

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:07:08 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 Global Flavors-America-Street Chicken&Waffles-FoodiE MTO :42642 - ServingDate: 09/01/2023								
Toasted Waffle - SR2165 (2 waffle)	100	185.89	6.20	1.55	0.00	371.78	27.88	4.13
Breaded Drumstick - SR3363 (1 pcs.)	90	220.00	13.00	3.00	0.00	530.00	6.00	19.00
Fajita Chicken - SR2529 (2/3 c.)	10	160.09	8.01	2.29	0.00	480.27	2.29	19.44
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple Glazed Baby Carrots - SR3683 (1/2 c.)	60	58.31	0.81	0.31	0.00	68.19	12.33	0.56
Blue Ribbon Slaw - SR1254 (1/2 c.)	40	43.83	0.15	0.03	0.00	114.20	10.36	0.75
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	100	105.00	0.00	0.00	0.00	47.50	26.00	0.00
SY23-24 Global Flavors-Asia-Bowls-FoodiE MTO :42638 - ServingDate: 09/05/2023								
Steamed Brown Rice - SR1098 (1 c.)	50	234.38	2.07	0.00	0.00	4.05	49.63	5.51
Yakisoba Noodles - SR3439 (1 c.)	50	250.03	1.50	0.00	0.00	250.39	49.01	9.00
Korean BBQ Baked Tofu - SR3901 (1/2 c.)	70	288.67	21.24	2.53	0.00	566.67	7.30	22.63
Teriyaki Chicken - SR2606 (5/8 c.)	30	233.18	8.98	2.67	0.03	705.33	16.11	21.63
Roasted Broccoli - SR1852 (1/4 c.)	10	32.75	2.25	0.17	0.00	36.04	2.70	1.50
Spicy Asian Vegetable Blend - SR2607 (1/4 c.)	10	40.13	3.73	0.29	0.01	99.77	1.93	0.41
Soy Roasted Potatoes - SR2609 (1/4 c.)	10	93.22	6.52	0.76	0.00	335.25	9.59	0.74
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Green Onion - SR1946 (1 tbsp.)	20	2.01	0.01	0.00	0.00	1.00	0.46	0.12

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SY23-24 Global Flavors-America- Bowls- FoodiE MTO :42638 - ServingDate: 09/06/2023								
Breadstick - SR1044 (2 breadstick)	100	160.00	2.00	0.00	0.00	190.00	28.00	6.00
Barbecue Chicken - SR2532 (1/4 c.)	30	104.00	2.00	0.00	0.00	557.33	7.47	12.00
Popcorn Chicken - SR1413 (12 piece)	70	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Vegetarian Baked Beans - SR2026 (1/4 c.)	10	75.00	0.00	0.00	0.00	275.00	15.00	3.50
Green Beans, Low Country Green Beans - SR2616 (1/4 c.)	10	34.07	2.35	0.32	0.00	173.75	2.83	1.02
Whipped Potatoes - SR1112 (1/2 c.)	90	79.98	1.50	1.00	0.00	102.62	15.00	2.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Gravy - SR1589 (1/4 c.)	20	30.37	1.01	0.00	0.00	138.46	4.05	0.71
Old Fashioned Country Biscuit Gravy - OKR1552 (1/4 c.)	20	42.52	2.43	1.22	0.00	147.42	4.86	0.00
SY23-24 Global Flavors-Italy-Bowls- FoodiE MTO :42638 - ServingDate: 09/07/2023								
Whole Wheat Penne Pasta - SR1198 (1 c.)	70	201.74	3.03	0.12	0.00	6.57	38.50	6.57
Whole Wheat Spaghetti Noodles - SR1135 (1 c.)	30	192.89	3.09	0.42	0.00	6.66	39.60	6.67
Chicken Meatballs - SR3065 (5 Meatballs)	80	176.64	10.93	3.37	0.00	201.88	5.89	14.30
Roasted Tuscan Vegetables - SR1442 (2 #8 scoop)	20	110.69	0.21	0.04	0.00	227.19	20.99	6.00
Alfredo Cheese Sauce - SR2217 (1/4 c.)	50	100.55	6.56	3.61	0.00	415.29	4.37	6.56
Roasted Broccoli and Red Peppers - SR2024 (1/4 c.)	30	42.86	3.33	0.24	0.00	4.53	2.92	1.25
Parmesan Green Beans - SR1144 (1/4 c.)	10	20.95	1.17	0.16	0.00	6.83	2.59	0.65

