

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 Pizza - Week 4 Day 1 GUTHRIE - ServingDate: 12/03/2018								
Cheese Pizza - SR1441 (1 slice)	75	336.18	13.98	7.04	0.00	591.37	34.40	23.41
Pepperoni Pizza - SR1443 (1 slice)	100	368.99	16.89	8.14	0.00	701.93	34.52	24.75
Supreme Pizza - SR1478 (1 slice)	100	382.50	13.85	5.47	0.00	805.70	42.73	24.50
Apple - OKR1087 (1 Whole Appl)	20	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Pineapple Tidbits - SR1495 (1/2 c.)	50	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)	150	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	0.00	10.53	2.12	0.90
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
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	100	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	1.43	0.08	0.02	0.00	0.14	0.25	0.05
SY 18-19 XR2 Pizza - Week 4 Day 2 GUTHRIE - ServingDate: 12/04/2018								
Cheese Pizza - SR1441 (1 slice)	75	336.18	13.98	7.04	0.00	591.37	34.40	23.41
Mini Pepperoni Calzone - OKR1097 (1 calzone)	75	367.81	16.42	8.09	0.00	725.57	35.12	24.84
Pepperoni Pizza - SR1443 (1 slice)	100	368.99	16.89	8.14	0.00	701.93	34.52	24.75

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SY 18-19 XR2 Pizza - Week 4 Day 2 GUTHRIE - ServingDate: 12/04/2018								
Apple - OKR1087 (1 Whole Appl)	20	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Peaches - SR1196 (1/2 c.)	30	57.95	0.04	0.00	0.00	5.27	15.24	0.83
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
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.)	75	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
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	100	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	1.43	0.08	0.02	0.00	0.14	0.25	0.05
SY 18-19 XR2 Pizza - Week 4 Day 3 GUTHRIE - ServingDate: 12/05/2018								
Buffalo Chicken Pizza - OKR1179 (1 slice)	75	425.80	17.90	5.50	0.01	1430.33	47.08	21.41
Cheese Pizza - SR1441 (1 slice)	100	336.18	13.98	7.04	0.00	591.37	34.40	23.41
Pepperoni Pizza - SR1443 (1 slice)	75	368.99	16.89	8.14	0.00	701.93	34.52	24.75
Apple - OKR1087 (1 Whole Appl)	25	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	25	53.58	0.13	0.01	0.00	2.55	14.38	0.22
Banana - SR1166 (1 medium (7"))	25	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)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SY 18-19 XR2 Pizza - Week 4 Day 3 GUTHRIE - ServingDate: 12/05/2018								
Fresh Oranges - SR1171 (1 small (2-3))	25	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.)	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
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	100	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	1.43	0.08	0.02	0.00	0.14	0.25	0.05
SY 18-19 XR2 Pizza - Week 4 Day 4 GUTHRIE - ServingDate: 12/06/2018								
Cheese Pizza - SR1441 (1 slice)	75	336.18	13.98	7.04	0.00	591.37	34.40	23.41
Pepperoni Pizza - SR1443 (1 slice)	100	368.99	16.89	8.14	0.00	701.93	34.52	24.75
Personal Sausage Calzone - OKR1095 (1 calzone)	125	426.98	21.34	9.68	0.14	866.20	36.35	27.54
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
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	0.00	10.53	2.12	0.90

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SY 18-19 XR2 Pizza - Week 4 Day 4 GUTHRIE - ServingDate: 12/06/2018								
Caesar Side Salad - SR1428 (1 c.)	75	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
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	100	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	1.43	0.08	0.02	0.00	0.14	0.25	0.05
SY 18-19 XR2 Pizza - Week 4 Day 5 GUTHRIE - ServingDate: 12/07/2018								
Barbecue Chicken Pizza - SR1506 (1 slice)	50	347.36	10.31	4.62	0.00	989.35	40.83	23.36
Cheese Pizza - SR1441 (1 slice)	75	336.18	13.98	7.04	0.00	591.37	34.40	23.41
Pepperoni Pizza - SR1443 (1 slice)	100	368.99	16.89	8.14	0.00	701.93	34.52	24.75
Apple - OKR1087 (1 Whole Appl)	20	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Mixed Fruit Cocktail - SR1037 (1/2 c.)	50	49.99	0.01	0.00	0.00	4.35	12.89	0.50
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
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

