

# Carbohydrate Report

District: Guthrie PS

School: Guthrie High School

Menu: Guthrie HS (9-12) Lunch 2016-2017



Mon - 04/03/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie HS (9-12) Lunch 2016-2017			
Recipe	Total		
Savory Bacon Cheeseburger	1.00 burger	322.104	27.012
Juicy Turkey Hot Dog	1.00 Hot Dog	310.000	34.000
Smokin' BBQ Chicken Pizza	1.00 slice	399.178	36.891
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
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, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Tomatoes	0.50 Cup	16.584	3.584
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Fresh Sliced Onion	1/2 cup	23.000	5.371
Black Olives	2.00 Tbsp	31.334	1.044

Mon - 04/03/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Sliced Jalapenos	1.00 oz	9.129	0.913
Fresh Green Peppers	1/4 cup	6.480	1.503
Fresh Shredded Lettuce	1/4 cup	2.977	0.631
Crispy Tater Tots	1/2 cup	133.955	16.487
Peppered Broccoli Florets	1/2 cup	33.432	3.558
Fresh Orange	1.00 ORANGE	61.570	15.393
Unsweetened Applesauce	1/2 Cup	52.284	13.594
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
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
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Weighted Daily Average		477.258	55.543
% of Calories			46.55%

Tue - 04/04/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie HS (9-12) Lunch 2016-2017			
Recipe	Total		
Big Texan Stacker	1.00 sandwich	505.741	52.597
Chicken Po Boy Stacker	1.00 sandwich	500.148	43.501
Whole Grain Cheese Pizza	1.00 slice	368.342	34.274
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835

Tue - 04/04/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
Crispy Buffalo Chicken Salad with Whole Grain Crackers	1.00 salad	533.662	46.869
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, Tomatoes	0.50 Cup	16.584	3.584
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Fresh Sliced Onion	1/2 cup	23.000	5.371
Black Olives	2.00 Tbsp	31.334	1.044
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Sliced Jalapenos	1.00 oz	9.129	0.913
Fresh Green Peppers	1/4 cup	6.480	1.503
Fresh Shredded Lettuce	1/4 cup	2.977	0.631
Oven Baked Potato Wedges	1/2 CUP	114.176	17.645
Whole Yellow Corn	1/2 cup	107.468	20.658
Juicy Mandarin Oranges	1/2 Cup	70.874	17.212
Fresh Apple	1.00 Apple	77.480	20.577
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
Mayonnaise Dispenser	1.00 TBSP	24.257	1.941

<b>Tue - 04/04/2017</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Mustard Dispenser	1.00 TBSP	0.000	0.000
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Weighted Daily Average		460.866	54.550
% of Calories			47.35%

<b>Wed - 04/05/2017</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Guthrie HS (9-12) Lunch 2016-2017			
Recipe	Total		
Fajita Chicken Baked Potato	1.00 Potato	489.948	68.335
Juicy Pulled Pork & Country Baked Potato with Whole Grain Biscuit	1.00 Potato	694.534	67.353
Whole Wheat Fajita Chicken Sandwich	1.00 Sandwich	249.058	27.745
Juicy Pulled Pork Whole Wheat Sandwich	1.00 Sandwich	453.644	26.763
Smokin' BBQ Chicken Pizza	1.00 slice	399.178	36.891
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
Large Italian Chicken Salad with Whole Grain Crackers	1.00 salad	416.018	40.530
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691

Wed - 04/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Tomatoes	0.50 Cup	16.584	3.584
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Fresh Sliced Onion	1/2 cup	23.000	5.371
Black Olives	2.00 Tbsp	31.334	1.044
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Sliced Jalapenos	1.00 oz	9.129	0.913
Fresh Green Peppers	1/4 cup	6.480	1.503
Fresh Shredded Lettuce	1/4 cup	2.977	0.631
Crispy Tater Tots	1/2 cup	133.955	16.487
Pickle Slices	1.00 oz	5.000	1.000
Creamy Cole Slaw	1/2 cup	60.432	7.626
Homemade Potato Salad	0.67 cup	136.406	24.399
Spiced Green Beans	1/2 cup	56.359	4.752
Diced Pears in light syrup	1/2 Cup	60.601	14.393
Fresh Banana	1.00 Banana	105.970	27.195
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
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
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Shredded Cheddar Cheese	1.00 oz	111.373	1.012
Texas Homemade BBQ Sauce	3.00 Tbsp	40.919	11.166
BBQ Sauce	1.00 Tbsp	12.500	3.000

