

Menu Calendar Nutrient Analysis Report - January, 2020

Site: Guthrie High School

Date: 01/01/2020 - 01/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Italy - Monday (tier I) - ServingDate: 01/06/2020								
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	15	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 Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chilled Black Beans - SR2006 (1/2 c.)	5	74.36	0.00	0.00	0.00	87.89	13.52	4.73
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	5	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	5	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	5	47.39	0.30	0.04	0.00	30.86	9.78	2.24
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Italy - Monday (tier I) - ServingDate: 01/06/2020								
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	13.54	0.16	0.01	0.00	76.26	2.65	0.51
Homemade Salsa - SR1007 (2 tbsp.)	15	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	5	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Pesto Ranch Sauce - SR1762 (1 tbsp.)	5	21.94	1.56	0.21	0.00	95.37	1.40	0.69
Spicy Italian Sauce - SR1760 (1 tbsp.)	5	14.62	0.07	0.05	0.00	147.51	3.42	0.32
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	5	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Sriracha Mayonnaise - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
SY 19-20 Extras - Italy - Tuesday (tier I) - ServingDate: 01/07/2020								
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Italy - Tuesday (tier I) - ServingDate: 01/07/2020								
Mixed Fruit Cocktail - SR1037 (1/2 c.)	15	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	5	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	5	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	5	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Caesar Side Salad - SR1428 (1 c.)	5	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Corn - SR1033 (1/2 c.)	10	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00

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SY 19-20 Extras - Italy - Tuesday (tier I) - ServingDate: 01/07/2020								
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	13.54	0.16	0.01	0.00	76.26	2.65	0.51
Homemade Salsa - SR1007 (2 tbsp.)	15	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	5	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Pesto Ranch Sauce - SR1762 (1 tbsp.)	5	21.94	1.56	0.21	0.00	95.37	1.40	0.69
Spicy Italian Sauce - SR1760 (1 tbsp.)	5	14.62	0.07	0.05	0.00	147.51	3.42	0.32
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	5	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Sriracha Mayonnaise - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
SY 19-20 Extras - Italy - Wednesday (tier I) - ServingDate: 01/08/2020								
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Peaches - SR1196 (1/2 c.)	15	57.95	0.04	0.00	0.00	5.27	15.24	0.83

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SY 19-20 Extras - Italy - Wednesday (tier I) - ServingDate: 01/08/2020								
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1036 (1/2 c.)	5	140.65	0.00	0.00	0.00	151.47	25.97	7.57
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	5	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	5	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	5	47.39	0.30	0.04	0.00	30.86	9.78	2.24
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00

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SY 19-20 Extras - Italy - Wednesday (tier I) - ServingDate: 01/08/2020								
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	13.54	0.16	0.01	0.00	76.26	2.65	0.51
Homemade Salsa - SR1007 (2 tbsp.)	15	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	5	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Pesto Ranch Sauce - SR1762 (1 tbsp.)	5	21.94	1.56	0.21	0.00	95.37	1.40	0.69
Spicy Italian Sauce - SR1760 (1 tbsp.)	5	14.62	0.07	0.05	0.00	147.51	3.42	0.32
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	5	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Sriracha Mayonnaise - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
SY 19-20 Extras - Italy - Thursday (tier I) - ServingDate: 01/09/2020								
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Bartlett Pears - SR1194 (1/2 c.)	15	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29

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SY 19-20 Extras - Italy - Thursday (tier I) - ServingDate: 01/09/2020								
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	5	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	5	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	5	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Garden Side Salad - SR1429 (1 c.)	5	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chilled Corn - SR1033 (1/2 c.)	10	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24

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SY 19-20 Extras - Italy - Thursday (tier I) - ServingDate: 01/09/2020								
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	13.54	0.16	0.01	0.00	76.26	2.65	0.51
Homemade Salsa - SR1007 (2 tbsp.)	15	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	5	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Pesto Ranch Sauce - SR1762 (1 tbsp.)	5	21.94	1.56	0.21	0.00	95.37	1.40	0.69
Spicy Italian Sauce - SR1760 (1 tbsp.)	5	14.62	0.07	0.05	0.00	147.51	3.42	0.32
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	5	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Sriracha Mayonnaise - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
SY 19-20 Extras - Italy - Friday (tier I) - ServingDate: 01/10/2020								
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Pineapple Tidbits - SR1495 (1/2 c.)	15	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90

