

Menu Calendar Nutrient Analysis Report - April, 2019

Site: Guthrie High School
 Date: 04/01/2019 - 04/30/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SY 18-19 XR2 Favorites - Week 4 Day 1 GUTHRIE - ServingDate: 04/01/2019								
Italian Dunkers - OKR1028 (2 stick.)	100	327.00	11.00	6.00	0.00	733.00	35.40	19.90
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Pineapple Tidbits - SR1495 (1/2 c.)	15	63.20	0.00	0.00	0.00	0.00	16.43	0.00
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)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
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
Classic Tomato Soup - SR1114 (1 c.)	75	73.16	0.91	0.46	0.00	378.50	14.63	0.91
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
SY 18-19 XR2 Chopsticks - Week 4 Day 2 GUTHRIE - ServingDate: 04/02/2019								
Szechuan Beef Stir Fry - OKR1018 (4 dippers)	100	251.07	12.01	3.50	0.50	1260.53	16.25	14.06
Steamed Brown Rice - SR1098 (1 c.)	100	234.38	1.38	0.00	0.00	4.06	51.01	5.51
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Peaches - SR1196 (1/2 c.)	15	57.95	0.04	0.00	0.00	5.27	15.24	0.83
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

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SY 18-19 XR2 Chopsticks - Week 4 Day 2 GUTHRIE - ServingDate: 04/02/2019								
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Seasoned Carrot Coins - SR1017 (1/2 c.)	100	75.49	5.10	0.50	0.04	179.98	7.47	0.62
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
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
Egg Roll - OKR1107 (1 egg roll)	100	100.06	4.50	1.25	0.00	195.12	12.01	3.50
SY 18-19 XR2 Favorites - Week 4 Day 3 GUTHRIE - ServingDate: 04/03/2019								
Cheesy Layered Beef Lasagna - OKR1304 (1 roll.)	100	316.09	9.27	4.87	0.01	871.18	38.48	18.70
Ripstick Breadstick - SR1044 (1 breadstick)	100	80.00	1.00	0.00	0.00	100.00	14.00	3.00
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	15	53.58	0.13	0.01	0.00	2.55	14.38	0.22
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)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Mixed Garden Vegetables - SR1583 (1/2 c.)	100	51.85	0.43	0.08	0.00	90.78	11.05	2.23
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46

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SY 18-19 XR2 Favorites - Week 4 Day 3 GUTHRIE - ServingDate: 04/03/2019								
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
Egg Roll - OKR1107 (1 egg roll)	100	100.06	4.50	1.25	0.00	195.12	12.01	3.50
SY 18-19 XR2 Favorites - Week 4 Day 4 GUTHRIE - ServingDate: 04/04/2019								
Spaghetti & Beef Meatballs - OKR1463 (1 serving)	100	343.91	16.00	6.31	0.02	871.79	35.25	19.24
Ripstick Breadstick - SR1044 (1 breadstick)	100	80.00	1.00	0.00	0.00	100.00	14.00	3.00
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)	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
Frozen Peas - OKR1034 (1/2 c.)	100	73.71	0.26	0.05	0.00	68.04	13.47	4.87
Caesar Side Salad - SR1428 (1 c.)	50	169.83	15.80	3.27	0.00	350.10	4.86	3.70
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