Wed - 04/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Sweet BBQ Sauce	3.00 Tbsp	86.417	24.059
Margarine Prints	1.00 1 Tbsp	100.000	0.000
Sour Cream	2.00 tablespoons	40.000	2.000
Weighted Daily Average		610.713	73.151
% of Calories			47.91%

Thu - 04/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie HS (9-12) Lunch 2016-2017			
Recipe	Total		
Cheddar Beef Stacker	1.00 Burger	396.989	32.148
Southwest Chicken Stacker	1.00 sandwich	581.130	51.906
Crumbled Sausage Pizza with Homemade Sauce	1.00 slice	408.967	35.524
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
Grilled Herb Chicken Salad with Whole Grain Crackers	1.00 salad	414.888	41.027
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, Tomatoes	0.50 Cup	16.584	3.584
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656

Thu - 04/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Fresh Sliced Onion	1/2 cup	23.000	5.371
Black Olives	2.00 Tbsp	31.334	1.044
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Sliced Jalapenos	1.00 oz	9.129	0.913
Fresh Green Peppers	1/4 cup	6.480	1.503
Fresh Shredded Lettuce	1/4 cup	2.977	0.631
Oven Baked Potato Wedges	1/2 CUP	114.176	17.645
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
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
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
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Weighted Daily Average		479.925	55.607
% of Calories			46.35%

Fri - 04/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie HS (9-12) Lunch 2016-2017			
Recipe	Total		
Chicken Nachos	1.00 Nacho	425.297	46.446
Traditional Beef Stew with Homemade Cornbread	1.00 CUP	484.986	71.425
Whole Grain Cheese Pizza	1.00 slice	368.342	34.274
Classic Pepperoni Pizza	1.00 slice	381.330	34.490

Fri - 04/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
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, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Tomatoes	0.50 Cup	16.584	3.584
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Fresh Sliced Onion	1/2 cup	23.000	5.371
Black Olives	2.00 Tbsp	31.334	1.044
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Sliced Jalapenos	1.00 oz	9.129	0.913
Fresh Green Peppers	1/4 cup	6.480	1.503
Fresh Shredded Lettuce	1/4 cup	2.977	0.631
Crispy Tater Tots	1/2 cup	133.955	16.487
Spiced 5 Way Mixed Veggies	0.50 cup	74.668	8.386
Juicy Tropical Fruit Salad	1/2 Cup	111.892	26.108
Fresh Orange	1.00 ORANGE	61.570	15.393



Fri - 04/07/2017	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
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
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
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Weighted Daily Average		538.243	65.327
% of Calories			48.55%

Mon - 04/10/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie HS (9-12) Lunch 2016-2017			
Recipe	Total		
Creamy Chicken Alfredo with Breadstick	1.00 cup	412.383	44.248
Beef Ravioli in Meatsauce with Whole Wheat roll & Crackers	1.00 cup	456.588	61.491
Smokin' BBQ Chicken Pizza	1.00 slice	399.178	36.891
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
Large Chef Salad with Seasoned Croutons & Whole Grain Crackers	1.00 salad	445.729	45.402

Mon - 04/10/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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, Tomatoes	0.50 Cup	16.584	3.584
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Fresh Sliced Onion	1/2 cup	23.000	5.371
Black Olives	2.00 Tbsp	31.334	1.044
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Sliced Jalapenos	1.00 oz	9.129	0.913
Fresh Green Peppers	1/4 cup	6.480	1.503
Fresh Shredded Lettuce	1/4 cup	2.977	0.631
Crispy Tater Tots	1/2 cup	133.955	16.487
Buttered Green Peas	1/2 cup	71.225	10.281
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
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
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Weighted Daily Average		517.707	60.757
% of Calories			46.94%

