

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)
SY21-22 - FoodiE From the Garden W3D2 :39002 - ServingDate: 11/01/2022					
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00
Orange Smiles - SR1172 (6 slice or w)	20	45.12	0.01	0.00	0.00
Diced Pears - SR3041 (1/2 c.)	20	57.47	0.00	0.00	4.79
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00
Edamame - SR1046 (1/2 c.)	25	99.79	0.51	0.01	4.95
Ginger Carrot Salad - SR1540 (1/2 c.)	15	69.86	0.03	0.00	36.79
Caesar Side Salad - SR1428 (1 c.)	20	169.83	3.27	0.00	325.07
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	249.48
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	1.54	0.00	107.36
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.14	0.00	102.90
Creamy Caesar Dressing - SR2446 (2 tbsp.)	5	110.00	2.00	0.00	300.00
Italian Salad Dressing - SR1489 (2 tbsp.)	5	30.00	0.00	0.00	350.00
Ranch Dressing - SR1931 (1 pump)	30	60.00	1.00	0.00	125.00
Ketchup - SR1004 (1 pump)	60	20.31	0.00	0.00	175.46
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	1.07	0.00	45.33
MK Special Sauce - SR2585 (1 tbsp.)	15	29.38	0.25	0.00	66.72
Music City Sauce - SR2584 (1 tbsp.)	15	32.08	0.22	0.01	52.11
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	180.00
Buffalo Ranch Sauce - SR1453 (2 tbsp.)	5	35.89	0.35	0.00	671.07
Spicy Cool Sauce - SR1788 (1 tbsp.)	15	31.39	0.25	0.00	110.09

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
SY21-22 - FoodiE From the Garden W3D2 :39002 - ServingDate: 11/01/2022					
Spicy K Sauce - SR2586 (1 tbsp.)	30	20.36	0.00	0.00	160.03
SY21-22 - FoodiE From the Garden W3D3 :39002 - ServingDate: 11/02/2022					
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00
Unsweetened Applesauce - SR1195 (1/2 c.)	15	55.86	0.03	0.00	10.49
Banana - SR1166 (1 medium (7"))	15	105.02	0.13	0.00	1.18
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00
Basil Corn Salad - SR2587 (1/2 c.)	10	101.86	0.34	0.00	296.44
Italian Roasted Chickpeas - SR2583 (1/2 c.)	10	145.36	0.06	0.00	267.06
Super Side Salad - SR1979 (1 c.)	15	49.06	0.04	0.00	32.84
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	249.48
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	1.54	0.00	107.36
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.14	0.00	102.90
Ranch Dressing - SR1931 (1 pump)	70	60.00	1.00	0.00	125.00
Ketchup - SR1004 (1 pump)	60	20.31	0.00	0.00	175.46
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	1.07	0.00	45.33
MK Special Sauce - SR2585 (1 tbsp.)	10	29.38	0.25	0.00	66.72
Music City Sauce - SR2584 (1 tbsp.)	10	32.08	0.22	0.01	52.11
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	180.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	15	31.39	0.25	0.00	110.09

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
SY21-22 - FoodiE From the Garden W3D3 :39002 - ServingDate: 11/02/2022					
Spicy K Sauce - SR2586 (1 tbsp.)	20	20.36	0.00	0.00	160.03
SY21-22 - FoodiE From the Garden W3D4 :39002 - ServingDate: 11/03/2022					
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00
Orange Smiles - SR1172 (6 slice or w)	40	45.12	0.01	0.00	0.00
Fruit Cocktail - SR3023 (1/2 c.)	30	86.67	0.00	0.00	7.22
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00
Broccoli Lime Salad - SR1274 (1/2 c.)	10	26.44	0.16	0.00	29.21
Elote Corn - SR1677 (1/2 c.)	10	129.48	0.57	0.02	42.65
Caesar Side Salad - SR1428 (1 c.)	30	169.83	3.27	0.00	325.07
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	249.48
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	1.54	0.00	107.36
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.14	0.00	102.90
Ranch Dressing - SR1931 (1 pump)	70	60.00	1.00	0.00	125.00
Ketchup - SR1004 (1 pump)	5	20.31	0.00	0.00	175.46
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	1.07	0.00	45.33
MK Special Sauce - SR2585 (1 tbsp.)	5	29.38	0.25	0.00	66.72
Music City Sauce - SR2584 (1 tbsp.)	10	32.08	0.22	0.01	52.11
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	180.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	10	31.39	0.25	0.00	110.09

