

## Menu Calendar Nutrient Analysis Report - October, 2017

Site: Guthrie High School

Date: 10/01/2017 - 10/31/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
<b>XR2 Favorites - Week 5 Day 1 - ServingDate: 10/02/2017</b>							
Action Station: Pasta Pronto - OKR1153 (1 serving)	75	404.04	11.17	3.57	1164.14	55.53	26.02
Ripstick Breadstick - SR1044 (1 breadstick)	75	80.00	1.00	0.00	100.00	15.00	3.00
100% Apple Juice - SR1204 (4 fl oz cup)	40	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	5	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	5	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	5	45.12	0.12	0.01	0.00	11.28	0.90
Chilled Pineapple - SR1495 (1/2 c.)	5	62.40	0.00	0.00	1.04	16.18	0.53
Fresh Baby Carrots - SR1016 (1/2 c.)	25	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	25	18.89	0.18	0.03	31.03	3.96	1.15
Steamed Green Beans - SR1021 (1/2 c.)	45	19.40	0.12	0.03	37.71	4.47	1.03
Chocolate Skim Milk - OKR1062 (8 oz.)	15	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	15	90.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	50	3.59	0.24	0.14	12.74	0.03	0.32
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Light Ranch Dressing - SR1003 (1 tbsp.)	30	25.00	1.75	0.25	185.00	2.50	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	50	1.43	0.08	0.02	0.14	0.25	0.05

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<b>XR2 Favorites - Week 5 Day 2 - ServingDate: 10/03/2017</b>							
Chicken & Waffles MS/HS - OKR1197 (1 serving)	150	480.00	23.00	4.00	870.00	49.00	20.00
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	5	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	5	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	5	45.12	0.12	0.01	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	5	59.11	0.04	0.00	5.37	15.54	0.85
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	25	104.50	8.24	2.04	402.31	5.67	2.49
Mixed Garden Vegetables - SR1583 (1/2 c.)	75	51.85	0.43	0.08	90.78	11.05	2.23
Chocolate Skim Milk - OKR1062 (8 oz.)	20	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	20	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	20	90.00	0.00	0.00	130.00	13.00	8.00
Caesar Dressing - SR1551 (2 tbsp.)	25	130.00	14.00	2.50	210.00	1.00	1.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Light Ranch Dressing - SR1003 (1 tbsp.)	25	25.00	1.75	0.25	185.00	2.50	0.00
Pancake & Waffle Syrup - SR1158 (1 fl. oz.)	125	117.75	0.00	0.00	39.25	29.16	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
<b>XR2 Chopsticks - Week 5 Day 3 - ServingDate: 10/04/2017</b>							
Action Station: Wok/Chopsticks - OKR1154 (1 serving)	200	769.32	23.75	2.88	869.08	125.61	18.43
100% Apple Juice - SR1204 (4 fl oz cup)	100	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Applesauce - SR1195 (1/2 c.)	10	55.51	0.13	0.01	2.64	14.89	0.23
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	11.28	0.90
Steamed Broccoli - SR1028 (1/2 c.)	100	25.40	0.11	0.02	9.98	4.85	2.81
Fresh Baby Carrots - SR1016 (1/2 c.)	30	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	30	18.89	0.18	0.03	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	30	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	30	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	30	90.00	0.00	0.00	130.00	13.00	8.00
Egg Roll 1.5 oz - OKR1107 (1 egg roll)	175	100.06	4.50	1.25	195.12	12.01	3.50
Ketchup - SR1004 (1 pump)	0	40.00	0.00	0.00	320.00	10.00	0.00
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Light Ranch Dressing - SR1003 (1 tbsp.)	50	25.00	1.75	0.25	185.00	2.50	0.00
<b>XR2 Favorites - Week 5 Day 4 - ServingDate: 10/05/2017</b>							
Cookie, Chocolate Chip WG - OKR1042 (1 cookie)	100	100.00	3.50	1.00	80.00	17.00	1.00