Tue - 04/11/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie HS (9-12) Lunch 2016-2017			

Tue - 04/11/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Recipe	Total		
Creamy Macaroni & Cheese	1.00 Cup	392.457	48.971
Savory Meatball Sub	1.00 sandwich	384.903	38.303
Creamy Chicken Alfredo Pizza	1.00 slice	411.207	33.469
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
Crispy Buffalo Chicken Salad with Whole Grain Crackers	1.00 salad	533.662	46.869
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, Tomatoes	0.50 Cup	16.584	3.584
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Fresh Sliced Onion	1/2 cup	23.000	5.371
Black Olives	2.00 Tbsp	31.334	1.044
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Sliced Jalapenos	1.00 oz	9.129	0.913
Fresh Green Peppers	1/4 cup	6.480	1.503

<b>Tue - 04/11/2017</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Fresh Shredded Lettuce	1/4 cup	2.977	0.631
Oven Baked Potato Wedges	1/2 CUP	114.176	17.645
Green Beans	1/2 cup	16.778	2.462
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
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
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Weighted Daily Average		507.961	57.962
% of Calories			45.64%

<b>Wed - 04/12/2017</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Guthrie HS (9-12) Lunch 2016-2017			
Recipe	Total		
Beef Fingers Potato Bowl	1.00 bowl	568.258	61.761
Chicken Nugget Potato Bowl	1.00 bowl	575.398	62.298
Crumbled Sausage Pizza with Homemade Sauce	1.00 slice	408.967	35.524
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000
Classic Turkey Sub	1.00 Sub	260.000	32.000

Wed - 04/12/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
Large Italian Chicken Salad with Whole Grain Crackers	1.00 salad	416.018	40.530
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, Tomatoes	0.50 Cup	16.584	3.584
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Fresh Sliced Onion	1/2 cup	23.000	5.371
Black Olives	2.00 Tbsp	31.334	1.044
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Sliced Jalapenos	1.00 oz	9.129	0.913
Fresh Green Peppers	1/4 cup	6.480	1.503
Fresh Shredded Lettuce	1/4 cup	2.977	0.631
Crispy Tater Tots	1/2 cup	133.955	16.487
Seasoned Mashed Potatoes	0.50 cup	98.258	16.761
Fresh Apple	1.00 Apple	77.480	20.577
Juicy Tropical Fruit Salad	1/2 Cup	111.892	26.108
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
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
Ketchup Dispenser	1.00 TBSP	19.803	4.951

Wed - 04/12/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Countrystyle Gravy	1/4 Cup	25.987	5.197
Savory Chicken Gravy	1/4 Cup	21.362	4.272
Weighted Daily Average		524.370	63.192
% of Calories			48.20%

Thu - 04/13/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie HS (9-12) Lunch 2016-2017			
Recipe	Total		
Golden Brown Crispy Chicken Corn Dog	1.00 corn dog	239.158	29.895
Cheesy Whole Grain Chicken Quesadilla	1.00 Quesadilla	360.782	31.672
Baked Beef Taco Pizza	1.00 slice	390.110	34.983
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
Grilled Herb Chicken Salad with Whole Grain Crackers	1.00 salad	414.888	41.027
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, Tomatoes	0.50 Cup	16.584	3.584
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656

Thu - 04/13/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Fresh Sliced Onion	1/2 cup	23.000	5.371
Black Olives	2.00 Tbsp	31.334	1.044
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Sliced Jalapenos	1.00 oz	9.129	0.913
Fresh Green Peppers	1/4 cup	6.480	1.503
Fresh Shredded Lettuce	1/4 cup	2.977	0.631
Seasoned Peas & Carrots	0.50 cup	58.275	8.690
Oven Baked Potato Wedges	1/2 CUP	114.176	17.645
Apple Slices	1/2 cup	70.000	16.800
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
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
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Weighted Daily Average		557.271	64.017
% of Calories			45.95%

