

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)
SY 18-19 Honor Roll Bar - Week 1 Day 1 GUTHRIE - ServingDate: 09/03/2018								
Cheeseburger - OKR1164 (1 burger)	50	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Crispy Chicken Sandwich - OKR1124 (1 burger)	25	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Hamburger - OKR1165 (1 burger)	25	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Sandwich - OKR1167 (1 burger)	175	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Breaded Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - SR1010 (1 roll.)	0	79.99	1.50	0.00	0.00	70.00	14.00	3.00
100% Apple Juice - SR1204 (4 fl oz cup)	100	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
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
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Tater Tots - OKR1073 (1/2 c.)	200	90.55	3.52	0.00	0.00	171.03	14.09	1.01
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	75	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	75	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Dill Pickle Chips - SR1399 (2 tbsp.)	30	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Ketchup - SR1004 (1 tbsp.)	150	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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)
SY 18-19 Honor Roll Bar - Week 1 Day 1 GUTHRIE - ServingDate: 09/03/2018								
Shredded Lettuce - SR1015 (1/4 cup shredd)	30	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Light Mayo - SR1005 (1 tbsp.)	50	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	50	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Yellow Onion - SR1264 (2 tbsp.)	25	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	100	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Sliced Red Tomatoes - SR1536 (1/8 c.)	30	4.03	0.05	0.01	0.00	1.12	0.87	0.20
SY 18-19 Honor Roll Bar - Week 1 Day 2 GUTHRIE - ServingDate: 09/04/2018								
Cheeseburger - OKR1164 (1 burger)	50	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Crispy Chicken Sandwich - OKR1124 (1 burger)	25	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Hamburger - OKR1165 (1 burger)	125	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Sandwich - OKR1167 (1 burger)	75	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Breaded Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - SR1010 (1 roll.)	0	79.99	1.50	0.00	0.00	70.00	14.00	3.00
100% Apple Juice - SR1204 (4 fl oz cup)	100	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.)	5	57.95	0.04	0.00	0.00	5.27	15.24	0.83

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)
SY 18-19 Honor Roll Bar - Week 1 Day 2 GUTHRIE - ServingDate: 09/04/2018								
Fresh Broccoli Florets - SR1027 (1/2 c.)	40	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
Western Baked Beans - OKR1318 (1/2 c.)	75	173.29	0.01	0.00	0.00	816.27	38.95	8.02
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
While 1% Milk - OKR1061 (8 oz.)	75	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	75	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Dill Pickle Chips - SR1399 (2 tbsp.)	30	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Ketchup - SR1004 (1 tbsp.)	150	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Shredded Lettuce - SR1015 (1/4 cup shredd)	25	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Light Mayo - SR1005 (1 tbsp.)	25	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	25	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Yellow Onion - SR1264 (2 tbsp.)	40	8.58	0.02	0.01	0.00	0.86	2.00	0.24
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.)	100	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Sliced Red Tomatoes - SR1536 (1/8 c.)	30	4.03	0.05	0.01	0.00	1.12	0.87	0.20
SY 18-19 Honor Roll Bar- Week 1 Day 3 GUTHRIE - ServingDate: 09/05/2018								
Rib-b-que Sandwich - OKR1132 (1 sandwich)	100	332.89	12.00	3.50	0.10	857.59	41.58	18.43
Cheeseburger - OKR1164 (1 burger)	50	350.00	13.50	5.50	0.00	705.00	34.00	20.50

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)
SY 18-19 Honor Roll Bar- Week 1 Day 3 GUTHRIE - ServingDate: 09/05/2018								
Crispy Chicken Sandwich - OKR1124 (1 burger)	25	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Hamburger - OKR1165 (1 burger)	25	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Sandwich - OKR1167 (1 burger)	75	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Breaded Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - SR1010 (1 roll.)	0	79.99	1.50	0.00	0.00	70.00	14.00	3.00
100% Apple Juice - SR1204 (4 fl oz cup)	100	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.)	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
Sweet Potato Crinkle Cut Fries - OKR1525 (1/2 c.)	175	119.37	4.48	0.50	0.00	17.91	16.91	1.99
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
While 1% Milk - OKR1061 (8 oz.)	75	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	75	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Dill Pickle Chips - SR1399 (2 tbsp.)	50	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Ketchup - SR1004 (1 tbsp.)	150	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	50	45.00	4.00	0.50	0.00	130.00	2.00	0.00