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<b>XR2 Favorites - Week 5 Day 4 - ServingDate: 10/05/2017</b>							
Frito Chili Pie (MS/HS) - OKR1237 (8 oz.)	125	381.09	9.70	3.63	933.94	47.77	25.37
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	5	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	5	105.02	0.39	0.13	1.18	26.95	1.29
Diced Bartlett Pears - SR1194 (1/2 c.)	5	70.42	0.10	0.01	5.63	18.22	0.00
Fresh Whole Oranges - SR1171 (1 small (2-3))	5	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	25	104.50	8.24	2.04	402.31	5.67	2.49
Squash & Zucchini, Roasted - OKR1000 (1/2 c.)	75	36.63	1.72	0.19	66.08	4.13	1.22
Chocolate Skim Milk - OKR1062 (8 oz.)	20	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	20	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	20	90.00	0.00	0.00	130.00	13.00	8.00
Caesar Dressing - SR1551 (2 tbsp.)	25	130.00	14.00	2.50	210.00	1.00	1.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Light Ranch Dressing - SR1003 (1 tbsp.)	25	25.00	1.75	0.25	185.00	2.50	0.00
<b>XR2 Favorites - Week 5 Day 5 - ServingDate: 10/06/2017</b>							
Breaded Chicken Tenders, Tyson, whole grain, cooked, CN - OKR1184 (3 strip)	150	260.00	15.00	2.50	390.00	16.00	15.00

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<b>XR2 Favorites - Week 5 Day 5 - ServingDate: 10/06/2017</b>							
Dinner Roll - SR1009 (1 roll.)	150	169.49	2.99	0.50	134.59	27.91	6.98
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	5	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	5	105.02	0.39	0.13	1.18	26.95	1.29
Mixed Fruit - SR1037 (1/2 c.)	5	59.05	0.00	0.00	5.13	15.22	0.59
Fresh Whole Oranges - SR1171 (1 small (2-3))	5	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Celery Sticks - SR1014 (6 stick (4" )	25	10.34	0.11	0.03	51.71	1.92	0.45
Citrus Glazed Carrots - SR1131 (1/2 c.)	75	60.46	0.78	0.14	67.68	13.35	0.68
Garden Side Salad - SR1429 (1 c.)	25	18.89	0.18	0.03	31.03	3.96	1.15
Whipped Potatoes - SR1112 (1/2 c.)	100	111.89	1.53	1.02	120.53	21.36	2.03
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	30	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Old Fashioned Country Gravy - SR1468 (1/4 c.)	75	170.10	11.91	5.10	720.10	17.01	0.00
Light Ranch Dressing - SR1003 (1 tbsp.)	60	25.00	1.75	0.25	185.00	2.50	0.00

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<b>XR2 Favorites - Week 1 Day 1 - ServingDate: 10/09/2017</b>							
Action Station: Pasta Pronto - OKR1153 (1 serving)	125	404.04	11.17	3.57	1164.14	55.53	26.02
Ripstick Breadstick - SR1044 (1 breadstick)	100	80.00	1.00	0.00	100.00	15.00	3.00
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	11.28	0.90
Chilled Pineapple - SR1495 (1/2 c.)	10	62.40	0.00	0.00	1.04	16.18	0.53
Fresh Broccoli Florets - SR1027 (1/2 c.)	20	10.84	0.12	0.01	10.53	2.12	0.90
Fresh Baby Carrots - SR1016 (1/2 c.)	20	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	20	18.89	0.18	0.03	31.03	3.96	1.15
Mixed Garden Vegetables - SR1583 (1/2 c.)	75	51.85	0.43	0.08	90.78	11.05	2.23
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	75	3.59	0.24	0.14	12.74	0.03	0.32
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Light Ranch Dressing - SR1003 (1 tbsp.)	50	25.00	1.75	0.25	185.00	2.50	0.00

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<b>XR2 Favorites - Week 1 Day 1 - ServingDate: 10/09/2017</b>							
Red Pepper Flakes - SR1554 (1/4 tsp.)	50	1.43	0.08	0.02	0.14	0.25	0.05
<b>XR2 Favorites - Week 1 Day 2 - ServingDate: 10/10/2017</b>							
Chicken Pot Pie - OKR1077 (1 serving)	100	425.82	19.61	8.61	800.76	38.49	25.13
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	5	59.11	0.04	0.00	5.37	15.54	0.85
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	30	104.50	8.24	2.04	402.31	5.67	2.49
Steamed Green Beans - SR1021 (1/2 c.)	75	19.40	0.12	0.03	37.71	4.47	1.03
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	130.00	13.00	8.00
Caesar Dressing - SR1551 (2 tbsp.)	30	130.00	14.00	2.50	210.00	1.00	1.00
Cookie, Chocolate Chip WG - OKR1042 (1 cookie)	100	100.00	3.50	1.00	80.00	17.00	1.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00

