

Menu Calendar Nutrient Analysis Report - September, 2017

Site: Guthrie High School
Date: 09/01/2017 - 09/30/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
Salsa - Week 5 Day 5 - ServingDate: 09/01/2017							
Fiesta Bowl - OKR1094 (1 portion)	50	568.85	15.96	5.00	1170.41	75.23	33.51
Nachos, Bar Jalapeno Cheese & Chips - OKR1110 (1 ea.)	50	317.13	17.30	6.47	597.08	30.55	10.53
Nachos, Bar Queso Blanco & Chips - OKR1111 (1 ea.)	50	316.45	17.50	6.62	578.01	30.35	9.84
Nachos Bar, Mexi- Chicken - OKR1218 (1 ea.)	75	44.85	1.45	0.43	94.01	1.94	6.01
Nachos, Bar Beans - OKR1112 (1 ea.)	75	138.38	1.48	0.00	487.03	22.73	7.91
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.)	50	18.89	0.18	0.03	31.03	3.96	1.15
Refried Beans - SR1070 (1/2 c.)	100	132.09	1.42	0.00	464.89	21.70	7.55
Chocolate Skim Milk - OKR1062 (8 oz.)	40	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	40	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	40	90.00	0.00	0.00	130.00	13.00	8.00
Black Bean & Corn Salsa - SR1279 (2 tbsp.)	20	20.13	0.09	0.01	41.09	4.33	0.94
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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Salsa - Week 5 Day 5 - ServingDate: 09/01/2017							
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	1.25	0.00	0.00	75.00	0.25	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	75	22.06	1.10	0.22	141.18	3.53	0.00
Salsa, Chunky - OKR1083 (1 oz.)	20	5.00	0.00	0.00	115.00	1.50	0.00
Fire Roasted Salsa - SR1331 (1/8 c.)	20	8.95	0.01	0.00	24.81	1.99	0.34
Sour Cream - SR1659 (2 tbsp.)	40	60.00	5.00	3.50	15.00	1.00	1.00
Salsa - Week 1 Day 2 - ServingDate: 09/05/2017							
Beef Enchilada - SR1345 (1 enchilada)	50	348.95	14.79	5.60	826.87	36.82	19.19
Nachos, Bar Jalapeno Cheese & Chips - OKR1110 (1 ea.)	100	317.13	17.30	6.47	597.08	30.55	10.53
Nachos, Bar Queso Blanco & Chips - OKR1111 (1 ea.)	75	316.45	17.50	6.62	578.01	30.35	9.84
Nachos, Bar Beans - OKR1112 (1 ea.)	50	138.38	1.48	0.00	487.03	22.73	7.91
Nachos, Bar Beef Topping - OKR1219 (1 nacho)	100	52.73	2.13	0.85	138.21	2.13	5.95
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

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
Salsa - Week 1 Day 2 - ServingDate: 09/05/2017							
Vegetable,Fiesta Potatoes - SR1519 (1/2 c.)	200	147.78	2.99	0.43	126.54	28.72	2.85
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
Black Bean & Corn Salsa - SR1279 (2 tbsp.)	30	20.13	0.09	0.01	41.09	4.33	0.94
Caesar Dressing - SR1551 (2 tbsp.)	50	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
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	40	1.25	0.00	0.00	75.00	0.25	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	141.18	3.53	0.00
Salsa, Chunky - OKR1083 (1 oz.)	40	5.00	0.00	0.00	115.00	1.50	0.00
Fire Roasted Salsa - SR1331 (1/8 c.)	30	8.95	0.01	0.00	24.81	1.99	0.34
Sour Cream - SR1659 (2 tbsp.)	30	60.00	5.00	3.50	15.00	1.00	1.00
Salsa - Week 1 Day 3 - ServingDate: 09/06/2017							
Action Station: Build Your Own Burrito - OKR1114 (1 burrito)	75	385.92	13.56	4.79	882.57	49.56	19.64
Nachos, Bar Jalapeno Cheese & Chips - OKR1110 (1 ea.)	100	317.13	17.30	6.47	597.08	30.55	10.53
Nachos, Bar Queso Blanco & Chips - OKR1111 (1 ea.)	75	316.45	17.50	6.62	578.01	30.35	9.84

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
Salsa - Week 1 Day 3 - ServingDate: 09/06/2017							
Nachos Bar, Mexi- Chicken - OKR1218 (1 ea.)	75	44.85	1.45	0.43	94.01	1.94	6.01
Nachos, Bar Beans - OKR1112 (1 ea.)	75	138.38	1.48	0.00	487.03	22.73	7.91
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.)	50	24.81	0.09	0.02	55.28	5.84	0.45
Frijoles ala Charro, stewed pinto beans - OKR1230 (1/2 c.)	60	92.49	0.04	0.01	127.27	16.90	5.44
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.)	40	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	40	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	40	90.00	0.00	0.00	130.00	13.00	8.00
Black Bean & Corn Salsa - SR1279 (2 tbsp.)	20	20.13	0.09	0.01	41.09	4.33	0.94
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
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	1.25	0.00	0.00	75.00	0.25	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	75	22.06	1.10	0.22	141.18	3.53	0.00

