

## Menu Calendar Nutrient Analysis Report - May, 2019

Site: Guthrie High School  
Date: 05/01/2019 - 05/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Salsa - Week 3 Day 3 - ServingDate: 05/01/2019</b>								
Chicken Tacos - SR1415 (2 tacos)	25	344.71	15.36	5.38	0.00	515.77	29.14	21.70
Jalapeno Cheese Nachos - OKR1110 (1 ea.)	25	314.33	17.09	6.35	0.00	639.64	30.50	10.35
Queso Blanco Nachos - OKR1111 (1 ea.)	50	316.45	17.50	6.62	0.00	578.01	30.35	9.84
Mexican Chicken - SR1072 (1/2 c.)	25	114.86	2.85	0.81	0.00	243.05	2.38	20.36
Bean Nachos - OKR1112 (1 ea.)	25	131.28	1.41	0.47	0.00	480.95	22.51	7.50
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	5	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	10	53.58	0.13	0.01	0.00	2.55	14.38	0.22
Banana - SR1166 (1 medium (7"))	5	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Frijoles ala Charro - SR1271 (1/2 c.)	30	117.25	0.61	0.17	0.00	191.39	19.51	7.80
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Salsa - Week 3 Day 3 - ServingDate: 05/01/2019</b>								
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	20	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Homemade Black Bean & Corn Salsa - SR1279 (2 tbsp.)	20	13.89	0.09	0.01	0.00	38.72	3.01	0.66
Red Pepper Salsa - SR1331 (1/8 c.)	30	6.80	0.06	0.01	0.00	18.94	1.54	0.38
Homemade Salsa - SR1007 (2 tbsp.)	20	3.94	0.03	0.01	0.00	52.51	0.93	0.22
Sour Cream - SR1659 (2 tbsp.)	40	60.00	5.00	3.50	0.00	15.00	1.00	1.00
<b>SY 18-19 Salsa - Week 3 Day 4 - ServingDate: 05/02/2019</b>								
Jalapeno Cheese Nachos - OKR1110 (1 ea.)	50	314.33	17.09	6.35	0.00	639.64	30.50	10.35
Queso Blanco Nachos - OKR1111 (1 ea.)	25	316.45	17.50	6.62	0.00	578.01	30.35	9.84
Soft Beef Tacos - SR1079 (2 each taco)	25	319.48	12.93	3.87	0.00	582.68	31.43	18.62
Bean Nachos - OKR1112 (1 ea.)	25	131.28	1.41	0.47	0.00	480.95	22.51	7.50
Beef Taco Filling - SR1528 (3 tbsp.)	50	55.79	2.27	0.91	0.00	180.08	2.27	6.35
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Bartlett Pears - SR1194 (1/2 c.)	5	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Banana - SR1166 (1 medium (7"))	5	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	25	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Fiesta Potatoes - SR1519 (1/2 c.)	80	147.31	3.02	0.44	0.00	123.67	28.66	2.85

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<b>SY 18-19 Salsa - Week 3 Day 4 - ServingDate: 05/02/2019</b>								
Chocolate Skim Milk - OKR1062 (8 oz.)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (2 tbsp.)	0	130.00	14.00	2.50	0.00	210.00	1.00	1.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	20	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Homemade Black Bean & Corn Salsa - SR1279 (2 tbsp.)	30	13.89	0.09	0.01	0.00	38.72	3.01	0.66
Red Pepper Salsa - SR1331 (1/8 c.)	30	6.80	0.06	0.01	0.00	18.94	1.54	0.38
Homemade Salsa - SR1007 (2 tbsp.)	30	3.94	0.03	0.01	0.00	52.51	0.93	0.22
Sour Cream - SR1659 (2 tbsp.)	40	60.00	5.00	3.50	0.00	15.00	1.00	1.00
<b>SY 18-19 Salsa - Week 3 Day 5 - ServingDate: 05/03/2019</b>								
Cheese Enchilada - OKR1484 (1 enchilada)	50	557.87	34.26	17.13	0.00	1308.54	33.16	24.69
Jalapeno Cheese Nachos - OKR1110 (1 ea.)	25	314.33	17.09	6.35	0.00	639.64	30.50	10.35
Queso Blanco Nachos - OKR1111 (1 ea.)	25	316.45	17.50	6.62	0.00	578.01	30.35	9.84
Mexican Chicken - SR1072 (1/2 c.)	25	114.86	2.85	0.81	0.00	243.05	2.38	20.36
Bean Nachos - OKR1112 (1 ea.)	25	131.28	1.41	0.47	0.00	480.95	22.51	7.50