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SY 18-19 XR2 Favorites - Week 4 Day 4 GUTHRIE - ServingDate: 04/04/2019								
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	50	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	50	1.43	0.08	0.02	0.00	0.14	0.25	0.05
SY 18-19 XR2 Favorites - Week 4 Day 5 GUTHRIE - ServingDate: 04/05/2019								
Country Fried Steak - OKR1468 (1 patty)	100	315.36	19.30	5.27	0.00	342.43	19.57	16.05
Dinner Roll - OKR1532 (1 roll.)	100	170.00	3.00	0.00	0.00	140.00	29.00	7.00
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"))	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)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Roasted Green Beans - SR1021 (1/2 c.)	50	22.18	0.13	0.04	0.00	43.09	5.11	1.18
Celery Sticks - SR1014 (6 stick.)	25	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Whipped Potatoes - SR1112 (1/2 c.)	100	79.98	1.50	1.00	0.00	102.63	15.00	2.00
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
Gravy, Pepper (Country, Biscuit) - SR2091 (1/4 c.)	50	42.86	2.42	2.19	0.00	179.41	4.57	0.37
Smart Balance Butter - OKR1081 (1 pkg.)	50	30.00	3.00	1.00	0.00	30.00	0.00	0.00

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SY 18-19 XR2 Favorites - Week 5 Day 1 GUTHRIE - ServingDate: 04/08/2019								
Walking Nachos - OKR1530 (1 nacho)	100	336.63	14.99	4.88	0.00	647.53	32.90	15.99
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Pineapple Tidbits - SR1495 (1/2 c.)	15	63.20	0.00	0.00	0.00	0.00	16.43	0.00
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)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Roasted Green Beans - SR1021 (1/2 c.)	50	22.18	0.13	0.04	0.00	43.09	5.11	1.18
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
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
SY 18-19 XR2 Favorites - Week 5 Day 2 GUTHRIE - ServingDate: 04/09/2019								
Chicken & Waffles - OKR1197 (1 serving)	100	460.00	20.00	3.75	0.00	885.00	45.00	24.50
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Peaches - SR1196 (1/2 c.)	15	57.95	0.04	0.00	0.00	5.27	15.24	0.83
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29

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SY 18-19 XR2 Favorites - Week 5 Day 2 GUTHRIE - ServingDate: 04/09/2019								
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)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Citrus Glazed Carrots - SR1131 (1/2 c.)	100	60.46	0.78	0.14	0.00	67.68	13.35	0.68
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
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
Individual Syrup - OKR1568 (1 Container)	100	110.00	0.00	0.00	0.00	20.00	29.00	0.00
SY 18-19 XR2 Chopsticks - Week 5 Day 3 GUTHRIE - ServingDate: 04/10/2019								
Sweet & Sour Chicken - OKR1039 (8 oz.)	100	445.57	15.42	2.60	0.00	540.01	64.86	16.57
Vegetable Lo Mein - SR1770 (1 c.)	100	213.32	2.36	0.34	0.01	846.22	45.39	6.45
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	15	53.58	0.13	0.01	0.00	2.55	14.38	0.22
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)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Steamed Broccoli - SR1028 (1/2 c.)	100	26.46	0.11	0.02	0.00	11.13	5.06	2.93
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46

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SY 18-19 XR2 Chopsticks - Week 5 Day 3 GUTHRIE - ServingDate: 04/10/2019								
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
Egg Roll - OKR1107 (1 egg roll)	100	100.06	4.50	1.25	0.00	195.12	12.01	3.50
SY 18-19 XR2 Favorites - Week 5 Day 4 GUTHRIE - ServingDate: 04/11/2019								
Chili Frito Pie - SR1115 (1 ea.)	100	631.83	26.66	9.63	0.00	1023.88	75.29	22.03
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)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Steamed Corn - SR1034 (1/2 c.)	100	68.89	0.57	0.09	0.00	0.85	16.41	2.17
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
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
Chocolate Chip Cookie - OKR1042 (1 cookie)	100	111.38	3.54	1.01	0.00	86.06	18.23	1.01

