

Menu Calendar Nutrient Analysis Report - December, 2022

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE- Global Flavors Italy- Bowls :39003 - ServingDate: 12/01/2022								
Penne Chicken Bruschetta Bowl - SR2701 (1 bowl)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Build-to-Order, Italy Bowl - SR3459 (1 bowl)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tuscan Penne Veggie Alfredo Bowl - SR2703 (1 bowl)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spaghetti and Meatball Marinara Bowl - SR2673 (1 bowl)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Bruschetta Chicken - SR2610 (1/3 c.)	50	93.37	3.44	0.29	0.00	126.64	1.85	12.24
Chicken Meatballs - SR3065 (5 Meatballs)	50	176.64	10.93	3.37	0.00	201.88	5.89	14.30
Roasted Tuscan Vegetables - SR1442 (1 #6 scoop)	20	73.78	0.14	0.03	0.00	151.46	13.99	3.99
Alfredo Cheese Sauce - SR2217 (1/4 c.)	60	100.55	6.56	3.61	0.00	415.29	4.37	6.56
Breadstick - SR1044 (1 breadstick)	100	80.00	1.00	0.00	0.00	95.00	14.00	3.00
Whole Wheat Penne Pasta - SR1198 (1/2 c.)	60	100.87	1.52	0.06	0.00	208.31	19.25	3.29
Whole Wheat Spaghetti Noodles - SR1135 (1/2 c.)	50	96.44	1.55	0.21	0.00	211.37	19.80	3.33
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli and Red Peppers - SR2024 (1/4 c.)	60	42.86	3.33	0.24	0.00	4.53	2.92	1.25
Parmesan Green Beans - SR1144 (1/4 c.)	10	20.95	1.17	0.16	0.00	6.83	2.59	0.65
Roasted Butternut Squash - SR1408 (1/4 c.)	50	36.65	0.16	0.01	0.00	15.85	9.28	0.60
Spaghetti Sauce - SR2220 (1/2 c.)	50	64.72	0.49	0.06	0.00	259.64	13.34	2.08
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	40	3.33	0.25	0.17	0.00	15.00	0.17	0.17

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SY21-22 - FoodiE-Global Flavors Italy-Bowls :39003 - ServingDate: 12/01/2022								
Red Pepper Flakes - SR1554 (1/4 tsp.)	10	1.43	0.08	0.01	0.00	0.14	0.25	0.05
SY21-22 - FoodiE-Global Flavors Mediterranean-Bowls :39003 - ServingDate: 12/02/2022								
Build-to-Order, Mediterranean Bowl - SR3460 (1 bowl)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
The Greek Gyro Bowl, MIA - SR2706 (1 bowl)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Greek Meatball Veggie Bowl - SR2705 (1 bowl)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mediterranean Vegetable Bowl - SR2704 (1 bowl)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Falafel Fritters - SR2625 (3 ea.)	20	130.07	2.00	0.00	0.00	420.24	23.01	7.00
Greek Meatballs - SR2621 (4 Meatballs)	50	197.33	14.39	3.11	0.00	162.82	6.54	11.81
Greek Turkey - SR1854 (3/8 c.)	50	226.75	13.30	1.43	0.00	493.40	16.37	12.47
Mozzarella Cheese - SR3098 (1/2 oz.)	60	40.50	2.53	1.52	0.00	81.00	1.01	3.54
Cold Greek Herbed Brown Rice - SR2639 (1/2 c.)	100	152.14	1.30	0.40	0.00	318.64	32.99	3.26
Oven Fired Flatbread - SR1534 (1/2 piece)	100	90.00	2.50	0.50	0.00	165.00	14.00	3.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Chickpeas - SR1047 (1/2 c.)	50	196.56	3.72	0.06	0.00	339.02	30.64	10.21
Roasted Broccoli - SR1852 (1/4 c.)	60	32.75	2.25	0.17	0.00	36.04	2.70	1.50
Moroccan Spiced Carrots - SR2588 (1/2 c.)	40	122.06	10.32	0.81	0.00	158.09	8.34	0.84