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Salsa - Week 1 Day 3 - ServingDate: 09/06/2017							
Salsa, Chunky - OKR1083 (1 oz.)	20	5.00	0.00	0.00	115.00	1.50	0.00
Fire Roasted Salsa - SR1331 (1/8 c.)	20	8.95	0.01	0.00	24.81	1.99	0.34
Sour Cream - SR1659 (2 tbsp.)	40	60.00	5.00	3.50	15.00	1.00	1.00
Salsa - Week 1 Day 4 - ServingDate: 09/07/2017							
Chicken Enchilada Suiza - OKR1037 (2 enchilada)	25	417.37	18.65	7.36	972.36	36.66	25.80
Nachos, Bar Jalapeno Cheese & Chips - OKR1110 (1 ea.)	75	317.13	17.30	6.47	597.08	30.55	10.53
Nachos, Bar Queso Blanco & Chips - OKR1111 (1 ea.)	50	316.45	17.50	6.62	578.01	30.35	9.84
Nachos, Bar Beans - OKR1112 (1 ea.)	25	138.38	1.48	0.00	487.03	22.73	7.91
Nachos, Bar Beef Topping - OKR1219 (1 nacho)	100	52.73	2.13	0.85	138.21	2.13	5.95
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
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
Vegetable,Fiesta Potatoes - SR1519 (1/2 c.)	100	147.78	2.99	0.43	126.54	28.72	2.85
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

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Salsa - Week 1 Day 4 - ServingDate: 09/07/2017							
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	130.00	13.00	8.00
Black Bean & Corn Salsa - SR1279 (2 tbsp.)	30	20.13	0.09	0.01	41.09	4.33	0.94
Caesar Dressing - SR1551 (2 tbsp.)	50	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
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	1.25	0.00	0.00	75.00	0.25	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	40	22.06	1.10	0.22	141.18	3.53	0.00
Salsa, Chunky - OKR1083 (1 oz.)	20	5.00	0.00	0.00	115.00	1.50	0.00
Fire Roasted Salsa - SR1331 (1/8 c.)	20	8.95	0.01	0.00	24.81	1.99	0.34
Sour Cream - SR1659 (2 tbsp.)	30	60.00	5.00	3.50	15.00	1.00	1.00
Salsa - Week 1 Day 5 - ServingDate: 09/08/2017							
Fiesta Bowl - OKR1094 (1 portion)	25	568.85	15.96	5.00	1170.41	75.23	33.51
Nachos, Bar Jalapeno Cheese & Chips - OKR1110 (1 ea.)	75	317.13	17.30	6.47	597.08	30.55	10.53
Nachos, Bar Queso Blanco & Chips - OKR1111 (1 ea.)	100	316.45	17.50	6.62	578.01	30.35	9.84
Nachos Bar, Mexi- Chicken - OKR1218 (1 ea.)	75	44.85	1.45	0.43	94.01	1.94	6.01
Nachos, Bar Beans - OKR1112 (1 ea.)	100	138.38	1.48	0.00	487.03	22.73	7.91
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)

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Salsa - Week 1 Day 5 - ServingDate: 09/08/2017							
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
Refried Beans - SR1070 (1/2 c.)	100	132.09	1.42	0.00	464.89	21.70	7.55
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
Black Bean & Corn Salsa - SR1279 (2 tbsp.)	20	20.13	0.09	0.01	41.09	4.33	0.94
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
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	40	1.25	0.00	0.00	75.00	0.25	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	75	22.06	1.10	0.22	141.18	3.53	0.00
Salsa, Chunky - OKR1083 (1 oz.)	50	5.00	0.00	0.00	115.00	1.50	0.00
Fire Roasted Salsa - SR1331 (1/8 c.)	30	8.95	0.01	0.00	24.81	1.99	0.34
Sour Cream - SR1659 (2 tbsp.)	40	60.00	5.00	3.50	15.00	1.00	1.00
Salsa - Week 2 Day 1 - ServingDate: 09/11/2017							
Nachos, Bar Jalapeno Cheese & Chips - OKR1110 (1 ea.)	75	317.13	17.30	6.47	597.08	30.55	10.53

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Salsa - Week 2 Day 1 - ServingDate: 09/11/2017							
Nachos, Bar Queso Blanco & Chips - OKR1111 (1 ea.)	150	316.45	17.50	6.62	578.01	30.35	9.84
Taco Salad (MS/HS) - OKR1172 (1 bowl)	50	428.43	17.64	6.74	694.37	48.27	22.32
Nachos Bar, Mexi- Chicken - OKR1218 (1 ea.)	50	44.85	1.45	0.43	94.01	1.94	6.01
Nachos, Bar Beans - OKR1112 (1 ea.)	75	138.38	1.48	0.00	487.03	22.73	7.91
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.)	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
Refried Beans - SR1070 (1/2 c.)	150	132.09	1.42	0.00	464.89	21.70	7.55
Chocolate Skim Milk - OKR1062 (8 oz.)	40	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	40	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	40	90.00	0.00	0.00	130.00	13.00	8.00
Black Bean & Corn Salsa - SR1279 (2 tbsp.)	20	20.13	0.09	0.01	41.09	4.33	0.94
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
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	1.25	0.00	0.00	75.00	0.25	0.00

