

## Menu Calendar Nutrient Analysis Report - November, 2022

Site: Guthrie Junior High  
Date: 11/01/2022 - 11/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
<b>SY 21-22 - FoodiE- Everyday Selects Hot-Baskets W1,3,5 :39000 - ServingDate: 11/01/2022</b>					
Alaskan Pollock Nuggets - SR1045 (4 nuggets)	0	220.00	1.50	0.00	329.99
Chicken Drumstick Basket - SR2643 (1 Basket)	25	(M)	(M)	(M)	(M)
Chicken Nugget Basket - SR2641 (1 Basket)	65	(M)	(M)	(M)	(M)
Fish N Chips Basket - SR2642 (1 Basket)	10	(M)	(M)	(M)	(M)
Glazed Chicken Drumstick - SR2447 (1 piece)	25	248.99	3.89	0.00	497.98
Crispy Chicken Nuggets - SR1367 (5 nugget)	65	239.93	2.50	0.00	439.88
Dinner Roll - SR1009 (1 roll.)	100	160.00	0.00	0.00	135.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/4 c.)	40	32.75	0.17	0.00	36.04
Spiral-cut French Fries - SR2509 (1/2 c.)	100	106.91	0.71	0.00	256.57
Barbecue Sauce - SR1008 (2 tbsp.)	10	30.00	0.00	0.00	470.00
Buffalo Sauce - SR2613 (1 tbsp.)	30	3.39	0.02	0.00	626.53
Honey Mustard - SR2614 (1 tbsp.)	20	71.50	1.10	0.00	77.00
Tartar Sauce - SR2615 (1 tbsp.)	10	43.34	0.40	0.00	88.36
<b>SY21-22 - FoodiE- Everyday Selects Hot-Grill W3 :39000 - ServingDate: 11/02/2022</b>					
BBQ Rib Sandwich - SR2649 (1 sandwich)	10	(M)	(M)	(M)	(M)
Cheeseburger - SR2646 (1 burger)	20	(M)	(M)	(M)	(M)
Hamburger - SR2660 (1 burger)	5	(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>SY21-22 - FoodiE- Everyday Selects Hot-Grill W3 :39000 - ServingDate: 11/02/2022</b>					
Spicy Chicken Sandwich - SR2651 (1 sandwich)	65	(M)	(M)	(M)	(M)
Barbecue Pork Riblet - SR2037 (1 patty)	10	175.00	3.50	0.10	625.00
Hamburger Patty - SR1652 (1 patty)	25	140.00	3.00	0.00	180.00
Hot & Spicy Chicken Patty - SR2137 (1 patty)	65	230.00	2.50	0.00	350.00
American Cheese Slice - SR2821 (1/2 oz.)	20	55.00	2.50	0.00	135.00
Bimbo Bun - OKR1738 (1 roll (hamb))	0	160.00	0.00	0.00	270.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)
Burger Topping - SR2640 (1 serving)	20	4.54	0.01	0.00	157.91
Baked French Fries - SR1444 (1/2 c.)	100	90.40	0.00	0.00	30.13
<b>SY21-22 - FoodiE- Everyday Selects Hot-Pizza W3 :39000 - ServingDate: 11/03/2022</b>					
Cheese Pizza - SR2081 (1 slice)	40	400.00	7.00	0.00	440.00
Pepperoni Pizza - SR2084 (1 slice)	50	431.59	8.09	0.00	544.49
Supreme Pizza - SR2085 (1 slice)	10	446.32	8.36	0.04	568.75
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)
Caesar Side Salad - SR1428 (1/2 c.)	30	84.91	1.64	0.00	162.53
<b>SY21-22 - FoodiE- Everyday Selects Hot-Nacho W1,3,5 :39000 - ServingDate: 11/04/2022</b>					
Carnitas Nachos - SR2656 (1 nacho)	10	(M)	(M)	(M)	(M)