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<b>XR2 Favorites - Week 1 Day 2 - ServingDate: 10/10/2017</b>							
Light Ranch Dressing - SR1003 (1 tbsp.)	25	25.00	1.75	0.25	185.00	2.50	0.00
<b>XR2 Chopsticks - Week 1 Day 3 - ServingDate: 10/11/2017</b>							
Action Station: Wok/Chopsticks - OKR1154 (1 serving)	125	769.32	23.75	2.88	869.08	125.61	18.43
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Applesauce - SR1195 (1/2 c.)	5	55.51	0.13	0.01	2.64	14.89	0.23
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Baby Carrots - SR1016 (1/2 c.)	30	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	30	18.89	0.18	0.03	31.03	3.96	1.15
Squash & Zucchini, Roasted - OKR1000 (1/2 c.)	75	36.63	1.72	0.19	66.08	4.13	1.22
Chocolate Skim Milk - OKR1062 (8 oz.)	10	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	130.00	13.00	8.00
Egg Roll 1.5 oz - OKR1107 (1 egg roll)	100	100.06	4.50	1.25	195.12	12.01	3.50
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Light Ranch Dressing - SR1003 (1 tbsp.)	50	25.00	1.75	0.25	185.00	2.50	0.00



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<b>XR2 Favorites - Week 1 Day 4 - ServingDate: 10/12/2017</b>							
Pork Sausage Link - OKR1008 (1 link)	100	98.00	10.00	3.50	160.00	0.00	4.00
Scrambled Eggs - SR1179 (1/4 c.)	100	93.33	6.00	2.00	86.67	0.00	8.00
French Toast Sticks - SR1910 (4 stick.)	100	277.15	11.88	1.98	197.97	34.64	5.94
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	5	(M)	(M)	(M)	(M)	(M)	(M)
Baked Cinnamon Raisin Apples - SR1238 (1 #10 scoop)	75	126.53	1.89	0.76	29.95	28.05	0.37
Banana - SR1166 (1 medium (7"))	5	105.02	0.39	0.13	1.18	26.95	1.29
Diced Bartlett Pears - SR1194 (1/2 c.)	5	70.42	0.10	0.01	5.63	18.22	0.00
Fresh Whole Oranges - SR1171 (1 small (2-3))	5	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	25	104.50	8.24	2.04	402.31	5.67	2.49
Chocolate Skim Milk - OKR1062 (8 oz.)	10	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	130.00	13.00	8.00
Caesar Dressing - SR1551 (2 tbsp.)	25	130.00	14.00	2.50	210.00	1.00	1.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Light Ranch Dressing - SR1003 (1 tbsp.)	25	25.00	1.75	0.25	185.00	2.50	0.00
Pancake & Waffle Syrup - SR1158 (1 fl. oz.)	80	117.75	0.00	0.00	39.25	29.16	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
<b>XR2 Favorites - Week 1 Day 5 - ServingDate: 10/13/2017</b>							
Breaded Chicken Tenders, Tyson, whole grain, cooked, CN - OKR1184 (3 strip)	150	260.00	15.00	2.50	390.00	16.00	15.00
Dinner Roll - SR1009 (1 roll.)	150	169.49	2.99	0.50	134.59	27.91	6.98
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	1.18	26.95	1.29
Mixed Fruit - SR1037 (1/2 c.)	5	59.05	0.00	0.00	5.13	15.22	0.59
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Celery Sticks - SR1014 (6 stick (4" )	25	10.34	0.11	0.03	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	25	18.89	0.18	0.03	31.03	3.96	1.15
Whipped Potatoes - SR1112 (1/2 c.)	75	111.89	1.53	1.02	120.53	21.36	2.03
Peas, Frozen, Cooked - OKR1034 (1/2 c.)	30	88.45	0.31	0.06	81.65	16.17	5.84
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	25	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Old Fashioned Country Gravy - SR1468 (1/4 c.)	75	170.10	11.91	5.10	720.10	17.01	0.00
Light Ranch Dressing - SR1003 (1 tbsp.)	60	25.00	1.75	0.25	185.00	2.50	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
<b>XR2 Favorites - Week 2 Day 1 - ServingDate: 10/16/2017</b>							
Action Station: Pasta Pronto - OKR1153 (1 serving)	100	404.04	11.17	3.57	1164.14	55.53	26.02
Ripstick Breadstick - SR1044 (1 breadstick)	100	80.00	1.00	0.00	100.00	15.00	3.00
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	11.28	0.90
Chilled Pineapple - SR1495 (1/2 c.)	10	62.40	0.00	0.00	1.04	16.18	0.53
Fresh Baby Carrots - SR1016 (1/2 c.)	30	24.81	0.09	0.02	55.28	5.84	0.45
Steamed Carrot Coins - SR1017 (1/2 c.)	50	24.77	1.53	0.16	53.87	2.83	0.28
Garden Side Salad - SR1429 (1 c.)	25	18.89	0.18	0.03	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	15	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	15	90.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	75	3.59	0.24	0.14	12.74	0.03	0.32
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Light Ranch Dressing - SR1003 (1 tbsp.)	50	25.00	1.75	0.25	185.00	2.50	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	50	1.43	0.08	0.02	0.14	0.25	0.05

