

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 Salsa - Week 4 Day 1 GUTHRIE - ServingDate: 12/03/2018								
Jalapeno Cheese Nachos - OKR1110 (1 ea.)	100	314.33	17.09	6.35	0.00	639.64	30.50	10.35
Queso Blanco Nachos - OKR1111 (1 ea.)	100	316.45	17.50	6.62	0.00	578.01	30.35	9.84
Mexican Chicken - SR1072 (1/2 c.)	75	114.86	2.85	0.81	0.00	243.05	2.38	20.36
Bean Nachos - OKR1112 (1 ea.)	75	131.28	1.41	0.47	0.00	480.95	22.51	7.50
Beef Taco Meat - SR1071 (1/2 c.)	50	162.80	8.54	3.66	0.00	524.87	5.74	13.47
100% Apple Juice - SR1204 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	0.00	14.00	0.00
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.)	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
Vegetarian Refried Beans - SR1070 (1/2 c.)	150	161.28	0.58	0.00	0.00	158.86	28.80	10.37
Baby Carrots - SR1016 (1/2 c.)	75	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	40	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	40	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	40	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
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	60	0.00	0.00	0.00	0.00	174.42	0.00	0.00

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SY 18-19 Salsa - Week 4 Day 1 GUTHRIE - ServingDate: 12/03/2018								
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	90	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Homemade Black Bean & Corn Salsa - SR1279 (2 tbsp.)	20	13.89	0.09	0.01	0.00	38.72	3.01	0.66
Red Pepper Salsa - SR1331 (1/8 c.)	30	6.80	0.06	0.01	0.00	18.94	1.54	0.38
Homemade Salsa - SR1007 (2 tbsp.)	40	3.94	0.03	0.01	0.00	52.51	0.93	0.22
Sour Cream - SR1659 (2 tbsp.)	40	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 18-19 Salsa - Week 4 Day 2 GUTHRIE - ServingDate: 12/04/2018								
Jalapeno Cheese Nachos - OKR1110 (1 ea.)	100	314.33	17.09	6.35	0.00	639.64	30.50	10.35
Queso Blanco Nachos - OKR1111 (1 ea.)	100	316.45	17.50	6.62	0.00	578.01	30.35	9.84
Mexican Chicken - SR1072 (1/2 c.)	75	114.86	2.85	0.81	0.00	243.05	2.38	20.36
Bean Nachos - OKR1112 (1 ea.)	50	131.28	1.41	0.47	0.00	480.95	22.51	7.50
Beef Taco Meat - SR1071 (1/2 c.)	75	162.80	8.54	3.66	0.00	524.87	5.74	13.47
100% Apple Juice - SR1204 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	0.00	14.00	0.00
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
Fresh Broccoli Florets - SR1027 (1/2 c.)	40	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	40	169.83	15.80	3.27	0.00	350.10	4.86	3.70

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SY 18-19 Salsa - Week 4 Day 2 GUTHRIE - ServingDate: 12/04/2018								
Fiesta Potatoes - SR1519 (1/2 c.)	150	147.31	3.02	0.44	0.00	123.67	28.66	2.85
Chocolate Skim Milk - OKR1062 (8 oz.)	40	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	40	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	40	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (2 tbsp.)	40	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
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	40	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Homemade Black Bean & Corn Salsa - SR1279 (2 tbsp.)	20	13.89	0.09	0.01	0.00	38.72	3.01	0.66
Red Pepper Salsa - SR1331 (1/8 c.)	20	6.80	0.06	0.01	0.00	18.94	1.54	0.38
Homemade Salsa - SR1007 (2 tbsp.)	30	3.94	0.03	0.01	0.00	52.51	0.93	0.22
Sour Cream - SR1659 (2 tbsp.)	30	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 18-19 Salsa - Week 4 Day 3 GUTHRIE - ServingDate: 12/05/2018								
Jalapeno Cheese Nachos - OKR1110 (1 ea.)	100	314.33	17.09	6.35	0.00	639.64	30.50	10.35
Queso Blanco Nachos - OKR1111 (1 ea.)	100	316.45	17.50	6.62	0.00	578.01	30.35	9.84
Mexican Chicken - SR1072 (1/2 c.)	50	114.86	2.85	0.81	0.00	243.05	2.38	20.36

