

Menu Calendar Nutrient Analysis Report - September, 2018

Site: Junior High School
Date: 09/01/2018 - 09/30/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fiesta - Week 1 Day 1 GUTHRIE - ServingDate: 09/03/2018								
Bean & Cheese Nachos with Jalapeno Cheese - OKR1480 (1 nacho)	25	392.35	17.57	6.42	0.00	922.99	44.72	14.76
Bean & Cheese Nachos with Queso Blanco - OKR1481 (1 nacho)	0	394.37	17.97	6.67	0.00	864.30	44.58	14.28
Beefy Nachos with Jalapeno Cheese - OKR1519 (1 nacho)	0	392.11	21.20	8.16	0.00	901.57	32.88	17.07
Beefy Nachos with Queso Blanco - OKR1520 (1 nacho)	0	394.23	21.62	8.42	0.00	839.95	32.73	16.56
Mexi-Chicken Nachos - OKR1478 (1 nacho)	60	355.33	17.95	6.62	0.00	727.62	31.64	17.70
Mexi-Chicken Nachos - OKR1479 (1 nacho)	0	357.45	18.36	6.88	0.00	666.00	31.49	17.18
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Pineapple Tidbits - SR1495 (1/2 c.)	15	75.84	0.10	0.01	0.00	1.26	19.84	0.53
Fresh Baby Carrots - SR1016 (1/2 c.)	50	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	25	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Refried Beans - SR1070 (1/2 c.)	75	167.09	1.79	0.60	0.00	612.12	28.64	9.55
Chocolate Skim Milk - OKR1062 (8 oz.)	30	120.00	0.00	0.00	0.00	180.00	20.00	8.00
While 1% Milk - OKR1061 (8 oz.)	30	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	30	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00

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DYK Fiesta - Week 1 Day 1 GUTHRIE - ServingDate: 09/03/2018								
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Peppers - SR1074 (1 tbsp.)	50	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	25	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Chunky Salsa - OKR1083 (1 oz.)	50	5.00	0.00	0.00	0.00	115.00	1.50	0.00
Sour Cream - SR1659 (2 tbsp.)	50	60.00	5.00	3.50	0.00	15.00	1.00	1.00
DYK Fiesta - Week 1 Day 2 GUTHRIE - ServingDate: 09/04/2018								
Bean & Cheese Nachos with Jalapeno Cheese - OKR1480 (1 nacho)	20	392.35	17.57	6.42	0.00	922.99	44.72	14.76
Bean & Cheese Nachos with Queso Blanco - OKR1481 (1 nacho)	15	394.37	17.97	6.67	0.00	864.30	44.58	14.28
Beefy Nachos with Jalapeno Cheese - OKR1519 (1 nacho)	0	392.11	21.20	8.16	0.00	901.57	32.88	17.07
Beefy Nachos with Queso Blanco - OKR1520 (1 nacho)	0	394.23	21.62	8.42	0.00	839.95	32.73	16.56
Mexi-Chicken Nachos - OKR1478 (1 nacho)	0	355.33	17.95	6.62	0.00	727.62	31.64	17.70
Mexi-Chicken Nachos - OKR1479 (1 nacho)	0	357.45	18.36	6.88	0.00	666.00	31.49	17.18
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	10	57.95	0.04	0.00	0.00	5.27	15.24	0.83
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	0.00	10.53	2.12	0.90

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DYK Fiesta - Week 1 Day 2 GUTHRIE - ServingDate: 09/04/2018								
Caesar Side Salad - SR1428 (1 c.)	25	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Fiesta Potatoes - SR1519 (1/2 c.)	90	148.28	2.99	0.43	0.00	124.54	28.72	2.85
Chocolate Skim Milk - OKR1062 (8 oz.)	40	120.00	0.00	0.00	0.00	180.00	20.00	8.00
While 1% Milk - OKR1061 (8 oz.)	40	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	40	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Peppers - SR1074 (1 tbsp.)	25	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	25	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Homemade Salsa - SR1007 (1 tbsp.)	50	5.04	0.01	0.00	0.00	29.81	1.16	0.22
Sour Cream - SR1659 (2 tbsp.)	50	60.00	5.00	3.50	0.00	15.00	1.00	1.00
DYK Fiesta - Week 1 Day 3 GUTHRIE - ServingDate: 09/05/2018								
Bean & Cheese Nachos with Jalapeno Cheese - OKR1480 (1 nacho)	25	392.35	17.57	6.42	0.00	922.99	44.72	14.76
Bean & Cheese Nachos with Queso Blanco - OKR1481 (1 nacho)	0	394.37	17.97	6.67	0.00	864.30	44.58	14.28
Beefy Nachos with Jalapeno Cheese - OKR1519 (1 nacho)	0	392.11	21.20	8.16	0.00	901.57	32.88	17.07
Beefy Nachos with Queso Blanco - OKR1520 (1 nacho)	0	394.23	21.62	8.42	0.00	839.95	32.73	16.56
Mexi-Chicken Nachos - OKR1478 (1 nacho)	60	355.33	17.95	6.62	0.00	727.62	31.64	17.70

