

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Guthrie Junior High
Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 21-22 DYK Fiesta - Week 3 Day 3 - ServingDate: 12/01/2021								
Bean & Cheese Nachos - OKR1480 (1 nacho)	10	393.54	17.99	6.42	0.00	698.40	44.79	15.17
Bean & Cheese Nachos Queso Blanco - OKR1481 (1 nacho)	15	395.27	18.32	6.75	0.00	658.62	43.70	14.69
Beef Enchilada - SR1345 (1 enchilada)	25	389.81	16.67	8.25	0.00	951.05	40.44	18.82
Mexi- Chicken Nachos, USDA - OKR1564 (1 nacho)	25	391.23	19.98	6.78	0.00	814.82	32.48	21.05
Queso Blanco Mexi- Chicken Nachos - OKR1895 (1 nacho)	25	390.15	20.09	7.00	0.00	796.87	31.28	20.36
Unsweetened Applesauce - SR1195 (1/2 c.)	15	53.71	0.13	0.01	0.00	2.56	14.41	0.22
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	15	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Vegetarian Refried Beans - SR1070 (1/2 c.)	40	161.28	0.58	0.00	0.00	158.86	28.80	10.37
Baby Carrots - SR1016 (1/2 c.)	30	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	20	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00

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SY 21-22 DYK Fiesta - Week 3 Day 3 - ServingDate: 12/01/2021								
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Homemade Salsa - SR1007 (1 tbsp.)	30	3.63	0.01	0.00	0.00	39.19	0.78	0.13
Sour Cream - SR1659 (2 tbsp.)	30	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 21-22 DYK Fiesta - Week 3 Day 4 - ServingDate: 12/02/2021								
Bean & Cheese Nachos - OKR1480 (1 nacho)	10	393.54	17.99	6.42	0.00	698.40	44.79	15.17
Bean & Cheese Nachos Queso Blanco - OKR1481 (1 nacho)	15	395.27	18.32	6.75	0.00	658.62	43.70	14.69
Beef Nachos with Jalapeno Cheese - OKR1482 (1 nacho)	25	382.68	20.78	7.65	0.00	829.92	33.89	16.87
Beef Nachos with Queso Blanco - OKR1483 (1 nacho)	25	384.50	21.13	7.99	0.00	788.15	32.74	16.36
Soft Beef Tacos - SR1079 (2 each taco)	25	319.48	12.93	4.87	0.00	612.68	31.43	18.62
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Fruit Cocktail - SR1037 (1/2 c.)	20	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	15	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	30	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Garden Side Salad - SR1429 (1 c.)	20	20.07	0.13	0.02	0.00	25.59	4.25	1.10

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SY 21-22 DYK Fiesta - Week 3 Day 4 - ServingDate: 12/02/2021								
Fiesta Potatoes - SR1519 (1/2 c.)	40	135.22	5.09	0.84	0.00	199.15	23.79	2.11
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Homemade Salsa - SR1007 (1 tbsp.)	30	3.63	0.01	0.00	0.00	39.19	0.78	0.13
Sour Cream - SR1659 (2 tbsp.)	30	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 21-22 DYK Fiesta - Week 3 Day 5 - ServingDate: 12/03/2021								
Bean & Cheese Nachos - OKR1480 (1 nacho)	10	393.54	17.99	6.42	0.00	698.40	44.79	15.17
Bean & Cheese Nachos Queso Blanco - OKR1481 (1 nacho)	15	395.27	18.32	6.75	0.00	658.62	43.70	14.69
Mexi- Chicken Nachos, USDA - OKR1564 (1 nacho)	25	391.23	19.98	6.78	0.00	814.82	32.48	21.05
Queso Blanco Mexi- Chicken Nachos - OKR1895 (1 nacho)	25	390.15	20.09	7.00	0.00	796.87	31.28	20.36
Chicken Tacos - SR1415 (2 tacos)	25	343.98	14.98	6.39	0.00	560.11	29.62	21.84
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29