Fri - 04/14/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie HS (9-12) Lunch 2016-2017			
Recipe	Total		
Philly Beef Cheesesteak w/ White Cheese Sauce	1.00 hoagie	381.254	35.981
Philly Beef Cheesesteak w/ Cheddar Cheese Sauce	1.00 hoagie	412.509	35.728
Philly Chicken Cheesesteak w/ Cheddar Cheese Sauce	1.00 hoagie	323.700	32.036
Philly Chicken Cheesesteak w/ White Cheese Sauce	1.00 hoagie	309.180	32.613

Fri - 04/14/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Whole Grain Cheese Pizza	1.00 slice	368.342	34.274
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
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, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Tomatoes	0.50 Cup	16.584	3.584
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Fresh Sliced Onion	1/2 cup	23.000	5.371
Black Olives	2.00 Tbsp	31.334	1.044
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Sliced Jalapenos	1.00 oz	9.129	0.913
Fresh Green Peppers	1/4 cup	6.480	1.503
Fresh Shredded Lettuce	1/4 cup	2.977	0.631
Crispy Tater Tots	1/2 cup	133.955	16.487
Spiced 5 Way Mixed Veggies	0.50 cup	74.668	8.386



Fri - 04/14/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Salad Bar, Garbanzo Beans	1/2 cup	119.330	19.888
Philly Sauteed Bell Peppers	1.00 oz	22.123	1.315
Philly Sauteed Mushrooms	1.00 oz	37.786	2.348
Philly Sauteed Onions	1.00 oz	47.992	5.296
Canned Sliced Peaches	1/2 Cup	69.124	16.787
Fresh Apple	1.00 Apple	77.480	20.577
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
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
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Weighted Daily Average		489.680	57.365
% of Calories			46.86%

Mon - 04/17/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie HS (9-12) Lunch 2016-2017			
Recipe	Total		
Cheesy Layered Beef Lasagna with Breadstick	1.00 serving	441.650	50.875
Broccoli & Homemade Cheese Baked Potato & Whole Grain Biscuit	1.00 Potato	666.840	75.447
Smokin' BBQ Chicken Pizza	1.00 slice	399.178	36.891
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000

Mon - 04/17/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
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, Carrots Sticks	6.00 Sticks	37.195	8.691
Fresh Sliced Tomato	1.00 Cup	38.272	8.271
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
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Fresh Sliced Onion	1/2 cup	23.000	5.371
Black Olives	2.00 Tbsp	31.334	1.044
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Sliced Jalapenos	1.00 oz	9.129	0.913
Fresh Green Peppers	1/4 cup	6.480	1.503
Fresh Shredded Lettuce	1/4 cup	2.977	0.631
Crispy Tater Tots	1/2 cup	133.955	16.487
Salad Bar, Tomatoes	0.50 Cup	16.584	3.584
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
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
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

Mon - 04/17/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Weighted Daily Average		457.636	51.434
% of Calories			44.96%

Tue - 04/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie HS (9-12) Lunch 2016-2017			
Recipe	Total		
Whole Grain Cheesy Fajita Chicken Tacos	2.00 Tacos	327.839	33.826
Cheesy Seasoned Beef Whole Wheat Tacos	2.00 Tacos	419.481	36.478
Crispy Beef Tacos with Spanish Rice	2.00 Tacos	519.955	51.349
Homemade Chicken Hard Shell Taco with Spanish Rice	2.00 Tacos	440.051	48.369
Smokin' BBQ Chicken Pizza	1.00 slice	399.178	36.891
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
Crispy Buffalo Chicken Salad with Whole Grain Crackers	1.00 salad	533.662	46.869
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, Tomatoes	0.50 Cup	16.584	3.584

