

Menu Calendar Nutrient Analysis Report - December, 2022

Site: Guthrie Junior High
 Date: 12/01/2022 - 12/31/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 21-22 - FoodiE- Everyday Selects Hot-Baskets W1,3,5 :39000 - ServingDate: 12/01/2022								
Alaskan Pollock Nuggets - SR1045 (4 nuggets)	0	220.00	8.00	1.50	0.00	329.99	23.00	12.00
Chicken Drumstick Basket - SR2643 (1 Basket)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Nugget Basket - SR2641 (1 Basket)	65	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fish N Chips Basket - SR2642 (1 Basket)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Glazed Chicken Drumstick - SR2447 (1 piece)	25	248.99	15.56	3.89	0.00	497.98	3.11	24.90
Crispy Chicken Nuggets - SR1367 (5 nugget)	65	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Dinner Roll - SR1009 (1 roll.)	100	160.00	3.00	0.00	0.00	135.00	29.00	7.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/4 c.)	40	32.75	2.25	0.17	0.00	36.04	2.70	1.50
Spiral-cut French Fries - SR2509 (1/2 c.)	100	106.91	5.70	0.71	0.00	256.57	14.25	1.43
Barbecue Sauce - SR1008 (2 tbsp.)	10	30.00	0.00	0.00	0.00	470.00	7.00	0.00
Buffalo Sauce - SR2613 (1 tbsp.)	30	3.39	0.09	0.02	0.00	626.53	0.48	0.17
Honey Mustard - SR2614 (1 tbsp.)	20	71.50	6.05	1.10	0.00	77.00	3.30	0.00
Tartar Sauce - SR2615 (1 tbsp.)	10	43.34	3.60	0.40	0.00	88.36	3.11	0.01
SY21-22 - FoodiE- Everyday Selects Hot-Grill W1 :39000 - ServingDate: 12/02/2022								
Cheeseburger - SR2646 (1 burger)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Classic Grilled Cheese Sandwich - SR2647 (1 sandwich)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE- Everyday Selects Hot-Grill W1 :39000 - ServingDate: 12/02/2022								
Hamburger - SR2660 (1 burger)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Chicken Sandwich - SR2651 (1 sandwich)	65	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	25	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Hot & Spicy Chicken Patty - SR2137 (1 patty)	65	230.00	13.00	2.50	0.00	350.00	15.00	13.00
Grilled Cheese Sandwich - SR2820 (1 sandwich)	10	360.00	20.00	10.00	0.00	859.99	30.00	16.00
American Cheese Slice - SR2821 (1/2 oz.)	20	55.00	4.50	2.50	0.00	135.00	1.00	2.50
Bimbo Bun - OKR1738 (1 roll (hamb))	0	160.00	2.00	0.00	0.00	270.00	31.00	6.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Burger Topping - SR2640 (1 serving)	40	4.54	0.05	0.01	0.00	157.91	0.97	0.26
Baked French Fries - SR1444 (1/2 c.)	100	90.40	2.51	0.00	0.00	30.13	16.07	1.00
SY21-22 - FoodiE- Everyday Selects Hot-Pizza W2 :39000 - ServingDate: 12/05/2022								
Barbecue Chicken Pizza - SR2597 (1 slice)	25	426.00	16.50	7.00	0.00	579.33	44.87	22.00
Cheese Pizza - SR2081 (1 slice)	25	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Pepperoni Pizza - SR2084 (1 slice)	50	431.59	18.92	8.09	0.00	544.49	43.00	20.46
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Caesar Side Salad - SR1428 (1/2 c.)	40	84.91	7.90	1.64	0.00	162.53	2.81	1.48