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SY21-22 - FoodiE-Global Flavors Mediterranean-Bowls :39003 - ServingDate: 12/02/2022								
Roasted Summer Squash - SR1523 (1/4 c.)	50	17.16	1.07	0.09	0.00	21.09	1.64	0.42
Sliced Black Olives - SR1390 (2 tbsp.)	50	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Diced Red Tomatoes - SR1012 (2 tbsp.)	60	4.43	0.05	0.01	0.00	1.23	0.96	0.22
Tzatziki Sauce - SR1820 (1 tbsp.)	100	7.38	0.02	0.00	0.00	63.90	0.78	1.20
SY21-22 - FoodiE-Global Flavors Italy-Handheld :39003 - ServingDate: 12/05/2022								
3 Cheese Caprese Grilled Cheese - SR2719 (1 sandwich)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Italian Meatball Sandwich - SR2720 (1 sandwich)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Italian-style Deli Sub - SR2722 (1 sandwich)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Italian Garden Sub - SR3466 (1 sandwich)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
American Cheese Slice - SR2821 (1 oz.)	10	110.00	9.00	5.00	0.00	270.00	2.00	5.00
Three Cheese Caprese Grilled Cheese - SR3384 (1 sandwich)	30	395.30	20.80	8.67	0.00	835.80	36.67	19.83
Italian-style Meat Combo, turkey, turkey ham, salami - SR3157 (6 slice)	30	151.56	7.84	2.28	0.00	758.85	1.01	19.69
Meatball Sauce, Chicken Meatball - SR2534 (4 Meatballs)	30	188.27	9.13	2.74	0.00	348.62	14.32	12.97
Mozzarella Cheese - SR3098 (1/2 oz.)	40	40.50	2.53	1.52	0.00	81.00	1.01	3.54
Mini Sub Roll - SR1208 (1 roll (smal))	70	162.71	3.05	0.00	0.00	183.05	29.49	6.10
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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SY21-22 - FoodiE-Global Flavors Italy-Handheld :39003 - ServingDate: 12/05/2022								
Roasted Broccoli and Red Peppers - SR2024 (1/2 c.)	10	85.72	6.65	0.48	0.00	9.07	5.83	2.51
Parmesan Green Beans - SR1144 (1/2 c.)	25	41.90	2.35	0.32	0.00	13.66	5.18	1.30
Roasted Butternut Squash - SR1408 (1/2 c.)	10	73.30	0.33	0.01	0.00	31.71	18.56	1.19
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	30	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Red Pepper Flakes - SR1554 (1/4 tsp.)	15	1.43	0.08	0.01	0.00	0.14	0.25	0.05
SY21-22 - FoodiE-Global Flavors America-Handheld :39003 - ServingDate: 12/06/2022								
BBQ Chicken Sandwich - SR2712 (1 sandwich)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
BBQ Rib Sandwich - SR2649 (1 sandwich)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
BBQ Chick'n Sandwich - SR2711 (1 sandwich)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Build-to-Order American Sandwich - SR3493 (1 sandwich)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Barbecue Beef Riblet - SR2064 (1 patty)	50	177.18	11.15	4.56	0.00	620.17	9.58	11.15
Barbecue Chick'n - SR2710 (3/8 c.)	20	193.66	6.66	0.95	0.00	637.77	23.32	13.31
Barbecue Chicken - SR2532 (1/4 c.)	50	104.00	2.00	0.00	0.00	557.33	7.47	12.00
Bimbo Bun - OKR1738 (1 roll (hamb))	100	160.00	2.00	0.00	0.00	270.00	31.00	6.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Baked Beans - SR2026 (1/2 c.)	30	132.68	0.00	0.00	0.00	561.33	29.60	7.14
Green Beans, Low Country Green Beans - SR2616 (1/4 c.)	40	33.18	2.35	0.32	0.00	173.75	2.77	1.02

