

Carbohydrate Report

District: Guthrie PS

School: Guthrie Junior High

Menu: Guthrie J.H. (6-8) Lunch 2016-2017



Mon - 04/03/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie J.H. (6-8) Lunch 2016-2017			
Recipe	Total		
Savory Bacon Cheeseburger	1.00 burger	322.104	27.012
Juicy Turkey Hot Dog	1.00 Hot Dog	310.000	34.000
Smokin' BBQ Chicken Pizza	1.00 slice	399.178	36.891
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
Large Chef Salad with Seasoned Croutons & Whole Grain Crackers	1.00 salad	445.729	45.402
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Crispy Tater Tots	1/2 cup	133.955	16.487
Peppered Broccoli Florets	1/2 cup	33.432	3.558
Fresh Orange	1.00 ORANGE	61.570	15.393

Mon - 04/03/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Unsweetened Applesauce	1/2 Cup	52.284	13.594
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Mayonnaise Dispenser	1.00 TBSP	24.257	1.941
Mustard Dispenser	1.00 TBSP	0.000	0.000
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Weighted Daily Average		463.309	54.878
% of Calories			47.38%

Tue - 04/04/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie J.H. (6-8) Lunch 2016-2017			
Recipe	Total		
Big Texan Stacker	1.00 sandwich	505.741	52.597
Chicken Po Boy Stacker	1.00 sandwich	500.148	43.501
Whole Grain Cheese Pizza	1.00 slice	368.342	34.274
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949

Tue - 04/04/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Crispy Buffalo Chicken Salad with Whole Grain Crackers	1.00 salad	533.662	46.869
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Oven Baked Potato Wedges	1/2 CUP	114.176	17.645
Whole Yellow Corn	1/2 cup	107.468	20.658
Fresh Apple	1.00 Apple	77.480	20.577
Juicy Mandarin Oranges	1/2 Cup	70.874	17.212
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
Mayonnaise Dispenser	1.00 TBSP	24.257	1.941
Mustard Dispenser	1.00 TBSP	0.000	0.000
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Weighted Daily Average		382.738	42.682
% of Calories			44.61%

Wed - 04/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie J.H. (6-8) Lunch 2016-2017			
Recipe	Total		
Fajita Chicken Baked Potato	1.00 Potato	489.948	68.335
Juicy Pulled Pork & Country Baked Potato with Whole Grain Biscuit	1.00 Potato	694.534	67.353
Whole Wheat Fajita Chicken Sandwich	1.00 Sandwich	249.058	27.745
Juicy Pulled Pork Whole Wheat Sandwich	1.00 Sandwich	453.644	26.763

Wed - 04/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Smokin' BBQ Chicken Pizza	1.00 slice	399.178	36.891
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
Large Italian Chicken Salad with Whole Grain Crackers	1.00 salad	416.018	40.530
Creamy Cole Slaw	1/2 cup	60.432	7.626
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Sliced Jalapenos	1.00 oz	9.129	0.913
Crispy Tater Tots	1/2 cup	133.955	16.487
Homemade Potato Salad	0.67 cup	136.406	24.399
Pickle Slices	1.00 oz	5.000	1.000
Spiced Green Beans	1/2 cup	56.359	4.752
Fresh Orange	1.00 ORANGE	61.570	15.393
Diced Pears in light syrup	1/2 Cup	60.601	14.393

Wed - 04/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Mayonnaise Dispenser	1.00 TBSP	24.257	1.941
Mustard Dispenser	1.00 TBSP	0.000	0.000
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Margarine Prints	1.00 1 Tbsp	100.000	0.000
Sour Cream	2.00 tablespoons	40.000	2.000
BBQ Sauce	1.00 Tbsp	12.500	3.000
Sweet BBQ Sauce	3.00 Tbsp	86.417	24.059
Texas Homemade BBQ Sauce	3.00 Tbsp	40.919	11.166
Shredded Cheddar Cheese	1.00 oz	111.373	1.012
Weighted Daily Average		598.003	72.563
% of Calories			48.54%

Thu - 04/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie J.H. (6-8) Lunch 2016-2017			
Recipe	Total		
Cheddar Beef Stacker	1.00 Burger	396.989	32.148
Southwest Chicken Stacker	1.00 sandwich	581.130	51.906
Crumbled Sausage Pizza with Homemade Sauce	1.00 slice	408.967	35.524
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000