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)
SY 18-19 Honor Roll Bar- Week 1 Day 3 GUTHRIE - ServingDate: 09/05/2018								
Yellow Mustard - SR1006 (1 tbsp.)	50	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
SY 18-19 Honor Roll Bar - Week 1 Day 4 GUTHRIE - ServingDate: 09/06/2018								
Cheeseburger - OKR1164 (1 burger)	50	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Crispy Chicken Sandwich - OKR1124 (1 burger)	25	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Chicken Fried Steak Sandwich - OKR1234 (1 sandwich)	100	470.00	21.00	5.00	0.00	590.00	50.00	22.00
Hamburger - OKR1165 (1 burger)	25	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Sandwich - OKR1167 (1 burger)	75	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Breaded Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - SR1010 (1 roll.)	0	79.99	1.50	0.00	0.00	70.00	14.00	3.00
100% Apple Juice - SR1204 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Crispy Whole Apple - SR1161 (1 extra smal)	15	47.79	0.16	0.03	0.00	0.92	12.69	0.24
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.)	25	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

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)
SY 18-19 Honor Roll Bar - Week 1 Day 4 GUTHRIE - ServingDate: 09/06/2018								
Country Style Potato Wedges - OKR1399 (1/2 c.)	200	118.48	3.95	0.49	0.00	138.22	19.75	1.98
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	75	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	75	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Dill Pickle Chips - SR1399 (2 tbsp.)	40	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Ketchup - SR1004 (1 tbsp.)	150	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Shredded Lettuce - SR1015 (1/4 cup shredd)	50	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Light Mayo - SR1005 (1 tbsp.)	50	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	50	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Yellow Onion - SR1264 (2 tbsp.)	30	8.58	0.02	0.01	0.00	0.86	2.00	0.24
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.)	100	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Sliced Red Tomatoes - SR1536 (1/8 c.)	30	4.03	0.05	0.01	0.00	1.12	0.87	0.20
SY 18-19 Honor Roll Bar - Week 1 Day 5 GUTHRIE - ServingDate: 09/07/2018								
Bacon Cheeseburger - OKR1347 (1 ea.)	100	380.00	16.17	6.50	0.00	831.67	34.00	22.17
Cheeseburger - OKR1164 (1 burger)	50	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Crispy Chicken Sandwich - OKR1124 (1 burger)	25	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Hamburger - OKR1165 (1 burger)	25	300.00	9.00	3.00	0.00	450.00	34.00	18.00

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)
SY 18-19 Honor Roll Bar - Week 1 Day 5 GUTHRIE - ServingDate: 09/07/2018								
Spicy Chicken Sandwich - OKR1167 (1 burger)	75	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Breaded Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - SR1010 (1 roll.)	0	79.99	1.50	0.00	0.00	70.00	14.00	3.00
100% Apple Juice - SR1204 (4 fl oz cup)	125	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.)	40	18.89	0.18	0.03	0.00	31.03	3.96	1.15
French Fries - OKR1089 (1/2 c.)	200	102.76	3.56	0.40	0.00	126.47	17.39	1.58
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
Dill Pickle Chips - SR1399 (2 tbsp.)	40	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Ketchup - SR1004 (1 tbsp.)	150	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Shredded Lettuce - SR1015 (1/4 cup shredd)	30	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Light Mayo - SR1005 (1 tbsp.)	50	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	50	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Yellow Onion - SR1264 (2 tbsp.)	30	8.58	0.02	0.01	0.00	0.86	2.00	0.24