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SY21-22 - FoodiE-Global Flavors America-Handheld :39003 - ServingDate: 12/06/2022								
Country Style Potato Wedges - SR1029 (1/4 c.)	100	45.21	1.26	0.00	0.00	15.07	7.54	1.00
Sliced Red Onion - SR1986 (2 tbsp.)	10	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Dill Pickle Chips - SR1399 (2 tbsp.)	65	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Barbecue Sauce - SR1008 (1 tbsp.)	100	15.00	0.00	0.00	0.00	235.00	3.50	0.00
SY21-22 - FoodiE-Global Flavors Mexico- Handheld :39003 - ServingDate: 12/07/2022								
Bean & Vegetable Taco - SR2726 (1 taco)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Build-to-Order Taco - SR3461 (1 taco)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Chicken Tinga Taco - SR2727 (1 taco)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tex Mex Beef Taco - SR3462 (1 taco)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Refried Beans - OKR1472 (1/4 c.)	20	85.21	0.83	0.01	0.00	184.90	14.71	3.26
Mexican Tinga Chicken - SR2604 (1/3 c.)	50	70.44	1.67	0.01	0.00	148.43	2.71	9.99
Beef Taco Filling - SR1528 (1/4 c.)	50	74.39	3.02	1.21	0.00	240.10	3.02	8.47
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	100	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Cilantro Lime Rice - SR1232 (1/2 c.)	100	116.17	2.21	0.13	0.00	138.97	22.39	2.45
Crispy Corn Taco Shell - SR2223 (1 shells)	50	85.00	4.00	0.50	0.00	0.00	11.00	1.00
Flour Tortilla - SR1066 (1 tortilla)	50	89.99	2.50	1.00	0.00	129.98	14.00	2.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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SY21-22 - FoodiE-Global Flavors Mexico- Handheld :39003 - ServingDate: 12/07/2022								
Mexican Black Beans - SR1026 (1/4 c.)	10	32.67	0.04	0.01	0.00	39.75	6.07	1.98
Mex Zucchini - SR1697 (1/4 c.)	10	73.65	7.26	0.56	0.00	85.74	2.54	0.86
Mex Roasted Sweet Potatoes - SR2277 (1/4 c.)	20	75.58	2.89	0.20	0.00	96.15	12.18	0.82
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Homemade Salsa - SR1007 (2 tbsp.)	40	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Sour Cream - SR1659 (1 tbsp.)	40	30.00	2.50	1.75	0.00	7.50	0.50	0.50
Tomato and Shredded Lettuce Salad - SR1997 (1/2 c.)	100	11.38	0.12	0.02	0.00	4.26	2.45	0.60
SY21-22 - FoodiE-Global Flavors Mediterranean- Handheld :39003 - ServingDate: 12/08/2022								
Build-to-Order Mediterranean Sub - SR3464 (1 sandwich)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mediterranean Falafel & Vegetable Sub - SR2725 (1 sandwich)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Greek Spiced Meatball Sub - SR2724 (1 sandwich)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Greek Turkey Sandwich - SR2723 (1 sandwich)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Falafel Fritters - SR2625 (3 ea.)	20	130.07	2.00	0.00	0.00	420.24	23.01	7.00
Greek Meatballs - SR2621 (5 Meatballs)	50	246.66	17.98	3.88	0.00	203.52	8.17	14.77
Greek Turkey - SR1854 (1/2 c.)	50	302.33	17.73	1.91	0.00	657.86	21.83	16.62
Mozzarella Cheese - SR3098 (1/2 oz.)	100	40.50	2.53	1.52	0.00	81.00	1.01	3.54

