

Carbohydrate Report

District: Guthrie PS

School: Fogarty Elementary

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



| Mon - 05/01/2017 | | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---|-------------|--------------|-----------------|-------------------|
| Guthrie (K-8) Lunch 2016-2017 | | | | |
| Recipe | Total | | | |
| Country Fried Steak with Whole Wheat Roll | 1.00 Patty | 345.000 | 30.000 | |
| Beef Ravioli in Meatsauce with Whole Wheat roll & Crackers | 1.00 cup | 456.588 | 61.491 | |
| Large BBQ Grilled Chicken Salad with Seasoned Croutons & Whole Grain Crackers | 1.00 salad | 466.229 | 45.199 | |
| 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 | |
| Fresh Orange | 1.00 ORANGE | 61.570 | 15.393 | |
| 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 | |
| Countrystyle Gravy | 1/4 Cup | 25.987 | 5.197 | |
| Weighted Daily Average | | 169.570 | 27.482 | |
| % of Calories | | | | 64.83% |

| Tue - 05/02/2017 | | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---------------------------------|---------------|--------------|-----------------|-------------------|
| Guthrie (K-8) Lunch 2016-2017 | | | | |
| Recipe | Total | | | |
| Classic Pepperoni Pizza | 1.00 slice | 305.078 | 27.592 | |
| Whole Grain Fish Patty Sandwich | 1.00 sandwich | 290.000 | 41.000 | |

| Tue - 05/02/2017 | | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|--|---------------|-----------------|-------------------|
| 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, Cucumber Slices | | 1/2 cup | 10.974 | 2.656 |
| Salad Bar, Celery Sticks | | 6.00 sticks | 10.368 | 1.925 |
| Peppered Broccoli Florets | | 1/2 cup | 33.432 | 3.558 |
| 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 |
| Mustard Dispenser | | 1.00 TBSP | 0.000 | 0.000 |
| Mayonnaise Dispenser | | 1.00 TBSP | 24.257 | 1.941 |
| Ketchup Dispenser | | 1.00 TBSP | 19.803 | 4.951 |
| Tartar Sauce | | 1.00 packet | 35.000 | 2.000 |
| Weighted Daily Average | | | 212.785 | 31.074 |
| % of Calories | | | | 58.41% |

| Wed - 05/03/2017 | | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|-------------|--------------|-----------------|-------------------|
| Guthrie (K-8) Lunch 2016-2017 | | | | |
| Recipe | Total | | | |
| Grilled Hamburger | 1.00 burger | 260.000 | 26.000 | |
| Creamy Macaroni & Cheese | 1.00 Cup | 392.457 | 48.971 | |
| Whole Wheat Chicken Salad Wrap | 1.00 Wrap | 316.225 | 34.107 | |
| 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, Celery Sticks | 6.00 sticks | 10.368 | 1.925 | |
| Salad Bar, Cucumber Slices | 1/2 cup | 10.974 | 2.656 | |

| Wed - 05/03/2017 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--------------------------|--------------|-----------------|-------------------|
| Salad Bar, Carrots, Baby | 6.00 Carrots | 24.614 | 5.795 |
| Spiced Green Beans | 1/2 cup | 56.359 | 4.752 |
| Apple Slices | 1/2 cup | 70.000 | 16.800 |
| 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 |
| Mustard Dispenser | 1.00 TBSP | 0.000 | 0.000 |
| Mayonnaise Dispenser | 1.00 TBSP | 24.257 | 1.941 |
| Weighted Daily Average | | 173.038 | 26.660 |
| % of Calories | | | 61.63% |

| Thu - 05/04/2017 | 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 Chicken Tenders with Roll | 3.00 tenders | 345.000 | 30.000 |
| 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 |
| 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 |

| Thu - 05/04/2017 | 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 | | 163.353 | 25.810 |
| % of Calories | | | 63.20% |

| Fri - 05/05/2017 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---|--------------|-----------------|-------------------|
| Guthrie (K-8) Lunch 2016-2017 | | | |
| Recipe | Total | | |
| Whole Grain Cheesy Chicken Fajita Tacos | 2.00 Tacos | 369.235 | 34.724 |
| Seasoned Beef Nachos | 1.00 Nacho | 466.331 | 47.456 |
| Large Savory Chicken Taco Salad with Tortilla Chips | 1.00 Salad | 529.705 | 54.460 |
| 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 Refried Beans | 0.50 cup | 182.425 | 24.274 |
| Fresh Orange | 1.00 ORANGE | 61.570 | 15.393 |
| Juicy Pineapple Tidbits | 1/2 CUP | 97.576 | 23.697 |
| 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 | | 152.011 | 23.874 |
| % of Calories | | | 62.82% |