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SY 21-22 DYK Fiesta - Week 3 Day 5 - ServingDate: 12/03/2021								
Pineapple Tidbits - SR1495 (1/2 c.)	15	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	10	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Frijoles ala Charro - OKR1230 (1/2 c.)	40	136.53	0.08	0.01	0.00	187.42	24.73	8.05
Celery Sticks - SR1014 (6 stick.)	30	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Caesar Side Salad - SR1428 (1 c.)	20	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Homemade Salsa - SR1007 (2 tbsp.)	30	7.26	0.02	0.00	0.00	78.38	1.57	0.25
Sour Cream - SR1659 (2 tbsp.)	30	60.00	5.00	3.50	0.00	15.00	1.00	1.00

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SY 21-22 DYK Fiesta - Week 4 Day 1 - ServingDate: 12/06/2021								
Bean & Cheese Nachos - OKR1480 (1 nacho)	10	393.54	17.99	6.42	0.00	698.40	44.79	15.17
Bean & Cheese Nachos Queso Blanco - OKR1481 (1 nacho)	15	395.27	18.32	6.75	0.00	658.62	43.70	14.69
Mexi- Chicken Nachos, USDA - OKR1564 (1 nacho)	25	391.23	19.98	6.78	0.00	814.82	32.48	21.05
Queso Blanco Mexi- Chicken Nachos - OKR1895 (1 nacho)	25	390.15	20.09	7.00	0.00	796.87	31.28	20.36
Chicken Tacos - SR1415 (2 tacos)	25	343.98	14.98	6.39	0.00	560.11	29.62	21.84
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	15	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	20	77.87	0.05	0.00	0.00	7.08	20.48	1.11
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Vegetarian Refried Beans - SR1070 (1/2 c.)	40	161.28	0.58	0.00	0.00	158.86	28.80	10.37
Baby Carrots - SR1016 (1/2 c.)	25	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	20	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00

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SY 21-22 DYK Fiesta - Week 4 Day 1 - ServingDate: 12/06/2021								
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Homemade Salsa - SR1007 (1 tbsp.)	30	3.63	0.01	0.00	0.00	39.19	0.78	0.13
Sour Cream - SR1659 (2 tbsp.)	30	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 21-22 DYK Fiesta - Week 4 Day 2 - ServingDate: 12/07/2021								
Bean & Cheese Nachos - OKR1480 (1 nacho)	10	393.54	17.99	6.42	0.00	698.40	44.79	15.17
Bean & Cheese Nachos Queso Blanco - OKR1481 (1 nacho)	15	395.27	18.32	6.75	0.00	658.62	43.70	14.69
Beef Nachos with Jalapeno Cheese - OKR1482 (1 nacho)	25	382.68	20.78	7.65	0.00	829.92	33.89	16.87
Beef Nachos with Queso Blanco - OKR1483 (1 nacho)	25	384.50	21.13	7.99	0.00	788.15	32.74	16.36
Soft Beef Tacos - SR1079 (2 each taco)	25	319.48	12.93	4.87	0.00	612.68	31.43	18.62
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Diced Bartlett Pears - SR1194 (1/2 c.)	15	59.31	0.08	0.00	0.00	4.75	15.35	0.40
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	10	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	40	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Garden Side Salad - SR1429 (1 c.)	30	20.07	0.13	0.02	0.00	25.59	4.25	1.10

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SY 21-22 DYK Fiesta - Week 4 Day 2 - ServingDate: 12/07/2021								
Fiesta Potatoes - SR1519 (1/2 c.)	20	135.22	5.09	0.84	0.00	199.15	23.79	2.11
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Homemade Salsa - SR1007 (1 tbsp.)	30	3.63	0.01	0.00	0.00	39.19	0.78	0.13
Sour Cream - SR1659 (2 tbsp.)	30	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 21-22 DYK Fiesta - Week 4 Day 3 - ServingDate: 12/08/2021								
Bean & Cheese Nachos - OKR1480 (1 nacho)	10	393.54	17.99	6.42	0.00	698.40	44.79	15.17
Bean & Cheese Nachos Queso Blanco - OKR1481 (1 nacho)	15	395.27	18.32	6.75	0.00	658.62	43.70	14.69
Enchilada Suiza - OKR1451 (1 enchilada)	25	410.01	18.32	8.86	0.00	984.91	33.65	26.57
Mexi- Chicken Nachos, USDA - OKR1564 (1 nacho)	25	391.23	19.98	6.78	0.00	814.82	32.48	21.05
Queso Blanco Mexi- Chicken Nachos - OKR1895 (1 nacho)	25	390.15	20.09	7.00	0.00	796.87	31.28	20.36

