

# 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)
<b>SY 21-22 Upper Crust - Week 3 Day 3 - ServingDate: 12/01/2021</b>								
Cheese Pizza - SR2081 (1 slice)	25	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Jalapeno Popper Pizza - OKR1640 (1 slice)	25	528.48	26.89	11.17	0.06	1056.01	43.80	25.81
Pepperoni Pizza - SR2084 (1 slice)	50	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Unsweetened Applesauce - SR1195 (1/2 c.)	0	53.71	0.13	0.01	0.00	2.56	14.41	0.22
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	0	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	50	3.33	0.25	0.17	0.00	15.00	0.17	0.17
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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00

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<b>SY 21-22 Upper Crust - Week 3 Day 3 - ServingDate: 12/01/2021</b>								
Red Pepper Flakes - SR1554 (1/4 tsp.)	50	1.43	0.08	0.01	0.00	0.14	0.25	0.05
<b>SY 21-22 Upper Crust - Week 3 Day 4 - ServingDate: 12/02/2021</b>								
Cheese Pizza - SR2081 (1 slice)	25	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Mini Meatlovers Calzone - OKR1477 (1 calzone)	50	428.02	18.03	8.18	0.07	897.32	40.72	24.97
Pepperoni Pizza - SR2084 (1 slice)	25	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Fruit Cocktail - SR1037 (1/2 c.)	0	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	0	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Garden Side Salad - SR1429 (1 c.)	0	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	50	3.33	0.25	0.17	0.00	15.00	0.17	0.17
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)
<b>SY 21-22 Upper Crust - Week 3 Day 4 - ServingDate: 12/02/2021</b>								
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	50	1.43	0.08	0.01	0.00	0.14	0.25	0.05
<b>SY 21-22 Upper Crust - Week 3 Day 5 - ServingDate: 12/03/2021</b>								
Cheese Pizza - SR2081 (1 slice)	25	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Cheeseburger Pizza - OKR1645 (1 slice)	25	560.24	27.41	13.03	0.00	875.60	45.91	28.85
Pepperoni Pizza - SR2084 (1 slice)	50	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	0	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Celery Sticks - SR1014 (6 stick.)	0	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	50	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00

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<b>SY 21-22 Upper Crust - Week 3 Day 5 - ServingDate: 12/03/2021</b>								
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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	50	1.43	0.08	0.01	0.00	0.14	0.25	0.05
<b>SY 21-22 Upper Crust - Week 4 Day 1 - ServingDate: 12/06/2021</b>								
Buffalo Chicken Pizza - SR2080 (1 slice)	25	453.55	18.44	7.46	0.00	841.70	46.46	23.33
Cheese Pizza - SR2081 (1 slice)	25	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Pepperoni Pizza - SR2084 (1 slice)	50	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	0	77.87	0.05	0.00	0.00	7.08	20.48	1.11
Baby Carrots - SR1016 (1/2 c.)	0	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	50	3.33	0.25	0.17	0.00	15.00	0.17	0.17

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<b>SY 21-22 Upper Crust - Week 4 Day 1 - ServingDate: 12/06/2021</b>								
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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	50	1.43	0.08	0.01	0.00	0.14	0.25	0.05
<b>SY 21-22 Upper Crust - Week 4 Day 2 - ServingDate: 12/07/2021</b>								
Cheese Pizza - SR2081 (1 slice)	25	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Pepperoni Pizza - SR2084 (1 slice)	25	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Personal Sausage Pizza - OKR1771 (1 pizza)	50	385.32	14.94	7.19	0.00	763.96	40.05	21.93
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Diced Bartlett Pears - SR1194 (1/2 c.)	0	59.31	0.08	0.00	0.00	4.75	15.35	0.40
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	0	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Garden Side Salad - SR1429 (1 c.)	0	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00

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<b>SY 21-22 Upper Crust - Week 4 Day 2 - ServingDate: 12/07/2021</b>								
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	50	3.33	0.25	0.17	0.00	15.00	0.17	0.17
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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	50	1.43	0.08	0.01	0.00	0.14	0.25	0.05
<b>SY 21-22 Upper Crust - Week 4 Day 3 - ServingDate: 12/08/2021</b>								
Cheese Pizza - SR2081 (1 slice)	25	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Pepperoni Pizza - SR2084 (1 slice)	50	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Supreme Pizza - SR2085 (1 slice)	25	446.32	19.82	8.36	0.04	568.75	44.06	21.20
Unsweetened Applesauce - SR1195 (1/2 c.)	0	53.71	0.13	0.01	0.00	2.56	14.41	0.22
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	0	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00

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<b>SY 21-22 Upper Crust - Week 4 Day 3 - ServingDate: 12/08/2021</b>								
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	50	3.33	0.25	0.17	0.00	15.00	0.17	0.17
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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	25	1.43	0.08	0.01	0.00	0.14	0.25	0.05
<b>SY 21-22 Upper Crust - Week 4 Day 4 - ServingDate: 12/09/2021</b>								
Cheese Pizza - SR2081 (1 slice)	25	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Pepperoni Pizza - SR2084 (1 slice)	50	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Personal Sausage Calzone - OKR1095 (1 calzone)	25	445.72	19.86	8.78	0.14	910.67	41.40	24.51
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Fruit Cocktail - SR1037 (1/2 c.)	0	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	0	10.84	0.12	0.01	0.00	10.53	2.12	0.90

