

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 Salsa - Week 4 Day 1 - ServingDate: 04/01/2019								
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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SY 18-19 Salsa - Week 4 Day 1 - ServingDate: 04/01/2019								
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	22.06	1.10	0.22	0.00	141.18	3.53	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
SY 18-19 Salsa - Week 4 Day 2 - ServingDate: 04/02/2019								
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	320.17	12.93	3.87	0.00	533.23	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	56.25	2.27	0.91	0.00	147.42	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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SY 18-19 Salsa - Week 4 Day 2 - ServingDate: 04/02/2019								
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	22.06	1.10	0.22	0.00	141.18	3.53	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
SY 18-19 Salsa - Week 4 Day 3 - ServingDate: 04/03/2019								
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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SY 18-19 Salsa - Week 4 Day 3 - ServingDate: 04/03/2019								
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	22.06	1.10	0.22	0.00	141.18	3.53	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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SY 18-19 Salsa - Week 4 Day 4 - ServingDate: 04/04/2019								
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	320.17	12.93	3.87	0.00	533.23	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	56.25	2.27	0.91	0.00	147.42	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

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SY 18-19 Salsa - Week 4 Day 4 - ServingDate: 04/04/2019								
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	20	22.06	1.10	0.22	0.00	141.18	3.53	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
SY 18-19 Salsa - Week 4 Day 5 - ServingDate: 04/05/2019								
Beef Enchilada - SR1345 (1 enchilada)	25	358.95	14.79	5.60	0.00	806.87	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

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SY 18-19 Salsa - Week 4 Day 5 - ServingDate: 04/05/2019								
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	22.06	1.10	0.22	0.00	141.18	3.53	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
SY 18-19 Salsa - Week 5 Day 1 - ServingDate: 04/08/2019								
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

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SY 18-19 Salsa - Week 5 Day 1 - ServingDate: 04/08/2019								
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	22.06	1.10	0.22	0.00	141.18	3.53	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

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SY 18-19 Salsa - Week 5 Day 2 - ServingDate: 04/09/2019								
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	320.17	12.93	3.87	0.00	533.23	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	56.25	2.27	0.91	0.00	147.42	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

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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 Salsa - Week 5 Day 2 - ServingDate: 04/09/2019								
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	20	22.06	1.10	0.22	0.00	141.18	3.53	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
SY 18-19 Salsa - Week 5 Day 3 - ServingDate: 04/10/2019								
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

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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 Salsa - Week 5 Day 3 - ServingDate: 04/10/2019								
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	22.06	1.10	0.22	0.00	141.18	3.53	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
SY 18-19 Salsa - Week 5 Day 4 - ServingDate: 04/11/2019								
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	320.17	12.93	3.87	0.00	533.23	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	56.25	2.27	0.91	0.00	147.42	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

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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 Salsa - Week 5 Day 4 - ServingDate: 04/11/2019								
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	22.06	1.10	0.22	0.00	141.18	3.53	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

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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 Salsa - Week 5 Day 5 - ServingDate: 04/12/2019								
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

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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 Salsa - Week 5 Day 5 - ServingDate: 04/12/2019								
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	22.06	1.10	0.22	0.00	141.18	3.53	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
SY 18-19 Salsa - Week 1 Day 1 - ServingDate: 04/15/2019								
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

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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 Salsa - Week 1 Day 1 - ServingDate: 04/15/2019								
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
SY 18-19 Salsa - Week 1 Day 2 - ServingDate: 04/16/2019								
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	320.17	12.93	3.87	0.00	533.23	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	112.49	4.54	1.81	0.00	294.83	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

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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 Salsa - Week 1 Day 2 - ServingDate: 04/16/2019								
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
SY 18-19 Salsa - Week 1 Day 3 - ServingDate: 04/17/2019								
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

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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 Salsa - Week 1 Day 3 - ServingDate: 04/17/2019								
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
SY 18-19 Salsa - Week 1 Day 4 - ServingDate: 04/18/2019								
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	320.17	12.93	3.87	0.00	533.23	31.43	18.62

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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 Salsa - Week 1 Day 4 - ServingDate: 04/18/2019								
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	56.25	2.27	0.91	0.00	147.42	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	22.06	1.10	0.22	0.00	141.18	3.53	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