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<b>SY21-22 - FoodiE- Everyday Selects Hot-Nacho W1,3,5 :39000 - ServingDate: 11/04/2022</b>					
Cheesy Nachos with Refried Beans - SR2654 (1 nacho)	5	(M)	(M)	(M)	(M)
Cheesy Nachos with Taco Meat - SR2655 (1 nacho)	45	(M)	(M)	(M)	(M)
Cheesy Cheddar Nachos - SR3454 (1 nacho)	40	(M)	(M)	(M)	(M)
Cheddar Cheese Sauce - SR1293 (3/8 c.)	100	171.73	7.51	0.00	634.80
Vegetarian Refried Beans - OKR1472 (1/4 c.)	5	85.21	0.01	0.00	184.90
Beef Taco Filling - SR1528 (3 tbsp.)	45	55.79	0.91	0.00	180.08
Turkey Carnitas - SR1262 (1/4 c.)	10	75.98	0.59	0.00	480.16
Tortilla Chips - SR1065 (1 1/2 oz.)	100	206.18	1.47	0.00	169.36
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	40	65.34	0.02	0.00	79.50
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	174.42
Homemade Salsa - SR1007 (2 tbsp.)	40	7.38	0.01	0.00	78.67
Sour Cream - SR1659 (1 tbsp.)	40	30.00	1.75	0.00	7.50
<b>SY21-22 - FoodiE- Everyday Selects Hot-Baskets W2,4,6 :39000 - ServingDate: 11/07/2022</b>					
Alaskan Pollock Nuggets - SR1045 (4 nuggets)	10	220.00	1.50	0.00	329.99
Chicken Nugget Basket - SR2641 (1 Basket)	65	(M)	(M)	(M)	(M)
Fish N Chips Basket - SR2642 (1 Basket)	10	(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>SY21-22 - FoodiE- Everyday Selects Hot-Baskets W2,4,6 :39000 - ServingDate: 11/07/2022</b>					
Mozzarella Stuffed Breadstick Basket - SR2644 (1 Basket)	25	(M)	(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	25	290.17	6.00	0.00	500.29
Crispy Chicken Nuggets - SR1367 (5 nugget)	65	239.93	2.50	0.00	439.88
Dinner Roll - SR1009 (1 roll.)	75	160.00	0.00	0.00	135.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/4 c.)	40	32.75	0.17	0.00	36.04
Spaghetti Sauce - SR2220 (1/4 c.)	25	32.36	0.03	0.00	129.82
Spiral-cut French Fries - SR2509 (1/2 c.)	100	106.91	0.71	0.00	256.57
Barbecue Sauce - SR1008 (2 tbsp.)	10	30.00	0.00	0.00	470.00
Buffalo Sauce - SR2613 (1 tbsp.)	10	3.39	0.02	0.00	626.53
Honey Mustard - SR2614 (1 tbsp.)	10	71.50	1.10	0.00	77.00
Tartar Sauce - SR2615 (1 tbsp.)	10	43.34	0.40	0.00	88.36
<b>SY21-22 - FoodiE- Everyday Selects Hot-Grill W4 :39000 - ServingDate: 11/08/2022</b>					
Cheeseburger - SR2646 (1 burger)	20	(M)	(M)	(M)	(M)
Mini Corn Dog - SR2600 (6 ea.)	1	312.00	3.60	0.00	492.00
Corn Dog - SR2650 (1 corn dog)	10	(M)	(M)	(M)	(M)
Hamburger - SR2660 (1 burger)	5	(M)	(M)	(M)	(M)
Spicy Chicken Sandwich - SR2651 (1 sandwich)	65	(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>SY21-22 - FoodiE- Everyday Selects Hot-Grill W4 :39000 - ServingDate: 11/08/2022</b>					
Hamburger Patty - SR1652 (1 patty)	15	140.00	3.00	0.00	180.00
Hot & Spicy Chicken Patty - SR2137 (1 patty)	0	230.00	2.50	0.00	350.00
Breaded Chicken Patty - SR2186 (1 patty)	30	240.00	2.50	0.00	440.00
Corn Dog - SR1023 (1 corn dog)	55	240.00	2.50	0.00	390.00
American Cheese Slice - SR2821 (1/2 oz.)	20	55.00	2.50	0.00	135.00
Bimbo Bun - OKR1738 (1 roll (hamb))	0	160.00	0.00	0.00	270.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)
Burger Topping - SR2640 (1 serving)	40	4.54	0.01	0.00	157.91
Baked French Fries - SR1444 (1/2 c.)	100	90.40	0.00	0.00	30.13
<b>SY21-22 - FoodiE- Everyday Selects Hot-Pizza W4 :39000 - ServingDate: 11/09/2022</b>					
Cheese Pizza - SR2081 (1 slice)	30	400.00	7.00	0.00	440.00
Pepperoni Pizza - SR2084 (1 slice)	40	431.59	8.09	0.00	544.49
Taco Pizza - SR2086 (1 slice)	30	426.50	7.24	0.00	518.85
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)
Caesar Side Salad - SR1428 (1/2 c.)	30	84.91	1.64	0.00	162.53
<b>SY21-22 - FoodiE- Everyday Selects Hot-Nacho W2,4,6 :39000 - ServingDate: 11/10/2022</b>					
Fajita Chicken & Cheese Nachos, MIA - SR2657 (1 nacho)	10	(M)	(M)	(M)	(M)