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<b>SY 18-19 Salsa - Week 3 Day 5 - ServingDate: 05/03/2019</b>								
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Mixed Fruit Cocktail - SR1037 (1/2 c.)	5	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Banana - SR1166 (1 medium (7"))	5	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	5	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Celery Sticks - SR1014 (6 stick.)	25	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Vegetarian Refried Beans - SR1070 (1/2 c.)	75	161.28	0.58	0.00	0.00	158.86	28.80	10.37
Garden Side Salad - SR1429 (1 c.)	25	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	20	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	40	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	20	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Homemade Black Bean & Corn Salsa - SR1279 (2 tbsp.)	30	13.89	0.09	0.01	0.00	38.72	3.01	0.66
Red Pepper Salsa - SR1331 (1/8 c.)	30	6.80	0.06	0.01	0.00	18.94	1.54	0.38
Homemade Salsa - SR1007 (2 tbsp.)	30	3.94	0.03	0.01	0.00	52.51	0.93	0.22
Sour Cream - SR1659 (2 tbsp.)	40	60.00	5.00	3.50	0.00	15.00	1.00	1.00

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<b>SY 18-19 Salsa - Week 4 Day 1 - ServingDate: 05/06/2019</b>								
Chicken Tacos - SR1415 (2 tacos)	25	344.71	15.36	5.38	0.00	515.77	29.14	21.70
Jalapeno Cheese Nachos - OKR1110 (1 ea.)	25	314.33	17.09	6.35	0.00	639.64	30.50	10.35
Queso Blanco Nachos - OKR1111 (1 ea.)	50	316.45	17.50	6.62	0.00	578.01	30.35	9.84
Mexican Chicken - SR1072 (1/2 c.)	25	114.86	2.85	0.81	0.00	243.05	2.38	20.36
Bean Nachos - OKR1112 (1 ea.)	50	131.28	1.41	0.47	0.00	480.95	22.51	7.50
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	20	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Pineapple Tidbits - SR1495 (1/2 c.)	20	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	20	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Vegetarian Refried Beans - SR1070 (1/2 c.)	80	161.28	0.58	0.00	0.00	158.86	28.80	10.37
Baby Carrots - SR1016 (1/2 c.)	40	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	50	0.00	0.00	0.00	0.00	174.42	0.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Salsa - Week 4 Day 1 - ServingDate: 05/06/2019</b>								
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Homemade Black Bean & Corn Salsa - SR1279 (2 tbsp.)	30	13.89	0.09	0.01	0.00	38.72	3.01	0.66
Red Pepper Salsa - SR1331 (1/8 c.)	30	6.80	0.06	0.01	0.00	18.94	1.54	0.38
Homemade Salsa - SR1007 (2 tbsp.)	30	3.94	0.03	0.01	0.00	52.51	0.93	0.22
Sour Cream - SR1659 (2 tbsp.)	75	60.00	5.00	3.50	0.00	15.00	1.00	1.00
<b>SY 18-19 Salsa - Week 4 Day 2 - ServingDate: 05/07/2019</b>								
Jalapeno Cheese Nachos - OKR1110 (1 ea.)	50	314.33	17.09	6.35	0.00	639.64	30.50	10.35
Queso Blanco Nachos - OKR1111 (1 ea.)	25	316.45	17.50	6.62	0.00	578.01	30.35	9.84
Soft Beef Tacos - SR1079 (2 each taco)	25	319.48	12.93	3.87	0.00	582.68	31.43	18.62
Bean Nachos - OKR1112 (1 ea.)	25	131.28	1.41	0.47	0.00	480.95	22.51	7.50
Beef Taco Filling - SR1528 (3 tbsp.)	50	55.79	2.27	0.91	0.00	180.08	2.27	6.35
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	20	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Peaches - SR1196 (1/2 c.)	20	57.95	0.04	0.00	0.00	5.27	15.24	0.83
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	20	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	50	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Fiesta Potatoes - SR1519 (1/2 c.)	90	147.31	3.02	0.44	0.00	123.67	28.66	2.85

