

## 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)
<b>SY21-22 - FoodiE From the Garden W1D4 :39002 - ServingDate: 12/01/2022</b>								
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Orange Smiles - SR1172 (6 slice or w)	35	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fruit Cocktail - SR3023 (1/2 c.)	15	86.67	0.00	0.00	0.00	7.22	21.67	0.00
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Basil Corn Salad - SR2587 (1/2 c.)	5	101.86	4.10	0.34	0.00	296.44	16.76	2.29
Italian Roasted Chickpeas - SR2583 (1/2 c.)	5	145.36	2.86	0.06	0.00	267.06	22.57	7.48
Caesar Side Salad - SR1428 (1 c.)	40	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	0.00	249.48	30.53	7.69
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	2.37	1.54	0.00	107.36	12.18	8.22
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.20	0.14	0.00	102.90	12.15	8.26
Creamy Caesar Dressing - SR2446 (2 tbsp.)	5	110.00	12.00	2.00	0.00	300.00	1.00	1.00
Italian Salad Dressing - SR1489 (2 tbsp.)	5	30.00	0.00	0.00	0.00	350.00	8.00	0.00
Ranch Dressing - SR1931 (1 pump)	25	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	80	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
MK Special Sauce - SR2585 (1 tbsp.)	20	29.38	2.25	0.25	0.00	66.72	2.55	0.07
Music City Sauce - SR2584 (1 tbsp.)	20	32.08	1.90	0.22	0.01	52.11	3.54	0.74
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Buffalo Ranch Sauce - SR1453 (2 tbsp.)	5	35.89	2.40	0.35	0.00	671.07	3.70	0.13
Spicy Cool Sauce - SR1788 (1 tbsp.)	15	31.39	2.26	0.25	0.00	110.09	2.38	0.76

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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)
<b>SY21-22 - FoodiE From the Garden W1D4 :39002 - ServingDate: 12/01/2022</b>								
Spicy K Sauce - SR2586 (1 tbsp.)	30	20.36	0.02	0.00	0.00	160.03	5.06	0.01
<b>SY21-22 - FoodiE From the Garden W1D5 :39002 - ServingDate: 12/02/2022</b>								
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Cinnamon Swirled Apples - SR1492 (1/2 c.)	15	44.60	0.00	0.00	0.00	8.79	10.78	0.01
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Mixed Salad Greens - SR1080 (1/2 c.)	10	6.43	0.01	0.00	0.00	6.33	1.25	0.47
Moroccan Spiced Carrots - SR2588 (1/2 c.)	10	122.06	10.32	0.81	0.00	158.09	8.34	0.84
Chilled Peas - SR2483 (1/2 c.)	15	72.76	0.38	0.06	0.00	102.06	12.87	4.93
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	0.00	249.48	30.53	7.69
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	2.37	1.54	0.00	107.36	12.18	8.22
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.20	0.14	0.00	102.90	12.15	8.26
Ranch Dressing - SR1931 (1 pump)	20	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	60	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	10	53.33	5.87	1.07	0.00	45.33	0.00	0.00
MK Special Sauce - SR2585 (1 tbsp.)	15	29.38	2.25	0.25	0.00	66.72	2.55	0.07
Music City Sauce - SR2584 (1 tbsp.)	15	32.08	1.90	0.22	0.01	52.11	3.54	0.74
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	15	31.39	2.26	0.25	0.00	110.09	2.38	0.76

