

Carbohydrate Report

District: Guthrie PS

School: Fogarty Elementary

Menu: Guthrie (K-8) Lunch 2016-2017



Mon - 04/03/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-8) Lunch 2016-2017				
Recipe	Total			
Creamy Macaroni & Cheese	1.00 Cup	392.457	48.971	
Oven Baked Cheesy Beef Penne with Breadstick	1.00 cup	396.457	45.550	
Large Italian Chicken Salad with Whole Grain Crackers	1.00 salad	495.575	42.618	
Salad Bar, Celery Sticks	6.00 sticks	10.368	1.925	
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922	
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691	
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038	
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656	
Peppered Broccoli Florets	1/2 cup	33.432	3.558	
Juicy Pineapple Tidbits	1/2 CUP	97.576	23.697	
Fresh Orange	1.00 ORANGE	61.570	15.393	
Fat Free Chocolate Milk	1.00 carton	110.000	19.000	
1% Low Fat White Milk	1.00 carton	110.000	13.000	
Fat Free Strawberry Milk	1.00 carton	140.000	25.000	
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000	
Weighted Daily Average		199.392	29.511	
% of Calories			59.20%	

Tue - 04/04/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-8) Lunch 2016-2017				
Recipe	Total			
Traditional Chili con Carne with Kidney Beans, Homestyle Cornbread & Crackers	1/2 cup	441.334	49.241	
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000	
Classic Ham & Cheese Sandwich w/Crackers	1.00 Sandwich	293.294	34.835	
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038	

Tue - 04/04/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Celery Sticks	6.00 sticks	10.368	1.925
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Seasoned Peas & Carrots	0.50 cup	58.275	8.690
Diced Peaches	1/2 Cup	53.827	13.604
Fresh Apple	1.00 Apple	77.480	20.577
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Mustard Dispenser	1.00 TBSP	0.000	0.000
Mayonnaise Dispenser	1.00 TBSP	24.257	1.941
Weighted Daily Average		198.944	30.040
% of Calories			60.40%

Wed - 04/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-8) Lunch 2016-2017			
Recipe	Total		
Crispy Fish Nuggets w/Whole Grain Dinner Roll	4.00 nuggets	295.000	32.000
Goey Grilled Cheese Sandwich w/Crackers	1.00 sandwich	392.996	35.050
Crispy Chicken Ranch Wrap	1.00 Wrap	465.747	44.614
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Salad Bar, Celery Sticks	6.00 sticks	10.368	1.925
Crispy Tater Tots	1/2 cup	133.955	16.487
Juicy Pineapple Tidbits	1/2 CUP	97.576	23.697

Wed - 04/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Fresh Orange	1.00 ORANGE	61.570	15.393
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Tartar Sauce	1.00 packet	35.000	2.000
Weighted Daily Average		142.289	22.922
% of Calories			64.44%

Thu - 04/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-8) Lunch 2016-2017			
Recipe	Total		
Cheesy Nachos	1.00 Nachos	465.374	50.466
Juicy Turkey Hot Dog	1.00 Hot Dog	310.000	34.000
Large Chef Salad with Seasoned Croutons & Whole Grain Crackers	1.00 salad	445.729	45.402
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Celery Sticks	6.00 sticks	10.368	1.925
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Seasoned Refried Beans	0.50 cup	182.425	24.274
Juicy Tropical Fruit Salad	1/2 Cup	111.892	26.108
Fresh Orange	1.00 ORANGE	61.570	15.393
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Mustard Dispenser	1.00 TBSP	0.000	0.000

Thu - 04/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Weighted Daily Average		140.647	22.797
% of Calories			64.83%

Fri - 04/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-8) Lunch 2016-2017			
Recipe	Total		
Whole Grain Mini Chicken Corn Dog	6.00 mini corn dogs	265.263	29.474
Whole Grain BBQ Glazed Beef Dipper Slider	2.00 sliders	345.000	40.000
Traditional Turkey & Cheese Sandwich w/Crackers	1.00 Sandwich	277.871	35.305
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038
Salad Bar, Celery Sticks	6.00 sticks	10.368	1.925
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Salad Bar, Carrots, Baby	6.00 Carrots	24.614	5.795
Spiced 5 Way Mixed Veggies	0.50 cup	74.668	8.386
Fresh Apple	1.00 Apple	77.480	20.577
Diced Pears in light syrup	1/2 Cup	60.601	14.393
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Mustard Dispenser	1.00 TBSP	0.000	0.000
Mayonnaise Dispenser	1.00 TBSP	24.257	1.941
Weighted Daily Average		159.940	24.771
% of Calories			61.95%

Mon - 04/10/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-8) Lunch 2016-2017			
Recipe	Total		