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<b>SY 18-19 Salsa - Week 4 Day 2 - ServingDate: 05/07/2019</b>								
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (2 tbsp.)	50	130.00	14.00	2.50	0.00	210.00	1.00	1.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	50	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	20	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Homemade Black Bean & Corn Salsa - SR1279 (2 tbsp.)	30	13.89	0.09	0.01	0.00	38.72	3.01	0.66
Red Pepper Salsa - SR1331 (1/8 c.)	25	6.80	0.06	0.01	0.00	18.94	1.54	0.38
Homemade Salsa - SR1007 (2 tbsp.)	25	3.94	0.03	0.01	0.00	52.51	0.93	0.22
Sour Cream - SR1659 (2 tbsp.)	75	60.00	5.00	3.50	0.00	15.00	1.00	1.00
<b>SY 18-19 Salsa - Week 4 Day 3 - ServingDate: 05/08/2019</b>								
Chicken Taco - OKR1196 (2 tacos)	25	344.68	15.93	5.58	0.00	525.27	29.52	19.79
Jalapeno Cheese Nachos - OKR1110 (1 ea.)	50	314.33	17.09	6.35	0.00	639.64	30.50	10.35
Queso Blanco Nachos - OKR1111 (1 ea.)	25	316.45	17.50	6.62	0.00	578.01	30.35	9.84
Mexican Chicken - SR1072 (1/2 c.)	50	114.86	2.85	0.81	0.00	243.05	2.38	20.36
Bean Nachos - OKR1112 (1 ea.)	25	131.28	1.41	0.47	0.00	480.95	22.51	7.50

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<b>SY 18-19 Salsa - Week 4 Day 3 - ServingDate: 05/08/2019</b>								
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	20	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	20	53.58	0.13	0.01	0.00	2.55	14.38	0.22
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	20	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Frijoles ala Charro - SR1271 (1/2 c.)	80	117.25	0.61	0.17	0.00	191.39	19.51	7.80
Baby Carrots - SR1016 (1/2 c.)	50	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	50	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	20	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Homemade Black Bean & Corn Salsa - SR1279 (2 tbsp.)	25	13.89	0.09	0.01	0.00	38.72	3.01	0.66
Red Pepper Salsa - SR1331 (1/8 c.)	25	6.80	0.06	0.01	0.00	18.94	1.54	0.38
Homemade Salsa - SR1007 (2 tbsp.)	25	3.94	0.03	0.01	0.00	52.51	0.93	0.22
Sour Cream - SR1659 (2 tbsp.)	75	60.00	5.00	3.50	0.00	15.00	1.00	1.00



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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Salsa - Week 4 Day 4 - ServingDate: 05/09/2019</b>								
Jalapeno Cheese Nachos - OKR1110 (1 ea.)	50	314.33	17.09	6.35	0.00	639.64	30.50	10.35
Queso Blanco Nachos - OKR1111 (1 ea.)	25	316.45	17.50	6.62	0.00	578.01	30.35	9.84
Soft Beef Tacos - SR1079 (2 each taco)	25	319.48	12.93	3.87	0.00	582.68	31.43	18.62
Bean Nachos - OKR1112 (1 ea.)	25	131.28	1.41	0.47	0.00	480.95	22.51	7.50
Beef Taco Filling - SR1528 (3 tbsp.)	50	55.79	2.27	0.91	0.00	180.08	2.27	6.35
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	20	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Bartlett Pears - SR1194 (1/2 c.)	20	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	20	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	50	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Fiesta Potatoes - SR1519 (1/2 c.)	90	147.31	3.02	0.44	0.00	123.67	28.66	2.85
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	50	0.00	0.00	0.00	0.00	174.42	0.00	0.00

## Menu Calendar Nutrient Analysis Report - May, 2019

Site: Guthrie High School

Date: 05/01/2019 - 05/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Salsa - Week 4 Day 4 - ServingDate: 05/09/2019</b>								
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	20	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Homemade Black Bean & Corn Salsa - SR1279 (2 tbsp.)	25	13.89	0.09	0.01	0.00	38.72	3.01	0.66
Red Pepper Salsa - SR1331 (1/8 c.)	25	6.80	0.06	0.01	0.00	18.94	1.54	0.38
Homemade Salsa - SR1007 (2 tbsp.)	30	3.94	0.03	0.01	0.00	52.51	0.93	0.22
Sour Cream - SR1659 (2 tbsp.)	75	60.00	5.00	3.50	0.00	15.00	1.00	1.00
<b>SY 18-19 Salsa - Week 4 Day 5 - ServingDate: 05/10/2019</b>								
Beef Enchilada - SR1345 (1 enchilada)	25	358.31	14.79	5.60	0.00	852.80	35.82	18.82
Jalapeno Cheese Nachos - OKR1110 (1 ea.)	50	314.33	17.09	6.35	0.00	639.64	30.50	10.35
Queso Blanco Nachos - OKR1111 (1 ea.)	25	316.45	17.50	6.62	0.00	578.01	30.35	9.84
Mexican Chicken - SR1072 (1/2 c.)	25	114.86	2.85	0.81	0.00	243.05	2.38	20.36
Bean Nachos - OKR1112 (1 ea.)	50	131.28	1.41	0.47	0.00	480.95	22.51	7.50
Apple - OKR1087 (1 Whole Appl)	20	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Mixed Fruit Cocktail - SR1037 (1/2 c.)	20	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	20	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Celery Sticks - SR1014 (6 stick.)	50	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Vegetarian Refried Beans - SR1070 (1/2 c.)	80	161.28	0.58	0.00	0.00	158.86	28.80	10.37
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	0.00	31.03	3.96	1.15