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Salsa - Week 2 Day 1 - ServingDate: 09/11/2017							
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	75	22.06	1.10	0.22	141.18	3.53	0.00
Salsa, Chunky - OKR1083 (1 oz.)	20	5.00	0.00	0.00	115.00	1.50	0.00
Fire Roasted Salsa - SR1331 (1/8 c.)	30	8.95	0.01	0.00	24.81	1.99	0.34
Sour Cream - SR1659 (2 tbsp.)	40	60.00	5.00	3.50	15.00	1.00	1.00
Salsa - Week 2 Day 2 - ServingDate: 09/12/2017							
Beef Enchilada - SR1345 (1 enchilada)	50	348.95	14.79	5.60	826.87	36.82	19.19
Nachos, Bar Jalapeno Cheese & Chips - OKR1110 (1 ea.)	75	317.13	17.30	6.47	597.08	30.55	10.53
Nachos, Bar Queso Blanco & Chips - OKR1111 (1 ea.)	125	316.45	17.50	6.62	578.01	30.35	9.84
Nachos, Bar Beans - OKR1112 (1 ea.)	75	138.38	1.48	0.00	487.03	22.73	7.91
Nachos, Bar Beef Topping - OKR1219 (1 nacho)	100	52.73	2.13	0.85	138.21	2.13	5.95
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
Vegetable,Fiesta Potatoes - SR1519 (1/2 c.)	150	147.78	2.99	0.43	126.54	28.72	2.85
Chocolate Skim Milk - OKR1062 (8 oz.)	40	120.00	0.00	0.00	180.00	20.00	8.00

Menu Calendar Nutrient Analysis Report - September, 2017

Site: Guthrie High School

Date: 09/01/2017 - 09/30/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
Salsa - Week 2 Day 2 - ServingDate: 09/12/2017							
While 1% Milk - OKR1061 (8 oz.)	40	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	40	90.00	0.00	0.00	130.00	13.00	8.00
Black Bean & Corn Salsa - SR1279 (2 tbsp.)	20	20.13	0.09	0.01	41.09	4.33	0.94
Caesar Dressing - SR1551 (2 tbsp.)	50	130.00	14.00	2.50	210.00	1.00	1.00
Ketchup - SR1004 (1 tbsp.)	40	(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
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	40	1.25	0.00	0.00	75.00	0.25	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	45	22.06	1.10	0.22	141.18	3.53	0.00
Salsa, Chunky - OKR1083 (1 oz.)	20	5.00	0.00	0.00	115.00	1.50	0.00
Fire Roasted Salsa - SR1331 (1/8 c.)	20	8.95	0.01	0.00	24.81	1.99	0.34
Sour Cream - SR1659 (2 tbsp.)	50	60.00	5.00	3.50	15.00	1.00	1.00
Salsa - Week 2 Day 3 - ServingDate: 09/13/2017							
Action Station: Build Your Own Burrito - OKR1114 (1 burrito)	75	385.92	13.56	4.79	882.57	49.56	19.64
Nachos, Bar Jalapeno Cheese & Chips - OKR1110 (1 ea.)	75	317.13	17.30	6.47	597.08	30.55	10.53
Nachos, Bar Queso Blanco & Chips - OKR1111 (1 ea.)	100	316.45	17.50	6.62	578.01	30.35	9.84
Nachos Bar, Mexi- Chicken - OKR1218 (1 ea.)	75	44.85	1.45	0.43	94.01	1.94	6.01
Nachos, Bar Beans - OKR1112 (1 ea.)	75	138.38	1.48	0.00	487.03	22.73	7.91
100% Apple Juice - SR1204 (4 fl oz cup)	150	60.00	0.00	0.00	5.00	14.00	0.00

Menu Calendar Nutrient Analysis Report - September, 2017

Site: Guthrie High School

Date: 09/01/2017 - 09/30/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
Salsa - Week 2 Day 3 - ServingDate: 09/13/2017							
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
Frijoles ala Charro, stewed pinto beans - OKR1230 (1/2 c.)	125	92.49	0.04	0.01	127.27	16.90	5.44
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.)	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
Black Bean & Corn Salsa - SR1279 (2 tbsp.)	40	20.13	0.09	0.01	41.09	4.33	0.94
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
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	1.25	0.00	0.00	75.00	0.25	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	75	22.06	1.10	0.22	141.18	3.53	0.00
Salsa, Chunky - OKR1083 (1 oz.)	40	5.00	0.00	0.00	115.00	1.50	0.00
Fire Roasted Salsa - SR1331 (1/8 c.)	40	8.95	0.01	0.00	24.81	1.99	0.34
Sour Cream - SR1659 (2 tbsp.)	30	60.00	5.00	3.50	15.00	1.00	1.00