Tue - 04/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Fresh Sliced Onion	1/2 cup	23.000	5.371
Black Olives	2.00 Tbsp	31.334	1.044
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Sliced Jalapenos	1.00 oz	9.129	0.913
Fresh Green Peppers	1/4 cup	6.480	1.503
Fresh Shredded Lettuce	1/4 cup	2.977	0.631
Crispy Crinkle Cut Fries	3.00 oz	90.618	18.124
Mexicorn	1/2 cup	78.267	16.039
Homemade Salsa	1/4 cup	13.645	3.225
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
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
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Sour Cream	2.00 tablespoons	40.000	2.000
Weighted Daily Average		522.252	61.581
% of Calories			47.17%

Wed - 04/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie HS (9-12) Lunch 2016-2017			
Recipe	Total		
Fajita Chicken & Country Baked Potato with Whole Grain Biscuit	1.00 Potato	489.879	68.334

Wed - 04/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Juicy Pulled Pork & Country Baked Potato with Whole Grain Biscuit	1.00 Potato	694.534	67.353
Whole Wheat Fajita Chicken Sandwich	1.00 Sandwich	248.989	27.744
Juicy Pulled Pork Whole Wheat Sandwich	1.00 Sandwich	453.644	26.763
Crumbled Sausage Pizza with Homemade Sauce	1.00 slice	408.967	35.524
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
Large Italian Chicken Salad with Whole Grain Crackers	1.00 salad	416.018	40.530
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, Tomatoes	0.50 Cup	16.584	3.584
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Fresh Sliced Onion	1/2 cup	23.000	5.371
Black Olives	2.00 Tbsp	31.334	1.044
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Sliced Jalapenos	1.00 oz	9.129	0.913
Fresh Green Peppers	1/4 cup	6.480	1.503

Wed - 04/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Fresh Shredded Lettuce	1/4 cup	2.977	0.631
Crispy Tater Tots	1/2 cup	133.955	16.487
Creamy Cole Slaw	1/2 cup	60.432	7.626
Creamy Chunky Potato Salad	0.67 cup	134.625	28.984
New England Style Baked Beans	1/2 cup	109.037	22.534
Juicy Tropical Fruit Salad	1/2 Cup	111.892	26.108
Fresh Apple	1.00 Apple	77.480	20.577
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
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
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Sweet BBQ Sauce	3.00 Tbsp	86.417	24.059
Texas Homemade BBQ Sauce	3.00 Tbsp	40.919	11.166
Margarine Prints	1.00 1 Tbsp	100.000	0.000
Sour Cream	2.00 tablespoons	40.000	2.000
Shredded Cheddar Cheese	1.00 oz	111.373	1.012
Weighted Daily Average		601.858	71.225
% of Calories			47.34%

Thu - 04/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie HS (9-12) Lunch 2016-2017			
Recipe	Total		
Whole Grain Cheesy Fajita Chicken Tacos	2.00 Tacos	327.839	33.826
Cheesy Seasoned Beef Whole Wheat Tacos	2.00 Tacos	419.481	36.478
Homemade Chicken Hard Shell Taco with Spanish Rice	2.00 Tacos	440.051	48.369
Crispy Beef Tacos with Spanish Rice	2.00 Tacos	519.955	51.349

Thu - 04/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Loaded Meatlovers Pizza	1.00 slice	401.349	34.657
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
Grilled Herb Chicken Salad with Whole Grain Crackers	1.00 salad	414.888	41.027
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, Tomatoes	0.50 Cup	16.584	3.584
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Fresh Sliced Onion	1/2 cup	23.000	5.371
Black Olives	2.00 Tbsp	31.334	1.044
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Sliced Jalapenos	1.00 oz	9.129	0.913
Fresh Green Peppers	1/4 cup	6.480	1.503
Fresh Shredded Lettuce	1/4 cup	2.977	0.631
Crispy Crinkle Cut Fries	3.00 oz	90.618	18.124
Homemade Salsa	1/4 cup	13.645	3.225

Thu - 04/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Seasoned Refried Beans	0.50 cup	182.425	24.274
Apple Slices	1/2 cup	70.000	16.800
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
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
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Sour Cream	2.00 tablespoons	40.000	2.000
Weighted Daily Average		532.352	61.562
% of Calories			46.26%