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)
SY 18-19 Honor Roll Bar - Week 1 Day 5 GUTHRIE - ServingDate: 09/07/2018								
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.)	100	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Sliced Red Tomatoes - SR1536 (1/8 c.)	30	4.03	0.05	0.01	0.00	1.12	0.87	0.20
SY 18-19 Honor Roll Bar - Week 2 Day 1 GUTHRIE - ServingDate: 09/10/2018								
Cheeseburger - OKR1164 (1 burger)	50	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Crispy Chicken Sandwich - OKR1124 (1 burger)	25	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Hamburger - OKR1165 (1 burger)	25	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Sandwich - OKR1167 (1 burger)	175	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Breaded Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - SR1010 (1 roll.)	0	79.99	1.50	0.00	0.00	70.00	14.00	3.00
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.)	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
Tater Tots - OKR1073 (1/2 c.)	250	90.55	3.52	0.00	0.00	171.03	14.09	1.01

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)
SY 18-19 Honor Roll Bar - Week 2 Day 1 GUTHRIE - ServingDate: 09/10/2018								
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.)	200	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	75	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	75	0.00	0.00	0.00	0.00	165.00	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
SY 18-19 Honor Roll Bar - Week 2 Day 2 GUTHRIE - ServingDate: 09/11/2018								
Cheeseburger - OKR1164 (1 burger)	50	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Crispy Chicken Sandwich - OKR1124 (1 burger)	25	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Hamburger - OKR1165 (1 burger)	125	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Sandwich - OKR1167 (1 burger)	75	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Breaded Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - SR1010 (1 roll.)	0	79.99	1.50	0.00	0.00	70.00	14.00	3.00
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

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)
SY 18-19 Honor Roll Bar - Week 2 Day 2 GUTHRIE - ServingDate: 09/11/2018								
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
Western Baked Beans - OKR1318 (1/2 c.)	75	173.29	0.01	0.00	0.00	816.27	38.95	8.02
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
While 1% Milk - OKR1061 (8 oz.)	75	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	75	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Barbecue Sauce - SR1008 (1 tbsp.)	25	15.00	0.00	0.00	0.00	230.00	3.00	0.50
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Ketchup - SR1004 (1 tbsp.)	150	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Shredded Lettuce - SR1015 (1/4 cup shredd)	30	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Light Mayo - SR1005 (1 tbsp.)	50	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	50	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Yellow Onion - SR1264 (2 tbsp.)	10	8.58	0.02	0.01	0.00	0.86	2.00	0.24
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.)	75	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Sliced Red Tomatoes - SR1536 (1/8 c.)	30	4.03	0.05	0.01	0.00	1.12	0.87	0.20

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)
SY 18-19 Honor Roll Bar - Week 2 Day 3 GUTHRIE - ServingDate: 09/12/2018								
Rib-b-que Sandwich - OKR1132 (1 sandwich)	75	332.89	12.00	3.50	0.10	857.59	41.58	18.43
Cheeseburger - OKR1164 (1 burger)	25	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Crispy Chicken Sandwich - OKR1124 (1 burger)	25	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Hamburger - OKR1165 (1 burger)	25	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Sandwich - OKR1167 (1 burger)	75	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Breaded Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - SR1010 (1 roll.)	0	79.99	1.50	0.00	0.00	70.00	14.00	3.00
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
Garden Side Salad - SR1429 (1 c.)	25	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Sweet Potato Crinkle Cut Fries - OKR1525 (1/2 c.)	175	119.37	4.48	0.50	0.00	17.91	16.91	1.99
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.)	50	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Dill Pickle Chips - SR1399 (2 tbsp.)	50	0.00	0.00	0.00	0.00	255.73	0.00	0.00

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)
SY 18-19 Honor Roll Bar - Week 2 Day 3 GUTHRIE - ServingDate: 09/12/2018								
Ketchup - SR1004 (1 tbsp.)	150	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	45	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	45	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Yellow Onion - SR1264 (2 tbsp.)	30	8.58	0.02	0.01	0.00	0.86	2.00	0.24
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.)	75	22.06	1.10	0.22	0.00	141.18	3.53	0.00
SY 18-19 Honor Roll Bar - Week 2 Day 4 GUTHRIE - ServingDate: 09/13/2018								
Cheeseburger - OKR1164 (1 burger)	50	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Crispy Chicken Sandwich - OKR1124 (1 burger)	25	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Chicken Fried Steak Sandwich - OKR1234 (1 sandwich)	100	470.00	21.00	5.00	0.00	590.00	50.00	22.00
Hamburger - OKR1165 (1 burger)	25	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Sandwich - OKR1167 (1 burger)	75	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Breaded Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - SR1010 (1 roll.)	0	79.99	1.50	0.00	0.00	70.00	14.00	3.00
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