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SY 21-22 DYK Fiesta - Week 4 Day 3 - ServingDate: 12/08/2021								
Unsweetened Applesauce - SR1195 (1/2 c.)	15	53.71	0.13	0.01	0.00	2.56	14.41	0.22
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	10	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Vegetarian Refried Beans - SR1070 (1/2 c.)	40	161.28	0.58	0.00	0.00	158.86	28.80	10.37
Baby Carrots - SR1016 (1/2 c.)	30	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	20	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Homemade Salsa - SR1007 (1 tbsp.)	30	3.63	0.01	0.00	0.00	39.19	0.78	0.13
Sour Cream - SR1659 (2 tbsp.)	30	60.00	5.00	3.50	0.00	15.00	1.00	1.00

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SY 21-22 DYK Fiesta - Week 4 Day 4 - ServingDate: 12/09/2021								
Bean & Cheese Nachos - OKR1480 (1 nacho)	10	393.54	17.99	6.42	0.00	698.40	44.79	15.17
Bean & Cheese Nachos Queso Blanco - OKR1481 (1 nacho)	15	395.27	18.32	6.75	0.00	658.62	43.70	14.69
Beef Nachos with Jalapeno Cheese - OKR1482 (1 nacho)	25	382.68	20.78	7.65	0.00	829.92	33.89	16.87
Beef Nachos with Queso Blanco - OKR1483 (1 nacho)	25	384.50	21.13	7.99	0.00	788.15	32.74	16.36
Soft Beef Tacos - SR1079 (2 each taco)	25	319.48	12.93	4.87	0.00	612.68	31.43	18.62
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Fruit Cocktail - SR1037 (1/2 c.)	15	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	10	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	30	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Garden Side Salad - SR1429 (1 c.)	20	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Fiesta Potatoes - SR1519 (1/2 c.)	40	135.22	5.09	0.84	0.00	199.15	23.79	2.11
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00

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Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 21-22 DYK Fiesta - Week 4 Day 4 - ServingDate: 12/09/2021								
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Homemade Salsa - SR1007 (1 tbsp.)	30	3.63	0.01	0.00	0.00	39.19	0.78	0.13
Sour Cream - SR1659 (2 tbsp.)	30	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 21-22 DYK Fiesta - Week 4 Day 5 - ServingDate: 12/10/2021								
Bean & Cheese Nachos - OKR1480 (1 nacho)	10	393.54	17.99	6.42	0.00	698.40	44.79	15.17
Bean & Cheese Nachos Queso Blanco - OKR1481 (1 nacho)	15	395.27	18.32	6.75	0.00	658.62	43.70	14.69
Mexi- Chicken Nachos, USDA - OKR1564 (1 nacho)	25	391.23	19.98	6.78	0.00	814.82	32.48	21.05
Queso Blanco Mexi- Chicken Nachos - OKR1895 (1 nacho)	25	390.15	20.09	7.00	0.00	796.87	31.28	20.36
Chicken Tacos - SR1415 (2 tacos)	25	343.98	14.98	6.39	0.00	560.11	29.62	21.84
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	15	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	10	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Frijoles ala Charro - OKR1230 (1/2 c.)	40	136.53	0.08	0.01	0.00	187.42	24.73	8.05
Celery Sticks - SR1014 (6 stick.)	30	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Caesar Side Salad - SR1428 (1 c.)	20	169.83	15.80	3.27	0.00	325.07	5.61	2.95