Menu Calendar Nutrient Analysis Report - December, 2022

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE- Everyday Selects Hot-Nacho W2,4,6 :39000 - ServingDate: 12/06/2022								
Fajita Chicken & Cheese Nachos, MIA - SR2657 (1 nacho)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheesy Nachos with Refried Beans - SR2654 (1 nacho)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheesy Nachos with Taco Meat - SR2655 (1 nacho)	45	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheesy Cheddar Nachos - SR3454 (1 nacho)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheddar Cheese Sauce - SR1293 (3/8 c.)	100	171.73	13.80	7.51	0.00	634.80	3.07	10.73
Vegetarian Refried Beans - OKR1472 (1/4 c.)	5	85.21	0.83	0.01	0.00	184.90	14.71	3.26
Fajita Chicken - SR2529 (1/3 c.)	40	61.76	2.02	1.01	0.00	306.78	1.01	9.11
Beef Taco Filling - SR1528 (3 tbsp.)	45	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Tortilla Chips - SR1065 (1 1/2 oz.)	100	206.18	8.84	1.47	0.00	169.36	29.45	2.94
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/4 c.)	40	32.67	0.04	0.01	0.00	39.75	6.07	1.98
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Homemade Salsa - SR1007 (2 tbsp.)	40	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Sour Cream - SR1659 (1 tbsp.)	40	30.00	2.50	1.75	0.00	7.50	0.50	0.50
SY21-22 - FoodiE- Everyday Selects Hot-Baskets W2,4,6 :39000 - ServingDate: 12/07/2022								
Alaskan Pollock Nuggets - SR1045 (4 nuggets)	10	220.00	8.00	1.50	0.00	329.99	23.00	12.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE- Everyday Selects Hot-Baskets W2,4,6 :39000 - ServingDate: 12/07/2022								
Chicken Nugget Basket - SR2641 (1 Basket)	65	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fish N Chips Basket - SR2642 (1 Basket)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mozzarella Stuffed Breadstick Basket - SR2644 (1 Basket)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	25	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Crispy Chicken Nuggets - SR1367 (5 nugget)	65	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Dinner Roll - SR1009 (1 roll.)	75	160.00	3.00	0.00	0.00	135.00	29.00	7.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/4 c.)	40	32.75	2.25	0.17	0.00	36.04	2.70	1.50
Spaghetti Sauce - SR2220 (1/4 c.)	25	32.36	0.25	0.03	0.00	129.82	6.67	1.04
Spiral-cut French Fries - SR2509 (1/2 c.)	100	106.91	5.70	0.71	0.00	256.57	14.25	1.43
Barbecue Sauce - SR1008 (2 tbsp.)	10	30.00	0.00	0.00	0.00	470.00	7.00	0.00
Buffalo Sauce - SR2613 (1 tbsp.)	10	3.39	0.09	0.02	0.00	626.53	0.48	0.17
Honey Mustard - SR2614 (1 tbsp.)	10	71.50	6.05	1.10	0.00	77.00	3.30	0.00
Tartar Sauce - SR2615 (1 tbsp.)	10	43.34	3.60	0.40	0.00	88.36	3.11	0.01
SY21-22 - FoodiE- Everyday Selects Hot-Grill W2 :39000 - ServingDate: 12/08/2022								
Cheeseburger - SR2646 (1 burger)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hot Dog - SR3119 (1 sandwich)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger - SR2660 (1 burger)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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SY21-22 - FoodiE- Everyday Selects Hot-Grill W2 :39000 - ServingDate: 12/08/2022								
Spicy Chicken Sandwich - SR2651 (1 sandwich)	65	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	25	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Hot & Spicy Chicken Patty - SR2137 (1 patty)	65	230.00	13.00	2.50	0.00	350.00	15.00	13.00
Original Hot Dog - SR1117 (1 serving (1))	0	271.50	11.61	2.53	0.00	533.25	28.01	14.10
American Cheese Slice - SR2821 (1/2 oz.)	20	55.00	4.50	2.50	0.00	135.00	1.00	2.50
Bimbo Bun - OKR1738 (1 roll (hamb))	10	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Bimbo Hot Dog Bun - OKR1628 (1 roll (hamb))	10	160.00	2.00	0.00	0.00	270.00	31.00	6.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Burger Topping - SR2640 (1 serving)	40	4.54	0.05	0.01	0.00	157.91	0.97	0.26
Baked French Fries - SR1444 (1/2 c.)	100	90.40	2.51	0.00	0.00	30.13	16.07	1.00
SY21-22 - FoodiE- Everyday Selects Hot-Pizza W2 :39000 - ServingDate: 12/09/2022								
Barbecue Chicken Pizza - SR2597 (1 slice)	25	426.00	16.50	7.00	0.00	579.33	44.87	22.00
Cheese Pizza - SR2081 (1 slice)	25	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Pepperoni Pizza - SR2084 (1 slice)	50	431.59	18.92	8.09	0.00	544.49	43.00	20.46
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Caesar Side Salad - SR1428 (1/2 c.)	40	84.91	7.90	1.64	0.00	162.53	2.81	1.48

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SY21-22 - FoodiE- Everyday Selects Hot-Nacho W1,3,5 :39000 - ServingDate: 12/12/2022								
Carnitas Nachos - SR2656 (1 nacho)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheesy Nachos with Refried Beans - SR2654 (1 nacho)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheesy Nachos with Taco Meat - SR2655 (1 nacho)	45	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheesy Cheddar Nachos - SR3454 (1 nacho)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheddar Cheese Sauce - SR1293 (3/8 c.)	100	171.73	13.80	7.51	0.00	634.80	3.07	10.73
Vegetarian Refried Beans - OKR1472 (1/4 c.)	5	85.21	0.83	0.01	0.00	184.90	14.71	3.26
Beef Taco Filling - SR1528 (3 tbsp.)	45	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Turkey Carnitas - SR1262 (1/4 c.)	10	75.98	3.49	0.59	0.00	480.16	2.66	8.42
Tortilla Chips - SR1065 (1 1/2 oz.)	100	206.18	8.84	1.47	0.00	169.36	29.45	2.94
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	40	65.34	0.08	0.02	0.00	79.50	12.15	3.95
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Homemade Salsa - SR1007 (2 tbsp.)	40	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Sour Cream - SR1659 (1 tbsp.)	40	30.00	2.50	1.75	0.00	7.50	0.50	0.50
SY 21-22 - FoodiE- Everyday Selects Hot-Baskets W1,3,5 :39000 - ServingDate: 12/13/2022								
Alaskan Pollock Nuggets - SR1045 (4 nuggets)	0	220.00	8.00	1.50	0.00	329.99	23.00	12.00