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)
SY 18-19 Honor Roll Bar - Week 2 Day 4 GUTHRIE - ServingDate: 09/13/2018								
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.)	50	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Country Style Potato Wedges - OKR1399 (1/2 c.)	200	118.48	3.95	0.49	0.00	138.22	19.75	1.98
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	75	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	75	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Barbecue Sauce - SR1008 (1 tbsp.)	15	15.00	0.00	0.00	0.00	230.00	3.00	0.50
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Ketchup - SR1004 (1 tbsp.)	150	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Shredded Lettuce - SR1015 (1/4 cup shredd)	25	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Light Mayo - SR1005 (1 tbsp.)	50	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	50	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Yellow Onion - SR1264 (2 tbsp.)	25	8.58	0.02	0.01	0.00	0.86	2.00	0.24
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.)	100	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Sliced Red Tomatoes - SR1536 (1/8 c.)	25	4.03	0.05	0.01	0.00	1.12	0.87	0.20

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)
SY 18-19 Honor Roll Bar - Week 2 Day 5 GUTHRIE - ServingDate: 09/14/2018								
Bacon Cheeseburger - OKR1347 (1 ea.)	100	380.00	16.17	6.50	0.00	831.67	34.00	22.17
Cheeseburger - OKR1164 (1 burger)	50	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Crispy Chicken Sandwich - OKR1124 (1 burger)	50	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Hamburger - OKR1165 (1 burger)	25	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Sandwich - OKR1167 (1 burger)	75	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Breaded Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - SR1010 (1 roll.)	0	79.99	1.50	0.00	0.00	70.00	14.00	3.00
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"))	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
French Fries - OKR1089 (1/2 c.)	200	102.76	3.56	0.40	0.00	126.47	17.39	1.58
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
Barbecue Sauce - SR1008 (1 tbsp.)	15	15.00	0.00	0.00	0.00	230.00	3.00	0.50
Dill Pickle Chips - SR1399 (2 tbsp.)	30	0.00	0.00	0.00	0.00	255.73	0.00	0.00

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)
SY 18-19 Honor Roll Bar - Week 2 Day 5 GUTHRIE - ServingDate: 09/14/2018								
Ketchup - SR1004 (1 tbsp.)	200	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Shredded Lettuce - SR1015 (1/4 cup shredd)	25	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Light Mayo - SR1005 (1 tbsp.)	50	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	50	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Yellow Onion - SR1264 (2 tbsp.)	15	8.58	0.02	0.01	0.00	0.86	2.00	0.24
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.)	200	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Sliced Red Tomatoes - SR1536 (1/8 c.)	25	4.03	0.05	0.01	0.00	1.12	0.87	0.20
SY 18-19 Honor Roll Bar - Week 3 Day 1 GUTHRIE - ServingDate: 09/17/2018								
Cheeseburger - OKR1164 (1 burger)	50	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Crispy Chicken Sandwich - OKR1124 (1 burger)	25	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Hamburger - OKR1165 (1 burger)	25	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Sandwich - OKR1167 (1 burger)	175	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Breaded Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - SR1010 (1 roll.)	0	79.99	1.50	0.00	0.00	70.00	14.00	3.00
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"))	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29

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)
SY 18-19 Honor Roll Bar - Week 3 Day 1 GUTHRIE - ServingDate: 09/17/2018								
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	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.)	75	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
Tater Tots - OKR1073 (1/2 c.)	225	90.55	3.52	0.00	0.00	171.03	14.09	1.01
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	75	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Barbecue Sauce - SR1008 (1 tbsp.)	15	15.00	0.00	0.00	0.00	230.00	3.00	0.50
Dill Pickle Chips - SR1399 (2 tbsp.)	30	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Ketchup - SR1004 (1 pump)	150	40.00	0.00	0.00	0.00	320.00	10.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	20	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Light Mayo - SR1005 (1 tbsp.)	75	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	75	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Yellow Onion - SR1264 (2 tbsp.)	25	8.58	0.02	0.01	0.00	0.86	2.00	0.24
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.)	200	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Sliced Red Tomatoes - SR1536 (1/8 c.)	20	4.03	0.05	0.01	0.00	1.12	0.87	0.20