Menu Calendar Nutrient Analysis Report - December, 2021

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Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 21-22 DYK Fiesta - Week 4 Day 5 - ServingDate: 12/10/2021								
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Homemade Salsa - SR1007 (1 tbsp.)	30	3.63	0.01	0.00	0.00	39.19	0.78	0.13
Sour Cream - SR1659 (2 tbsp.)	30	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 21-22 DYK Fiesta - Week 5 Day 1 - ServingDate: 12/13/2021								
Bean & Cheese Nachos - OKR1480 (1 nacho)	15	393.54	17.99	6.42	0.00	698.40	44.79	15.17
Bean & Cheese Nachos Queso Blanco - OKR1481 (1 nacho)	10	395.27	18.32	6.75	0.00	658.62	43.70	14.69
Mexi- Chicken Nachos, USDA - OKR1564 (1 nacho)	25	391.23	19.98	6.78	0.00	814.82	32.48	21.05
Queso Blanco Mexi- Chicken Nachos - OKR1895 (1 nacho)	25	390.15	20.09	7.00	0.00	796.87	31.28	20.36
Chicken Tacos - SR1415 (2 tacos)	25	343.98	14.98	6.39	0.00	560.11	29.62	21.84
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 21-22 DYK Fiesta - Week 5 Day 1 - ServingDate: 12/13/2021								
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	10	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	15	77.87	0.05	0.00	0.00	7.08	20.48	1.11
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Vegetarian Refried Beans - SR1070 (1/2 c.)	40	161.28	0.58	0.00	0.00	158.86	28.80	10.37
Baby Carrots - SR1016 (1/2 c.)	30	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	20	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Homemade Salsa - SR1007 (1 tbsp.)	30	3.63	0.01	0.00	0.00	39.19	0.78	0.13
Sour Cream - SR1659 (2 tbsp.)	30	60.00	5.00	3.50	0.00	15.00	1.00	1.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 21-22 DYK Fiesta - Week 5 Day 2 - Serving Date: 12/14/2021								
Bean & Cheese Nachos - OKR1480 (1 nacho)	10	393.54	17.99	6.42	0.00	698.40	44.79	15.17
Bean & Cheese Nachos Queso Blanco - OKR1481 (1 nacho)	15	395.27	18.32	6.75	0.00	658.62	43.70	14.69
Beef Nachos with Jalapeno Cheese - OKR1482 (1 nacho)	25	382.68	20.78	7.65	0.00	829.92	33.89	16.87
Beef Nachos with Queso Blanco - OKR1483 (1 nacho)	25	384.50	21.13	7.99	0.00	788.15	32.74	16.36
Soft Beef Tacos - SR1079 (2 each taco)	25	319.48	12.93	4.87	0.00	612.68	31.43	18.62
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Diced Bartlett Pears - SR1194 (1/2 c.)	15	59.31	0.08	0.00	0.00	4.75	15.35	0.40
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	10	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	30	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Garden Side Salad - SR1429 (1 c.)	20	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Fiesta Potatoes - SR1519 (1/2 c.)	40	135.22	5.09	0.84	0.00	199.15	23.79	2.11
Chocolate 1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 21-22 DYK Fiesta - Week 5 Day 2 - ServingDate: 12/14/2021								
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Homemade Salsa - SR1007 (1 tbsp.)	30	3.63	0.01	0.00	0.00	39.19	0.78	0.13
Sour Cream - SR1659 (2 tbsp.)	30	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 21-22 DYK Fiesta - Week 5 Day 3 - ServingDate: 12/15/2021								
Bean & Cheese Nachos - OKR1480 (1 nacho)	10	393.54	17.99	6.42	0.00	698.40	44.79	15.17
Bean & Cheese Nachos Queso Blanco - OKR1481 (1 nacho)	15	395.27	18.32	6.75	0.00	658.62	43.70	14.69
Beef Enchilada - SR1345 (1 enchilada)	25	389.81	16.67	8.25	0.00	951.05	40.44	18.82
Mexi- Chicken Nachos, USDA - OKR1564 (1 nacho)	25	391.23	19.98	6.78	0.00	814.82	32.48	21.05
Queso Blanco Mexi- Chicken Nachos - OKR1895 (1 nacho)	25	390.15	20.09	7.00	0.00	796.87	31.28	20.36
Unsweetened Applesauce - SR1195 (1/2 c.)	10	53.71	0.13	0.01	0.00	2.56	14.41	0.22
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	15	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Vegetarian Refried Beans - SR1070 (1/2 c.)	40	161.28	0.58	0.00	0.00	158.86	28.80	10.37
Baby Carrots - SR1016 (1/2 c.)	30	25.40	0.09	0.02	0.00	56.61	5.98	0.46