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SY 18-19 Salsa - Week 4 Day 3 GUTHRIE - ServingDate: 12/05/2018								
Bean Nachos - OKR1112 (1 ea.)	50	131.28	1.41	0.47	0.00	480.95	22.51	7.50
Beef Taco Meat - SR1071 (1/2 c.)	0	162.80	8.54	3.66	0.00	524.87	5.74	13.47
100% Apple Juice - SR1204 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	0.00	14.00	0.00
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
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Frijoles ala Charro - OKR1230 (1/2 c.)	75	91.19	0.05	0.01	0.00	124.84	16.59	5.47
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.)	40	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	40	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	40	90.00	0.00	0.00	0.00	130.00	13.00	8.00
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
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	75	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Homemade Black Bean & Corn Salsa - SR1279 (2 tbsp.)	20	13.89	0.09	0.01	0.00	38.72	3.01	0.66

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SY 18-19 Salsa - Week 4 Day 3 GUTHRIE - ServingDate: 12/05/2018								
Red Pepper Salsa - SR1331 (1/8 c.)	30	6.80	0.06	0.01	0.00	18.94	1.54	0.38
Homemade Salsa - SR1007 (2 tbsp.)	20	3.94	0.03	0.01	0.00	52.51	0.93	0.22
Sour Cream - SR1659 (2 tbsp.)	40	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 18-19 Salsa - Week 4 Day 4 GUTHRIE - ServingDate: 12/06/2018								
Jalapeno Cheese Nachos - OKR1110 (1 ea.)	100	314.33	17.09	6.35	0.00	639.64	30.50	10.35
Queso Blanco Nachos - OKR1111 (1 ea.)	100	316.45	17.50	6.62	0.00	578.01	30.35	9.84
Mexican Chicken - SR1072 (1/2 c.)	75	114.86	2.85	0.81	0.00	243.05	2.38	20.36
Bean Nachos - OKR1112 (1 ea.)	50	131.28	1.41	0.47	0.00	480.95	22.51	7.50
Beef Taco Meat - SR1071 (1/2 c.)	75	162.80	8.54	3.66	0.00	524.87	5.74	13.47
100% Apple Juice - SR1204 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	0.00	14.00	0.00
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.)	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
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
Fiesta Potatoes - SR1519 (1/2 c.)	175	147.31	3.02	0.44	0.00	123.67	28.66	2.85
Chocolate Skim Milk - OKR1062 (8 oz.)	40	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	40	118.34	2.69	1.61	0.00	139.86	13.99	8.61

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SY 18-19 Salsa - Week 4 Day 4 GUTHRIE - ServingDate: 12/06/2018								
White Skim Milk - OKR1060 (8 oz.)	40	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
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	75	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Homemade Black Bean & Corn Salsa - SR1279 (2 tbsp.)	20	13.89	0.09	0.01	0.00	38.72	3.01	0.66
Red Pepper Salsa - SR1331 (1/8 c.)	20	6.80	0.06	0.01	0.00	18.94	1.54	0.38
Homemade Salsa - SR1007 (2 tbsp.)	20	3.94	0.03	0.01	0.00	52.51	0.93	0.22
Sour Cream - SR1659 (2 tbsp.)	40	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 18-19 Salsa - Week 4 Day 5 GUTHRIE - ServingDate: 12/07/2018								
Jalapeno Cheese Nachos - OKR1110 (1 ea.)	100	314.33	17.09	6.35	0.00	639.64	30.50	10.35
Queso Blanco Nachos - OKR1111 (1 ea.)	100	316.45	17.50	6.62	0.00	578.01	30.35	9.84
Mexican Chicken - SR1072 (1/2 c.)	75	114.86	2.85	0.81	0.00	243.05	2.38	20.36
Bean Nachos - OKR1112 (1 ea.)	50	131.28	1.41	0.47	0.00	480.95	22.51	7.50
Beef Taco Meat - SR1071 (1/2 c.)	75	162.80	8.54	3.66	0.00	524.87	5.74	13.47
Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Mixed Fruit Cocktail - SR1037 (1/2 c.)	10	49.99	0.01	0.00	0.00	4.35	12.89	0.50

