

Menu Calendar Nutrient Analysis Report - December, 2018

Site: Guthrie High School
 Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SY 18-19 XR2 Fast Takes - Week 4 Day 1 GUTHRIE - ServingDate: 12/03/2018								
Hearty Garden Salad - OKR1069 (1 salad)	10	149.60	3.85	0.89	0.00	125.78	19.88	9.83
Sweet & Spicy Sandwich - OKR1012 (1 sandwich)	15	409.25	17.34	5.86	0.00	1033.63	39.02	24.07
Strawberry Fields Parfait - SR1738 (1 parfait)	25	489.55	7.67	1.68	0.00	235.67	97.51	10.35
Baked Cheetos - OKR1523 (1 pkg.)	0	120.00	4.50	1.00	0.00	200.00	17.00	2.00
Baked Flamin Hot Cheetos - OKR1524 (1 pkg.)	0	120.00	4.50	1.00	0.00	200.00	17.00	2.00
Sun Chips - OKR1326 (1 pkg.)	0	140.00	6.00	0.50	0.00	110.00	19.00	2.00
Twisted Breadstick - OKR1002 (2 breadstick)	10	160.00	2.00	0.00	0.00	200.00	28.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	2	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Pineapple Tidbits - SR1495 (1/2 c.)	2	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Banana - SR1166 (1 medium (7"))	2	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	2	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Baby Carrots - SR1016 (1/2 c.)	5	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	2	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	5	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00

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SY 18-19 XR2 Fast Takes - Week 4 Day 1 GUTHRIE - ServingDate: 12/03/2018								
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	20	22.06	1.10	0.22	0.00	141.18	3.53	0.00
SY 18-19 XR2 Fast Takes - Week 4 Day 2 GUTHRIE - ServingDate: 12/04/2018								
Classic Chef Salad - SR1083 (1 salad)	15	225.85	12.66	4.82	0.00	638.77	7.77	20.97
Fiesta Wrap - OKR1139 (1 wrap)	10	383.46	15.95	4.12	0.00	790.06	43.01	16.97
Strawberry Banana Parfait - SR1737 (1 parfait)	0	461.48	7.71	1.72	0.00	234.04	89.49	10.41
Baked Cheetos - OKR1523 (1 pkg.)	0	120.00	4.50	1.00	0.00	200.00	17.00	2.00
Baked Flamin Hot Cheetos - OKR1524 (1 pkg.)	0	120.00	4.50	1.00	0.00	200.00	17.00	2.00
Sun Chips - OKR1326 (1 pkg.)	0	140.00	6.00	0.50	0.00	110.00	19.00	2.00
Twisted Breadstick - OKR1002 (2 breadstick)	10	160.00	2.00	0.00	0.00	200.00	28.00	6.00
Apple - OKR1087 (1 Whole Appl)	2	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Peaches - SR1196 (1/2 c.)	2	57.95	0.04	0.00	0.00	5.27	15.24	0.83
Banana - SR1166 (1 medium (7"))	2	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	2	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	5	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
Caesar Side Salad - SR1428 (1 c.)	2	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Chocolate Skim Milk - OKR1062 (8 oz.)	10	120.00	0.00	0.00	0.00	180.00	20.00	8.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SY 18-19 XR2 Fast Takes - Week 4 Day 2 GUTHRIE - ServingDate: 12/04/2018								
White 1% Milk - OKR1061 (8 oz.)	10	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	25	22.06	1.10	0.22	0.00	141.18	3.53	0.00
SY 18-19 XR2 Fast Takes - Week 4 Day 3 GUTHRIE - ServingDate: 12/05/2018								
Large Crispy Chicken Salad - OKR1461 (1 salad)	10	302.02	16.09	4.43	0.00	455.95	23.36	18.43
Just Peachy Parfait - SR1735 (1 parfait)	25	424.61	7.54	1.67	0.00	236.94	79.57	10.50
Southwest Turkey Sandwich - OKR1020 (1 sandwich)	15	413.69	16.24	4.85	0.00	837.33	38.18	25.47
Baked Cheetos - OKR1523 (1 pkg.)	0	120.00	4.50	1.00	0.00	200.00	17.00	2.00
Baked Flamin Hot Cheetos - OKR1524 (1 pkg.)	0	120.00	4.50	1.00	0.00	200.00	17.00	2.00
Sun Chips - OKR1326 (1 pkg.)	0	140.00	6.00	0.50	0.00	110.00	19.00	2.00
Twisted Breadstick - OKR1002 (2 breadstick)	10	160.00	2.00	0.00	0.00	200.00	28.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	2	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	2	53.58	0.13	0.01	0.00	2.55	14.38	0.22

