

## Menu Calendar Nutrient Analysis Report - November, 2022

Site: Guthrie Upper Elementary  
Date: 11/01/2022 - 11/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
<b>SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 4 Day 2 - ServingDate: 11/01/2022</b>					
Home-Style Pepperoni Pizza - OKR1335 (1 slice)	70	358.73	7.68	0.00	838.37
Pinwheel Party Box - OKR1945 (1 Box)	10	487.51	7.43	0.00	969.35
Classic Chef Salad - SR1083 (1 salad)	10	266.21	5.22	0.00	642.65
Grillers Prime Veggie Burger - SR3551 (1 patty)	10	150.00	1.00	0.00	400.00
Hamburger Bun - OKR1351 (1 roll.)	10	160.00	0.00	0.00	270.00
Garlic Knot Breadstick - SR1255 (1 roll.)	10	110.63	0.22	0.00	95.85
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	60	65.49	0.33	0.00	72.07
<b>SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 4 Day 3 - ServingDate: 11/02/2022</b>					
Barbecue Rib Sandwich - OKR1132 (1 sandwich)	20	332.89	3.50	0.10	861.89
Crispy Chicken Nuggets - SR1367 (5 nugget)	60	239.93	2.50	0.00	439.88
Strawberry Banana Parfait - SR1504 (1 parfait)	10	278.49 (M)	0.83(M)	0.02(M)	123.70 (M)
Turkey & Cheese Sandwich - OKR1827 (1 sandwich)	10	294.61	5.06	0.00	912.18
String Cheese Stick - SR3035 (1 stick.)	10	91.13	5.06	0.00	202.50
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	0.00	0.00	95.00
Dinner Roll - SR1010 (1 roll.)	60	80.00	0.00	0.00	65.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
<b>SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 4 Day 3 - ServingDate: 11/02/2022</b>					
Smile Fries - SR3502 (1/2 c.)	75	130.65	0.50	0.00	180.89
<b>SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 4 Day 4 - ServingDate: 11/03/2022</b>					
Beefy Totchos - OKR1863 (1 nacho)	50	212.59	3.46	0.00	597.09
Cheese Enchiladas - OKR1944 (2 ea.)	0	429.82	15.69	0.00	849.63
Crispy Chicken Wrap - SR2525 (1 wrap)	10	529.90	8.03	0.00	1156.65
Kidzable Build Your Own Pepperoni Pizza - OKR1141 (1 portion)	15	440.23	9.42	0.00	1219.47
Flour Tortilla - SR3407 (1 tortilla)	50	132.86	2.04	0.00	204.40
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)
Roasted Corn - SR1303 (1/2 c.)	75	71.60	0.10	0.01	1.64
<b>SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 4 Day 5 - ServingDate: 11/04/2022</b>					
Glazed Chicken Drumstick - SR2447 (1 piece)	20	248.99	3.89	0.00	497.98
Classic Chef Salad - SR1083 (1 salad)	5	266.21	5.22	0.00	642.65
Steak Fingers - OKR1223 (4 ea.)	65	320.00	5.00	0.00	330.00
Sunbutter & Jelly Sandwich - OKR1140 (1 sandwich)	10	394.57	2.00	0.00	360.00
Dinner Roll - SR1010 (1 roll.)	65	80.00	0.00	0.00	65.00
Twisted Breadstick - SR2142 (1 breadstick)	25	172.69	0.09	0.00	190.34
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)

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<b>SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 4 Day 5 - ServingDate: 11/04/2022</b>					
Vegetarian Baked Beans - SR2026 (1/2 c.)	40	132.68	0.00	0.00	561.33
Whipped Potatoes - SR1112 (1/2 c.)	75	79.98	1.00	0.00	102.62
Old Fashioned Country Biscuit Gravy - OKR1552 (1/4 c.)	50	42.52	1.22	0.00	147.42
<b>SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 5 Day 1 - ServingDate: 11/07/2022</b>					
Deluxe Cheeseburger - OKR1164 (1 burger)	40	345.56	5.53	0.00	682.88
Classic Chicken Alfredo Macaroni - SR2522 (1 c.)	20	315.28	5.30	0.00	793.60
Ham & Cheese Sandwich - OKR1072 (1 sandwich)	20	351.13	6.56	0.00	1175.75
Just Peachy Parfait - SR1503 (1 parfait)	20	262.69 (M)	0.78(M)	0.02(M)	123.88 (M)
String Cheese Stick - SR3035 (1 stick.)	20	91.13	5.06	0.00	202.50
Honey Graham Crackers - SR2366 (1 pkg.)	20	90.00	0.00	0.00	95.00
Garlic Knot Breadstick - SR1255 (1 roll.)	20	110.63	0.22	0.00	95.85
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)
Roasted Summer Squash - SR1523 (1/2 c.)	40	34.33	0.18	0.00	42.19
<b>SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 5 Day 2 - ServingDate: 11/08/2022</b>					
Crispy Chicken Wrap - SR2525 (1 wrap)	10	529.90	8.03	0.00	1156.65
Popcorn Chicken Potato Bowl - SR2675 (1 bowl)	50	(M)	(M)	(M)	(M)