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SY 18-19 Salsa - Week 4 Day 5 GUTHRIE - ServingDate: 12/07/2018								
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
Celery Sticks - SR1014 (6 stick.)	60	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Vegetarian Refried Beans - SR1070 (1/2 c.)	150	161.28	0.58	0.00	0.00	158.86	28.80	10.37
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.)	40	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	40	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	40	90.00	0.00	0.00	0.00	130.00	13.00	8.00
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
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	75	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Homemade Black Bean & Corn Salsa - SR1279 (2 tbsp.)	20	13.89	0.09	0.01	0.00	38.72	3.01	0.66
Red Pepper Salsa - SR1331 (1/8 c.)	20	6.80	0.06	0.01	0.00	18.94	1.54	0.38
Homemade Salsa - SR1007 (2 tbsp.)	20	3.94	0.03	0.01	0.00	52.51	0.93	0.22
Sour Cream - SR1659 (2 tbsp.)	40	60.00	5.00	3.50	0.00	15.00	1.00	1.00

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SY 18-19 Salsa - Week 5 Day 1 GUTHRIE - ServingDate: 12/10/2018								
Jalapeno Cheese Nachos - OKR1110 (1 ea.)	100	314.33	17.09	6.35	0.00	639.64	30.50	10.35
Queso Blanco Nachos - OKR1111 (1 ea.)	100	316.45	17.50	6.62	0.00	578.01	30.35	9.84
Mexican Chicken - SR1072 (1/2 c.)	75	114.86	2.85	0.81	0.00	243.05	2.38	20.36
Bean Nachos - OKR1112 (1 ea.)	50	131.28	1.41	0.47	0.00	480.95	22.51	7.50
Beef Taco Meat - SR1071 (1/2 c.)	75	162.80	8.54	3.66	0.00	524.87	5.74	13.47
100% Apple Juice - SR1204 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	10	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
Vegetarian Refried Beans - SR1070 (1/2 c.)	100	161.28	0.58	0.00	0.00	158.86	28.80	10.37
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.)	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
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
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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SY 18-19 Salsa - Week 5 Day 1 GUTHRIE - ServingDate: 12/10/2018								
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	75	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Homemade Black Bean & Corn Salsa - SR1279 (2 tbsp.)	20	13.89	0.09	0.01	0.00	38.72	3.01	0.66
Red Pepper Salsa - SR1331 (1/8 c.)	20	6.80	0.06	0.01	0.00	18.94	1.54	0.38
Homemade Salsa - SR1007 (2 tbsp.)	30	3.94	0.03	0.01	0.00	52.51	0.93	0.22
Sour Cream - SR1659 (2 tbsp.)	40	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 18-19 Salsa - Week 5 Day 2 GUTHRIE - ServingDate: 12/11/2018								
Jalapeno Cheese Nachos - OKR1110 (1 ea.)	100	314.33	17.09	6.35	0.00	639.64	30.50	10.35
Queso Blanco Nachos - OKR1111 (1 ea.)	100	316.45	17.50	6.62	0.00	578.01	30.35	9.84
Mexican Chicken - SR1072 (1/2 c.)	75	114.86	2.85	0.81	0.00	243.05	2.38	20.36
Bean Nachos - OKR1112 (1 ea.)	50	131.28	1.41	0.47	0.00	480.95	22.51	7.50
Beef Taco Meat - SR1071 (1/2 c.)	75	162.80	8.54	3.66	0.00	524.87	5.74	13.47
100% Apple Juice - SR1204 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	0.00	14.00	0.00
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
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