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SY 18-19 XR2 Pizza - Week 4 Day 5 GUTHRIE - ServingDate: 12/07/2018								
White Skim Milk - OKR1060 (8 oz.)	50	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	100	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	1.43	0.08	0.02	0.00	0.14	0.25	0.05
SY 18-19 XR2 Pizza - Week 5 Day 1 GUTHRIE - ServingDate: 12/10/2018								
Cheese Pizza - SR1441 (1 slice)	75	336.18	13.98	7.04	0.00	591.37	34.40	23.41
Hawaiian Pizza - SR1423 (1 slice)	75	352.29	10.33	4.27	0.00	693.60	43.32	23.80
Pepperoni Pizza - SR1443 (1 slice)	75	368.99	16.89	8.14	0.00	701.93	34.52	24.75
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.)	25	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Banana - SR1166 (1 medium (7"))	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	25	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
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
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	100	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	1.43	0.08	0.02	0.00	0.14	0.25	0.05

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SY 18-19 XR2 Pizza - Week 5 Day 2 GUTHRIE - ServingDate: 12/11/2018								
Cheese Pizza - SR1441 (1 slice)	75	336.18	13.98	7.04	0.00	591.37	34.40	23.41
Mini Pepperoni Calzone - OKR1097 (1 calzone)	75	367.81	16.42	8.09	0.00	725.57	35.12	24.84
Pepperoni Pizza - SR1443 (1 slice)	100	368.99	16.89	8.14	0.00	701.93	34.52	24.75
Apple - OKR1087 (1 Whole Appl)	0	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Peaches - SR1196 (1/2 c.)	0	57.95	0.04	0.00	0.00	5.27	15.24	0.83
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	0	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	350.10	4.86	3.70
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
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	100	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	1.43	0.08	0.02	0.00	0.14	0.25	0.05
SY 18-19 XR2 Pizza - Week 5 Day 3 GUTHRIE - ServingDate: 12/12/2018								
Cheese Pizza - SR1441 (1 slice)	125	336.18	13.98	7.04	0.00	591.37	34.40	23.41
Italian Sausage Pizza - SR1474 (1 slice)	75	429.66	19.67	9.02	0.10	806.93	40.77	27.69
Pepperoni Pizza - SR1443 (1 slice)	100	368.99	16.89	8.14	0.00	701.93	34.52	24.75

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SY 18-19 XR2 Pizza - Week 5 Day 3 GUTHRIE - ServingDate: 12/12/2018								
Apple - OKR1087 (1 Whole Appl)	25	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	25	53.58	0.13	0.01	0.00	2.55	14.38	0.22
Banana - SR1166 (1 medium (7"))	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	25	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.)	75	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
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	100	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	1.43	0.08	0.02	0.00	0.14	0.25	0.05
SY 18-19 XR2 Pizza - Week 5 Day 4 GUTHRIE - ServingDate: 12/13/2018								
Cheese Pizza - SR1441 (1 slice)	75	336.18	13.98	7.04	0.00	591.37	34.40	23.41
Mini Meatlovers Calzone - OKR1477 (1 calzone)	75	406.56	19.29	9.01	0.07	835.88	35.82	27.36
Pepperoni Pizza - SR1443 (1 slice)	75	368.99	16.89	8.14	0.00	701.93	34.52	24.75
Apple - OKR1087 (1 Whole Appl)	25	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Bartlett Pears - SR1194 (1/2 c.)	25	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Banana - SR1166 (1 medium (7"))	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29

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SY 18-19 XR2 Pizza - Week 5 Day 4 GUTHRIE - ServingDate: 12/13/2018								
Fresh Oranges - SR1171 (1 small (2-3))	25	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
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.)	75	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
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	100	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	1.43	0.08	0.02	0.00	0.14	0.25	0.05
SY 18-19 XR2 Pizza - Week 5 Day 5 GUTHRIE - ServingDate: 12/14/2018								
Buffalo Chicken Pizza - OKR1179 (1 slice)	50	425.80	17.90	5.50	0.01	1430.33	47.08	21.41
Cheese Pizza - SR1441 (1 slice)	100	336.18	13.98	7.04	0.00	591.37	34.40	23.41
Pepperoni Pizza - SR1443 (1 slice)	125	368.99	16.89	8.14	0.00	701.93	34.52	24.75
Apple - OKR1087 (1 Whole Appl)	25	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Mixed Fruit Cocktail - SR1037 (1/2 c.)	25	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Banana - SR1166 (1 medium (7"))	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	25	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
Celery Sticks - SR1014 (6 stick.)	50	10.34	0.11	0.03	0.00	51.71	1.92	0.45