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SY21-22 - FoodiE-Global Flavors Mediterranean-Handheld :39003 - ServingDate: 12/08/2022								
Mini Sub Roll - SR1208 (1 roll (smal))	100	162.71	3.05	0.00	0.00	183.05	29.49	6.10
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Chickpeas - SR1047 (1/4 c.)	10	98.28	1.86	0.03	0.00	169.51	15.32	5.11
Roasted Broccoli - SR1852 (1/4 c.)	10	32.75	2.25	0.17	0.00	36.04	2.70	1.50
Roasted Summer Squash - SR1523 (1/4 c.)	10	17.16	1.07	0.09	0.00	21.09	1.64	0.42
Sliced Black Olives - SR1390 (2 tbsp.)	60	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Tzatziki Sauce - SR1820 (1 tbsp.)	60	7.38	0.02	0.00	0.00	63.90	0.78	1.20
Tomato and Shredded Lettuce Salad - SR1997 (1/2 c.)	60	11.38	0.12	0.02	0.00	4.26	2.45	0.60
SY21-22 - FoodiE-Global Flavors Asia-Handheld :39003 - ServingDate: 12/09/2022								
Chicken & Vegetable Potstickers - SR2605 (3 ea.)	80	120.00	3.50	0.25	0.00	275.00	15.50	8.50
Build-to-Order Asian Taco - SR3465 (1 taco)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Korean BBQ Chicken Taco - SR2714 (1 taco)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sweet & Sour Chick'n Taco - SR2717 (1 taco)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Teriyaki Chicken Taco - SR3013 (1 taco)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Korean BBQ Chicken - SR2608 (1/4 c.)	25	106.14	4.42	0.46	0.00	350.73	5.07	10.13
Sweet & Sour Chick'n - SR2479 (4 nugget)	55	238.57	7.10	1.01	0.00	364.29	33.67	14.20
Teriyaki Chicken - SR2606 (1/3 c.)	70	102.09	2.36	1.18	0.00	454.66	8.52	10.97
Flour Tortilla - SR1066 (1 tortilla)	100	89.99	2.50	1.00	0.00	129.98	14.00	2.00