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SY 18-19 XR2 Fast Takes - Week 4 Day 3 GUTHRIE - ServingDate: 12/05/2018								
Banana - SR1166 (1 medium (7"))	2	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	2	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Baby Carrots - SR1016 (1/2 c.)	5	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	2	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	10	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	20	22.06	1.10	0.22	0.00	141.18	3.53	0.00
SY 18-19 XR2 Fast Takes - Week 4 Day 4 GUTHRIE - ServingDate: 12/06/2018								
Double Berry Parfait - SR1602 (1 parfait)	25	447.57	7.83	1.69	0.00	234.05	85.57	10.17
Chipotle Lime Southwest Wrap - SR1150 (1 wrap)	10	374.83	13.66	3.56	0.00	652.69	44.16	19.93
Chicken Caesar Salad - SR1094 (1 salad)	15	168.09	6.93	2.05	0.00	440.50	8.68	19.84
Baked Cheetos - OKR1523 (1 pkg.)	0	120.00	4.50	1.00	0.00	200.00	17.00	2.00
Baked Flamin Hot Cheetos - OKR1524 (1 pkg.)	0	120.00	4.50	1.00	0.00	200.00	17.00	2.00
Sun Chips - OKR1326 (1 pkg.)	0	140.00	6.00	0.50	0.00	110.00	19.00	2.00

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SY 18-19 XR2 Fast Takes - Week 4 Day 4 GUTHRIE - ServingDate: 12/06/2018								
Twisted Breadstick - OKR1002 (2 breadstick)	15	160.00	2.00	0.00	0.00	200.00	28.00	6.00
Apple - OKR1087 (1 Whole Appl)	2	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Bartlett Pears - SR1194 (1/2 c.)	2	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Banana - SR1166 (1 medium (7"))	2	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	2	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	5	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
Caesar Side Salad - SR1428 (1 c.)	2	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Chocolate Skim Milk - OKR1062 (8 oz.)	5	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	10	22.06	1.10	0.22	0.00	141.18	3.53	0.00
SY 18-19 XR2 Fast Takes - Week 4 Day 5 GUTHRIE - ServingDate: 12/07/2018								
Blueberry Patch Parfait - SR1733 (1 parfait)	25	405.60	7.99	1.71	0.00	232.43	73.62	9.99
Cobb Salad - OKR1103 (1 salad)	15	173.42	9.38	3.92	0.00	496.68	6.85	16.44

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SY 18-19 XR2 Fast Takes - Week 4 Day 5 GUTHRIE - ServingDate: 12/07/2018								
Sunbutter & Jelly Sandwich - SR1062 (1 sandwich)	10	585.02	34.84	4.11	0.00	526.27	51.26	20.37
Baked Cheetos - OKR1523 (1 pkg.)	0	120.00	4.50	1.00	0.00	200.00	17.00	2.00
Baked Flamin Hot Cheetos - OKR1524 (1 pkg.)	0	120.00	4.50	1.00	0.00	200.00	17.00	2.00
Sun Chips - OKR1326 (1 pkg.)	0	140.00	6.00	0.50	0.00	110.00	19.00	2.00
Twisted Breadstick - OKR1002 (2 breadstick)	15	160.00	2.00	0.00	0.00	200.00	28.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	2	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Mixed Fruit Cocktail - SR1037 (1/2 c.)	2	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Banana - SR1166 (1 medium (7"))	2	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	2	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	2	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	10	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	20	22.06	1.10	0.22	0.00	141.18	3.53	0.00