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SY 19-20 Extras - Italy - Friday (tier I) - ServingDate: 01/10/2020								
100% Apple Juice - SR1204 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	0.00	14.00	0.00
BP - Beans, pinto, low sodium, canned, drained, ready-to-serve - SR2046 (1/2 c.)	5	112.59	0.00	0.00	0.00	157.62	20.27	6.75
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	5	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	5	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	5	47.39	0.30	0.04	0.00	30.86	9.78	2.24
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Italy - Friday (tier I) - ServingDate: 01/10/2020								
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	13.54	0.16	0.01	0.00	76.26	2.65	0.51
Homemade Salsa - SR1007 (2 tbsp.)	15	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	5	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Pesto Ranch Sauce - SR1762 (1 tbsp.)	5	21.94	1.56	0.21	0.00	95.37	1.40	0.69
Spicy Italian Sauce - SR1760 (1 tbsp.)	5	14.62	0.07	0.05	0.00	147.51	3.42	0.32
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	5	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Sriracha Mayonnaise - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
SY 19-20 Extras - Northeast Asia - Monday (tier I) - ServingDate: 01/13/2020								
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	15	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

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Northeast Asia - Monday (tier I) - ServingDate: 01/13/2020								
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chilled Black Beans - SR2006 (1/2 c.)	5	74.36	0.00	0.00	0.00	87.89	13.52	4.73
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	5	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	5	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	5	47.39	0.30	0.04	0.00	30.86	9.78	2.24
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Northeast Asia - Monday (tier I) - ServingDate: 01/13/2020								
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	13.54	0.16	0.01	0.00	76.26	2.65	0.51
Homemade Salsa - SR1007 (2 tbsp.)	15	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	5	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Korean Gochujang Sauce - SR2307 (1 tbsp.)	5	30.37	2.25	0.25	0.00	59.04	2.17	0.74
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	5	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Sriracha Mayonnaise - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Teriyaki Mayonnaise Sauce - SR1235 (1 tbsp.)	5	47.50	2.25	0.25	0.00	115.00	7.00	0.25
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
SY 19-20 Extras - Northeast Asia - Tuesday (tier I) - ServingDate: 01/14/2020								
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Mixed Fruit Cocktail - SR1037 (1/2 c.)	15	49.99	0.01	0.00	0.00	4.35	12.89	0.50

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Northeast Asia - Tuesday (tier I) - ServingDate: 01/14/2020								
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	5	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	5	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	5	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Caesar Side Salad - SR1428 (1 c.)	5	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Corn - SR1033 (1/2 c.)	10	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Northeast Asia - Tuesday (tier I) - ServingDate: 01/14/2020								
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	13.54	0.16	0.01	0.00	76.26	2.65	0.51
Homemade Salsa - SR1007 (2 tbsp.)	15	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	5	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Korean Gochujang Sauce - SR2307 (1 tbsp.)	5	30.37	2.25	0.25	0.00	59.04	2.17	0.74
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	5	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Sriracha Mayonnaise - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Teriyaki Mayonnaise Sauce - SR1235 (1 tbsp.)	5	47.50	2.25	0.25	0.00	115.00	7.00	0.25
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
SY 19-20 Extras - Northeast Asia - Wednesday (tier I) - ServingDate: 01/15/2020								
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Northeast Asia - Wednesday (tier I) - ServingDate: 01/15/2020								
Diced Peaches - SR1196 (1/2 c.)	15	57.95	0.04	0.00	0.00	5.27	15.24	0.83
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1036 (1/2 c.)	5	140.65	0.00	0.00	0.00	151.47	25.97	7.57
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	5	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	5	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	5	47.39	0.30	0.04	0.00	30.86	9.78	2.24
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Northeast Asia - Wednesday (tier I) - ServingDate: 01/15/2020								
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	13.54	0.16	0.01	0.00	76.26	2.65	0.51
Homemade Salsa - SR1007 (2 tbsp.)	15	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	5	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Korean Gochujang Sauce - SR2307 (1 tbsp.)	5	30.37	2.25	0.25	0.00	59.04	2.17	0.74
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	5	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Sriracha Mayonnaise - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Teriyaki Mayonnaise Sauce - SR1235 (1 tbsp.)	5	47.50	2.25	0.25	0.00	115.00	7.00	0.25
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Northeast Asia - Thursday (tier I) - ServingDate: 01/16/2020								
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Bartlett Pears - SR1194 (1/2 c.)	15	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	5	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	5	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	5	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Garden Side Salad - SR1429 (1 c.)	5	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chilled Corn - SR1033 (1/2 c.)	10	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06