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)
SY 18-19 Honor Roll Bar -Week 3 Day 2 GUTHRIE - ServingDate: 09/18/2018								
Cheeseburger - OKR1164 (1 burger)	50	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Crispy Chicken Sandwich - OKR1124 (1 burger)	25	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Hamburger - OKR1165 (1 burger)	125	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Sandwich - OKR1167 (1 burger)	75	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Breaded Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - SR1010 (1 roll.)	0	79.99	1.50	0.00	0.00	70.00	14.00	3.00
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)	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))	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
Caesar Side Salad - SR1428 (1 c.)	25	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Western Baked Beans - OKR1318 (1/2 c.)	125	173.29	0.01	0.00	0.00	816.27	38.95	8.02
Chocolate Skim Milk - OKR1062 (8 oz.)	50	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.)	50	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Barbecue Sauce - SR1008 (1 tbsp.)	30	15.00	0.00	0.00	0.00	230.00	3.00	0.50
Dill Pickle Chips - SR1399 (2 tbsp.)	50	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Ketchup - SR1004 (1 pump)	150	40.00	0.00	0.00	0.00	320.00	10.00	0.00

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)
SY 18-19 Honor Roll Bar -Week 3 Day 2 GUTHRIE - ServingDate: 09/18/2018								
Shredded Lettuce - SR1015 (1/4 cup shredd)	50	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Light Mayo - SR1005 (1 tbsp.)	50	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	50	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Yellow Onion - SR1264 (2 tbsp.)	20	8.58	0.02	0.01	0.00	0.86	2.00	0.24
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
Sliced Red Tomatoes - SR1536 (1/8 c.)	50	4.03	0.05	0.01	0.00	1.12	0.87	0.20
SY 18-19 Honor Roll Bar - Week 3 Day 3 GUTHRIE - ServingDate: 09/19/2018								
Rib-b-que Sandwich - OKR1132 (1 sandwich)	0	332.89	12.00	3.50	0.10	857.59	41.58	18.43
Cheeseburger - OKR1164 (1 burger)	50	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Crispy Chicken Sandwich - OKR1124 (1 burger)	25	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Hamburger - OKR1165 (1 burger)	25	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Sandwich - OKR1167 (1 burger)	50	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Breaded Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - SR1010 (1 roll.)	0	79.99	1.50	0.00	0.00	70.00	14.00	3.00
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)	20	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Applesauce - SR1195 (1/2 c.)	5	53.58	0.13	0.01	0.00	2.55	14.38	0.22

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)
SY 18-19 Honor Roll Bar - Week 3 Day 3 GUTHRIE - ServingDate: 09/19/2018								
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
Garden Side Salad - SR1429 (1 c.)	25	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Sweet Potato Crinkle Cut Fries - OKR1525 (1/2 c.)	150	119.37	4.48	0.50	0.00	17.91	16.91	1.99
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	75	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	75	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Barbecue Sauce - SR1008 (1 tbsp.)	10	15.00	0.00	0.00	0.00	230.00	3.00	0.50
Dill Pickle Chips - SR1399 (2 tbsp.)	50	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Ketchup - SR1004 (1 pump)	150	40.00	0.00	0.00	0.00	320.00	10.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	75	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Light Mayo - SR1005 (1 tbsp.)	50	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	40	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Yellow Onion - SR1264 (2 tbsp.)	30	8.58	0.02	0.01	0.00	0.86	2.00	0.24
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.)	75	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Sauteed Peppers - OKR1210 (1/4 cup strips)	10	51.76	3.03	0.32	0.02	4.02	6.21	1.15
Sliced Red Tomatoes - SR1536 (1/8 c.)	20	4.03	0.05	0.01	0.00	1.12	0.87	0.20