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SY 18-19 XR2 Fast Takes - Week 5 Day 1 GUTHRIE - ServingDate: 12/10/2018								
Hearty Garden Salad - OKR1069 (1 salad)	10	149.60	3.85	0.89	0.00	125.78	19.88	9.83
Southwest Turkey Sandwich - OKR1020 (1 sandwich)	15	413.69	16.24	4.85	0.00	837.33	38.18	25.47
Strawberry Fields Parfait - SR1738 (1 parfait)	25	489.55	7.67	1.68	0.00	235.67	97.51	10.35
Baked Cheetos - OKR1523 (1 pkg.)	0	120.00	4.50	1.00	0.00	200.00	17.00	2.00
Baked Flamin Hot Cheetos - OKR1524 (1 pkg.)	0	120.00	4.50	1.00	0.00	200.00	17.00	2.00
Sun Chips - OKR1326 (1 pkg.)	0	140.00	6.00	0.50	0.00	110.00	19.00	2.00
Twisted Breadstick - OKR1002 (2 breadstick)	10	160.00	2.00	0.00	0.00	200.00	28.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	2	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Pineapple Tidbits - SR1495 (1/2 c.)	2	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Banana - SR1166 (1 medium (7"))	2	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	2	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Baby Carrots - SR1016 (1/2 c.)	5	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	2	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	5	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00

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SY 18-19 XR2 Fast Takes - Week 5 Day 1 GUTHRIE - ServingDate: 12/10/2018								
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	25	22.06	1.10	0.22	0.00	141.18	3.53	0.00
SY 18-19 XR2 Fast Takes - Week 5 Day 2 GUTHRIE - ServingDate: 12/11/2018								
Classic Chef Salad - SR1083 (1 salad)	15	225.85	12.66	4.82	0.00	638.77	7.77	20.97
Chicken Caesar Flatbread - OKR1474 (1 ea.)	10	398.24	19.62	4.60	0.00	675.09	31.09	26.96
Strawberry Banana Parfait - SR1737 (1 parfait)	25	461.48	7.71	1.72	0.00	234.04	89.49	10.41
Baked Cheetos - OKR1523 (1 pkg.)	0	120.00	4.50	1.00	0.00	200.00	17.00	2.00
Baked Flamin Hot Cheetos - OKR1524 (1 pkg.)	0	120.00	4.50	1.00	0.00	200.00	17.00	2.00
Sun Chips - OKR1326 (1 pkg.)	0	140.00	6.00	0.50	0.00	110.00	19.00	2.00
Twisted Breadstick - OKR1002 (2 breadstick)	15	160.00	2.00	0.00	0.00	200.00	28.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	2	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Peaches - SR1196 (1/2 c.)	2	57.95	0.04	0.00	0.00	5.27	15.24	0.83
Banana - SR1166 (1 medium (7"))	2	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	2	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	2	169.83	15.80	3.27	0.00	350.10	4.86	3.70

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SY 18-19 XR2 Fast Takes - Week 5 Day 2 GUTHRIE - ServingDate: 12/11/2018								
Chocolate Skim Milk - OKR1062 (8 oz.)	10	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (2 tbsp.)	12	130.00	14.00	2.50	0.00	210.00	1.00	1.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	20	22.06	1.10	0.22	0.00	141.18	3.53	0.00
SY 18-19 XR2 Fast Takes - Week 5 Day 3 GUTHRIE - ServingDate: 12/12/2018								
Chicken Salad Sub Sandwich - SR1200 (1 sandwich)	10	341.88	12.69	1.59	0.00	490.18	33.15	22.82
Just Peachy Parfait - SR1735 (1 parfait)	0	424.61	7.54	1.67	0.00	236.94	79.57	10.50
Southwest Barbecue Chicken Salad - SR1958 (1 salad)	0	277.05	9.78	3.55	0.02	849.22	22.96	26.05
Baked Cheetos - OKR1523 (1 pkg.)	0	120.00	4.50	1.00	0.00	200.00	17.00	2.00
Baked Flamin Hot Cheetos - OKR1524 (1 pkg.)	0	120.00	4.50	1.00	0.00	200.00	17.00	2.00
Sun Chips - OKR1326 (1 pkg.)	0	140.00	6.00	0.50	0.00	110.00	19.00	2.00
Twisted Breadstick - OKR1002 (2 breadstick)	15	160.00	2.00	0.00	0.00	200.00	28.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00

