

# 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)
<b>SY 18-19 XR2 Grill - Week 4 Day 1 GUTHRIE - ServingDate: 12/03/2018</b>								
Deluxe Cheeseburger - OKR1164 (1 burger)	75	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Chicken Burger - OKR1124 (1 burger)	50	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Traditional Hamburger - OKR1165 (1 burger)	50	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	125	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - OKR1532 (1 roll.)	0	170.00	3.00	0.00	0.00	140.00	29.00	7.00
Apple - OKR1087 (1 Whole Appl)	25	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Pineapple Tidbits - SR1495 (1/2 c.)	10	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Tater Tots - OKR1073 (1/2 c.)	150	90.55	3.52	0.00	0.00	171.03	14.09	1.01
Baby Carrots - SR1016 (1/2 c.)	50	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	50	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Barbecue Sauce - SR1008 (1 tbsp.)	20	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	20	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00

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<b>SY 18-19 XR2 Grill - Week 4 Day 1 GUTHRIE - ServingDate: 12/03/2018</b>								
Dill Pickle Chips - SR1399 (2 tbsp.)	40	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Diced Yellow Onion - SR1264 (2 tbsp.)	20	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Sliced Red Tomatoes - SR1536 (2 tbsp.)	20	4.03	0.05	0.01	0.00	1.12	0.87	0.20
<b>SY 18-19 XR2 Grill - Week 4 Day 2 GUTHRIE - ServingDate: 12/04/2018</b>								
Deluxe Cheeseburger - OKR1164 (1 burger)	75	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Chicken Burger - OKR1124 (1 burger)	50	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Traditional Hamburger - OKR1165 (1 burger)	75	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	100	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - OKR1532 (1 roll.)	0	170.00	3.00	0.00	0.00	140.00	29.00	7.00
Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Peaches - SR1196 (1/2 c.)	10	57.95	0.04	0.00	0.00	5.27	15.24	0.83
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Vegetarian Baked Beans - OKR1318 (1/2 c.)	175	173.29	0.01	0.00	0.00	821.27	39.45	7.52
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	50	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Chocolate Skim Milk - OKR1062 (8 oz.)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00

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<b>SY 18-19 XR2 Grill - Week 4 Day 2 GUTHRIE - ServingDate: 12/04/2018</b>								
White 1% Milk - OKR1061 (8 oz.)	50	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	50	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Barbecue Sauce - SR1008 (1 tbsp.)	20	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	30	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	40	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Diced Yellow Onion - SR1264 (2 tbsp.)	20	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Sliced Red Tomatoes - SR1536 (2 tbsp.)	20	4.03	0.05	0.01	0.00	1.12	0.87	0.20
<b>SY 18-19 XR2 Grill - Week 4 Day 3 GUTHRIE - ServingDate: 12/05/2018</b>								
Barbecue Rib Sandwich - OKR1132 (1 sandwich)	75	332.89	12.00	3.50	0.10	861.89	42.01	18.00
Chicken Burger - OKR1124 (1 burger)	25	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Traditional Hamburger - SR1107 (1 burger)	25	270.00	9.00	3.00	0.00	440.00	28.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	75	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - OKR1532 (1 roll.)	0	170.00	3.00	0.00	0.00	140.00	29.00	7.00
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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<b>SY 18-19 XR2 Grill - Week 4 Day 3 GUTHRIE - ServingDate: 12/05/2018</b>								
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)	100	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	25	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Sweet Potato Crinkle Cut Fries - OKR1525 (1/2 c.)	25	120.86	4.53	0.50	0.00	181.29	17.12	2.01
Chocolate Skim Milk - OKR1062 (8 oz.)	0	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Barbecue Sauce - SR1008 (1 tbsp.)	20	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	20	2.52	0.03	0.00	0.00	1.80	0.54	0.16
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.)	30	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Diced Yellow Onion - SR1264 (2 tbsp.)	20	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Sliced Red Tomatoes - SR1536 (2 tbsp.)	20	4.03	0.05	0.01	0.00	1.12	0.87	0.20
<b>SY 18-19 XR2 Grill - Week 4 Day 4 GUTHRIE - ServingDate: 12/06/2018</b>								
Deluxe Cheeseburger - OKR1164 (1 burger)	50	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Chicken Burger - OKR1124 (1 burger)	25	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Chicken Fried Steak Sandwich - OKR1234 (1 sandwich)	50	470.00	21.00	5.00	0.00	590.00	50.00	22.00