Thu - 04/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
Grilled Herb Chicken Salad with Whole Grain Crackers	1.00 salad	414.888	41.027
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Oven Baked Potato Wedges	1/2 CUP	114.176	17.645
New England Style Baked Beans	1/2 cup	109.037	22.534
Fresh Apple	1.00 Apple	77.480	20.577
Diced Peaches	1/2 Cup	53.827	13.604
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Mayonnaise Dispenser	1.00 TBSP	24.257	1.941
Mustard Dispenser	1.00 TBSP	0.000	0.000
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Weighted Daily Average		467.357	55.063
% of Calories			47.13%

Fri - 04/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie J.H. (6-8) Lunch 2016-2017			

Fri - 04/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Recipe	Total		
Chicken Nachos	1.00 Nacho	425.297	46.446
Traditional Beef Stew with Homemade Cornbread	1.00 CUP	484.986	71.425
Whole Grain Cheese Pizza	1.00 slice	368.342	34.274
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
Large Chicken Caesar Salad with Whole Grain Crackers	1.00 salad	388.904	39.906
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Sliced Jalapenos	1.00 oz	9.129	0.913
Crispy Tater Tots	1/2 cup	133.955	16.487
Spiced 5 Way Mixed Veggies	0.50 cup	74.668	8.386
Fresh Apple	1.00 Apple	77.480	20.577
Juicy Tropical Fruit Salad	1/2 Cup	111.892	26.108

Fri - 04/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Mayonnaise Dispenser	1.00 TBSP	24.257	1.941
Mustard Dispenser	1.00 TBSP	0.000	0.000
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Weighted Daily Average		525.775	64.807
% of Calories			49.30%

Mon - 04/10/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie J.H. (6-8) Lunch 2016-2017			
Recipe	Total		
Creamy Chicken Alfredo with Breadstick	1.00 cup	412.383	44.248
Beef Ravioli in Meatsauce with Whole Wheat roll & Crackers	1.00 cup	456.588	61.491
Smokin' BBQ Chicken Pizza	1.00 slice	399.178	36.891
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
Large Chef Salad with Seasoned Croutons & Whole Grain Crackers	1.00 salad	445.729	45.402

Mon - 04/10/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Crispy Tater Tots	1/2 cup	133.955	16.487
Buttered Green Peas	1/2 cup	71.225	10.281
Fresh Apple	1.00 Apple	77.480	20.577
Juicy Mandarin Oranges	1/2 Cup	70.874	17.212
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Mayonnaise Dispenser	1.00 TBSP	24.257	1.941
Mustard Dispenser	1.00 TBSP	0.000	0.000
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Weighted Daily Average		505.139	60.213
% of Calories			47.68%

Tue - 04/11/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie J.H. (6-8) Lunch 2016-2017			
Recipe	Total		
Creamy Macaroni & Cheese	1.00 Cup	392.457	48.971
Savory Meatball Sub	1.00 sandwich	384.903	38.303
Creamy Chicken Alfredo Pizza	1.00 slice	411.207	33.469
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000

Tue - 04/11/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
Crispy Buffalo Chicken Salad with Whole Grain Crackers	1.00 salad	533.662	46.869
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Sliced Jalapenos	1.00 oz	9.129	0.913
Oven Baked Potato Wedges	1/2 CUP	114.176	17.645
Spiced Green Beans	1/2 cup	56.359	4.752
Juicy Pineapple Tidbits	1/2 CUP	97.576	23.697
Fresh Orange	1.00 ORANGE	61.570	15.393
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Mayonnaise Dispenser	1.00 TBSP	24.257	1.941
Mustard Dispenser	1.00 TBSP	0.000	0.000
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000

Tue - 04/11/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Weighted Daily Average		495.080	57.299
% of Calories			46.29%

Wed - 04/12/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie J.H. (6-8) Lunch 2016-2017			
Recipe	Total		
Beef Fingers Potato Bowl	1.00 bowl	568.258	61.761
Chicken Nugget Potato Bowl	1.00 bowl	575.398	62.298
Crumbled Sausage Pizza with Homemade Sauce	1.00 slice	408.967	35.524
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
Large Italian Chicken Salad with Whole Grain Crackers	1.00 salad	416.018	40.530
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206