Menu Calendar Nutrient Analysis Report - December, 2018

Site: Guthrie High School
 Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SY 18-19 XR2 Fast Takes - Week 5 Day 3 GUTHRIE - ServingDate: 12/12/2018								
Apple - OKR1087 (1 Whole Appl)	2	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	2	53.58	0.13	0.01	0.00	2.55	14.38	0.22
Banana - SR1166 (1 medium (7"))	2	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	2	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Baby Carrots - SR1016 (1/2 c.)	5	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	2	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	5	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	20	22.06	1.10	0.22	0.00	141.18	3.53	0.00
SY 18-19 XR2 Fast Takes - Week 5 Day 4 GUTHRIE - ServingDate: 12/13/2018								
Spicy Buffalo Chicken Wrap - OKR1231 (1 wrap)	15	458.90	21.28	5.01	0.00	2009.51	48.33	19.82
Double Berry Parfait - SR1602 (1 parfait)	25	447.57	7.83	1.69	0.00	234.05	85.57	10.17
Chicken Caesar Salad - SR1094 (1 salad)	10	168.09	6.93	2.05	0.00	440.50	8.68	19.84
Baked Cheetos - OKR1523 (1 pkg.)	0	120.00	4.50	1.00	0.00	200.00	17.00	2.00

Menu Calendar Nutrient Analysis Report - December, 2018

Site: Guthrie High School
 Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SY 18-19 XR2 Fast Takes - Week 5 Day 4 GUTHRIE - ServingDate: 12/13/2018								
Baked Flamin Hot Cheetos - OKR1524 (1 pkg.)	0	120.00	4.50	1.00	0.00	200.00	17.00	2.00
Sun Chips - OKR1326 (1 pkg.)	0	140.00	6.00	0.50	0.00	110.00	19.00	2.00
Twisted Breadstick - OKR1002 (2 breadstick)	10	160.00	2.00	0.00	0.00	200.00	28.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	2	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Bartlett Pears - SR1194 (1/2 c.)	2	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Banana - SR1166 (1 medium (7"))	2	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	2	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1/2 c.)	2	84.91	7.90	1.64	0.00	175.05	2.43	1.85
Chocolate Skim Milk - OKR1062 (8 oz.)	10	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	20	22.06	1.10	0.22	0.00	141.18	3.53	0.00

Menu Calendar Nutrient Analysis Report - December, 2018

Site: Guthrie High School
 Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SY 18-19 XR2 Fast Takes - Week 5 Day 5 GUTHRIE - ServingDate: 12/14/2018								
Blueberry Patch Parfait - SR1733 (1 parfait)	25	405.60	7.99	1.71	0.00	232.43	73.62	9.99
Large Buffalo Salad - OKR1233 (1 salad)	15	293.17	15.29	4.28	0.00	1674.78	24.06	17.51
Sunbutter & Jelly Sandwich - SR1062 (1 sandwich)	10	585.02	34.84	4.11	0.00	526.27	51.26	20.37
Baked Cheetos - OKR1523 (1 pkg.)	0	120.00	4.50	1.00	0.00	200.00	17.00	2.00
Baked Flamin Hot Cheetos - OKR1524 (1 pkg.)	0	120.00	4.50	1.00	0.00	200.00	17.00	2.00
Sun Chips - OKR1326 (1 pkg.)	0	140.00	6.00	0.50	0.00	110.00	19.00	2.00
Twisted Breadstick - OKR1002 (2 breadstick)	15	160.00	2.00	0.00	0.00	200.00	28.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	2	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Mixed Fruit Cocktail - SR1037 (1/2 c.)	2	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Banana - SR1166 (1 medium (7"))	2	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	2	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	2	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	5	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	2	45.00	4.00	0.50	0.00	130.00	2.00	0.00