| Mon - 05/08/2017 | 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 |
| 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, Broccoli Florets | 1/2 cup | 15.557 | 3.038 |
| Salad Bar, Carrots, Baby | 6.00 Carrots | 24.614 | 5.795 |
| Salad Bar, Cucumber Slices | 1/2 cup | 10.974 | 2.656 |
| Salad Bar, Fresh Lettuce & Spinach Mix | 1.00 Cup | 16.197 | 2.922 |
| Salad Bar, Celery Sticks | 6.00 sticks | 10.368 | 1.925 |
| Peppered Broccoli Florets | 1/2 cup | 33.432 | 3.558 |
| Diced Pears in light syrup | 1/2 Cup | 60.601 | 14.393 |
| 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 |
| Mustard Dispenser | 1.00 TBSP | 0.000 | 0.000 |
| Weighted Daily Average | | 84.744 | 12.361 |
| % of Calories | | | 58.35% |



| Tue - 05/09/2017 | | | |
|---|---------------|-----------------|-------------------|
| | 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 |
| Salad Bar, Carrots, Baby | 6.00 Carrots | 24.614 | 5.795 |
| Salad Bar, Fresh Lettuce & Spinach Mix | 1.00 Cup | 16.197 | 2.922 |

| Tue - 05/09/2017 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|----------------------------|--------------|-----------------|-------------------|
| Salad Bar, Cucumber Slices | 1/2 cup | 10.974 | 2.656 |
| Salad Bar, Celery Sticks | 6.00 sticks | 10.368 | 1.925 |
| Seasoned Peas & Carrots | 0.50 cup | 58.275 | 8.690 |
| Fresh Apple | 1.00 Apple | 77.480 | 20.577 |
| Juicy Mandarin Oranges | 1/2 Cup | 70.874 | 17.212 |
| 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 |
| 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 |
| Low Fat Ranch Dressing | 2.00 TBSP | 50.000 | 8.000 |
| Weighted Daily Average | | 66.311 | 9.215 |
| % of Calories | | | 55.58% |

| Wed - 05/10/2017 | 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 |
| Goopy 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, Cucumber Slices | 1/2 cup | 10.974 | 2.656 |
| Fresh Celery Sticks | 6.00 sticks | 10.368 | 1.925 |
| Salad Bar, Carrots, Baby | 6.00 Carrots | 24.614 | 5.795 |
| Crispy Tater Tots | 1/2 cup | 133.955 | 16.487 |
| Fresh Banana | 1.00 Banana | 105.970 | 27.195 |
| Unsweetened Applesauce | 1/2 Cup | 52.284 | 13.594 |
| 1% Low Fat White Milk | 1.00 carton | 110.000 | 13.000 |

| Wed - 05/10/2017 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--------------------------|--------------|-----------------|-------------------|
| 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 |
| Tartar Sauce | 1.00 packet | 35.000 | 2.000 |
| Weighted Daily Average | | 43.001 | 7.403 |
| % of Calories | | | 68.86% |

| Thu - 05/11/2017 | 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, Cucumber Slices | 1/2 cup | 10.974 | 2.656 |
| Salad Bar, Celery Sticks | 6.00 sticks | 10.368 | 1.925 |
| Seasoned Refried Beans | 0.50 cup | 182.425 | 24.274 |
| Fresh Orange | 1.00 ORANGE | 61.570 | 15.393 |
| 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 |
| 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 | | 140.647 | 22.797 |
| % of Calories | | | 64.83% |

| Fri - 05/12/2017 | | 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 | |
| Homemade Bean & Cheese Burrito 9" | 1.00 Burrito | 372.586 | 42.149 | |
| 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 | |
| Cooked Crinkle Cut Carrots | 1/2 Cup | 49.978 | 7.864 | |
| Fresh Apple | 1.00 Apple | 77.480 | 20.577 | |
| Juicy Pineapple Tidbits | 1/2 CUP | 97.576 | 23.697 | |
| 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 | |
| Mustard Dispenser | 1.00 TBSP | 0.000 | 0.000 | |
| Mayonnaise Dispenser | 1.00 TBSP | 24.257 | 1.941 | |
| Ketchup Dispenser | 1.00 TBSP | 19.803 | 4.951 | |
| Weighted Daily Average | | 167.871 | 26.054 | |
| % of Calories | | | 62.08% | |

| Mon - 05/15/2017 | | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|--------------|--------------|-----------------|-------------------|
| Guthrie (K-8) Lunch 2016-2017 | | | | |
| Recipe | Total | | | |
| 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 | |

| Mon - 05/15/2017 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|--------------|-----------------|-------------------|
| 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 |
| 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 |
| Syrup Cup | 1.00 fl oz | 71.471 | 18.225 |
| Ketchup Dispenser | 1.00 TBSP | 19.803 | 4.951 |
| Weighted Daily Average | | 156.304 | 25.523 |
| % of Calories | | | 65.32% |

| Tue - 05/16/2017 | 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 |
| Salad Bar, Celery Sticks | 6.00 sticks | 10.368 | 1.925 |
| New England Style Baked Beans | 1/2 cup | 109.037 | 22.534 |
| Sliced Pears | 1/2 Cup | 56.024 | 14.602 |