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
SY21-22 - FoodiE From the Garden W3D4 :39002 - ServingDate: 11/03/2022					
Spicy K Sauce - SR2586 (1 tbsp.)	5	20.36	0.00	0.00	160.03
SY21-22 - FoodiE From the Garden W3D5 :39002 - ServingDate: 11/04/2022					
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00
Banana - SR1166 (1 medium (7"))	25	105.02	0.13	0.00	1.18
Cinnamon Swirled Apples - SR1492 (1/2 c.)	15	44.60	0.00	0.00	8.79
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00
Mixed Salad Greens - SR1080 (1/2 c.)	10	6.43	0.00	0.00	6.33
Moroccan Spiced Carrots - SR2588 (1/2 c.)	10	122.06	0.81	0.00	158.09
Mex Zucchini - SR1697 (1/2 c.)	10	147.29	1.11	0.00	171.47
Chilled Peas - SR2483 (1/2 c.)	20	72.76	0.06	0.00	102.06
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	249.48
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	1.54	0.00	107.36
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.14	0.00	102.90
Ranch Dressing - SR1931 (1 pump)	15	60.00	1.00	0.00	125.00
Ketchup - SR1004 (1 pump)	5	20.31	0.00	0.00	175.46
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	1.07	0.00	45.33
MK Special Sauce - SR2585 (1 tbsp.)	5	29.38	0.25	0.00	66.72
Music City Sauce - SR2584 (1 tbsp.)	10	32.08	0.22	0.01	52.11
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	180.00

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SY21-22 - FoodiE From the Garden W3D5 :39002 - ServingDate: 11/04/2022					
Spicy Cool Sauce - SR1788 (1 tbsp.)	15	31.39	0.25	0.00	110.09
Spicy K Sauce - SR2586 (1 tbsp.)	5	20.36	0.00	0.00	160.03
SY21-22 - FoodiE From the Garden W4D1 :39002 - ServingDate: 11/07/2022					
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00
Crispy Whole Apple - SR1161 (1 extra smal)	15	47.79	0.03	0.00	0.92
Diced Peaches - SR3040 (1/2 c.)	20	59.04	0.00	0.00	4.92
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00
Blanched Broccoli Florets - SR1272 (1/2 c.)	15	10.84	0.01	0.00	10.75
Citrus Glazed Carrots - SR1131 (1/2 c.)	20	60.46	0.14	0.00	67.70
Garden Side Salad - SR1429 (1 c.)	20	20.07	0.02	0.00	25.59
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	249.48
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	1.54	0.00	107.36
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.14	0.00	102.90
Ranch Dressing - SR1931 (1 pump)	75	60.00	1.00	0.00	125.00
Ketchup - SR1004 (1 pump)	60	20.31	0.00	0.00	175.46
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	1.07	0.00	45.33
MK Special Sauce - SR2585 (1 tbsp.)	15	29.38	0.25	0.00	66.72
Music City Sauce - SR2584 (1 tbsp.)	15	32.08	0.22	0.01	52.11
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	180.00