Wed - 04/12/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Crispy Tater Tots	1/2 cup	133.955	16.487
Seasoned Mashed Potatoes	0.50 cup	98.258	16.761
Fresh Apple	1.00 Apple	77.480	20.577
Juicy Tropical Fruit Salad	1/2 Cup	111.892	26.108
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Mayonnaise Dispenser	1.00 TBSP	24.257	1.941
Mustard Dispenser	1.00 TBSP	0.000	0.000
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Savory Chicken Gravy	1/4 Cup	21.362	4.272
Countrystyle Gravy	1/4 Cup	25.987	5.197
Weighted Daily Average		511.802	62.647
% of Calories			48.96%



Thu - 04/13/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie J.H. (6-8) Lunch 2016-2017			
Recipe	Total		
Whole Wheat Cheesy Chicken Quesadilla	1.00 Quesadilla	381.480	32.121
Golden Brown Crispy Chicken Corn Dog	1.00 corn dog	239.158	29.895
Baked Beef Taco Pizza	1.00 slice	390.110	34.983
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305

Thu - 04/13/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Whole Grain Ham Sub	1.00 Sub	280.000	31.000
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
Grilled Herb Chicken Salad with Whole Grain Crackers	1.00 salad	414.888	41.027
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Seasoned Peas & Carrots	0.50 cup	58.275	8.690
Oven Baked Potato Wedges	1/2 CUP	114.176	17.645
Apple Slices	1/2 cup	70.000	16.800
Fresh Orange	1.00 ORANGE	61.570	15.393
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Mayonnaise Dispenser	1.00 TBSP	24.257	1.941
Mustard Dispenser	1.00 TBSP	0.000	0.000
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Weighted Daily Average		548.014	63.544
% of Calories			46.38%

Fri - 04/14/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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Guthrie J.H. (6-8) Lunch 2016-2017			
Recipe	Total		
Philly Beef Cheesesteak w/ Cheddar Cheese Sauce	1.00 hoagie	412.509	35.728
Philly Beef Cheesesteak w/ White Cheese Sauce	1.00 hoagie	381.254	35.981
Philly Chicken Cheesesteak w/ Cheddar Cheese Sauce	1.00 hoagie	323.700	32.036
Philly Chicken Cheesesteak w/ White Cheese Sauce	1.00 hoagie	309.180	32.613
Whole Grain Cheese Pizza	1.00 slice	368.342	34.274
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
Large Chicken Caesar Salad with Whole Grain Crackers	1.00 salad	388.904	39.906
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Crispy Tater Tots	1/2 cup	133.955	16.487
Spiced 5 Way Mixed Veggies	0.50 cup	74.668	8.386
Salad Bar, Garbanzo Beans	1/2 cup	119.330	19.888

Philly Sauteed Bell Peppers	1.00 oz	22.123	1.315
Philly Sauteed Mushrooms	1.00 oz	37.786	2.348
Philly Sauteed Onions	1.00 oz	47.992	5.296
Canned Sliced Peaches	1/2 Cup	69.124	16.787
Fresh Apple	1.00 Apple	77.480	20.577
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Mayonnaise Dispenser	1.00 TBSP	24.257	1.941
Mustard Dispenser	1.00 TBSP	0.000	0.000
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Weighted Daily Average		477.111	56.821
% of Calories			47.64%

Mon - 04/17/2017			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie J.H. (6-8) Lunch 2016-2017			
Recipe	Total		
Cheesy Layered Beef Lasagna with Breadstick	1.00 serving	441.650	50.875
Broccoli & Homemade Cheese Baked Potato & Whole Grain Biscuit	1.00 Potato	666.840	75.447
Whole Grain Cheese Pizza	1.00 slice	368.342	34.274
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364

Mon - 04/17/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
Large Chef Salad with Seasoned Croutons & Whole Grain Crackers	1.00 salad	445.729	45.402
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Crispy Tater Tots	1/2 cup	133.955	16.487
Peppered Corn	1/2 cup	80.484	17.736
Fresh Apple	1.00 Apple	77.480	20.577
Juicy Mandarin Oranges	1/2 Cup	70.874	17.212
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Mayonnaise Dispenser	1.00 TBSP	24.257	1.941
Mustard Dispenser	1.00 TBSP	0.000	0.000
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Weighted Daily Average		441.562	51.585
% of Calories			46.73%

Tue - 04/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie J.H. (6-8) Lunch 2016-2017			
Recipe	Total		
Crispy Beef Tacos with Spanish Rice	2.00 Tacos	519.955	51.349

