

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:10:30 PM by Leroy Claborn

Site: Guthrie High School
Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24 Breakfast Secondary Week 5 Day 5 :42919 - ServingDate: 09/01/2023								
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	2	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	3	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	117.87	1.44	0.24	0.00	122.61	25.11	1.86
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	3	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	109.20	1.40	0.28	0.00	161.84	23.24	1.68
Cinnamon Toast - OKR1015 (2 slice)	15	227.56	5.76	1.75	0.00	266.73	38.93	6.03
English Muffin - SR3361 (2 halves)	20	130.00	1.00	0.00	0.00	620.00	24.00	5.00
Turkey Sausage Biscuit - OKR1665 (1 ea.)	30	243.25	12.29	6.19	0.06	630.41	25.49	8.83
Buttery Wheat Toast Side - OKR1160 (1 slice)	20	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	5	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Fresh Whole Apple - SR2870 (1 medium (3)	50	94.64	0.31	0.05	0.00	1.82	25.13	0.47
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:10:30 PM by Leroy Claborn

Site: Guthrie High School
Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24 Breakfast Secondary Week 5 Day 5 :42919 - ServingDate: 09/01/2023								
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Jelly Packet - OKR1183 (1 packet)	20	35.00	0.00	0.00	0.00	5.00	9.00	0.00
SY23-24 Breakfast Secondary Week 1 Day 2 :42919 - ServingDate: 09/05/2023								
Biscuit with Old Fashioned Gravy - OKR1604 (1 ea.)	35	256.80	11.52	5.76	0.14	564.83	34.04	4.12
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	2	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	3	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	117.87	1.44	0.24	0.00	122.61	25.11	1.86
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	3	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	109.20	1.40	0.28	0.00	161.84	23.24	1.68
Cinnamon Toast - OKR1015 (2 slice)	10	227.56	5.76	1.75	0.00	266.73	38.93	6.03

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:10:30 PM by Leroy Claborn

Site: Guthrie High School
Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24 Breakfast Secondary Week 1 Day 2 :42919 - ServingDate: 09/05/2023								
Cinnamon Chip Scone - SR3580 (1 ea.)	10	240.00	10.00	5.00	0.00	250.00	34.00	4.00
Mixed Berry Scone - SR3579 (1 ea.)	10	230.00	8.00	3.50	0.00	250.00	37.00	4.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	20	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	5	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Orange Smiles - SR1172 (6 slice or w)	40	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
SY23-24 Breakfast Secondary Week 1 Day 3 :42919 - ServingDate: 09/06/2023								
Sausage Breakfast Pizza - SR1167 (1 slice)	35	210.00	7.00	2.00	0.00	350.00	27.00	9.00
Buttery Wheat Toast - OKR1044 (2 slices)	5	193.33	5.67	1.50	0.00	266.67	30.00	6.00
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	2	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	3	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	120.00	2.50	0.00	0.00	170.00	23.00	1.00

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:10:30 PM by Leroy Claborn

Site: Guthrie High School
Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24 Breakfast Secondary Week 1 Day 3 :42919 - ServingDate: 09/06/2023								
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	117.87	1.44	0.24	0.00	122.61	25.11	1.86
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	3	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	109.20	1.40	0.28	0.00	161.84	23.24	1.68
Toasted Waffle - SR2165 (2 waffle)	25	185.89	6.20	1.55	0.00	371.78	27.88	4.13
Buttery Wheat Toast Side - OKR1160 (1 slice)	20	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	5	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Banana - SR1166 (1 medium (7"))	50	105.02	0.39	0.13	0.00	1.18	26.95	1.29
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:10:30 PM by Leroy Claborn