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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)
<b>SY21-22 - FoodiE From the Garden W1D5 :39002 - ServingDate: 12/02/2022</b>								
Spicy K Sauce - SR2586 (1 tbsp.)	30	20.36	0.02	0.00	0.00	160.03	5.06	0.01
<b>SY21-22 - FoodiE From the Garden W2D1 :39002 - ServingDate: 12/05/2022</b>								
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Crispy Whole Apple - SR1161 (1 extra smal)	35	47.79	0.16	0.03	0.00	0.92	12.69	0.24
Diced Peaches - SR3040 (1/2 c.)	30	59.04	0.00	0.00	0.00	4.92	13.78	0.00
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Basil Corn Salad - SR2587 (1/2 c.)	10	101.86	4.10	0.34	0.00	296.44	16.76	2.29
Italian Roasted Chickpeas - SR2583 (1/2 c.)	10	145.36	2.86	0.06	0.00	267.06	22.57	7.48
Garden Side Salad - SR1429 (1 c.)	25	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	0.00	249.48	30.53	7.69
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	2.37	1.54	0.00	107.36	12.18	8.22
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.20	0.14	0.00	102.90	12.15	8.26
Ranch Dressing - SR1931 (1 pump)	65	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	0	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
MK Special Sauce - SR2585 (1 tbsp.)	10	29.38	2.25	0.25	0.00	66.72	2.55	0.07
Music City Sauce - SR2584 (1 tbsp.)	15	32.08	1.90	0.22	0.01	52.11	3.54	0.74
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	25	31.39	2.26	0.25	0.00	110.09	2.38	0.76

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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)
<b>SY21-22 - FoodiE From the Garden W2D1 :39002 - ServingDate: 12/05/2022</b>								
Spicy K Sauce - SR2586 (1 tbsp.)	0	20.36	0.02	0.00	0.00	160.03	5.06	0.01
<b>SY21-22 - FoodiE From the Garden W2D2 :39002 - ServingDate: 12/06/2022</b>								
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Orange Smiles - SR1172 (6 slice or w)	40	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Pears - SR3041 (1/2 c.)	35	57.47	0.00	0.00	0.00	4.79	15.33	0.00
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Blanched Broccoli Florets - SR1272 (1/2 c.)	15	10.84	0.12	0.01	0.00	10.75	2.12	0.90
Citrus Glazed Carrots - SR1131 (1/2 c.)	10	60.46	0.78	0.14	0.00	67.70	13.35	0.68
Caesar Side Salad - SR1428 (1 c.)	25	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	0.00	249.48	30.53	7.69
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	2.37	1.54	0.00	107.36	12.18	8.22
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.20	0.14	0.00	102.90	12.15	8.26
Ranch Dressing - SR1931 (1 pump)	20	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	25	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
MK Special Sauce - SR2585 (1 tbsp.)	10	29.38	2.25	0.25	0.00	66.72	2.55	0.07
Music City Sauce - SR2584 (1 tbsp.)	10	32.08	1.90	0.22	0.01	52.11	3.54	0.74
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	15	31.39	2.26	0.25	0.00	110.09	2.38	0.76

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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)
<b>SY21-22 - FoodiE From the Garden W2D2 :39002 - ServingDate: 12/06/2022</b>								
Spicy K Sauce - SR2586 (1 tbsp.)	25	20.36	0.02	0.00	0.00	160.03	5.06	0.01
<b>SY21-22 - FoodiE From the Garden W2D3 :39002 - ServingDate: 12/07/2022</b>								
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Unsweetened Applesauce - SR1195 (1/2 c.)	30	55.86	0.15	0.03	0.00	10.49	12.58	0.32
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Broccoli Lime Salad - SR1274 (1/2 c.)	15	26.44	2.16	0.16	0.00	29.21	1.75	0.62
Elote Corn - SR1677 (1/2 c.)	20	129.48	1.72	0.57	0.02	42.65	28.45	4.71
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	0.00	249.48	30.53	7.69
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	2.37	1.54	0.00	107.36	12.18	8.22
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.20	0.14	0.00	102.90	12.15	8.26
Creamy Caesar Dressing - SR2446 (2 tbsp.)	5	110.00	12.00	2.00	0.00	300.00	1.00	1.00
Italian Salad Dressing - SR1489 (2 tbsp.)	5	30.00	0.00	0.00	0.00	350.00	8.00	0.00
Ranch Dressing - SR1931 (1 pump)	30	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	60	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
MK Special Sauce - SR2585 (1 tbsp.)	15	29.38	2.25	0.25	0.00	66.72	2.55	0.07
Music City Sauce - SR2584 (1 tbsp.)	15	32.08	1.90	0.22	0.01	52.11	3.54	0.74