Menu Calendar Nutrient Analysis Report - January, 2020

Site: Guthrie High School

Date: 01/01/2020 - 01/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Northeast Asia - Thursday (tier I) - ServingDate: 01/16/2020								
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	13.54	0.16	0.01	0.00	76.26	2.65	0.51
Homemade Salsa - SR1007 (2 tbsp.)	15	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	5	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Korean Gochujang Sauce - SR2307 (1 tbsp.)	5	30.37	2.25	0.25	0.00	59.04	2.17	0.74
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	5	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Sriracha Mayonnaise - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Teriyaki Mayonnaise Sauce - SR1235 (1 tbsp.)	5	47.50	2.25	0.25	0.00	115.00	7.00	0.25
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

Menu Calendar Nutrient Analysis Report - January, 2020

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 Date: 01/01/2020 - 01/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Northeast Asia - Friday (tier I) - ServingDate: 01/17/2020								
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Pineapple Tidbits - SR1495 (1/2 c.)	15	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	0.00	14.00	0.00
BP - Beans, pinto, low sodium, canned, drained, ready-to-serve - SR2046 (1/2 c.)	5	112.59	0.00	0.00	0.00	157.62	20.27	6.75
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	5	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	5	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	5	47.39	0.30	0.04	0.00	30.86	9.78	2.24
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16

Menu Calendar Nutrient Analysis Report - January, 2020

Site: Guthrie High School

Date: 01/01/2020 - 01/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Northeast Asia - Friday (tier I) - ServingDate: 01/17/2020								
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	13.54	0.16	0.01	0.00	76.26	2.65	0.51
Homemade Salsa - SR1007 (2 tbsp.)	15	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	5	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Korean Gochujang Sauce - SR2307 (1 tbsp.)	5	30.37	2.25	0.25	0.00	59.04	2.17	0.74
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	5	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Sriracha Mayonnaise - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Teriyaki Mayonnaise Sauce - SR1235 (1 tbsp.)	5	47.50	2.25	0.25	0.00	115.00	7.00	0.25
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

Menu Calendar Nutrient Analysis Report - January, 2020

Site: Guthrie High School
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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Northeast Asia - Tuesday (tier I) - ServingDate: 01/21/2020								
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Mixed Fruit Cocktail - SR1037 (1/2 c.)	15	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	5	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	5	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	5	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Caesar Side Salad - SR1428 (1 c.)	5	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Corn - SR1033 (1/2 c.)	10	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06

Menu Calendar Nutrient Analysis Report - January, 2020

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Northeast Asia - Tuesday (tier I) - ServingDate: 01/21/2020								
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	13.54	0.16	0.01	0.00	76.26	2.65	0.51
Homemade Salsa - SR1007 (2 tbsp.)	15	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	5	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Korean Gochujang Sauce - SR2307 (1 tbsp.)	5	30.37	2.25	0.25	0.00	59.04	2.17	0.74
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	5	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Sriracha Mayonnaise - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Teriyaki Mayonnaise Sauce - SR1235 (1 tbsp.)	5	47.50	2.25	0.25	0.00	115.00	7.00	0.25
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

Menu Calendar Nutrient Analysis Report - January, 2020

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Northeast Asia - Wednesday (tier I) - ServingDate: 01/22/2020								
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Peaches - SR1196 (1/2 c.)	15	57.95	0.04	0.00	0.00	5.27	15.24	0.83
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1036 (1/2 c.)	5	140.65	0.00	0.00	0.00	151.47	25.97	7.57
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	5	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	5	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	5	47.39	0.30	0.04	0.00	30.86	9.78	2.24
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06

Menu Calendar Nutrient Analysis Report - January, 2020

Site: Guthrie High School
Date: 01/01/2020 - 01/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Northeast Asia - Wednesday (tier I) - ServingDate: 01/22/2020								
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	13.54	0.16	0.01	0.00	76.26	2.65	0.51
Homemade Salsa - SR1007 (2 tbsp.)	15	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	5	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Korean Gochujang Sauce - SR2307 (1 tbsp.)	5	30.37	2.25	0.25	0.00	59.04	2.17	0.74
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	5	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Sriracha Mayonnaise - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Teriyaki Mayonnaise Sauce - SR1235 (1 tbsp.)	5	47.50	2.25	0.25	0.00	115.00	7.00	0.25
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

