

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:05:41 PM by Leroy Claborn

Site: Guthrie Junior High
Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24 T4/FoodiE-CORE-FAST-Composed Recipes Day 5 :42633 - ServingDate: 09/01/2023								
Deli Bento Box - OKR1991 (1 Box)	10	305.16	11.55	4.01	0.00	843.07	30.55	21.41
Garden Fiesta Salad - SR3881 (1 salad)	15	226.19	9.49	5.03	0.00	641.24	24.57	12.31
Turkey Ham and Cheese Sub - SR3870 (1 sandwich)	40	287.77	10.60	4.02	0.00	703.36	32.01	19.26
Chicken Caesar Wrap - SR2557 (1 wrap)	10	441.68	23.67	6.52	0.00	680.56	37.34	19.70
Sunbutter & Jelly Sandwich Box - OKR1989 (1 portion)	5	776.18	40.77	4.98	0.00	724.29	85.73	22.33
Uncrustable Box - OKR1988 (1 portion)	20	545.38	24.09	6.52	0.00	736.55	65.97	18.46
Breadstick - SR1044 (2 breadstick)	15	160.00	2.00	0.00	0.00	190.00	28.00	6.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY23-24 T4/FoodiE-CORE-FAST-Composed Recipes Day 2 :42633 - ServingDate: 09/05/2023								
Strawberry Banana Parfait - SR1737 (1 parfait)	15	546.75	10.72	1.79	0.04	301.19	102.88	11.73
Hearty Garden Vegetable Salad - SR3876 (1 salad)	15	180.83	6.87	2.29	0.00	271.43	20.48	11.47
American Deli Style Sub - SR3874 (1 sandwich)	30	307.41	10.58	3.52	0.00	788.92	32.51	23.71
Chicken Caesar Wrap - SR2557 (1 wrap)	10	441.68	23.67	6.52	0.00	680.56	37.34	19.70
Sunbutter & Jelly Sandwich Box - OKR1989 (1 portion)	5	776.18	40.77	4.98	0.00	724.29	85.73	22.33
Uncrustable Box - OKR1988 (1 portion)	25	545.38	24.09	6.52	0.00	736.55	65.97	18.46
Breadstick - SR1044 (1 breadstick)	40	80.00	1.00	0.00	0.00	95.00	14.00	3.00

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SY23-24 T4/FoodiE-CORE-FAST-Composed Recipes Day 2 :42633 - ServingDate: 09/05/2023								
From the Garden Bar - SR2596 (1 serv.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY23-24 T4/FoodiE-CORE-FAST-Composed Recipes Day 3 :42633 - ServingDate: 09/06/2023								
Classic Hummus Box - SR3878 (1 Box)	10	534.60	34.68	9.78	0.00	1021.39	46.90	20.56
Crispy Chicken Salad - SR3882 (1 salad)	25	269.20	14.27	3.77	0.00	460.05	19.92	17.19
Italian Deli Style Sub - SR3873 (1 sandwich)	30	359.08	15.78	5.46	0.00	929.59	33.19	23.81
Buffalo Chicken Wrap - SR3899 (1 wrap)	10	483.75	22.59	7.85	0.00	1762.91	48.61	21.27
Sunbutter & Jelly Sandwich Box - OKR1989 (1 portion)	5	776.18	40.77	4.98	0.00	724.29	85.73	22.33
Uncrustable Box - OKR1988 (1 portion)	20	545.38	24.09	6.52	0.00	736.55	65.97	18.46
Breadstick - SR1044 (2 breadstick)	40	160.00	2.00	0.00	0.00	190.00	28.00	6.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY23-24 T4/FoodiE-CORE-FAST-Composed Recipes Day 4 :42633 - ServingDate: 09/07/2023								
Protein Power Up Box - SR3879 (1 Box)	10	470.00	29.00	7.00	0.00	510.00	41.00	18.00
FAST Salad, Chicken Caesar-USDA Diced Chicken, Parmesan, Romaine - SR3572 (1 salad)	15	164.21	6.89	1.46	0.00	396.38	10.09	15.83
Turkey & Cheese Sub - OKR1987 (1 sandwich)	40	286.09	9.07	2.50	0.00	682.77	32.01	22.28
Crispy Chicken Wrap - SR3898 (1 wrap)	10	527.82	25.45	8.07	0.00	1157.37	56.72	20.34

