

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)
XR2 Fast Takes - Week 5 Day 5 - ServingDate: 09/01/2017							
Buffalo Chicken Salad G612, Tyson Popcorn Chicken, mixed greens, celery, carrot, black bean, cheddar, RECIPE - OKR1233 (1 salad)	15	309.47	15.62	4.60	1691.71	24.51	19.15
Chef Wrap - OKR1105 (1 wrap)	10	382.88	18.36	6.84	1265.94	36.55	21.64
Twisted Breadstick - OKR1002 (1 breadstick)	15	160.00	2.00	0.00	200.00	30.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	5	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	2	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	2	105.02	0.39	0.13	1.18	26.95	1.29
Mixed Fruit - SR1037 (1/2 c.)	2	59.05	0.00	0.00	5.13	15.22	0.59
Fresh Whole Oranges - SR1171 (1 small (2-3))	2	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Celery Sticks - SR1014 (6 stick (4")	5	10.34	0.11	0.03	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	2	18.89	0.18	0.03	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	5	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	5	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.)	2	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	2	0.00	0.00	0.00	165.00	0.00	0.00
Light Ranch Dressing - SR1003 (1 tbsp.)	22	25.00	1.75	0.25	185.00	2.50	0.00

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XR2 Fast Takes - Week 1 Day 2 - ServingDate: 09/05/2017							
Classic Chef Salad - SR1083 (1 salad)	15	148.95	8.60	3.79	478.00	6.38	12.86
Chicken Caesar Wrap, 10" tortilla, pulled chicken - OKR1173 (1 wrap)	10	440.51	24.13	4.97	620.96	33.37	25.84
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	200.00	30.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	10	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	4	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	2	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	2	45.12	0.12	0.01	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	2	59.11	0.04	0.00	5.37	15.54	0.85
Fresh Broccoli Florets - SR1027 (1/2 c.)	3	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	2	104.50	8.24	2.04	402.31	5.67	2.49
Chocolate Skim Milk - OKR1062 (8 oz.)	5	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	130.00	13.00	8.00
Caesar Dressing - SR1551 (2 tbsp.)	5	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.)	15	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)
XR2 Fast Takes - Week 1 Day 3 - ServingDate: 09/06/2017							
Chicken Salad Sandwich, Richs mini sub roll - OKR1175 (1 sandwich)	10	275.40	13.62	2.44	439.45	19.34	18.55
Large Spinach Salad - SR1531 (1 salad)	15	162.72	6.86	2.64	248.86	15.68	13.28
Twisted Breadstick - OKR1002 (1 breadstick)	15	160.00	2.00	0.00	200.00	30.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	10	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	4	(M)	(M)	(M)	(M)	(M)	(M)
Applesauce - SR1195 (1/2 c.)	2	55.51	0.13	0.01	2.64	14.89	0.23
Banana - SR1166 (1 medium (7"))	2	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	2	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Baby Carrots - SR1016 (1/2 c.)	3	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	2	18.89	0.18	0.03	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	5	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	5	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.)	10	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)
XR2 Fast Takes - Week 1 Day 4 - ServingDate: 09/07/2017							
Buffalo Wrap, 10-inch tortilla, tyson popcorn chicken, buffalo sauce - OKR1231 (1 wrap)	15	465.20	21.61	5.33	2046.44	49.78	21.46
Chicken Caesar Salad G612, Tyson Pulled - OKR1134 (1 salad)	10	191.96	9.21	2.27	410.27	9.69	18.47
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	200.00	30.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	10	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	2	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	2	105.02	0.39	0.13	1.18	26.95	1.29
Diced Bartlett Pears - SR1194 (1/2 c.)	2	70.42	0.10	0.01	5.63	18.22	0.00
Fresh Whole Oranges - SR1171 (1 small (2-3))	2	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	2	104.50	8.24	2.04	402.31	5.67	2.49
Chocolate Skim Milk - OKR1062 (8 oz.)	5	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	130.00	13.00	8.00
Caesar Dressing - SR1551 (2 tbsp.)	10	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.)	0	25.00	1.75	0.25	185.00	2.50	0.00