Tue - 04/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Homemade Chicken Hard Shell Taco with Spanish Rice	2.00 Tacos	440.051	48.369
Whole Grain Cheesy Fajita Chicken Tacos	2.00 Tacos	327.839	33.826
Cheesy Seasoned Beef Whole Wheat Tacos	2.00 Tacos	419.481	36.478
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Whole Grain Cheese Pizza	1.00 slice	368.342	34.274
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
Crispy Buffalo Chicken Salad with Whole Grain Crackers	1.00 salad	533.662	46.869
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Sliced Jalapenos	1.00 oz	9.129	0.913
Crispy Crinkle Cut Fries	3.00 oz	90.618	18.124
Mexicorn	1/2 cup	78.267	16.039
Homemade Salsa	1/4 cup	13.645	3.225
Diced Pears in light syrup	1/2 Cup	60.601	14.393

Tue - 04/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Fresh Orange	1.00 ORANGE	61.570	15.393
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Mayonnaise Dispenser	1.00 TBSP	24.257	1.941
Mustard Dispenser	1.00 TBSP	0.000	0.000
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Sour Cream	2.00 tablespoons	40.000	2.000
Weighted Daily Average		499.852	60.203
% of Calories			48.18%

Wed - 04/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie J.H. (6-8) Lunch 2016-2017			
Recipe	Total		
Fajita Chicken & Country Baked Potato with Whole Grain Biscuit	1.00 Potato	489.879	68.334
Juicy Pulled Pork & Country Baked Potato with Whole Grain Biscuit	1.00 Potato	694.534	67.353
Whole Wheat Fajita Chicken Sandwich	1.00 Sandwich	248.989	27.744
Juicy Pulled Pork Whole Wheat Sandwich	1.00 Sandwich	453.644	26.763
Crumbled Sausage Pizza with Homemade Sauce	1.00 slice	408.967	35.524
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364

Wed - 04/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
Large Italian Chicken Salad with Whole Grain Crackers	1.00 salad	416.018	40.530
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Fresh Green Peppers	1/4 cup	6.480	1.503
Crispy Tater Tots	1/2 cup	133.955	16.487
Creamy Cole Slaw	1/2 cup	60.432	7.626
Creamy Chunky Potato Salad	0.67 cup	134.625	28.984
Pickle Slices	1.00 oz	5.000	1.000
New England Style Baked Beans	1/2 cup	109.037	22.534
Juicy Tropical Fruit Salad	1/2 Cup	111.892	26.108
Fresh Apple	1.00 Apple	77.480	20.577
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Mayonnaise Dispenser	1.00 TBSP	24.257	1.941
Mustard Dispenser	1.00 TBSP	0.000	0.000
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Margarine Prints	1.00 1 Tbsp	100.000	0.000
Sour Cream	2.00 tablespoons	40.000	2.000

Wed - 04/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Shredded Cheddar Cheese	1.00 oz	111.373	1.012
Sweet BBQ Sauce	3.00 Tbsp	86.417	24.059
Texas Homemade BBQ Sauce	3.00 Tbsp	40.919	11.166
Weighted Daily Average		589.673	70.769
% of Calories			48.01%

Thu - 04/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie J.H. (6-8) Lunch 2016-2017			
Recipe	Total		
Whole Grain Cheesy Fajita Chicken Tacos	2.00 Tacos	327.839	33.826
Cheesy Seasoned Beef Whole Wheat Tacos	2.00 Tacos	419.481	36.478
Crispy Beef Tacos with Spanish Rice	2.00 Tacos	519.955	51.349
Homemade Chicken Hard Shell Taco with Spanish Rice	2.00 Tacos	440.051	48.369
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Loaded Meatlovers Pizza	1.00 slice	401.349	34.657
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
Grilled Herb Chicken Salad with Whole Grain Crackers	1.00 salad	414.888	41.027
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922

Thu - 04/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Sliced Jalapenos	1.00 oz	9.129	0.913
Crispy Crinkle Cut Fries	3.00 oz	90.618	18.124
Homemade Salsa	1/4 cup	13.645	3.225
Seasoned Refried Beans	0.50 cup	182.425	24.274
Apple Slices	1/2 cup	70.000	16.800
Fresh Orange	1.00 ORANGE	61.570	15.393
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Mayonnaise Dispenser	1.00 TBSP	24.257	1.941
Mustard Dispenser	1.00 TBSP	0.000	0.000
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Sour Cream	2.00 tablespoons	40.000	2.000
Weighted Daily Average		519.812	61.019
% of Calories			46.95%