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 Salsa - Week 5 Day 2 GUTHRIE - ServingDate: 12/11/2018								
Fiesta Potatoes - SR1519 (1/2 c.)	100	147.31	3.02	0.44	0.00	123.67	28.66	2.85
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
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
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	65	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Homemade Black Bean & Corn Salsa - SR1279 (2 tbsp.)	20	13.89	0.09	0.01	0.00	38.72	3.01	0.66
Red Pepper Salsa - SR1331 (1/8 c.)	20	6.80	0.06	0.01	0.00	18.94	1.54	0.38
Homemade Salsa - SR1007 (2 tbsp.)	30	3.94	0.03	0.01	0.00	52.51	0.93	0.22
Sour Cream - SR1659 (2 tbsp.)	40	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 18-19 Salsa - Week 5 Day 3 GUTHRIE - ServingDate: 12/12/2018								
Jalapeno Cheese Nachos - OKR1110 (1 ea.)	100	314.33	17.09	6.35	0.00	639.64	30.50	10.35
Queso Blanco Nachos - OKR1111 (1 ea.)	100	316.45	17.50	6.62	0.00	578.01	30.35	9.84
Mexican Chicken - SR1072 (1/2 c.)	75	114.86	2.85	0.81	0.00	243.05	2.38	20.36
Bean Nachos - OKR1112 (1 ea.)	50	131.28	1.41	0.47	0.00	480.95	22.51	7.50

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)
SY 18-19 Salsa - Week 5 Day 3 GUTHRIE - ServingDate: 12/12/2018								
Beef Taco Meat - SR1071 (1/2 c.)	75	162.80	8.54	3.66	0.00	524.87	5.74	13.47
100% Apple Juice - SR1204 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	10	53.58	0.13	0.01	0.00	2.55	14.38	0.22
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Frijoles ala Charro - OKR1230 (1/2 c.)	100	91.19	0.05	0.01	0.00	124.84	16.59	5.47
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.)	40	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	40	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	40	90.00	0.00	0.00	0.00	130.00	13.00	8.00
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
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	75	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Homemade Black Bean & Corn Salsa - SR1279 (2 tbsp.)	30	13.89	0.09	0.01	0.00	38.72	3.01	0.66
Red Pepper Salsa - SR1331 (1/8 c.)	20	6.80	0.06	0.01	0.00	18.94	1.54	0.38

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 Salsa - Week 5 Day 3 GUTHRIE - ServingDate: 12/12/2018								
Homemade Salsa - SR1007 (2 tbsp.)	20	3.94	0.03	0.01	0.00	52.51	0.93	0.22
Sour Cream - SR1659 (2 tbsp.)	40	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 18-19 Salsa - Week 5 Day 4 GUTHRIE - ServingDate: 12/13/2018								
Jalapeno Cheese Nachos - OKR1110 (1 ea.)	100	314.33	17.09	6.35	0.00	639.64	30.50	10.35
Queso Blanco Nachos - OKR1111 (1 ea.)	100	316.45	17.50	6.62	0.00	578.01	30.35	9.84
Mexican Chicken - SR1072 (1/2 c.)	50	114.86	2.85	0.81	0.00	243.05	2.38	20.36
Bean Nachos - OKR1112 (1 ea.)	75	131.28	1.41	0.47	0.00	480.95	22.51	7.50
Beef Taco Meat - SR1071 (1/2 c.)	50	162.80	8.54	3.66	0.00	524.87	5.74	13.47
100% Apple Juice - SR1204 (4 fl oz cup)	150	60.00	0.00	0.00	0.00	0.00	14.00	0.00
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.)	10	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))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
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
Fiesta Potatoes - SR1519 (1/2 c.)	100	147.31	3.02	0.44	0.00	123.67	28.66	2.85
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