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DYK Fiesta - Week 1 Day 3 GUTHRIE - ServingDate: 09/05/2018								
Mexi-Chicken Nachos - OKR1479 (1 nacho)	0	357.45	18.36	6.88	0.00	666.00	31.49	17.18
100% Apple Juice - SR1204 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Applesauce - SR1195 (1/2 c.)	10	53.58	0.13	0.01	0.00	2.55	14.38	0.22
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Baby Carrots - SR1016 (1/2 c.)	50	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Frijoles ala Charro - OKR1230 (1/2 c.)	75	92.49	0.04	0.01	0.00	127.27	16.90	5.44
Garden Side Salad - SR1429 (1 c.)	25	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	40	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	40	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	40	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Peppers - SR1074 (1 tbsp.)	50	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Homemade Salsa - SR1007 (1 tbsp.)	50	5.04	0.01	0.00	0.00	29.81	1.16	0.22
Sour Cream - SR1659 (2 tbsp.)	50	60.00	5.00	3.50	0.00	15.00	1.00	1.00

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DYK Fiesta - Week 1 Day 4 GUTHRIE - ServingDate: 09/06/2018								
Bean & Cheese Nachos with Jalapeno Cheese - OKR1480 (1 nacho)	25	392.35	17.57	6.42	0.00	922.99	44.72	14.76
Bean & Cheese Nachos with Queso Blanco - OKR1481 (1 nacho)	0	394.37	17.97	6.67	0.00	864.30	44.58	14.28
Beefy Nachos with Jalapeno Cheese - OKR1519 (1 nacho)	0	392.11	21.20	8.16	0.00	901.57	32.88	17.07
Beefy Nachos with Queso Blanco - OKR1520 (1 nacho)	0	394.23	21.62	8.42	0.00	839.95	32.73	16.56
Mexi-Chicken Nachos - OKR1478 (1 nacho)	0	355.33	17.95	6.62	0.00	727.62	31.64	17.70
Mexi-Chicken Nachos - OKR1479 (1 nacho)	0	357.45	18.36	6.88	0.00	666.00	31.49	17.18
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Bartlett Pears - SR1194 (1/2 c.)	10	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	25	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Fiesta Potatoes - SR1519 (1/2 c.)	75	148.28	2.99	0.43	0.00	124.54	28.72	2.85
Chocolate Skim Milk - OKR1062 (8 oz.)	40	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	40	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	40	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00

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DYK Fiesta - Week 1 Day 4 GUTHRIE - ServingDate: 09/06/2018								
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Peppers - SR1074 (1 tbsp.)	50	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Homemade Salsa - SR1007 (1 tbsp.)	50	5.04	0.01	0.00	0.00	29.81	1.16	0.22
Sour Cream - SR1659 (2 tbsp.)	25	60.00	5.00	3.50	0.00	15.00	1.00	1.00
DYK Fiesta - Week 1 Day 5 GUTHRIE - ServingDate: 09/07/2018								
Bean & Cheese Nachos with Jalapeno Cheese - OKR1480 (1 nacho)	0	392.35	17.57	6.42	0.00	922.99	44.72	14.76
Bean & Cheese Nachos with Queso Blanco - OKR1481 (1 nacho)	0	394.37	17.97	6.67	0.00	864.30	44.58	14.28
Beefy Nachos with Jalapeno Cheese - OKR1519 (1 nacho)	0	392.11	21.20	8.16	0.00	901.57	32.88	17.07
Beefy Nachos with Queso Blanco - OKR1520 (1 nacho)	0	394.23	21.62	8.42	0.00	839.95	32.73	16.56
Mexi-Chicken Nachos - OKR1478 (1 nacho)	0	355.33	17.95	6.62	0.00	727.62	31.64	17.70
Mexi-Chicken Nachos - OKR1479 (1 nacho)	0	357.45	18.36	6.88	0.00	666.00	31.49	17.18
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Fruit - SR1037 (1/2 c.)	10	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Celery Sticks - SR1014 (6 stick.)	25	10.34	0.11	0.03	0.00	51.71	1.92	0.45