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 21-22 DYK Fiesta - Week 5 Day 3 - ServingDate: 12/15/2021								
Caesar Side Salad - SR1428 (1 c.)	20	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Homemade Salsa - SR1007 (1 tbsp.)	30	3.63	0.01	0.00	0.00	39.19	0.78	0.13
Sour Cream - SR1659 (2 tbsp.)	30	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 21-22 DYK Fiesta - Week 5 Day 4 - ServingDate: 12/16/2021								
Bean & Cheese Nachos - OKR1480 (1 nacho)	15	393.54	17.99	6.42	0.00	698.40	44.79	15.17
Bean & Cheese Nachos Queso Blanco - OKR1481 (1 nacho)	10	395.27	18.32	6.75	0.00	658.62	43.70	14.69
Beef Nachos with Jalapeno Cheese - OKR1482 (1 nacho)	25	382.68	20.78	7.65	0.00	829.92	33.89	16.87
Beef Nachos with Queso Blanco - OKR1483 (1 nacho)	25	384.50	21.13	7.99	0.00	788.15	32.74	16.36
Soft Beef Tacos - SR1079 (2 each taco)	25	319.48	12.93	4.87	0.00	612.68	31.43	18.62
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 21-22 DYK Fiesta - Week 5 Day 4 - ServingDate: 12/16/2021								
Mixed Fruit Cocktail - SR1037 (1/2 c.)	15	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	10	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	30	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Garden Side Salad - SR1429 (1 c.)	20	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Fiesta Potatoes - SR1519 (1/2 c.)	40	135.22	5.09	0.84	0.00	199.15	23.79	2.11
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Homemade Salsa - SR1007 (1 tbsp.)	30	3.63	0.01	0.00	0.00	39.19	0.78	0.13
Sour Cream - SR1659 (2 tbsp.)	30	60.00	5.00	3.50	0.00	15.00	1.00	1.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 21-22 DYK Fiesta - Week 5 Day 5 - ServingDate: 12/17/2021								
Bean & Cheese Nachos - OKR1480 (1 nacho)	10	393.54	17.99	6.42	0.00	698.40	44.79	15.17
Bean & Cheese Nachos Queso Blanco - OKR1481 (1 nacho)	15	395.27	18.32	6.75	0.00	658.62	43.70	14.69
Mexi- Chicken Nachos, USDA - OKR1564 (1 nacho)	25	391.23	19.98	6.78	0.00	814.82	32.48	21.05
Queso Blanco Mexi- Chicken Nachos - OKR1895 (1 nacho)	25	390.15	20.09	7.00	0.00	796.87	31.28	20.36
Chicken Tacos - SR1415 (2 tacos)	25	343.98	14.98	6.39	0.00	560.11	29.62	21.84
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	15	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	10	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Frijoles ala Charro - OKR1230 (1/2 c.)	40	136.53	0.08	0.01	0.00	187.42	24.73	8.05
Celery Sticks - SR1014 (6 stick.)	30	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Caesar Side Salad - SR1428 (1 c.)	20	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Guthrie Junior High
 Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 21-22 DYK Fiesta - Week 5 Day 5 - ServingDate: 12/17/2021								
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Homemade Salsa - SR1007 (1 tbsp.)	30	3.63	0.01	0.00	0.00	39.19	0.78	0.13
Sour Cream - SR1659 (2 tbsp.)	30	60.00	5.00	3.50	0.00	15.00	1.00	1.00

Legend
 (M) - Missing Nutrient Values

Report Selections
 Meal Type: Lunch
 Site Group: Did You Know Café
 Menu Line: DYK-Fiesta
 Serving Group: 6-8
 Nutrients Option: Expanded

Please be advised that our menu items may contain allergens or may have come in contact with items containing allergens. In addition, food manufacturers may change their formulation or manner of processing without our knowledge. Sodexo therefore cannot guarantee the accuracy of nutrition information. Ingredient and nutrition content of foods may vary due to changes in product formulation, recipe substitutions, portion size and other factors. The nutrition analyses provided are approximations only. Sodexo assumes no liability for any adverse reactions that may occur in the school cafeteria. We encourage all food allergic individuals to first inform the school nurse of allergy/intolerance and then work with our staff to plan a menu.