

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:06:19 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)
23-24 CORE Garden Bar- (6-8) Day 5 (RMC) OK :42750 - ServingDate: 09/01/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7")	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	7	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR3040 (1/2 c.)	10	59.04	0.00	0.00	0.00	4.92	13.78	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Green Salad Mix - SR3780 (1 c.)	10	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 2 (RMC) OK :42750 - ServingDate: 09/05/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47

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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)
23-24 CORE Garden Bar- (6-8) Day 2 (RMC) OK :42750 - ServingDate: 09/05/2023								
Unsweetened Applesauce - SR1195 (1/2 c.)	6	52.39	0.00	0.00	0.00	10.48	12.57	0.00
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	11	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Basil Corn Salad - SR2587 (1/2 c.)	5	102.01	4.11	0.34	0.00	296.46	16.78	2.32
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 3 (RMC) OK :42750 - ServingDate: 09/06/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29

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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)
23-24 CORE Garden Bar- (6-8) Day 3 (RMC) OK :42750 - ServingDate: 09/06/2023								
Orange Smiles - SR1172 (6 slice or w)	8	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Pears - SR3041 (1/2 c.)	7	57.47	0.00	0.00	0.00	4.79	15.33	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	10	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	15	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 4 (RMC) OK :42750 - ServingDate: 09/07/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	6	52.39	0.00	0.00	0.00	10.48	12.57	0.00
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	11	45.12	0.12	0.01	0.00	0.00	11.28	0.90

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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)
23-24 CORE Garden Bar- (6-8) Day 4 (RMC) OK :42750 - ServingDate: 09/07/2023								
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple Glazed Baby Carrots - SR3683 (1/2 c.)	5	58.31	0.81	0.31	0.00	68.19	12.33	0.56
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chilled Corn - SR1033 (1/2 c.)	10	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 5 (RMC) OK :42750 - ServingDate: 09/08/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	7	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR3040 (1/2 c.)	10	59.04	0.00	0.00	0.00	4.92	13.78	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00

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23-24 CORE Garden Bar- (6-8) Day 5 (RMC) OK :42750 - ServingDate: 09/08/2023								
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Green Salad Mix - SR3780 (1 c.)	10	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 1 (RMC) OK :42750 - ServingDate: 09/11/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	7	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR3040 (1/2 c.)	10	59.04	0.00	0.00	0.00	4.92	13.78	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00

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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)
23-24 CORE Garden Bar- (6-8) Day 1 (RMC) OK :42750 - ServingDate: 09/11/2023								
Kidney Beans - SR1036 (1/2 c.)	5	140.65	0.00	0.00	0.00	151.47	25.97	7.57
Green Salad Mix - SR3780 (1 c.)	15	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 2 (RMC) OK :42750 - ServingDate: 09/12/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	6	52.39	0.00	0.00	0.00	10.48	12.57	0.00
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	11	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Basil Corn Salad - SR2587 (1/2 c.)	5	102.01	4.11	0.34	0.00	296.46	16.78	2.32
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90

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23-24 CORE Garden Bar- (6-8) Day 2 (RMC) OK :42750 - ServingDate: 09/12/2023								
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 3 (RMC) OK :42750 - ServingDate: 09/13/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	8	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Pears - SR3041 (1/2 c.)	7	57.47	0.00	0.00	0.00	4.79	15.33	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	10	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	15	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00

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23-24 CORE Garden Bar- (6-8) Day 3 (RMC) OK :42750 - ServingDate: 09/13/2023								
White 1% Milk - OKR1061 (8 oz.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 4 (RMC) OK :42750 - ServingDate: 09/14/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	6	52.39	0.00	0.00	0.00	10.48	12.57	0.00
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	11	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple Glazed Baby Carrots - SR3683 (1/2 c.)	5	58.31	0.81	0.31	0.00	68.19	12.33	0.56
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chilled Corn - SR1033 (1/2 c.)	10	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00

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23-24 CORE Garden Bar- (6-8) Day 4 (RMC) OK :42750 - ServingDate: 09/14/2023								
White 1% Milk - OKR1061 (8 oz.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 5 (RMC) OK :42750 - ServingDate: 09/15/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	7	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR3040 (1/2 c.)	10	59.04	0.00	0.00	0.00	4.92	13.78	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Green Salad Mix - SR3780 (1 c.)	10	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00