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SY23-24 T4/FoodiE-CORE-FAST-Composed Recipes Day 4 :42633 - ServingDate: 09/07/2023								
Sunbutter & Jelly Sandwich Box - OKR1989 (1 portion)	5	776.18	40.77	4.98	0.00	724.29	85.73	22.33
Uncrustable Box - OKR1988 (1 portion)	20	545.38	24.09	6.52	0.00	736.55	65.97	18.46
Breadstick - SR1044 (2 breadstick)	15	160.00	2.00	0.00	0.00	190.00	28.00	6.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY23-24 T4/FoodiE-CORE-FAST-Composed Recipes Day 5 :42633 - ServingDate: 09/08/2023								
Deli Bento Box - OKR1991 (1 Box)	10	305.16	11.55	4.01	0.00	843.07	30.55	21.41
Garden Fiesta Salad - SR3881 (1 salad)	15	226.19	9.49	5.03	0.00	641.24	24.57	12.31
Turkey Ham and Cheese Sub - SR3870 (1 sandwich)	40	287.77	10.60	4.02	0.00	703.36	32.01	19.26
Chicken Caesar Wrap - SR2557 (1 wrap)	10	441.68	23.67	6.52	0.00	680.56	37.34	19.70
Sunbutter & Jelly Sandwich Box - OKR1989 (1 portion)	5	776.18	40.77	4.98	0.00	724.29	85.73	22.33
Uncrustable Box - OKR1988 (1 portion)	20	545.38	24.09	6.52	0.00	736.55	65.97	18.46
Breadstick - SR1044 (2 breadstick)	15	160.00	2.00	0.00	0.00	190.00	28.00	6.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY23-24 T4/FoodiE-CORE-FAST-Composed Recipes Day 1 :42633 - ServingDate: 09/11/2023								
Fiesta Layered Dip with Chips - SR3885 (1 Box)	10	420.87	13.23	3.22	0.00	686.53	61.54	13.81