Fri - 04/21/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie J.H. (6-8) Lunch 2016-2017			
Recipe	Total		
Philly Beef Cheesesteak w/ Cheddar Cheese Sauce	1.00 hoagie	412.509	35.728
Philly Beef Cheesesteak w/ White Cheese Sauce	1.00 hoagie	381.254	35.981
Philly Chicken Cheesesteak w/ Cheddar Cheese Sauce	1.00 hoagie	323.700	32.036
Philly Chicken Cheesesteak w/ White Cheese Sauce	1.00 hoagie	309.180	32.613
Whole Grain Cheese Pizza	1.00 slice	368.342	34.274
Classic Pepperoni Pizza	1.00 slice	381.330	34.490

Fri - 04/21/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
Large Chicken Caesar Salad with Whole Grain Crackers	1.00 salad	388.904	39.906
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Sliced Jalapenos	1.00 oz	9.129	0.913
Crispy Tater Tots	1/2 cup	133.955	16.487
Buttered Green Peas	1/2 cup	71.225	10.281
Philly Sauteed Bell Peppers	1.00 oz	22.123	1.315
Philly Sauteed Mushrooms	1.00 oz	37.786	2.348
Philly Sauteed Onions	1.00 oz	47.992	5.296
Canned Sliced Peaches	1/2 Cup	69.124	16.787
Fresh Apple	1.00 Apple	77.480	20.577
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Chocolate Milk	1.00 carton	110.000	19.000

Fri - 04/21/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Mayonnaise Dispenser	1.00 TBSP	24.257	1.941
Mustard Dispenser	1.00 TBSP	0.000	0.000
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Weighted Daily Average		468.071	55.425
% of Calories			47.36%

Mon - 04/24/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie J.H. (6-8) Lunch 2016-2017			
Recipe	Total		
Tangy Chicken Teriyaki with Seasoned Brown Rice	1.00 Serving	309.715	46.189
Savory Meatball Sub	1.00 sandwich	384.903	38.303
Whole Grain Cheese Pizza	1.00 slice	368.342	34.274
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
Large Chef Salad with Seasoned Croutons & Whole Grain Crackers	1.00 salad	445.729	45.402
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691

Mon - 04/24/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Crispy Tater Tots	1/2 cup	133.955	16.487
Peppered Broccoli Florets	1/2 cup	33.432	3.558
Canned Sliced Peaches	1/2 Cup	69.124	16.787
Fresh Apple	1.00 Apple	77.480	20.577
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Mayonnaise Dispenser	1.00 TBSP	24.257	1.941
Mustard Dispenser	1.00 TBSP	0.000	0.000
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Weighted Daily Average		458.975	54.571
% of Calories			47.56%

Tue - 04/25/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie J.H. (6-8) Lunch 2016-2017			
Recipe	Total		
Favorite Chicken Parmesan	1.00 serving	478.558	50.365
Traditional Chicken Scampi with Whole Grain Breadstick	1.00 Serving	563.222	44.792
Smokin' BBQ Chicken Pizza	1.00 slice	399.178	36.891
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000

Tue - 04/25/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
Crispy Buffalo Chicken Salad with Whole Grain Crackers	1.00 salad	533.662	46.869
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Crispy Crinkle Cut Fries	3.00 oz	90.618	18.124
Cooked Crinkle Cut Carrots	1/2 Cup	49.978	7.864
Diced Pears in light syrup	1/2 Cup	60.601	14.393
Fresh Orange	1.00 ORANGE	61.570	15.393
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Mayonnaise Dispenser	1.00 TBSP	24.257	1.941
Mustard Dispenser	1.00 TBSP	0.000	0.000
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Weighted Daily Average		602.602	67.230

Tue - 04/25/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
% of Calories			44.63%

Wed - 04/26/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie J.H. (6-8) Lunch 2016-2017			
Recipe	Total		
Homemade Meatloaf & Seasoned Potato Bowl with Whole Grain Biscuit	1.00 bowl	537.643	52.953
Chicken Tenders Potato Bowl	1.00 bowl	568.258	61.761
Loaded Meatlovers Pizza	1.00 slice	401.349	34.657
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
Large Italian Chicken Salad with Whole Grain Crackers	1.00 salad	416.018	40.530
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Crispy Tater Tots	1/2 cup	133.955	16.487
Seasoned Mashed Potatoes	0.50 cup	98.258	16.761