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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)
<b>SY21-22 - FoodiE From the Garden W2D3 :39002 - ServingDate: 12/07/2022</b>								
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Buffalo Ranch Sauce - SR1453 (2 tbsp.)	5	35.89	2.40	0.35	0.00	671.07	3.70	0.13
Spicy Cool Sauce - SR1788 (1 tbsp.)	15	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Spicy K Sauce - SR2586 (1 tbsp.)	30	20.36	0.02	0.00	0.00	160.03	5.06	0.01
<b>SY21-22 - FoodiE From the Garden W2D4 :39002 - ServingDate: 12/08/2022</b>								
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Orange Smiles - SR1172 (6 slice or w)	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fruit Cocktail - SR3023 (1/2 c.)	25	86.67	0.00	0.00	0.00	7.22	21.67	0.00
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Moroccan Spiced Carrots - SR2588 (1/2 c.)	10	122.06	10.32	0.81	0.00	158.09	8.34	0.84
Mex Zucchini - SR1697 (1/2 c.)	10	147.29	14.53	1.11	0.00	171.47	5.08	1.72
Caesar Side Salad - SR1428 (1 c.)	25	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Peas - SR2483 (1/2 c.)	20	72.76	0.38	0.06	0.00	102.06	12.87	4.93
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	0.00	249.48	30.53	7.69
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	2.37	1.54	0.00	107.36	12.18	8.22
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.20	0.14	0.00	102.90	12.15	8.26
Ranch Dressing - SR1931 (1 pump)	10	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	60	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00

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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)
<b>SY21-22 - FoodiE From the Garden W2D4 :39002 - ServingDate: 12/08/2022</b>								
MK Special Sauce - SR2585 (1 tbsp.)	20	29.38	2.25	0.25	0.00	66.72	2.55	0.07
Music City Sauce - SR2584 (1 tbsp.)	15	32.08	1.90	0.22	0.01	52.11	3.54	0.74
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	10	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Spicy K Sauce - SR2586 (1 tbsp.)	30	20.36	0.02	0.00	0.00	160.03	5.06	0.01
<b>SY21-22 - FoodiE From the Garden W2D5 :39002 - ServingDate: 12/09/2022</b>								
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Cinnamon Swirled Apples - SR1492 (1/2 c.)	25	44.60	0.00	0.00	0.00	8.79	10.78	0.01
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Edamame - SR1046 (1/2 c.)	20	99.79	4.29	0.51	0.01	4.95	7.35	9.82
Ginger Carrot Salad - SR1540 (1/2 c.)	15	69.86	0.15	0.03	0.00	36.79	17.36	0.65
Mixed Salad Greens - SR1080 (1/2 c.)	10	6.43	0.01	0.00	0.00	6.33	1.25	0.47
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	0.00	249.48	30.53	7.69
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	2.37	1.54	0.00	107.36	12.18	8.22
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.20	0.14	0.00	102.90	12.15	8.26
Ranch Dressing - SR1931 (1 pump)	60	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	5	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00

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<b>SY21-22 - FoodiE From the Garden W2D5 :39002 - ServingDate: 12/09/2022</b>								
MK Special Sauce - SR2585 (1 tbsp.)	5	29.38	2.25	0.25	0.00	66.72	2.55	0.07
Music City Sauce - SR2584 (1 tbsp.)	10	32.08	1.90	0.22	0.01	52.11	3.54	0.74
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	15	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Spicy K Sauce - SR2586 (1 tbsp.)	5	20.36	0.02	0.00	0.00	160.03	5.06	0.01
<b>SY21-22 - FoodiE From the Garden W3D1 :39002 - ServingDate: 12/12/2022</b>								
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Crispy Whole Apple - SR1161 (1 extra smal)	30	47.79	0.16	0.03	0.00	0.92	12.69	0.24
Diced Peaches - SR3040 (1/2 c.)	40	59.04	0.00	0.00	0.00	4.92	13.78	0.00
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Blanched Broccoli Florets - SR1272 (1/2 c.)	20	10.84	0.12	0.01	0.00	10.75	2.12	0.90
Citrus Glazed Carrots - SR1131 (1/2 c.)	10	60.46	0.78	0.14	0.00	67.70	13.35	0.68
Garden Side Salad - SR1429 (1 c.)	15	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	0.00	249.48	30.53	7.69
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	2.37	1.54	0.00	107.36	12.18	8.22
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.20	0.14	0.00	102.90	12.15	8.26
Ranch Dressing - SR1931 (1 pump)	30	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	5	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00



