

## Menu Calendar Nutrient Analysis Report - December, 2018

Site: Junior High School  
Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Honor Roll Bar - Week 4 Day 1 GUTHRIE - ServingDate: 12/03/2018</b>								
Deluxe Cheeseburger - OKR1164 (1 burger)	50	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Chicken Burger - OKR1124 (1 burger)	25	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Traditional Hamburger - OKR1165 (1 burger)	50	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	150	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - SR1010 (1 roll.)	0	80.00	1.50	0.00	0.00	70.00	14.00	3.00
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Pineapple Tidbits - SR1495 (1/2 c.)	15	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Tater Tots - OKR1073 (1/2 c.)	200	90.55	3.52	0.00	0.00	171.03	14.09	1.01
Baby Carrots - SR1016 (1/2 c.)	50	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	75	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	75	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	150	40.00	0.00	0.00	0.00	320.00	10.00	0.00
Light Mayonnaise - SR1005 (1 tbsp.)	50	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	50	0.00	0.00	0.00	0.00	165.00	0.00	0.00

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<b>SY 18-19 Honor Roll Bar - Week 4 Day 1 GUTHRIE - ServingDate: 12/03/2018</b>								
Shredded Lettuce - SR1015 (1/4 cup shredd)	25	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Diced Yellow Onion - SR1264 (2 tbsp.)	25	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	100	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	40	4.03	0.05	0.01	0.00	1.12	0.87	0.20
<b>SY 18-19 Honor Roll Bar - Week 4 Day 2 GUTHRIE - ServingDate: 12/04/2018</b>								
Deluxe Cheeseburger - OKR1164 (1 burger)	75	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Chicken Burger - OKR1124 (1 burger)	50	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Traditional Hamburger - OKR1165 (1 burger)	75	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	75	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - SR1010 (1 roll.)	0	80.00	1.50	0.00	0.00	70.00	14.00	3.00
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Peaches - SR1196 (1/2 c.)	10	57.95	0.04	0.00	0.00	5.27	15.24	0.83
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Vegetarian Baked Beans - OKR1318 (1/2 c.)	100	173.29	0.01	0.00	0.00	821.27	39.45	7.52

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<b>SY 18-19 Honor Roll Bar - Week 4 Day 2 GUTHRIE - ServingDate: 12/04/2018</b>								
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1/2 c.)	50	84.91	7.90	1.64	0.00	175.05	2.43	1.85
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	75	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	75	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	150	40.00	0.00	0.00	0.00	320.00	10.00	0.00
Light Mayonnaise - SR1005 (1 tbsp.)	75	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	75	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	50	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	40	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Diced Yellow Onion - SR1264 (2 tbsp.)	20	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	100	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	30	4.03	0.05	0.01	0.00	1.12	0.87	0.20
<b>SY 18-19 Honor Roll Bar - Week 4 Day 3 GUTHRIE - ServingDate: 12/05/2018</b>								
Barbecue Rib Sandwich - OKR1132 (1 sandwich)	100	332.89	12.00	3.50	0.10	861.89	42.01	18.00
Deluxe Cheeseburger - OKR1164 (1 burger)	50	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Chicken Burger - OKR1124 (1 burger)	25	430.00	17.00	2.50	0.00	670.00	47.00	22.00

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<b>SY 18-19 Honor Roll Bar - Week 4 Day 3 GUTHRIE - ServingDate: 12/05/2018</b>								
Traditional Hamburger - OKR1165 (1 burger)	25	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	75	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - SR1010 (1 roll.)	0	80.00	1.50	0.00	0.00	70.00	14.00	3.00
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	10	53.58	0.13	0.01	0.00	2.55	14.38	0.22
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Baby Carrots - SR1016 (1/2 c.)	40	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Sweet Potato Crinkle Cut Fries - OKR1525 (1/2 c.)	225	120.86	4.53	0.50	0.00	181.29	17.12	2.01
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	75	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	75	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Barbecue Sauce - SR1008 (1 tbsp.)	25	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Ketchup - SR1004 (1 pump)	150	40.00	0.00	0.00	0.00	320.00	10.00	0.00
Light Mayonnaise - SR1005 (1 tbsp.)	40	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	40	0.00	0.00	0.00	0.00	165.00	0.00	0.00