## Menu Calendar Nutrient Analysis Report - May, 2019

Site: Guthrie High School  
Date: 05/01/2019 - 05/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Salsa - Week 4 Day 5 - ServingDate: 05/10/2019</b>								
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	50	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	20	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Homemade Black Bean & Corn Salsa - SR1279 (2 tbsp.)	25	13.89	0.09	0.01	0.00	38.72	3.01	0.66
Red Pepper Salsa - SR1331 (1/8 c.)	25	6.80	0.06	0.01	0.00	18.94	1.54	0.38
Homemade Salsa - SR1007 (2 tbsp.)	30	3.94	0.03	0.01	0.00	52.51	0.93	0.22
Sour Cream - SR1659 (2 tbsp.)	75	60.00	5.00	3.50	0.00	15.00	1.00	1.00
<b>SY 18-19 Salsa - Week 5 Day 1 - ServingDate: 05/13/2019</b>								
Chicken Tacos - SR1415 (2 tacos)	25	344.71	15.36	5.38	0.00	515.77	29.14	21.70
Jalapeno Cheese Nachos - OKR1110 (1 ea.)	50	314.33	17.09	6.35	0.00	639.64	30.50	10.35
Queso Blanco Nachos - OKR1111 (1 ea.)	25	316.45	17.50	6.62	0.00	578.01	30.35	9.84
Mexican Chicken - SR1072 (1/2 c.)	50	114.86	2.85	0.81	0.00	243.05	2.38	20.36
Bean Nachos - OKR1112 (1 ea.)	25	131.28	1.41	0.47	0.00	480.95	22.51	7.50
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00

## Menu Calendar Nutrient Analysis Report - May, 2019

Site: Guthrie High School  
Date: 05/01/2019 - 05/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Salsa - Week 5 Day 1 - ServingDate: 05/13/2019</b>								
Apple - OKR1087 (1 Whole Appl)	5	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Pineapple Tidbits - SR1495 (1/2 c.)	5	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Banana - SR1166 (1 medium (7"))	5	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	5	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Vegetarian Refried Beans - SR1070 (1/2 c.)	75	161.28	0.58	0.00	0.00	158.86	28.80	10.37
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Garden Side Salad - SR1429 (1 c.)	25	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	25	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Homemade Black Bean & Corn Salsa - SR1279 (2 tbsp.)	20	13.89	0.09	0.01	0.00	38.72	3.01	0.66
Red Pepper Salsa - SR1331 (1/8 c.)	20	6.80	0.06	0.01	0.00	18.94	1.54	0.38
Homemade Salsa - SR1007 (2 tbsp.)	30	3.94	0.03	0.01	0.00	52.51	0.93	0.22
Sour Cream - SR1659 (2 tbsp.)	40	60.00	5.00	3.50	0.00	15.00	1.00	1.00

## Menu Calendar Nutrient Analysis Report - May, 2019

Site: Guthrie High School  
Date: 05/01/2019 - 05/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Salsa - Week 5 Day 2 - ServingDate: 05/14/2019</b>								
Jalapeno Cheese Nachos - OKR1110 (1 ea.)	50	314.33	17.09	6.35	0.00	639.64	30.50	10.35
Queso Blanco Nachos - OKR1111 (1 ea.)	25	316.45	17.50	6.62	0.00	578.01	30.35	9.84
Soft Beef Tacos - SR1079 (2 each taco)	25	319.48	12.93	3.87	0.00	582.68	31.43	18.62
Bean Nachos - OKR1112 (1 ea.)	25	131.28	1.41	0.47	0.00	480.95	22.51	7.50
Beef Taco Filling - SR1528 (3 tbsp.)	50	55.79	2.27	0.91	0.00	180.08	2.27	6.35
100% Apple Juice - SR1204 (4 fl oz cup)	60	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	5	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Peaches - SR1196 (1/2 c.)	5	57.95	0.04	0.00	0.00	5.27	15.24	0.83
Banana - SR1166 (1 medium (7"))	5	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	5	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	30	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Fiesta Potatoes - SR1519 (1/2 c.)	75	147.31	3.02	0.44	0.00	123.67	28.66	2.85
Chocolate Skim Milk - OKR1062 (8 oz.)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00

