

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:18:23 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)
23-24 CORE Garden Bar- (6-8/9-12) Day 5 (RMC) OK :42618 - ServingDate: 09/01/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	6	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR3040 (1/2 c.)	9	59.04	0.00	0.00	0.00	4.92	13.78	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	5	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	30	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	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
Italian Salad Dressing - SR1489 (1 tbsp.)	10	15.00	0.00	0.00	0.00	175.00	4.00	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)	15	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
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	28.89	2.26	0.50	0.00	117.59	1.38	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)
23-24 CORE Garden Bar- (6-8/9-12) Day 2 (RMC) OK :42618 - ServingDate: 09/05/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	8	52.39	0.00	0.00	0.00	10.48	12.57	0.00
Banana - SR1166 (1 medium (7")	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	7	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	10	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Basil Corn Salad - SR2587 (1/2 c.)	5	102.01	4.11	0.34	0.00	296.46	16.78	2.32
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	30	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	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
Italian Salad Dressing - SR1489 (1 tbsp.)	10	15.00	0.00	0.00	0.00	175.00	4.00	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)	15	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
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	28.89	2.26	0.50	0.00	117.59	1.38	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)
23-24 CORE Garden Bar- (6-8/9-12) Day 3 (RMC) OK :42618 - ServingDate: 09/06/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	9	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Pears - SR3041 (1/2 c.)	6	57.47	0.00	0.00	0.00	4.79	15.33	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	10	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	10	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Italian Roasted Chickpeas - SR3793 (1/2 c.)	5	83.23	2.18	0.06	0.00	219.69	12.56	3.66
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	30	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	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
Italian Salad Dressing - SR1489 (1 tbsp.)	10	15.00	0.00	0.00	0.00	175.00	4.00	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)	15	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
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	28.89	2.26	0.50	0.00	117.59	1.38	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)
23-24 CORE Garden Bar- (6-8/9-12) Day 4 (RMC) OK :42618 - ServingDate: 09/07/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	8	52.39	0.00	0.00	0.00	10.48	12.57	0.00
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	7	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	10	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Moroccan Spiced Carrots - SR2588 (1/2 c.)	5	118.81	10.10	0.79	0.00(M)	126.93	7.99	0.72
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chilled Corn - SR1033 (1/2 c.)	10	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	30	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	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
Italian Salad Dressing - SR1489 (1 tbsp.)	10	15.00	0.00	0.00	0.00	175.00	4.00	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)	15	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
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	28.89	2.26	0.50	0.00	117.59	1.38	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)
23-24 CORE Garden Bar- (6-8/9-12) Day 5 (RMC) OK :42618 - ServingDate: 09/08/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	6	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR3040 (1/2 c.)	9	59.04	0.00	0.00	0.00	4.92	13.78	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	5	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	30	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	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
Italian Salad Dressing - SR1489 (1 tbsp.)	10	15.00	0.00	0.00	0.00	175.00	4.00	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)	15	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
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	28.89	2.26	0.50	0.00	117.59	1.38	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)
23-24 CORE Garden Bar- (6-8/9-12) Day 1 (RMC) OK :42618 - ServingDate: 09/11/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	6	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR3040 (1/2 c.)	9	59.04	0.00	0.00	0.00	4.92	13.78	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	10	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1036 (1/2 c.)	5	140.65	0.00	0.00	0.00	151.47	25.97	7.57
Cucumber Coins - SR1013 (1/2 c.)	5	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Green Salad Mix - SR3780 (1 c.)	10	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	30	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	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
Italian Salad Dressing - SR1489 (1 tbsp.)	10	15.00	0.00	0.00	0.00	175.00	4.00	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)	15	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
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	28.89	2.26	0.50	0.00	117.59	1.38	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)
23-24 CORE Garden Bar- (6-8/9-12) Day 2 (RMC) OK :42618 - ServingDate: 09/12/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	8	52.39	0.00	0.00	0.00	10.48	12.57	0.00
Banana - SR1166 (1 medium (7")	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	7	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	10	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Basil Corn Salad - SR2587 (1/2 c.)	5	102.01	4.11	0.34	0.00	296.46	16.78	2.32
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	30	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	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
Italian Salad Dressing - SR1489 (1 tbsp.)	10	15.00	0.00	0.00	0.00	175.00	4.00	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)	15	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
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	28.89	2.26	0.50	0.00	117.59	1.38	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)
23-24 CORE Garden Bar- (6-8/9-12) Day 3 (RMC) OK :42618 - ServingDate: 09/13/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	9	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Pears - SR3041 (1/2 c.)	6	57.47	0.00	0.00	0.00	4.79	15.33	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	10	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	10	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Italian Roasted Chickpeas - SR3793 (1/2 c.)	5	83.23	2.18	0.06	0.00	219.69	12.56	3.66
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	30	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	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
Italian Salad Dressing - SR1489 (1 tbsp.)	10	15.00	0.00	0.00	0.00	175.00	4.00	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)	15	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
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	28.89	2.26	0.50	0.00	117.59	1.38	0.76