Menu Calendar Nutrient Analysis Report - September, 2017

Site: Guthrie High School

Date: 09/01/2017 - 09/30/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
Salsa - Week 2 Day 4 - ServingDate: 09/14/2017							
Chicken Enchilada Suiza - OKR1037 (2 enchilada)	25	417.37	18.65	7.36	972.36	36.66	25.80
Nachos, Bar Jalapeno Cheese & Chips - OKR1110 (1 ea.)	50	317.13	17.30	6.47	597.08	30.55	10.53
Nachos, Bar Queso Blanco & Chips - OKR1111 (1 ea.)	100	316.45	17.50	6.62	578.01	30.35	9.84
Nachos, Bar Beans - OKR1112 (1 ea.)	75	138.38	1.48	0.00	487.03	22.73	7.91
Nachos, Bar Beef Topping - OKR1219 (1 nacho)	75	52.73	2.13	0.85	138.21	2.13	5.95
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
Vegetable,Fiesta Potatoes - SR1519 (1/2 c.)	100	147.78	2.99	0.43	126.54	28.72	2.85
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
Black Bean & Corn Salsa - SR1279 (2 tbsp.)	20	20.13	0.09	0.01	41.09	4.33	0.94
Caesar Dressing - SR1551 (2 tbsp.)	40	130.00	14.00	2.50	210.00	1.00	1.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - September, 2017

Site: Guthrie High School
Date: 09/01/2017 - 09/30/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
Salsa - Week 2 Day 4 - ServingDate: 09/14/2017							
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
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	50	1.25	0.00	0.00	75.00	0.25	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	60	22.06	1.10	0.22	141.18	3.53	0.00
Salsa, Chunky - OKR1083 (1 oz.)	20	5.00	0.00	0.00	115.00	1.50	0.00
Fire Roasted Salsa - SR1331 (1/8 c.)	30	8.95	0.01	0.00	24.81	1.99	0.34
Sour Cream - SR1659 (2 tbsp.)	40	60.00	5.00	3.50	15.00	1.00	1.00
Salsa - Week 2 Day 5 - ServingDate: 09/15/2017							
Fiesta Bowl - OKR1094 (1 portion)	25	568.85	15.96	5.00	1170.41	75.23	33.51
Nachos, Bar Jalapeno Cheese & Chips - OKR1110 (1 ea.)	50	317.13	17.30	6.47	597.08	30.55	10.53
Nachos, Bar Queso Blanco & Chips - OKR1111 (1 ea.)	100	316.45	17.50	6.62	578.01	30.35	9.84
Nachos Bar, Mexi- Chicken - OKR1218 (1 ea.)	75	44.85	1.45	0.43	94.01	1.94	6.01
Nachos, Bar Beans - OKR1112 (1 ea.)	75	138.38	1.48	0.00	487.03	22.73	7.91
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

Menu Calendar Nutrient Analysis Report - September, 2017

Site: Guthrie High School
Date: 09/01/2017 - 09/30/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
Salsa - Week 2 Day 5 - ServingDate: 09/15/2017							
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	31.03	3.96	1.15
Refried Beans - SR1070 (1/2 c.)	150	132.09	1.42	0.00	464.89	21.70	7.55
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
Black Bean & Corn Salsa - SR1279 (2 tbsp.)	20	20.13	0.09	0.01	41.09	4.33	0.94
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
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	1.25	0.00	0.00	75.00	0.25	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	75	22.06	1.10	0.22	141.18	3.53	0.00
Salsa, Chunky - OKR1083 (1 oz.)	30	5.00	0.00	0.00	115.00	1.50	0.00
Fire Roasted Salsa - SR1331 (1/8 c.)	20	8.95	0.01	0.00	24.81	1.99	0.34
Sour Cream - SR1659 (2 tbsp.)	30	60.00	5.00	3.50	15.00	1.00	1.00
Salsa - Week 3 Day 1 - ServingDate: 09/18/2017							
Nachos, Bar Jalapeno Cheese & Chips - OKR1110 (1 ea.)	50	317.13	17.30	6.47	597.08	30.55	10.53
Nachos, Bar Queso Blanco & Chips - OKR1111 (1 ea.)	100	316.45	17.50	6.62	578.01	30.35	9.84
Taco Salad (MS/HS) - OKR1172 (1 bowl)	25	428.43	17.64	6.74	694.37	48.27	22.32
Nachos Bar, Mexi- Chicken - OKR1218 (1 ea.)	50	44.85	1.45	0.43	94.01	1.94	6.01