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<b>SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 5 Day 2 - ServingDate: 11/08/2022</b>					
Chicken Caesar Salad - SR2523 (1 salad)	10	150.37	1.45	0.00	387.11
Three Cheese Grilled Cheese Sandwich, USDA American, USDA Cheddar - OKR1941 (1 sandwich)	30	366.19	9.56	0.00	687.31
Popcorn Chicken - SR1413 (12 piece)	50	254.75	2.77	0.00	387.66
Garlic Knot Breadstick - SR1255 (1 roll.)	50	110.63	0.22	0.00	95.85
Twisted Breadstick - SR2142 (1 breadstick)	10	172.69	0.09	0.00	190.34
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)
Vegetarian Baked Beans - SR2026 (1/2 c.)	30	132.68	0.00	0.00	561.33
Whipped Potatoes - SR1112 (1/2 c.)	50	79.98	1.00	0.00	102.62
Old Fashioned Country Biscuit Gravy - OKR1552 (1/4 c.)	50	42.52	1.22	0.00	147.42
<b>SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 5 Day 3 - ServingDate: 11/09/2022</b>					
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	55	290.17	6.00	0.00	500.29
Kidzable Build Your Own Pepperoni Pizza - OKR1141 (1 portion)	15	440.23	9.42	0.00	1219.47
Meatball Sub - OKR1871 (1 sandwich)	20	388.77	4.26	0.00	709.74
Buffalo Wrap - SR2527 (1 wrap)	10	453.11	7.04	0.00	2021.63
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)
Oven Roasted California Blend Vegetables - OKR1939 (1/2 c.)	30	104.64	0.70	0.01	40.85

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<b>SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 5 Day 4 - ServingDate: 11/10/2022</b>					
Mini Corn Dog - SR2600 (6 ea.)	40	312.00	3.60	0.00	492.00
Crispy Chick'n Salad K5, Vegetarian - OKR1938 (1 salad)	10	248.65	3.28	0.00	367.63
Enchilada Suiza - OKR1451 (1 enchilada)	30	440.15	10.37	0.00	1050.41
Turkey & Cheese Sandwich - OKR1827 (1 sandwich)	20	294.61	5.06	0.00	912.18
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)
Mixed Garden Vegetables - SR1583 (1/2 c.)	55	52.99	0.08	0.00	99.20
<b>SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 5 Day 5 - ServingDate: 11/11/2022</b>					
Parmesan Chicken - SR2533 (1 patty)	20	281.68	2.91	0.00	589.37
Pepperoni Pizza Square - SR1025 (1 slice)	70	333.69	4.82	0.00	558.37
Protein Power Box - OKR1942 (1 Box)	5	411.37	7.38	0.00	437.52
Chicken Caesar Salad - SR2523 (1 salad)	5	150.37	1.45	0.00	387.11
Twisted Breadstick - SR2142 (1 breadstick)	5	172.69	0.09	0.00	190.34
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)
Seasoned Carrot Coins - SR1017 (1/2 c.)	40	73.94	0.43	0.00	180.00
<b>SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 1 Day 1 - ServingDate: 11/14/2022</b>					
Barbecue Chicken Sandwich - OKR1782 (1 sandwich)	35	280.69	0.00	0.00	916.81

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<b>SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 1 Day 1 - ServingDate: 11/14/2022</b>					
Crispy Chick'n Salad K5, Vegetarian - OKR1938 (1 salad)	5	248.65	3.28	0.00	367.63
Macaroni and Cheese - SR2124 (2/3 c.)	50	386.61	10.41	0.00	1080.85
Buffalo Wrap - SR2527 (1 wrap)	10	453.11	7.04	0.00	2021.63
Garlic Knot Breadstick - SR1255 (1 roll.)	50	110.63	0.22	0.00	95.85
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)
Sweet Potato Crinkle Cut Fries - OKR1525 (1/2 c.)	50	169.34	1.00	0.00	258.99
<b>SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 1 Day 2 - ServingDate: 11/15/2022</b>					
American Sandwich - OKR1129 (1 sandwich)	15	356.13	6.31	0.00	1120.75
Cheese Pizza Square - SR1024 (1 slice)	60	310.00	4.00	0.00	480.00
Classic Chef Salad - SR1083 (1 salad)	15	266.21	5.22	0.00	642.65
Grillers Prime Veggie Burger - SR3551 (1 patty)	10	150.00	1.00	0.00	400.00
Hamburger Bun - OKR1351 (1 roll.)	10	160.00	0.00	0.00	270.00
Twisted Breadstick - SR2142 (1 breadstick)	15	172.69	0.09	0.00	190.34
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)
Green Peas & Carrots - OKR1029 (1/2 c.)	50	64.64	0.10	0.00	94.69