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SY21-22 - FoodiE From the Garden W4D1 :39002 - ServingDate: 11/07/2022					
Spicy Cool Sauce - SR1788 (1 tbsp.)	15	31.39	0.25	0.00	110.09
Spicy K Sauce - SR2586 (1 tbsp.)	30	20.36	0.00	0.00	160.03
SY21-22 - FoodiE From the Garden W4D2 :39002 - ServingDate: 11/08/2022					
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00
Orange Smiles - SR1172 (6 slice or w)	35	45.12	0.01	0.00	0.00
Diced Pears - SR3041 (1/2 c.)	35	57.47	0.00	0.00	4.79
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00
Broccoli Lime Salad - SR1274 (1/2 c.)	20	26.44	0.16	0.00	29.21
Elote Corn - SR1677 (1/2 c.)	20	129.48	0.57	0.02	42.65
Caesar Side Salad - SR1428 (1 c.)	30	169.83	3.27	0.00	325.07
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	249.48
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	1.54	0.00	107.36
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.14	0.00	102.90
Ranch Dressing - SR1931 (1 pump)	20	60.00	1.00	0.00	125.00
Ketchup - SR1004 (1 pump)	60	20.31	0.00	0.00	175.46
Mayonnaise Pump - SR1991 (1 pump)	10	53.33	1.07	0.00	45.33
MK Special Sauce - SR2585 (1 tbsp.)	15	29.38	0.25	0.00	66.72
Music City Sauce - SR2584 (1 tbsp.)	15	32.08	0.22	0.01	52.11
Yellow Mustard - SR1603 (1 pump)	20	0.00	0.00	0.00	180.00

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SY21-22 - FoodiE From the Garden W4D2 :39002 - ServingDate: 11/08/2022					
Spicy Cool Sauce - SR1788 (1 tbsp.)	10	31.39	0.25	0.00	110.09
Spicy K Sauce - SR2586 (1 tbsp.)	30	20.36	0.00	0.00	160.03
SY21-22 - FoodiE From the Garden W4D3 :39002 - ServingDate: 11/09/2022					
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00
Unsweetened Applesauce - SR1195 (1/2 c.)	40	55.86	0.03	0.00	10.49
Banana - SR1166 (1 medium (7"))	40	105.02	0.13	0.00	1.18
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00
Blanched Broccoli Florets - SR1272 (1/2 c.)	15	10.84	0.01	0.00	10.75
Mex Zucchini - SR1697 (1/2 c.)	10	147.29	1.11	0.00	171.47
Citrus Glazed Carrots - SR1131 (1/2 c.)	15	60.46	0.14	0.00	67.70
Super Side Salad - SR1979 (1 c.)	20	49.06	0.04	0.00	32.84
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	249.48
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	1.54	0.00	107.36
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.14	0.00	102.90
Ranch Dressing - SR1931 (1 pump)	60	60.00	1.00	0.00	125.00
Ketchup - SR1004 (1 pump)	5	20.31	0.00	0.00	175.46
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	1.07	0.00	45.33
MK Special Sauce - SR2585 (1 tbsp.)	5	29.38	0.25	0.00	66.72
Music City Sauce - SR2584 (1 tbsp.)	15	32.08	0.22	0.01	52.11

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
SY21-22 - FoodiE From the Garden W4D3 :39002 - ServingDate: 11/09/2022					
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	180.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	20	31.39	0.25	0.00	110.09
Spicy K Sauce - SR2586 (1 tbsp.)	5	20.36	0.00	0.00	160.03
SY21-22 - FoodiE From the Garden W4D4 :39002 - ServingDate: 11/10/2022					
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00
Orange Smiles - SR1172 (6 slice or w)	40	45.12	0.01	0.00	0.00
Fruit Cocktail - SR3023 (1/2 c.)	35	86.67	0.00	0.00	7.22
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00
Basil Corn Salad - SR2587 (1/2 c.)	15	101.86	0.34	0.00	296.44
Italian Roasted Chickpeas - SR2583 (1/2 c.)	10	145.36	0.06	0.00	267.06
Caesar Side Salad - SR1428 (1 c.)	40	169.83	3.27	0.00	325.07
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	249.48
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	1.54	0.00	107.36
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.14	0.00	102.90
Creamy Caesar Dressing - SR2446 (2 tbsp.)	5	110.00	2.00	0.00	300.00
Italian Salad Dressing - SR1489 (2 tbsp.)	5	30.00	0.00	0.00	350.00
Ranch Dressing - SR1931 (1 pump)	35	60.00	1.00	0.00	125.00
Ketchup - SR1004 (1 pump)	5	20.31	0.00	0.00	175.46
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	1.07	0.00	45.33