## Menu Calendar Nutrient Analysis Report - May, 2019

Site: Guthrie High School

Date: 05/01/2019 - 05/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Salsa - Week 5 Day 2 - ServingDate: 05/14/2019</b>								
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	20	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Homemade Black Bean & Corn Salsa - SR1279 (2 tbsp.)	20	13.89	0.09	0.01	0.00	38.72	3.01	0.66
Red Pepper Salsa - SR1331 (1/8 c.)	20	6.80	0.06	0.01	0.00	18.94	1.54	0.38
Homemade Salsa - SR1007 (2 tbsp.)	30	3.94	0.03	0.01	0.00	52.51	0.93	0.22
Sour Cream - SR1659 (2 tbsp.)	40	60.00	5.00	3.50	0.00	15.00	1.00	1.00
<b>SY 18-19 Salsa - Week 5 Day 3 - ServingDate: 05/15/2019</b>								
Chicken Tacos - SR1415 (2 tacos)	25	344.71	15.36	5.38	0.00	515.77	29.14	21.70
Jalapeno Cheese Nachos - OKR1110 (1 ea.)	25	314.33	17.09	6.35	0.00	639.64	30.50	10.35
Queso Blanco Nachos - OKR1111 (1 ea.)	50	316.45	17.50	6.62	0.00	578.01	30.35	9.84
Mexican Chicken - SR1072 (1/2 c.)	50	114.86	2.85	0.81	0.00	243.05	2.38	20.36
Bean Nachos - OKR1112 (1 ea.)	25	131.28	1.41	0.47	0.00	480.95	22.51	7.50
100% Apple Juice - SR1204 (4 fl oz cup)	60	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	5	53.58	0.13	0.01	0.00	2.55	14.38	0.22
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	5	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Frijoles ala Charro - SR1271 (1/2 c.)	50	117.25	0.61	0.17	0.00	191.39	19.51	7.80
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Garden Side Salad - SR1429 (1 c.)	25	18.89	0.18	0.03	0.00	31.03	3.96	1.15

## Menu Calendar Nutrient Analysis Report - May, 2019

Site: Guthrie High School

Date: 05/01/2019 - 05/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Salsa - Week 5 Day 3 - ServingDate: 05/15/2019</b>								
Chocolate Skim Milk - OKR1062 (8 oz.)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	25	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Homemade Black Bean & Corn Salsa - SR1279 (2 tbsp.)	30	13.89	0.09	0.01	0.00	38.72	3.01	0.66
Red Pepper Salsa - SR1331 (1/8 c.)	20	6.80	0.06	0.01	0.00	18.94	1.54	0.38
Homemade Salsa - SR1007 (2 tbsp.)	20	3.94	0.03	0.01	0.00	52.51	0.93	0.22
Sour Cream - SR1659 (2 tbsp.)	40	60.00	5.00	3.50	0.00	15.00	1.00	1.00
<b>SY 18-19 Salsa - Week 5 Day 4 - ServingDate: 05/16/2019</b>								
Jalapeno Cheese Nachos - OKR1110 (1 ea.)	50	314.33	17.09	6.35	0.00	639.64	30.50	10.35
Queso Blanco Nachos - OKR1111 (1 ea.)	25	316.45	17.50	6.62	0.00	578.01	30.35	9.84
Soft Beef Tacos - SR1079 (2 each taco)	25	319.48	12.93	3.87	0.00	582.68	31.43	18.62
Bean Nachos - OKR1112 (1 ea.)	25	131.28	1.41	0.47	0.00	480.95	22.51	7.50
Beef Taco Filling - SR1528 (3 tbsp.)	50	55.79	2.27	0.91	0.00	180.08	2.27	6.35
100% Apple Juice - SR1204 (4 fl oz cup)	60	60.00	0.00	0.00	0.00	0.00	14.00	0.00