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)
SY 18-19 Honor Roll Bar - Week 3 Day 4 GUTHRIE - ServingDate: 09/20/2018								
Cheeseburger - OKR1164 (1 burger)	50	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Crispy Chicken Sandwich - OKR1124 (1 burger)	50	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Chicken Fried Steak Sandwich - OKR1234 (1 sandwich)	0	470.00	21.00	5.00	0.00	590.00	50.00	22.00
Hamburger - OKR1165 (1 burger)	50	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Sandwich - OKR1167 (1 burger)	75	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Breaded Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - SR1010 (1 roll.)	0	79.99	1.50	0.00	0.00	70.00	14.00	3.00
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)	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
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
Country Style Potato Wedges - OKR1399 (1/2 c.)	250	118.48	3.95	0.49	0.00	138.22	19.75	1.98
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	75	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Dill Pickle Chips - SR1399 (2 tbsp.)	30	0.00	0.00	0.00	0.00	255.73	0.00	0.00

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)
SY 18-19 Honor Roll Bar - Week 3 Day 4 GUTHRIE - ServingDate: 09/20/2018								
Ketchup - SR1004 (1 pump)	200	40.00	0.00	0.00	0.00	320.00	10.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	50	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Light Mayo - SR1005 (1 tbsp.)	75	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	50	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Yellow Onion - SR1264 (2 tbsp.)	25	8.58	0.02	0.01	0.00	0.86	2.00	0.24
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
Sliced Red Tomatoes - SR1536 (1/8 c.)	25	4.03	0.05	0.01	0.00	1.12	0.87	0.20
SY 18-19 Honor Roll Bar - Week 3 Day 5 GUTHRIE - ServingDate: 09/21/2018								
Bacon Cheeseburger - OKR1347 (1 ea.)	100	380.00	16.17	6.50	0.00	831.67	34.00	22.17
Cheeseburger - OKR1164 (1 burger)	75	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Crispy Chicken Sandwich - OKR1124 (1 burger)	25	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Hamburger - OKR1165 (1 burger)	25	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Sandwich - OKR1167 (1 burger)	75	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Breaded Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - SR1010 (1 roll.)	0	79.99	1.50	0.00	0.00	70.00	14.00	3.00
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

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)
SY 18-19 Honor Roll Bar - Week 3 Day 5 GUTHRIE - ServingDate: 09/21/2018								
Banana - SR1166 (1 medium (7"))	15	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.)	75	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
French Fries - OKR1089 (1/2 c.)	250	102.76	3.56	0.40	0.00	126.47	17.39	1.58
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	75	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	75	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Dill Pickle Chips - SR1399 (2 tbsp.)	30	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Ketchup - SR1004 (1 pump)	150	40.00	0.00	0.00	0.00	320.00	10.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	25	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Light Mayo - SR1005 (1 tbsp.)	75	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	75	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Yellow Onion - SR1264 (2 tbsp.)	15	8.58	0.02	0.01	0.00	0.86	2.00	0.24
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.)	100	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Sliced Red Tomatoes - SR1536 (1/8 c.)	25	4.03	0.05	0.01	0.00	1.12	0.87	0.20

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)
SY 18-19 Honor Roll Bar - Week 4 Day 1 GUTHRIE - ServingDate: 09/24/2018								
Cheeseburger - OKR1164 (1 burger)	50	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Crispy Chicken Sandwich - OKR1124 (1 burger)	25	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Hamburger - OKR1165 (1 burger)	50	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Sandwich - OKR1167 (1 burger)	150	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Breaded Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - SR1010 (1 roll.)	0	79.99	1.50	0.00	0.00	70.00	14.00	3.00
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.)	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.)	50	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Tater Tots - OKR1073 (1/2 c.)	200	90.55	3.52	0.00	0.00	171.03	14.09	1.01
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
While 1% Milk - OKR1061 (8 oz.)	75	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	75	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	150	40.00	0.00	0.00	0.00	320.00	10.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	25	2.52	0.03	0.00	0.00	1.80	0.54	0.16