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
<b>XR2 Favorites - Week 2 Day 2 - ServingDate: 10/17/2017</b>							
Carving Station: Roasted Turkey - OKR1155 (1 serving)	75	82.31	1.65	0.00	427.99	0.00	18.11
Dinner Roll - SR1009 (1 roll.)	75	169.49	2.99	0.50	134.59	27.91	6.98
100% Apple Juice - SR1204 (4 fl oz cup)	40	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	5	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	5	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	5	45.12	0.12	0.01	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	5	59.11	0.04	0.00	5.37	15.54	0.85
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	25	104.50	8.24	2.04	402.31	5.67	2.49
Whipped Potatoes - SR1112 (1/2 c.)	60	111.89	1.53	1.02	120.53	21.36	2.03
Mixed Garden Vegetables - SR1583 (1/2 c.)	30	51.85	0.43	0.08	90.78	11.05	2.23
Chocolate Skim Milk - OKR1062 (8 oz.)	15	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	15	90.00	0.00	0.00	130.00	13.00	8.00
Caesar Dressing - SR1551 (2 tbsp.)	20	130.00	14.00	2.50	210.00	1.00	1.00
Cookie, Carnival WG - OKR1143 (1 cookie)	75	100.00	3.00	1.00	80.00	17.00	1.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	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)	Na (mg)	Carb (g)	Pro (g)
<b>XR2 Favorites - Week 2 Day 2 - ServingDate: 10/17/2017</b>							
Old Fashioned Country Gravy - SR1468 (1/4 c.)	50	170.10	11.91	5.10	720.10	17.01	0.00
Light Ranch Dressing - SR1003 (1 tbsp.)	25	25.00	1.75	0.25	185.00	2.50	0.00
Smart Balance Butter - OKR1081 (1 pkg.)	50	30.00	3.00	1.00	30.00	0.00	0.00
<b>XR2 Chopsticks - Week 2 Day 3 - ServingDate: 10/18/2017</b>							
Action Station: Wok/Chopsticks - OKR1154 (1 serving)	125	769.32	23.75	2.88	869.08	125.61	18.43
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	5	(M)	(M)	(M)	(M)	(M)	(M)
Applesauce - SR1195 (1/2 c.)	5	55.51	0.13	0.01	2.64	14.89	0.23
Banana - SR1166 (1 medium (7"))	5	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	5	45.12	0.12	0.01	0.00	11.28	0.90
Steamed Broccoli - SR1028 (1/2 c.)	75	25.40	0.11	0.02	9.98	4.85	2.81
Fresh Baby Carrots - SR1016 (1/2 c.)	20	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	20	18.89	0.18	0.03	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	15	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	15	90.00	0.00	0.00	130.00	13.00	8.00
Egg Roll 1.5 oz - OKR1107 (1 egg roll)	100	100.06	4.50	1.25	195.12	12.01	3.50
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
<b>XR2 Chopsticks - Week 2 Day 3 - ServingDate: 10/18/2017</b>							
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Light Ranch Dressing - SR1003 (1 tbsp.)	30	25.00	1.75	0.25	185.00	2.50	0.00
<b>XR2 Favorites - Week 2 Day 4 - ServingDate: 10/19/2017</b>							
Frito Chili Pie (MS/HS) - OKR1237 (8 oz.)	75	381.09	9.70	3.63	933.94	47.77	25.37
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	5	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	5	105.02	0.39	0.13	1.18	26.95	1.29
Diced Bartlett Pears - SR1194 (1/2 c.)	5	70.42	0.10	0.01	5.63	18.22	0.00
Fresh Whole Oranges - SR1171 (1 small (2-3))	5	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	25	104.50	8.24	2.04	402.31	5.67	2.49
Peas, Frozen, Cooked - OKR1034 (1/2 c.)	30	88.45	0.31	0.06	81.65	16.17	5.84
Chocolate Skim Milk - OKR1062 (8 oz.)	15	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	15	90.00	0.00	0.00	130.00	13.00	8.00
Caesar Dressing - SR1551 (2 tbsp.)	25	130.00	14.00	2.50	210.00	1.00	1.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Light Ranch Dressing - SR1003 (1 tbsp.)	20	25.00	1.75	0.25	185.00	2.50	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
<b>XR2 Favorites - Week 3 Day 2 - ServingDate: 10/24/2017</b>							
Chicken Noodle Casserole - OKR1005 (1 serving)	0	288.31	8.54	2.05	887.30	34.09	22.26
Cookie, Chocolate Chip WG - OKR1042 (1 cookie)	0	100.00	3.50	1.00	80.00	17.00	1.00
Dinner Roll - SR1009 (1 roll.)	0	169.49	2.99	0.50	134.59	27.91	6.98
100% Apple Juice - SR1204 (4 fl oz cup)	0	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	0	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	0	45.12	0.12	0.01	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	0	59.11	0.04	0.00	5.37	15.54	0.85
Fresh Broccoli Florets - SR1027 (1/2 c.)	0	10.84	0.12	0.01	10.53	2.12	0.90
Steamed Broccoli - SR1028 (1/2 c.)	0	25.40	0.11	0.02	9.98	4.85	2.81
Caesar Side Salad - SR1428 (1/2 c.)	0	52.25	4.12	1.02	201.16	2.83	1.25
Chocolate Skim Milk - OKR1062 (8 oz.)	0	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Light Ranch Dressing - SR1003 (1 tbsp.)	0	25.00	1.75	0.25	185.00	2.50	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
<b>XR2 Chopsticks - Week 3 Day 3 - ServingDate: 10/25/2017</b>							
Action Station: Wok/Chopsticks - OKR1154 (1 serving)	175	769.32	23.75	2.88	869.08	125.61	18.43
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Applesauce - SR1195 (1/2 c.)	10	55.51	0.13	0.01	2.64	14.89	0.23
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	11.28	0.90
Steamed Broccoli - SR1028 (1/2 c.)	100	25.40	0.11	0.02	9.98	4.85	2.81
Fresh Baby Carrots - SR1016 (1/2 c.)	40	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	30	18.89	0.18	0.03	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	20	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	20	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	20	90.00	0.00	0.00	130.00	13.00	8.00
Egg Roll 1.5 oz - OKR1107 (1 egg roll)	150	100.06	4.50	1.25	195.12	12.01	3.50
Ketchup - SR1004 (1 pump)	0	40.00	0.00	0.00	320.00	10.00	0.00
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Light Ranch Dressing - SR1003 (1 tbsp.)	50	25.00	1.75	0.25	185.00	2.50	0.00
<b>XR2 Favorites - Week 3 Day 4 - ServingDate: 10/26/2017</b>							
Pancakes, Commodity - OKR1025 (3 pancakes)	150	210.00	6.00	0.00	405.00	39.00	6.00