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SY23-24 Global Flavors-Italy-Bowls- FoodiE MTO :42638 - ServingDate: 09/07/2023								
Spaghetti Sauce - SR2220 (1/4 c.)	50	32.36	0.25	0.03	0.00	129.82	6.67	1.04
Roasted Butternut Squash - SR1408 (1/4 c.)	10	36.65	0.16	0.01	0.00	15.85	9.28	0.60
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	25	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Red Pepper Flakes - SR1554 (1/4 tsp.)	5	1.43	0.08	0.01	0.00	0.14	0.25	0.05
SY23-24 Global Flavors- Mediterranean- Bowls- FoodiE MTO :42638 - ServingDate: 09/08/2023								
Greek Herbed Brown Rice - SR2639 (1 c.)	50	304.28	3.29	0.81	0.00	637.28	64.61	6.53
Oven Fired Flatbread - SR1534 (1 piece)	50	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Greek Turkey - SR1854 (3/8 c.)	60	240.37	14.66	2.11	0.00	343.52	16.37	12.47
Italian Roasted Chickpeas - SR3793 (1 #8 scoop)	40	83.23	2.18	0.06	0.00	219.69	12.56	3.66
Mozzarella Cheese - SR3098 (1/2 oz.)	30	40.50	2.53	1.52	0.00	81.00	1.01	3.54
Roasted Broccoli - SR1852 (1/4 c.)	10	32.75	2.25	0.17	0.00	36.04	2.70	1.50
Roasted Summer Squash - SR1523 (1/4 c.)	10	17.16	1.07	0.09	0.00	21.09	1.64	0.42
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sliced Black Olives - SR1390 (2 tbsp.)	10	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Diced Red Tomatoes - SR1012 (1/8 c.)	10	4.43	0.05	0.01	0.00	1.23	0.96	0.22
Tzatziki Sauce - SR1820 (1 tbsp.)	10	7.38	0.02	0.00	0.00	63.90	0.78	1.20

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SY23-24 Global Flavors-Italy- Portables- FoodiE MTO :42639 - ServingDate: 09/11/2023								
Three Cheese Caprese Grilled Cheese - OKR1995 (1 sandwich)	30	410.30	20.80	9.17	0.00	821.05	36.67	18.82
Mini Sub Roll - SR1208 (1 roll (smal))	70	162.71	3.05	0.00	0.00	183.05	29.49	6.10
Chicken Meatball Sauce - SR3066 (5 Meatballs)	70	223.16	11.29	3.40	0.00	388.49	15.48	15.79
Spaghetti Sauce - SR2220 (1/4 c.)	50	32.36	0.25	0.03	0.00	129.82	6.67	1.04
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli and Red Peppers - SR2024 (1/2 c.)	30	85.72	6.65	0.48	0.00	9.07	5.83	2.51
Parmesan Green Beans - SR1144 (1/2 c.)	10	41.90	2.35	0.32	0.00	13.66	5.18	1.30
Roasted Butternut Squash - SR1408 (1/2 c.)	10	73.30	0.33	0.01	0.00	31.71	18.56	1.19
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	25	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Red Pepper Flakes - SR1554 (1/4 tsp.)	5	1.43	0.08	0.01	0.00	0.14	0.25	0.05
SY23-24 Global Flavors-America- Portables- FoodiE MTO :42639 - ServingDate: 09/12/2023								
Bimbo Bun - OKR1738 (1 roll (hamb))	100	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Pulled Pork - SR3327 (4 oz.)	80	184.00	10.00	4.00	0.00	403.99	0.00	22.00
Grillers Prime Veggie Burger - SR3551 (1 patty)	20	150.00	8.00	1.00	0.00	400.00	6.00	16.00
Sliced Red Onion - SR1986 (2 tbsp.)	10	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Hot Sauce - SR3162 (1 tbsp.)	10	3.39	0.09	0.02	0.00	626.53	0.48	0.17