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SY 21-22 - FoodiE- Everyday Selects Hot-Baskets W1,3,5 :39000 - ServingDate: 12/13/2022								
Chicken Drumstick Basket - SR2643 (1 Basket)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Nugget Basket - SR2641 (1 Basket)	65	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fish N Chips Basket - SR2642 (1 Basket)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Glazed Chicken Drumstick - SR2447 (1 piece)	25	248.99	15.56	3.89	0.00	497.98	3.11	24.90
Crispy Chicken Nuggets - SR1367 (5 nugget)	65	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Dinner Roll - SR1009 (1 roll.)	100	160.00	3.00	0.00	0.00	135.00	29.00	7.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/4 c.)	40	32.75	2.25	0.17	0.00	36.04	2.70	1.50
Spiral-cut French Fries - SR2509 (1/2 c.)	100	106.91	5.70	0.71	0.00	256.57	14.25	1.43
Barbecue Sauce - SR1008 (2 tbsp.)	10	30.00	0.00	0.00	0.00	470.00	7.00	0.00
Buffalo Sauce - SR2613 (1 tbsp.)	30	3.39	0.09	0.02	0.00	626.53	0.48	0.17
Honey Mustard - SR2614 (1 tbsp.)	20	71.50	6.05	1.10	0.00	77.00	3.30	0.00
Tartar Sauce - SR2615 (1 tbsp.)	10	43.34	3.60	0.40	0.00	88.36	3.11	0.01
SY21-22 - FoodiE- Everyday Selects Hot-Grill W3 :39000 - ServingDate: 12/14/2022								
BBQ Rib Sandwich - SR2649 (1 sandwich)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheeseburger - SR2646 (1 burger)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger - SR2660 (1 burger)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Chicken Sandwich - SR2651 (1 sandwich)	65	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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SY21-22 - FoodiE- Everyday Selects Hot-Grill W3 :39000 - ServingDate: 12/14/2022								
Barbecue Pork Riblet - SR2037 (1 patty)	10	175.00	10.00	3.50	0.10	625.00	11.50	12.00
Hamburger Patty - SR1652 (1 patty)	25	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Hot & Spicy Chicken Patty - SR2137 (1 patty)	65	230.00	13.00	2.50	0.00	350.00	15.00	13.00
American Cheese Slice - SR2821 (1/2 oz.)	20	55.00	4.50	2.50	0.00	135.00	1.00	2.50
Bimbo Bun - OKR1738 (1 roll (hamb))	0	160.00	2.00	0.00	0.00	270.00	31.00	6.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Burger Topping - SR2640 (1 serving)	20	4.54	0.05	0.01	0.00	157.91	0.97	0.26
Baked French Fries - SR1444 (1/2 c.)	100	90.40	2.51	0.00	0.00	30.13	16.07	1.00
SY21-22 - FoodiE- Everyday Selects Hot-Pizza W3 :39000 - ServingDate: 12/15/2022								
Cheese Pizza - SR2081 (1 slice)	40	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Pepperoni Pizza - SR2084 (1 slice)	50	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Supreme Pizza - SR2085 (1 slice)	10	446.32	19.82	8.36	0.04	568.75	44.06	21.20
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Caesar Side Salad - SR1428 (1/2 c.)	30	84.91	7.90	1.64	0.00	162.53	2.81	1.48
SY21-22 - FoodiE- Everyday Selects Hot-Nacho W1,3,5 :39000 - ServingDate: 12/16/2022								
Carnitas Nachos - SR2656 (1 nacho)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheesy Nachos with Refried Beans - SR2654 (1 nacho)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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SY21-22 - FoodiE-Everyday Selects Hot-Nacho W1,3,5 :39000 - ServingDate: 12/16/2022								
Cheesy Nachos with Taco Meat - SR2655 (1 nacho)	45	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheesy Cheddar Nachos - SR3454 (1 nacho)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheddar Cheese Sauce - SR1293 (3/8 c.)	100	171.73	13.80	7.51	0.00	634.80	3.07	10.73
Vegetarian Refried Beans - OKR1472 (1/4 c.)	5	85.21	0.83	0.01	0.00	184.90	14.71	3.26
Beef Taco Filling - SR1528 (3 tbsp.)	45	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Turkey Carnitas - SR1262 (1/4 c.)	10	75.98	3.49	0.59	0.00	480.16	2.66	8.42
Tortilla Chips - SR1065 (1 1/2 oz.)	100	206.18	8.84	1.47	0.00	169.36	29.45	2.94
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	40	65.34	0.08	0.02	0.00	79.50	12.15	3.95
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Homemade Salsa - SR1007 (2 tbsp.)	40	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Sour Cream - SR1659 (1 tbsp.)	40	30.00	2.50	1.75	0.00	7.50	0.50	0.50

Legend
 (M) - Missing Nutrient Values

Report Selections
 Meal Type: Lunch
 Site Group: FoodiE Cafe
 Menu Line: FE-Everyday Selects (II-Play)
 Serving Group: 6-8
 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.