Site: Guthrie High School
Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24 Breakfast Secondary Week 1 Day 4 :42919 - ServingDate: 09/07/2023								
Ham & Cheese English Muffin - OKR2003 (1 sandwich)	15	231.70	7.53	3.52	0.00	1011.86	26.02	14.61
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	2	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	3	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	117.87	1.44	0.24	0.00	122.61	25.11	1.86
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	3	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	55	109.20	1.40	0.28	0.00	161.84	23.24	1.68
Donut - SR2488 (1 donut)	25	280.00	16.00	7.00	0.00	310.00	30.00	5.00
Turkey Sausage Biscuit - OKR1665 (1 ea.)	25	243.25	12.29	6.19	0.06	630.41	25.49	8.83
Buttery Wheat Toast Side - OKR1160 (1 slice)	20	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	5	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Diced Peaches - SR3040 (1/2 c.)	50	59.04	0.00	0.00	0.00	4.92	13.78	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:10:30 PM by Leroy Claborn

Site: Guthrie High School
Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24 Breakfast Secondary Week 1 Day 4 :42919 - ServingDate: 09/07/2023								
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
SY23-24 Breakfast Secondary Week 1 Day 5 :42919 - ServingDate: 09/08/2023								
Biscuit & Sausage Gravy - OKR1171 (1 ea.)	20	253.66	11.37	5.68	0.00	458.13	32.98	5.37
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	2	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	3	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	117.87	1.44	0.24	0.00	122.61	25.11	1.86
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	3	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	109.20	1.40	0.28	0.00	161.84	23.24	1.68
Chicken & Waffle Stacker - OKR2004 (1 serving)	30	315.97	13.60	4.00	0.00	385.95	38.40	9.60
Cinnamon Toast - OKR1015 (2 slice)	15	227.56	5.76	1.75	0.00	266.73	38.93	6.03

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:10:30 PM by Leroy Claborn

Site: Guthrie High School
Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24 Breakfast Secondary Week 1 Day 5 :42919 - ServingDate: 09/08/2023								
Buttery Wheat Toast Side - OKR1160 (1 slice)	20	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	5	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Fresh Whole Apple - SR2870 (1 medium (3)	50	94.64	0.31	0.05	0.00	1.82	25.13	0.47
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Breakfast Syrup Cup - SR2498 (1 Container)	30	110.00	0.00	0.00	0.00	20.00	29.00	0.00
SY23-24 Breakfast Secondary Week 2 Day 1 :42919 - ServingDate: 09/11/2023								
Soft-Filled Cinnamon Toast Crunch Breakfast Bar - SR2822 (1 pkg.)	20	204.07	6.20	1.85	0.13	231.07	32.54	4.42
Buttery Wheat Toast - OKR1044 (2 slices)	10	193.33	5.67	1.50	0.00	266.67	30.00	6.00
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	2	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	3	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	120.00	2.50	0.00	0.00	170.00	23.00	1.00

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:10:30 PM by Leroy Claborn

Site: Guthrie High School
Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24 Breakfast Secondary Week 2 Day 1 :42919 - ServingDate: 09/11/2023								
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	117.87	1.44	0.24	0.00	122.61	25.11	1.86
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	3	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	109.20	1.40	0.28	0.00	161.84	23.24	1.68
Buttermilk Pancakes - SR2010 (2 pancake)	35	160.00	2.00	0.33	0.00	406.67	30.67	4.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	20	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	5	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Unsweetened Applesauce - SR1195 (1/2 c.)	40	52.39	0.00	0.00	0.00	10.48	12.57	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Breakfast Syrup Cup - SR2498 (1 Container)	35	110.00	0.00	0.00	0.00	20.00	29.00	0.00

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:10:30 PM by Leroy Claborn

Site: Guthrie High School
Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24 Breakfast Secondary Week 2 Day 2 :42919 - ServingDate: 09/12/2023								
Biscuit with Old Fashioned Gravy - OKR1604 (1 ea.)	25	256.80	11.52	5.76	0.14	564.83	34.04	4.12
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	3	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	117.87	1.44	0.24	0.00	122.61	25.11	1.86
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	3	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	109.20	1.40	0.28	0.00	161.84	23.24	1.68
Cinnamon Roll - OKR1273 (1 roll.)	20	205.30	1.00	0.50	0.00	135.17	45.05	5.00
Cinnamon Chip Scone - SR3580 (1 ea.)	10	240.00	10.00	5.00	0.00	250.00	34.00	4.00
Mixed Berry Scone - SR3579 (1 ea.)	10	230.00	8.00	3.50	0.00	250.00	37.00	4.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	20	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	5	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Orange Smiles - SR1172 (6 slice or w)	50	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:10:30 PM by Leroy Claborn