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<b>SY21-22 - FoodiE From the Garden W3D1 :39002 - ServingDate: 12/12/2022</b>								
MK Special Sauce - SR2585 (1 tbsp.)	15	29.38	2.25	0.25	0.00	66.72	2.55	0.07
Music City Sauce - SR2584 (1 tbsp.)	15	32.08	1.90	0.22	0.01	52.11	3.54	0.74
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	15	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Spicy K Sauce - SR2586 (1 tbsp.)	5	20.36	0.02	0.00	0.00	160.03	5.06	0.01
<b>SY21-22 - FoodiE From the Garden W3D2 :39002 - ServingDate: 12/13/2022</b>								
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Orange Smiles - SR1172 (6 slice or w)	20	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Pears - SR3041 (1/2 c.)	20	57.47	0.00	0.00	0.00	4.79	15.33	0.00
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Edamame - SR1046 (1/2 c.)	25	99.79	4.29	0.51	0.01	4.95	7.35	9.82
Ginger Carrot Salad - SR1540 (1/2 c.)	15	69.86	0.15	0.03	0.00	36.79	17.36	0.65
Caesar Side Salad - SR1428 (1 c.)	20	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	0.00	249.48	30.53	7.69
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	2.37	1.54	0.00	107.36	12.18	8.22
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.20	0.14	0.00	102.90	12.15	8.26
Creamy Caesar Dressing - SR2446 (2 tbsp.)	5	110.00	12.00	2.00	0.00	300.00	1.00	1.00
Italian Salad Dressing - SR1489 (2 tbsp.)	5	30.00	0.00	0.00	0.00	350.00	8.00	0.00
Ranch Dressing - SR1931 (1 pump)	30	60.00	6.00	1.00	0.00	125.00	1.00	0.00

## 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)
<b>SY21-22 - FoodiE From the Garden W3D2 :39002 - ServingDate: 12/13/2022</b>								
Ketchup - SR1004 (1 pump)	60	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
MK Special Sauce - SR2585 (1 tbsp.)	15	29.38	2.25	0.25	0.00	66.72	2.55	0.07
Music City Sauce - SR2584 (1 tbsp.)	15	32.08	1.90	0.22	0.01	52.11	3.54	0.74
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Buffalo Ranch Sauce - SR1453 (2 tbsp.)	5	35.89	2.40	0.35	0.00	671.07	3.70	0.13
Spicy Cool Sauce - SR1788 (1 tbsp.)	15	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Spicy K Sauce - SR2586 (1 tbsp.)	30	20.36	0.02	0.00	0.00	160.03	5.06	0.01
<b>SY21-22 - FoodiE From the Garden W3D3 :39002 - ServingDate: 12/14/2022</b>								
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Unsweetened Applesauce - SR1195 (1/2 c.)	15	55.86	0.15	0.03	0.00	10.49	12.58	0.32
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Basil Corn Salad - SR2587 (1/2 c.)	10	101.86	4.10	0.34	0.00	296.44	16.76	2.29
Italian Roasted Chickpeas - SR2583 (1/2 c.)	10	145.36	2.86	0.06	0.00	267.06	22.57	7.48
Super Side Salad - SR1979 (1 c.)	15	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	0.00	249.48	30.53	7.69
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	2.37	1.54	0.00	107.36	12.18	8.22
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.20	0.14	0.00	102.90	12.15	8.26