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DYK Fiesta - Week 1 Day 5 GUTHRIE - ServingDate: 09/07/2018								
Garden Side Salad - SR1429 (1 c.)	25	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Refried Beans - SR1070 (1/2 c.)	100	167.09	1.79	0.60	0.00	612.12	28.64	9.55
Chocolate Skim Milk - OKR1062 (8 oz.)	40	120.00	0.00	0.00	0.00	180.00	20.00	8.00
While 1% Milk - OKR1061 (8 oz.)	40	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	40	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Peppers - SR1074 (1 tbsp.)	50	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	40	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Homemade Salsa - SR1007 (1 tbsp.)	75	5.04	0.01	0.00	0.00	29.81	1.16	0.22
Sour Cream - SR1659 (2 tbsp.)	50	60.00	5.00	3.50	0.00	15.00	1.00	1.00
DYK Fiesta - Week 2 Day 1 GUTHRIE - ServingDate: 09/10/2018								
Bean & Cheese Nachos with Jalapeno Cheese - OKR1480 (1 nacho)	25	392.35	17.57	6.42	0.00	922.99	44.72	14.76
Bean & Cheese Nachos with Queso Blanco - OKR1481 (1 nacho)	25	394.37	17.97	6.67	0.00	864.30	44.58	14.28
Beefy Nachos with Jalapeno Cheese - OKR1519 (1 nacho)	0	392.11	21.20	8.16	0.00	901.57	32.88	17.07
Beefy Nachos with Queso Blanco - OKR1520 (1 nacho)	0	394.23	21.62	8.42	0.00	839.95	32.73	16.56
Mexi-Chicken Nachos - OKR1478 (1 nacho)	25	355.33	17.95	6.62	0.00	727.62	31.64	17.70

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DYK Fiesta - Week 2 Day 1 GUTHRIE - ServingDate: 09/10/2018								
Mexi-Chicken Nachos - OKR1479 (1 nacho)	25	357.45	18.36	6.88	0.00	666.00	31.49	17.18
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Pineapple Tidbits - SR1495 (1/2 c.)	10	75.84	0.10	0.01	0.00	1.26	19.84	0.53
Fresh Baby Carrots - SR1016 (1/2 c.)	40	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	25	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Refried Beans - SR1070 (1/2 c.)	75	167.09	1.79	0.60	0.00	612.12	28.64	9.55
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	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 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Peppers - SR1074 (1 tbsp.)	50	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Homemade Salsa - SR1007 (1 tbsp.)	75	5.04	0.01	0.00	0.00	29.81	1.16	0.22
Sour Cream - SR1659 (2 tbsp.)	50	60.00	5.00	3.50	0.00	15.00	1.00	1.00

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DYK Fiesta - Week 2 Day 2 GUTHRIE - ServingDate: 09/11/2018								
Bean & Cheese Nachos with Jalapeno Cheese - OKR1480 (1 nacho)	25	392.35	17.57	6.42	0.00	922.99	44.72	14.76
Bean & Cheese Nachos with Queso Blanco - OKR1481 (1 nacho)	25	394.37	17.97	6.67	0.00	864.30	44.58	14.28
Beefy Nachos with Jalapeno Cheese - OKR1519 (1 nacho)	0	392.11	21.20	8.16	0.00	901.57	32.88	17.07
Beefy Nachos with Queso Blanco - OKR1520 (1 nacho)	0	394.23	21.62	8.42	0.00	839.95	32.73	16.56
Mexi-Chicken Nachos - SR1500 (1 nacho)	0	358.13	18.15	6.74	0.00	685.07	31.69	17.88
Mexi-Chicken Nachos - OKR1479 (1 nacho)	0	357.45	18.36	6.88	0.00	666.00	31.49	17.18
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	10	57.95	0.04	0.00	0.00	5.27	15.24	0.83
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	25	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Fiesta Potatoes - SR1519 (1/2 c.)	100	148.28	2.99	0.43	0.00	124.54	28.72	2.85
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	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 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fiesta - Week 2 Day 2 GUTHRIE - ServingDate: 09/11/2018								
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Peppers - SR1074 (1 tbsp.)	50	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Homemade Salsa - SR1007 (1 tbsp.)	75	5.04	0.01	0.00	0.00	29.81	1.16	0.22
Sour Cream - SR1659 (2 tbsp.)	25	60.00	5.00	3.50	0.00	15.00	1.00	1.00
DYK Fiesta - Week 2 Day 3 GUTHRIE - ServingDate: 09/12/2018								
Bean & Cheese Nachos with Jalapeno Cheese - OKR1480 (1 nacho)	25	392.35	17.57	6.42	0.00	922.99	44.72	14.76
Bean & Cheese Nachos with Queso Blanco - OKR1481 (1 nacho)	25	394.37	17.97	6.67	0.00	864.30	44.58	14.28
Beefy Nachos with Jalapeno Cheese - OKR1519 (1 nacho)	0	392.11	21.20	8.16	0.00	901.57	32.88	17.07
Beefy Nachos with Queso Blanco - OKR1520 (1 nacho)	0	394.23	21.62	8.42	0.00	839.95	32.73	16.56
Mexi-Chicken Nachos - OKR1478 (1 nacho)	50	355.33	17.95	6.62	0.00	727.62	31.64	17.70
Mexi-Chicken Nachos - OKR1479 (1 nacho)	50	357.45	18.36	6.88	0.00	666.00	31.49	17.18
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Applesauce - SR1195 (1/2 c.)	10	53.58	0.13	0.01	0.00	2.55	14.38	0.22
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Baby Carrots - SR1016 (1/2 c.)	50	24.81	0.09	0.02	0.00	55.28	5.84	0.45