Mon - 04/10/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Homemade Pig in a Blanket Lunch	1.00 Pig	321.373	31.025
Pancakes and Sausage	1.00 Serving	273.333	27.333
Large Grilled Chicken Garden Salad with Seasoned Croutons & Whole Grain Crackers	1.00 salad	353.087	41.185
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Salad Bar, Celery Sticks	6.00 sticks	10.368	1.925
Hash Brown Sticks	8.00 sticks	272.000	32.000
Fresh Orange	1.00 ORANGE	61.570	15.393
Unsweetened Applesauce	1/2 Cup	52.284	13.594
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Syrup Cup	1.00 fl oz	71.471	18.225
Weighted Daily Average		155.964	25.464
% of Calories			65.31%

Tue - 04/11/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-8) Lunch 2016-2017			
Recipe	Total		
Homemade Sloppy Joe Sandwich	1.00 sandwich	312.788	29.741
Whole Wheat Chicken Fried Steak Sandwich	1.00 Patty	390.000	41.000
Tangy BBQ Chicken Wrap	1.00 Wrap	336.099	34.749
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656

Tue - 04/11/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Salad Bar, Celery Sticks	6.00 sticks	10.368	1.925
Vegetarian Baked Beans	1/2 cup	150.000	30.000
Diced Peaches	1/2 Cup	53.827	13.604
Fresh Apple	1.00 Apple	77.480	20.577
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000
Mayonnaise Dispenser	1.00 TBSP	24.257	1.941
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Weighted Daily Average		201.816	30.034
% of Calories			59.53%

Wed - 04/12/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-8) Lunch 2016-2017			
Recipe	Total		
Grilled Cheeseburger	1.00 burger	295.437	27.012
Seasoned Chicken & Noodles with Whole Wheat Roll	3/4 Cup	294.867	37.188
Traditional Turkey & Cheese Sandwich w/Crackers	1.00 Sandwich	277.871	35.305
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Celery Sticks	6.00 sticks	10.368	1.925
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Peppered Broccoli Florets	1/2 cup	33.432	3.558
Fresh Banana	1.00 Banana	105.970	27.195
Diced Pears in light syrup	1/2 Cup	60.601	14.393
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000

Wed - 04/12/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Mustard Dispenser	1.00 TBSP	0.000	0.000
Mayonnaise Dispenser	1.00 TBSP	24.257	1.941
Weighted Daily Average		181.098	27.872
% of Calories			61.56%

Thu - 04/13/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-8) Lunch 2016-2017			
Recipe	Total		
Golden Oven Baked Tater Tot Casserole with Whole Grain Biscuit	3/4 cup	635.304	50.031
Baked Chicken Nuggets w/ Whole Grain Roll	1.00 each	352.140	30.537
Large Chicken Caesar Salad with Whole Grain Crackers	1.00 salad	388.904	39.906
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Salad Bar, Celery Sticks	6.00 sticks	10.368	1.925
Cooked Crinkle Cut Carrots	1/2 Cup	49.978	7.864
Fresh Orange	1.00 ORANGE	61.570	15.393
Unsweetened Applesauce	1/2 Cup	52.284	13.594
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Weighted Daily Average		189.854	27.860
% of Calories			58.70%

Fri - 04/14/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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Guthrie (K-8) Lunch 2016-2017			
Recipe	Total		
Classic Pepperoni Pizza	1.00 slice	305.078	27.592
Beef Dippers Rice Bowl	1.00 bowl	372.545	50.026
Classic Ham & Cheese Sandwich w/Crackers	1.00 Sandwich	293.294	34.835
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Salad Bar, Celery Sticks	6.00 sticks	10.368	1.925
Spiced Green Beans	1/2 cup	56.359	4.752
Fresh Apple	1.00 Apple	77.480	20.577
Juicy Pineapple Tidbits	1/2 CUP	97.576	23.697
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000
Mayonnaise Dispenser	1.00 TBSP	24.257	1.941
Mustard Dispenser	1.00 TBSP	0.000	0.000
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Weighted Daily Average		67.455	8.508
% of Calories			50.45%

Mon - 04/17/2017			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-8) Lunch 2016-2017			
Recipe	Total		
Grilled Whole Grain Ham & Cheese Sandwich w/Crackers	1.00 sandwich	394.542	34.835
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Large Italian Chicken Salad with Whole Grain Crackers	1.00 salad	495.575	42.618
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691

Mon - 04/17/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Salad Bar, Celery Sticks	6.00 sticks	10.368	1.925
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Cooked Crinkle Cut Carrots	1/2 Cup	49.978	7.864
Juicy Pineapple Tidbits	1/2 CUP	97.576	23.697
Fresh Orange	1.00 ORANGE	61.570	15.393
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Weighted Daily Average		135.656	30.324
% of Calories			89.41%

