

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-Global Flavors Asia-Wraps (Burritos) :39003 - Serving Date: 11/01/2022					
Korean BBQ Chicken Burrito - SR2735 (1 wrap)	30	(M)	(M)	(M)	(M)
Sweet & Sour Chick'n Burrito - SR2738 (1 wrap)	10	(M)	(M)	(M)	(M)
Build-to-Order Asian Burrito - SR3468 (1 wrap)	10	(M)	(M)	(M)	(M)
Teriyaki Chicken Burrito - SR2736 (1 wrap)	30	(M)	(M)	(M)	(M)
Korean BBQ Chicken - SR2608 (1/3 c.)	35	141.52	0.62	0.01	467.64
Sweet & Sour Chick'n - SR2479 (4 nugget)	5	238.57	1.01	0.00	364.29
Teriyaki Chicken - SR2606 (1/2 c.)	60	153.14	1.77	0.00	681.98
Steamed Brown Rice - SR1098 (1/4 c.)	100	58.59	0.00	0.00	1.01
Flour Tortilla - SR1177 (1 tortilla)	100	210.00	3.00	0.00	319.99
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/4 c.)	20	32.75	0.17	0.00	36.04
Spicy Asian Vegetable Blend - SR2607 (1/4 c.)	35	40.13	0.29	0.01	99.77
Soy Roasted Potatoes - SR2609 (1/4 c.)	15	93.22	0.76	0.00	335.25
Green Onion - SR1946 (1 tbsp.)	20	2.01	0.00	0.00	1.00
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	30	21.09	0.04	0.00	517.39

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SY21-22 - FoodiE-Global Flavors Italy-Wraps (Flatbreads) :39003 - ServingDate: 11/02/2022					
Chicken Bruschetta Flatbread Pizza, Richs 6x6, USDA Mozzarella - SR3383 (1 ea.)	10	404.20	9.16	0.00	852.43
Pepperoni Flatbread Pizza - SR3386 (1 ea.)	50	411.69	12.02	0.00	1093.34
Three Cheese Flatbread Pizza - SR1567 (1 ea.)	40	380.10	10.92	0.00	988.85
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)
Roasted Broccoli and Red Peppers - SR2024 (1/2 c.)	40	85.72	0.48	0.00	9.07
Parmesan Green Beans - SR1144 (1/2 c.)	30	41.90	0.32	0.00	13.66
Roasted Butternut Squash - SR1408 (1/2 c.)	15	73.30	0.01	0.00	31.71
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	20	3.33	0.17	0.00	15.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	15	1.43	0.01	0.00	0.14
SY21-22 - FoodiE-Global Flavors Mexico- Wraps (Burritos) :39003 - ServingDate: 11/03/2022					
Bean & Vegetable Burrito - SR2746 (1 burrito)	10	(M)	(M)	(M)	(M)
Build-to-Order Mexican Burrito, MIA - SR3469 (1 burrito)	10	(M)	(M)	(M)	(M)
Spicy Tinga Chicken Burrito - SR2747 (1 burrito)	40	(M)	(M)	(M)	(M)
Tex Mex Beef Burrito - SR2748 (1 burrito)	40	(M)	(M)	(M)	(M)
Vegetarian Refried Beans - OKR1472 (3/8 c.)	20	127.81	0.01	0.00	277.36

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SY21-22 - FoodiE- Global Flavors Mexico- Wraps (Burritos) :39003 - ServingDate: 11/03/2022					
Mexican Tinga Chicken - SR2604 (1/3 c.)	50	70.44	0.01	0.00	148.43
Beef Taco Filling - SR1528 (1/3 c.)	50	99.19	1.61	0.00	320.13
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	100	45.00	2.00	0.00	105.00
Cilantro Lime Rice - SR1232 (1/4 c.)	0	58.08	0.06	0.00	69.49
Flour Tortilla - SR1177 (1 tortilla)	100	210.00	3.00	0.00	319.99
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/4 c.)	10	32.67	0.01	0.00	39.75
Mex Zucchini - SR1697 (1/4 c.)	10	73.65	0.56	0.00	85.74
Mex Roasted Sweet Potatoes - SR2277 (1/4 c.)	20	75.58	0.20	0.00	96.15
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
Tomato and Shredded Lettuce Salad - SR1997 (1/2 c.)	100	11.38	0.02	0.00	4.26
SY21-22 - FoodiE- Global Flavors Mediterranean- Wraps (Flatbread/Gyro) :39003 - ServingDate: 11/04/2022					
Build-to-Order Mediterranean Flatbread, MIA - SR3473 (1 sandwich)	10	(M)	(M)	(M)	(M)