Site: Guthrie High School
Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24 Breakfast Secondary Week 2 Day 2 :42919 - ServingDate: 09/12/2023								
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
SY23-24 Breakfast Secondary Week 2 Day 3 :42919 - ServingDate: 09/13/2023								
Sausage Breakfast Pizza - SR1167 (1 slice)	40	210.00	7.00	2.00	0.00	350.00	27.00	9.00
Buttery Wheat Toast - OKR1044 (2 slices)	5	193.33	5.67	1.50	0.00	266.67	30.00	6.00
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	2	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	3	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	117.87	1.44	0.24	0.00	122.61	25.11	1.86
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	3	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	109.20	1.40	0.28	0.00	161.84	23.24	1.68

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:10:30 PM by Leroy Claborn

Site: Guthrie High School
Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24 Breakfast Secondary Week 2 Day 3 :42919 - ServingDate: 09/13/2023								
English Muffin - SR3361 (2 halves)	20	130.00	1.00	0.00	0.00	620.00	24.00	5.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	20	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	5	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Banana - SR1166 (1 medium (7"))	50	105.02	0.39	0.13	0.00	1.18	26.95	1.29
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Grape Jelly - SR2340 (1 tbsp.)	20	50.00	0.03	0.01	0.01	7.14	13.00	0.04
SY23-24 Breakfast Secondary Week 2 Day 4 :42919 - ServingDate: 09/14/2023								
Biscuit & Sausage Gravy - OKR1171 (1 ea.)	35	253.66	11.37	5.68	0.00	458.13	32.98	5.37
Ham & Cheese English Muffin - OKR2003 (1 sandwich)	20	231.70	7.53	3.52	0.00	1011.86	26.02	14.61
Hot Oatmeal - SR1483 (1/2 c.)	10	126.94	2.54	0.42	0.00	4.23	22.85	4.23
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	2	113.51	1.88	0.00	0.00	113.51	22.71	2.27

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:10:30 PM by Leroy Claborn

Site: Guthrie High School
Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24 Breakfast Secondary Week 2 Day 4 :42919 - ServingDate: 09/14/2023								
Cheerios - SR1160 (1 bowl)	3	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	117.87	1.44	0.24	0.00	122.61	25.11	1.86
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	3	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	109.20	1.40	0.28	0.00	161.84	23.24	1.68
Buttery Wheat Toast Side - OKR1160 (1 slice)	20	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese - SR1146 (1 stick.)	5	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Strawberry Flavor Craisins - SR2882 (1 Pouch)	25	109.95	0.00	0.00	(M)	0.00	26.99	0.00
Craisins, Watermelon Flavor - SR2915 (1 Pouch)	25	109.95	0.00	0.00	0.00	0.00	26.99	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:10:30 PM by Leroy Claborn

Site: Guthrie High School
Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24 Breakfast Secondary Week 2 Day 4 :42919 - ServingDate: 09/14/2023								
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
SY23-24 Breakfast Secondary Week 2 Day 5 :42919 - ServingDate: 09/15/2023								
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	2	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	3	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	117.87	1.44	0.24	0.00	122.61	25.11	1.86
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	3	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	109.20	1.40	0.28	0.00	161.84	23.24	1.68
Cinnamon Toast - OKR1015 (2 slice)	15	227.56	5.76	1.75	0.00	266.73	38.93	6.03
Turkey Sausage Biscuit - OKR1665 (1 ea.)	20	243.25	12.29	6.19	0.06	630.41	25.49	8.83
Toasted Waffle - SR2165 (2 waffle)	30	185.89	6.20	1.55	0.00	371.78	27.88	4.13
Buttery Wheat Toast Side - OKR1160 (1 slice)	20	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	5	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:10:30 PM by Leroy Claborn