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SY 18-19 XR2 Favorites - Week 5 Day 5 GUTHRIE - ServingDate: 04/12/2019								
Chicken Tenders - OKR1184 (3 strip)	100	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - OKR1532 (1 roll.)	100	170.00	3.00	0.00	0.00	140.00	29.00	7.00
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"))	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)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Roasted Green Beans - SR1021 (1/2 c.)	50	22.18	0.13	0.04	0.00	43.09	5.11	1.18
Celery Sticks - SR1014 (6 stick.)	25	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Whipped Potatoes - SR1112 (1/2 c.)	100	79.98	1.50	1.00	0.00	102.63	15.00	2.00
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
Gravy, Pepper (Country, Biscuit) - SR2091 (1/4 c.)	50	42.86	2.42	2.19	0.00	179.41	4.57	0.37
Smart Balance Butter - OKR1081 (1 pkg.)	50	30.00	3.00	1.00	0.00	30.00	0.00	0.00
SY 18-19 XR2 Favorites - Week 1 Day 1 GUTHRIE - ServingDate: 04/15/2019								
Spaghetti & Beef Meatballs - OKR1463 (1 serving)	100	343.91	16.00	6.31	0.02	871.79	35.25	19.24
Ripstick Breadstick - SR1044 (1 breadstick)	100	80.00	1.00	0.00	0.00	100.00	14.00	3.00

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SY 18-19 XR2 Favorites - Week 1 Day 1 GUTHRIE - ServingDate: 04/15/2019								
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Pineapple Tidbits - SR1495 (1/2 c.)	15	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	15	62.63	0.16	0.02	0.00	0.00	15.66	1.25
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Mixed Garden Vegetables - SR1583 (1/2 c.)	100	51.85	0.43	0.08	0.00	90.78	11.05	2.23
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
SY 18-19 XR2 Favorites - Week 1 Day 2 GUTHRIE - ServingDate: 04/16/2019								
Chicken Pot Pie with Biscuit - OKR1460 (1 serving)	100	375.02	12.45	5.11	0.00	716.32	41.03	26.28
Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Peaches - SR1196 (1/2 c.)	10	57.95	0.04	0.00	0.00	5.27	15.24	0.83
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))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	40	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

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SY 18-19 XR2 Favorites - Week 1 Day 2 GUTHRIE - ServingDate: 04/16/2019								
Roasted Green Beans - SR1021 (1/2 c.)	100	22.18	0.13	0.04	0.00	43.09	5.11	1.18
Caesar Side Salad - SR1428 (1 c.)	25	169.83	15.80	3.27	0.00	350.10	4.86	3.70
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
Chocolate Chip Cookie - OKR1042 (1 cookie)	100	111.38	3.54	1.01	0.00	86.06	18.23	1.01
SY 18-19 XR2 Chopsticks - Week 1 Day 3 GUTHRIE - ServingDate: 04/17/2019								
Zesty Orange Popcorn Chicken - OKR1236 (12 piece)	100	404.96	15.84	2.64	0.00	671.66	53.13	15.89
Steamed Brown Rice - SR1098 (1/2 c.)	100	117.19	0.69	0.00	0.00	2.03	25.51	2.76
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	15	53.58	0.13	0.01	0.00	2.55	14.38	0.22
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)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	50	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Roasted Summer Squash - SR1523 (1/2 c.)	75	34.98	2.14	0.21	0.02	42.17	3.28	0.85
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