# Menu Calendar Nutrient Analysis Report - May, 2019

Site: Guthrie High School  
 Date: 05/01/2019 - 05/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Salsa - Week 5 Day 4 - ServingDate: 05/16/2019</b>								
Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Bartlett Pears - SR1194 (1/2 c.)	10	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	5	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	25	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Fiesta Potatoes - SR1519 (1/2 c.)	80	147.31	3.02	0.44	0.00	123.67	28.66	2.85
Chocolate Skim Milk - OKR1062 (8 oz.)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (2 tbsp.)	25	130.00	14.00	2.50	0.00	210.00	1.00	1.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Homemade Black Bean & Corn Salsa - SR1279 (2 tbsp.)	30	13.89	0.09	0.01	0.00	38.72	3.01	0.66
Red Pepper Salsa - SR1331 (1/8 c.)	20	6.80	0.06	0.01	0.00	18.94	1.54	0.38
Homemade Salsa - SR1007 (2 tbsp.)	20	3.94	0.03	0.01	0.00	52.51	0.93	0.22
Sour Cream - SR1659 (2 tbsp.)	30	60.00	5.00	3.50	0.00	15.00	1.00	1.00



## Menu Calendar Nutrient Analysis Report - May, 2019

Site: Guthrie High School  
Date: 05/01/2019 - 05/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Salsa - Week 5 Day 5 - ServingDate: 05/17/2019</b>								
Enchilada Suiza - OKR1451 (2 enchilada)	25	817.52	36.40	15.20	0.00	1876.74	67.41	52.75
Jalapeno Cheese Nachos - OKR1110 (1 ea.)	50	314.33	17.09	6.35	0.00	639.64	30.50	10.35
Queso Blanco Nachos - OKR1111 (1 ea.)	25	316.45	17.50	6.62	0.00	578.01	30.35	9.84
Fajita Chicken - SR1524 (1/3 c.)	50	50.03	1.75	0.50	0.00	295.17	0.50	8.00
Mexican Chicken - SR1072 (1/2 c.)	25	114.86	2.85	0.81	0.00	243.05	2.38	20.36
Bean Nachos - OKR1112 (1 ea.)	25	131.28	1.41	0.47	0.00	480.95	22.51	7.50
100% Apple Juice - SR1204 (4 fl oz cup)	60	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Mixed Fruit Cocktail - SR1037 (1/2 c.)	15	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	5	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Celery Sticks - SR1014 (6 stick.)	25	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Vegetarian Refried Beans - SR1070 (1/2 c.)	75	161.28	0.58	0.00	0.00	158.86	28.80	10.37
Garden Side Salad - SR1429 (1 c.)	25	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00

## Menu Calendar Nutrient Analysis Report - May, 2019

Site: Guthrie High School

Date: 05/01/2019 - 05/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Salsa - Week 5 Day 5 - ServingDate: 05/17/2019</b>								
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	25	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Homemade Black Bean & Corn Salsa - SR1279 (2 tbsp.)	20	13.89	0.09	0.01	0.00	38.72	3.01	0.66
Red Pepper Salsa - SR1331 (1/8 c.)	20	6.80	0.06	0.01	0.00	18.94	1.54	0.38
Homemade Salsa - SR1007 (2 tbsp.)	20	3.94	0.03	0.01	0.00	52.51	0.93	0.22
Sour Cream - SR1659 (2 tbsp.)	40	60.00	5.00	3.50	0.00	15.00	1.00	1.00
<b>SY 18-19 Salsa - Week 1 Day 1 - ServingDate: 05/20/2019</b>								
Chicken Tacos - SR1415 (2 tacos)	25	344.71	15.36	5.38	0.00	515.77	29.14	21.70
Jalapeno Cheese Nachos - OKR1110 (1 ea.)	25	314.33	17.09	6.35	0.00	639.64	30.50	10.35
Queso Blanco Nachos - OKR1111 (1 ea.)	50	316.45	17.50	6.62	0.00	578.01	30.35	9.84
Mexican Chicken - SR1072 (1/2 c.)	50	114.86	2.85	0.81	0.00	243.05	2.38	20.36
Bean Nachos - OKR1112 (1 ea.)	25	131.28	1.41	0.47	0.00	480.95	22.51	7.50
Apple - OKR1087 (1 Whole Appl)	30	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Pineapple Tidbits - SR1495 (1/2 c.)	30	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Vegetarian Refried Beans - SR1070 (1/2 c.)	100	161.28	0.58	0.00	0.00	158.86	28.80	10.37
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46