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SY21-22 - FoodiE- Global Flavors Mediterranean- Wraps (Flatbread/Gyro) :39003 - ServingDate: 11/04/2022					
Mediterranean Falafel & Vegetable Flatbread, MIA - SR3470 (1 sandwich)	10	(M)	(M)	(M)	(M)
Greek Spiced Meatball Flatbread, MIA - SR3471 (1 sandwich)	40	(M)	(M)	(M)	(M)
Greek Turkey Flatbread, MIA - SR3472 (1 sandwich)	40	(M)	(M)	(M)	(M)
Falafel Fritters - SR2625 (3 ea.)	20	130.07	0.00	0.00	420.24
Greek Meatballs - SR2621 (5 Meatballs)	35	246.66	3.88	0.00	203.52
Greek Turkey - SR1854 (1/2 c.)	40	302.33	1.91	0.00	657.86
Mozzarella Cheese - SR3098 (1/2 oz.)	50	45.56	2.53	0.00	86.06
Oven Fired Flatbread - SR1534 (1 piece)	100	180.00	1.00	0.00	330.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)
Roasted Chickpeas - SR1047 (1/4 c.)	15	98.28	0.03	0.00	169.51
Roasted Broccoli - SR1852 (1/4 c.)	40	32.75	0.17	0.00	36.04
Roasted Summer Squash - SR1523 (1/4 c.)	30	17.16	0.09	0.00	21.09
Sliced Black Olives - SR1390 (2 tbsp.)	90	14.12	0.00	0.00	117.63
Tzatziki Sauce - SR1820 (1 tbsp.)	100	7.38	0.00	0.00	63.90
Tomato and Shredded Lettuce Salad - SR1997 (1/2 c.)	60	11.38	0.02	0.00	4.26

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SY21-22 - FoodiE- Global Flavors America-Comfort (Chili Bowl) :39003 - ServingDate: 11/07/2022					
Build-to-Order Chili Bowl - SR3476 (1 bowl)	10	(M)	(M)	(M)	(M)
Chili Con Carne Bowl - SR3474 (1 bowl)	45	(M)	(M)	(M)	(M)
Rainbow Chili Bowl - SR3475 (1 bowl)	45	(M)	(M)	(M)	(M)
Chili con Carne - SR1379 (1 c.)	55	216.38	1.91	0.00	607.73
Rainbow Chili - SR1922 (1 c.)	55	186.09	0.05	0.00	412.66
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	100	45.00	2.00	0.00	105.00
Frito Corn Chips - SR2033 (1 c.)	100	227.37	2.13	0.00	241.58
Tortilla Chips - SR1065 (1 1/2 oz.)	1	206.18	1.47	0.00	169.36
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)
Chilled Black Beans - SR2006 (1/4 c.)	55	60.25	0.00	0.00	71.20
Sweet Potato Fries - SR2043 (1/4 c.)	10	81.17	0.51	0.00	96.39
Roasted Peppers and Onions Blend - SR1952 (1/4 c.)	55	34.82	0.18	0.00	44.27
Green Onion - SR1946 (1 tbsp.)	100	2.01	0.00	0.00	1.00
Sour Cream - SR1659 (2 tbsp.)	30	60.00	3.50	0.00	15.00
SY21-22 - FoodiE- Global Flavors Mexico- Comfort (Enchiladas) :39003 - ServingDate: 11/08/2022					
Blanco queso Enchilada with Beans - SR2765 (2 enchilada)	10	(M)	(M)	(M)	(M)