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XR2 Fast Takes - Week 1 Day 5 - ServingDate: 09/08/2017							
Buffalo Chicken Salad G612, Tyson Popcorn Chicken, mixed greens, celery, carrot, black bean, cheddar, RECIPE - OKR1233 (1 salad)	10	309.47	15.62	4.60	1691.71	24.51	19.15
Chef Wrap - OKR1105 (1 wrap)	15	382.88	18.36	6.84	1265.94	36.55	21.64
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	200.00	30.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	10	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	2	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	2	105.02	0.39	0.13	1.18	26.95	1.29
Mixed Fruit - SR1037 (1/2 c.)	2	59.05	0.00	0.00	5.13	15.22	0.59
Fresh Whole Oranges - SR1171 (1 small (2-3))	2	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Celery Sticks - SR1014 (6 stick (4")	5	10.34	0.11	0.03	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	2	18.89	0.18	0.03	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	5	120.00	0.00	0.00	180.00	20.00	8.00
While 1% Milk - OKR1061 (8 oz.)	5	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	5	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.)	2	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	2	0.00	0.00	0.00	165.00	0.00	0.00
Light Ranch Dressing - SR1003 (1 tbsp.)	15	25.00	1.75	0.25	185.00	2.50	0.00

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XR2 Fast Takes - Week 2 Day 1 - ServingDate: 09/11/2017							
Hearty Garden Salad - OKR1069 (1 salad)	15	151.09	3.71	0.87	160.84	20.97	10.41
Sandwich, Cold Sweet & Spicy - OKR1012 (1 sandwich)	10	384.04	18.02	6.92	996.41	34.06	22.28
Twisted Breadstick - OKR1002 (1 breadstick)	15	160.00	2.00	0.00	200.00	30.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	5	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	2	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	2	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	2	45.12	0.12	0.01	0.00	11.28	0.90
Chilled Pineapple - SR1495 (1/2 c.)	2	62.40	0.00	0.00	1.04	16.18	0.53
Fresh Baby Carrots - SR1016 (1/2 c.)	5	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	2	18.89	0.18	0.03	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	5	120.00	0.00	0.00	180.00	20.00	8.00
While 1% Milk - OKR1061 (8 oz.)	5	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	5	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.)	15	25.00	1.75	0.25	185.00	2.50	0.00
XR2 Fast Takes - Week 2 Day 2 - ServingDate: 09/12/2017							
Classic Chef Salad - SR1083 (1 salad)	15	148.95	8.60	3.79	478.00	6.38	12.86

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XR2 Fast Takes - Week 2 Day 2 - ServingDate: 09/12/2017							
Fiesta Wrap (MS/HS) - OKR1139 (1 wrap)	10	389.74	17.17	4.28	770.21	45.05	17.75
Twisted Breadstick - OKR1002 (1 breadstick)	15	160.00	2.00	0.00	200.00	30.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	10	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	2	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	2	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	2	45.12	0.12	0.01	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	2	59.11	0.04	0.00	5.37	15.54	0.85
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	2	104.50	8.24	2.04	402.31	5.67	2.49
Chocolate Skim Milk - OKR1062 (8 oz.)	5	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	5	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.)	15	25.00	1.75	0.25	185.00	2.50	0.00
XR2 Fast Takes - Week 2 Day 3 - ServingDate: 09/13/2017							
Antipasto Salad (MS/HS) - OKR1102 (1 salad)	15	180.91	9.60	3.19	637.56	13.52	14.90
Sandwich, Cold Southwest Turkey - OKR1020 (1 sandwich)	10	380.08	16.35	6.69	802.08	33.83	24.21

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XR2 Fast Takes - Week 2 Day 3 - ServingDate: 09/13/2017							
Twisted Breadstick - OKR1002 (1 breadstick)	15	160.00	2.00	0.00	200.00	30.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	5	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	2	(M)	(M)	(M)	(M)	(M)	(M)
Applesauce - SR1195 (1/2 c.)	2	55.51	0.13	0.01	2.64	14.89	0.23
Banana - SR1166 (1 medium (7"))	2	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	2	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Baby Carrots - SR1016 (1/2 c.)	5	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	2	18.89	0.18	0.03	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	5	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	5	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.)	15	25.00	1.75	0.25	185.00	2.50	0.00
XR2 Fast Takes - Week 2 Day 4 - ServingDate: 09/14/2017							
Chicken Caesar Salad G612, Tyson Pulled - OKR1134 (1 salad)	15	191.96	9.21	2.27	410.27	9.69	18.47
Southwest Wrap - OKR1149 (1 wrap)	10	384.33	16.55	3.86	729.34	44.99	18.21
Twisted Breadstick - OKR1002 (1 breadstick)	15	160.00	2.00	0.00	200.00	30.00	6.00