Menu Calendar Nutrient Analysis Report - September, 2017

Site: Guthrie High School

Date: 09/01/2017 - 09/30/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
Salsa - Week 3 Day 1 - ServingDate: 09/18/2017							
Nachos, Bar Beans - OKR1112 (1 ea.)	50	138.38	1.48	0.00	487.03	22.73	7.91
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
Refried Beans - SR1070 (1/2 c.)	125	132.09	1.42	0.00	464.89	21.70	7.55
Chocolate Skim Milk - OKR1062 (8 oz.)	30	120.00	0.00	0.00	180.00	20.00	8.00
While 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
Black Bean & Corn Salsa - SR1279 (2 tbsp.)	30	20.13	0.09	0.01	41.09	4.33	0.94
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
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	50	1.25	0.00	0.00	75.00	0.25	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	60	22.06	1.10	0.22	141.18	3.53	0.00
Salsa, Chunky - OKR1083 (1 oz.)	30	5.00	0.00	0.00	115.00	1.50	0.00
Fire Roasted Salsa - SR1331 (1/8 c.)	40	8.95	0.01	0.00	24.81	1.99	0.34

Menu Calendar Nutrient Analysis Report - September, 2017

Site: Guthrie High School

Date: 09/01/2017 - 09/30/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
Salsa - Week 3 Day 1 - ServingDate: 09/18/2017							
Sour Cream - SR1659 (2 tbsp.)	40	60.00	5.00	3.50	15.00	1.00	1.00
Salsa - Week 3 Day 2 - ServingDate: 09/19/2017							
Beef Enchilada - SR1345 (1 enchilada)	50	348.95	14.79	5.60	826.87	36.82	19.19
Nachos, Bar Jalapeno Cheese & Chips - OKR1110 (1 ea.)	75	317.13	17.30	6.47	597.08	30.55	10.53
Nachos, Bar Queso Blanco & Chips - OKR1111 (1 ea.)	50	316.45	17.50	6.62	578.01	30.35	9.84
Nachos, Bar Beans - OKR1112 (1 ea.)	25	138.38	1.48	0.00	487.03	22.73	7.91
Nachos, Bar Beef Topping - OKR1219 (1 nacho)	100	52.73	2.13	0.85	138.21	2.13	5.95
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
Vegetable,Fiesta Potatoes - SR1519 (1/2 c.)	100	147.78	2.99	0.43	126.54	28.72	2.85
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
Black Bean & Corn Salsa - SR1279 (2 tbsp.)	20	20.13	0.09	0.01	41.09	4.33	0.94

Menu Calendar Nutrient Analysis Report - September, 2017

Site: Guthrie High School
Date: 09/01/2017 - 09/30/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
Salsa - Week 3 Day 2 - ServingDate: 09/19/2017							
Caesar Dressing - SR1551 (2 tbsp.)	75	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
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	1.25	0.00	0.00	75.00	0.25	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	40	22.06	1.10	0.22	141.18	3.53	0.00
Salsa, Chunky - OKR1083 (1 oz.)	20	5.00	0.00	0.00	115.00	1.50	0.00
Fire Roasted Salsa - SR1331 (1/8 c.)	20	8.95	0.01	0.00	24.81	1.99	0.34
Sour Cream - SR1659 (2 tbsp.)	40	60.00	5.00	3.50	15.00	1.00	1.00
Salsa - Week 3 Day 3 - ServingDate: 09/20/2017							
Action Station: Build Your Own Burrito - OKR1114 (1 burrito)	50	385.92	13.56	4.79	882.57	49.56	19.64
Nachos, Bar Jalapeno Cheese & Chips - OKR1110 (1 ea.)	100	317.13	17.30	6.47	597.08	30.55	10.53
Nachos, Bar Queso Blanco & Chips - OKR1111 (1 ea.)	50	316.45	17.50	6.62	578.01	30.35	9.84
Nachos Bar, Mexi-Chicken - OKR1218 (1 ea.)	50	44.85	1.45	0.43	94.01	1.94	6.01
Nachos, Bar Beans - OKR1112 (1 ea.)	50	138.38	1.48	0.00	487.03	22.73	7.91
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

Menu Calendar Nutrient Analysis Report - September, 2017

Site: Guthrie High School
Date: 09/01/2017 - 09/30/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
Salsa - Week 3 Day 3 - ServingDate: 09/20/2017							
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.)	40	24.81	0.09	0.02	55.28	5.84	0.45
Frijoles ala Charro, stewed pinto beans - OKR1230 (1/2 c.)	75	92.49	0.04	0.01	127.27	16.90	5.44
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
Black Bean & Corn Salsa - SR1279 (2 tbsp.)	20	20.13	0.09	0.01	41.09	4.33	0.94
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
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	1.25	0.00	0.00	75.00	0.25	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	65	22.06	1.10	0.22	141.18	3.53	0.00
Salsa, Chunky - OKR1083 (1 oz.)	20	5.00	0.00	0.00	115.00	1.50	0.00
Fire Roasted Salsa - SR1331 (1/8 c.)	30	8.95	0.01	0.00	24.81	1.99	0.34
Sour Cream - SR1659 (2 tbsp.)	40	60.00	5.00	3.50	15.00	1.00	1.00
Salsa - Week 3 Day 4 - ServingDate: 09/21/2017							
Chicken Enchilada Suiza - OKR1037 (2 enchilada)	25	417.37	18.65	7.36	972.36	36.66	25.80
Nachos, Bar Jalapeno Cheese & Chips - OKR1110 (1 ea.)	75	317.13	17.30	6.47	597.08	30.55	10.53