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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)
SY23-24 T4/FoodiE-CORE-FAST-Composed Recipes Day 1 :42633 - ServingDate: 09/11/2023								
Chef Salad - OKR1990 (1 salad)	10	246.35	15.21	6.91	0.00	430.64	9.83	19.54
Turkey & Cheese Sub - OKR1987 (1 sandwich)	40	286.09	9.07	2.50	0.00	682.77	32.01	22.28
Crispy Chicken Wrap - SR3898 (1 wrap)	10	527.82	25.45	8.07	0.00	1157.37	56.72	20.34
Sunbutter & Jelly Sandwich Box - OKR1989 (1 portion)	5	776.18	40.77	4.98	0.00	724.29	85.73	22.33
Uncrustable Box - OKR1988 (1 portion)	25	545.38	24.09	6.52	0.00	736.55	65.97	18.46
Breadstick - SR1044 (1 breadstick)	10	80.00	1.00	0.00	0.00	95.00	14.00	3.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY23-24 T4/FoodiE-CORE-FAST-Composed Recipes Day 2 :42633 - ServingDate: 09/12/2023								
Strawberry Banana Parfait - SR1737 (1 parfait)	15	546.75	10.72	1.79	0.04	301.19	102.88	11.73
Hearty Garden Vegetable Salad - SR3876 (1 salad)	15	180.83	6.87	2.29	0.00	271.43	20.48	11.47
American Deli Style Sub - SR3874 (1 sandwich)	30	307.41	10.58	3.52	0.00	788.92	32.51	23.71
Chicken Caesar Wrap - SR2557 (1 wrap)	10	441.68	23.67	6.52	0.00	680.56	37.34	19.70
Sunbutter & Jelly Sandwich Box - OKR1989 (1 portion)	5	776.18	40.77	4.98	0.00	724.29	85.73	22.33
Uncrustable Box - OKR1988 (1 portion)	25	545.38	24.09	6.52	0.00	736.55	65.97	18.46
Breadstick - SR1044 (1 breadstick)	40	80.00	1.00	0.00	0.00	95.00	14.00	3.00
From the Garden Bar - SR2596 (1 serv.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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SY23-24 T4/FoodiE-CORE-FAST-Composed Recipes Day 3 :42633 - ServingDate: 09/13/2023								
Classic Hummus Box - SR3878 (1 Box)	10	534.60	34.68	9.78	0.00	1021.39	46.90	20.56
Crispy Chicken Salad - SR3882 (1 salad)	25	269.20	14.27	3.77	0.00	460.05	19.92	17.19
Italian Deli Style Sub - SR3873 (1 sandwich)	30	359.08	15.78	5.46	0.00	929.59	33.19	23.81
Buffalo Chicken Wrap - SR3899 (1 wrap)	10	483.75	22.59	7.85	0.00	1762.91	48.61	21.27
Sunbutter & Jelly Sandwich Box - OKR1989 (1 portion)	5	776.18	40.77	4.98	0.00	724.29	85.73	22.33
Uncrustable Box - OKR1988 (1 portion)	20	545.38	24.09	6.52	0.00	736.55	65.97	18.46
Breadstick - SR1044 (2 breadstick)	40	160.00	2.00	0.00	0.00	190.00	28.00	6.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY23-24 T4/FoodiE-CORE-FAST-Composed Recipes Day 4 :42633 - ServingDate: 09/14/2023								
Protein Power Up Box - SR3879 (1 Box)	10	470.00	29.00	7.00	0.00	510.00	41.00	18.00
FAST Salad, Chicken Caesar-USDA Diced Chicken, Parmesan, Romaine - SR3572 (1 salad)	15	164.21	6.89	1.46	0.00	396.38	10.09	15.83
Turkey & Cheese Sub - OKR1987 (1 sandwich)	40	286.09	9.07	2.50	0.00	682.77	32.01	22.28
Crispy Chicken Wrap - SR3898 (1 wrap)	10	527.82	25.45	8.07	0.00	1157.37	56.72	20.34
Sunbutter & Jelly Sandwich Box - OKR1989 (1 portion)	5	776.18	40.77	4.98	0.00	724.29	85.73	22.33
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SY23-24 T4/FoodiE-CORE-FAST-Composed Recipes Day 4 :42633 - ServingDate: 09/14/2023								
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY23-24 T4/FoodiE-CORE-FAST-Composed Recipes Day 5 :42633 - ServingDate: 09/15/2023								
Deli Bento Box - OKR1991 (1 Box)	10	305.16	11.55	4.01	0.00	843.07	30.55	21.41
Garden Fiesta Salad - SR3881 (1 salad)	15	226.19	9.49	5.03	0.00	641.24	24.57	12.31
Turkey Ham and Cheese Sub - SR3870 (1 sandwich)	40	287.77	10.60	4.02	0.00	703.36	32.01	19.26
Chicken Caesar Wrap - SR2557 (1 wrap)	10	441.68	23.67	6.52	0.00	680.56	37.34	19.70
Sunbutter & Jelly Sandwich Box - OKR1989 (1 portion)	5	776.18	40.77	4.98	0.00	724.29	85.73	22.33
Uncrustable Box - OKR1988 (1 portion)	20	545.38	24.09	6.52	0.00	736.55	65.97	18.46
Breadstick - SR1044 (2 breadstick)	15	160.00	2.00	0.00	0.00	190.00	28.00	6.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY23-24 T4/FoodiE-CORE-FAST-Composed Recipes Day 2 :42633 - ServingDate: 09/19/2023								
Strawberry Banana Parfait - SR1737 (1 parfait)	15	546.75	10.72	1.79	0.04	301.19	102.88	11.73
Hearty Garden Vegetable Salad - SR3876 (1 salad)	15	180.83	6.87	2.29	0.00	271.43	20.48	11.47
American Deli Style Sub - SR3874 (1 sandwich)	30	307.41	10.58	3.52	0.00	788.92	32.51	23.71
Chicken Caesar Wrap - SR2557 (1 wrap)	10	441.68	23.67	6.52	0.00	680.56	37.34	19.70