Tue - 04/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-8) Lunch 2016-2017			
Recipe	Total		
Crispy Beef Tacos with Spanish Rice	2.00 Tacos	519.955	51.349
Juicy Turkey Hot Dog	1.00 Hot Dog	310.000	34.000
Flakey Ham & Cheese Croissant	1.00 Sandwich	323.294	33.835
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Salad Bar, Celery Sticks	6.00 sticks	10.368	1.925
Mexicorn	1/2 cup	78.267	16.039
Fresh Apple	1.00 Apple	77.480	20.577
Juicy Tropical Fruit Salad	1/2 Cup	111.892	26.108
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
1% Low Fat White Milk	1.00 carton	110.000	13.000

Tue - 04/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Mayonnaise Dispenser	1.00 TBSP	24.257	1.941
Mustard Dispenser	1.00 TBSP	0.000	0.000
Weighted Daily Average		164.561	26.119
% of Calories			63.49%

Wed - 04/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-8) Lunch 2016-2017			
Recipe	Total		
Grilled Hamburger	1.00 burger	260.000	26.000
Whole Grain Mini Chicken Corn Dog	6.00 mini corn dogs	265.263	29.474
Traditional Turkey & Cheese Sandwich w/Crackers	1.00 Sandwich	277.871	35.305
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Salad Bar, Celery Sticks	6.00 sticks	10.368	1.925
Vegetarian Baked Beans	1/2 cup	150.000	30.000
Canned Sliced Peaches	1/2 Cup	69.124	16.787
Fresh Banana	1.00 Banana	105.970	27.195
Diced Peaches	1/2 Cup	53.827	13.604
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Mustard Dispenser	1.00 TBSP	0.000	0.000
Mayonnaise Dispenser	1.00 TBSP	24.257	1.941

Wed - 04/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Weighted Daily Average		236.719	43.259
% of Calories			73.10%

Thu - 04/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-8) Lunch 2016-2017			
Recipe	Total		
Savory Salisbury Steak w/ Roll	1.00 Patty	225.000	17.000
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Crispy Chicken Ranch Wrap	1.00 Wrap	465.747	44.614
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Salad Bar, Celery Sticks	6.00 sticks	10.368	1.925
Seasoned Mashed Potatoes	0.50 cup	98.258	16.761
Diced Pears in light syrup	1/2 Cup	60.601	14.393
Fresh Orange	1.00 ORANGE	61.570	15.393
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Mayonnaise Dispenser	1.00 TBSP	24.257	1.941
Mustard Dispenser	1.00 TBSP	0.000	0.000
Savory Beef Gravy	1/4 Cup	20.045	3.007
Weighted Daily Average		175.843	27.873
% of Calories			63.40%

Fri - 04/21/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-8) Lunch 2016-2017			

Fri - 04/21/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Recipe	Total			
Whole Grain Fish Patty Sandwich	1.00 sandwich	290.000	41.000	
Homemade Bean & Cheese Burrito 9"	1.00 Burrito	372.586	42.149	
Classic Sun Butter & Jelly Sandwich with String Cheese w/Crackers	1.00 sandwich	360.009	48.175	
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038	
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922	
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691	
Salad Bar, Celery Sticks	6.00 sticks	10.368	1.925	
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656	
Buttered Green Peas	1/2 cup	71.225	10.281	
Juicy Mandarin Oranges	1/2 Cup	70.874	17.212	
Fresh Apple	1.00 Apple	77.480	20.577	
Fat Free Chocolate Milk	1.00 carton	110.000	19.000	
1% Low Fat White Milk	1.00 carton	110.000	13.000	
Fat Free Strawberry Milk	1.00 carton	140.000	25.000	
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000	
Ketchup Dispenser	1.00 TBSP	19.803	4.951	
Mayonnaise Dispenser	1.00 TBSP	24.257	1.941	
Mustard Dispenser	1.00 TBSP	0.000	0.000	
Tartar Sauce	1.00 packet	35.000	2.000	
Weighted Daily Average		187.387	28.923	
% of Calories				61.74%

Mon - 04/24/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-8) Lunch 2016-2017				
Recipe	Total			
Golden Brown Crispy Chicken Corn Dog	1.00 corn dog	239.158	29.895	
Cheesy Seasoned Chicken Quesadilla 9"	1.00 Quesadilla	383.318	31.508	
Large Chicken Caesar Salad with Whole Grain Crackers	1.00 salad	388.904	39.906	
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038	