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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)
23-24 CORE Garden Bar- (6-8/9-12) Day 4 (RMC) OK :42618 - ServingDate: 09/14/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	8	52.39	0.00	0.00	0.00	10.48	12.57	0.00
Banana - SR1166 (1 medium (7")	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	7	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	10	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Moroccan Spiced Carrots - SR2588 (1/2 c.)	5	118.81	10.10	0.79	0.00(M)	126.93	7.99	0.72
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chilled Corn - SR1033 (1/2 c.)	10	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	30	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	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
Italian Salad Dressing - SR1489 (1 tbsp.)	10	15.00	0.00	0.00	0.00	175.00	4.00	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)	15	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
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	28.89	2.26	0.50	0.00	117.59	1.38	0.76

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:18:23 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)
23-24 CORE Garden Bar- (6-8/9-12) Day 5 (RMC) OK :42618 - ServingDate: 09/15/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	6	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR3040 (1/2 c.)	9	59.04	0.00	0.00	0.00	4.92	13.78	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	5	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	30	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	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
Italian Salad Dressing - SR1489 (1 tbsp.)	10	15.00	0.00	0.00	0.00	175.00	4.00	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)	15	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
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	28.89	2.26	0.50	0.00	117.59	1.38	0.76

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:18:23 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)
23-24 CORE Garden Bar- (6-8/9-12) Day 2 (RMC) OK :42618 - ServingDate: 09/19/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	8	52.39	0.00	0.00	0.00	10.48	12.57	0.00
Banana - SR1166 (1 medium (7")	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	7	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	10	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Basil Corn Salad - SR2587 (1/2 c.)	5	102.01	4.11	0.34	0.00	296.46	16.78	2.32
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	30	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	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
Italian Salad Dressing - SR1489 (1 tbsp.)	10	15.00	0.00	0.00	0.00	175.00	4.00	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)	15	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
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	28.89	2.26	0.50	0.00	117.59	1.38	0.76

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:18:23 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)
23-24 CORE Garden Bar- (6-8/9-12) Day 3 (RMC) OK :42618 - ServingDate: 09/20/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	9	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Pears - SR3041 (1/2 c.)	6	57.47	0.00	0.00	0.00	4.79	15.33	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	10	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	10	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Italian Roasted Chickpeas - SR3793 (1/2 c.)	5	83.23	2.18	0.06	0.00	219.69	12.56	3.66
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	30	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	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
Italian Salad Dressing - SR1489 (1 tbsp.)	10	15.00	0.00	0.00	0.00	175.00	4.00	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)	15	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
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	28.89	2.26	0.50	0.00	117.59	1.38	0.76

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:18:23 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)
23-24 CORE Garden Bar- (6-8/9-12) Day 4 (RMC) OK :42618 - ServingDate: 09/21/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	8	52.39	0.00	0.00	0.00	10.48	12.57	0.00
Banana - SR1166 (1 medium (7")	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	7	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	10	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Moroccan Spiced Carrots - SR2588 (1/2 c.)	5	118.81	10.10	0.79	0.00(M)	126.93	7.99	0.72
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chilled Corn - SR1033 (1/2 c.)	10	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	30	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	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
Italian Salad Dressing - SR1489 (1 tbsp.)	10	15.00	0.00	0.00	0.00	175.00	4.00	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)	15	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
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	28.89	2.26	0.50	0.00	117.59	1.38	0.76