Menu Calendar Nutrient Analysis Report - September, 2017

Site: Guthrie High School

Date: 09/01/2017 - 09/30/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
Salsa - Week 3 Day 4 - ServingDate: 09/21/2017							
Nachos, Bar Queso Blanco & Chips - OKR1111 (1 ea.)	50	316.45	17.50	6.62	578.01	30.35	9.84
Nachos, Bar Beans - OKR1112 (1 ea.)	25	138.38	1.48	0.00	487.03	22.73	7.91
Nachos, Bar Beef Topping - OKR1219 (1 nacho)	75	52.73	2.13	0.85	138.21	2.13	5.95
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
Vegetable,Fiesta Potatoes - SR1519 (1/2 c.)	125	147.78	2.99	0.43	126.54	28.72	2.85
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
Black Bean & Corn Salsa - SR1279 (2 tbsp.)	30	20.13	0.09	0.01	41.09	4.33	0.94
Caesar Dressing - SR1551 (2 tbsp.)	0	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

Menu Calendar Nutrient Analysis Report - September, 2017

Site: Guthrie High School
Date: 09/01/2017 - 09/30/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
Salsa - Week 3 Day 4 - ServingDate: 09/21/2017							
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	1.25	0.00	0.00	75.00	0.25	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	35	22.06	1.10	0.22	141.18	3.53	0.00
Salsa, Chunky - OKR1083 (1 oz.)	30	5.00	0.00	0.00	115.00	1.50	0.00
Fire Roasted Salsa - SR1331 (1/8 c.)	30	8.95	0.01	0.00	24.81	1.99	0.34
Sour Cream - SR1659 (2 tbsp.)	40	60.00	5.00	3.50	15.00	1.00	1.00
Salsa - Week 3 Day 5 - ServingDate: 09/22/2017							
Fiesta Bowl - OKR1094 (1 portion)	25	568.85	15.96	5.00	1170.41	75.23	33.51
Nachos, Bar Jalapeno Cheese & Chips - OKR1110 (1 ea.)	100	317.13	17.30	6.47	597.08	30.55	10.53
Nachos, Bar Queso Blanco & Chips - OKR1111 (1 ea.)	50	316.45	17.50	6.62	578.01	30.35	9.84
Nachos Bar, Mexi- Chicken - OKR1218 (1 ea.)	50	44.85	1.45	0.43	94.01	1.94	6.01
Nachos, Bar Beans - OKR1112 (1 ea.)	50	138.38	1.48	0.00	487.03	22.73	7.91
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")	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
Refried Beans - SR1070 (1/2 c.)	100	132.09	1.42	0.00	464.89	21.70	7.55

Menu Calendar Nutrient Analysis Report - September, 2017

Site: Guthrie High School
Date: 09/01/2017 - 09/30/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
Salsa - Week 3 Day 5 - ServingDate: 09/22/2017							
Chocolate Skim Milk - OKR1062 (8 oz.)	40	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	40	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	40	90.00	0.00	0.00	130.00	13.00	8.00
Black Bean & Corn Salsa - SR1279 (2 tbsp.)	30	20.13	0.09	0.01	41.09	4.33	0.94
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
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	40	1.25	0.00	0.00	75.00	0.25	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	75	22.06	1.10	0.22	141.18	3.53	0.00
Salsa, Chunky - OKR1083 (1 oz.)	30	5.00	0.00	0.00	115.00	1.50	0.00
Fire Roasted Salsa - SR1331 (1/8 c.)	30	8.95	0.01	0.00	24.81	1.99	0.34
Sour Cream - SR1659 (2 tbsp.)	40	60.00	5.00	3.50	15.00	1.00	1.00
Salsa - Week 4 Day 1 - ServingDate: 09/25/2017							
Nachos, Bar Jalapeno Cheese & Chips - OKR1110 (1 ea.)	75	317.13	17.30	6.47	597.08	30.55	10.53
Nachos, Bar Queso Blanco & Chips - OKR1111 (1 ea.)	100	316.45	17.50	6.62	578.01	30.35	9.84
Taco Salad (MS/HS) - OKR1172 (1 bowl)	25	428.43	17.64	6.74	694.37	48.27	22.32
Nachos Bar, Mexi- Chicken - OKR1218 (1 ea.)	75	44.85	1.45	0.43	94.01	1.94	6.01
Nachos, Bar Beans - OKR1112 (1 ea.)	75	138.38	1.48	0.00	487.03	22.73	7.91
100% Apple Juice - SR1204 (4 fl oz cup)	100	60.00	0.00	0.00	5.00	14.00	0.00