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SY23-24 T4/FoodiE-CORE-FAST-Composed Recipes Day 2 :42633 - ServingDate: 09/19/2023								
Sunbutter & Jelly Sandwich Box - OKR1989 (1 portion)	5	776.18	40.77	4.98	0.00	724.29	85.73	22.33
Uncrustable Box - OKR1988 (1 portion)	25	545.38	24.09	6.52	0.00	736.55	65.97	18.46
Breadstick - SR1044 (1 breadstick)	40	80.00	1.00	0.00	0.00	95.00	14.00	3.00
From the Garden Bar - SR2596 (1 serv.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY23-24 T4/FoodiE-CORE-FAST-Composed Recipes Day 3 :42633 - ServingDate: 09/20/2023								
Classic Hummus Box - SR3878 (1 Box)	10	534.60	34.68	9.78	0.00	1021.39	46.90	20.56
Crispy Chicken Salad - SR3882 (1 salad)	25	269.20	14.27	3.77	0.00	460.05	19.92	17.19
Italian Deli Style Sub - SR3873 (1 sandwich)	30	359.08	15.78	5.46	0.00	929.59	33.19	23.81
Buffalo Chicken Wrap - SR3899 (1 wrap)	10	483.75	22.59	7.85	0.00	1762.91	48.61	21.27
Sunbutter & Jelly Sandwich Box - OKR1989 (1 portion)	5	776.18	40.77	4.98	0.00	724.29	85.73	22.33
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From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY23-24 T4/FoodiE-CORE-FAST-Composed Recipes Day 4 :42633 - ServingDate: 09/21/2023								
Protein Power Up Box - SR3879 (1 Box)	10	470.00	29.00	7.00	0.00	510.00	41.00	18.00

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SY23-24 T4/FoodiE-CORE-FAST-Composed Recipes Day 4 :42633 - ServingDate: 09/21/2023								
FAST Salad, Chicken Caesar-USDA Diced Chicken, Parmesan, Romaine - SR3572 (1 salad)	15	164.21	6.89	1.46	0.00	396.38	10.09	15.83
Turkey & Cheese Sub - OKR1987 (1 sandwich)	40	286.09	9.07	2.50	0.00	682.77	32.01	22.28
Crispy Chicken Wrap - SR3898 (1 wrap)	10	527.82	25.45	8.07	0.00	1157.37	56.72	20.34
Sunbutter & Jelly Sandwich Box - OKR1989 (1 portion)	5	776.18	40.77	4.98	0.00	724.29	85.73	22.33
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Breadstick - SR1044 (2 breadstick)	15	160.00	2.00	0.00	0.00	190.00	28.00	6.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY23-24 T4/FoodiE-CORE-FAST-Composed Recipes Day 5 :42633 - ServingDate: 09/22/2023								
Deli Bento Box - OKR1991 (1 Box)	10	305.16	11.55	4.01	0.00	843.07	30.55	21.41
Garden Fiesta Salad - SR3881 (1 salad)	15	226.19	9.49	5.03	0.00	641.24	24.57	12.31
Turkey Ham and Cheese Sub - SR3870 (1 sandwich)	40	287.77	10.60	4.02	0.00	703.36	32.01	19.26
Chicken Caesar Wrap - SR2557 (1 wrap)	10	441.68	23.67	6.52	0.00	680.56	37.34	19.70
Sunbutter & Jelly Sandwich Box - OKR1989 (1 portion)	5	776.18	40.77	4.98	0.00	724.29	85.73	22.33
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SY23-24 T4/FoodiE-CORE-FAST-Composed Recipes Day 1 :42633 - ServingDate: 09/25/2023								
Fiesta Layered Dip with Chips - SR3885 (1 Box)	10	420.87	13.23	3.22	0.00	686.53	61.54	13.81
Chef Salad - OKR1990 (1 salad)	10	246.35	15.21	6.91	0.00	430.64	9.83	19.54
Turkey & Cheese Sub - OKR1987 (1 sandwich)	40	286.09	9.07	2.50	0.00	682.77	32.01	22.28
Crispy Chicken Wrap - SR3898 (1 wrap)	10	527.82	25.45	8.07	0.00	1157.37	56.72	20.34
Sunbutter & Jelly Sandwich Box - OKR1989 (1 portion)	5	776.18	40.77	4.98	0.00	724.29	85.73	22.33
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Breadstick - SR1044 (1 breadstick)	10	80.00	1.00	0.00	0.00	95.00	14.00	3.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY23-24 T4/FoodiE-CORE-FAST-Composed Recipes Day 2 :42633 - ServingDate: 09/26/2023								
Strawberry Banana Parfait - SR1737 (1 parfait)	15	546.75	10.72	1.79	0.04	301.19	102.88	11.73
Hearty Garden Vegetable Salad - SR3876 (1 salad)	15	180.83	6.87	2.29	0.00	271.43	20.48	11.47
American Deli Style Sub - SR3874 (1 sandwich)	30	307.41	10.58	3.52	0.00	788.92	32.51	23.71
Chicken Caesar Wrap - SR2557 (1 wrap)	10	441.68	23.67	6.52	0.00	680.56	37.34	19.70
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From the Garden Bar - SR2596 (1 serv.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY23-24 T4/FoodiE-CORE-FAST-Composed Recipes Day 3 :42633 - ServingDate: 09/27/2023								
Classic Hummus Box - SR3878 (1 Box)	10	534.60	34.68	9.78	0.00	1021.39	46.90	20.56
Crispy Chicken Salad - SR3882 (1 salad)	25	269.20	14.27	3.77	0.00	460.05	19.92	17.19
Italian Deli Style Sub - SR3873 (1 sandwich)	30	359.08	15.78	5.46	0.00	929.59	33.19	23.81
Buffalo Chicken Wrap - SR3899 (1 wrap)	10	483.75	22.59	7.85	0.00	1762.91	48.61	21.27
Sunbutter & Jelly Sandwich Box - OKR1989 (1 portion)	5	776.18	40.77	4.98	0.00	724.29	85.73	22.33
Uncrustable Box - OKR1988 (1 portion)	20	545.38	24.09	6.52	0.00	736.55	65.97	18.46
Breadstick - SR1044 (2 breadstick)	40	160.00	2.00	0.00	0.00	190.00	28.00	6.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY23-24 T4/FoodiE-CORE-FAST-Composed Recipes Day 4 :42633 - ServingDate: 09/28/2023								
Protein Power Up Box - SR3879 (1 Box)	10	470.00	29.00	7.00	0.00	510.00	41.00	18.00
FAST Salad, Chicken Caesar-USDA Diced Chicken, Parmesan, Romaine - SR3572 (1 salad)	15	164.21	6.89	1.46	0.00	396.38	10.09	15.83
Turkey & Cheese Sub - OKR1987 (1 sandwich)	40	286.09	9.07	2.50	0.00	682.77	32.01	22.28
Crispy Chicken Wrap - SR3898 (1 wrap)	10	527.82	25.45	8.07	0.00	1157.37	56.72	20.34