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<b>SY 18-19 XR2 Grill - Week 4 Day 4 GUTHRIE - ServingDate: 12/06/2018</b>								
Traditional Hamburger - OKR1165 (1 burger)	25	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	50	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
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)	150	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Country Style Potato Wedges - OKR1399 (1/2 c.)	150	119.95	4.00	0.50	0.00	139.95	19.99	2.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	50	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	50	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Barbecue Sauce - SR1008 (1 tbsp.)	20	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	20	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	30	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Diced Yellow Onion - SR1264 (2 tbsp.)	20	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Sliced Red Tomatoes - SR1536 (2 tbsp.)	20	4.03	0.05	0.01	0.00	1.12	0.87	0.20

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<b>SY 18-19 XR2 Grill - Week 4 Day 5 GUTHRIE - ServingDate: 12/07/2018</b>								
Bacon Cheeseburger - OKR1347 (1 ea.)	100	380.00	16.17	6.50	0.00	831.67	34.00	22.17
Deluxe Cheeseburger - OKR1164 (1 burger)	50	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Chicken Burger - OKR1124 (1 burger)	25	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Traditional Hamburger - OKR1165 (1 burger)	25	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	50	430.00	17.00	3.00	0.00	670.00	48.00	21.00
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)	150	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Baked French Fries - SR1444 (1/2 c.)	200	102.93	3.56	0.40	0.00	126.68	17.42	1.58
Celery Sticks - SR1014 (6 stick.)	50	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	50	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Barbecue Sauce - SR1008 (1 tbsp.)	20	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	20	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	40	0.00	0.00	0.00	0.00	255.73	0.00	0.00

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<b>SY 18-19 XR2 Grill - Week 4 Day 5 GUTHRIE - ServingDate: 12/07/2018</b>								
Diced Yellow Onion - SR1264 (2 tbsp.)	20	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Sliced Red Tomatoes - SR1536 (2 tbsp.)	20	4.03	0.05	0.01	0.00	1.12	0.87	0.20
<b>SY 18-19 XR2 Grill - Week 5 Day 1 GUTHRIE - ServingDate: 12/10/2018</b>								
Deluxe Cheeseburger - OKR1164 (1 burger)	50	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Chicken Burger - OKR1124 (1 burger)	50	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Traditional Hamburger - OKR1165 (1 burger)	75	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	75	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - OKR1532 (1 roll.)	0	170.00	3.00	0.00	0.00	140.00	29.00	7.00
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.)	20	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))	20	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	200	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Tater Tots - OKR1073 (1/2 c.)	200	90.55	3.52	0.00	0.00	171.03	14.09	1.01
Baby Carrots - SR1016 (1/2 c.)	50	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	118.34	2.69	1.61	0.00	139.86	13.99	8.61

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<b>SY 18-19 XR2 Grill - Week 5 Day 1 GUTHRIE - ServingDate: 12/10/2018</b>								
White Skim Milk - OKR1060 (8 oz.)	50	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Barbecue Sauce - SR1008 (1 tbsp.)	20	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	20	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	40	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Diced Yellow Onion - SR1264 (2 tbsp.)	20	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Sliced Red Tomatoes - SR1536 (2 tbsp.)	20	4.03	0.05	0.01	0.00	1.12	0.87	0.20
<b>SY 18-19 XR2 Grill - Week 5 Day 2 GUTHRIE - ServingDate: 12/11/2018</b>								
Deluxe Cheeseburger - OKR1164 (1 burger)	75	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Chicken Burger - OKR1124 (1 burger)	50	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Traditional Hamburger - OKR1165 (1 burger)	75	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	50	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - OKR1532 (1 roll.)	0	170.00	3.00	0.00	0.00	140.00	29.00	7.00
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.)	20	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))	20	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	150	60.00	0.00	0.00	0.00	0.00	14.00	0.00