Menu Calendar Nutrient Analysis Report - September, 2017

Site: Guthrie High School
Date: 09/01/2017 - 09/30/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
Salsa - Week 4 Day 1 - ServingDate: 09/25/2017							
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	15	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	11.28	0.90
Chilled Pineapple - SR1495 (1/2 c.)	15	62.40	0.00	0.00	1.04	16.18	0.53
Fresh Baby Carrots - SR1016 (1/2 c.)	75	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	40	18.89	0.18	0.03	31.03	3.96	1.15
Refried Beans - SR1070 (1/2 c.)	150	132.09	1.42	0.00	464.89	21.70	7.55
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
Black Bean & Corn Salsa - SR1279 (2 tbsp.)	20	20.13	0.09	0.01	41.09	4.33	0.94
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
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	60	1.25	0.00	0.00	75.00	0.25	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	90	22.06	1.10	0.22	141.18	3.53	0.00
Salsa, Chunky - OKR1083 (1 oz.)	40	5.00	0.00	0.00	115.00	1.50	0.00
Fire Roasted Salsa - SR1331 (1/8 c.)	30	8.95	0.01	0.00	24.81	1.99	0.34
Sour Cream - SR1659 (2 tbsp.)	40	60.00	5.00	3.50	15.00	1.00	1.00

Menu Calendar Nutrient Analysis Report - September, 2017

Site: Guthrie High School

Date: 09/01/2017 - 09/30/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
Salsa - Week 4 Day 2 - ServingDate: 09/26/2017							
Beef Enchilada - SR1345 (1 enchilada)	50	348.95	14.79	5.60	826.87	36.82	19.19
Nachos, Bar Jalapeno Cheese & Chips - OKR1110 (1 ea.)	100	317.13	17.30	6.47	597.08	30.55	10.53
Nachos, Bar Queso Blanco & Chips - OKR1111 (1 ea.)	100	316.45	17.50	6.62	578.01	30.35	9.84
Nachos, Bar Beans - OKR1112 (1 ea.)	50	138.38	1.48	0.00	487.03	22.73	7.91
Nachos, Bar Beef Topping - OKR1219 (1 nacho)	125	52.73	2.13	0.85	138.21	2.13	5.95
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.)	40	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	40	104.50	8.24	2.04	402.31	5.67	2.49
Vegetable,Fiesta Potatoes - SR1519 (1/2 c.)	150	147.78	2.99	0.43	126.54	28.72	2.85
Chocolate Skim Milk - OKR1062 (8 oz.)	40	120.00	0.00	0.00	180.00	20.00	8.00
While 1% Milk - OKR1061 (8 oz.)	40	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	40	90.00	0.00	0.00	130.00	13.00	8.00
Black Bean & Corn Salsa - SR1279 (2 tbsp.)	20	20.13	0.09	0.01	41.09	4.33	0.94
Caesar Dressing - SR1551 (2 tbsp.)	40	130.00	14.00	2.50	210.00	1.00	1.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - September, 2017

Site: Guthrie High School

Date: 09/01/2017 - 09/30/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
Salsa - Week 4 Day 2 - ServingDate: 09/26/2017							
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
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	1.25	0.00	0.00	75.00	0.25	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	40	22.06	1.10	0.22	141.18	3.53	0.00
Salsa, Chunky - OKR1083 (1 oz.)	30	5.00	0.00	0.00	115.00	1.50	0.00
Fire Roasted Salsa - SR1331 (1/8 c.)	20	8.95	0.01	0.00	24.81	1.99	0.34
Sour Cream - SR1659 (2 tbsp.)	30	60.00	5.00	3.50	15.00	1.00	1.00
Salsa - Week 4 Day 3 - ServingDate: 09/27/2017							
Action Station: Build Your Own Burrito - OKR1114 (1 burrito)	50	385.92	13.56	4.79	882.57	49.56	19.64
Nachos, Bar Jalapeno Cheese & Chips - OKR1110 (1 ea.)	50	317.13	17.30	6.47	597.08	30.55	10.53
Nachos, Bar Queso Blanco & Chips - OKR1111 (1 ea.)	100	316.45	17.50	6.62	578.01	30.35	9.84
Nachos Bar, Mexi- Chicken - OKR1218 (1 ea.)	50	44.85	1.45	0.43	94.01	1.94	6.01
Nachos, Bar Beans - OKR1112 (1 ea.)	50	138.38	1.48	0.00	487.03	22.73	7.91
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)	15	(M)	(M)	(M)	(M)	(M)	(M)
Applesauce - SR1195 (1/2 c.)	15	55.51	0.13	0.01	2.64	14.89	0.23
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	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