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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)
23-24 CORE Garden Bar- (6-8) Day 5 (RMC) OK :42750 - ServingDate: 09/15/2023								
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 2 (RMC) OK :42750 - ServingDate: 09/19/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	6	52.39	0.00	0.00	0.00	10.48	12.57	0.00
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	11	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Basil Corn Salad - SR2587 (1/2 c.)	5	102.01	4.11	0.34	0.00	296.46	16.78	2.32
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00

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Site: Guthrie Junior High
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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)
23-24 CORE Garden Bar- (6-8) Day 2 (RMC) OK :42750 - ServingDate: 09/19/2023								
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 3 (RMC) OK :42750 - ServingDate: 09/20/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	8	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Pears - SR3041 (1/2 c.)	7	57.47	0.00	0.00	0.00	4.79	15.33	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	10	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	15	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00

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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)
23-24 CORE Garden Bar- (6-8) Day 3 (RMC) OK :42750 - ServingDate: 09/20/2023								
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 4 (RMC) OK :42750 - ServingDate: 09/21/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	6	52.39	0.00	0.00	0.00	10.48	12.57	0.00
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	11	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple Glazed Baby Carrots - SR3683 (1/2 c.)	5	58.31	0.81	0.31	0.00	68.19	12.33	0.56
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chilled Corn - SR1033 (1/2 c.)	10	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00

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Site: Guthrie Junior High
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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)
23-24 CORE Garden Bar- (6-8) Day 4 (RMC) OK :42750 - ServingDate: 09/21/2023								
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 5 (RMC) OK :42750 - ServingDate: 09/22/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	7	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR3040 (1/2 c.)	10	59.04	0.00	0.00	0.00	4.92	13.78	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Green Salad Mix - SR3780 (1 c.)	10	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00

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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)
23-24 CORE Garden Bar- (6-8) Day 1 (RMC) OK :42750 - ServingDate: 09/25/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	7	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR3040 (1/2 c.)	10	59.04	0.00	0.00	0.00	4.92	13.78	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1036 (1/2 c.)	5	140.65	0.00	0.00	0.00	151.47	25.97	7.57
Green Salad Mix - SR3780 (1 c.)	15	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 2 (RMC) OK :42750 - ServingDate: 09/26/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47

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Site: Guthrie Junior High
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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)
23-24 CORE Garden Bar- (6-8) Day 2 (RMC) OK :42750 - ServingDate: 09/26/2023								
Unsweetened Applesauce - SR1195 (1/2 c.)	6	52.39	0.00	0.00	0.00	10.48	12.57	0.00
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	11	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Basil Corn Salad - SR2587 (1/2 c.)	5	102.01	4.11	0.34	0.00	296.46	16.78	2.32
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 3 (RMC) OK :42750 - ServingDate: 09/27/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29

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Site: Guthrie Junior High
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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)
23-24 CORE Garden Bar- (6-8) Day 3 (RMC) OK :42750 - ServingDate: 09/27/2023								
Orange Smiles - SR1172 (6 slice or w)	8	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Pears - SR3041 (1/2 c.)	7	57.47	0.00	0.00	0.00	4.79	15.33	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	10	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	15	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 4 (RMC) OK :42750 - ServingDate: 09/28/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	6	52.39	0.00	0.00	0.00	10.48	12.57	0.00
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	11	45.12	0.12	0.01	0.00	0.00	11.28	0.90

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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)
23-24 CORE Garden Bar- (6-8) Day 4 (RMC) OK :42750 - ServingDate: 09/28/2023								
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple Glazed Baby Carrots - SR3683 (1/2 c.)	5	58.31	0.81	0.31	0.00	68.19	12.33	0.56
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chilled Corn - SR1033 (1/2 c.)	10	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 5 (RMC) OK :42750 - ServingDate: 09/29/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	7	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR3040 (1/2 c.)	10	59.04	0.00	0.00	0.00	4.92	13.78	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:06:19 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)
23-24 CORE Garden Bar- (6-8) Day 5 (RMC) OK :42750 - ServingDate: 09/29/2023								
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Green Salad Mix - SR3780 (1 c.)	10	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00

Legend
(M) - Missing Nutrient Values

Report Selections
Meal Type: Lunch
Site Group: FoodiE Cafe
Menu Line: FE-From The Garden (Garden, Milk, Condiments)
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.