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<b>SY 18-19 Honor Roll Bar - Week 4 Day 3 GUTHRIE - ServingDate: 12/05/2018</b>								
Shredded Lettuce - SR1015 (1/4 cup shredd)	50	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	25	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	50	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Diced Yellow Onion - SR1264 (2 tbsp.)	15	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	75	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	25	4.03	0.05	0.01	0.00	1.12	0.87	0.20
Sauteed Peppers - OKR1210 (1/4 cup strips)	10	51.76	3.03	0.32	0.02	4.02	6.21	1.15
<b>SY 18-19 Honor Roll Bar - Week 4 Day 4 GUTHRIE - ServingDate: 12/06/2018</b>								
Deluxe Cheeseburger - OKR1164 (1 burger)	50	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Chicken Burger - OKR1124 (1 burger)	50	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Chicken Fried Steak Sandwich - OKR1234 (1 sandwich)	75	470.00	21.00	5.00	0.00	590.00	50.00	22.00
Traditional Hamburger - OKR1165 (1 burger)	25	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	75	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - SR1010 (1 roll.)	0	80.00	1.50	0.00	0.00	70.00	14.00	3.00
100% Apple Juice - SR1204 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Bartlett Pears - SR1194 (1/2 c.)	10	49.27	0.07	0.00	0.00	3.94	12.75	0.34

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<b>SY 18-19 Honor Roll Bar - Week 4 Day 4 GUTHRIE - ServingDate: 12/06/2018</b>								
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Country Style Potato Wedges - OKR1399 (1/2 c.)	200	119.95	4.00	0.50	0.00	139.95	19.99	2.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	75	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	250	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	75	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	75	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Barbecue Sauce - SR1008 (1 tbsp.)	25	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Ketchup - SR1004 (1 pump)	200	40.00	0.00	0.00	0.00	320.00	10.00	0.00
Light Mayonnaise - SR1005 (1 tbsp.)	50	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	50	0.00	0.00	0.00	0.00	165.00	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
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	25	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	30	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Diced Yellow Onion - SR1264 (2 tbsp.)	15	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	100	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	25	4.03	0.05	0.01	0.00	1.12	0.87	0.20

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<b>SY 18-19 Honor Roll Bar - Week 4 Day 5 GUTHRIE - ServingDate: 12/07/2018</b>								
Bacon Cheeseburger - OKR1347 (1 ea.)	125	380.00	16.17	6.50	0.00	831.67	34.00	22.17
Deluxe Cheeseburger - OKR1164 (1 burger)	50	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Chicken Burger - OKR1124 (1 burger)	50	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Traditional Hamburger - OKR1165 (1 burger)	50	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	50	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - SR1010 (1 roll.)	0	80.00	1.50	0.00	0.00	70.00	14.00	3.00
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Mixed Fruit Cocktail - SR1037 (1/2 c.)	10	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Baked French Fries - SR1444 (1/2 c.)	250	102.93	3.56	0.40	0.00	126.68	17.42	1.58
Celery Sticks - SR1014 (6 stick.)	75	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	75	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	75	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	75	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Barbecue Sauce - SR1008 (1 tbsp.)	15	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Ketchup - SR1004 (1 pump)	200	40.00	0.00	0.00	0.00	320.00	10.00	0.00
Light Mayonnaise - SR1005 (1 tbsp.)	75	45.00	4.00	0.50	0.00	130.00	2.00	0.00

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<b>SY 18-19 Honor Roll Bar - Week 4 Day 5 GUTHRIE - ServingDate: 12/07/2018</b>								
Yellow Mustard - SR1006 (1 tbsp.)	75	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	30	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	30	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Diced Yellow Onion - SR1264 (2 tbsp.)	15	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	100	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	20	4.03	0.05	0.01	0.00	1.12	0.87	0.20
<b>SY 18-19 Honor Roll Bar - Week 5 Day 1 GUTHRIE - ServingDate: 12/10/2018</b>								
Deluxe Cheeseburger - OKR1164 (1 burger)	75	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Chicken Burger - OKR1124 (1 burger)	75	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Traditional Hamburger - OKR1165 (1 burger)	50	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	100	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - SR1010 (1 roll.)	0	80.00	1.50	0.00	0.00	70.00	14.00	3.00
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Pineapple Tidbits - SR1495 (1/2 c.)	15	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Banana - SR1166 (1 medium (7"))	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	25	45.12	0.12	0.01	0.00	0.00	11.28	0.90