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)
SY 18-19 Honor Roll Bar - Week 4 Day 1 GUTHRIE - ServingDate: 09/24/2018								
Light Mayo - SR1005 (1 tbsp.)	50	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	50	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Yellow Onion - SR1264 (2 tbsp.)	25	8.58	0.02	0.01	0.00	0.86	2.00	0.24
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.)	100	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Sliced Red Tomatoes - SR1536 (1/8 c.)	40	4.03	0.05	0.01	0.00	1.12	0.87	0.20
SY 18-19 Honor Roll Bar - Week 4 Day 2 GUTHRIE - ServingDate: 09/25/2018								
Cheeseburger - OKR1164 (1 burger)	75	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Crispy Chicken Sandwich - OKR1124 (1 burger)	50	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Hamburger - OKR1165 (1 burger)	75	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Sandwich - OKR1167 (1 burger)	75	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Breaded Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - SR1010 (1 roll.)	0	79.99	1.50	0.00	0.00	70.00	14.00	3.00
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))	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

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)
SY 18-19 Honor Roll Bar - Week 4 Day 2 GUTHRIE - ServingDate: 09/25/2018								
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 (1/2 c.)	50	84.91	7.90	1.64	0.00	175.05	2.43	1.85
Western Baked Beans - OKR1318 (1/2 c.)	100	173.29	0.01	0.00	0.00	816.27	38.95	8.02
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
While 1% Milk - OKR1061 (8 oz.)	75	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	75	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Ketchup - SR1004 (1 pump)	150	40.00	0.00	0.00	0.00	320.00	10.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	50	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Light Mayo - SR1005 (1 tbsp.)	75	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	75	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Yellow Onion - SR1264 (2 tbsp.)	20	8.58	0.02	0.01	0.00	0.86	2.00	0.24
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.)	100	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Sliced Red Tomatoes - SR1536 (1/8 c.)	30	4.03	0.05	0.01	0.00	1.12	0.87	0.20
SY 18-19 Honor Roll Bar - Week 4 Day 3 GUTHRIE - ServingDate: 09/26/2018								
Rib-b-que Sandwich - OKR1132 (1 sandwich)	100	332.89	12.00	3.50	0.10	857.59	41.58	18.43
Cheeseburger - OKR1164 (1 burger)	50	350.00	13.50	5.50	0.00	705.00	34.00	20.50

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)
SY 18-19 Honor Roll Bar - Week 4 Day 3 GUTHRIE - ServingDate: 09/26/2018								
Crispy Chicken Sandwich - OKR1124 (1 burger)	25	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Hamburger - OKR1165 (1 burger)	25	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Sandwich - OKR1167 (1 burger)	75	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Breaded Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - SR1010 (1 roll.)	0	79.99	1.50	0.00	0.00	70.00	14.00	3.00
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.)	40	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
Sweet Potato Crinkle Cut Fries - OKR1525 (1/2 c.)	225	119.37	4.48	0.50	0.00	17.91	16.91	1.99
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
While 1% Milk - OKR1061 (8 oz.)	75	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	75	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Barbecue Sauce - SR1008 (1 tbsp.)	25	15.00	0.00	0.00	0.00	230.00	3.00	0.50
Dill Pickle Chips - SR1399 (2 tbsp.)	50	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Ketchup - SR1004 (1 pump)	150	40.00	0.00	0.00	0.00	320.00	10.00	0.00