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 Salsa - Week 5 Day 4 GUTHRIE - ServingDate: 12/13/2018								
Caesar Salad Dressing - SR1551 (2 tbsp.)	50	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
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Homemade Black Bean & Corn Salsa - SR1279 (2 tbsp.)	30	13.89	0.09	0.01	0.00	38.72	3.01	0.66
Red Pepper Salsa - SR1331 (1/8 c.)	20	6.80	0.06	0.01	0.00	18.94	1.54	0.38
Homemade Salsa - SR1007 (2 tbsp.)	20	3.94	0.03	0.01	0.00	52.51	0.93	0.22
Sour Cream - SR1659 (2 tbsp.)	30	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 18-19 Salsa - Week 5 Day 5 GUTHRIE - ServingDate: 12/14/2018								
Jalapeno Cheese Nachos - OKR1110 (1 ea.)	100	314.33	17.09	6.35	0.00	639.64	30.50	10.35
Queso Blanco Nachos - OKR1111 (1 ea.)	100	316.45	17.50	6.62	0.00	578.01	30.35	9.84
Mexican Chicken - SR1072 (1/2 c.)	75	114.86	2.85	0.81	0.00	243.05	2.38	20.36
Bean Nachos - OKR1112 (1 ea.)	75	131.28	1.41	0.47	0.00	480.95	22.51	7.50
Beef Taco Meat - SR1071 (1/2 c.)	50	162.80	8.54	3.66	0.00	524.87	5.74	13.47
100% Apple Juice - SR1204 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47

Menu Calendar Nutrient Analysis Report - 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 Salsa - Week 5 Day 5 GUTHRIE - ServingDate: 12/14/2018								
Mixed Fruit Cocktail - SR1037 (1/2 c.)	10	49.99	0.01	0.00	0.00	4.35	12.89	0.50
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
Celery Sticks - SR1014 (6 stick.)	50	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Vegetarian Refried Beans - SR1070 (1/2 c.)	100	161.28	0.58	0.00	0.00	158.86	28.80	10.37
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.)	40	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	40	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	40	90.00	0.00	0.00	0.00	130.00	13.00	8.00
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
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	75	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Homemade Black Bean & Corn Salsa - SR1279 (2 tbsp.)	20	13.89	0.09	0.01	0.00	38.72	3.01	0.66
Red Pepper Salsa - SR1331 (1/8 c.)	20	6.80	0.06	0.01	0.00	18.94	1.54	0.38
Homemade Salsa - SR1007 (2 tbsp.)	20	3.94	0.03	0.01	0.00	52.51	0.93	0.22
Sour Cream - SR1659 (2 tbsp.)	40	60.00	5.00	3.50	0.00	15.00	1.00	1.00

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 Salsa - Week 1 Day 1 - ServingDate: 12/17/2018								
Jalapeno Cheese Nachos - OKR1110 (1 ea.)	25	314.33	17.09	6.35	0.00	639.64	30.50	10.35
Queso Blanco Nachos - OKR1111 (1 ea.)	50	316.45	17.50	6.62	0.00	578.01	30.35	9.84
Mexican Chicken - SR1072 (1/2 c.)	50	114.86	2.85	0.81	0.00	243.05	2.38	20.36
Bean Nachos - OKR1112 (1 ea.)	25	131.28	1.41	0.47	0.00	480.95	22.51	7.50
Apple - OKR1087 (1 Whole Appl)	30	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Pineapple Tidbits - SR1495 (1/2 c.)	30	63.20	0.00	0.00	0.00	0.00	16.43	0.00
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
Vegetarian Refried Beans - SR1070 (1/2 c.)	100	161.28	0.58	0.00	0.00	158.86	28.80	10.37
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.)	25	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.)	25	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	50	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Homemade Black Bean & Corn Salsa - SR1279 (2 tbsp.)	25	13.89	0.09	0.01	0.00	38.72	3.01	0.66
Red Pepper Salsa - SR1331 (1/8 c.)	25	6.80	0.06	0.01	0.00	18.94	1.54	0.38
Homemade Salsa - SR1007 (1 tbsp.)	75	1.97	0.02	0.00	0.00	26.25	0.46	0.11
Sour Cream - SR1659 (2 tbsp.)	50	60.00	5.00	3.50	0.00	15.00	1.00	1.00