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
SY21-22 - FoodiE From the Garden W4D4 :39002 - ServingDate: 11/10/2022					
MK Special Sauce - SR2585 (1 tbsp.)	5	29.38	0.25	0.00	66.72
Music City Sauce - SR2584 (1 tbsp.)	10	32.08	0.22	0.01	52.11
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	180.00
Buffalo Ranch Sauce - SR1453 (2 tbsp.)	5	35.89	0.35	0.00	671.07
Spicy Cool Sauce - SR1788 (1 tbsp.)	10	31.39	0.25	0.00	110.09
Spicy K Sauce - SR2586 (1 tbsp.)	5	20.36	0.00	0.00	160.03
SY21-22 - FoodiE From the Garden W4D5 :39002 - ServingDate: 11/11/2022					
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00
Banana - SR1166 (1 medium (7"))	15	105.02	0.13	0.00	1.18
Cinnamon Swirled Apples - SR1492 (1/2 c.)	20	44.60	0.00	0.00	8.79
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00
Edamame - SR1046 (1/2 c.)	35	99.79	0.51	0.01	4.95
Ginger Carrot Salad - SR1540 (1/2 c.)	40	69.86	0.03	0.00	36.79
Mixed Salad Greens - SR1080 (1/2 c.)	10	6.43	0.00	0.00	6.33
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	249.48
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	1.54	0.00	107.36
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.14	0.00	102.90
Ranch Dressing - SR1931 (1 pump)	40	60.00	1.00	0.00	125.00
Ketchup - SR1004 (1 pump)	60	20.31	0.00	0.00	175.46

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SY21-22 - FoodiE From the Garden W4D5 :39002 - ServingDate: 11/11/2022					
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	1.07	0.00	45.33
MK Special Sauce - SR2585 (1 tbsp.)	10	29.38	0.25	0.00	66.72
Music City Sauce - SR2584 (1 tbsp.)	10	32.08	0.22	0.01	52.11
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	180.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	10	31.39	0.25	0.00	110.09
Spicy K Sauce - SR2586 (1 tbsp.)	30	20.36	0.00	0.00	160.03
SY21-22 - FoodiE From the Garden W5D1 :39002 - ServingDate: 11/14/2022					
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00
Crispy Whole Apple - SR1161 (1 extra smal)	35	47.79	0.03	0.00	0.92
Diced Peaches - SR3040 (1/2 c.)	40	59.04	0.00	0.00	4.92
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00
Broccoli Lime Salad - SR1274 (1/2 c.)	20	26.44	0.16	0.00	29.21
Elote Corn - SR1677 (1/2 c.)	20	129.48	0.57	0.02	42.65
Garden Side Salad - SR1429 (1 c.)	15	20.07	0.02	0.00	25.59
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	249.48
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	1.54	0.00	107.36
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.14	0.00	102.90
Ranch Dressing - SR1931 (1 pump)	20	60.00	1.00	0.00	125.00
Ketchup - SR1004 (1 pump)	40	20.31	0.00	0.00	175.46