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fiesta - Week 2 Day 3 GUTHRIE - ServingDate: 09/12/2018								
Frijoles ala Charro - OKR1230 (1/2 c.)	75	92.49	0.04	0.01	0.00	127.27	16.90	5.44
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	0.00	180.00	20.00	8.00
While 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	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 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Peppers - SR1074 (1 tbsp.)	75	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	75	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Homemade Salsa - SR1007 (1 tbsp.)	100	5.04	0.01	0.00	0.00	29.81	1.16	0.22
Sour Cream - SR1659 (2 tbsp.)	25	60.00	5.00	3.50	0.00	15.00	1.00	1.00
DYK Fiesta - Week 2 Day 4 GUTHRIE - ServingDate: 09/13/2018								
Bean & Cheese Nachos with Jalapeno Cheese - OKR1480 (1 nacho)	25	392.35	17.57	6.42	0.00	922.99	44.72	14.76
Bean & Cheese Nachos with Queso Blanco - OKR1481 (1 nacho)	0	394.37	17.97	6.67	0.00	864.30	44.58	14.28
Beefy Nachos with Jalapeno Cheese - OKR1519 (1 nacho)	0	392.11	21.20	8.16	0.00	901.57	32.88	17.07
Beefy Nachos with Queso Blanco - OKR1520 (1 nacho)	0	394.23	21.62	8.42	0.00	839.95	32.73	16.56
Mexi-Chicken Nachos - OKR1478 (1 nacho)	0	355.33	17.95	6.62	0.00	727.62	31.64	17.70

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fiesta - Week 2 Day 4 GUTHRIE - ServingDate: 09/13/2018								
Mexi-Chicken Nachos - OKR1479 (1 nacho)	0	357.45	18.36	6.88	0.00	666.00	31.49	17.18
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Bartlett Pears - SR1194 (1/2 c.)	10	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Fresh Broccoli Florets - SR1027 (1/2 c.)	75	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	50	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Fiesta Potatoes - SR1519 (1/2 c.)	100	148.28	2.99	0.43	0.00	124.54	28.72	2.85
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	0.00	180.00	20.00	8.00
While 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	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 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Peppers - SR1074 (1 tbsp.)	50	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Homemade Salsa - SR1007 (1 tbsp.)	75	5.04	0.01	0.00	0.00	29.81	1.16	0.22
Sour Cream - SR1659 (2 tbsp.)	50	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)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fiesta - Week 2 Day 5 GUTHRIE - ServingDate: 09/14/2018								
Bean & Cheese Nachos with Jalapeno Cheese - OKR1480 (1 nacho)	0	392.35	17.57	6.42	0.00	922.99	44.72	14.76
Bean & Cheese Nachos with Queso Blanco - OKR1481 (1 nacho)	0	394.37	17.97	6.67	0.00	864.30	44.58	14.28
Beefy Nachos with Jalapeno Cheese - OKR1519 (1 nacho)	0	392.11	21.20	8.16	0.00	901.57	32.88	17.07
Beefy Nachos with Queso Blanco - OKR1520 (1 nacho)	0	394.23	21.62	8.42	0.00	839.95	32.73	16.56
Mexi-Chicken Nachos - OKR1478 (1 nacho)	0	355.33	17.95	6.62	0.00	727.62	31.64	17.70
Mexi-Chicken Nachos - OKR1479 (1 nacho)	0	357.45	18.36	6.88	0.00	666.00	31.49	17.18
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Fruit - SR1037 (1/2 c.)	10	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Celery Sticks - SR1014 (6 stick.)	50	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Refried Beans - SR1070 (1/2 c.)	50	167.09	1.79	0.60	0.00	612.12	28.64	9.55
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	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 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fiesta - Week 2 Day 5 GUTHRIE - ServingDate: 09/14/2018								
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Peppers - SR1074 (1 tbsp.)	50	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Homemade Salsa - SR1007 (1 tbsp.)	50	5.04	0.01	0.00	0.00	29.81	1.16	0.22
Sour Cream - SR1659 (2 tbsp.)	25	60.00	5.00	3.50	0.00	15.00	1.00	1.00
DYK Fiesta - Week 3 Day 1 GUTHRIE - ServingDate: 09/17/2018								
Bean & Cheese Nachos with Jalapeno Cheese - OKR1480 (1 nacho)	25	392.35	17.57	6.42	0.00	922.99	44.72	14.76
Bean & Cheese Nachos with Queso Blanco - OKR1481 (1 nacho)	25	394.37	17.97	6.67	0.00	864.30	44.58	14.28
Beefy Nachos with Jalapeno Cheese - OKR1519 (1 nacho)	0	392.11	21.20	8.16	0.00	901.57	32.88	17.07
Beefy Nachos with Queso Blanco - OKR1520 (1 nacho)	0	394.23	21.62	8.42	0.00	839.95	32.73	16.56
Mexi-Chicken Nachos - OKR1478 (1 nacho)	25	355.33	17.95	6.62	0.00	727.62	31.64	17.70
Mexi-Chicken Nachos - OKR1479 (1 nacho)	25	357.45	18.36	6.88	0.00	666.00	31.49	17.18
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Pineapple Tidbits - SR1495 (1/2 c.)	10	75.84	0.10	0.01	0.00	1.26	19.84	0.53
Fresh Baby Carrots - SR1016 (1/2 c.)	50	24.81	0.09	0.02	0.00	55.28	5.84	0.45