## 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)
<b>SY21-22 - FoodiE From the Garden W3D3 :39002 - ServingDate: 12/14/2022</b>								
Ranch Dressing - SR1931 (1 pump)	70	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	60	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
MK Special Sauce - SR2585 (1 tbsp.)	10	29.38	2.25	0.25	0.00	66.72	2.55	0.07
Music City Sauce - SR2584 (1 tbsp.)	10	32.08	1.90	0.22	0.01	52.11	3.54	0.74
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	15	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Spicy K Sauce - SR2586 (1 tbsp.)	20	20.36	0.02	0.00	0.00	160.03	5.06	0.01
<b>SY21-22 - FoodiE From the Garden W3D4 :39002 - ServingDate: 12/15/2022</b>								
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Orange Smiles - SR1172 (6 slice or w)	40	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fruit Cocktail - SR3023 (1/2 c.)	30	86.67	0.00	0.00	0.00	7.22	21.67	0.00
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Broccoli Lime Salad - SR1274 (1/2 c.)	10	26.44	2.16	0.16	0.00	29.21	1.75	0.62
Elote Corn - SR1677 (1/2 c.)	10	129.48	1.72	0.57	0.02	42.65	28.45	4.71
Caesar Side Salad - SR1428 (1 c.)	30	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	0.00	249.48	30.53	7.69
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	2.37	1.54	0.00	107.36	12.18	8.22
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.20	0.14	0.00	102.90	12.15	8.26

## 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)
<b>SY21-22 - FoodiE From the Garden W3D4 :39002 - ServingDate: 12/15/2022</b>								
Ranch Dressing - SR1931 (1 pump)	70	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	5	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
MK Special Sauce - SR2585 (1 tbsp.)	5	29.38	2.25	0.25	0.00	66.72	2.55	0.07
Music City Sauce - SR2584 (1 tbsp.)	10	32.08	1.90	0.22	0.01	52.11	3.54	0.74
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	10	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Spicy K Sauce - SR2586 (1 tbsp.)	5	20.36	0.02	0.00	0.00	160.03	5.06	0.01
<b>SY21-22 - FoodiE From the Garden W3D5 :39002 - ServingDate: 12/16/2022</b>								
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Banana - SR1166 (1 medium (7"))	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Cinnamon Swirled Apples - SR1492 (1/2 c.)	15	44.60	0.00	0.00	0.00	8.79	10.78	0.01
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Mixed Salad Greens - SR1080 (1/2 c.)	10	6.43	0.01	0.00	0.00	6.33	1.25	0.47
Moroccan Spiced Carrots - SR2588 (1/2 c.)	10	122.06	10.32	0.81	0.00	158.09	8.34	0.84
Mex Zucchini - SR1697 (1/2 c.)	10	147.29	14.53	1.11	0.00	171.47	5.08	1.72
Chilled Peas - SR2483 (1/2 c.)	20	72.76	0.38	0.06	0.00	102.06	12.87	4.93
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	0.00	249.48	30.53	7.69
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	2.37	1.54	0.00	107.36	12.18	8.22

## 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)
<b>SY21-22 - FoodiE From the Garden W3D5 :39002 - ServingDate: 12/16/2022</b>								
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.20	0.14	0.00	102.90	12.15	8.26
Ranch Dressing - SR1931 (1 pump)	15	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	5	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
MK Special Sauce - SR2585 (1 tbsp.)	5	29.38	2.25	0.25	0.00	66.72	2.55	0.07
Music City Sauce - SR2584 (1 tbsp.)	10	32.08	1.90	0.22	0.01	52.11	3.54	0.74
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	15	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Spicy K Sauce - SR2586 (1 tbsp.)	5	20.36	0.02	0.00	0.00	160.03	5.06	0.01

**Legend**

(M) - Missing Nutrient Values

**Report Selections**

Meal Type: Lunch  
Site Group: FoodiE Cafe  
Menu Line: FE-From The Garden (Milk, Condiments)  
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.