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<b>SY21-22 - FoodiE- Everyday Selects Hot-Nacho W2,4,6 :39000 - ServingDate: 11/10/2022</b>					
Cheesy Nachos with Refried Beans - SR2654 (1 nacho)	5	(M)	(M)	(M)	(M)
Cheesy Nachos with Taco Meat - SR2655 (1 nacho)	45	(M)	(M)	(M)	(M)
Cheesy Cheddar Nachos - SR3454 (1 nacho)	40	(M)	(M)	(M)	(M)
Cheddar Cheese Sauce - SR1293 (3/8 c.)	100	171.73	7.51	0.00	634.80
Vegetarian Refried Beans - OKR1472 (1/4 c.)	5	85.21	0.01	0.00	184.90
Fajita Chicken - SR2529 (1/3 c.)	40	61.76	1.01	0.00	306.78
Beef Taco Filling - SR1528 (3 tbsp.)	45	55.79	0.91	0.00	180.08
Tortilla Chips - SR1065 (1 1/2 oz.)	100	206.18	1.47	0.00	169.36
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/4 c.)	40	32.67	0.01	0.00	39.75
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	174.42
Homemade Salsa - SR1007 (2 tbsp.)	40	7.38	0.01	0.00	78.67
Sour Cream - SR1659 (1 tbsp.)	40	30.00	1.75	0.00	7.50
<b>SY21-22 - FoodiE- Everyday Selects Hot-Baskets W2,4,6 :39000 - ServingDate: 11/11/2022</b>					
Alaskan Pollock Nuggets - SR1045 (4 nuggets)	10	220.00	1.50	0.00	329.99
Chicken Nugget Basket - SR2641 (1 Basket)	65	(M)	(M)	(M)	(M)
Fish N Chips Basket - SR2642 (1 Basket)	10	(M)	(M)	(M)	(M)

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<b>SY21-22 - FoodiE- Everyday Selects Hot-Baskets W2,4,6 :39000 - ServingDate: 11/11/2022</b>					
Mozzarella Stuffed Breadstick Basket - SR2644 (1 Basket)	25	(M)	(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	25	290.17	6.00	0.00	500.29
Crispy Chicken Nuggets - SR1367 (5 nugget)	65	239.93	2.50	0.00	439.88
Dinner Roll - SR1009 (1 roll.)	75	160.00	0.00	0.00	135.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/4 c.)	40	32.75	0.17	0.00	36.04
Spaghetti Sauce - SR2220 (1/4 c.)	25	32.36	0.03	0.00	129.82
Spiral-cut French Fries - SR2509 (1/2 c.)	100	106.91	0.71	0.00	256.57
Barbecue Sauce - SR1008 (2 tbsp.)	10	30.00	0.00	0.00	470.00
Buffalo Sauce - SR2613 (1 tbsp.)	10	3.39	0.02	0.00	626.53
Honey Mustard - SR2614 (1 tbsp.)	10	71.50	1.10	0.00	77.00
Tartar Sauce - SR2615 (1 tbsp.)	10	43.34	0.40	0.00	88.36
<b>SY21-22 - FoodiE- Everyday Selects Hot-Grill W5 :39000 - ServingDate: 11/14/2022</b>					
Cheeseburger - SR2646 (1 burger)	20	(M)	(M)	(M)	(M)
Chicken Patty Sandwich - SR2645 (1 burger)	10	(M)	(M)	(M)	(M)
Hamburger - SR2660 (1 burger)	5	(M)	(M)	(M)	(M)
Spicy Chicken Sandwich - SR2651 (1 sandwich)	65	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	25	140.00	3.00	0.00	180.00