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fiesta - Week 3 Day 1 GUTHRIE - ServingDate: 09/17/2018								
Garden Side Salad - SR1429 (1 c.)	25	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Refried Beans - SR1070 (1/2 c.)	75	167.09	1.79	0.60	0.00	612.12	28.64	9.55
Chocolate Skim Milk - OKR1062 (8 oz.)	15	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	15	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Peppers - SR1074 (1 tbsp.)	50	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Homemade Salsa - SR1007 (1 tbsp.)	75	5.04	0.01	0.00	0.00	29.81	1.16	0.22
Sour Cream - SR1659 (2 tbsp.)	25	60.00	5.00	3.50	0.00	15.00	1.00	1.00
DYK Fiesta - Week 3 Day 2 GUTHRIE - ServingDate: 09/18/2018								
Bean & Cheese Nachos with Jalapeno Cheese - OKR1480 (1 nacho)	25	392.35	17.57	6.42	0.00	922.99	44.72	14.76
Bean & Cheese Nachos with Queso Blanco - OKR1481 (1 nacho)	25	394.37	17.97	6.67	0.00	864.30	44.58	14.28
Beefy Nachos with Jalapeno Cheese - OKR1519 (1 nacho)	0	392.11	21.20	8.16	0.00	901.57	32.88	17.07
Beefy Nachos with Queso Blanco - OKR1520 (1 nacho)	0	394.23	21.62	8.42	0.00	839.95	32.73	16.56
Mexi-Chicken Nachos - OKR1422 (1 nacho)	0	358.13	18.15	6.74	0.00	703.75	31.69	17.88