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XR2 Fast Takes - Week 2 Day 4 - ServingDate: 09/14/2017							
100% Apple Juice - SR1204 (4 fl oz cup)	10	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	2	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	2	105.02	0.39	0.13	1.18	26.95	1.29
Diced Bartlett Pears - SR1194 (1/2 c.)	2	70.42	0.10	0.01	5.63	18.22	0.00
Fresh Whole Oranges - SR1171 (1 small (2-3))	2	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1/2 c.)	2	52.25	4.12	1.02	201.16	2.83	1.25
Chocolate Skim Milk - OKR1062 (8 oz.)	5	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	130.00	13.00	8.00
Caesar Dressing - SR1551 (2 tbsp.)	10	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.)	15	25.00	1.75	0.25	185.00	2.50	0.00
XR2 Fast Takes - Week 2 Day 5 - ServingDate: 09/15/2017							
Cobb Salad - OKR1103 (1 salad)	15	170.76	9.52	4.03	520.36	7.01	15.96
Zesty Italian Wrap - SR1101 (1 wrap)	10	386.87	17.38	4.28	1270.35	44.72	20.58
Twisted Breadstick - OKR1002 (1 breadstick)	15	160.00	2.00	0.00	200.00	30.00	6.00

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XR2 Fast Takes - Week 2 Day 5 - ServingDate: 09/15/2017							
100% Apple Juice - SR1204 (4 fl oz cup)	5	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	2	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	2	105.02	0.39	0.13	1.18	26.95	1.29
Mixed Fruit - SR1037 (1/2 c.)	2	59.05	0.00	0.00	5.13	15.22	0.59
Fresh Whole Oranges - SR1171 (1 small (2-3))	2	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Celery Sticks - SR1014 (6 stick (4")	5	10.34	0.11	0.03	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	2	18.89	0.18	0.03	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	5	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	5	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.)	15	25.00	1.75	0.25	185.00	2.50	0.00
XR2 Fast Takes - Week 3 Day 1 - ServingDate: 09/18/2017							
Hearty Garden Salad - OKR1069 (1 salad)	10	151.09	3.71	0.87	160.84	20.97	10.41
Sandwich, Cold Southwest Turkey - OKR1020 (1 sandwich)	15	380.08	16.35	6.69	802.08	33.83	24.21
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	200.00	30.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	5	60.00	0.00	0.00	5.00	14.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
XR2 Fast Takes - Week 3 Day 1 - ServingDate: 09/18/2017							
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	2	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	2	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	2	45.12	0.12	0.01	0.00	11.28	0.90
Chilled Pineapple - SR1495 (1/2 c.)	2	62.40	0.00	0.00	1.04	16.18	0.53
Fresh Baby Carrots - SR1016 (1/2 c.)	5	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	2	18.89	0.18	0.03	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	5	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	5	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.)	15	25.00	1.75	0.25	185.00	2.50	0.00
XR2 Fast Takes - Week 3 Day 2 - ServingDate: 09/19/2017							
Classic Chef Salad - SR1083 (1 salad)	15	148.95	8.60	3.79	478.00	6.38	12.86
Chicken Caesar Wrap, 10" tortilla, pulled chicken - OKR1173 (1 wrap)	10	440.51	24.13	4.97	620.96	33.37	25.84
Twisted Breadstick - OKR1002 (1 breadstick)	15	160.00	2.00	0.00	200.00	30.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	5	60.00	0.00	0.00	5.00	14.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
XR2 Fast Takes - Week 3 Day 2 - ServingDate: 09/19/2017							
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	2	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	2	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	2	45.12	0.12	0.01	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	2	59.11	0.04	0.00	5.37	15.54	0.85
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1/2 c.)	2	52.25	4.12	1.02	201.16	2.83	1.25
Chocolate Skim Milk - OKR1062 (8 oz.)	5	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	130.00	13.00	8.00
Caesar Dressing - SR1551 (2 tbsp.)	10	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.)	15	25.00	1.75	0.25	185.00	2.50	0.00
XR2 Fast Takes - Week 3 Day 3 - ServingDate: 09/20/2017							
Chicken Salad Sandwich, Richs mini sub roll - OKR1175 (1 sandwich)	10	275.40	13.62	2.44	439.45	19.34	18.55
Large Spinach Salad - SR1531 (1 salad)	15	162.72	6.86	2.64	248.86	15.68	13.28
Twisted Breadstick - OKR1002 (1 breadstick)	15	160.00	2.00	0.00	200.00	30.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	5	60.00	0.00	0.00	5.00	14.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
XR2 Fast Takes - Week 3 Day 3 - ServingDate: 09/20/2017							
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	2	(M)	(M)	(M)	(M)	(M)	(M)
Applesauce - SR1195 (1/2 c.)	2	55.51	0.13	0.01	2.64	14.89	0.23
Banana - SR1166 (1 medium (7"))	2	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	2	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Baby Carrots - SR1016 (1/2 c.)	5	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	2	18.89	0.18	0.03	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	5	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	5	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.)	15	25.00	1.75	0.25	185.00	2.50	0.00