Menu Calendar Nutrient Analysis Report - December, 2018

Site: Guthrie High School
 Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SY 18-19 XR2 Fast Takes - Week 5 Day 5 GUTHRIE - ServingDate: 12/14/2018								
Yellow Mustard - SR1006 (1 tbsp.)	2	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	22	22.06	1.10	0.22	0.00	141.18	3.53	0.00
SY 18-19 XR2 Fast Takes - Week 1 Day 1 GUTHRIE - ServingDate: 12/17/2018								
Hearty Garden Salad - OKR1069 (1 salad)	10	149.60	3.85	0.89	0.00	125.78	19.88	9.83
Southwest Turkey Sandwich - OKR1020 (1 sandwich)	15	413.69	16.24	4.85	0.00	837.33	38.18	25.47
Strawberry Fields Parfait - SR1738 (1 parfait)	25	489.55	7.67	1.68	0.00	235.67	97.51	10.35
Baked Cheetos - OKR1523 (1 pkg.)	0	120.00	4.50	1.00	0.00	200.00	17.00	2.00
Baked Flamin Hot Cheetos - OKR1524 (1 pkg.)	0	120.00	4.50	1.00	0.00	200.00	17.00	2.00
Sun Chips - OKR1326 (1 pkg.)	0	140.00	6.00	0.50	0.00	110.00	19.00	2.00
Twisted Breadstick - OKR1002 (2 breadstick)	10	160.00	2.00	0.00	0.00	200.00	28.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	2	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Pineapple Tidbits - SR1495 (1/2 c.)	4	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Banana - SR1166 (1 medium (7"))	2	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	2	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Baby Carrots - SR1016 (1/2 c.)	2	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	5	18.89	0.18	0.03	0.00	31.03	3.96	1.15

Menu Calendar Nutrient Analysis Report - December, 2018

Site: Guthrie High School
 Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SY 18-19 XR2 Fast Takes - Week 1 Day 1 GUTHRIE - ServingDate: 12/17/2018								
Chocolate Skim Milk - OKR1062 (8 oz.)	7	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	7	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	7	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	40.00	0.00	0.00	0.00	320.00	10.00	0.00
Light Mayonnaise - SR1005 (1 tbsp.)	3	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	2	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	10	22.06	1.10	0.22	0.00	141.18	3.53	0.00
SY 18-19 XR2 Fast Takes - Week 1 Day 3 GUTHRIE - ServingDate: 12/19/2018								
Chicken Salad Sub Sandwich - SR1200 (1 sandwich)	10	341.88	12.69	1.59	0.00	490.18	33.15	22.82
Just Peachy Parfait - SR1735 (1 parfait)	25	424.61	7.54	1.67	0.00	236.94	79.57	10.50
Southwest Barbecue Chicken Salad - SR1958 (1 salad)	15	277.05	9.78	3.55	0.02	849.22	22.96	26.05
Baked Cheetos - OKR1523 (1 pkg.)	0	120.00	4.50	1.00	0.00	200.00	17.00	2.00
Baked Flamin Hot Cheetos - OKR1524 (1 pkg.)	0	120.00	4.50	1.00	0.00	200.00	17.00	2.00
Sun Chips - OKR1326 (1 pkg.)	0	140.00	6.00	0.50	0.00	110.00	19.00	2.00
Twisted Breadstick - OKR1002 (2 breadstick)	15	160.00	2.00	0.00	0.00	200.00	28.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	4	95.00	0.31	0.05	0.00	1.82	25.13	0.47