Fri - 04/21/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie HS (9-12) Lunch 2016-2017			
Recipe	Total		
Philly Beef Cheesesteak w/ Cheddar Cheese Sauce	1.00 hoagie	412.509	35.728
Philly Beef Cheesesteak w/ White Cheese Sauce	1.00 hoagie	381.254	35.981
Philly Chicken Cheesesteak w/ Cheddar Cheese Sauce	1.00 hoagie	323.700	32.036
Philly Chicken Cheesesteak w/ White Cheese Sauce	1.00 hoagie	309.180	32.613
Whole Grain Cheese Pizza	1.00 slice	368.342	34.274
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000



Fri - 04/21/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
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, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Tomatoes	0.50 Cup	16.584	3.584
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Fresh Sliced Onion	1/2 cup	23.000	5.371
Black Olives	2.00 Tbsp	31.334	1.044
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Sliced Jalapenos	1.00 oz	9.129	0.913
Fresh Green Peppers	1/4 cup	6.480	1.503
Fresh Shredded Lettuce	1/4 cup	2.977	0.631
Crispy Tater Tots	1/2 cup	133.955	16.487
Buttered Green Peas	1/2 cup	71.225	10.281
Philly Sauteed Bell Peppers	1.00 oz	22.123	1.315
Philly Sauteed Mushrooms	1.00 oz	37.786	2.348
Philly Sauteed Onions	1.00 oz	47.992	5.296
Canned Sliced Peaches	1/2 Cup	69.124	16.787
Fresh Apple	1.00 Apple	77.480	20.577
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

Fri - 04/21/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Weighted Daily Average		480.603	55.965
% of Calories			46.58%

Mon - 04/24/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie HS (9-12) Lunch 2016-2017			
Recipe	Total		
Tangy Chicken Teriyaki with Seasoned Brown Rice	1.00 Serving	309.715	46.189
Savory Meatball Sub	1.00 sandwich	384.903	38.303
Whole Grain Cheese Pizza	1.00 slice	368.342	34.274
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
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, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922

Mon - 04/24/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Salad Bar, Tomatoes	0.50 Cup	16.584	3.584
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Fresh Sliced Onion	1/2 cup	23.000	5.371
Black Olives	2.00 Tbsp	31.334	1.044
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Sliced Jalapenos	1.00 oz	9.129	0.913
Fresh Green Peppers	1/4 cup	6.480	1.503
Fresh Shredded Lettuce	1/4 cup	2.977	0.631
Crispy Tater Tots	1/2 cup	133.955	16.487
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
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
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
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Weighted Daily Average		471.543	55.115
% of Calories			46.75%

Tue - 04/25/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie HS (9-12) Lunch 2016-2017			
Recipe	Total		
Favorite Chicken Parmesan	1.00 serving	478.558	50.365
Chicken Scampi with Whole Grain Breadstick	1.00 Serving	597.117	45.575

Tue - 04/25/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Smokin' BBQ Chicken Pizza	1.00 slice	399.178	36.891
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
Crispy Buffalo Chicken Salad with Whole Grain Crackers	1.00 salad	533.662	46.869
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, Tomatoes	0.50 Cup	16.584	3.584
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Fresh Sliced Onion	1/2 cup	23.000	5.371
Black Olives	2.00 Tbsp	31.334	1.044
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Sliced Jalapenos	1.00 oz	9.129	0.913
Fresh Green Peppers	1/4 cup	6.480	1.503
Fresh Shredded Lettuce	1/4 cup	2.977	0.631
Crispy Crinkle Cut Fries	3.00 oz	90.618	18.124
Cooked Crinkle Cut Carrots	1/2 Cup	49.978	7.864

Tue - 04/25/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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
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
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Weighted Daily Average		621.950	67.931
% of Calories			43.69%

Wed - 04/26/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie HS (9-12) Lunch 2016-2017			
Recipe	Total		
Homemade Meatloaf & Seasoned Potato Bowl with Whole Grain Biscuit	1.00 bowl	537.643	52.953
Chicken Tenders Potato Bowl	1.00 bowl	568.258	61.761
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Loaded Meatlovers Pizza	1.00 slice	401.349	34.657
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000