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SY21-22 - FoodiE-Global Flavors Asia-Handheld :39003 - ServingDate: 12/09/2022								
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (2 tbsp.)	15	16.37	1.12	0.08	0.00	18.02	1.35	0.75
Spicy Asian Vegetable Blend - SR2607 (2 tbsp.)	35	20.07	1.86	0.14	0.00	49.89	0.97	0.20
Soy Roasted Potatoes - SR2609 (2 tbsp.)	65	46.61	3.26	0.38	0.00	167.63	4.80	0.37
Green Onion - SR1946 (1 tbsp.)	10	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	30	21.09	0.09	0.04	0.00	517.39	4.70	0.37
SY21-22 - FoodiE-Global Flavors America-Wraps (Breakfast Plates) :39003 - ServingDate: 12/12/2022								
Chick'n & Waffle Stacker Breakfast Plate - SR2750 (1 plate)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fruit-Topped Waffle Breakfast Plate - SR3467 (1 plate)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Homestyle Breakfast Plate - SR2752 (1 plate)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Chick'n Nugget - SR2451 (4 nuggets)	10	182.57	7.10	1.01	0.00	304.29	19.27	14.20
Scrambled Eggs - SR1179 (1/4 c.)	90	93.33	6.00	2.00	0.00	86.67	0.00	8.00
Country Breakfast Sausage Patty - SR1157 (1 patty)	60	60.00	4.50	1.50	0.00	80.00	0.00	6.00
Buttermilk Pancakes - SR2010 (2 pancake)	50	160.00	2.00	0.33	0.00	406.67	30.67	4.00
Toasted Waffle - SR1038 (2 waffle)	50	210.00	7.00	1.00	0.00	350.00	33.00	4.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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SY21-22 - FoodiE-Global Flavors America-Wraps (Breakfast Plates) :39003 - ServingDate: 12/12/2022								
Baked Cinnamon Raisin Apples - SR1238 (1/4 c.)	30	81.24	1.26	0.51	0.00	19.35	17.95	0.24
Warm Berries - SR2617 (1/4 c.)	90	53.58	0.05	0.01	0.00	1.55	13.82	0.21
Sweet Potato Fries - SR2043 (1/4 c.)	30	81.17	3.55	0.51	0.00	96.39	12.68	0.51
Golden Hash Brown Rounds - SR1984 (1 piece)	60	45.00	1.25	0.00	0.00	95.00	7.50	0.50
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	75	105.00	0.00	0.00	0.00	47.50	26.00	0.00
SY21-22 - FoodiE-Global Flavors Asia-Wraps (Burritos) :39003 - ServingDate: 12/13/2022								
Korean BBQ Chicken Burrito - SR2735 (1 wrap)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sweet & Sour Chick'n Burrito - SR2738 (1 wrap)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Build-to-Order Asian Burrito - SR3468 (1 wrap)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Teriyaki Chicken Burrito - SR2736 (1 wrap)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Korean BBQ Chicken - SR2608 (1/3 c.)	35	141.52	5.89	0.62	0.01	467.64	6.76	13.51
Sweet & Sour Chick'n - SR2479 (4 nugget)	5	238.57	7.10	1.01	0.00	364.29	33.67	14.20
Teriyaki Chicken - SR2606 (1/2 c.)	60	153.14	3.54	1.77	0.00	681.98	12.78	16.45
Steamed Brown Rice - SR1098 (1/4 c.)	100	58.59	0.34	0.00	0.00	1.01	12.75	1.38
Flour Tortilla - SR1177 (1 tortilla)	100	210.00	6.00	3.00	0.00	319.99	34.00	5.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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Date: 12/01/2022 - 12/31/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE-Global Flavors Asia-Wraps (Burritos):39003 - ServingDate: 12/13/2022								
Roasted Broccoli - SR1852 (1/4 c.)	20	32.75	2.25	0.17	0.00	36.04	2.70	1.50
Spicy Asian Vegetable Blend - SR2607 (1/4 c.)	35	40.13	3.73	0.29	0.01	99.77	1.93	0.41
Soy Roasted Potatoes - SR2609 (1/4 c.)	15	93.22	6.52	0.76	0.00	335.25	9.59	0.74
Green Onion - SR1946 (1 tbsp.)	20	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	30	21.09	0.09	0.04	0.00	517.39	4.70	0.37
SY21-22 - FoodiE-Global Flavors Italy-Wraps (Flatbreads):39003 - ServingDate: 12/14/2022								
Chicken Bruschetta Flatbread Pizza, Richs 6x6, USDA Mozzarella - SR3383 (1 ea.)	10	394.07	17.53	7.13	0.00	842.30	34.45	25.15
Pepperoni Flatbread Pizza - SR3386 (1 ea.)	50	401.57	20.40	9.99	0.00	1083.22	34.77	21.14
Three Cheese Flatbread Pizza - SR1567 (1 ea.)	40	369.98	17.48	8.90	0.00	978.73	34.77	19.68
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli and Red Peppers - SR2024 (1/2 c.)	40	85.72	6.65	0.48	0.00	9.07	5.83	2.51
Parmesan Green Beans - SR1144 (1/2 c.)	30	41.90	2.35	0.32	0.00	13.66	5.18	1.30
Roasted Butternut Squash - SR1408 (1/2 c.)	15	73.30	0.33	0.01	0.00	31.71	18.56	1.19
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	20	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Red Pepper Flakes - SR1554 (1/4 tsp.)	15	1.43	0.08	0.01	0.00	0.14	0.25	0.05

Menu Calendar Nutrient Analysis Report - December, 2022

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE-Global Flavors Mexico- Wraps (Burritos) :39003 - ServingDate: 12/15/2022								
Bean & Vegetable Burrito - SR2746 (1 burrito)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Build-to-Order Mexican Burrito, MIA - SR3469 (1 burrito)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Tinga Chicken Burrito - SR2747 (1 burrito)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tex Mex Beef Burrito - SR2748 (1 burrito)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Refried Beans - OKR1472 (3/8 c.)	20	127.81	1.25	0.01	0.00	277.36	22.07	4.89
Mexican Tinga Chicken - SR2604 (1/3 c.)	50	70.44	1.67	0.01	0.00	148.43	2.71	9.99
Beef Taco Filling - SR1528 (1/3 c.)	50	99.19	4.03	1.61	0.00	320.13	4.03	11.29
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	100	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Cilantro Lime Rice - SR1232 (1/4 c.)	0	58.08	1.10	0.06	0.00	69.49	11.19	1.23
Flour Tortilla - SR1177 (1 tortilla)	100	210.00	6.00	3.00	0.00	319.99	34.00	5.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/4 c.)	10	32.67	0.04	0.01	0.00	39.75	6.07	1.98
Mex Zucchini - SR1697 (1/4 c.)	10	73.65	7.26	0.56	0.00	85.74	2.54	0.86
Mex Roasted Sweet Potatoes - SR2277 (1/4 c.)	20	75.58	2.89	0.20	0.00	96.15	12.18	0.82
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Homemade Salsa - SR1007 (2 tbsp.)	40	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Sour Cream - SR1659 (1 tbsp.)	40	30.00	2.50	1.75	0.00	7.50	0.50	0.50