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SY21-22 - FoodiE- Global Flavors Mexico- Comfort (Enchiladas) :39003 - ServingDate: 11/08/2022					
Blanco Queso Enchilada with Taco Meat - SR2766 (2 enchilada)	40	(M)	(M)	(M)	(M)
Enchilada Suiza - SR3490 (2 enchilada)	40	(M)	(M)	(M)	(M)
Enchilada Combo - SR2767 (2 enchilada)	10	(M)	(M)	(M)	(M)
Bean and Cheese Enchilada - SR3488 (1 enchilada)	20	197.45	2.80	0.00	386.37
Beef Enchilada - SR3489 (1 enchilada)	50	171.84	3.37	0.00	437.18
Enchilada Suiza - SR3315 (1 enchilada)	50	346.93	5.40	0.00	760.49
Cilantro Lime Rice - SR1232 (1/4 c.)	100	58.08	0.06	0.00	69.49
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/4 c.)	15	32.67	0.01	0.00	39.75
Mex Zucchini - SR1697 (1/4 c.)	10	73.65	0.56	0.00	85.74
Mex Roasted Sweet Potatoes - SR2277 (1/4 c.)	15	75.58	0.20	0.00	96.15
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	40	0.00	0.00	0.00	174.42
Homemade Salsa - SR1007 (2 tbsp.)	30	7.38	0.01	0.00	78.67
Sour Cream - SR1659 (1 tbsp.)	20	30.00	1.75	0.00	7.50
SY21-22 - FoodiE- Global Flavors America-Comfort (Baked Potato) :39003 - ServingDate: 11/09/2022					
Cheesy Broccoli Baked Potato - SR2754 (1 potato)	25	(M)	(M)	(M)	(M)

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SY21-22 - FoodiE-Global Flavors America-Comfort (Baked Potato):39003 - ServingDate: 11/09/2022					
Chili & Cheese Baked Potato - SR3477 (1 potato)	25	(M)	(M)	(M)	(M)
Old School Spud - SR2753 (1 potato)	25	(M)	(M)	(M)	(M)
Taco Beef Baked Potato - SR2755 (1 potato)	25	(M)	(M)	(M)	(M)
Cheddar Cheese Sauce - SR1293 (3/8 c.)	75	171.73	7.51	0.00	634.80
Beef Taco Filling - SR1528 (1/4 c.)	25	74.39	1.21	0.00	240.10
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	75	45.00	2.00	0.00	105.00
Rainbow Chili - SR1922 (1 c.)	25	186.09	0.05	0.00	412.66
Twisted Breadstick - SR2142 (1 breadstick)	100	172.69	0.09	0.00	190.34
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)
Aztec Corn - SR1434 (1/2 c.)	10	89.14	0.14	0.00	48.98
Vegetarian Baked Beans - SR3118 (1/2 c.)	10	112.64	0.00	0.00	143.36
Roasted Broccoli - SR1852 (1/2 c.)	45	65.49	0.33	0.00	72.07
Green Beans, Low Country Green Beans - SR2616 (1/2 c.)	20	66.37	0.64	0.00	347.50
Baked Potato - SR1562 (1 potato)	100	172.26	0.36	0.00	19.32
Green Onion - SR1946 (1 tbsp.)	65	2.01	0.00	0.00	1.00
Sour Cream - SR1659 (2 tbsp.)	25	60.00	3.50	0.00	15.00

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SY21-22 - FoodiE-Global Flavors Italy-Comfort (Pastas) :39003 - ServingDate: 11/10/2022					
Italian Meat Sauce Pasta Bowl - SR2764 (1 bowl)	60	(M)	(M)	(M)	(M)
Cheese Lasagna Roll - SR2763 (1 roll.)	30	(M)	(M)	(M)	(M)
Build-to-Order, Italy Bowl - SR3459 (1 bowl)	10	(M)	(M)	(M)	(M)
Alfredo Cheese Sauce - SR2217 (1/2 c.)	10	201.09	7.21	0.00	830.59
Cheese Lasagna Rollup - SR1497 (1 roll.)	40	277.32	2.06	0.00	510.06
Beef Bolognese - SR1197 (2/3 c.)	60	173.65	3.24	0.00	649.66
Breadstick - SR1044 (1 breadstick)	100	80.00	0.00	0.00	95.00
Whole Wheat Spaghetti Noodles - SR1135 (1/2 c.)	70	96.44	0.21	0.00	211.37
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)
Roasted Broccoli and Red Peppers - SR2024 (1/4 c.)	20	42.86	0.24	0.00	4.53
Parmesan Green Beans - SR1144 (1/4 c.)	20	20.95	0.16	0.00	6.83
Roasted Butternut Squash - SR1408 (1/4 c.)	10	36.65	0.01	0.00	15.85
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	10	3.33	0.17	0.00	15.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	10	1.43	0.01	0.00	0.14
SY21-22 - FoodiE-Global Flavors Asia-Comfort (Rice Bowls) :39003 - ServingDate: 11/11/2022					
Build-to-Order Asian Rice Bowl - SR3478 (1 bowl)	25	(M)	(M)	(M)	(M)