Wed - 04/26/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
Large Italian Chicken Salad with Whole Grain Crackers	1.00 salad	416.018	40.530
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, Tomatoes	0.50 Cup	16.584	3.584
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Fresh Sliced Onion	1/2 cup	23.000	5.371
Black Olives	2.00 Tbsp	31.334	1.044
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Sliced Jalapenos	1.00 oz	9.129	0.913
Fresh Green Peppers	1/4 cup	6.480	1.503
Fresh Shredded Lettuce	1/4 cup	2.977	0.631
Crispy Tater Tots	1/2 cup	133.955	16.487
Seasoned Mashed Potatoes	0.50 cup	98.258	16.761
Fresh Apple	1.00 Apple	77.480	20.577
Juicy Tropical Fruit Salad	1/2 Cup	111.892	26.108
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
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
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Savory Beef Gravy	1/4 Cup	20.045	3.007
Countrystyle Gravy	1/4 Cup	25.987	5.197

Wed - 04/26/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Weighted Daily Average		521.007	62.457
% of Calories			47.95%

Thu - 04/27/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie HS (9-12) Lunch 2016-2017			
Recipe	Total		
Oven Baked Cheesy Beef Penne with Breadstick	1.00 cup	396.457	45.550
Creamy Garlic Chicken Penne	1.50 Cup	517.305	72.460
Creamy Chicken Alfredo Pizza	1.00 slice	411.207	33.469
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
Grilled Herb Chicken Salad with Whole Grain Crackers	1.00 salad	414.888	41.027
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, Tomatoes	0.50 Cup	16.584	3.584
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Fresh Sliced Onion	1/2 cup	23.000	5.371

Thu - 04/27/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Black Olives	2.00 Tbsp	31.334	1.044
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Sliced Jalapenos	1.00 oz	9.129	0.913
Fresh Green Peppers	1/4 cup	6.480	1.503
Fresh Shredded Lettuce	1/4 cup	2.977	0.631
Oven Baked Potato Wedges	1/2 CUP	114.176	17.645
Spiced Green Beans	1/2 cup	56.359	4.752
Apple Slices	1/2 cup	70.000	16.800
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
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
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Weighted Daily Average		629.357	71.319
% of Calories			45.33%

Fri - 04/28/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie HS (9-12) Lunch 2016-2017			
Recipe	Total		
Philly Beef Cheesesteak w/ Cheddar Cheese Sauce	1.00 hoagie	412.509	35.728
Philly Beef Cheesesteak w/ White Cheese Sauce	1.00 hoagie	381.254	35.981
Philly Chicken Cheesesteak w/ Cheddar Cheese Sauce	1.00 hoagie	323.700	32.036
Philly Chicken Cheesesteak w/ White Cheese Sauce	1.00 hoagie	309.180	32.613
Baked Beef Taco Pizza	1.00 slice	390.110	34.983
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000



Fri - 04/28/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
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, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Tomatoes	0.50 Cup	16.584	3.584
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Fresh Sliced Onion	1/2 cup	23.000	5.371
Black Olives	2.00 Tbsp	31.334	1.044
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Sliced Jalapenos	1.00 oz	9.129	0.913
Fresh Green Peppers	1/4 cup	6.480	1.503
Fresh Shredded Lettuce	1/4 cup	2.977	0.631
Crispy Tater Tots	1/2 cup	133.955	16.487
Seasoned Refried Beans	0.50 cup	182.425	24.274
Philly Sauteed Bell Peppers	1.00 oz	22.123	1.315
Philly Sauteed Mushrooms	1.00 oz	37.786	2.348
Philly Sauteed Onions	1.00 oz	47.992	5.296

Fri - 04/28/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Canned Sliced Peaches	1/2 Cup	69.124	16.787
Fresh Apple	1.00 Apple	77.480	20.577
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
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
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Tartar Sauce	1.00 packet	35.000	2.000
Weighted Daily Average		491.337	56.625
% of Calories			46.10%

\* = Indicates missing Nutrient Information.

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