

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)
XR2 Pizza - Week 5 Day 1 - ServingDate: 10/02/2017							
Traditional Cheese Pizza - SR1441 (1 slice)	125	344.37	13.75	7.31	689.99	37.25	22.88
Pepperoni Pizza - SR1443 (1 slice)	100	377.18	16.67	8.41	800.56	37.37	24.21
Taco Pizza, Richs Dough 16": K12 - OKR1177 (1 slice)	75	379.91	12.03	5.32	892.43	47.54	21.45
100% Apple Juice - SR1204 (4 fl oz cup)	150	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.)	60	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	31.03	3.96	1.15
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.)	100	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.)	100	25.00	1.75	0.25	185.00	2.50	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	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)
XR2 Pizza - Week 5 Day 2 - ServingDate: 10/03/2017							
Traditional Cheese Pizza - SR1441 (1 slice)	75	344.37	13.75	7.31	689.99	37.25	22.88
Pepperoni Calzone - OKR1097 (1 calzone)	75	365.31	16.42	8.09	715.57	34.62	24.84
Pepperoni Pizza - SR1443 (1 slice)	100	377.18	16.67	8.41	800.56	37.37	24.21
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)
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.)	10	59.11	0.04	0.00	5.37	15.54	0.85
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	60	104.50	8.24	2.04	402.31	5.67	2.49
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	180.00	20.00	8.00
While 1% Milk - OKR1061 (8 oz.)	50	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.)	50	130.00	14.00	2.50	210.00	1.00	1.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	100	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.)	100	25.00	1.75	0.25	185.00	2.50	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	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)
XR2 Pizza - Week 5 Day 3 - ServingDate: 10/04/2017							
Traditional Cheese Pizza - SR1441 (1 slice)	125	344.37	13.75	7.31	689.99	37.25	22.88
Italian Sausage Pizza - SR1474 (1 slice)	75	413.73	19.02	8.82	878.28	38.06	25.89
Pepperoni Pizza - SR1443 (1 slice)	100	377.18	16.67	8.41	800.56	37.37	24.21
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
Fresh Baby Carrots - SR1016 (1/2 c.)	100	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	100	18.89	0.18	0.03	31.03	3.96	1.15
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.)	100	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.)	100	25.00	1.75	0.25	185.00	2.50	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	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)
XR2 Pizza - Week 5 Day 4 - ServingDate: 10/05/2017							
Traditional Cheese Pizza - SR1441 (1 slice)	75	344.37	13.75	7.31	689.99	37.25	22.88
Pepperoni Pizza - SR1443 (1 slice)	75	377.18	16.67	8.41	800.56	37.37	24.21
Sausage Calzone - OKR1095 (1 calzone)	150	424.50	20.50	9.00	856.00	35.50	27.50
100% Apple Juice - SR1204 (4 fl oz cup)	150	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
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.)	50	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	60	104.50	8.24	2.04	402.31	5.67	2.49
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.)	60	130.00	14.00	2.50	210.00	1.00	1.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	100	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.)	100	25.00	1.75	0.25	185.00	2.50	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	1.43	0.08	0.02	0.14	0.25	0.05

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XR2 Pizza - Week 5 Day 5 - ServingDate: 10/06/2017							
Buffalo Chicken Pizza, Richs Dough 16": K12 - OKR1179 (1 slice)	50	415.98	17.78	5.95	1479.84	44.96	20.48
Traditional Cheese Pizza - SR1441 (1 slice)	100	344.37	13.75	7.31	689.99	37.25	22.88
Pepperoni Pizza - SR1443 (1 slice)	125	377.18	16.67	8.41	800.56	37.37	24.21
100% Apple Juice - SR1204 (4 fl oz cup)	150	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.)	10	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")	60	10.34	0.11	0.03	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	31.03	3.96	1.15
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.)	100	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.)	100	25.00	1.75	0.25	185.00	2.50	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	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)
XR2 Pizza - Week 1 Day 1 - ServingDate: 10/09/2017							
Traditional Cheese Pizza - SR1441 (1 slice)	75	344.37	13.75	7.31	689.99	37.25	22.88
Pepperoni Pizza - SR1443 (1 slice)	100	377.18	16.67	8.41	800.56	37.37	24.21
Taco Pizza, Richs Dough 16": K12 - OKR1177 (1 slice)	50	379.91	12.03	5.32	892.43	47.54	21.45
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)
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.)	40	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	31.03	3.96	1.15
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.)	150	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.)	100	25.00	1.75	0.25	185.00	2.50	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	1.43	0.08	0.02	0.14	0.25	0.05