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<b>SY 18-19 Honor Roll Bar - Week 5 Day 1 GUTHRIE - ServingDate: 12/10/2018</b>								
Tater Tots - OKR1073 (1/2 c.)	250	90.55	3.52	0.00	0.00	171.03	14.09	1.01
Baby Carrots - SR1016 (1/2 c.)	40	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	75	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	75	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Barbecue Sauce - SR1008 (1 tbsp.)	15	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Ketchup - SR1004 (1 pump)	120	40.00	0.00	0.00	0.00	320.00	10.00	0.00
Light Mayonnaise - SR1005 (1 tbsp.)	50	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	40	0.00	0.00	0.00	0.00	165.00	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
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	25	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	30	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Diced Yellow Onion - SR1264 (2 tbsp.)	15	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	75	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	20	4.03	0.05	0.01	0.00	1.12	0.87	0.20
<b>SY 18-19 Honor Roll Bar - Week 5 Day 2 GUTHRIE - ServingDate: 12/11/2018</b>								
Deluxe Cheeseburger - OKR1164 (1 burger)	75	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Chicken Burger - OKR1124 (1 burger)	75	430.00	17.00	2.50	0.00	670.00	47.00	22.00

## Menu Calendar Nutrient Analysis Report - December, 2018

Site: Junior High School  
Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Honor Roll Bar - Week 5 Day 2 GUTHRIE - ServingDate: 12/11/2018</b>								
Traditional Hamburger - OKR1165 (1 burger)	75	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	75	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - SR1010 (1 roll.)	0	80.00	1.50	0.00	0.00	70.00	14.00	3.00
100% Apple Juice - SR1204 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Peaches - SR1196 (1/2 c.)	10	57.95	0.04	0.00	0.00	5.27	15.24	0.83
Banana - SR1166 (1 medium (7"))	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Vegetarian Baked Beans - OKR1318 (1/2 c.)	175	173.29	0.01	0.00	0.00	821.27	39.45	7.52
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	50	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	75	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Barbecue Sauce - SR1008 (1 tbsp.)	15	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Ketchup - SR1004 (1 pump)	150	40.00	0.00	0.00	0.00	320.00	10.00	0.00
Light Mayonnaise - SR1005 (1 tbsp.)	50	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	50	0.00	0.00	0.00	0.00	165.00	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

## Menu Calendar Nutrient Analysis Report - December, 2018

Site: Junior High School  
Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Honor Roll Bar - Week 5 Day 2 GUTHRIE - ServingDate: 12/11/2018</b>								
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	25	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	30	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Diced Yellow Onion - SR1264 (2 tbsp.)	20	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	100	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	20	4.03	0.05	0.01	0.00	1.12	0.87	0.20
<b>SY 18-19 Honor Roll Bar - Week 5 Day 3 GUTHRIE - ServingDate: 12/12/2018</b>								
Barbecue Rib Sandwich - OKR1132 (1 sandwich)	0	332.89	12.00	3.50	0.10	861.89	42.01	18.00
Deluxe Cheeseburger - OKR1164 (1 burger)	50	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Chicken Burger - OKR1124 (1 burger)	25	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Traditional Hamburger - OKR1165 (1 burger)	25	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	75	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - SR1010 (1 roll.)	0	80.00	1.50	0.00	0.00	70.00	14.00	3.00
100% Apple Juice - SR1204 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	25	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	15	53.58	0.13	0.01	0.00	2.55	14.38	0.22
Banana - SR1166 (1 medium (7"))	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90

## Menu Calendar Nutrient Analysis Report - December, 2018

Site: Junior High School  
Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Honor Roll Bar - Week 5 Day 3 GUTHRIE - ServingDate: 12/12/2018</b>								
Baby Carrots - SR1016 (1/2 c.)	50	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Sweet Potato Crinkle Cut Fries - OKR1525 (1/2 c.)	150	120.86	4.53	0.50	0.00	181.29	17.12	2.01
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	75	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	75	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Barbecue Sauce - SR1008 (1 tbsp.)	10	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Ketchup - SR1004 (1 pump)	125	40.00	0.00	0.00	0.00	320.00	10.00	0.00
Light Mayonnaise - SR1005 (1 tbsp.)	50	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	50	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	30	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	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
Diced Yellow Onion - SR1264 (2 tbsp.)	25	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	75	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	25	4.03	0.05	0.01	0.00	1.12	0.87	0.20
<b>SY 18-19 Honor Roll Bar - Week 5 Day 4 GUTHRIE - ServingDate: 12/13/2018</b>								
Deluxe Cheeseburger - OKR1164 (1 burger)	50	350.00	13.50	5.50	0.00	705.00	34.00	20.50