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<b>SY 18-19 XR2 Grill - Week 5 Day 2 GUTHRIE - ServingDate: 12/11/2018</b>								
Vegetarian Baked Beans - OKR1318 (1/2 c.)	150	173.29	0.01	0.00	0.00	821.27	39.45	7.52
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	50	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	50	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Barbecue Sauce - SR1008 (1 tbsp.)	20	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	20	2.52	0.03	0.00	0.00	1.80	0.54	0.16
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
Diced Yellow Onion - SR1264 (2 tbsp.)	20	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Sliced Red Tomatoes - SR1536 (2 tbsp.)	20	4.03	0.05	0.01	0.00	1.12	0.87	0.20
<b>SY 18-19 XR2 Grill - Week 5 Day 3 GUTHRIE - ServingDate: 12/12/2018</b>								
Barbecue Rib Sandwich - OKR1132 (1 sandwich)	75	332.89	12.00	3.50	0.10	861.89	42.01	18.00
Deluxe Cheeseburger - OKR1164 (1 burger)	50	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Chicken Burger - OKR1124 (1 burger)	25	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Traditional Hamburger - SR1107 (1 burger)	25	270.00	9.00	3.00	0.00	440.00	28.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	50	430.00	17.00	3.00	0.00	670.00	48.00	21.00

# 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)
<b>SY 18-19 XR2 Grill - Week 5 Day 3 GUTHRIE - ServingDate: 12/12/2018</b>								
Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - OKR1532 (1 roll.)	0	170.00	3.00	0.00	0.00	140.00	29.00	7.00
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"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	20	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	150	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	50	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Sweet Potato Crinkle Cut Fries - OKR1525 (1/2 c.)	100	120.86	4.53	0.50	0.00	181.29	17.12	2.01
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	50	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Barbecue Sauce - SR1008 (1 tbsp.)	20	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	20	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	40	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Diced Yellow Onion - SR1264 (2 tbsp.)	20	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Sliced Red Tomatoes - SR1536 (2 tbsp.)	20	4.03	0.05	0.01	0.00	1.12	0.87	0.20

# 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)
<b>SY 18-19 XR2 Grill - Week 5 Day 4 GUTHRIE - ServingDate: 12/13/2018</b>								
Deluxe Cheeseburger - OKR1164 (1 burger)	50	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Chicken Burger - OKR1124 (1 burger)	25	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Chicken Fried Steak Sandwich - OKR1234 (1 sandwich)	75	470.00	21.00	5.00	0.00	590.00	50.00	22.00
Traditional Hamburger - OKR1165 (1 burger)	25	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	50	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - OKR1532 (1 roll.)	0	170.00	3.00	0.00	0.00	140.00	29.00	7.00
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.)	20	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))	20	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	150	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Country Style Potato Wedges - OKR1399 (1/2 c.)	150	119.95	4.00	0.50	0.00	139.95	19.99	2.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	50	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	50	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Barbecue Sauce - SR1008 (1 tbsp.)	20	15.00	0.00	0.00	0.00	235.00	3.50	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)
<b>SY 18-19 XR2 Grill - Week 5 Day 4 GUTHRIE - ServingDate: 12/13/2018</b>								
Shredded Lettuce - SR1015 (1/4 cup shredd)	20	2.52	0.03	0.00	0.00	1.80	0.54	0.16
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.)	30	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Diced Yellow Onion - SR1264 (2 tbsp.)	20	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Sliced Red Tomatoes - SR1536 (2 tbsp.)	20	4.03	0.05	0.01	0.00	1.12	0.87	0.20
<b>SY 18-19 XR2 Grill - Week 5 Day 5 GUTHRIE - ServingDate: 12/14/2018</b>								
Bacon Cheeseburger - OKR1347 (1 ea.)	100	380.00	16.17	6.50	0.00	831.67	34.00	22.17
Deluxe Cheeseburger - OKR1164 (1 burger)	50	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Chicken Burger - OKR1124 (1 burger)	25	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Traditional Hamburger - OKR1165 (1 burger)	25	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	75	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - OKR1532 (1 roll.)	0	170.00	3.00	0.00	0.00	140.00	29.00	7.00
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.)	20	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))	20	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	150	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Baked French Fries - SR1444 (1/2 c.)	200	102.93	3.56	0.40	0.00	126.68	17.42	1.58