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:05:41 PM by Leroy Claborn

Site: Guthrie Junior High
Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24 T4/FoodiE-CORE-FAST-Composed Recipes Day 4 :42633 - ServingDate: 09/28/2023								
Sunbutter & Jelly Sandwich Box - OKR1989 (1 portion)	5	776.18	40.77	4.98	0.00	724.29	85.73	22.33
Uncrustable Box - OKR1988 (1 portion)	20	545.38	24.09	6.52	0.00	736.55	65.97	18.46
Breadstick - SR1044 (2 breadstick)	15	160.00	2.00	0.00	0.00	190.00	28.00	6.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY23-24 T4/FoodiE-CORE-FAST-Composed Recipes Day 5 :42633 - ServingDate: 09/29/2023								
Deli Bento Box - OKR1991 (1 Box)	10	305.16	11.55	4.01	0.00	843.07	30.55	21.41
Garden Fiesta Salad - SR3881 (1 salad)	15	226.19	9.49	5.03	0.00	641.24	24.57	12.31
Turkey Ham and Cheese Sub - SR3870 (1 sandwich)	40	287.77	10.60	4.02	0.00	703.36	32.01	19.26
Chicken Caesar Wrap - SR2557 (1 wrap)	10	441.68	23.67	6.52	0.00	680.56	37.34	19.70
Sunbutter & Jelly Sandwich Box - OKR1989 (1 portion)	5	776.18	40.77	4.98	0.00	724.29	85.73	22.33
Uncrustable Box - OKR1988 (1 portion)	20	545.38	24.09	6.52	0.00	736.55	65.97	18.46
Breadstick - SR1044 (2 breadstick)	15	160.00	2.00	0.00	0.00	190.00	28.00	6.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)

Legend
(M) - Missing Nutrient Values

Report Selections
Meal Type: Lunch
Site Group: FoodiE Cafe
Menu Line: FE-Fast Takes
Serving Group: 6-8
Nutrients Option: Expanded

Menu Calendar Nutrient Analysis Report - September, 2023

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Site: Guthrie Junior High
Date: 09/01/2023 - 09/30/2023

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.