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SY23-24 Global Flavors-America- Portables- FoodiE MTO :42639 - ServingDate: 09/12/2023								
Dill Pickle Chips - SR1399 (2 tbsp.)	10	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Barbecue Sauce - SR1008 (1 tbsp.)	10	15.00	0.00	0.00	0.00	235.00	3.50	0.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Baked Beans - SR2026 (1/2 c.)	10	150.00	0.00	0.00	0.00	550.00	30.00	7.00
Crinkle Cut French Fries - SR2496 (1/2 c.)	80	100.75	3.92	0.56	0.00	27.99	14.55	1.12
SY23-24 Global Flavors-Mexico- Portables- FoodiE MTO :42639 - ServingDate: 09/13/2023								
Beef Taco Filling - SR3906 (3/8 c.)	50	114.07	5.05	1.82	0.00	298.80	5.05	13.12
Crispy Corn Taco Shell - SR2223 (2 shells)	50	170.00	8.00	1.00	0.00	0.00	22.00	2.00
Flour Tortilla - SR1066 (2 tortilla)	50	179.97	5.00	2.00	0.00	259.96	28.00	4.00
Mexican Tinga Chicken - SR2604 (1/2 c.)	50	105.66	2.50	0.02	0.00	221.65	4.06	15.04
Shredded Yellow Cheddar Cheese - SR3010 (1/4 oz.)	30	22.50	1.50	0.88	0.00	45.00	0.25	2.00
Salsa Roja - SR1081 (2 tbsp.)	20	9.05	0.04	0.01	0.00	95.66	1.85	0.31
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Black Beans - SR3362 (1/4 c.)	10	62.70	0.26	0.00	0.00	73.15	12.02	3.66
Mex Zucchini - SR1697 (1/4 c.)	10	73.65	7.26	0.56	0.00	85.74	2.54	0.86
Mex Roasted Sweet Potatoes - SR2277 (1/4 c.)	10	75.58	2.89	0.20	0.00	96.15	12.18	0.82

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SY23-24 Global Flavors- Mediterranean- Portables- FoodiE MTO :42639 - ServingDate: 09/14/2023								
Mini Sub Roll - SR1208 (1 roll (smal))	100	162.71	3.05	0.00	0.00	183.05	29.49	6.10
Greek Meatballs - SR2621 (5 Meatballs)	50	246.66	17.98	3.88	0.00	203.52	8.17	14.77
Greek Turkey - SR1854 (3/8 c.)	50	240.37	14.66	2.11	0.00	343.52	16.37	12.47
Mozzarella Cheese - SR3098 (1/2 oz.)	10	40.50	2.53	1.52	0.00	81.00	1.01	3.54
Sliced Black Olives - SR1390 (2 tbsp.)	10	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Tzatziki Sauce - SR1820 (1 tbsp.)	10	7.38	0.02	0.00	0.00	63.90	0.78	1.20
Tomato and Shredded Lettuce Salad - SR1997 (1/2 c.)	10	11.38	0.12	0.02	0.00	4.26	2.45	0.60
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	100	65.49	4.49	0.33	0.00	72.07	5.40	3.00
Roasted Summer Squash - SR1523 (1/2 c.)	10	34.33	2.14	0.18	0.00	42.19	3.28	0.85
Italian Roasted Chickpeas - SR3793 (1/2 c.)	10	83.23	2.18	0.06	0.00	219.69	12.56	3.66
SY23-24 Global Flavors-Asia- Portables- FoodiE MTO :42639 - ServingDate: 09/15/2023								
Flour Tortilla - SR1066 (2 tortilla)	100	179.97	5.00	2.00	0.00	259.96	28.00	4.00
Korean BBQ Chicken - SR2608 (1/3 c.)	40	141.52	5.89	0.62	0.01	467.64	6.76	13.51
Teriyaki Chicken - SR2606 (5/8 c.)	60	233.18	8.98	2.67	0.03	705.33	16.11	21.63
Green Onion - SR1946 (1 tbsp.)	20	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Spicy Asian Vegetable Blend - SR2607 (1/4 c.)	10	40.13	3.73	0.29	0.01	99.77	1.93	0.41