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XR2 Pizza - Week 1 Day 2 - ServingDate: 10/10/2017							
Traditional Cheese Pizza - SR1441 (1 slice)	75	344.37	13.75	7.31	689.99	37.25	22.88
Pepperoni Calzone - OKR1097 (1 calzone)	75	365.31	16.42	8.09	715.57	34.62	24.84
Pepperoni Pizza - SR1443 (1 slice)	100	377.18	16.67	8.41	800.56	37.37	24.21
100% Apple Juice - SR1204 (4 fl oz cup)	125	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.)	10	59.11	0.04	0.00	5.37	15.54	0.85
Fresh Broccoli Florets - SR1027 (1/2 c.)	75	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	75	104.50	8.24	2.04	402.31	5.67	2.49
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	180.00	20.00	8.00
While 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.)	75	130.00	14.00	2.50	210.00	1.00	1.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	100	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.)	100	25.00	1.75	0.25	185.00	2.50	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	1.43	0.08	0.02	0.14	0.25	0.05

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XR2 Pizza - Week 1 Day 3 - ServingDate: 10/11/2017							
Traditional Cheese Pizza - SR1441 (1 slice)	75	344.37	13.75	7.31	689.99	37.25	22.88
Italian Sausage Pizza - SR1474 (1 slice)	75	413.73	19.02	8.82	878.28	38.06	25.89
Pepperoni Pizza - SR1443 (1 slice)	100	377.18	16.67	8.41	800.56	37.37	24.21
100% Apple Juice - SR1204 (4 fl oz cup)	150	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
Fresh Baby Carrots - SR1016 (1/2 c.)	50	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	31.03	3.96	1.15
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.)	100	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.)	100	25.00	1.75	0.25	185.00	2.50	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	1.43	0.08	0.02	0.14	0.25	0.05

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XR2 Pizza - Week 1 Day 4 - ServingDate: 10/12/2017							
Traditional Cheese Pizza - SR1441 (1 slice)	50	344.37	13.75	7.31	689.99	37.25	22.88
Pepperoni Pizza - SR1443 (1 slice)	125	377.18	16.67	8.41	800.56	37.37	24.21
Sausage Calzone - OKR1095 (1 calzone)	150	424.50	20.50	9.00	856.00	35.50	27.50
100% Apple Juice - SR1204 (4 fl oz cup)	200	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
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.)	75	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	50	104.50	8.24	2.04	402.31	5.67	2.49
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.)	150	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.)	200	25.00	1.75	0.25	185.00	2.50	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	1.43	0.08	0.02	0.14	0.25	0.05

