain - ServingDate: 08/30/2021</b>								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	20	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	20	45.12	0.12	0.01	0.00	0.00	11.28	0.90

## 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)
<b>Thrive - Monday 100% whole grain - ServingDate: 08/30/2021</b>								
Diced Peaches - SR1196 (1/2 c.)	20	77.87	0.05	0.00	0.00	7.08	20.48	1.11
100% Apple Juice - SR1204 (4 fl oz cup)	90	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1035 (1/2 c.)	5	100.54	0.00	0.00	0.00	108.27	18.56	5.41
Fresh Broccoli Florets - SR1027 (1/2 c.)	20	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	25	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	25	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Corn - SR1033 (1/2 c.)	5	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	70	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (2 tbsp.)	0	130.00	14.00	2.50	0.00	210.00	1.00	1.00
Ketchup - SR1004 (1 pump)	35	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)	15	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	15	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	25	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	25	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	20	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	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)
<b>Thrive - Monday 100% whole grain - ServingDate: 08/30/2021</b>								
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	35	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	20	4.03	0.04	0.01	0.00	1.12	0.87	0.20
<b>Thrive - Tuesday 100% whole grain - ServingDate: 08/31/2021</b>								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Diced Bartlett Pears - SR1194 (1/2 c.)	20	59.31	0.08	0.00	0.00	4.75	15.35	0.40
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	20	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	20	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1035 (1/2 c.)	15	100.54	0.00	0.00	0.00	108.27	18.56	5.41
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	25	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Garden Side Salad - SR1429 (1 c.)	20	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chilled Corn - SR1033 (1/2 c.)	10	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	70	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (2 tbsp.)	5	130.00	14.00	2.50	0.00	210.00	1.00	1.00

# 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)
<b>Thrive - Tuesday 100% whole grain - ServingDate: 08/31/2021</b>								
Ketchup - SR1004 (1 pump)	50	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)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	5	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	5	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	5	4.03	0.04	0.01	0.00	1.12	0.87	0.20

## Legend

(M) - Missing Nutrient Values

## Report Selections

Meal Type: Lunch  
Site Group: Did You Know Café  
Menu Line: DYK-Thrive Bar (Garden, Milk, Condiments)  
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.