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fiesta - Week 3 Day 2 GUTHRIE - ServingDate: 09/18/2018								
Mexi-Chicken Nachos - OKR1478 (1 nacho)	0	355.33	17.95	6.62	0.00	727.62	31.64	17.70
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	10	57.95	0.04	0.00	0.00	5.27	15.24	0.83
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	25	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Fiesta Potatoes - SR1519 (1/2 c.)	100	148.28	2.99	0.43	0.00	124.54	28.72	2.85
Chocolate Skim Milk - OKR1062 (8 oz.)	30	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	30	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	30	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Peppers - SR1074 (1 tbsp.)	50	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	30	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Homemade Salsa - SR1007 (1 tbsp.)	75	5.04	0.01	0.00	0.00	29.81	1.16	0.22
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)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fiesta - Week 3 Day 3 GUTHRIE - ServingDate: 09/19/2018								
Bean & Cheese Nachos with Jalapeno Cheese - OKR1480 (1 nacho)	25	392.35	17.57	6.42	0.00	922.99	44.72	14.76
Bean & Cheese Nachos with Queso Blanco - OKR1481 (1 nacho)	15	394.37	17.97	6.67	0.00	864.30	44.58	14.28
Beefy Nachos with Jalapeno Cheese - OKR1519 (1 nacho)	0	392.11	21.20	8.16	0.00	901.57	32.88	17.07
Beefy Nachos with Queso Blanco - OKR1520 (1 nacho)	0	394.23	21.62	8.42	0.00	839.95	32.73	16.56
Mexi-Chicken Nachos - OKR1478 (1 nacho)	25	355.33	17.95	6.62	0.00	727.62	31.64	17.70
Mexi-Chicken Nachos - OKR1479 (1 nacho)	25	357.45	18.36	6.88	0.00	666.00	31.49	17.18
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Applesauce - SR1195 (1/2 c.)	10	53.58	0.13	0.01	0.00	2.55	14.38	0.22
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Baby Carrots - SR1016 (1/2 c.)	25	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Frijoles ala Charro - OKR1230 (1/2 c.)	50	92.49	0.04	0.01	0.00	127.27	16.90	5.44
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	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 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fiesta - Week 3 Day 3 GUTHRIE - ServingDate: 09/19/2018								
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Peppers - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	25	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Homemade Salsa - SR1007 (1 tbsp.)	75	5.04	0.01	0.00	0.00	29.81	1.16	0.22
Sour Cream - SR1659 (2 tbsp.)	25	60.00	5.00	3.50	0.00	15.00	1.00	1.00
DYK Fiesta - Week 3 Day 4 GUTHRIE - ServingDate: 09/20/2018								
Bean & Cheese Nachos with Jalapeno Cheese - OKR1480 (1 nacho)	25	392.35	17.57	6.42	0.00	922.99	44.72	14.76
Bean & Cheese Nachos with Queso Blanco - OKR1481 (1 nacho)	25	394.37	17.97	6.67	0.00	864.30	44.58	14.28
Beefy Nachos with Jalapeno Cheese - OKR1519 (1 nacho)	0	392.11	21.20	8.16	0.00	901.57	32.88	17.07
Beefy Nachos with Queso Blanco - OKR1520 (1 nacho)	0	394.23	21.62	8.42	0.00	839.95	32.73	16.56
Mexi-Chicken Nachos - OKR1478 (1 nacho)	0	355.33	17.95	6.62	0.00	727.62	31.64	17.70
Mexi-Chicken Nachos - OKR1479 (1 nacho)	0	357.45	18.36	6.88	0.00	666.00	31.49	17.18
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Bartlett Pears - SR1194 (1/2 c.)	10	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	0.00	10.53	2.12	0.90

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fiesta - Week 3 Day 4 GUTHRIE - ServingDate: 09/20/2018								
Caesar Side Salad - SR1428 (1 c.)	25	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Fiesta Potatoes - SR1519 (1/2 c.)	75	148.28	2.99	0.43	0.00	124.54	28.72	2.85
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	0.00	180.00	20.00	8.00
While 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	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 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Peppers - SR1074 (1 tbsp.)	25	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Homemade Salsa - SR1007 (1 tbsp.)	75	5.04	0.01	0.00	0.00	29.81	1.16	0.22
Sour Cream - SR1659 (2 tbsp.)	25	60.00	5.00	3.50	0.00	15.00	1.00	1.00
DYK Fiesta - Week 3 Day 5 GUTHRIE - ServingDate: 09/21/2018								
Bean & Cheese Nachos with Jalapeno Cheese - OKR1480 (1 nacho)	0	392.35	17.57	6.42	0.00	922.99	44.72	14.76
Bean & Cheese Nachos with Queso Blanco - OKR1481 (1 nacho)	0	394.37	17.97	6.67	0.00	864.30	44.58	14.28
Beefy Nachos with Jalapeno Cheese - OKR1519 (1 nacho)	0	392.11	21.20	8.16	0.00	901.57	32.88	17.07
Beefy Nachos with Queso Blanco - OKR1520 (1 nacho)	0	394.23	21.62	8.42	0.00	839.95	32.73	16.56
Mexi-Chicken Nachos - OKR1478 (1 nacho)	0	355.33	17.95	6.62	0.00	727.62	31.64	17.70