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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)
XR2 Pizza - Week 1 Day 5 - ServingDate: 10/13/2017							
Buffalo Chicken Pizza, Richs Dough 16": K12 - OKR1179 (1 slice)	25	415.98	17.78	5.95	1479.84	44.96	20.48
Traditional Cheese Pizza - SR1441 (1 slice)	100	344.37	13.75	7.31	689.99	37.25	22.88
Pepperoni Pizza - SR1443 (1 slice)	100	377.18	16.67	8.41	800.56	37.37	24.21
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)
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	1.18	26.95	1.29
Mixed Fruit - SR1037 (1/2 c.)	10	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")	50	10.34	0.11	0.03	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	40	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
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	100	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.)	150	25.00	1.75	0.25	185.00	2.50	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	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)
XR2 Pizza - Week 2 Day 1 - ServingDate: 10/16/2017							
Traditional Cheese Pizza - SR1441 (1 slice)	75	344.37	13.75	7.31	689.99	37.25	22.88
Pepperoni Pizza - SR1443 (1 slice)	75	377.18	16.67	8.41	800.56	37.37	24.21
Supreme Pizza - SR1478 (1 slice)	100	358.16	13.83	5.78	896.48	38.72	22.76
100% Apple Juice - SR1204 (4 fl oz cup)	150	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.)	50	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	31.03	3.96	1.15
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.)	100	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.)	100	25.00	1.75	0.25	185.00	2.50	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	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)
XR2 Pizza - Week 2 Day 2 - ServingDate: 10/17/2017							
Traditional Cheese Pizza - SR1441 (1 slice)	100	344.37	13.75	7.31	689.99	37.25	22.88
Pepperoni Calzone - OKR1097 (1 calzone)	75	365.31	16.42	8.09	715.57	34.62	24.84
Pepperoni Pizza - SR1443 (1 slice)	75	377.18	16.67	8.41	800.56	37.37	24.21
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)
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.)	10	59.11	0.04	0.00	5.37	15.54	0.85
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	50	104.50	8.24	2.04	402.31	5.67	2.49
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	180.00	20.00	8.00
While 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.)	50	130.00	14.00	2.50	210.00	1.00	1.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	100	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.)	100	25.00	1.75	0.25	185.00	2.50	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	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)
XR2 Pizza - Week 2 Day 3 - ServingDate: 10/18/2017							
Buffalo Chicken Pizza, Richs Dough 16": K12 - OKR1179 (1 slice)	50	415.98	17.78	5.95	1479.84	44.96	20.48
Traditional Cheese Pizza - SR1441 (1 slice)	100	344.37	13.75	7.31	689.99	37.25	22.88
Pepperoni Pizza - SR1443 (1 slice)	100	377.18	16.67	8.41	800.56	37.37	24.21
100% Apple Juice - SR1204 (4 fl oz cup)	150	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
Fresh Baby Carrots - SR1016 (1/2 c.)	50	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	75	18.89	0.18	0.03	31.03	3.96	1.15
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.)	100	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.)	100	25.00	1.75	0.25	185.00	2.50	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	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)
XR2 Pizza - Week 2 Day 4 - ServingDate: 10/19/2017							
Traditional Cheese Pizza - SR1441 (1 slice)	75	344.37	13.75	7.31	689.99	37.25	22.88
Pepperoni Pizza - SR1443 (1 slice)	100	377.18	16.67	8.41	800.56	37.37	24.21
Sausage Calzone - OKR1095 (1 calzone)	100	424.50	20.50	9.00	856.00	35.50	27.50
100% Apple Juice - SR1204 (4 fl oz cup)	150	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.)	10	59.11	0.04	0.00	5.37	15.54	0.85
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	50	104.50	8.24	2.04	402.31	5.67	2.49
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.)	50	130.00	14.00	2.50	210.00	1.00	1.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	100	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.)	100	25.00	1.75	0.25	185.00	2.50	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	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)
XR2 Pizza - Week 3 Day 2 - ServingDate: 10/24/2017							
Traditional Cheese Pizza - SR1441 (1 slice)	100	344.37	13.75	7.31	689.99	37.25	22.88
Pepperoni Calzone - OKR1097 (1 calzone)	75	365.31	16.42	8.09	715.57	34.62	24.84
Pepperoni Pizza - SR1443 (1 slice)	100	377.18	16.67	8.41	800.56	37.37	24.21
100% Apple Juice - SR1204 (4 fl oz cup)	150	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.)	10	59.11	0.04	0.00	5.37	15.54	0.85
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	50	104.50	8.24	2.04	402.31	5.67	2.49
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	180.00	20.00	8.00
While 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.)	50	130.00	14.00	2.50	210.00	1.00	1.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	100	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.)	100	25.00	1.75	0.25	185.00	2.50	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	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)
XR2 Pizza - Week 3 Day 3 - ServingDate: 10/25/2017							
Traditional Cheese Pizza - SR1441 (1 slice)	100	344.37	13.75	7.31	689.99	37.25	22.88
Italian Sausage Pizza - SR1474 (1 slice)	75	413.73	19.02	8.82	878.28	38.06	25.89
Pepperoni Pizza - SR1443 (1 slice)	100	377.18	16.67	8.41	800.56	37.37	24.21
100% Apple Juice - SR1204 (4 fl oz cup)	125	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
Fresh Baby Carrots - SR1016 (1/2 c.)	50	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	31.03	3.96	1.15
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.)	100	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.)	100	25.00	1.75	0.25	185.00	2.50	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	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)
XR2 Pizza - Week 3 Day 4 - ServingDate: 10/26/2017							
Traditional Cheese Pizza - SR1441 (1 slice)	100	344.37	13.75	7.31	689.99	37.25	22.88
Pepperoni Pizza - SR1443 (1 slice)	100	377.18	16.67	8.41	800.56	37.37	24.21
Sausage Calzone - OKR1095 (1 calzone)	50	424.50	20.50	9.00	856.00	35.50	27.50
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)
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.)	50	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	50	104.50	8.24	2.04	402.31	5.67	2.49
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.)	50	130.00	14.00	2.50	210.00	1.00	1.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	100	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.)	100	25.00	1.75	0.25	185.00	2.50	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	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)
XR2 Pizza - Week 3 Day 5 - ServingDate: 10/27/2017							
Buffalo Chicken Pizza, Richs Dough 16": K12 - OKR1179 (1 slice)	50	415.98	17.78	5.95	1479.84	44.96	20.48
Traditional Cheese Pizza - SR1441 (1 slice)	75	344.37	13.75	7.31	689.99	37.25	22.88
Pepperoni Pizza - SR1443 (1 slice)	125	377.18	16.67	8.41	800.56	37.37	24.21
100% Apple Juice - SR1204 (4 fl oz cup)	150	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.)	10	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")	50	10.34	0.11	0.03	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	31.03	3.96	1.15
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.)	100	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.)	100	25.00	1.75	0.25	185.00	2.50	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	1.43	0.08	0.02	0.14	0.25	0.05