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<b>SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 1 Day 3 - ServingDate: 11/16/2022</b>					
Toasted Cheese Sandwich - OKR1220 (1 sandwich)	40	342.25	10.13	0.00	1161.50
Blueberry Patch Parfait - SR1384 (1 parfait)	15	224.23 (M)	0.78(M)	0.02(M)	117.78 (M)
Spaghetti with Chicken Meatballs, whole wheat - OKR1896 (1 serving)	30	351.75	3.69	0.00	670.32
Turkey & Cheese Sandwich - OKR1827 (1 sandwich)	15	294.61	5.06	0.00	912.18
Breadstick - SR1044 (1 breadstick)	30	80.00	0.00	0.00	95.00
Honey Graham Crackers - SR2366 (1 pkg.)	15	90.00	0.00	0.00	95.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	65	65.49	0.33	0.00	72.07
<b>SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 1 Day 4 - ServingDate: 11/17/2022</b>					
Crispy Chicken Sandwich - SR2686 (1 burger)	50	390.00	2.50	0.00	700.00
Beef Chili Frito Pie - OKR1870 (1 ea.)	20	498.74	6.55	0.00	939.30
Kidzable: Italian, vegetarian - OKR1868 (1 portion)	15	372.64	7.14	0.00	997.83
Classic Chef Salad - SR1083 (1 salad)	15	266.21	5.22	0.00	642.65
Garlic Knot Breadstick - SR1255 (1 roll.)	15	110.63	0.22	0.00	95.85
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)
Frijoles ala Charro - SR3313 (1/2 c.)	50	127.34	0.25	0.00	246.05

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<b>SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 1 Day 5 - ServingDate: 11/18/2022</b>					
Fiesta Bean & Cheese Burrito - SR1030 (1 burrito)	15	294.94	3.62	0.00	519.72
Crispy Chicken Nuggets - SR1367 (5 nugget)	65	239.93	2.50	0.00	439.88
Deli Stackables Box - OKR1830 (1 Box)	10	389.89	5.64	0.00	968.42
Ham & Cheese Sandwich - OKR1072 (1 sandwich)	10	351.13	6.56	0.00	1175.75
Dinner Roll - SR1010 (1 roll.)	65	80.00	0.00	0.00	65.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)
Steamed Corn - SR1034 (1/2 c.)	50	68.89	0.09	0.00	0.85
Whipped Potatoes - SR1112 (1/2 c.)	70	79.98	1.00	0.00	102.62
Old Fashioned Country Biscuit Gravy - OKR1552 (1/4 c.)	50	42.52	1.22	0.00	147.42
<b>SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 3 Day 1 - ServingDate: 11/28/2022</b>					
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	50	290.17	6.00	0.00	500.29
Breaded Drumstick - SR3363 (1 pcs.)	25	190.00	2.50	0.00	450.00
Ham & Cheese Sandwich - OKR1072 (1 sandwich)	15	351.13	6.56	0.00	1175.75
Buffalo Wrap - SR2527 (1 wrap)	10	453.11	7.04	0.00	2021.63
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)
Roasted Green Beans - SR1021 (1/2 c.)	75	22.18	0.04	0.00	43.10
Spaghetti Sauce - SR2220 (1/4 c.)	50	32.36	0.03	0.00	129.82



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<b>SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 3 Day 2 - ServingDate: 11/29/2022</b>					
Scratch Beef Lasagna - OKR1603 (1 ea.)	20	314.20	5.45	0.00	673.11
Chicken & Waffles - OKR1163 (1 serving)	65	344.93	3.00	0.00	614.88
Protein Power Box - OKR1942 (1 Box)	5	411.37	7.38	0.00	437.52
Classic Chef Salad - SR1083 (1 salad)	10	266.21	5.22	0.00	642.65
Twisted Breadstick - SR2142 (1 breadstick)	10	172.69	0.09	0.00	190.34
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)
Roasted Summer Squash - SR1523 (1/2 c.)	50	34.33	0.18	0.00	42.19
Breakfast Syrup Cup - SR2498 (1 Container)	65	110.00	0.00	0.00	20.00
<b>SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 3 Day 3 - ServingDate: 11/30/2022</b>					
Deluxe Cheeseburger - OKR1164 (1 burger)	40	345.56	5.53	0.00	682.88
Kidzable: Italian, vegetarian - OKR1868 (1 portion)	0	372.64	7.14	0.00	997.83
Chicken Caesar Salad - SR2523 (1 salad)	10	150.37	1.45	0.00	387.11
Tater Tot Casserole - OKR1621 (1 serving)	40	290.63	6.11	0.00	1003.19
Twisted Breadstick - SR2142 (1 breadstick)	50	172.69	0.09	0.00	190.34
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)
Oven Roasted California Blend Vegetables - OKR1939 (1/2 c.)	30	104.64	0.70	0.01	40.85

**Legend**

(M) - Missing Nutrient Values

# Menu Calendar Nutrient Analysis Report - November, 2022

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**Report Selections**

Meal Type: Lunch  
Site Group: The Clubhouse  
Menu Line: CH-Main Event (II-Play)  
Serving Group: K-5  
Nutrients Option: Simplified

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.