Site: Guthrie High School
Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24 Breakfast Secondary Week 2 Day 5 :42919 - ServingDate: 09/15/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	50	94.64	0.31	0.05	0.00	1.82	25.13	0.47
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
SY23-24 Breakfast Secondary Week 3 Day 2 :42919 - ServingDate: 09/19/2023								
Biscuit & Sausage Gravy - OKR1171 (1 ea.)	35	253.66	11.37	5.68	0.00	458.13	32.98	5.37
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	2	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	3	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	117.87	1.44	0.24	0.00	122.61	25.11	1.86
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	3	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:10:30 PM by Leroy Claborn

Site: Guthrie High School
Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24 Breakfast Secondary Week 3 Day 2 :42919 - ServingDate: 09/19/2023								
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	109.20	1.40	0.28	0.00	161.84	23.24	1.68
Cinnamon Toast - OKR1015 (2 slice)	10	227.56	5.76	1.75	0.00	266.73	38.93	6.03
Cinnamon Chip Scone - SR3580 (1 ea.)	10	240.00	10.00	5.00	0.00	250.00	34.00	4.00
Mixed Berry Scone - SR3579 (1 ea.)	10	230.00	8.00	3.50	0.00	250.00	37.00	4.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	20	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	5	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Orange Smiles - SR1172 (6 slice or w)	50	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
SY23-24 Breakfast Secondary Week 3 Day 3 :42919 - ServingDate: 09/20/2023								
Sausage Breakfast Pizza - SR1167 (1 slice)	40	210.00	7.00	2.00	0.00	350.00	27.00	9.00
Buttery Wheat Toast - OKR1044 (2 slices)	5	193.33	5.67	1.50	0.00	266.67	30.00	6.00

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:10:30 PM by Leroy Claborn

Site: Guthrie High School
Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24 Breakfast Secondary Week 3 Day 3 :42919 - ServingDate: 09/20/2023								
Apple Cinnamon Cheerios bowl/pack - SR1327 (1 bowl)	2	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Honey Cheerios Cereal - SR3548 (1 bowl)	3	110.00	1.50	0.00	0.00	170.00	22.00	3.00
Cinnamon Chex - SR2336 (1 bowl)	2	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	117.87	1.44	0.24	0.00	122.61	25.11	1.86
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	3	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	109.20	1.40	0.28	0.00	161.84	23.24	1.68
Toasted Waffle - SR2165 (2 waffle)	20	185.89	6.20	1.55	0.00	371.78	27.88	4.13
Buttery Wheat Toast Side - OKR1160 (1 slice)	20	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	5	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Banana - SR1166 (1 medium (7"))	50	105.02	0.39	0.13	0.00	1.18	26.95	1.29
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:10:30 PM by Leroy Claborn

Site: Guthrie High School
Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24 Breakfast Secondary Week 3 Day 3 :42919 - ServingDate: 09/20/2023								
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Breakfast Syrup Cup - SR2498 (1 Container)	20	110.00	0.00	0.00	0.00	20.00	29.00	0.00
SY23-24 Breakfast Secondary Week 3 Day 4 :42919 - ServingDate: 09/21/2023								
Biscuit with Old Fashioned Gravy - OKR1604 (1 ea.)	30	256.80	11.52	5.76	0.14	564.83	34.04	4.12
Ham & Cheese English Muffin - OKR2003 (1 sandwich)	15	231.70	7.53	3.52	0.00	1011.86	26.02	14.61
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	2	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	3	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	117.87	1.44	0.24	0.00	122.61	25.11	1.86
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	3	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	109.20	1.40	0.28	0.00	161.84	23.24	1.68
Donut - SR2488 (1 donut)	20	280.00	16.00	7.00	0.00	310.00	30.00	5.00