Menu Calendar Nutrient Analysis Report - January, 2020

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Date: 01/01/2020 - 01/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Northeast Asia - Thursday (tier I) - ServingDate: 01/23/2020								
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Bartlett Pears - SR1194 (1/2 c.)	15	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	5	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	5	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	5	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Garden Side Salad - SR1429 (1 c.)	5	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chilled Corn - SR1033 (1/2 c.)	10	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06

Menu Calendar Nutrient Analysis Report - January, 2020

Site: Guthrie High School
Date: 01/01/2020 - 01/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Northeast Asia - Thursday (tier I) - ServingDate: 01/23/2020								
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	13.54	0.16	0.01	0.00	76.26	2.65	0.51
Homemade Salsa - SR1007 (2 tbsp.)	15	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	5	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Korean Gochujang Sauce - SR2307 (1 tbsp.)	5	30.37	2.25	0.25	0.00	59.04	2.17	0.74
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	5	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Sriracha Mayonnaise - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Teriyaki Mayonnaise Sauce - SR1235 (1 tbsp.)	5	47.50	2.25	0.25	0.00	115.00	7.00	0.25
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

Menu Calendar Nutrient Analysis Report - January, 2020

Site: Guthrie High School

Date: 01/01/2020 - 01/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Northeast Asia - Friday (tier I) - ServingDate: 01/24/2020								
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Pineapple Tidbits - SR1495 (1/2 c.)	15	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	0.00	14.00	0.00
BP - Beans, pinto, low sodium, canned, drained, ready-to-serve - SR2046 (1/2 c.)	5	112.59	0.00	0.00	0.00	157.62	20.27	6.75
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	5	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	5	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	5	47.39	0.30	0.04	0.00	30.86	9.78	2.24
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16

Menu Calendar Nutrient Analysis Report - January, 2020

Site: Guthrie High School
 Date: 01/01/2020 - 01/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Northeast Asia - Friday (tier I) - ServingDate: 01/24/2020								
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	13.54	0.16	0.01	0.00	76.26	2.65	0.51
Homemade Salsa - SR1007 (2 tbsp.)	15	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	5	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Korean Gochujang Sauce - SR2307 (1 tbsp.)	5	30.37	2.25	0.25	0.00	59.04	2.17	0.74
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	5	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Sriracha Mayonnaise - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Teriyaki Mayonnaise Sauce - SR1235 (1 tbsp.)	5	47.50	2.25	0.25	0.00	115.00	7.00	0.25
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

Menu Calendar Nutrient Analysis Report - January, 2020

Site: Guthrie High School
Date: 01/01/2020 - 01/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Northeast Asia - Monday (tier I) - ServingDate: 01/27/2020								
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	15	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 Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chilled Black Beans - SR2006 (1/2 c.)	5	74.36	0.00	0.00	0.00	87.89	13.52	4.73
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	5	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	5	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	5	47.39	0.30	0.04	0.00	30.86	9.78	2.24
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16

Menu Calendar Nutrient Analysis Report - January, 2020

Site: Guthrie High School
Date: 01/01/2020 - 01/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Northeast Asia - Monday (tier I) - ServingDate: 01/27/2020								
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	13.54	0.16	0.01	0.00	76.26	2.65	0.51
Homemade Salsa - SR1007 (2 tbsp.)	15	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	5	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Korean Gochujang Sauce - SR2307 (1 tbsp.)	5	30.37	2.25	0.25	0.00	59.04	2.17	0.74
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	5	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Sriracha Mayonnaise - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Teriyaki Mayonnaise Sauce - SR1235 (1 tbsp.)	5	47.50	2.25	0.25	0.00	115.00	7.00	0.25
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

Menu Calendar Nutrient Analysis Report - January, 2020

Site: Guthrie High School
 Date: 01/01/2020 - 01/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Northeast Asia - Tuesday (tier I) - ServingDate: 01/28/2020								
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Mixed Fruit Cocktail - SR1037 (1/2 c.)	15	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	5	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	5	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	5	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Caesar Side Salad - SR1428 (1 c.)	5	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Corn - SR1033 (1/2 c.)	10	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06

Menu Calendar Nutrient Analysis Report - January, 2020

Site: Guthrie High School

Date: 01/01/2020 - 01/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Northeast Asia - Tuesday (tier I) - ServingDate: 01/28/2020								
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	13.54	0.16	0.01	0.00	76.26	2.65	0.51
Homemade Salsa - SR1007 (2 tbsp.)	15	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	5	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Korean Gochujang Sauce - SR2307 (1 tbsp.)	5	30.37	2.25	0.25	0.00	59.04	2.17	0.74
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	5	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Sriracha Mayonnaise - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Teriyaki Mayonnaise Sauce - SR1235 (1 tbsp.)	5	47.50	2.25	0.25	0.00	115.00	7.00	0.25
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

