

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:00:35 PM by Leroy Claborn

Site: Guthrie Upper Elementary
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 Breakfast Clubhouse K-5/K-8 Week 5 Day 5 :42865 - ServingDate: 09/01/2023								
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	2	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	3	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	117.87	1.44	0.24	0.00	122.61	25.11	1.86
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	3	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	109.20	1.40	0.28	0.00	161.84	23.24	1.68
Cinnamon Toast - OKR1015 (2 slice)	45	227.56	5.76	1.75	0.00	266.73	38.93	6.03
Turkey Sausage Biscuit - OKR1665 (1 ea.)	20	243.25	12.29	6.19	0.06	630.41	25.49	8.83
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Fresh Whole Apple - SR2870 (1 medium (3)	40	94.64	0.31	0.05	0.00	1.82	25.13	0.47
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00

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SY23-24 Breakfast Clubhouse K-5/K-8 Week 5 Day 5 :42865 - ServingDate: 09/01/2023								
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	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
SY23-24 Breakfast Clubhouse K-5/K-8 Week 1 Day 2 :42865 - ServingDate: 09/05/2023								
Biscuit with Old Fashioned Gravy - OKR1604 (1 ea.)	45	256.80	11.52	5.76	0.14	564.83	34.04	4.12
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	2	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	3	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	117.87	1.44	0.24	0.00	122.61	25.11	1.86
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	3	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	109.20	1.40	0.28	0.00	161.84	23.24	1.68
Cinnamon Toast - OKR1015 (2 slice)	20	227.56	5.76	1.75	0.00	266.73	38.93	6.03
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00

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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)
SY23-24 Breakfast Clubhouse K-5/K-8 Week 1 Day 2 :42865 - ServingDate: 09/05/2023								
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Orange Smiles - SR1172 (6 slice or w)	40	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	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
SY23-24 Breakfast Clubhouse K-5/K-8 Week 1 Day 3 :42865 - ServingDate: 09/06/2023								
Sausage Breakfast Pizza - SR1167 (1 slice)	50	210.00	7.00	2.00	0.00	350.00	27.00	9.00
Buttery Wheat Toast - OKR1044 (2 slices)	15	193.33	5.67	1.50	0.00	266.67	30.00	6.00
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	2	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	3	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	117.87	1.44	0.24	0.00	122.61	25.11	1.86
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00

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SY23-24 Breakfast Clubhouse K-5/K-8 Week 1 Day 3 :42865 - ServingDate: 09/06/2023								
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	3	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	109.20	1.40	0.28	0.00	161.84	23.24	1.68
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Banana - SR1166 (1 medium (7"))	50	105.02	0.39	0.13	0.00	1.18	26.95	1.29
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	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
SY23-24 Breakfast Clubhouse K-5/K-8 Week 1 Day 4 :42865 - ServingDate: 09/07/2023								
Ham & Cheese English Muffin - OKR2003 (1 sandwich)	37	231.70	7.53	3.52	0.00	1011.86	26.02	14.61
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	2	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	3	100.52	1.79	0.36	0.00	136.42	20.83	3.58

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SY23-24 Breakfast Clubhouse K-5/K-8 Week 1 Day 4 :42865 - ServingDate: 09/07/2023								
Cinnamon Chex - SR2336 (1 bowl)	2	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	117.87	1.44	0.24	0.00	122.61	25.11	1.86
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	3	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	3	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	109.20	1.40	0.28	0.00	161.84	23.24	1.68
Donut - SR2488 (1 donut)	30	280.00	16.00	7.00	0.00	310.00	30.00	5.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Diced Peaches - SR3040 (1/2 c.)	40	59.04	0.00	0.00	0.00	4.92	13.78	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	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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SY23-24 Breakfast Clubhouse K-5/K-8 Week 1 Day 5 :42865 - ServingDate: 09/08/2023								
Apple Cinnamon Cheerios bowl/pack - SR1327 (1 bowl)	2	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	3	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	117.87	1.44	0.24	0.00	122.61	25.11	1.86
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	3	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	109.20	1.40	0.28	0.00	161.84	23.24	1.68
Chicken & Waffle Stacker - OKR2004 (1 serving)	50	315.97	13.60	4.00	0.00	385.95	38.40	9.60
Cinnamon Toast - OKR1015 (2 slice)	15	227.56	5.76	1.75	0.00	266.73	38.93	6.03
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Fresh Whole Apple - SR2870 (1 medium (3)	40	94.64	0.31	0.05	0.00	1.82	25.13	0.47
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00

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SY23-24 Breakfast Clubhouse K-5/K-8 Week 1 Day 5 :42865 - ServingDate: 09/08/2023								
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	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
Breakfast Syrup Cup - SR2498 (1 Container)	50	110.00	0.00	0.00	0.00	20.00	29.00	0.00
SY23-24 Breakfast Clubhouse K-5/K-8 Week 2 Day 1 :42865 - ServingDate: 09/11/2023								
Soft-Filled Cinnamon Toast Crunch Breakfast Bar - SR2822 (1 pkg.)	50	204.07	6.20	1.85	0.13	231.07	32.54	4.42
Buttery Wheat Toast - OKR1044 (2 slices)	15	193.33	5.67	1.50	0.00	266.67	30.00	6.00
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	2	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	3	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	117.87	1.44	0.24	0.00	122.61	25.11	1.86
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	3	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	109.20	1.40	0.28	0.00	161.84	23.24	1.68