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
SY21-22 - FoodiE From the Garden WSD1 :39002 - ServingDate: 11/14/2022					
Mayonnaise Pump - SR1991 (1 pump)	10	53.33	1.07	0.00	45.33
MK Special Sauce - SR2585 (1 tbsp.)	10	29.38	0.25	0.00	66.72
Music City Sauce - SR2584 (1 tbsp.)	15	32.08	0.22	0.01	52.11
Yellow Mustard - SR1603 (1 pump)	10	0.00	0.00	0.00	180.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	10	31.39	0.25	0.00	110.09
Spicy K Sauce - SR2586 (1 tbsp.)	30	20.36	0.00	0.00	160.03
SY21-22 - FoodiE From the Garden WSD2 :39002 - ServingDate: 11/15/2022					
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00
Orange Smiles - SR1172 (6 slice or w)	40	45.12	0.01	0.00	0.00
Diced Pears - SR3041 (1/2 c.)	20	57.47	0.00	0.00	4.79
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00
Edamame - SR1046 (1/2 c.)	10	99.79	0.51	0.01	4.95
Ginger Carrot Salad - SR1540 (1/2 c.)	15	69.86	0.03	0.00	36.79
Mex Zucchini - SR1697 (1/2 c.)	10	147.29	1.11	0.00	171.47
Caesar Side Salad - SR1428 (1 c.)	10	169.83	3.27	0.00	325.07
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	249.48
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	1.54	0.00	107.36
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.14	0.00	102.90
Ranch Dressing - SR1931 (1 pump)	70	60.00	1.00	0.00	125.00

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Date: 11/01/2022 - 11/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
SY21-22 - FoodiE From the Garden WSD2 :39002 - ServingDate: 11/15/2022					
Ketchup - SR1004 (1 pump)	5	20.31	0.00	0.00	175.46
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	1.07	0.00	45.33
MK Special Sauce - SR2585 (1 tbsp.)	10	29.38	0.25	0.00	66.72
Music City Sauce - SR2584 (1 tbsp.)	15	32.08	0.22	0.01	52.11
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	180.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	10	31.39	0.25	0.00	110.09
Spicy K Sauce - SR2586 (1 tbsp.)	5	20.36	0.00	0.00	160.03
SY21-22 - FoodiE From the Garden WSD3 :39002 - ServingDate: 11/16/2022					
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00
Unsweetened Applesauce - SR1195 (1/2 c.)	40	55.86	0.03	0.00	10.49
Banana - SR1166 (1 medium (7"))	30	105.02	0.13	0.00	1.18
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00
Blanched Broccoli Florets - SR1272 (1/2 c.)	10	10.84	0.01	0.00	10.75
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.03	0.00	51.71
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.02	0.00	41.73
Citrus Glazed Carrots - SR1131 (1/2 c.)	10	60.46	0.14	0.00	67.70
Super Side Salad - SR1979 (1 c.)	10	49.06	0.04	0.00	32.84
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	249.48
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	1.54	0.00	107.36

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)
SY21-22 - FoodiE From the Garden WSD3 :39002 - ServingDate: 11/16/2022					
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.14	0.00	102.90
Ranch Dressing - SR1931 (1 pump)	10	60.00	1.00	0.00	125.00
Ketchup - SR1004 (1 pump)	60	20.31	0.00	0.00	175.46
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	1.07	0.00	45.33
MK Special Sauce - SR2585 (1 tbsp.)	10	29.38	0.25	0.00	66.72
Music City Sauce - SR2584 (1 tbsp.)	10	32.08	0.22	0.01	52.11
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	180.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	10	31.39	0.25	0.00	110.09
Spicy K Sauce - SR2586 (1 tbsp.)	30	20.36	0.00	0.00	160.03
SY21-22 - FoodiE From the Garden WSD4 :39002 - ServingDate: 11/17/2022					
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00
Orange Smiles - SR1172 (6 slice or w)	20	45.12	0.01	0.00	0.00
Fruit Cocktail - SR3023 (1/2 c.)	20	86.67	0.00	0.00	7.22
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00
Basil Corn Salad - SR2587 (1/2 c.)	20	101.86	0.34	0.00	296.44
Italian Roasted Chickpeas - SR2583 (1/2 c.)	10	145.36	0.06	0.00	267.06
Caesar Side Salad - SR1428 (1 c.)	30	169.83	3.27	0.00	325.07
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	249.48
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	1.54	0.00	107.36