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<b>SY 21-22 Upper Crust - Week 4 Day 4 - ServingDate: 12/09/2021</b>								
Garden Side Salad - SR1429 (1 c.)	0	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	50	3.33	0.25	0.17	0.00	15.00	0.17	0.17
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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	50	1.43	0.08	0.01	0.00	0.14	0.25	0.05
<b>SY 21-22 Upper Crust - Week 4 Day 5 - ServingDate: 12/10/2021</b>								
Cheese Pizza - SR2081 (1 slice)	25	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Jalapeno Popper Pizza - OKR1640 (1 slice)	25	528.48	26.89	11.17	0.06	1056.01	43.80	25.81
Pepperoni Pizza - SR2084 (1 slice)	50	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	0	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90



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<b>SY 21-22 Upper Crust - Week 4 Day 5 - ServingDate: 12/10/2021</b>								
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Celery Sticks - SR1014 (6 stick.)	0	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	50	3.33	0.25	0.17	0.00	15.00	0.17	0.17
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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	50	1.43	0.08	0.01	0.00	0.14	0.25	0.05
<b>SY 21-22 Upper Crust - Week 5 Day 1 - ServingDate: 12/13/2021</b>								
Cheese Pizza - SR2081 (1 slice)	50	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Italian Sausage Pizza - SR2083 (1 slice)	25	434.49	18.94	8.01	0.05	534.20	43.51	20.52
Pepperoni Pizza - SR2084 (1 slice)	25	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24

## 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)
<b>SY 21-22 Upper Crust - Week 5 Day 1 - ServingDate: 12/13/2021</b>								
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	0	77.87	0.05	0.00	0.00	7.08	20.48	1.11
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	0	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	50	3.33	0.25	0.17	0.00	15.00	0.17	0.17
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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	50	1.43	0.08	0.01	0.00	0.14	0.25	0.05
<b>SY 21-22 Upper Crust - Week 5 Day 2 - ServingDate: 12/14/2021</b>								
Cheese Pizza - SR2081 (1 slice)	25	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Pepperoni Pizza - SR2084 (1 slice)	50	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Personal Pepperoni Pizza - OKR1770 (1 pizza)	25	385.32	14.94	7.19	0.00	763.96	40.05	21.93

## 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)
<b>SY 21-22 Upper Crust - Week 5 Day 2 - ServingDate: 12/14/2021</b>								
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Diced Bartlett Pears - SR1194 (1/2 c.)	0	59.31	0.08	0.00	0.00	4.75	15.35	0.40
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	0	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Garden Side Salad - SR1429 (1 c.)	0	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	50	3.33	0.25	0.17	0.00	15.00	0.17	0.17
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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	50	1.43	0.08	0.01	0.00	0.14	0.25	0.05
<b>SY 21-22 Upper Crust - Week 5 Day 3 - ServingDate: 12/15/2021</b>								
Cheese Pizza - SR2081 (1 slice)	25	400.00	16.00	7.00	0.00	440.00	43.00	19.00

## 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)
<b>SY 21-22 Upper Crust - Week 5 Day 3 - ServingDate: 12/15/2021</b>								
Jalapeno Popper Pizza - OKR1640 (1 slice)	25	528.48	26.89	11.17	0.06	1056.01	43.80	25.81
Pepperoni Pizza - SR2084 (1 slice)	50	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Unsweetened Applesauce - SR1195 (1/2 c.)	0	53.71	0.13	0.01	0.00	2.56	14.41	0.22
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	0	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Garden Side Salad - SR1429 (1 c.)	0	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	100	3.33	0.25	0.17	0.00	15.00	0.17	0.17
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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	1.43	0.08	0.01	0.00	0.14	0.25	0.05

## 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)
<b>SY 21-22 Upper Crust - Week 5 Day 4 - ServingDate: 12/16/2021</b>								
Cheese Pizza - SR2081 (1 slice)	25	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Mini Meatlovers Calzone - OKR1477 (1 calzone)	25	428.02	18.03	8.18	0.07	897.32	40.72	24.97
Pepperoni Pizza - SR2084 (1 slice)	50	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Fruit Cocktail - SR1037 (1/2 c.)	0	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	0	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Garden Side Salad - SR1429 (1 c.)	0	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	50	3.33	0.25	0.17	0.00	15.00	0.17	0.17
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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	50	1.43	0.08	0.01	0.00	0.14	0.25	0.05

## 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)
<b>SY 21-22 Upper Crust - Week 5 Day 5 - ServingDate: 12/17/2021</b>								
Cheese Pizza - SR2081 (1 slice)	25	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Cheeseburger Pizza - OKR1645 (1 slice)	25	560.24	27.41	13.03	0.00	875.60	45.91	28.85
Pepperoni Pizza - SR2084 (1 slice)	50	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	0	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Celery Sticks - SR1014 (6 stick.)	0	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	50	3.33	0.25	0.17	0.00	15.00	0.17	0.17
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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	50	1.43	0.08	0.01	0.00	0.14	0.25	0.05

# Menu Calendar Nutrient Analysis Report - December, 2021

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

**Legend**

(M) - Missing Nutrient Values

**Report Selections**

Meal Type: Lunch  
Site Group: Did You Know Café  
Menu Line: DYK-Upper Crust (tier I)  
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.