| Tue - 05/16/2017 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--------------------------|--------------|-----------------|-------------------|
| 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 |
| Mustard Dispenser | 1.00 TBSP | 0.000 | 0.000 |
| Mayonnaise Dispenser | 1.00 TBSP | 24.257 | 1.941 |
| Weighted Daily Average | | 256.178 | 43.906 |
| % of Calories | | | 68.56% |

| Wed - 05/17/2017 | 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, Cucumber Slices | ¹ / ₂ cup | 10.974 | 2.656 |
| Salad Bar, Celery Sticks | 6.00 sticks | 10.368 | 1.925 |
| Peppered Broccoli Florets | ¹ / ₂ cup | 33.432 | 3.558 |
| Canned Sliced Peaches | ¹ / ₂ Cup | 69.124 | 16.787 |
| 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 |

| Wed - 05/17/2017 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|------------------------|--------------|-----------------|-------------------|
| Mustard Dispenser | 1.00 TBSP | 0.000 | 0.000 |
| Mayonnaise Dispenser | 1.00 TBSP | 24.257 | 1.941 |
| Weighted Daily Average | | 248.911 | 44.348 |
| % of Calories | | | 71.27% |

| Thu - 05/18/2017 | 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 |
| 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 |
| Weighted Daily Average | | 192.546 | 28.481 |
| % of Calories | | | 59.17% |

| Fri - 05/19/2017 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-------------------------------|--------------|-----------------|-------------------|
| Guthrie (K-8) Lunch 2016-2017 | | | |
| Recipe | Total | | |

| Fri - 05/19/2017 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|---------------|-----------------|-------------------|
| Classic Pepperoni Pizza | 1.00 slice | 305.078 | 27.592 |
| Beef Teriyaki Dippers with Seasoned Brown Rice | 4.00 Dippers | 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, 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 Green Beans | 1/2 cup | 56.359 | 4.752 |
| 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 |
| Mustard Dispenser | 1.00 TBSP | 0.000 | 0.000 |
| Mayonnaise Dispenser | 1.00 TBSP | 24.257 | 1.941 |
| Weighted Daily Average | | 192.350 | 27.719 |
| % of Calories | | | 57.64% |

| Mon - 05/22/2017 | 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, Celery Sticks | 6.00 sticks | 10.368 | 1.925 |
| Salad Bar, Cucumber Slices | 1/2 cup | 10.974 | 2.656 |
| Salad Bar, Broccoli Florets | 1/2 cup | 15.557 | 3.038 |

| Mon - 05/22/2017 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|--------------|-----------------|-------------------|
| Salad Bar, Carrots, Baby | 6.00 Carrots | 24.614 | 5.795 |
| Salad Bar, Fresh Lettuce & Spinach Mix | 1.00 Cup | 16.197 | 2.922 |
| 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 Strawberry Milk | 1.00 carton | 140.000 | 25.000 |
| 1% Low Fat White Milk | 1.00 carton | 110.000 | 13.000 |
| Fat Free Chocolate Milk | 1.00 carton | 110.000 | 19.000 |
| 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 |
| Mustard Dispenser | 1.00 TBSP | 0.000 | 0.000 |
| Weighted Daily Average | | 34.519 | 5.532 |
| % of Calories | | | 64.11% |

| Tue - 05/23/2017 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|---------------|-----------------|-------------------|
| Guthrie (K-8) Lunch 2016-2017 | | | |
| Recipe | Total | | |
| Grilled Hamburger | 1.00 burger | 260.000 | 26.000 |
| 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, Celery Sticks | 6.00 sticks | 10.368 | 1.925 |
| Salad Bar, Cucumber Slices | 1/2 cup | 10.974 | 2.656 |
| 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, Baby | 6.00 Carrots | 24.614 | 5.795 |
| New England Style Baked Beans | 1/2 cup | 109.037 | 22.534 |
| Fresh Apple | 1.00 Apple | 77.480 | 20.577 |
| Diced Peaches | 1/2 Cup | 53.827 | 13.604 |
| Fat Free Strawberry Milk | 1.00 carton | 140.000 | 25.000 |

| Tue - 05/23/2017 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-------------------------|--------------|-----------------|-------------------|
| 1% Low Fat White Milk | 1.00 carton | 110.000 | 13.000 |
| Fat Free Chocolate Milk | 1.00 carton | 110.000 | 19.000 |
| Mustard Dispenser | 1.00 TBSP | 0.000 | 0.000 |
| Ketchup Dispenser | 1.00 TBSP | 19.803 | 4.951 |
| Low Fat Ranch Dressing | 2.00 TBSP | 50.000 | 8.000 |
| Mayonnaise Dispenser | 1.00 TBSP | 24.257 | 1.941 |
| Weighted Daily Average | | 35.644 | 5.853 |
| % of Calories | | | 65.68% |

* = Indicates missing Nutrient Information.

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