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:18:23 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)
23-24 CORE Garden Bar- (6-8/9-12) Day 5 (RMC) OK :42618 - ServingDate: 09/22/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	6	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR3040 (1/2 c.)	9	59.04	0.00	0.00	0.00	4.92	13.78	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	5	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	30	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	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
Italian Salad Dressing - SR1489 (1 tbsp.)	10	15.00	0.00	0.00	0.00	175.00	4.00	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)	15	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
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	28.89	2.26	0.50	0.00	117.59	1.38	0.76

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:18:23 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)
23-24 CORE Garden Bar- (6-8/9-12) Day 1 (RMC) OK :42618 - ServingDate: 09/25/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	6	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR3040 (1/2 c.)	9	59.04	0.00	0.00	0.00	4.92	13.78	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	10	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1036 (1/2 c.)	5	140.65	0.00	0.00	0.00	151.47	25.97	7.57
Cucumber Coins - SR1013 (1/2 c.)	5	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Green Salad Mix - SR3780 (1 c.)	10	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	30	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	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
Italian Salad Dressing - SR1489 (1 tbsp.)	10	15.00	0.00	0.00	0.00	175.00	4.00	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)	15	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
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	28.89	2.26	0.50	0.00	117.59	1.38	0.76

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:18:23 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)
23-24 CORE Garden Bar- (6-8/9-12) Day 2 (RMC) OK :42618 - ServingDate: 09/26/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	8	52.39	0.00	0.00	0.00	10.48	12.57	0.00
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	7	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	10	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Basil Corn Salad - SR2587 (1/2 c.)	5	102.01	4.11	0.34	0.00	296.46	16.78	2.32
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	30	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	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
Italian Salad Dressing - SR1489 (1 tbsp.)	10	15.00	0.00	0.00	0.00	175.00	4.00	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)	15	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
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	28.89	2.26	0.50	0.00	117.59	1.38	0.76

Menu Calendar Nutrient Analysis Report - September, 2023

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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)
23-24 CORE Garden Bar- (6-8/9-12) Day 3 (RMC) OK :42618 - ServingDate: 09/27/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	9	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Pears - SR3041 (1/2 c.)	6	57.47	0.00	0.00	0.00	4.79	15.33	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	10	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	10	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Italian Roasted Chickpeas - SR3793 (1/2 c.)	5	83.23	2.18	0.06	0.00	219.69	12.56	3.66
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	30	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	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
Italian Salad Dressing - SR1489 (1 tbsp.)	10	15.00	0.00	0.00	0.00	175.00	4.00	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)	15	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
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	28.89	2.26	0.50	0.00	117.59	1.38	0.76

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:18:23 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)
23-24 CORE Garden Bar- (6-8/9-12) Day 4 (RMC) OK :42618 - ServingDate: 09/28/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	8	52.39	0.00	0.00	0.00	10.48	12.57	0.00
Banana - SR1166 (1 medium (7")	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	7	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	10	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Moroccan Spiced Carrots - SR2588 (1/2 c.)	5	118.81	10.10	0.79	0.00(M)	126.93	7.99	0.72
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chilled Corn - SR1033 (1/2 c.)	10	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	30	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	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
Italian Salad Dressing - SR1489 (1 tbsp.)	10	15.00	0.00	0.00	0.00	175.00	4.00	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)	15	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
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	28.89	2.26	0.50	0.00	117.59	1.38	0.76

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:18:23 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)
23-24 CORE Garden Bar- (6-8/9-12) Day 5 (RMC) OK :42618 - ServingDate: 09/29/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	6	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR3040 (1/2 c.)	9	59.04	0.00	0.00	0.00	4.92	13.78	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	5	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	30	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	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
Italian Salad Dressing - SR1489 (1 tbsp.)	10	15.00	0.00	0.00	0.00	175.00	4.00	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)	15	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
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	28.89	2.26	0.50	0.00	117.59	1.38	0.76

Legend

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:18:23 PM by Leroy Claborn

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

(M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch
Site Group: Taste4
Menu Line: T4-Extras Bar (Garden, Milk, Condiments)
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.