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fiesta - Week 3 Day 5 GUTHRIE - ServingDate: 09/21/2018								
Mexi-Chicken Nachos - OKR1479 (1 nacho)	0	357.45	18.36	6.88	0.00	666.00	31.49	17.18
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Fruit - SR1037 (1/2 c.)	10	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Celery Sticks - SR1014 (6 stick.)	30	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	25	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Refried Beans - SR1070 (1/2 c.)	60	167.09	1.79	0.60	0.00	612.12	28.64	9.55
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	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 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Peppers - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	40	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Homemade Salsa - SR1007 (1 tbsp.)	75	5.04	0.01	0.00	0.00	29.81	1.16	0.22
Sour Cream - SR1659 (2 tbsp.)	25	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)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fiesta - Week 4 Day 1 GUTHRIE - ServingDate: 09/24/2018								
Bean & Cheese Nachos with Jalapeno Cheese - OKR1480 (1 nacho)	15	392.35	17.57	6.42	0.00	922.99	44.72	14.76
Bean & Cheese Nachos with Queso Blanco - OKR1481 (1 nacho)	25	394.37	17.97	6.67	0.00	864.30	44.58	14.28
Beefy Nachos with Jalapeno Cheese - OKR1519 (1 nacho)	0	392.11	21.20	8.16	0.00	901.57	32.88	17.07
Beefy Nachos with Queso Blanco - OKR1520 (1 nacho)	0	394.23	21.62	8.42	0.00	839.95	32.73	16.56
Mexi-Chicken Nachos - OKR1478 (1 nacho)	25	355.33	17.95	6.62	0.00	727.62	31.64	17.70
Mexi-Chicken Nachos - OKR1479 (1 nacho)	25	357.45	18.36	6.88	0.00	666.00	31.49	17.18
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Pineapple Tidbits - SR1495 (1/2 c.)	15	75.84	0.10	0.01	0.00	1.26	19.84	0.53
Fresh Baby Carrots - SR1016 (1/2 c.)	25	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Refried Beans - SR1070 (1/2 c.)	50	167.09	1.79	0.60	0.00	612.12	28.64	9.55
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	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 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fiesta - Week 4 Day 1 GUTHRIE - ServingDate: 09/24/2018								
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Peppers - SR1074 (1 tbsp.)	40	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Homemade Salsa - SR1007 (1 tbsp.)	75	5.04	0.01	0.00	0.00	29.81	1.16	0.22
Sour Cream - SR1659 (2 tbsp.)	25	60.00	5.00	3.50	0.00	15.00	1.00	1.00
DYK Fiesta - Week 4 Day 2 GUTHRIE - ServingDate: 09/25/2018								
Bean & Cheese Nachos with Jalapeno Cheese - OKR1480 (1 nacho)	25	392.35	17.57	6.42	0.00	922.99	44.72	14.76
Bean & Cheese Nachos with Queso Blanco - OKR1481 (1 nacho)	25	394.37	17.97	6.67	0.00	864.30	44.58	14.28
Beefy Nachos with Jalapeno Cheese - OKR1519 (1 nacho)	0	392.11	21.20	8.16	0.00	901.57	32.88	17.07
Beefy Nachos with Queso Blanco - OKR1520 (1 nacho)	0	394.23	21.62	8.42	0.00	839.95	32.73	16.56
Mexi-Chicken Nachos - OKR1478 (1 nacho)	0	355.33	17.95	6.62	0.00	727.62	31.64	17.70
Mexi-Chicken Nachos - OKR1479 (1 nacho)	0	357.45	18.36	6.88	0.00	666.00	31.49	17.18
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	10	57.95	0.04	0.00	0.00	5.27	15.24	0.83
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	0.00	10.53	2.12	0.90

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fiesta - Week 4 Day 2 GUTHRIE - ServingDate: 09/25/2018								
Caesar Side Salad - SR1428 (1 c.)	30	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Fiesta Potatoes - SR1519 (1/2 c.)	75	148.28	2.99	0.43	0.00	124.54	28.72	2.85
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	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 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Peppers - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Homemade Salsa - SR1007 (1 tbsp.)	75	5.04	0.01	0.00	0.00	29.81	1.16	0.22
Sour Cream - SR1659 (2 tbsp.)	25	60.00	5.00	3.50	0.00	15.00	1.00	1.00
DYK Fiesta - Week 4 Day 3 GUTHRIE - ServingDate: 09/26/2018								
Bean & Cheese Nachos with Jalapeno Cheese - OKR1480 (1 nacho)	25	392.35	17.57	6.42	0.00	922.99	44.72	14.76
Bean & Cheese Nachos with Queso Blanco - OKR1481 (1 nacho)	25	394.37	17.97	6.67	0.00	864.30	44.58	14.28
Beefy Nachos with Jalapeno Cheese - OKR1519 (1 nacho)	0	392.11	21.20	8.16	0.00	901.57	32.88	17.07
Beefy Nachos with Queso Blanco - OKR1520 (1 nacho)	0	394.23	21.62	8.42	0.00	839.95	32.73	16.56
Mexi-Chicken Nachos - OKR1478 (1 nacho)	25	355.33	17.95	6.62	0.00	727.62	31.64	17.70