# 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)
<b>SY 18-19 XR2 Grill - Week 5 Day 5 GUTHRIE - ServingDate: 12/14/2018</b>								
Celery Sticks - SR1014 (6 stick.)	50	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	100	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	50	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Barbecue Sauce - SR1008 (1 tbsp.)	20	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	20	2.52	0.03	0.00	0.00	1.80	0.54	0.16
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.)	40	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Diced Yellow Onion - SR1264 (2 tbsp.)	20	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Sliced Red Tomatoes - SR1536 (2 tbsp.)	20	4.03	0.05	0.01	0.00	1.12	0.87	0.20
<b>SY 18-19 XR2 Grill - Week 1 Day 1 GUTHRIE - ServingDate: 12/17/2018</b>								
Deluxe Cheeseburger - OKR1164 (1 burger)	25	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Chicken Burger - OKR1124 (1 burger)	25	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Traditional Hamburger - OKR1165 (1 burger)	25	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	150	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - OKR1532 (1 roll.)	0	170.00	3.00	0.00	0.00	140.00	29.00	7.00
Apple - OKR1087 (1 Whole Appl)	20	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)
<b>SY 18-19 XR2 Grill - Week 1 Day 1 GUTHRIE - ServingDate: 12/17/2018</b>								
Pineapple Tidbits - SR1495 (1/2 c.)	20	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	20	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	30	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Tater Tots - OKR1073 (1/2 c.)	175	90.55	3.52	0.00	0.00	171.03	14.09	1.01
Baby Carrots - SR1016 (1/2 c.)	30	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	30	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	30	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	30	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Barbecue Sauce - SR1008 (1 tbsp.)	20	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	30	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	40	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Diced Yellow Onion - SR1264 (2 tbsp.)	20	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Sliced Red Tomatoes - SR1536 (2 tbsp.)	25	4.03	0.05	0.01	0.00	1.12	0.87	0.20
<b>SY 18-19 XR2 Grill - Week 1 Day 3 GUTHRIE - ServingDate: 12/19/2018</b>								
Barbecue Rib Sandwich - OKR1132 (1 sandwich)	75	332.89	12.00	3.50	0.10	861.89	42.01	18.00
Deluxe Cheeseburger - OKR1164 (1 burger)	50	350.00	13.50	5.50	0.00	705.00	34.00	20.50