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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
<b>XR2 Favorites - Week 3 Day 4 - ServingDate: 10/26/2017</b>							
Pork Sausage Link - OKR1008 (1 link)	100	98.00	10.00	3.50	160.00	0.00	4.00
Scrambled Eggs - SR1179 (1/4 c.)	150	93.33	6.00	2.00	86.67	0.00	8.00
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Baked Cinnamon Raisin Apples - SR1238 (1 #10 scoop)	50	126.53	1.89	0.76	29.95	28.05	0.37
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	1.18	26.95	1.29
Diced Bartlett Pears - SR1194 (1/2 c.)	10	70.42	0.10	0.01	5.63	18.22	0.00
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Broccoli Florets - SR1027 (1/2 c.)	30	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	30	104.50	8.24	2.04	402.31	5.67	2.49
Chocolate Skim Milk - OKR1062 (8 oz.)	15	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	15	90.00	0.00	0.00	130.00	13.00	8.00
Caesar Dressing - SR1551 (2 tbsp.)	30	130.00	14.00	2.50	210.00	1.00	1.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Light Ranch Dressing - SR1003 (1 tbsp.)	25	25.00	1.75	0.25	185.00	2.50	0.00
Pancake & Waffle Syrup - SR1158 (1 fl. oz.)	125	117.75	0.00	0.00	39.25	29.16	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
<b>XR2 Favorites - Week 3 Day 5 - ServingDate: 10/27/2017</b>							
Popcorn Chicken Bowl: K12 - OKR1191 (1 ea.)	150	501.02	27.38	8.44	1161.60	47.48	17.25
Dinner Roll - SR1009 (1 roll.)	150	169.49	2.99	0.50	134.59	27.91	6.98
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	1.18	26.95	1.29
Mixed Fruit - SR1209 (1 #8 scoop)	10	53.16	0.09	0.02	2.88	13.82	0.42
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Celery Sticks - SR1014 (6 stick (4" )	30	10.34	0.11	0.03	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	39	18.89	0.18	0.03	31.03	3.96	1.15
use SR1303 - Roasted Corn - SR1437 (1/2 c.)	75	66.83	0.55	0.09	0.83	15.92	2.10
Chocolate Skim Milk - OKR1062 (8 oz.)	20	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	20	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	20	90.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	20	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Light Ranch Dressing - SR1003 (1 tbsp.)	50	25.00	1.75	0.25	185.00	2.50	0.00
<b>XR2 Favorites - Week 4 Day 1 - ServingDate: 10/30/2017</b>							
Action Station: Pasta Pronto - OKR1153 (1 serving)	100	404.04	11.17	3.57	1164.14	55.53	26.02

