

Carbohydrate Report

District: Guthrie PS

School: Guthrie High School

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



Mon - 05/01/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie HS (9-12) Lunch 2016-2017			
Recipe	Total		
Cheesy Whole Grain Chicken Quesadilla	1.00 Quesadilla	360.782	31.672
Seasoned Beef Nachos	1.00 Nacho	466.331	47.456
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
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 - 05/01/2017	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
Seasoned Refried Beans	0.50 cup	182.425	24.274
Homemade Salsa	1/4 cup	13.645	3.225
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		532.034	60.949
% of Calories			45.82%

Tue - 05/02/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie HS (9-12) Lunch 2016-2017			
Recipe	Total		
Coney Dog	1.00 hotdog	371.177	37.538
Peppers & Onions Dog	1.00 hotdog	395.798	35.673
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

Tue - 05/02/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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
Buttered Green Peas	1/2 cup	71.225	10.281
Crispy Crinkle Cut Fries	3.00 oz	90.618	18.124
Fresh Orange	1.00 ORANGE	61.570	15.393
Diced Pears in light syrup	1/2 Cup	60.601	14.393
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

Tue - 05/02/2017	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		475.601	55.188
% of Calories			46.42%

Wed - 05/03/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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
Homemade Potato Salad	0.67 cup	136.406	24.399

Wed - 05/03/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Cooked Crinkle Cut Carrots	1/2 Cup	49.978	7.864
Pickle Slices	1.00 oz	5.000	1.000
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
Creamy Cole Slaw	1/2 cup	60.432	7.626
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
BBQ Sauce	1.00 Tbsp	12.500	3.000

Wed - 05/03/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Texas Homemade BBQ Sauce	3.00 Tbsp	40.919	11.166
Sour Cream	2.00 tablespoons	40.000	2.000
Shredded Cheddar Cheese	1.00 oz	111.373	1.012
Margarine Prints	1.00 1 Tbsp	100.000	0.000
Weighted Daily Average		542.552	67.197
% of Calories			49.54%

Thu - 05/04/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie HS (9-12) Lunch 2016-2017			
Recipe	Total		
Mac & Cheese Dog	1.00 hotdog	388.115	47.243
Taco Dog	1.00 hotdog	375.722	35.216
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

Thu - 05/04/2017	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
New England Style Baked Beans	1/2 cup	109.037	22.534
Fresh Orange	1.00 ORANGE	61.570	15.393
Apple Slices	1/2 cup	70.000	16.800
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		488.242	56.739
% of Calories			46.48%

Fri - 05/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie HS (9-12) Lunch 2016-2017			
Recipe	Total		
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
Whole Grain Cheesy Fajita Chicken Tacos	2.00 Tacos	327.839	33.826

Fri - 05/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Cheesy Seasoned Beef Whole Wheat Tacos	2.00 Tacos	419.481	36.478
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 Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
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, 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

Fri - 05/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Homemade Salsa	1/4 cup	13.645	3.225
Mexicorn	1/2 cup	78.267	16.039
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		526.232	61.230
% of Calories			46.54%

Mon - 05/08/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie HS (9-12) Lunch 2016-2017			
Recipe	Total		
Whole Grain Mini Chicken Corn Dog	6.00 mini corn dogs	265.263	29.474
Tangy Sweet & Sour Fajita Chicken with Seasoned Brown Rice	1.00 Cup	467.096	78.376
Creamy Chicken Alfredo Pizza	1.00 slice	411.207	33.469
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
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
Whole Grain Ham Sub	1.00 Sub	280.000	31.000
Classic Turkey Sub	1.00 Sub	260.000	32.000

Mon - 05/08/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
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 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
Spiced 5 Way Mixed Veggies	0.50 cup	74.668	8.386
Crispy Tater Tots	1/2 cup	133.955	16.487
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
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
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
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

Mon - 05/08/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Weighted Daily Average		421.812	45.864
% of Calories			43.49%

Tue - 05/09/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie HS (9-12) Lunch 2016-2017			
Recipe	Total		
Beef Ravioli in Meatsauce with Whole Wheat roll & Crackers	1.00 cup	456.588	61.491
Creamy Chicken Alfredo with Breadstick	1.00 cup	412.383	44.248
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
Crispy Buffalo Chicken Salad with Whole Grain Crackers	1.00 salad	533.662	46.869
Crispy Crinkle Cut Fries	3.00 oz	90.618	18.124
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

Tue - 05/09/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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
Peppered Broccoli Florets	1/2 cup	33.432	3.558
Diced Pears in light syrup	1/2 Cup	60.601	14.393
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		498.541	59.101
% of Calories			47.42%