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:10:30 PM by Leroy Claborn

Site: Guthrie High School
Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24 Breakfast Secondary Week 3 Day 4 :42919 - ServingDate: 09/21/2023								
Buttery Wheat Toast Side - OKR1160 (1 slice)	20	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	5	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Diced Peaches - SR3040 (1/2 c.)	50	59.04	0.00	0.00	0.00	4.92	13.78	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
SY23-24 Breakfast Secondary Week 3 Day 5 :42919 - ServingDate: 09/22/2023								
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	2	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	3	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	117.87	1.44	0.24	0.00	122.61	25.11	1.86
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:10:30 PM by Leroy Claborn

Site: Guthrie High School
Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24 Breakfast Secondary Week 3 Day 5 :42919 - ServingDate: 09/22/2023								
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	3	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	109.20	1.40	0.28	0.00	161.84	23.24	1.68
Cinnamon Toast - OKR1015 (2 slice)	15	227.56	5.76	1.75	0.00	266.73	38.93	6.03
English Muffin - SR3361 (2 halves)	15	130.00	1.00	0.00	0.00	620.00	24.00	5.00
Turkey Sausage Biscuit - OKR1665 (1 ea.)	35	243.25	12.29	6.19	0.06	630.41	25.49	8.83
Buttery Wheat Toast Side - OKR1160 (1 slice)	20	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	5	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Fresh Whole Apple - SR2870 (1 medium (3)	50	94.64	0.31	0.05	0.00	1.82	25.13	0.47
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Jelly Packet - OKR1183 (1 packet)	15	35.00	0.00	0.00	0.00	5.00	9.00	0.00

Menu Calendar Nutrient Analysis Report - September, 2023

Site: Guthrie High School
Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24 Breakfast Secondary Week 4 Day 1 :42919 - ServingDate: 09/25/2023								
Buttery Wheat Toast - OKR1044 (2 slices)	5	193.33	5.67	1.50	0.00	266.67	30.00	6.00
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	2	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	3	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	117.87	1.44	0.24	0.00	122.61	25.11	1.86
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	3	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	109.20	1.40	0.28	0.00	161.84	23.24	1.68
French Toast Sticks - SR1910 (3 stick.)	35	193.02	7.42	1.11	0.00	222.71	28.21	4.45
Turkey Sausage Biscuit - OKR1665 (1 ea.)	25	243.25	12.29	6.19	0.06	630.41	25.49	8.83
Buttery Wheat Toast Side - OKR1160 (1 slice)	20	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	5	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Unsweetened Applesauce - SR1195 (1/2 c.)	50	52.39	0.00	0.00	0.00	10.48	12.57	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:10:30 PM by Leroy Claborn

Site: Guthrie High School
Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24 Breakfast Secondary Week 4 Day 1 :42919 - ServingDate: 09/25/2023								
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Breakfast Syrup Cup - SR2498 (1 Container)	35	110.00	0.00	0.00	0.00	20.00	29.00	0.00
SY23-24 Breakfast Secondary Week 4 Day 2 :42919 - ServingDate: 09/26/2023								
Biscuit with Old Fashioned Gravy - OKR1604 (1 ea.)	30	256.80	11.52	5.76	0.14	564.83	34.04	4.12
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	2	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	3	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	117.87	1.44	0.24	0.00	122.61	25.11	1.86
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	3	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	109.20	1.40	0.28	0.00	161.84	23.24	1.68
Cinnamon Roll - OKR1273 (1 roll.)	15	205.30	1.00	0.50	0.00	135.17	45.05	5.00

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:10:30 PM by Leroy Claborn

Site: Guthrie High School
Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24 Breakfast Secondary Week 4 Day 2 :42919 - ServingDate: 09/26/2023								
Cinnamon Chip Scone - SR3580 (1 ea.)	10	240.00	10.00	5.00	0.00	250.00	34.00	4.00
Mixed Berry Scone - SR3579 (1 ea.)	10	230.00	8.00	3.50	0.00	250.00	37.00	4.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	20	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	5	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Orange Smiles - SR1172 (6 slice or w)	50	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
SY23-24 Breakfast Secondary Week 4 Day 3 :42919 - ServingDate: 09/27/2023								
Sausage Breakfast Pizza - SR1167 (1 slice)	45	210.00	7.00	2.00	0.00	350.00	27.00	9.00
Buttery Wheat Toast - OKR1044 (2 slices)	5	193.33	5.67	1.50	0.00	266.67	30.00	6.00
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	2	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	3	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	120.00	2.50	0.00	0.00	170.00	23.00	1.00