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 Salsa - Week 1 Day 3 - ServingDate: 12/19/2018								
Jalapeno Cheese Nachos - OKR1110 (1 ea.)	50	314.33	17.09	6.35	0.00	639.64	30.50	10.35
Queso Blanco Nachos - OKR1111 (1 ea.)	25	316.45	17.50	6.62	0.00	578.01	30.35	9.84
Mexican Chicken - SR1072 (1/2 c.)	50	114.86	2.85	0.81	0.00	243.05	2.38	20.36
Bean Nachos - OKR1112 (1 ea.)	50	131.28	1.41	0.47	0.00	480.95	22.51	7.50
Apple - OKR1087 (1 Whole Appl)	30	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	30	53.58	0.13	0.01	0.00	2.55	14.38	0.22
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
Frijoles ala Charro - OKR1230 (1/2 c.)	50	91.19	0.05	0.01	0.00	124.84	16.59	5.47
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.)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Homemade Black Bean & Corn Salsa - SR1279 (2 tbsp.)	20	13.89	0.09	0.01	0.00	38.72	3.01	0.66
Red Pepper Salsa - SR1331 (1/8 c.)	20	6.80	0.06	0.01	0.00	18.94	1.54	0.38
Homemade Salsa - SR1007 (2 tbsp.)	50	3.94	0.03	0.01	0.00	52.51	0.93	0.22
Sour Cream - SR1659 (2 tbsp.)	50	60.00	5.00	3.50	0.00	15.00	1.00	1.00

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 Salsa - Week 1 Day 4 - ServingDate: 12/20/2018								
Jalapeno Cheese Nachos - OKR1110 (1 ea.)	75	314.33	17.09	6.35	0.00	639.64	30.50	10.35
Queso Blanco Nachos - OKR1111 (1 ea.)	50	316.45	17.50	6.62	0.00	578.01	30.35	9.84
Bean Nachos - OKR1112 (1 ea.)	25	131.28	1.41	0.47	0.00	480.95	22.51	7.50
Beef Taco Filling - SR1528 (3 tbsp.)	75	56.25	2.27	0.91	0.00	147.42	2.27	6.35
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)	75	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
Fiesta Potatoes - SR1519 (1/2 c.)	100	147.31	3.02	0.44	0.00	123.67	28.66	2.85
Chocolate Skim Milk - OKR1062 (8 oz.)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	40	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Homemade Black Bean & Corn Salsa - SR1279 (2 tbsp.)	30	13.89	0.09	0.01	0.00	38.72	3.01	0.66
Red Pepper Salsa - SR1331 (1/8 c.)	20	6.80	0.06	0.01	0.00	18.94	1.54	0.38
Homemade Salsa - SR1007 (2 tbsp.)	40	3.94	0.03	0.01	0.00	52.51	0.93	0.22

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 Salsa - Week 1 Day 4 - ServingDate: 12/20/2018								
Sour Cream - SR1659 (2 tbsp.)	50	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 18-19 Salsa - Week 1 Day 5 - ServingDate: 12/21/2018								
Jalapeno Cheese Nachos - OKR1110 (1 ea.)	10	314.33	17.09	6.35	0.00	639.64	30.50	10.35
Queso Blanco Nachos - OKR1111 (1 ea.)	15	316.45	17.50	6.62	0.00	578.01	30.35	9.84
Mexican Chicken - SR1072 (1/2 c.)	15	114.86	2.85	0.81	0.00	243.05	2.38	20.36
Bean Nachos - OKR1112 (1 ea.)	10	131.28	1.41	0.47	0.00	480.95	22.51	7.50
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)	75	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Celery Sticks - SR1014 (6 stick.)	25	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Vegetarian Refried Beans - SR1070 (1/2 c.)	100	161.28	0.58	0.00	0.00	158.86	28.80	10.37
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.)	25	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	40	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Homemade Black Bean & Corn Salsa - SR1279 (2 tbsp.)	20	13.89	0.09	0.01	0.00	38.72	3.01	0.66

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 Salsa - Week 1 Day 5 - ServingDate: 12/21/2018								
Red Pepper Salsa - SR1331 (1/8 c.)	30	6.80	0.06	0.01	0.00	18.94	1.54	0.38
Homemade Salsa - SR1007 (2 tbsp.)	50	3.94	0.03	0.01	0.00	52.51	0.93	0.22
Sour Cream - SR1659 (2 tbsp.)	40	60.00	5.00	3.50	0.00	15.00	1.00	1.00

Legend
 (M) - Missing Nutrient Values

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