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SY23-24 Global Flavors-Asia- Portables- FoodiE MTO :42639 - ServingDate: 09/15/2023								
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	10	21.09	0.09	0.04	0.00	517.39	4.70	0.37
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	10	65.49	4.49	0.33	0.00	72.07	5.40	3.00
Soy Roasted Potatoes - SR2609 (1/2 c.)	10	186.44	13.04	1.52	0.00	670.51	19.19	1.48
SY23-24 Global Flavors-Asia-Classic Wraps- FoodiE MTO :42640 - ServingDate: 09/19/2023								
Flour Tortilla - SR1177 (1 tortilla)	100	210.00	6.00	3.00	0.00	319.99	34.00	5.00
Korean BBQ Baked Tofu - SR3901 (1/2 c.)	40	288.67	21.24	2.53	0.00	566.67	7.30	22.63
Teriyaki Chicken - SR2606 (5/8 c.)	60	233.18	8.98	2.67	0.03	705.33	16.11	21.63
Roasted Broccoli - SR1852 (1/4 c.)	10	32.75	2.25	0.17	0.00	36.04	2.70	1.50
Green Onion - SR1946 (1 tbsp.)	20	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Spicy Asian Vegetable Blend - SR2607 (1/4 c.)	10	40.13	3.73	0.29	0.01	99.77	1.93	0.41
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	10	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Soy Roasted Potatoes - SR2609 (1/4 c.)	10	93.22	6.52	0.76	0.00	335.25	9.59	0.74
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY23-24 Global Flavors-Italy-Classic Calzones- FoodiE :42640 - ServingDate: 09/20/2023								
Cheese Calzone - OKR1996 (1 ea.)	50	348.49	11.31	5.83	0.08	575.14	42.12	20.14
Pepperoni Calzone - SR2632 (1 ea.)	50	423.89	17.83	8.48	0.08	793.76	42.81	24.80

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SY23-24 Global Flavors-Italy-Classic Calzones- FoodiE :42640 - ServingDate: 09/20/2023								
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli and Red Peppers - SR2024 (1/2 c.)	30	85.72	6.65	0.48	0.00	9.07	5.83	2.51
Parmesan Green Beans - SR1144 (1/2 c.)	10	41.90	2.35	0.32	0.00	13.66	5.18	1.30
Roasted Butternut Squash - SR1408 (1/2 c.)	10	73.30	0.33	0.01	0.00	31.71	18.56	1.19
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	25	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Red Pepper Flakes - SR1554 (1/4 tsp.)	5	1.43	0.08	0.01	0.00	0.14	0.25	0.05
SY23-24 Global Flavors-Mexico- Classic Wraps- FoodiE MTO :42640 - ServingDate: 09/21/2023								
Beef Taco Filling - SR3906 (3/8 c.)	50	114.07	5.05	1.82	0.00	298.80	5.05	13.12
Flour Tortilla - SR1177 (1 tortilla)	100	210.00	6.00	3.00	0.00	319.99	34.00	5.00
Cilantro Lime Rice - SR1232 (1/4 c.)	75	58.08	1.24	0.06	0.00	69.49	10.91	1.23
Mexican Tinga Chicken - SR2604 (1/2 c.)	50	105.66	2.50	0.02	0.00	221.65	4.06	15.04
Black Beans - SR3362 (1/4 c.)	10	62.70	0.26	0.00	0.00	73.15	12.02	3.66
Shredded Yellow Cheddar Cheese - SR3010 (1/4 oz.)	30	22.50	1.50	0.88	0.00	45.00	0.25	2.00
Mex Zucchini - SR1697 (1/4 c.)	10	73.65	7.26	0.56	0.00	85.74	2.54	0.86
Mex Roasted Sweet Potatoes - SR2277 (1/4 c.)	10	75.58	2.89	0.20	0.00	96.15	12.18	0.82
Salsa Roja - SR1081 (2 tbsp.)	20	9.05	0.04	0.01	0.00	95.66	1.85	0.31