## Menu Calendar Nutrient Analysis Report - May, 2019

Site: Guthrie High School  
Date: 05/01/2019 - 05/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Salsa - Week 1 Day 1 - ServingDate: 05/20/2019</b>								
Garden Side Salad - SR1429 (1 c.)	25	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	50	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Homemade Black Bean & Corn Salsa - SR1279 (2 tbsp.)	25	13.89	0.09	0.01	0.00	38.72	3.01	0.66
Red Pepper Salsa - SR1331 (1/8 c.)	25	6.80	0.06	0.01	0.00	18.94	1.54	0.38
Homemade Salsa - SR1007 (1 tbsp.)	75	1.97	0.02	0.00	0.00	26.25	0.46	0.11
Sour Cream - SR1659 (2 tbsp.)	50	60.00	5.00	3.50	0.00	15.00	1.00	1.00
<b>SY 18-19 Salsa - Week 1 Day 2 - ServingDate: 05/21/2019</b>								
Jalapeno Cheese Nachos - OKR1110 (1 ea.)	50	314.33	17.09	6.35	0.00	639.64	30.50	10.35
Queso Blanco Nachos - OKR1111 (1 ea.)	25	316.45	17.50	6.62	0.00	578.01	30.35	9.84
Soft Beef Tacos - SR1079 (2 each taco)	25	319.48	12.93	3.87	0.00	582.68	31.43	18.62
Bean Nachos - OKR1112 (1 ea.)	25	131.28	1.41	0.47	0.00	480.95	22.51	7.50
Beef Taco Filling - SR1528 (3/8 c.)	50	111.58	4.54	1.81	0.00	360.15	4.54	12.70
Apple - OKR1087 (1 Whole Appl)	25	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Peaches - SR1196 (1/2 c.)	25	57.95	0.04	0.00	0.00	5.27	15.24	0.83
Banana - SR1166 (1 medium (7"))	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	25	45.12	0.12	0.01	0.00	0.00	11.28	0.90

## Menu Calendar Nutrient Analysis Report - May, 2019

Site: Guthrie High School

Date: 05/01/2019 - 05/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Salsa - Week 1 Day 2 - ServingDate: 05/21/2019</b>								
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	50	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Fiesta Potatoes - SR1519 (1/2 c.)	100	147.31	3.02	0.44	0.00	123.67	28.66	2.85
Chocolate Skim Milk - OKR1062 (8 oz.)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	40	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Homemade Black Bean & Corn Salsa - SR1279 (2 tbsp.)	30	13.89	0.09	0.01	0.00	38.72	3.01	0.66
Red Pepper Salsa - SR1331 (1/8 c.)	30	6.80	0.06	0.01	0.00	18.94	1.54	0.38
Homemade Salsa - SR1007 (2 tbsp.)	40	3.94	0.03	0.01	0.00	52.51	0.93	0.22
Sour Cream - SR1659 (2 tbsp.)	30	60.00	5.00	3.50	0.00	15.00	1.00	1.00
<b>SY 18-19 Salsa - Week 1 Day 3 - ServingDate: 05/22/2019</b>								
Chicken Tacos - SR1415 (2 tacos)	25	344.71	15.36	5.38	0.00	515.77	29.14	21.70
Jalapeno Cheese Nachos - OKR1110 (1 ea.)	50	314.33	17.09	6.35	0.00	639.64	30.50	10.35
Queso Blanco Nachos - OKR1111 (1 ea.)	25	316.45	17.50	6.62	0.00	578.01	30.35	9.84
Mexican Chicken - SR1072 (1/2 c.)	50	114.86	2.85	0.81	0.00	243.05	2.38	20.36
Bean Nachos - OKR1112 (1 ea.)	50	131.28	1.41	0.47	0.00	480.95	22.51	7.50
Apple - OKR1087 (1 Whole Appl)	30	95.00	0.31	0.05	0.00	1.82	25.13	0.47

## Menu Calendar Nutrient Analysis Report - May, 2019

Site: Guthrie High School

Date: 05/01/2019 - 05/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Salsa - Week 1 Day 3 - ServingDate: 05/22/2019</b>								
Unsweetened Applesauce - SR1195 (1/2 c.)	30	53.58	0.13	0.01	0.00	2.55	14.38	0.22
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Frijoles ala Charro - SR1271 (1/2 c.)	50	117.25	0.61	0.17	0.00	191.39	19.51	7.80
Baby Carrots - SR1016 (1/2 c.)	50	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Homemade Black Bean & Corn Salsa - SR1279 (2 tbsp.)	20	13.89	0.09	0.01	0.00	38.72	3.01	0.66
Red Pepper Salsa - SR1331 (1/8 c.)	20	6.80	0.06	0.01	0.00	18.94	1.54	0.38
Homemade Salsa - SR1007 (2 tbsp.)	50	3.94	0.03	0.01	0.00	52.51	0.93	0.22
Sour Cream - SR1659 (2 tbsp.)	50	60.00	5.00	3.50	0.00	15.00	1.00	1.00
<b>SY 18-19 Salsa - Week 1 Day 4 - ServingDate: 05/23/2019</b>								
Jalapeno Cheese Nachos - OKR1110 (1 ea.)	50	314.33	17.09	6.35	0.00	639.64	30.50	10.35
Queso Blanco Nachos - OKR1111 (1 ea.)	25	316.45	17.50	6.62	0.00	578.01	30.35	9.84
Soft Beef Tacos - SR1079 (2 each taco)	25	319.48	12.93	3.87	0.00	582.68	31.43	18.62