XR2 Fast Takes - Week 3 Day 4 - ServingDate: 09/21/2017							
Buffalo Wrap, 10-inch tortilla, tyson popcorn chicken, buffalo sauce - OKR1231 (1 wrap)	15	465.20	21.61	5.33	2046.44	49.78	21.46
Chicken Caesar Salad G612, Tyson Pulled - OKR1134 (1 salad)	10	191.96	9.21	2.27	410.27	9.69	18.47
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	200.00	30.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	5	60.00	0.00	0.00	5.00	14.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
XR2 Fast Takes - Week 3 Day 4 - ServingDate: 09/21/2017							
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	2	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	2	105.02	0.39	0.13	1.18	26.95	1.29
Diced Bartlett Pears - SR1194 (1/2 c.)	2	70.42	0.10	0.01	5.63	18.22	0.00
Fresh Whole Oranges - SR1171 (1 small (2-3))	2	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	2	104.50	8.24	2.04	402.31	5.67	2.49
Chocolate Skim Milk - OKR1062 (8 oz.)	5	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	130.00	13.00	8.00
Caesar Dressing - SR1551 (2 tbsp.)	12	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
XR2 Fast Takes - Week 3 Day 5 - ServingDate: 09/22/2017							
Buffalo Chicken Salad G612, Tyson Popcorn Chicken, mixed greens, celery, carrot, black bean, cheddar, RECIPE - OKR1233 (1 salad)	15	309.47	15.62	4.60	1691.71	24.51	19.15
Chef Wrap - OKR1105 (1 wrap)	10	382.88	18.36	6.84	1265.94	36.55	21.64
Twisted Breadstick - OKR1002 (1 breadstick)	15	160.00	2.00	0.00	200.00	30.00	6.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
XR2 Fast Takes - Week 3 Day 5 - ServingDate: 09/22/2017							
100% Apple Juice - SR1204 (4 fl oz cup)	5	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	2	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	2	105.02	0.39	0.13	1.18	26.95	1.29
Mixed Fruit - SR1037 (1/2 c.)	2	59.05	0.00	0.00	5.13	15.22	0.59
Fresh Whole Oranges - SR1171 (1 small (2-3))	2	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Celery Sticks - SR1014 (6 stick (4")	5	10.34	0.11	0.03	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	2	18.89	0.18	0.03	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	5	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	5	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.)	2	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	2	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
XR2 Fast Takes - Week 4 Day 1 - ServingDate: 09/25/2017							
Hearty Garden Salad - OKR1069 (1 salad)	10	151.09	3.71	0.87	160.84	20.97	10.41
Sandwich, Cold Sweet & Spicy - OKR1012 (1 sandwich)	15	384.04	18.02	6.92	996.41	34.06	22.28
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	200.00	30.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	5	60.00	0.00	0.00	5.00	14.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
XR2 Fast Takes - Week 4 Day 1 - ServingDate: 09/25/2017							
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	2	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	2	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	2	45.12	0.12	0.01	0.00	11.28	0.90
Chilled Pineapple - SR1495 (1/2 c.)	2	62.40	0.00	0.00	1.04	16.18	0.53
Fresh Baby Carrots - SR1016 (1/2 c.)	5	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	2	18.89	0.18	0.03	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	5	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	5	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.)	20	25.00	1.75	0.25	185.00	2.50	0.00
XR2 Fast Takes - Week 4 Day 2 - ServingDate: 09/26/2017							
Classic Chef Salad - SR1083 (1 salad)	15	148.95	8.60	3.79	478.00	6.38	12.86
Fiesta Wrap (MS/HS) - OKR1139 (1 wrap)	10	389.74	17.17	4.28	770.21	45.05	17.75
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	200.00	30.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	5	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	2	(M)	(M)	(M)	(M)	(M)	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
XR2 Fast Takes - Week 4 Day 2 - ServingDate: 09/26/2017							
Banana - SR1166 (1 medium (7"))	2	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	2	45.12	0.12	0.01	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	2	59.11	0.04	0.00	5.37	15.54	0.85
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1/2 c.)	2	52.25	4.12	1.02	201.16	2.83	1.25
Chocolate Skim Milk - OKR1062 (8 oz.)	5	120.00	0.00	0.00	180.00	20.00	8.00
While 1% Milk - OKR1061 (8 oz.)	5	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	5	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.)	25	25.00	1.75	0.25	185.00	2.50	0.00
XR2 Fast Takes - Week 4 Day 3 - ServingDate: 09/27/2017							
Antipasto Salad (MS/HS) - OKR1102 (1 salad)	10	180.91	9.60	3.19	637.56	13.52	14.90
Sandwich, Cold Southwest Turkey - OKR1020 (1 sandwich)	15	380.08	16.35	6.69	802.08	33.83	24.21
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	200.00	30.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	5	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	2	(M)	(M)	(M)	(M)	(M)	(M)
Applesauce - SR1195 (1/2 c.)	2	55.51	0.13	0.01	2.64	14.89	0.23