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fiesta - Week 4 Day 3 GUTHRIE - ServingDate: 09/26/2018								
Mexi-Chicken Nachos - OKR1479 (1 nacho)	25	357.45	18.36	6.88	0.00	666.00	31.49	17.18
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Applesauce - SR1195 (1/2 c.)	10	53.58	0.13	0.01	0.00	2.55	14.38	0.22
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Baby Carrots - SR1016 (1/2 c.)	30	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Frijoles ala Charro - OKR1230 (1/2 c.)	50	92.49	0.04	0.01	0.00	127.27	16.90	5.44
Garden Side Salad - SR1429 (1 c.)	25	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	20	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Peppers - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Homemade Salsa - SR1007 (1 tbsp.)	50	5.04	0.01	0.00	0.00	29.81	1.16	0.22
Sour Cream - SR1659 (2 tbsp.)	25	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)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fiesta - Week 4 Day 4 GUTHRIE - ServingDate: 09/27/2018								
Bean & Cheese Nachos with Jalapeno Cheese - OKR1480 (1 nacho)	25	392.35	17.57	6.42	0.00	922.99	44.72	14.76
Bean & Cheese Nachos with Queso Blanco - OKR1481 (1 nacho)	25	394.37	17.97	6.67	0.00	864.30	44.58	14.28
Beefy Nachos with Jalapeno Cheese - OKR1519 (1 nacho)	0	392.11	21.20	8.16	0.00	901.57	32.88	17.07
Beefy Nachos with Queso Blanco - OKR1520 (1 nacho)	0	394.23	21.62	8.42	0.00	839.95	32.73	16.56
Mexi-Chicken Nachos - OKR1478 (1 nacho)	0	355.33	17.95	6.62	0.00	727.62	31.64	17.70
Mexi-Chicken Nachos - OKR1479 (1 nacho)	0	357.45	18.36	6.88	0.00	666.00	31.49	17.18
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Bartlett Pears - SR1194 (1/2 c.)	10	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	25	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Fiesta Potatoes - SR1519 (1/2 c.)	125	148.28	2.99	0.43	0.00	124.54	28.72	2.85
Chocolate Skim Milk - OKR1062 (8 oz.)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	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 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00

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Site: Junior High School
 Date: 09/01/2018 - 09/30/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fiesta - Week 4 Day 4 GUTHRIE - ServingDate: 09/27/2018								
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Peppers - SR1074 (1 tbsp.)	25	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	30	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Homemade Salsa - SR1007 (1 tbsp.)	75	5.04	0.01	0.00	0.00	29.81	1.16	0.22
Sour Cream - SR1659 (2 tbsp.)	25	60.00	5.00	3.50	0.00	15.00	1.00	1.00
DYK Fiesta - Week 4 Day 5 GUTHRIE - ServingDate: 09/28/2018								
Bean & Cheese Nachos with Jalapeno Cheese - OKR1480 (1 nacho)	0	392.35	17.57	6.42	0.00	922.99	44.72	14.76
Bean & Cheese Nachos with Queso Blanco - OKR1481 (1 nacho)	0	394.37	17.97	6.67	0.00	864.30	44.58	14.28
Beefy Nachos with Jalapeno Cheese - OKR1519 (1 nacho)	0	392.11	21.20	8.16	0.00	901.57	32.88	17.07
Beefy Nachos with Queso Blanco - OKR1520 (1 nacho)	0	394.23	21.62	8.42	0.00	839.95	32.73	16.56
Mexi-Chicken Nachos - OKR1478 (1 nacho)	0	355.33	17.95	6.62	0.00	727.62	31.64	17.70
Mexi-Chicken Nachos - OKR1479 (1 nacho)	0	357.45	18.36	6.88	0.00	666.00	31.49	17.18
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Fruit - SR1037 (1/2 c.)	10	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Celery Sticks - SR1014 (6 stick.)	50	10.34	0.11	0.03	0.00	51.71	1.92	0.45

Menu Calendar Nutrient Analysis Report - September, 2018

Site: Junior High School
Date: 09/01/2018 - 09/30/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fiesta - Week 4 Day 5 GUTHRIE - ServingDate: 09/28/2018								
Garden Side Salad - SR1429 (1 c.)	25	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Refried Beans - SR1070 (1/2 c.)	75	167.09	1.79	0.60	0.00	612.12	28.64	9.55
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	0.00	180.00	20.00	8.00
While 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	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 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Peppers - SR1074 (1 tbsp.)	40	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	40	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Homemade Salsa - SR1007 (1 tbsp.)	75	5.04	0.01	0.00	0.00	29.81	1.16	0.22
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.