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:10:30 PM by Leroy Claborn

Site: Guthrie High School
Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24 Breakfast Secondary Week 4 Day 3 :42919 - ServingDate: 09/27/2023								
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	117.87	1.44	0.24	0.00	122.61	25.11	1.86
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	3	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	109.20	1.40	0.28	0.00	161.84	23.24	1.68
English Muffin - SR3361 (2 halves)	15	130.00	1.00	0.00	0.00	620.00	24.00	5.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	20	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	5	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Banana - SR1166 (1 medium (7"))	50	105.02	0.39	0.13	0.00	1.18	26.95	1.29
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Jelly Packet - OKR1183 (1 packet)	15	35.00	0.00	0.00	0.00	5.00	9.00	0.00

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:10:30 PM by Leroy Claborn

Site: Guthrie High School
Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24 Breakfast Secondary Week 4 Day 4 :42919 - ServingDate: 09/28/2023								
Biscuit & Sausage Gravy - OKR1171 (1 ea.)	35	253.66	11.37	5.68	0.00	458.13	32.98	5.37
Breakfast Sandwich, English muffin, ham, American - OKR1951 (1 sandwich)	20	235.00	8.00	3.25	0.00	995.00	25.00	14.50
Hot Oatmeal - SR1483 (1/2 c.)	10	126.94	2.54	0.42	0.00	4.23	22.85	4.23
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	2	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	3	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	117.87	1.44	0.24	0.00	122.61	25.11	1.86
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	3	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	109.20	1.40	0.28	0.00	161.84	23.24	1.68
Buttery Wheat Toast Side - OKR1160 (1 slice)	20	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	5	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Strawberry Flavor Craisins - SR2882 (1 Pouch)	25	109.95	0.00	0.00	(M)	0.00	26.99	0.00

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:10:30 PM by Leroy Claborn

Site: Guthrie High School
Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24 Breakfast Secondary Week 4 Day 4 :42919 - ServingDate: 09/28/2023								
Watermelon Flavored Craisins - SR3109 (2 Pouch)	25	219.91	0.00	0.00	0.00	0.00	53.98	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
SY23-24 Breakfast Secondary Week 4 Day 5 :42919 - ServingDate: 09/29/2023								
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	2	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	3	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	117.87	1.44	0.24	0.00	122.61	25.11	1.86
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	3	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	109.20	1.40	0.28	0.00	161.84	23.24	1.68

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:10:30 PM by Leroy Claborn

Site: Guthrie High School
Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24 Breakfast Secondary Week 4 Day 5 :42919 - ServingDate: 09/29/2023								
Chicken & Waffle Stacker - OKR2004 (1 serving)	30	315.97	13.60	4.00	0.00	385.95	38.40	9.60
Cinnamon Toast - OKR1015 (2 slice)	15	227.56	5.76	1.75	0.00	266.73	38.93	6.03
Buttermilk Pancakes - SR2010 (2 pancake)	20	160.00	2.00	0.33	0.00	406.67	30.67	4.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	20	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	5	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Fresh Whole Apple - SR2870 (1 medium (3)	50	94.64	0.31	0.05	0.00	1.82	25.13	0.47
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00

Legend
(M) - Missing Nutrient Values

Report Selections
Meal Type: Breakfast
Site Group: Taste4
Menu Line: B-Café Classics
Serving Group: 9-12
Nutrients Option: Expanded

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:10:30 PM by Leroy Claborn

Site: Guthrie High School
Date: 09/01/2023 - 09/30/2023

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.