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)
XR2 Pizza - Week 4 Day 1 - ServingDate: 10/30/2017							
Traditional Cheese Pizza - SR1441 (1 slice)	75	344.37	13.75	7.31	689.99	37.25	22.88
Pepperoni Pizza - SR1443 (1 slice)	100	377.18	16.67	8.41	800.56	37.37	24.21
Supreme Pizza - SR1478 (1 slice)	100	358.16	13.83	5.78	896.48	38.72	22.76
100% Apple Juice - SR1204 (4 fl oz cup)	150	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.)	50	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	31.03	3.96	1.15
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.)	100	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.)	100	25.00	1.75	0.25	185.00	2.50	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	1.43	0.08	0.02	0.14	0.25	0.05

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)
XR2 Pizza - Week 4 Day 2 - ServingDate: 10/31/2017							
Traditional Cheese Pizza - SR1441 (1 slice)	75	344.37	13.75	7.31	689.99	37.25	22.88
Pepperoni Calzone - OKR1097 (1 calzone)	75	365.31	16.42	8.09	715.57	34.62	24.84
Pepperoni Pizza - SR1443 (1 slice)	100	377.18	16.67	8.41	800.56	37.37	24.21
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)
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.)	50	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	50	104.50	8.24	2.04	402.31	5.67	2.49
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	180.00	20.00	8.00
While 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.)	50	130.00	14.00	2.50	210.00	1.00	1.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	100	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.)	100	25.00	1.75	0.25	185.00	2.50	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	1.43	0.08	0.02	0.14	0.25	0.05

Legend

Menu Calendar Nutrient Analysis Report - October, 2017

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

(M) - Missing Nutrient Values

Report Selections

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