Menu Calendar Nutrient Analysis Report - January, 2020

Site: Guthrie High School

Date: 01/01/2020 - 01/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Northeast Asia - Wednesday (tier I) - ServingDate: 01/29/2020								
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Peaches - SR1196 (1/2 c.)	15	57.95	0.04	0.00	0.00	5.27	15.24	0.83
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1036 (1/2 c.)	5	140.65	0.00	0.00	0.00	151.47	25.97	7.57
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	5	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	5	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	5	47.39	0.30	0.04	0.00	30.86	9.78	2.24
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06

Menu Calendar Nutrient Analysis Report - January, 2020

Site: Guthrie High School
Date: 01/01/2020 - 01/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Northeast Asia - Wednesday (tier I) - ServingDate: 01/29/2020								
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	13.54	0.16	0.01	0.00	76.26	2.65	0.51
Homemade Salsa - SR1007 (2 tbsp.)	15	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	5	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Korean Gochujang Sauce - SR2307 (1 tbsp.)	5	30.37	2.25	0.25	0.00	59.04	2.17	0.74
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	5	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Sriracha Mayonnaise - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Teriyaki Mayonnaise Sauce - SR1235 (1 tbsp.)	5	47.50	2.25	0.25	0.00	115.00	7.00	0.25
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

Menu Calendar Nutrient Analysis Report - January, 2020

Site: Guthrie High School

Date: 01/01/2020 - 01/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Northeast Asia - Thursday (tier I) - ServingDate: 01/30/2020								
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Bartlett Pears - SR1194 (1/2 c.)	15	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	5	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	5	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	5	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Garden Side Salad - SR1429 (1 c.)	5	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chilled Corn - SR1033 (1/2 c.)	10	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06

Menu Calendar Nutrient Analysis Report - January, 2020

Site: Guthrie High School

Date: 01/01/2020 - 01/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Northeast Asia - Thursday (tier I) - ServingDate: 01/30/2020								
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	13.54	0.16	0.01	0.00	76.26	2.65	0.51
Homemade Salsa - SR1007 (2 tbsp.)	15	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	5	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Korean Gochujang Sauce - SR2307 (1 tbsp.)	5	30.37	2.25	0.25	0.00	59.04	2.17	0.74
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	5	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Sriracha Mayonnaise - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Teriyaki Mayonnaise Sauce - SR1235 (1 tbsp.)	5	47.50	2.25	0.25	0.00	115.00	7.00	0.25
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

Menu Calendar Nutrient Analysis Report - January, 2020

Site: Guthrie High School

Date: 01/01/2020 - 01/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Northeast Asia - Friday (tier I) - ServingDate: 01/31/2020								
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Pineapple Tidbits - SR1495 (1/2 c.)	15	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	0.00	14.00	0.00
BP - Beans, pinto, low sodium, canned, drained, ready-to-serve - SR2046 (1/2 c.)	5	112.59	0.00	0.00	0.00	157.62	20.27	6.75
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	5	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	5	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	5	47.39	0.30	0.04	0.00	30.86	9.78	2.24
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16

Menu Calendar Nutrient Analysis Report - January, 2020

Site: Guthrie High School

Date: 01/01/2020 - 01/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Northeast Asia - Friday (tier I) - ServingDate: 01/31/2020								
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	13.54	0.16	0.01	0.00	76.26	2.65	0.51
Homemade Salsa - SR1007 (2 tbsp.)	15	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	5	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Korean Gochujang Sauce - SR2307 (1 tbsp.)	5	30.37	2.25	0.25	0.00	59.04	2.17	0.74
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	5	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Sriracha Mayonnaise - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Teriyaki Mayonnaise Sauce - SR1235 (1 tbsp.)	5	47.50	2.25	0.25	0.00	115.00	7.00	0.25
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

Legend

Powered by PrimeroEdge for: Guthrie

Menu Calendar Nutrient Analysis Report - January, 2020

Site: Guthrie High School
Date: 01/01/2020 - 01/31/2020

(M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch
Site Group: Taste4
Menu Line: T4-Extras Bar (Garden, Milk, Condiments)
Serving Group: 9-12
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.