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SY21-22 - FoodiE- Global Flavors Asia- Comfort (Rice Bowls) :39003 - ServingDate: 11/11/2022					
Orange Chicken Rice Bowl - SR2757 (1 bowl)	25	(M)	(M)	(M)	(M)
Sweet and Sour Chick'n Rice Bowl - SR3136 (1 bowl)	25	(M)	(M)	(M)	(M)
Teriyaki Chicken Rice Bowl - SR2762 (1 bowl)	25	(M)	(M)	(M)	(M)
Orange Chicken - SR1835 (12 piece)	50	346.37	2.95	0.00	540.33
Sweet & Sour Chick'n - SR2479 (5 nugget)	50	298.22	1.27	0.00	455.36
Teriyaki Chicken - SR2606 (1/2 c.)	50	153.14	1.77	0.00	681.98
Oven Fried Rice - SR1382 (2/3 c.)	100	150.72	0.23	0.00	313.95
Steamed Brown Rice - SR1098 (1/2 c.)	100	117.19	0.00	0.00	2.02
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/4 c.)	45	32.75	0.17	0.00	36.04
Spicy Asian Vegetable Blend - SR2607 (1/4 c.)	30	40.13	0.29	0.01	99.77
Soy Roasted Potatoes - SR2609 (1/4 c.)	30	93.22	0.76	0.00	335.25
Green Onion - SR1946 (1 tbsp.)	100	2.01	0.00	0.00	1.00
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	20	21.09	0.04	0.00	517.39
SY21-22 - FoodiE- Global Flavors Mexico- Street :39003 - ServingDate: 11/14/2022					
Build-to-Orde Street Taco - SR3491 (1 taco)	10	(M)	(M)	(M)	(M)
Bean & Vegetable Taco - SR2726 (1 taco)	10	(M)	(M)	(M)	(M)

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SY21-22 - FoodiE- Global Flavors Mexico- Street :39003 - ServingDate: 11/14/2022					
Carnitas Taco - SR2729 (1 taco)	40	(M)	(M)	(M)	(M)
Pavo al Pastor Taco - SR2776 (1 taco)	40	(M)	(M)	(M)	(M)
Vegetarian Refried Beans - OKR1472 (1/4 c.)	20	85.21	0.01	0.00	184.90
Turkey Al Pastor - SR1259 (1/4 c.)	50	66.31	0.48	0.00	490.61
Turkey Carnitas - SR1262 (1/4 c.)	50	75.98	0.59	0.00	480.16
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	100	45.00	2.00	0.00	105.00
Cilantro Lime Rice - SR1232 (2/3 c.)	100	154.89	0.17	0.00	185.30
Flour Tortilla - SR1066 (1 tortilla)	100	89.99	1.00	0.00	129.98
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/4 c.)	30	32.67	0.01	0.00	39.75
Mex Zucchini - SR1697 (1/4 c.)	30	73.65	0.56	0.00	85.74
Mex Roasted Sweet Potatoes - SR2277 (1/4 c.)	25	75.58	0.20	0.00	96.15
Diced Yellow Onion - SR1264 (2 tbsp.)	5	8.58	0.01	0.00	0.86
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	174.42
Homemade Salsa - SR1007 (2 tbsp.)	30	7.38	0.01	0.00	78.67
Sour Cream - SR1659 (1 tbsp.)	40	30.00	1.75	0.00	7.50