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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 Salsa - Week 1 Day 5 - ServingDate: 04/19/2019								
Beef Enchilada - SR1345 (1 enchilada)	25	358.95	14.79	5.60	0.00	806.87	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

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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 Salsa - Week 1 Day 5 - ServingDate: 04/19/2019								
Sour Cream - SR1659 (2 tbsp.)	40	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 18-19 Salsa - Week 2 Day 1 - ServingDate: 04/22/2019								
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
Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Pineapple Tidbits - SR1495 (1/2 c.)	10	63.20	0.00	0.00	0.00	0.00	16.43	0.00
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)	60	60.00	0.00	0.00	0.00	0.00	14.00	0.00
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)

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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 Salsa - Week 2 Day 1 - ServingDate: 04/22/2019								
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.)	75	22.06	1.10	0.22	0.00	141.18	3.53	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
SY 18-19 Salsa - Week 2 Day 2 - ServingDate: 04/23/2019								
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 - OKR1186 (2 each taco)	25	340.46	13.75	4.20	0.00	586.41	32.25	20.91
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	56.25	2.27	0.91	0.00	147.42	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)	15	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

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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 Salsa - Week 2 Day 2 - ServingDate: 04/23/2019								
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.)	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
Caesar Salad Dressing - SR1551 (2 tbsp.)	20	130.00	14.00	2.50	0.00	210.00	1.00	1.00
Ketchup - SR1004 (1 tbsp.)	40	(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.)	25	22.06	1.10	0.22	0.00	141.18	3.53	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.)	50	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 18-19 Salsa - Week 2 Day 3 - ServingDate: 04/24/2019								
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

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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 Salsa - Week 2 Day 3 - ServingDate: 04/24/2019								
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.)	30	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)	10	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"))	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
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
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	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Homemade Black Bean & Corn Salsa - SR1279 (2 tbsp.)	40	13.89	0.09	0.01	0.00	38.72	3.01	0.66

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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 Salsa - Week 2 Day 3 - ServingDate: 04/24/2019								
Red Pepper Salsa - SR1331 (1/8 c.)	40	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
SY 18-19 Salsa - Week 2 Day 4 - ServingDate: 04/25/2019								
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	320.17	12.93	3.87	0.00	533.23	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	56.25	2.27	0.91	0.00	147.42	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.)	10	49.27	0.07	0.00	0.00	3.94	12.75	0.34
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
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.)	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

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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 Salsa - Week 2 Day 4 - ServingDate: 04/25/2019								
Caesar Salad Dressing - SR1551 (2 tbsp.)	20	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	22.06	1.10	0.22	0.00	141.18	3.53	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
SY 18-19 Salsa - Week 2 Day 5 - ServingDate: 04/26/2019								
Enchilada Suiza - OKR1451 (2 enchilada)	50	817.52	36.40	15.20	0.00	1876.74	67.41	52.75
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
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
Mixed Fruit Cocktail - SR1037 (1/2 c.)	10	49.99	0.01	0.00	0.00	4.35	12.89	0.50

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 Salsa - Week 2 Day 5 - ServingDate: 04/26/2019								
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
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
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	22.06	1.10	0.22	0.00	141.18	3.53	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.)	30	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 18-19 Salsa - Week 3 Day 1 - ServingDate: 04/29/2019								
Chicken Tacos - SR1415 (2 tacos)	25	344.71	15.36	5.38	0.00	515.77	29.14	21.70

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 Salsa - Week 3 Day 1 - ServingDate: 04/29/2019								
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)	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
Pineapple Tidbits - SR1495 (1/2 c.)	10	63.20	0.00	0.00	0.00	0.00	16.43	0.00
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
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.)	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.)	40	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	20	22.06	1.10	0.22	0.00	141.18	3.53	0.00

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 Salsa - Week 3 Day 1 - ServingDate: 04/29/2019								
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.)	40	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
SY 18-19 Salsa - Week 3 Day 2 - ServingDate: 04/30/2019								
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	320.17	12.93	3.87	0.00	533.23	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	56.25	2.27	0.91	0.00	147.42	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)	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
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.)	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

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 Salsa - Week 3 Day 2 - ServingDate: 04/30/2019								
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
Caesar Salad Dressing - SR1551 (2 tbsp.)	20	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.)	40	22.06	1.10	0.22	0.00	141.18	3.53	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

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.