## Menu Calendar Nutrient Analysis Report - December, 2018

Site: Junior High School  
Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Honor Roll Bar - Week 5 Day 4 GUTHRIE - ServingDate: 12/13/2018</b>								
Chicken Burger - OKR1124 (1 burger)	25	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Chicken Fried Steak Sandwich - OKR1234 (1 sandwich)	100	470.00	21.00	5.00	0.00	590.00	50.00	22.00
Traditional Hamburger - OKR1165 (1 burger)	50	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	75	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - SR1010 (1 roll.)	0	80.00	1.50	0.00	0.00	70.00	14.00	3.00
100% Apple Juice - SR1204 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	25	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Bartlett Pears - SR1194 (1/2 c.)	10	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Banana - SR1166 (1 medium (7"))	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Country Style Potato Wedges - OKR1399 (1/2 c.)	200	119.95	4.00	0.50	0.00	139.95	19.99	2.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	25	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	75	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	75	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Barbecue Sauce - SR1008 (1 tbsp.)	15	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Ketchup - SR1004 (1 pump)	150	40.00	0.00	0.00	0.00	320.00	10.00	0.00
Light Mayonnaise - SR1005 (1 tbsp.)	50	45.00	4.00	0.50	0.00	130.00	2.00	0.00

## Menu Calendar Nutrient Analysis Report - December, 2018

Site: Junior High School  
Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Honor Roll Bar - Week 5 Day 4 GUTHRIE - ServingDate: 12/13/2018</b>								
Yellow Mustard - SR1006 (1 tbsp.)	50	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	20	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	25	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	30	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Diced Yellow Onion - SR1264 (2 tbsp.)	20	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	100	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	25	4.03	0.05	0.01	0.00	1.12	0.87	0.20
<b>SY 18-19 Honor Roll Bar - Week 5 Day 5 GUTHRIE - ServingDate: 12/14/2018</b>								
Bacon Cheeseburger - OKR1347 (1 ea.)	75	380.00	16.17	6.50	0.00	831.67	34.00	22.17
Deluxe Cheeseburger - OKR1164 (1 burger)	75	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Chicken Burger - OKR1124 (1 burger)	50	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Traditional Hamburger - OKR1165 (1 burger)	25	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	75	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - SR1010 (1 roll.)	0	80.00	1.50	0.00	0.00	70.00	14.00	3.00
100% Apple Juice - SR1204 (4 fl oz cup)	150	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	25	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Mixed Fruit Cocktail - SR1037 (1/2 c.)	10	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29

## Menu Calendar Nutrient Analysis Report - December, 2018

Site: Junior High School  
Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Honor Roll Bar - Week 5 Day 5 GUTHRIE - ServingDate: 12/14/2018</b>								
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Baked French Fries - SR1444 (1/2 c.)	200	102.93	3.56	0.40	0.00	126.68	17.42	1.58
Celery Sticks - SR1014 (6 stick.)	50	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	25	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	75	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	75	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Barbecue Sauce - SR1008 (1 tbsp.)	15	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Ketchup - SR1004 (1 pump)	150	40.00	0.00	0.00	0.00	320.00	10.00	0.00
Light Mayonnaise - SR1005 (1 tbsp.)	50	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	50	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	30	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	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
Diced Yellow Onion - SR1264 (2 tbsp.)	25	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	100	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	25	4.03	0.05	0.01	0.00	1.12	0.87	0.20
<b>SY 18-19 Honor Roll Bar - Week 1 Day 1 - ServingDate: 12/17/2018</b>								
Deluxe Cheeseburger - OKR1164 (1 burger)	20	350.00	13.50	5.50	0.00	705.00	34.00	20.50

## Menu Calendar Nutrient Analysis Report - December, 2018

Site: Junior High School  
Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Honor Roll Bar - Week 1 Day 1 - ServingDate: 12/17/2018</b>								
Chicken Burger - OKR1124 (1 burger)	10	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Crispy Chicken Nuggets - SR1367 (5 nugget)	30	259.49	14.97	2.50	0.00	399.21	15.97	15.97
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	70.00	14.00	3.00
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Pineapple Tidbits - SR1495 (1/2 c.)	10	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Tater Tots - OKR1073 (1/2 c.)	100	90.55	3.52	0.00	0.00	171.03	14.09	1.01
Baby Carrots - SR1016 (1/2 c.)	50	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	75	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	20	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	20	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	20	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Dill Pickle Chips - SR1399 (2 tbsp.)	30	0.00	0.00	0.00	0.00	255.73	0.00	0.00