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
SY21-22 - FoodiE From the Garden WSD4 :39002 - ServingDate: 11/17/2022					
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.14	0.00	102.90
Creamy Caesar Dressing - SR2446 (2 tbsp.)	5	110.00	2.00	0.00	300.00
Italian Salad Dressing - SR1489 (2 tbsp.)	5	30.00	0.00	0.00	350.00
Ranch Dressing - SR1931 (1 pump)	50	60.00	1.00	0.00	125.00
Ketchup - SR1004 (1 pump)	60	20.31	0.00	0.00	175.46
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	1.07	0.00	45.33
MK Special Sauce - SR2585 (1 tbsp.)	10	29.38	0.25	0.00	66.72
Music City Sauce - SR2584 (1 tbsp.)	10	32.08	0.22	0.01	52.11
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	180.00
Buffalo Ranch Sauce - SR1453 (2 tbsp.)	5	35.89	0.35	0.00	671.07
Spicy Cool Sauce - SR1788 (1 tbsp.)	10	31.39	0.25	0.00	110.09
Spicy K Sauce - SR2586 (1 tbsp.)	30	20.36	0.00	0.00	160.03
SY21-22 - FoodiE From the Garden WSD5 :39002 - ServingDate: 11/18/2022					
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00
Banana - SR1166 (1 medium (7"))	25	105.02	0.13	0.00	1.18
Cinnamon Swirled Apples - SR1492 (1/2 c.)	25	44.60	0.00	0.00	8.79
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00
Mixed Salad Greens - SR1080 (1/2 c.)	40	6.43	0.00	0.00	6.33

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
SY21-22 - FoodiE From the Garden W5D5 :39002 - ServingDate: 11/18/2022					
Moroccan Spiced Carrots - SR2588 (1/2 c.)	10	122.06	0.81	0.00	158.09
Chilled Peas - SR2483 (1/2 c.)	10	72.76	0.06	0.00	102.06
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	249.48
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	1.54	0.00	107.36
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.14	0.00	102.90
Ranch Dressing - SR1931 (1 pump)	20	60.00	1.00	0.00	125.00
Ketchup - SR1004 (1 pump)	60	20.31	0.00	0.00	175.46
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	1.07	0.00	45.33
MK Special Sauce - SR2585 (1 tbsp.)	10	29.38	0.25	0.00	66.72
Music City Sauce - SR2584 (1 tbsp.)	10	32.08	0.22	0.01	52.11
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	180.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	15	31.39	0.25	0.00	110.09
Spicy K Sauce - SR2586 (1 tbsp.)	30	20.36	0.00	0.00	160.03
SY21-22 - FoodiE From the Garden W1D1 :39002 - ServingDate: 11/28/2022					
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00
Crispy Whole Apple - SR1161 (1 extra smal)	10	47.79	0.03	0.00	0.92
Diced Peaches - SR3040 (1/2 c.)	20	59.04	0.00	0.00	4.92
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00
Frijoles ala Charro - SR3313 (1/2 c.)	10	127.34	0.25	0.00	246.05