Mon - 04/24/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Salad Bar, Celery Sticks	6.00 sticks	10.368	1.925
Spiced 5 Way Mixed Veggies	0.50 cup	74.668	8.386
Fresh Orange	1.00 ORANGE	61.570	15.393
Apple Slices	1/2 cup	70.000	16.800
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Mustard Dispenser	1.00 TBSP	0.000	0.000
Weighted Daily Average		171.582	26.418
% of Calories			61.59%

Tue - 04/25/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-8) Lunch 2016-2017			
Recipe	Total		
Grilled Cheeseburger	1.00 burger	295.437	27.012
Homemade Garlic Cream Chicken Penne	1.50 Cup	476.358	71.569
Classic Ham & Cheese Sandwich w/Crackers	1.00 Sandwich	293.294	34.835
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Celery Sticks	6.00 sticks	10.368	1.925
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Spiced Green Beans	1/2 cup	56.359	4.752
Fresh Apple	1.00 Apple	77.480	20.577
Diced Peaches	1/2 Cup	53.827	13.604

Tue - 04/25/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Mustard Dispenser	1.00 TBSP	0.000	0.000
Mayonnaise Dispenser	1.00 TBSP	24.257	1.941
Weighted Daily Average		164.167	25.739
% of Calories			62.71%

Wed - 04/26/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-8) Lunch 2016-2017			
Recipe	Total		
Golden Oven Baked Tater Tot Casserole with Whole Grain Biscuit	³ / ₄ cup	635.304	50.031
Grilled Chicken Patty Sandwich	1.00 sandwich	289.103	25.936
Large Chef Salad with Seasoned Croutons & Whole Grain Crackers	1.00 salad	445.729	45.402
Salad Bar, Broccoli Florets	¹ / ₂ cup	15.557	3.038
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Cucumber Slices	¹ / ₂ cup	10.974	2.656
Salad Bar, Celery Sticks	6.00 sticks	10.368	1.925
New England Style Baked Beans	¹ / ₂ cup	109.037	22.534
Juicy Pineapple Tidbits	¹ / ₂ CUP	97.576	23.697
Fresh Banana	1.00 Banana	105.970	27.195
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Mayonnaise Dispenser	1.00 TBSP	24.257	1.941

Wed - 04/26/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Mustard Dispenser		1.00 TBSP	0.000	0.000
Weighted Daily Average			296.553	52.420
% of Calories				70.71%

Thu - 04/27/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-8) Lunch 2016-2017				
Recipe	Total			
Whole Grain BBQ Rib Pork Sandwich	1.00 sandwich		250.000	32.000
Spaghetti with Savory Meatballs & Breadstick	1.00 serving		378.603	45.519
Traditional Turkey & Cheese Sandwich w/Crackers	1.00 Sandwich		277.871	35.305
Salad Bar, Broccoli Florets	1/2 cup		15.557	3.038
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup		16.197	2.922
Salad Bar, Carrots Sticks	6.00 Sticks		37.195	8.691
Salad Bar, Celery Sticks	6.00 sticks		10.368	1.925
Salad Bar, Cucumber Slices	1/2 cup		10.974	2.656
Peppered Broccoli Florets	1/2 cup		33.432	3.558
Juicy Tropical Fruit Salad	1/2 Cup		111.892	26.108
Fresh Orange	1.00 ORANGE		61.570	15.393
Fat Free Chocolate Milk	1.00 carton		110.000	19.000
1% Low Fat White Milk	1.00 carton		110.000	13.000
Fat Free Strawberry Milk	1.00 carton		140.000	25.000
Low Fat Ranch Dressing	2.00 TBSP		50.000	8.000
Ketchup Dispenser	1.00 TBSP		19.803	4.951
Mayonnaise Dispenser	1.00 TBSP		24.257	1.941
Mustard Dispenser	1.00 TBSP		0.000	0.000
Weighted Daily Average			149.744	23.501
% of Calories				62.78%

Fri - 04/28/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-8) Lunch 2016-2017				

Fri - 04/28/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Recipe	Total		
Classic Cheese Pizza	1.00 slice	294.673	27.419
Traditional Beef Stew with Homemade Cornbread	1.00 CUP	484.986	71.425
Large Grilled Chicken Garden Salad with Seasoned Croutons & Whole Grain Crackers	1.00 salad	353.087	41.185
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Salad Bar, Celery Sticks	6.00 sticks	10.368	1.925
Peppered Corn	1/2 cup	80.484	17.736
Fresh Apple	1.00 Apple	77.480	20.577
Juicy Mandarin Oranges	1/2 Cup	70.874	17.212
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000
Weighted Daily Average		200.319	29.534
% of Calories			58.97%

* = Indicates missing Nutrient Information.

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