## Menu Calendar Nutrient Analysis Report - December, 2018

Site: Junior High School  
Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Honor Roll Bar - Week 1 Day 1 - ServingDate: 12/17/2018</b>								
Diced Yellow Onion - SR1264 (2 tbsp.)	15	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	20	4.03	0.05	0.01	0.00	1.12	0.87	0.20
<b>SY 18-19 Honor Roll Bar- Week 1 Day 3 - ServingDate: 12/19/2018</b>								
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	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Crispy Chicken Nuggets - SR1367 (5 nugget)	30	259.49	14.97	2.50	0.00	399.21	15.97	15.97
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	70.00	14.00	3.00
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	10	53.58	0.13	0.01	0.00	2.55	14.38	0.22
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Baby Carrots - SR1016 (1/2 c.)	25	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Sweet Potato Crinkle Cut Fries - OKR1525 (1/2 c.)	100	120.86	4.53	0.50	0.00	181.29	17.12	2.01
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	0.00	180.00	20.00	8.00

## Menu Calendar Nutrient Analysis Report - December, 2018

Site: Junior High School  
Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Honor Roll Bar- Week 1 Day 3 - ServingDate: 12/19/2018</b>								
White 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	50	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	25	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	25	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	40	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	50	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
<b>SY 18-19 Honor Roll Bar - Week 1 Day 4 - ServingDate: 12/20/2018</b>								
Deluxe Cheeseburger - OKR1164 (1 burger)	10	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Chicken Burger - OKR1124 (1 burger)	10	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Crispy Chicken Nuggets - SR1367 (5 nugget)	30	259.49	14.97	2.50	0.00	399.21	15.97	15.97
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)	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	70.00	14.00	3.00
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Crispy Whole Apple - SR1161 (1 extra smal)	15	47.79	0.16	0.03	0.00	0.92	12.69	0.24
Diced Bartlett Pears - SR1194 (1/2 c.)	10	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90

## Menu Calendar Nutrient Analysis Report - December, 2018

Site: Junior High School  
Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Honor Roll Bar - Week 1 Day 4 - ServingDate: 12/20/2018</b>								
Country Style Potato Wedges - OKR1399 (1/2 c.)	100	119.95	4.00	0.50	0.00	139.95	19.99	2.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	50	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Chocolate Skim Milk - OKR1062 (8 oz.)	30	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	30	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	30	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	50	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	50	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	50	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	50	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	40	0.00	0.00	0.00	0.00	174.42	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
Diced Yellow Onion - SR1264 (2 tbsp.)	30	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	30	4.03	0.05	0.01	0.00	1.12	0.87	0.20
<b>SY 18-19 Honor Roll Bar - Week 1 Day 5 - ServingDate: 12/21/2018</b>								
Bacon Cheeseburger - OKR1347 (1 ea.)	40	380.00	16.17	6.50	0.00	831.67	34.00	22.17
Deluxe Cheeseburger - OKR1164 (1 burger)	10	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Chicken Burger - OKR1124 (1 burger)	10	430.00	17.00	2.50	0.00	670.00	47.00	22.00

## Menu Calendar Nutrient Analysis Report - December, 2018

Site: Junior High School  
Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Honor Roll Bar - Week 1 Day 5 - ServingDate: 12/21/2018</b>								
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
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Mixed Fruit Cocktail - SR1037 (1/2 c.)	10	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Baked French Fries - SR1444 (1/2 c.)	100	102.93	3.56	0.40	0.00	126.68	17.42	1.58
Celery Sticks - SR1014 (6 stick.)	50	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	40	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	150	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	50	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	50	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	30	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	40	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Diced Yellow Onion - SR1264 (2 tbsp.)	30	8.58	0.02	0.01	0.00	0.86	2.00	0.24

# Menu Calendar Nutrient Analysis Report - December, 2018

Site: Junior High School  
 Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Honor Roll Bar - Week 1 Day 5 - ServingDate: 12/21/2018</b>								
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	100	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	30	4.03	0.05	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-Honor Roll Bar  
 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.