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SY23-24 Global Flavors-Mexico- Classic Wraps- FoodiE MTO :42640 - ServingDate: 09/21/2023								
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY23-24 Global Flavors- Mediterranean- Classic Flatbreads- FoodiE MTO :42640 - ServingDate: 09/22/2023								
Greek Meatball Flatbread - OKR1998 (1 ea.)	50	458.33	24.45	7.14	0.00	675.07	36.56	23.89
Three Cheese Flatbread Pizza - SR1567 (1 ea.)	50	369.98	17.48	8.65	0.00	963.73	34.77	20.18
Sliced Black Olives - SR1390 (2 tbsp.)	10	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Tzatziki Sauce - SR1820 (1 tbsp.)	10	7.38	0.02	0.00	0.00	63.90	0.78	1.20
Tomato and Shredded Lettuce Salad - SR1997 (1/2 c.)	10	11.38	0.12	0.02	0.00	4.26	2.45	0.60
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	10	65.49	4.49	0.33	0.00	72.07	5.40	3.00
Roasted Summer Squash - SR1523 (1/2 c.)	10	34.33	2.14	0.18	0.00	42.19	3.28	0.85
Italian Roasted Chickpeas - SR3793 (1/2 c.)	10	83.23	2.18	0.06	0.00	219.69	12.56	3.66
SY23-24 Global Flavors-America- Comfort Chicken- FoodiE MTO :42641 - ServingDate: 09/25/2023								
Garlic Knot Breadstick - SR1255 (2 roll.)	100	221.25	8.11	0.45	0.00	191.69	30.03	6.45
Breaded Chicken Tender - SR2504 (3 tenders)	60	263.02	15.17	2.53	0.00	394.54	16.19	15.17
Crispy Chicken Nuggets - SR1367 (5 nugget)	40	239.93	14.00	2.50	0.00	439.88	16.00	14.00

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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)
SY23-24 Global Flavors-America- Comfort Chicken- FoodiE MTO :42641 - ServingDate: 09/25/2023								
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Crinkle Cut French Fries - SR2496 (1/2 c.)	65	100.75	3.92	0.56	0.00	27.99	14.55	1.12
Celery Sticks - SR1014 (6 stick.)	15	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	20	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	10	73.60	0.09	0.07	0.01	305.44	18.23	0.17
Hot Sauce - SR3162 (1 tbsp.)	20	3.39	0.09	0.02	0.00	626.53	0.48	0.17
Barbecue Sauce - SR1008 (2 tbsp.)	20	30.00	0.00	0.00	0.00	470.00	7.00	0.00
SY23-24 Global Flavors-Mexico- Comfort- FoodiE MTO :42641 - ServingDate: 09/26/2023								
Bean and Cheese Enchilada - SR3488 (1 enchilada)	50	197.45	5.89	2.71	0.00	380.74	26.20	8.71
Enchilada Suiza - SR3902 (1 enchilada)	50	169.07	6.13	2.39	0.00	364.09	18.04	8.91
Cilantro Lime Rice - SR1232 (1/4 c.)	75	58.08	1.24	0.06	0.00	69.49	10.91	1.23
Salsa Roja - SR1081 (2 tbsp.)	20	9.05	0.04	0.01	0.00	95.66	1.85	0.31
Sour Cream - SR1659 (2 tbsp.)	10	60.00	5.00	3.50	0.00	15.00	1.00	1.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Black Beans - SR3362 (1/2 c.)	10	125.39	0.52	0.00	0.00	146.29	24.03	7.32
Mex Zucchini - SR1697 (1/2 c.)	10	147.29	14.53	1.11	0.00	171.47	5.08	1.72
Mex Roasted Sweet Potatoes - SR2277 (1/2 c.)	10	151.16	5.77	0.41	0.00	192.30	24.37	1.64