## Menu Calendar Nutrient Analysis Report - May, 2019

Site: Guthrie High School

Date: 05/01/2019 - 05/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Salsa - Week 1 Day 4 - ServingDate: 05/23/2019</b>								
Bean Nachos - OKR1112 (1 ea.)	25	131.28	1.41	0.47	0.00	480.95	22.51	7.50
Beef Taco Filling - SR1528 (3 tbsp.)	50	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Bartlett Pears - SR1194 (1/2 c.)	15	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	50	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Fiesta Potatoes - SR1519 (1/2 c.)	100	147.31	3.02	0.44	0.00	123.67	28.66	2.85
Chocolate Skim Milk - OKR1062 (8 oz.)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	40	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Homemade Black Bean & Corn Salsa - SR1279 (2 tbsp.)	30	13.89	0.09	0.01	0.00	38.72	3.01	0.66
Red Pepper Salsa - SR1331 (1/8 c.)	20	6.80	0.06	0.01	0.00	18.94	1.54	0.38
Homemade Salsa - SR1007 (2 tbsp.)	40	3.94	0.03	0.01	0.00	52.51	0.93	0.22
Sour Cream - SR1659 (2 tbsp.)	50	60.00	5.00	3.50	0.00	15.00	1.00	1.00

## Menu Calendar Nutrient Analysis Report - May, 2019

Site: Guthrie High School  
Date: 05/01/2019 - 05/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Salsa - Week 1 Day 5 - ServingDate: 05/24/2019</b>								
Beef Enchilada - SR1345 (1 enchilada)	25	358.31	14.79	5.60	0.00	852.80	35.82	18.82
Jalapeno Cheese Nachos - OKR1110 (1 ea.)	50	314.33	17.09	6.35	0.00	639.64	30.50	10.35
Queso Blanco Nachos - OKR1111 (1 ea.)	25	316.45	17.50	6.62	0.00	578.01	30.35	9.84
Mexican Chicken - SR1072 (1/2 c.)	50	114.86	2.85	0.81	0.00	243.05	2.38	20.36
Bean Nachos - OKR1112 (1 ea.)	25	131.28	1.41	0.47	0.00	480.95	22.51	7.50
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Mixed Fruit Cocktail - SR1037 (1/2 c.)	15	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Celery Sticks - SR1014 (6 stick.)	25	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Vegetarian Refried Beans - SR1070 (1/2 c.)	100	161.28	0.58	0.00	0.00	158.86	28.80	10.37
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	40	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Homemade Black Bean & Corn Salsa - SR1279 (2 tbsp.)	20	13.89	0.09	0.01	0.00	38.72	3.01	0.66
Red Pepper Salsa - SR1331 (1/8 c.)	30	6.80	0.06	0.01	0.00	18.94	1.54	0.38
Homemade Salsa - SR1007 (2 tbsp.)	50	3.94	0.03	0.01	0.00	52.51	0.93	0.22

# Menu Calendar Nutrient Analysis Report - May, 2019

Site: Guthrie High School  
 Date: 05/01/2019 - 05/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Salsa - Week 1 Day 5 - ServingDate: 05/24/2019</b>								
Sour Cream - SR1659 (2 tbsp.)	40	60.00	5.00	3.50	0.00	15.00	1.00	1.00

**Legend**  
 (M) - Missing Nutrient Values

**Report Selections**

Meal Type: Lunch  
 Site Group: CrossRoads Café  
 Menu Line: CRC-Salsa  
 Serving Group: 9-12  
 Nutrients Option: Expanded

Please be advised that our menu items may contain allergens or may have come in contact with items containing allergens. In addition, food manufacturers may change their formulation or manner of processing without our knowledge. Sodexo therefore cannot guarantee the accuracy of nutrition information. Ingredient and nutrition content of foods may vary due to changes in product formulation, recipe substitutions, portion size and other factors. The nutrition analyses provided are approximations only. Sodexo assumes no liability for any adverse reactions that may occur in the school cafeteria. We encourage all food allergic individuals to first inform the school nurse of allergy/intolerance and then work with our staff to plan a menu.