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SY 18-19 XR2 Chopsticks - Week 1 Day 3 GUTHRIE - ServingDate: 04/17/2019								
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
Egg Roll - OKR1107 (1 egg roll)	100	100.06	4.50	1.25	0.00	195.12	12.01	3.50
SY 18-19 XR2 Favorites - Week 1 Day 4 GUTHRIE - ServingDate: 04/18/2019								
Scrambled Eggs - OKR1375 (1 #10 scoop)	100	98.97	6.60	2.47	0.00	107.22	1.65	8.25
French Toast Sticks - SR1910 (4 stick.)	100	254.56	9.79	1.96	0.00	293.72	37.21	5.87
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)	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.)	25	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Sweet Potato Crinkle Cut Fries - OKR1525 (1/2 c.)	50	120.86	4.53	0.50	0.00	181.29	17.12	2.01
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
Sausage Link - OKR1008 (1 link)	100	98.00	10.00	3.50	0.00	160.00	0.00	4.00
Individual Syrup - OKR1568 (1 Container)	100	110.00	0.00	0.00	0.00	20.00	29.00	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)
SY 18-19 XR2 Favorites - Week 1 Day 5 GUTHRIE - ServingDate: 04/19/2019								
Chicken Tenders - OKR1184 (3 strip)	100	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - OKR1532 (1 roll.)	100	170.00	3.00	0.00	0.00	140.00	29.00	7.00
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"))	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)	50	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
Frozen Peas - OKR1034 (1/2 c.)	50	73.71	0.26	0.05	0.00	68.04	13.47	4.87
Whipped Potatoes - SR1112 (1/2 c.)	100	79.98	1.50	1.00	0.00	102.63	15.00	2.00
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
Gravy, Pepper (Country, Biscuit) - SR2091 (1/4 c.)	75	42.86	2.42	2.19	0.00	179.41	4.57	0.37
Smart Balance Butter - OKR1081 (1 pkg.)	75	30.00	3.00	1.00	0.00	30.00	0.00	0.00
SY 18-19 XR2 Favorites - Week 2 Day 1 GUTHRIE - ServingDate: 04/22/2019								
Chili Frito Pie - SR1115 (1 ea.)	100	631.83	26.66	9.63	0.00	1023.88	75.29	22.03
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SY 18-19 XR2 Favorites - Week 2 Day 1 GUTHRIE - ServingDate: 04/22/2019								
Pineapple Tidbits - SR1495 (1/2 c.)	15	63.20	0.00	0.00	0.00	0.00	16.43	0.00
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)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Steamed Corn - SR1034 (1/2 c.)	100	68.89	0.57	0.09	0.00	0.85	16.41	2.17
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
SY 18-19 XR2 Favorites - Week 2 Day 2 GUTHRIE - ServingDate: 04/23/2019								
Macaroni & Cheese - SR1137 (2/3 c.)	100	375.50	19.17	10.04	0.01	1183.39	34.35	20.03
Ripstick Breadstick - SR1044 (1 breadstick)	100	80.00	1.00	0.00	0.00	100.00	14.00	3.00
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Peaches - SR1196 (1/2 c.)	15	57.95	0.04	0.00	0.00	5.27	15.24	0.83
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)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Seasoned Carrot Coins - SR1017 (1/2 c.)	100	75.49	5.10	0.50	0.04	179.98	7.47	0.62

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SY 18-19 XR2 Favorites - Week 2 Day 2 GUTHRIE - ServingDate: 04/23/2019								
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
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
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	50	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	50	1.43	0.08	0.02	0.00	0.14	0.25	0.05
SY 18-19 XR2 Favorites - Week 2 Day 3 GUTHRIE - ServingDate: 04/24/2019								
Roasted Turkey Carving Station - OKR1155 (1 serving)	100	82.31	1.65	0.00	0.00	427.99	0.00	18.11
Dinner Roll - OKR1532 (1 roll.)	100	170.00	3.00	0.00	0.00	140.00	29.00	7.00
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	15	53.58	0.13	0.01	0.00	2.55	14.38	0.22
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)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Mixed Garden Vegetables - SR1583 (1/2 c.)	50	51.85	0.43	0.08	0.00	90.78	11.05	2.23
Whipped Potatoes - SR1112 (1/2 c.)	100	79.98	1.50	1.00	0.00	102.63	15.00	2.00
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SY 18-19 XR2 Favorites - Week 2 Day 3 GUTHRIE - ServingDate: 04/24/2019								
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
Gravy, Pepper (Country, Biscuit) - SR2091 (1/4 c.)	100	42.86	2.42	2.19	0.00	179.41	4.57	0.37
SY 18-19 XR2 Chopsticks - Week 2 Day 4 GUTHRIE - ServingDate: 04/25/2019								
Teriyaki Beef Stir Fry - OKR1085 (1 c.)	100	380.15	11.80	3.83	0.53	1026.15	51.37	16.54
Steamed Brown Rice - SR1098 (1 c.)	100	234.38	1.38	0.00	0.00	4.06	51.01	5.51
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)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Steamed Broccoli - SR1028 (1/2 c.)	100	26.46	0.11	0.02	0.00	11.13	5.06	2.93
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
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