Wed - 05/10/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie HS (9-12) Lunch 2016-2017			
Recipe	Total		
Chicken Tenders Potato Bowl	1.00 bowl	568.258	61.761
Homemade Meatloaf & Seasoned Potato Bowl with Whole Grain Biscuit	1.00 bowl	537.643	52.953
Spicy Buffalo Chicken Pizza	1.00 slice	427.228	34.529
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

Wed - 05/10/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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
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

Wed - 05/10/2017	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
Savory Chicken Gravy	1/4 Cup	21.362	4.272
Savory Beef Gravy	1/4 Cup	20.045	3.007
Weighted Daily Average		527.559	62.070
% of Calories			47.06%

Thu - 05/11/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie HS (9-12) Lunch 2016-2017			
Recipe	Total		
Golden Oven Baked Tater Tot Casserole with Whole Grain Biscuit	3/4 cup	635.304	50.031
Loaded Chicken Nachos	1.00 Nacho	426.379	45.966
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
Crispy Crinkle Cut Fries	3.00 oz	90.618	18.124

Thu - 05/11/2017	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
Spiced Green Beans	1/2 cup	56.359	4.752
Fresh Orange	1.00 ORANGE	61.570	15.393
Apple Slices	1/2 cup	70.000	16.800
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		603.896	65.189
% of Calories			43.18%

Fri - 05/12/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie HS (9-12) Lunch 2016-2017			
Recipe	Total		

Fri - 05/12/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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
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

Fri - 05/12/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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
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
New England Style Baked Beans	1/2 cup	109.037	22.534
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		492.908	57.615
% of Calories			46.76%

Mon - 05/15/2017	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

Mon - 05/15/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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
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

Mon - 05/15/2017	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		477.258	55.543
% of Calories			46.55%

Tue - 05/16/2017	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
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
Oven Baked Potato Wedges	1/2 CUP	114.176	17.645
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691

Tue - 05/16/2017	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
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
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%

Wed - 05/17/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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

Wed - 05/17/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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
Homemade Potato Salad	0.67 cup	136.406	24.399
Pickle Slices	1.00 oz	5.000	1.000
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

Wed - 05/17/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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
Creamy Cole Slaw	1/2 cup	60.432	7.626
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
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 - 05/18/2017	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

Thu - 05/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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
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, 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
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
Weighted Daily Average		457.686	54.062
% of Calories			47.25%

Fri - 05/19/2017	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

Fri - 05/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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
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, 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
Crispy Tater Tots	1/2 cup	133.955	16.487
Spiced 5 Way Mixed Veggies	0.50 cup	74.668	8.386
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
Juicy Tropical Fruit Salad	1/2 Cup	111.892	26.108
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

Fri - 05/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Weighted Daily Average		460.432	54.799
% of Calories			47.61%

Mon - 05/22/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie HS (9-12) Lunch 2016-2017			
Recipe	Total		
Beef Fingers Potato Bowl w/Roll	1.00 bowl	443.258	46.761
Chicken Nugget Potato Bowl w/ Roll	1.00 bowl	450.398	47.298
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
Smokin' BBQ Chicken Pizza	1.00 slice	399.178	36.891
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
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, 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
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 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

Mon - 05/22/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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
Savory Chicken Gravy	1/4 Cup	21.362	4.272
Countrystyle Gravy	1/4 Cup	25.987	5.197
Weighted Daily Average		496.014	61.549
% of Calories			49.63%

Tue - 05/23/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie HS (9-12) Lunch 2016-2017			
Recipe	Total		
Juicy Turkey Hot Dog	1.00 Hot Dog	310.000	34.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Creamy Chicken Alfredo Pizza	1.00 slice	411.207	33.469
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
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, 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
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

Tue - 05/23/2017	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
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
Weighted Daily Average		443.097	51.195
% of Calories			46.22%

* = Indicates missing Nutrient Information.

WARNING: THE DATA CONTAINED WITHIN THIS REPORT CANNOT BE USED FOR AND DOES NOT PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY. USE OF THE SERVICES TO PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY IS A VIOLATION OF THE TERMS OF THIS SERVICE. ANY SUBSCRIBER PLANNING FOR OR TREATING MEDICAL CONDITIONS, DIETARY RESTRICTIONS OR A FOOD ALLERGY MUST CONSULT A MEDICAL PROFESSIONAL FOR ASSISTANCE. TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Copyright © 2016 Health-e Pro

Warning: the data contained within this report cannot be used for and does not provide menu planning or medical treatment for anyone with a medical condition, dietary restriction or food allergy. Use of the services to provide menu planning or medical treatment for anyone with a medical condition, dietary restriction or food allergy is a violation of the terms of this service. Any subscriber planning for or treating medical conditions, dietary restrictions or a food allergy must consult a medical professional for assistance. Trans fat values are provided for information purposes only, not for monitoring purposes.