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
XR2 Fast Takes - Week 4 Day 3 - ServingDate: 09/27/2017							
Banana - SR1166 (1 medium (7"))	2	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	2	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Baby Carrots - SR1016 (1/2 c.)	5	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	2	18.89	0.18	0.03	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	5	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	5	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.)	20	25.00	1.75	0.25	185.00	2.50	0.00
XR2 Fast Takes - Week 4 Day 4 - ServingDate: 09/28/2017							
Chicken Caesar Salad G612, Tyson Pulled - OKR1134 (1 salad)	15	191.96	9.21	2.27	410.27	9.69	18.47
Southwest Wrap - OKR1149 (1 wrap)	10	384.33	16.55	3.86	729.34	44.99	18.21
Twisted Breadstick - OKR1002 (1 breadstick)	15	160.00	2.00	0.00	200.00	30.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	5	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	2	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	2	105.02	0.39	0.13	1.18	26.95	1.29
Diced Bartlett Pears - SR1194 (1/2 c.)	2	70.42	0.10	0.01	5.63	18.22	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
XR2 Fast Takes - Week 4 Day 4 - ServingDate: 09/28/2017							
Fresh Whole Oranges - SR1171 (1 small (2-3))	2	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1/2 c.)	2	52.25	4.12	1.02	201.16	2.83	1.25
Chocolate Skim Milk - OKR1062 (8 oz.)	5	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	130.00	13.00	8.00
Caesar Dressing - SR1551 (2 tbsp.)	15	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.)	10	25.00	1.75	0.25	185.00	2.50	0.00
XR2 Fast Takes - Week 4 Day 5 - ServingDate: 09/29/2017							
Cobb Salad - OKR1103 (1 salad)	15	170.76	9.52	4.03	520.36	7.01	15.96
Zesty Italian Wrap - SR1101 (1 wrap)	10	386.87	17.38	4.28	1270.35	44.72	20.58
Twisted Breadstick - OKR1002 (1 breadstick)	15	160.00	2.00	0.00	200.00	30.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	5	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	2	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	2	105.02	0.39	0.13	1.18	26.95	1.29
Mixed Fruit - SR1037 (1/2 c.)	2	59.05	0.00	0.00	5.13	15.22	0.59

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)
XR2 Fast Takes - Week 4 Day 5 - ServingDate: 09/29/2017							
Fresh Whole Oranges - SR1171 (1 small (2-3))	2	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Celery Sticks - SR1014 (6 stick (4")	5	10.34	0.11	0.03	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	2	18.89	0.18	0.03	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	5	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	5	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.)	20	25.00	1.75	0.25	185.00	2.50	0.00

Legend

(M) - Missing Nutrient Values

Report Selections

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