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)
SY 18-19 Honor Roll Bar - Week 4 Day 3 GUTHRIE - ServingDate: 09/26/2018								
Shredded Lettuce - SR1015 (1/4 cup shredd)	50	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Light Mayo - SR1005 (1 tbsp.)	40	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	40	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Yellow Onion - SR1264 (2 tbsp.)	15	8.58	0.02	0.01	0.00	0.86	2.00	0.24
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.)	75	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Sauteed Peppers - OKR1210 (1/4 cup strips)	10	51.76	3.03	0.32	0.02	4.02	6.21	1.15
Sliced Red Tomatoes - SR1536 (1/8 c.)	25	4.03	0.05	0.01	0.00	1.12	0.87	0.20
SY 18-19 Honor Roll Bar - Week 4 Day 4 GUTHRIE - ServingDate: 09/27/2018								
Cheeseburger - OKR1164 (1 burger)	50	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Crispy Chicken Sandwich - OKR1124 (1 burger)	50	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Chicken Fried Steak Sandwich - OKR1234 (1 sandwich)	75	470.00	21.00	5.00	0.00	590.00	50.00	22.00
Hamburger - OKR1165 (1 burger)	25	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Sandwich - OKR1167 (1 burger)	75	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Breaded Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - SR1010 (1 roll.)	0	79.99	1.50	0.00	0.00	70.00	14.00	3.00
100% Apple Juice - SR1204 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	5.00	14.00	0.00

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)
SY 18-19 Honor Roll Bar - Week 4 Day 4 GUTHRIE - ServingDate: 09/27/2018								
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))	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.)	75	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	250	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Country Style Potato Wedges - OKR1399 (1/2 c.)	200	118.48	3.95	0.49	0.00	138.22	19.75	1.98
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	75	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	75	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Barbecue Sauce - SR1008 (1 tbsp.)	25	15.00	0.00	0.00	0.00	230.00	3.00	0.50
Dill Pickle Chips - SR1399 (2 tbsp.)	30	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Ketchup - SR1004 (1 pump)	200	40.00	0.00	0.00	0.00	320.00	10.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	25	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Light Mayo - SR1005 (1 tbsp.)	50	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	50	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Yellow Onion - SR1264 (2 tbsp.)	15	8.58	0.02	0.01	0.00	0.86	2.00	0.24
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.)	100	22.06	1.10	0.22	0.00	141.18	3.53	0.00

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)
SY 18-19 Honor Roll Bar - Week 4 Day 4 GUTHRIE - ServingDate: 09/27/2018								
Sliced Red Tomatoes - SR1536 (1/8 c.)	25	4.03	0.05	0.01	0.00	1.12	0.87	0.20
SY 18-19 Honor Roll Bar - Week 4 Day 5 GUTHRIE - ServingDate: 09/28/2018								
Bacon Cheeseburger - OKR1347 (1 ea.)	125	380.00	16.17	6.50	0.00	831.67	34.00	22.17
Cheeseburger - OKR1164 (1 burger)	50	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Crispy Chicken Sandwich - OKR1124 (1 burger)	50	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Hamburger - OKR1165 (1 burger)	50	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Sandwich - OKR1167 (1 burger)	50	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Breaded Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - SR1010 (1 roll.)	0	79.99	1.50	0.00	0.00	70.00	14.00	3.00
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)	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
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.)	75	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	75	18.89	0.18	0.03	0.00	31.03	3.96	1.15
French Fries - OKR1089 (1/2 c.)	250	102.76	3.56	0.40	0.00	126.47	17.39	1.58
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
While 1% Milk - OKR1061 (8 oz.)	75	118.34	2.69	1.61	0.00	139.86	13.99	8.61

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)
SY 18-19 Honor Roll Bar - Week 4 Day 5 GUTHRIE - ServingDate: 09/28/2018								
White Skim Milk - OKR1060 (8 oz.)	75	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Barbecue Sauce - SR1008 (1 tbsp.)	15	15.00	0.00	0.00	0.00	230.00	3.00	0.50
Dill Pickle Chips - SR1399 (2 tbsp.)	30	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Ketchup - SR1004 (1 pump)	200	40.00	0.00	0.00	0.00	320.00	10.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	30	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Light Mayo - SR1005 (1 tbsp.)	75	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	75	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Yellow Onion - SR1264 (2 tbsp.)	15	8.58	0.02	0.01	0.00	0.86	2.00	0.24
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.)	100	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Sliced Red Tomatoes - SR1536 (1/8 c.)	20	4.03	0.05	0.01	0.00	1.12	0.87	0.20

Legend

(M) - Missing Nutrient Values

Report SelectionsMeal Type: Lunch
Site Group: Did You Know Café
Menu Line: DYK-Honor Roll Bar
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.