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SY 18-19 XR2 Pizza - Week 5 Day 5 GUTHRIE - ServingDate: 12/14/2018								
Garden Side Salad - SR1429 (1 c.)	75	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
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	100	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	1.43	0.08	0.02	0.00	0.14	0.25	0.05
SY 18-19 XR2 Pizza - Week 1 Day 1 GUTHRIE - ServingDate: 12/17/2018								
Cheese Pizza - SR1441 (1 slice)	75	336.18	13.98	7.04	0.00	591.37	34.40	23.41
Hawaiian Pizza - SR1423 (1 slice)	50	352.29	10.33	4.27	0.00	693.60	43.32	23.80
Pepperoni Pizza - SR1443 (1 slice)	100	368.99	16.89	8.14	0.00	701.93	34.52	24.75
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.)	25	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Banana - SR1166 (1 medium (7"))	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	25	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	0.00	0.00	14.00	0.00
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.)	30	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

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 Pizza - Week 1 Day 1 GUTHRIE - ServingDate: 12/17/2018								
White Skim Milk - OKR1060 (8 oz.)	50	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	150	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	1.43	0.08	0.02	0.00	0.14	0.25	0.05
SY 18-19 XR2 Pizza - Week 1 Day 2 GUTHRIE - ServingDate: 12/18/2018								
Cheese Pizza - SR1441 (1 slice)	75	336.18	13.98	7.04	0.00	591.37	34.40	23.41
Mini Pepperoni Calzone - OKR1097 (1 calzone)	75	367.81	16.42	8.09	0.00	725.57	35.12	24.84
Pepperoni Pizza - SR1443 (1 slice)	100	368.99	16.89	8.14	0.00	701.93	34.52	24.75
Apple - OKR1087 (1 Whole Appl)	30	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Peaches - SR1196 (1/2 c.)	30	57.95	0.04	0.00	0.00	5.27	15.24	0.83
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)	75	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	30	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
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
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	100	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	1.43	0.08	0.02	0.00	0.14	0.25	0.05

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 Pizza - Week 1 Day 3 GUTHRIE - ServingDate: 12/19/2018								
Cheese Pizza - SR1441 (1 slice)	75	336.18	13.98	7.04	0.00	591.37	34.40	23.41
Italian Sausage Pizza - SR1474 (1 slice)	75	429.66	19.67	9.02	0.10	806.93	40.77	27.69
Pepperoni Pizza - SR1443 (1 slice)	100	368.99	16.89	8.14	0.00	701.93	34.52	24.75
Apple - OKR1087 (1 Whole Appl)	25	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	25	53.58	0.13	0.01	0.00	2.55	14.38	0.22
Banana - SR1166 (1 medium (7"))	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	25	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	75	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
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
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	100	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	1.43	0.08	0.02	0.00	0.14	0.25	0.05
SY 18-19 XR2 Pizza - Week 1 Day 4 GUTHRIE - ServingDate: 12/20/2018								
Cheese Pizza - SR1441 (1 slice)	100	336.18	13.98	7.04	0.00	591.37	34.40	23.41
Mini Meatlovers Calzone - OKR1477 (1 calzone)	75	406.56	19.29	9.01	0.07	835.88	35.82	27.36
Pepperoni Pizza - SR1443 (1 slice)	125	368.99	16.89	8.14	0.00	701.93	34.52	24.75

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 Pizza - Week 1 Day 4 GUTHRIE - ServingDate: 12/20/2018								
Apple - OKR1087 (1 Whole Appl)	25	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Bartlett Pears - SR1194 (1/2 c.)	25	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Banana - SR1166 (1 medium (7"))	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	25	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
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
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
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	150	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	1.43	0.08	0.02	0.00	0.14	0.25	0.05
SY 18-19 XR2 Pizza - Week 1 Day 5 GUTHRIE - ServingDate: 12/21/2018								
Buffalo Chicken Pizza - OKR1179 (1 slice)	75	425.80	17.90	5.50	0.01	1430.33	47.08	21.41
Cheese Pizza - SR1441 (1 slice)	75	336.18	13.98	7.04	0.00	591.37	34.40	23.41
Pepperoni Pizza - SR1443 (1 slice)	75	368.99	16.89	8.14	0.00	701.93	34.52	24.75
Apple - OKR1087 (1 Whole Appl)	25	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Mixed Fruit Cocktail - SR1037 (1/2 c.)	25	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Banana - SR1166 (1 medium (7"))	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29

Menu Calendar Nutrient Analysis Report - 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 Pizza - Week 1 Day 5 GUTHRIE - ServingDate: 12/21/2018								
Fresh Oranges - SR1171 (1 small (2-3))	25	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
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.)	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
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	100	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	1.43	0.08	0.02	0.00	0.14	0.25	0.05

Legend
 (M) - Missing Nutrient Values

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