Menu Calendar Nutrient Analysis Report - September, 2017

Site: Guthrie High School
Date: 09/01/2017 - 09/30/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
Salsa - Week 4 Day 3 - ServingDate: 09/27/2017							
Frijoles ala Charro, stewed pinto beans - OKR1230 (1/2 c.)	75	92.49	0.04	0.01	127.27	16.90	5.44
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
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
Black Bean & Corn Salsa - SR1279 (2 tbsp.)	20	20.13	0.09	0.01	41.09	4.33	0.94
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
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	1.25	0.00	0.00	75.00	0.25	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	75	22.06	1.10	0.22	141.18	3.53	0.00
Salsa, Chunky - OKR1083 (1 oz.)	20	5.00	0.00	0.00	115.00	1.50	0.00
Fire Roasted Salsa - SR1331 (1/8 c.)	30	8.95	0.01	0.00	24.81	1.99	0.34
Sour Cream - SR1659 (2 tbsp.)	40	60.00	5.00	3.50	15.00	1.00	1.00
Salsa - Week 4 Day 4 - ServingDate: 09/28/2017							
Chicken Enchilada Suiza - OKR1037 (2 enchilada)	50	417.37	18.65	7.36	972.36	36.66	25.80
Nachos, Bar Jalapeno Cheese & Chips - OKR1110 (1 ea.)	100	317.13	17.30	6.47	597.08	30.55	10.53
Nachos, Bar Queso Blanco & Chips - OKR1111 (1 ea.)	100	316.45	17.50	6.62	578.01	30.35	9.84
Nachos, Bar Beans - OKR1112 (1 ea.)	50	138.38	1.48	0.00	487.03	22.73	7.91

Menu Calendar Nutrient Analysis Report - September, 2017

Site: Guthrie High School

Date: 09/01/2017 - 09/30/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
Salsa - Week 4 Day 4 - ServingDate: 09/28/2017							
Nachos, Bar Beef Topping - OKR1219 (1 nacho)	100	52.73	2.13	0.85	138.21	2.13	5.95
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)	15	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	1.18	26.95	1.29
Diced Bartlett Pears - SR1194 (1/2 c.)	15	70.42	0.10	0.01	5.63	18.22	0.00
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	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
Vegetable,Fiesta Potatoes - SR1519 (1/2 c.)	175	147.78	2.99	0.43	126.54	28.72	2.85
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
Black Bean & Corn Salsa - SR1279 (2 tbsp.)	20	20.13	0.09	0.01	41.09	4.33	0.94
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
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	1.25	0.00	0.00	75.00	0.25	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	75	22.06	1.10	0.22	141.18	3.53	0.00
Salsa, Chunky - OKR1083 (1 oz.)	20	5.00	0.00	0.00	115.00	1.50	0.00

Menu Calendar Nutrient Analysis Report - September, 2017

Site: Guthrie High School
Date: 09/01/2017 - 09/30/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
Salsa - Week 4 Day 4 - ServingDate: 09/28/2017							
Fire Roasted Salsa - SR1331 (1/8 c.)	20	8.95	0.01	0.00	24.81	1.99	0.34
Sour Cream - SR1659 (2 tbsp.)	40	60.00	5.00	3.50	15.00	1.00	1.00
Salsa - Week 4 Day 5 - ServingDate: 09/29/2017							
Fiesta Bowl - OKR1094 (1 portion)	25	568.85	15.96	5.00	1170.41	75.23	33.51
Nachos, Bar Jalapeno Cheese & Chips - OKR1110 (1 ea.)	50	317.13	17.30	6.47	597.08	30.55	10.53
Nachos, Bar Queso Blanco & Chips - OKR1111 (1 ea.)	100	316.45	17.50	6.62	578.01	30.35	9.84
Nachos Bar, Mexi- Chicken - OKR1218 (1 ea.)	75	44.85	1.45	0.43	94.01	1.94	6.01
Nachos, Bar Beans - OKR1112 (1 ea.)	50	138.38	1.48	0.00	487.03	22.73	7.91
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")	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
Refried Beans - SR1070 (1/2 c.)	150	132.09	1.42	0.00	464.89	21.70	7.55
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

Menu Calendar Nutrient Analysis Report - September, 2017

Site: Guthrie High School
Date: 09/01/2017 - 09/30/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
Salsa - Week 4 Day 5 - ServingDate: 09/29/2017							
Black Bean & Corn Salsa - SR1279 (2 tbsp.)	20	20.13	0.09	0.01	41.09	4.33	0.94
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
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	1.25	0.00	0.00	75.00	0.25	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	75	22.06	1.10	0.22	141.18	3.53	0.00
Salsa, Chunky - OKR1083 (1 oz.)	20	5.00	0.00	0.00	115.00	1.50	0.00
Fire Roasted Salsa - SR1331 (1/8 c.)	20	8.95	0.01	0.00	24.81	1.99	0.34
Sour Cream - SR1659 (2 tbsp.)	40	60.00	5.00	3.50	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