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SY21-22 - FoodiE-Global Flavors Asia-Street :39003 - ServingDate: 11/15/2022					
Build-to-Order Asian Street Sub - SR3492 (1 sandwich)	10	(M)	(M)	(M)	(M)
Spicy Korean BBQ Chicken Sub - SR2771 (1 sandwich)	40	(M)	(M)	(M)	(M)
Sweet & Sour Chick'n Sub - SR3479 (1 sandwich)	10	(M)	(M)	(M)	(M)
Teriyaki Meatball Sub - SR2770 (1 sandwich)	40	(M)	(M)	(M)	(M)
Korean BBQ Chicken - SR2608 (1/3 c.)	45	141.52	0.62	0.01	467.64
Teriyaki Meatballs - SR3494 (5 Meatballs)	45	267.87	3.37	0.00	492.28
Sweet & Sour Chick'n - SR2479 (5 nugget)	10	298.22	1.27	0.00	455.36
Mini Sub Roll - SR1208 (1 roll (smal))	100	162.71	0.00	0.00	183.05
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/4 c.)	25	32.75	0.17	0.00	36.04
Spicy Asian Vegetable Blend - SR2607 (1/4 c.)	35	40.13	0.29	0.01	99.77
Soy Roasted Potatoes - SR2609 (1/4 c.)	60	93.22	0.76	0.00	335.25
Green Onion - SR1946 (1 tbsp.)	55	2.01	0.00	0.00	1.00
Pickle Cucumbers - SR1785 (2 tbsp.)	55	3.49	0.01	0.00	54.91
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	45	21.09	0.04	0.00	517.39
SY21-22 - FoodiE-Global Flavors America-Street :39003 - ServingDate: 11/16/2022					
Smoky BBQ Chick'n Nuggets Basket, America MIA - SR3480 (1 Basket)	10	(M)	(M)	(M)	(M)

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SY21-22 - FoodiE- Global Flavors America-Street :39003 - ServingDate: 11/16/2022					
Spicy Buffalo Chick'n Nuggets Basket - SR2769 (1 Basket)	10	(M)	(M)	(M)	(M)
Smoky BBQ Chicken Tenders Basket - SR3481 (1 Basket)	40	(M)	(M)	(M)	(M)
Spicy Buffalo Chicken Tenders Basket - SR2768 (1 Basket)	40	(M)	(M)	(M)	(M)
Breaded Chicken Tender - SR2504 (3 tenders)	80	260.00	2.50	0.00	390.00
Vegetarian Chick'n Nugget - SR2451 (4 nuggets)	20	182.57	1.01	0.00	304.29
Twisted Breadstick - SR2142 (1 breadstick)	100	172.69	0.09	0.00	190.34
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)
Vegetarian Baked Beans - SR3118 (1/2 c.)	10	112.64	0.00	0.00	143.36
Celery Sticks - SR1014 (6 stick.)	40	10.34	0.03	0.00	51.71
Green Beans, Low Country Green Beans - SR2616 (1/2 c.)	20	66.37	0.64	0.00	347.50
Carrot Sticks - SR1606 (6 stick.)	40	24.80	0.02	0.00	41.73
Country Style Potato Wedges - SR1029 (1/2 c.)	100	90.43	0.00	0.00	30.14
Barbecue Sauce - SR1008 (1 tbsp.)	50	15.00	0.00	0.00	235.00
Buffalo Sauce - SR2613 (1 tbsp.)	50	3.39	0.02	0.00	626.53
SY21-22 - FoodiE- Global Flavors Italy- Street (Mac & Cheese) :39003 - ServingDate: 11/17/2022					
Alfredo Mac - SR3483 (1 bowl)	25	(M)	(M)	(M)	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
SY21-22 - FoodiE-Global Flavors Italy-Street (Mac & Cheese) :39003 - ServingDate: 11/17/2022					
Cheesy Cheddar Mac, Italy, MIA - SR3482 (1 bowl)	25	(M)	(M)	(M)	(M)
Roasted Chicken Alfredo Mac - SR2774 (1 bowl)	25	(M)	(M)	(M)	(M)
Tuscan Veggie Mac - SR2772 (1 bowl)	25	(M)	(M)	(M)	(M)
Alfredo Macaroni - SR1422 (1 c.)	75	350.96	5.48	0.00	1034.02
Cheddar Macaroni - SR1549 (1 c.)	25	444.30	11.83	0.00	1357.99
Fajita Chicken - SR2529 (1/4 c.)	25	46.32	0.76	0.00	230.09
Roasted Tuscan Vegetables - SR1442 (1 #8 scoop)	25	55.34	0.02	0.00	113.59
Breadstick - SR1044 (1 breadstick)	50	80.00	0.00	0.00	95.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)
Roasted Broccoli and Red Peppers - SR2024 (1/4 c.)	40	42.86	0.24	0.00	4.53
Parmesan Green Beans - SR1144 (1/4 c.)	30	20.95	0.16	0.00	6.83
Roasted Butternut Squash - SR1408 (1/4 c.)	15	36.65	0.01	0.00	15.85
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	25	3.33	0.17	0.00	15.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	5	1.43	0.01	0.00	0.14
SY21-22 - FoodiE-Global Flavors Mediterranean-Street (Totchos) :39003 - ServingDate: 11/18/2022					
Build-to-Order Mediterranean Totchos - SR3485 (1 nacho)	10	(M)	(M)	(M)	(M)