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SY21-22 - FoodiE-Global Flavors Mexico- Wraps (Burritos) :39003 - ServingDate: 12/15/2022								
Tomato and Shredded Lettuce Salad - SR1997 (1/2 c.)	100	11.38	0.12	0.02	0.00	4.26	2.45	0.60
SY21-22 - FoodiE-Global Flavors Mediterranean-Wraps (Flatbread/Gyro) :39003 - ServingDate: 12/16/2022								
Build-to-Order Mediterranean Flatbread, MIA - SR3473 (1 sandwich)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mediterranean Falafel & Vegetable Flatbread, MIA - SR3470 (1 sandwich)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Greek Spiced Meatball Flatbread, MIA - SR3471 (1 sandwich)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Greek Turkey Flatbread, MIA - SR3472 (1 sandwich)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Falafel Fritters - SR2625 (3 ea.)	20	130.07	2.00	0.00	0.00	420.24	23.01	7.00
Greek Meatballs - SR2621 (5 Meatballs)	35	246.66	17.98	3.88	0.00	203.52	8.17	14.77
Greek Turkey - SR1854 (1/2 c.)	40	302.33	17.73	1.91	0.00	657.86	21.83	16.62
Mozzarella Cheese - SR3098 (1/2 oz.)	50	40.50	2.53	1.52	0.00	81.00	1.01	3.54
Oven Fired Flatbread - SR1534 (1 piece)	100	180.00	5.00	1.00	0.00	330.00	28.00	6.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Chickpeas - SR1047 (1/4 c.)	15	98.28	1.86	0.03	0.00	169.51	15.32	5.11
Roasted Broccoli - SR1852 (1/4 c.)	40	32.75	2.25	0.17	0.00	36.04	2.70	1.50

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE-Global Flavors Mediterranean-Wraps (Flatbread/Gyro) :39003 - ServingDate: 12/16/2022								
Roasted Summer Squash - SR1523 (1/4 c.)	30	17.16	1.07	0.09	0.00	21.09	1.64	0.42
Sliced Black Olives - SR1390 (2 tbsp.)	90	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Tzatziki Sauce - SR1820 (1 tbsp.)	100	7.38	0.02	0.00	0.00	63.90	0.78	1.20
Tomato and Shredded Lettuce Salad - SR1997 (1/2 c.)	60	11.38	0.12	0.02	0.00	4.26	2.45	0.60

Legend
 (M) - Missing Nutrient Values

Report Selections
 Meal Type: Lunch
 Site Group: FoodiE Cafe
 Menu Line: FE-Global Flavors (II-Play)
 Serving Group: 6-8
 Nutrients Option: Expanded

Please be advised that our menu items may contain allergens or may have come in contact with items containing allergens. In addition, food manufacturers may change their formulation or manner of processing without our knowledge. Sodexo therefore cannot guarantee the accuracy of nutrition information. Ingredient and nutrition content of foods may vary due to changes in product formulation, recipe substitutions, portion size and other factors. The nutrition analyses provided are approximations only. Sodexo assumes no liability for any adverse reactions that may occur in the school cafeteria. We encourage all food allergic individuals to first inform the school nurse of allergy/intolerance and then work with our staff to plan a menu.