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<b>SY21-22 - FoodiE- Everyday Selects Hot-Grill W5 :39000 - ServingDate: 11/14/2022</b>					
Hot & Spicy Chicken Patty - SR2137 (1 patty)	65	230.00	2.50	0.00	350.00
Breaded Chicken Patty - SR2186 (1 patty)	10	240.00	2.50	0.00	440.00
American Cheese Slice - SR2821 (1/2 oz.)	20	55.00	2.50	0.00	135.00
Bimbo Bun - OKR1738 (1 roll (hamb))	100	160.00	0.00	0.00	270.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)
Burger Topping - SR2640 (1 serving)	40	4.54	0.01	0.00	157.91
Baked French Fries - SR1444 (1/2 c.)	100	90.40	0.00	0.00	30.13
<b>Sy21-22 - FoodiE- Everyday Selects Hot-Pizza W5 :39000 - ServingDate: 11/15/2022</b>					
Buffalo Chicken Pizza - OKR1180 (1 slice)	16	462.77	7.66	0.00	918.30
Cheese Pizza - SR2081 (1 slice)	20	400.00	7.00	0.00	440.00
Pepperoni Pizza - SR2084 (1 slice)	50	431.59	8.09	0.00	544.49
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)
Caesar Side Salad - SR1428 (1/2 c.)	30	84.91	1.64	0.00	162.53
<b>SY21-22 - FoodiE- Everyday Selects Hot-Nacho W1,3,5 :39000 - ServingDate: 11/16/2022</b>					
Carnitas Nachos - SR2656 (1 nacho)	10	(M)	(M)	(M)	(M)
Cheesy Nachos with Refried Beans - SR2654 (1 nacho)	5	(M)	(M)	(M)	(M)



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<b>SY21-22 - FoodiE- Everyday Selects Hot-Nacho W1,3,5 :39000 - ServingDate: 11/16/2022</b>					
Cheesy Nachos with Taco Meat - SR2655 (1 nacho)	45	(M)	(M)	(M)	(M)
Cheesy Cheddar Nachos - SR3454 (1 nacho)	40	(M)	(M)	(M)	(M)
Cheddar Cheese Sauce - SR1293 (3/8 c.)	100	171.73	7.51	0.00	634.80
Vegetarian Refried Beans - OKR1472 (1/4 c.)	5	85.21	0.01	0.00	184.90
Beef Taco Filling - SR1528 (3 tbsp.)	45	55.79	0.91	0.00	180.08
Turkey Carnitas - SR1262 (1/4 c.)	10	75.98	0.59	0.00	480.16
Tortilla Chips - SR1065 (1 1/2 oz.)	100	206.18	1.47	0.00	169.36
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	40	65.34	0.02	0.00	79.50
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	174.42
Homemade Salsa - SR1007 (2 tbsp.)	40	7.38	0.01	0.00	78.67
Sour Cream - SR1659 (1 tbsp.)	40	30.00	1.75	0.00	7.50
<b>SY 21-22 - FoodiE- Everyday Selects Hot-Baskets W1,3,5 :39000 - ServingDate: 11/17/2022</b>					
Alaskan Pollock Nuggets - SR1045 (4 nuggets)	0	220.00	1.50	0.00	329.99
Chicken Drumstick Basket - SR2643 (1 Basket)	25	(M)	(M)	(M)	(M)
Chicken Nugget Basket - SR2641 (1 Basket)	65	(M)	(M)	(M)	(M)
Fish N Chips Basket - SR2642 (1 Basket)	10	(M)	(M)	(M)	(M)

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<b>SY 21-22 - FoodiE- Everyday Selects Hot-Baskets W1,3,5 :39000 - ServingDate: 11/17/2022</b>					
Glazed Chicken Drumstick - SR2447 (1 piece)	25	248.99	3.89	0.00	497.98
Crispy Chicken Nuggets - SR1367 (5 nugget)	65	239.93	2.50	0.00	439.88
Dinner Roll - SR1009 (1 roll.)	100	160.00	0.00	0.00	135.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/4 c.)	40	32.75	0.17	0.00	36.04
Spiral-cut French Fries - SR2509 (1/2 c.)	100	106.91	0.71	0.00	256.57
Barbecue Sauce - SR1008 (2 tbsp.)	10	30.00	0.00	0.00	470.00
Buffalo Sauce - SR2613 (1 tbsp.)	30	3.39	0.02	0.00	626.53
Honey Mustard - SR2614 (1 tbsp.)	20	71.50	1.10	0.00	77.00
Tartar Sauce - SR2615 (1 tbsp.)	10	43.34	0.40	0.00	88.36
<b>SY21-22 - FoodiE- Everyday Selects Hot-Grill W5 :39000 - ServingDate: 11/18/2022</b>					
Cheeseburger - SR2646 (1 burger)	20	(M)	(M)	(M)	(M)
Chicken Patty Sandwich - SR2645 (1 burger)	10	(M)	(M)	(M)	(M)
Hamburger - SR2660 (1 burger)	5	(M)	(M)	(M)	(M)
Spicy Chicken Sandwich - SR2651 (1 sandwich)	65	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	25	140.00	3.00	0.00	180.00
Hot & Spicy Chicken Patty - SR2137 (1 patty)	65	230.00	2.50	0.00	350.00
Breaded Chicken Patty - SR2186 (1 patty)	10	240.00	2.50	0.00	440.00