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SY23-24 Global Flavors-American- Comfort Baked Potato- FoodiE MTO :42641 - ServingDate: 09/27/2023								
Beef Taco Filling - SR3906 (3/8 c.)	60	114.07	5.05	1.82	0.00	298.80	5.05	13.12
Breadstick - SR1044 (2 breadstick)	100	160.00	2.00	0.00	0.00	190.00	28.00	6.00
Cheddar Cheese Sauce - SR1293 (1/4 c.)	100	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Rainbow Chili - SR1922 (3/4 c.)	40	139.56	0.95	0.04	0.00	309.49	27.18	7.06
Steamed Broccoli - SR1028 (1/2 c.)	20	26.46	0.11	0.02	0.00	11.13	5.06	2.93
Shredded Yellow Cheddar Cheese - SR3010 (1/4 oz.)	50	22.50	1.50	0.88	0.00	45.00	0.25	2.00
Green Onion - SR1946 (1 tbsp.)	10	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Sour Cream - SR1659 (2 tbsp.)	10	60.00	5.00	3.50	0.00	15.00	1.00	1.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Baked Potato - SR1562 (1 potato)	100	172.26	4.66	0.36	0.00	19.32	29.59	3.63
SY23-24 Global Flavors-Italy- Comfort- FoodiE MTO :42641 - ServingDate: 09/28/2023								
Whole Wheat Penne Pasta - SR1198 (1 c.)	70	201.74	3.03	0.12	0.00	6.57	38.50	6.57
Whole Wheat Spaghetti Noodles - SR1135 (1 c.)	30	192.89	3.09	0.42	0.00	6.66	39.60	6.67
Alfredo Cheese Sauce - SR2217 (3/8 c.)	50	150.82	9.84	5.41	0.00	622.94	6.56	9.84
Beef Bolognese - SR1197 (2/3 c.)	50	174.36	8.01	3.30	0.00	611.36	12.45	13.70
Roasted Broccoli and Red Peppers - SR2024 (1/4 c.)	30	42.86	3.33	0.24	0.00	4.53	2.92	1.25
Parmesan Green Beans - SR1144 (1/4 c.)	10	20.95	1.17	0.16	0.00	6.83	2.59	0.65

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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 Global Flavors-Italy- Comfort- FoodiE MTO :42641 - ServingDate: 09/28/2023								
Spaghetti Sauce - SR2220 (1/4 c.)	50	32.36	0.25	0.03	0.00	129.82	6.67	1.04
Roasted Butternut Squash - SR1408 (1/4 c.)	10	36.65	0.16	0.01	0.00	15.85	9.28	0.60
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	25	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Red Pepper Flakes - SR1554 (1/4 tsp.)	5	1.43	0.08	0.01	0.00	0.14	0.25	0.05
SY23-24 Global Flavors-Asia- Comfort- FoodiE MTO :42641 - ServingDate: 09/29/2023								
Oven Fried Rice - SR1382 (1 1/3 c.)	100	317.05	4.36	0.68	0.00	660.00	60.08	10.51
Orange Chicken Nuggets - SR2815 (5 nugget)	60	350.42	16.20	2.92	0.04	642.80	36.65	16.32
Teriyaki Baked Tofu - SR3904 (1/2 c.)	40	294.58	19.46	2.32	0.02	474.67	12.86	22.66
Roasted Broccoli - SR1852 (1/4 c.)	10	32.75	2.25	0.17	0.00	36.04	2.70	1.50
Green Onion - SR1946 (1 tbsp.)	20	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Spicy Asian Vegetable Blend - SR2607 (1/4 c.)	10	40.13	3.73	0.29	0.01	99.77	1.93	0.41
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	10	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Soy Roasted Potatoes - SR2609 (1/4 c.)	10	93.22	6.52	0.76	0.00	335.25	9.59	0.74
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)

Legend
(M) - Missing Nutrient Values

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Report Selections

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