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-Global Flavors Mediterranean-Street (Totchos) :39003 - ServingDate: 11/18/2022					
Greek Meatball & Cheese Totchos - SR2782 (1 nacho)	40	(M)	(M)	(M)	(M)
Mediterranean Vegetable Totchos - SR3484 (1 nacho)	10	(M)	(M)	(M)	(M)
Turkey Gyro & Cheese Totchos - SR2783 (1 nacho)	40	(M)	(M)	(M)	(M)
Mozzarella Cheese - SR3098 (1 oz.)	20	91.12	5.06	0.00	172.12
Greek Meatballs - SR2621 (3 Meatballs)	70	147.99	2.33	0.00	122.11
Greek Turkey - SR1854 (1/4 c.)	30	151.17	0.96	0.00	328.93
Cheddar Cheese Sauce - SR1293 (1/4 c.)	80	114.49	5.01	0.00	423.20
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 Chickpeas - SR1047 (1/4 c.)	10	98.28	0.03	0.00	169.51
Roasted Broccoli - SR1852 (1/4 c.)	15	32.75	0.17	0.00	36.04
Roasted Summer Squash - SR1523 (1/4 c.)	10	17.16	0.09	0.00	21.09
Tater Tots - SR1450 (3/4 c.)	100	166.06	1.51	0.00	467.98
Sliced Black Olives - SR1390 (2 tbsp.)	5	14.12	0.00	0.00	117.63
Diced Red Tomatoes - SR1012 (2 tbsp.)	5	4.43	0.01	0.00	1.23

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-Global Flavors Mexico- Bowls :39003 - ServingDate: 11/28/2022					
Build-to-Order, Mexico Bowl, MIA - SR3455 (1 bowl)	10	(M)	(M)	(M)	(M)
Spicy Tinga Chicken Bowl - SR2691 (1 bowl)	40	(M)	(M)	(M)	(M)
Tex Mex Bowl - SR2689 (1 bowl)	40	(M)	(M)	(M)	(M)
Two Bean & Vegetable Bowl - SR2690 (1 bowl)	10	(M)	(M)	(M)	(M)
Mexican Tinga Chicken - SR2604 (1/4 c.)	50	52.83	0.01	0.00	111.32
Pinto Beans - SR1032 (1 #16 scoop)	20	57.63	0.00	0.00	80.69
Beef Taco Filling - SR1528 (3 tbsp.)	50	55.79	0.91	0.00	180.08
Mexican Black Beans - SR1026 (1 #12 scoop)	100	43.56	0.01	0.00	53.00
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	90	45.00	2.00	0.00	105.00
Cilantro Lime Rice - SR1232 (2/3 c.)	100	154.89	0.17	0.00	185.30
Tortilla Chips - SR1065 (7/8 oz.)	100	117.82	0.84	0.00	96.78
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)
Elote Corn - SR1677 (1/4 c.)	50	64.74	0.29	0.01	21.32
Mex Zucchini - SR1697 (1/2 c.)	0	147.29	1.11	0.00	171.47
Mex Roasted Sweet Potatoes - SR2277 (1/4 c.)	20	75.58	0.20	0.00	96.15
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	174.42
Homemade Salsa - SR1007 (2 tbsp.)	60	7.38	0.01	0.00	78.67
Sour Cream - SR1659 (1 tbsp.)	40	30.00	1.75	0.00	7.50