# 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)
<b>SY 18-19 XR2 Grill - Week 1 Day 3 GUTHRIE - ServingDate: 12/19/2018</b>								
Chicken Burger - OKR1124 (1 burger)	50	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Traditional Hamburger - SR1107 (1 burger)	25	270.00	9.00	3.00	0.00	440.00	28.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	50	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - OKR1532 (1 roll.)	0	170.00	3.00	0.00	0.00	140.00	29.00	7.00
Apple - OKR1087 (1 Whole Appl)	20	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	20	53.58	0.13	0.01	0.00	2.55	14.38	0.22
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	20	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	50	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Sweet Potato Crinkle Cut Fries - OKR1525 (1/2 c.)	100	120.86	4.53	0.50	0.00	181.29	17.12	2.01
Chocolate Skim Milk - OKR1062 (8 oz.)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	50	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Barbecue Sauce - SR1008 (1 tbsp.)	20	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	30	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	25	0.00	0.00	0.00	0.00	174.42	0.00	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)
<b>SY 18-19 XR2 Grill - Week 1 Day 3 GUTHRIE - ServingDate: 12/19/2018</b>								
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Diced Yellow Onion - SR1264 (2 tbsp.)	20	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Sliced Red Tomatoes - SR1536 (2 tbsp.)	20	4.03	0.05	0.01	0.00	1.12	0.87	0.20
<b>SY 18-19 XR2 Grill - Week 1 Day 4 GUTHRIE - ServingDate: 12/20/2018</b>								
Deluxe Cheeseburger - OKR1164 (1 burger)	50	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Chicken Burger - OKR1124 (1 burger)	25	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Chicken Fried Steak Sandwich - OKR1234 (1 sandwich)	100	470.00	21.00	5.00	0.00	590.00	50.00	22.00
Traditional Hamburger - OKR1165 (1 burger)	25	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	75	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - OKR1532 (1 roll.)	0	170.00	3.00	0.00	0.00	140.00	29.00	7.00
Apple - OKR1087 (1 Whole Appl)	30	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Bartlett Pears - SR1194 (1/2 c.)	30	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Country Style Potato Wedges - OKR1399 (1/2 c.)	200	119.95	4.00	0.50	0.00	139.95	19.99	2.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	50	169.83	15.80	3.27	0.00	350.10	4.86	3.70



# Menu Calendar Nutrient Analysis Report - 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)
<b>SY 18-19 XR2 Grill - Week 1 Day 4 GUTHRIE - ServingDate: 12/20/2018</b>								
Chocolate Skim Milk - OKR1062 (8 oz.)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	50	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	25	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	40	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Diced Yellow Onion - SR1264 (2 tbsp.)	20	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Sliced Red Tomatoes - SR1536 (2 tbsp.)	20	4.03	0.05	0.01	0.00	1.12	0.87	0.20
<b>SY 18-19 XR2 Grill - Week 1 Day 5 GUTHRIE - ServingDate: 12/21/2018</b>								
Bacon Cheeseburger - OKR1347 (1 ea.)	100	380.00	16.17	6.50	0.00	831.67	34.00	22.17
Deluxe Cheeseburger - OKR1164 (1 burger)	75	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Chicken Burger - OKR1124 (1 burger)	25	430.00	17.00	2.50	0.00	670.00	47.00	22.00
Traditional Hamburger - OKR1165 (1 burger)	25	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	75	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Chicken Tenders - OKR1184 (3 strip)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - OKR1532 (1 roll.)	0	170.00	3.00	0.00	0.00	140.00	29.00	7.00
Apple - OKR1087 (1 Whole Appl)	30	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Mixed Fruit Cocktail - SR1037 (1/2 c.)	30	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90

# 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)
<b>SY 18-19 XR2 Grill - Week 1 Day 5 GUTHRIE - ServingDate: 12/21/2018</b>								
100% Apple Juice - SR1204 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Baked French Fries - SR1444 (1/2 c.)	250	102.93	3.56	0.40	0.00	126.68	17.42	1.58
Celery Sticks - SR1014 (6 stick.)	30	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	50	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Barbecue Sauce - SR1008 (1 tbsp.)	30	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	50	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	40	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	40	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Diced Yellow Onion - SR1264 (2 tbsp.)	30	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Sliced Red Tomatoes - SR1536 (2 tbsp.)	40	4.03	0.05	0.01	0.00	1.12	0.87	0.20

**Legend**  
 (M) - Missing Nutrient Values

**Report Selections**  
 Meal Type: Lunch  
 Site Group: CrossRoads Café  
 Menu Line: CRC-Grill  
 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.