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Site: Guthrie Junior High
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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
SY21-22 - FoodiE From the Garden W1D1 :39002 - ServingDate: 11/28/2022					
Broccoli Lime Salad - SR1274 (1/2 c.)	10	26.44	0.16	0.00	29.21
Elote Corn - SR1677 (1/2 c.)	10	129.48	0.57	0.02	42.65
Garden Side Salad - SR1429 (1 c.)	30	20.07	0.02	0.00	25.59
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	249.48
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	1.54	0.00	107.36
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.14	0.00	102.90
Ranch Dressing - SR1931 (1 pump)	15	60.00	1.00	0.00	125.00
Ketchup - SR1004 (1 pump)	50	20.31	0.00	0.00	175.46
Mayonnaise Pump - SR1991 (1 pump)	10	53.33	1.07	0.00	45.33
MK Special Sauce - SR2585 (1 tbsp.)	10	29.38	0.25	0.00	66.72
Music City Sauce - SR2584 (1 tbsp.)	15	32.08	0.22	0.01	52.11
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	180.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	15	31.39	0.25	0.00	110.09
Spicy K Sauce - SR2586 (1 tbsp.)	20	20.36	0.00	0.00	160.03
SY21-22 - FoodiE From the Garden W1D2 :39002 - ServingDate: 11/29/2022					
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00
Orange Smiles - SR1172 (6 slice or w)	40	45.12	0.01	0.00	0.00
Diced Pears - SR3041 (1/2 c.)	35	57.47	0.00	0.00	4.79
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
SY21-22 - FoodiE From the Garden W1D2 :39002 - ServingDate: 11/29/2022					
Edamame - SR1046 (1/2 c.)	10	99.79	0.51	0.01	4.95
Ginger Carrot Salad - SR1540 (1/2 c.)	15	69.86	0.03	0.00	36.79
Mex Zucchini - SR1697 (1/2 c.)	5	147.29	1.11	0.00	171.47
Caesar Side Salad - SR1428 (1 c.)	35	169.83	3.27	0.00	325.07
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	249.48
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	1.54	0.00	107.36
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.14	0.00	102.90
Ranch Dressing - SR1931 (1 pump)	70	60.00	1.00	0.00	125.00
Ketchup - SR1004 (1 pump)	0	20.31	0.00	0.00	175.46
Mayonnaise Pump - SR1991 (1 pump)	0	53.33	1.07	0.00	45.33
MK Special Sauce - SR2585 (1 tbsp.)	5	29.38	0.25	0.00	66.72
Music City Sauce - SR2584 (1 tbsp.)	15	32.08	0.22	0.01	52.11
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	180.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	25	31.39	0.25	0.00	110.09
Spicy K Sauce - SR2586 (1 tbsp.)	0	20.36	0.00	0.00	160.03
SY21-22 - FoodiE From the Garden W1D3 :39002 - ServingDate: 11/30/2022					
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00
Unsweetened Applesauce - SR1195 (1/2 c.)	55	55.86	0.03	0.00	10.49
Banana - SR1166 (1 medium (7"))	25	105.02	0.13	0.00	1.18

Menu Calendar Nutrient Analysis Report - November, 2022

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Date: 11/01/2022 - 11/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
SY21-22 - FoodiE From the Garden W1D3 :39002 - ServingDate: 11/30/2022					
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00
Blanched Broccoli Florets - SR1272 (1/2 c.)	30	10.84	0.01	0.00	10.75
Citrus Glazed Carrots - SR1131 (1/2 c.)	20	60.46	0.14	0.00	67.70
Super Side Salad - SR1979 (1 c.)	10	49.06	0.04	0.00	32.84
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	249.48
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	1.54	0.00	107.36
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.14	0.00	102.90
Ranch Dressing - SR1931 (1 pump)	15	60.00	1.00	0.00	125.00
Ketchup - SR1004 (1 pump)	0	20.31	0.00	0.00	175.46
Mayonnaise Pump - SR1991 (1 pump)	15	53.33	1.07	0.00	45.33
MK Special Sauce - SR2585 (1 tbsp.)	5	29.38	0.25	0.00	66.72
Music City Sauce - SR2584 (1 tbsp.)	10	32.08	0.22	0.01	52.11
Yellow Mustard - SR1603 (1 pump)	10	0.00	0.00	0.00	180.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	15	31.39	0.25	0.00	110.09
Spicy K Sauce - SR2586 (1 tbsp.)	0	20.36	0.00	0.00	160.03

Legend

(M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch
Site Group: FoodiE Cafe
Menu Line: FE-From The Garden (Milk, Condiments)
Serving Group: 6-8
Nutrients Option: Simplified

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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.