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<b>SY21-22 - FoodiE- Everyday Selects Hot-Grill W5 :39000 - ServingDate: 11/18/2022</b>					
American Cheese Slice - SR2821 (1/2 oz.)	20	55.00	2.50	0.00	135.00
Bimbo Bun - OKR1738 (1 roll (hamb))	100	160.00	0.00	0.00	270.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)
Burger Topping - SR2640 (1 serving)	40	4.54	0.01	0.00	157.91
Baked French Fries - SR1444 (1/2 c.)	100	90.40	0.00	0.00	30.13
<b>SY21-22 - FoodiE- Everyday Selects Hot-Grill W1 :39000 - ServingDate: 11/28/2022</b>					
Cheeseburger - SR2646 (1 burger)	20	(M)	(M)	(M)	(M)
Classic Grilled Cheese Sandwich - SR2647 (1 sandwich)	10	(M)	(M)	(M)	(M)
Hamburger - SR2660 (1 burger)	5	(M)	(M)	(M)	(M)
Spicy Chicken Sandwich - SR2651 (1 sandwich)	65	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	25	140.00	3.00	0.00	180.00
Hot & Spicy Chicken Patty - SR2137 (1 patty)	65	230.00	2.50	0.00	350.00
Grilled Cheese Sandwich - SR2820 (1 sandwich)	10	360.00	10.00	0.00	859.99
American Cheese Slice - SR2821 (1/2 oz.)	20	55.00	2.50	0.00	135.00
Bimbo Bun - OKR1738 (1 roll (hamb))	0	160.00	0.00	0.00	270.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)
Burger Topping - SR2640 (1 serving)	40	4.54	0.01	0.00	157.91
Baked French Fries - SR1444 (1/2 c.)	100	90.40	0.00	0.00	30.13

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
<b>SY21-22 - FoodiE- Everyday Selects Hot-Pizza W1 D2 :39000 - ServingDate: 11/29/2022</b>					
Cheese Pizza - SR2081 (1 slice)	30	400.00	7.00	0.00	440.00
Hawaiian Pizza - SR2082 (1 slice)	20	434.55	7.28	0.00	530.00
Pepperoni Pizza - SR2084 (1 slice)	50	431.59	8.09	0.00	544.49
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)
Caesar Side Salad - SR1428 (1/2 c.)	30	84.91	1.64	0.00	162.53
<b>SY21-22 - FoodiE- Everyday Selects Hot-Nacho W1,3,5 :39000 - ServingDate: 11/30/2022</b>					
Carnitas Nachos - SR2656 (1 nacho)	10	(M)	(M)	(M)	(M)
Cheesy Nachos with Refried Beans - SR2654 (1 nacho)	5	(M)	(M)	(M)	(M)
Cheesy Nachos with Taco Meat - SR2655 (1 nacho)	45	(M)	(M)	(M)	(M)
Cheesy Cheddar Nachos - SR3454 (1 nacho)	40	(M)	(M)	(M)	(M)
Cheddar Cheese Sauce - SR1293 (3/8 c.)	100	171.73	7.51	0.00	634.80
Vegetarian Refried Beans - OKR1472 (1/4 c.)	5	85.21	0.01	0.00	184.90
Beef Taco Filling - SR1528 (3 tbsp.)	45	55.79	0.91	0.00	180.08
Turkey Carnitas - SR1262 (1/4 c.)	10	75.98	0.59	0.00	480.16
Tortilla Chips - SR1065 (1 1/2 oz.)	100	206.18	1.47	0.00	169.36
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	40	65.34	0.02	0.00	79.50

# Menu Calendar Nutrient Analysis Report - November, 2022

Site: Guthrie Junior High  
 Date: 11/01/2022 - 11/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
<b>SY21-22 - FoodiE- Everyday Selects Hot-Nacho W1,3,5 :39000 - ServingDate: 11/30/2022</b>					
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	174.42
Homemade Salsa - SR1007 (2 tbsp.)	40	7.38	0.01	0.00	78.67
Sour Cream - SR1659 (1 tbsp.)	40	30.00	1.75	0.00	7.50

**Legend**  
 (M) - Missing Nutrient Values

**Report Selections**  
 Meal Type: Lunch  
 Site Group: FoodiE Cafe  
 Menu Line: FE-Everyday Selects (II-Play)  
 Serving Group: 6-8  
 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.