Wed - 04/26/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Fresh Apple	1.00 Apple	77.480	20.577
Juicy Tropical Fruit Salad	1/2 Cup	111.892	26.108
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Mayonnaise Dispenser	1.00 TBSP	24.257	1.941
Mustard Dispenser	1.00 TBSP	0.000	0.000
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Savory Beef Gravy	1/4 Cup	20.045	3.007
Countrystyle Gravy	1/4 Cup	25.987	5.197
Weighted Daily Average		508.438	61.913
% of Calories			48.71%

Thu - 04/27/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie J.H. (6-8) Lunch 2016-2017			
Recipe	Total		
Oven Baked Cheesy Beef Penne with Breadstick	1.00 cup	396.457	45.550
Creamy Garlic Chicken Penne	1.50 Cup	517.305	72.460
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Creamy Chicken Alfredo Pizza	1.00 slice	411.207	33.469

Thu - 04/27/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
Grilled Herb Chicken Salad with Whole Grain Crackers	1.00 salad	414.888	41.027
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Sliced Jalapenos	1.00 oz	9.129	0.913
Crispy Crinkle Cut Fries	3.00 oz	90.618	18.124
Cooked Crinkle Cut Carrots	1/2 Cup	49.978	7.864
Apple Slices	1/2 cup	70.000	16.800
Fresh Orange	1.00 ORANGE	61.570	15.393
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Mayonnaise Dispenser	1.00 TBSP	24.257	1.941
Mustard Dispenser	1.00 TBSP	0.000	0.000
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Weighted Daily Average		626.637	72.813
% of Calories			46.48%

Fri - 04/28/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie J.H. (6-8) Lunch 2016-2017			
Recipe	Total		

Fri - 04/28/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Philly Beef Cheesesteak w/ Cheddar Cheese Sauce	1.00 hoagie	412.509	35.728
Philly Beef Cheesesteak w/ White Cheese Sauce	1.00 hoagie	381.254	35.981
Philly Chicken Cheesesteak w/ Cheddar Cheese Sauce	1.00 hoagie	323.700	32.036
Philly Chicken Cheesesteak w/ White Cheese Sauce	1.00 hoagie	309.180	32.613
Baked Beef Taco Pizza	1.00 slice	390.110	34.983
Classic Pepperoni Pizza	1.00 slice	381.330	34.490
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Grilled Cheeseburger	1.00 burger	295.437	27.012
Baked Breaded Chicken Sandwich	1.00 sandwich	400.000	41.000
Classic Ham & Cheese Sub	1.00 Sub	303.294	31.835
Traditional Turkey & Cheese Sub	1.00 Sub	287.871	32.305
Whole Grain Ham Sub	1.00 Sub	280.000	31.000
Classic Turkey Sub	1.00 Sub	260.000	32.000
Hot & Spicy Popcorn Chicken w/Roll	12.00 pieces	335.909	30.364
Whole Grain Popcorn Chicken with Dinner Roll	12.00 pieces	333.542	29.129
Whole Grain Chicken Tenders with Roll	3.00 tenders	345.000	30.000
Whole Grain Bean & Cheese Burrito	1.00 Burrito	291.105	40.949
Large Chicken Caesar Salad with Whole Grain Crackers	1.00 salad	388.904	39.906
Salad Bar, Broccoli Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots Sticks	6.00 Sticks	37.195	8.691
Salad Bar, Fresh Lettuce & Spinach Mix	1.00 Cup	16.197	2.922
Salad Bar, Cucumber Slices	1/2 cup	10.974	2.656
Fresh Celery Sticks	6.00 sticks	10.368	1.925
Fresh Sliced Tomatoes	1/4 Cup	10.206	2.206
Pepperoncinis	1.00 pepperoncini	2.000	0.500
Crispy Tater Tots	1/2 cup	133.955	16.487
Seasoned Refried Beans	0.50 cup	182.425	24.274
Philly Sauteed Bell Peppers	1.00 oz	22.123	1.315
Philly Sauteed Mushrooms	1.00 oz	37.786	2.348

Fri - 04/28/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Philly Sauteed Onions	1.00 oz	47.992	5.296
Canned Sliced Peaches	1/2 Cup	69.124	16.787
Fresh Apple	1.00 Apple	77.480	20.577
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Mayonnaise Dispenser	1.00 TBSP	24.257	1.941
Mustard Dispenser	1.00 TBSP	0.000	0.000
Low Fat Ranch Dressing	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	19.803	4.951
Zesty Italian Dressing	2.00 Tbsp	25.000	3.000
Tartar Sauce	1.00 packet	35.000	2.000
Weighted Daily Average		478.768	56.081
% of Calories			46.85%

* = Indicates missing Nutrient Information.

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