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SY 18-19 XR2 Chopsticks - Week 2 Day 4 GUTHRIE - ServingDate: 04/25/2019								
Egg Roll - OKR1107 (1 egg roll)	100	100.06	4.50	1.25	0.00	195.12	12.01	3.50
SY 18-19 XR2 Favorites - Week 2 Day 5 GUTHRIE - ServingDate: 04/26/2019								
Chicken Fried Chicken - OKR1109 (1 filet)	100	200.00	9.00	1.50	0.00	290.00	9.00	19.00
Dinner Roll - OKR1532 (1 roll.)	100	170.00	3.00	0.00	0.00	140.00	29.00	7.00
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"))	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)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Roasted Green Beans - SR1021 (1/2 c.)	50	22.18	0.13	0.04	0.00	43.09	5.11	1.18
Celery Sticks - SR1014 (6 stick.)	25	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Whipped Potatoes - SR1112 (1/2 c.)	100	79.98	1.50	1.00	0.00	102.63	15.00	2.00
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
Gravy, Pepper (Country, Biscuit) - SR2091 (1/4 c.)	100	42.86	2.42	2.19	0.00	179.41	4.57	0.37
Smart Balance Butter - OKR1081 (1 pkg.)	75	30.00	3.00	1.00	0.00	30.00	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)
SY 18-19 XR2 Chopsticks - Week 3 Day 1 GUTHRIE - ServingDate: 04/29/2019								
Sweet & Sour Chicken - OKR1039 (8 oz.)	100	445.57	15.42	2.60	0.00	540.01	64.86	16.57
Vegetable Lo Mein - SR1770 (1 c.)	100	213.32	2.36	0.34	0.01	846.22	45.39	6.45
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Pineapple Tidbits - SR1495 (1/2 c.)	15	63.20	0.00	0.00	0.00	0.00	16.43	0.00
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)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Roasted Green Beans - SR1021 (1/2 c.)	100	22.18	0.13	0.04	0.00	43.09	5.11	1.18
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
Egg Roll - OKR1107 (1 egg roll)	100	100.06	4.50	1.25	0.00	195.12	12.01	3.50
SY 18-19 XR2 Favorites - Week 3 Day 2 GUTHRIE - ServingDate: 04/30/2019								
Scrambled Eggs - OKR1375 (1 #10 scoop)	100	98.97	6.60	2.47	0.00	107.22	1.65	8.25
Buttermilk Pancakes - SR2010 (2 pancake)	100	160.00	2.00	0.33	0.00	406.67	30.67	4.00
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Peaches - SR1196 (1/2 c.)	15	57.95	0.04	0.00	0.00	5.27	15.24	0.83

Menu Calendar Nutrient Analysis Report - April, 2019

Site: Guthrie High School

Date: 04/01/2019 - 04/30/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SY 18-19 XR2 Favorites - Week 3 Day 2 GUTHRIE - ServingDate: 04/30/2019								
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)	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
Sweet Potato Crinkle Cut Fries - OKR1525 (1/2 c.)	75	120.86	4.53	0.50	0.00	181.29	17.12	2.01
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
Sausage Link - OKR1008 (1 link)	100	98.00	10.00	3.50	0.00	160.00	0.00	4.00
Individual Syrup - OKR1568 (1 Container)	100	110.00	0.00	0.00	0.00	20.00	29.00	0.00

Legend

(M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch

Site Group: CrossRoads Café

Menu Line: CRC-Creations

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.