Menu Calendar Nutrient Analysis Report - December, 2018

Site: Guthrie High School
 Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SY 18-19 XR2 Fast Takes - Week 1 Day 3 GUTHRIE - ServingDate: 12/19/2018								
Unsweetened Applesauce - SR1195 (1/2 c.)	2	53.58	0.13	0.01	0.00	2.55	14.38	0.22
Banana - SR1166 (1 medium (7"))	2	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	2	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Baby Carrots - SR1016 (1/2 c.)	3	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	2	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	5	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	10	22.06	1.10	0.22	0.00	141.18	3.53	0.00
SY 18-19 XR2 Fast Takes - Week 1 Day 4 GUTHRIE - ServingDate: 12/20/2018								
Spicy Buffalo Chicken Wrap - OKR1231 (1 wrap)	15	458.90	21.28	5.01	0.00	2009.51	48.33	19.82
Double Berry Parfait - SR1602 (1 parfait)	25	447.57	7.83	1.69	0.00	234.05	85.57	10.17
Chicken Caesar Salad - SR1094 (1 salad)	10	168.09	6.93	2.05	0.00	440.50	8.68	19.84
Baked Cheetos - OKR1523 (1 pkg.)	0	120.00	4.50	1.00	0.00	200.00	17.00	2.00
Baked Flamin Hot Cheetos - OKR1524 (1 pkg.)	0	120.00	4.50	1.00	0.00	200.00	17.00	2.00

Menu Calendar Nutrient Analysis Report - December, 2018

Site: Guthrie High School
 Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SY 18-19 XR2 Fast Takes - Week 1 Day 4 GUTHRIE - ServingDate: 12/20/2018								
Sun Chips - OKR1326 (1 pkg.)	0	140.00	6.00	0.50	0.00	110.00	19.00	2.00
Twisted Breadstick - OKR1002 (2 breadstick)	10	160.00	2.00	0.00	0.00	200.00	28.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	2	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Bartlett Pears - SR1194 (1/2 c.)	2	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Banana - SR1166 (1 medium (7"))	2	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	2	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	2	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Chocolate Skim Milk - OKR1062 (8 oz.)	5	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (2 tbsp.)	10	130.00	14.00	2.50	0.00	210.00	1.00	1.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	22.06	1.10	0.22	0.00	141.18	3.53	0.00

Menu Calendar Nutrient Analysis Report - December, 2018

Site: Guthrie High School
 Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SY 18-19 XR2 Fast Takes - Week 1 Day 5 GUTHRIE - ServingDate: 12/21/2018								
Blueberry Patch Parfait - SR1733 (1 parfait)	25	405.60	7.99	1.71	0.00	232.43	73.62	9.99
Large Buffalo Salad - OKR1233 (1 salad)	10	293.17	15.29	4.28	0.00	1674.78	24.06	17.51
Sunbutter & Jelly Sandwich - SR1062 (1 sandwich)	15	585.02	34.84	4.11	0.00	526.27	51.26	20.37
Baked Cheetos - OKR1523 (1 pkg.)	0	120.00	4.50	1.00	0.00	200.00	17.00	2.00
Baked Flamin Hot Cheetos - OKR1524 (1 pkg.)	0	120.00	4.50	1.00	0.00	200.00	17.00	2.00
Sun Chips - OKR1326 (1 pkg.)	0	140.00	6.00	0.50	0.00	110.00	19.00	2.00
Twisted Breadstick - OKR1002 (2 breadstick)	10	160.00	2.00	0.00	0.00	200.00	28.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	2	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Mixed Fruit Cocktail - SR1037 (1/2 c.)	2	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Banana - SR1166 (1 medium (7"))	2	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	2	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	2	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	5	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	2	45.00	4.00	0.50	0.00	130.00	2.00	0.00

Menu Calendar Nutrient Analysis Report - December, 2018

Site: Guthrie High School
 Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SY 18-19 XR2 Fast Takes - Week 1 Day 5 GUTHRIE - ServingDate: 12/21/2018								
Yellow Mustard - SR1006 (1 tbsp.)	2	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	15	22.06	1.10	0.22	0.00	141.18	3.53	0.00

Legend
 (M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch
 Site Group: CrossRoads Café
 Menu Line: CRC-Fast Takes
 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.