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)
SY21-22 - FoodiE-Global Flavors Asia-Bowls :39003 - ServingDate: 11/29/2022					
Build-to-Order, Asia Bowl - SR3456 (1 bowl)	10	(M)	(M)	(M)	(M)
Plant-Based Sweet & Sour Chick'n Bowl - SR2693 (1 bowl)	10	(M)	(M)	(M)	(M)
Spicy Korean BBQ & Dumpling Bowl - SR2695 (1 bowl)	40	(M)	(M)	(M)	(M)
Teriyaki Chicken & Dumpling Bowl - SR2696 (1 bowl)	40	(M)	(M)	(M)	(M)
Korean BBQ Chicken - SR2608 (1/3 c.)	50	141.52	0.62	0.01	467.64
Sweet & Sour Chick'n - SR2479 (4 nugget)	20	238.57	1.01	0.00	364.29
Teriyaki Chicken - SR2606 (1/2 c.)	50	153.14	1.77	0.00	681.98
Chicken & Vegetable Potstickers - SR2605 (3 ea.)	90	120.00	0.25	0.00	275.00
Vegetable Lo Mein - SR1770 (2/3 c.)	100	141.56	0.22	0.00	533.50
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)
Roasted Sesame Carrots - SR1787 (1/2 c.)	100	130.71	1.30	0.04	357.54
Roasted Broccoli - SR1852 (1/4 c.)	60	32.75	0.17	0.00	36.04
Spicy Asian Vegetable Blend - SR2607 (1/4 c.)	10	40.13	0.29	0.01	99.77
Soy Roasted Potatoes - SR2609 (1/2 c.)	10	186.44	1.52	0.00	670.51
Green Onion - SR1946 (1 tbsp.)	100	2.01	0.00	0.00	1.00
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	10	21.09	0.04	0.00	517.39

Menu Calendar Nutrient Analysis Report - November, 2022

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- Global Flavors America-Bowls :39003 - ServingDate: 11/30/2022					
Build-to-Order, American Potato Bowl, MIA - SR3457 (1 bowl)	10	(M)	(M)	(M)	(M)
Crispy Garden Bowl - SR2670 (1 bowl)	10	(M)	(M)	(M)	(M)
Smoky BBQ Chicken Potato Bowl - SR2658 (1 bowl)	40	(M)	(M)	(M)	(M)
Southern Style Crispy Chicken Potato Bowl - SR3458 (1 bowl)	40	(M)	(M)	(M)	(M)
Barbecue Chicken - SR2532 (1/4 c.)	50	104.00	0.00	0.00	557.33
Vegetarian Chick'n Nugget - SR2451 (4 nuggets)	20	182.57	1.01	0.00	304.29
Popcorn Chicken - SR1413 (12 piece)	50	254.75	2.77	0.00	387.66
Twisted Breadstick - SR2142 (1 breadstick)	100	172.69	0.09	0.00	190.34
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)
Vegetarian Baked Beans - SR3118 (1/2 c.)	0	112.64	0.00	0.00	143.36
Green Beans, Low Country Green Beans - SR2616 (1/4 c.)	50	33.18	0.32	0.00	173.75
Steamed Corn - SR1034 (1/4 c.)	100	34.44	0.04	0.00	0.42
Whipped Potatoes - SR1112 (3/4 c.)	100	119.97	1.50	0.00	153.93
Chicken Gravy - SR1589 (1/4 c.)	50	30.37	0.00	0.00	133.39
Gravy, Pepper (Country, Biscuit) - SR2091 (1/4 c.)	20	42.87	2.19	0.00	179.47
Barbecue Sauce - SR1008 (1 tbsp.)	60	15.00	0.00	0.00	235.00

Legend

(M) - Missing Nutrient Values

Menu Calendar Nutrient Analysis Report - November, 2022

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

Report Selections

Meal Type: Lunch
Site Group: FoodiE Cafe
Menu Line: FE-Global Flavors (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.