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Site: Guthrie High School

Date: 10/01/2017 - 10/31/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
<b>XR2 Favorites - Week 4 Day 1 - ServingDate: 10/30/2017</b>							
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	5	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	5	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	5	45.12	0.12	0.01	0.00	11.28	0.90
Chilled Pineapple - SR1495 (1/2 c.)	5	62.40	0.00	0.00	1.04	16.18	0.53
Fresh Baby Carrots - SR1016 (1/2 c.)	30	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	30	18.89	0.18	0.03	31.03	3.96	1.15
Peas, Frozen, Cooked - OKR1034 (1/2 c.)	40	88.45	0.31	0.06	81.65	16.17	5.84
Chocolate Skim Milk - OKR1062 (8 oz.)	20	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	20	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	20	90.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	75	3.59	0.24	0.14	12.74	0.03	0.32
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Light Ranch Dressing - SR1003 (1 tbsp.)	25	25.00	1.75	0.25	185.00	2.50	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	50	1.43	0.08	0.02	0.14	0.25	0.05
<b>XR2 Favorites - Week 4 Day 2 - ServingDate: 10/31/2017</b>							
Cookie, Carnival WG - OKR1143 (1 cookie)	50	100.00	3.00	1.00	80.00	17.00	1.00

## Menu Calendar Nutrient Analysis Report - October, 2017

Site: Guthrie High School

Date: 10/01/2017 - 10/31/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
<b>XR2 Favorites - Week 4 Day 2 - ServingDate: 10/31/2017</b>							
Dinner Roll - SR1009 (1 roll.)	75	169.49	2.99	0.50	134.59	27.91	6.98
Carving Station: Roasted Turkey - OKR1155 (1 serving)	75	82.31	1.65	0.00	427.99	0.00	18.11
100% Apple Juice - SR1204 (4 fl oz cup)	40	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	5	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	5	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	5	45.12	0.12	0.01	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	5	59.11	0.04	0.00	5.37	15.54	0.85
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	25	104.50	8.24	2.04	402.31	5.67	2.49
Steamed Green Beans - SR1021 (1/2 c.)	30	19.40	0.12	0.03	37.71	4.47	1.03
Chocolate Skim Milk - OKR1062 (8 oz.)	20	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	20	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	20	90.00	0.00	0.00	130.00	13.00	8.00
Caesar Dressing - SR1551 (2 tbsp.)	25	130.00	14.00	2.50	210.00	1.00	1.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Light Ranch Dressing - SR1003 (1 tbsp.)	25	25.00	1.75	0.25	185.00	2.50	0.00

**Legend**

(M) - Missing Nutrient Values

# Menu Calendar Nutrient Analysis Report - October, 2017

Site: Guthrie High School  
Date: 10/01/2017 - 10/31/2017

**Report Selections**

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