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SY23-24 Breakfast Clubhouse K-5/K-8 Week 2 Day 1 :42865 - ServingDate: 09/11/2023								
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Unsweetened Applesauce - SR1195 (1/2 c.)	40	52.39	0.00	0.00	0.00	10.48	12.57	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	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
SY23-24 Breakfast Clubhouse K-5/K-8 Week 2 Day 2 :42865 - ServingDate: 09/12/2023								
Biscuit & Sausage Gravy - OKR1171 (1 ea.)	35	253.66	11.37	5.68	0.00	458.13	32.98	5.37
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	2	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	3	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	117.87	1.44	0.24	0.00	122.61	25.11	1.86

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SY23-24 Breakfast Clubhouse K-5/K-8 Week 2 Day 2 :42865 - ServingDate: 09/12/2023								
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	3	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	109.20	1.40	0.28	0.00	161.84	23.24	1.68
Cinnamon Roll - SR1383 (1 roll.)	30	170.00	1.00	0.50	0.00	135.00	36.00	5.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Orange Smiles - SR1172 (6 slice or w)	50	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	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
SY23-24 Breakfast Clubhouse K-5/K-8 Week 2 Day 3 :42865 - ServingDate: 09/13/2023								
Sausage Breakfast Pizza - SR1167 (1 slice)	50	210.00	7.00	2.00	0.00	350.00	27.00	9.00

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Site: Guthrie Upper Elementary
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 Breakfast Clubhouse K-5/K-8 Week 2 Day 3 :42865 - ServingDate: 09/13/2023								
Buttery Wheat Toast - OKR1044 (2 slices)	15	193.33	5.67	1.50	0.00	266.67	30.00	6.00
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	2	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	3	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	117.87	1.44	0.24	0.00	122.61	25.11	1.86
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	3	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	109.20	1.40	0.28	0.00	161.84	23.24	1.68
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Banana - SR1166 (1 medium (7"))	50	105.02	0.39	0.13	0.00	1.18	26.95	1.29
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00

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Site: Guthrie Upper Elementary
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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 Breakfast Clubhouse K-5/K-8 Week 2 Day 3 :42865 - ServingDate: 09/13/2023								
White 1% Milk - OKR1061 (8 oz.)	15	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
Grape Jelly - SR2340 (1 tbsp.)	15	50.00	0.03	0.01	0.01	7.14	13.00	0.04
SY23-24 Breakfast Clubhouse K-5/K-8 Week 2 Day 4 :42865 - ServingDate: 09/14/2023								
Ham & Cheese English Muffin - OKR2003 (1 sandwich)	50	231.70	7.53	3.52	0.00	1011.86	26.02	14.61
Hot Oatmeal - SR1483 (1/2 c.)	15	126.94	2.54	0.42	0.00	4.23	22.85	4.23
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	2	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	3	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	117.87	1.44	0.24	0.00	122.61	25.11	1.86
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	3	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	109.20	1.40	0.28	0.00	161.84	23.24	1.68
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00

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Site: Guthrie Upper Elementary
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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 Breakfast Clubhouse K-5/K-8 Week 2 Day 4 :42865 - ServingDate: 09/14/2023								
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Cherry Flavored Craisins - SR2914 (1 Pouch)	40	109.95	0.00	0.00	(M)	0.00	26.99	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	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
SY23-24 Breakfast Clubhouse K-5/K-8 Week 2 Day 5 :42865 - ServingDate: 09/15/2023								
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	2	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	3	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	117.87	1.44	0.24	0.00	122.61	25.11	1.86
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	3	100.00	0.00	0.00	0.00	170.00	24.00	2.00

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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)
SY23-24 Breakfast Clubhouse K-5/K-8 Week 2 Day 5 :42865 - ServingDate: 09/15/2023								
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	109.20	1.40	0.28	0.00	161.84	23.24	1.68
Cinnamon Toast - OKR1015 (2 slice)	20	227.56	5.76	1.75	0.00	266.73	38.93	6.03
Turkey Sausage Biscuit - OKR1665 (1 ea.)	45	243.25	12.29	6.19	0.06	630.41	25.49	8.83
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Fresh Whole Apple - SR2870 (1 medium (3)	40	94.64	0.31	0.05	0.00	1.82	25.13	0.47
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	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
SY23-24 Breakfast Clubhouse K-5/K-8 Week 3 Day 2 :42865 - ServingDate: 09/19/2023								
Biscuit & Sausage Gravy - OKR1171 (1 ea.)	20	253.66	11.37	5.68	0.00	458.13	32.98	5.37
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	2	113.51	1.88	0.00	0.00	113.51	22.71	2.27

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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 Breakfast Clubhouse K-5/K-8 Week 3 Day 2 :42865 - ServingDate: 09/19/2023								
Cheerios - SR1160 (1 bowl)	3	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	117.87	1.44	0.24	0.00	122.61	25.11	1.86
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	3	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	109.20	1.40	0.28	0.00	161.84	23.24	1.68
Cinnamon Toast - OKR1015 (2 slice)	45	227.56	5.76	1.75	0.00	266.73	38.93	6.03
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Orange Smiles - SR1172 (6 slice or w)	50	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	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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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 Breakfast Clubhouse K-5/K-8 Week 3 Day 3 :42865 - ServingDate: 09/20/2023								
Sausage Breakfast Pizza - SR1167 (1 slice)	50	210.00	7.00	2.00	0.00	350.00	27.00	9.00
Buttery Wheat Toast - OKR1044 (2 slices)	15	193.33	5.67	1.50	0.00	266.67	30.00	6.00
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	2	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Honey Cheerios Cereal - SR3548 (1 bowl)	3	110.00	1.50	0.00	0.00	170.00	22.00	3.00
Cinnamon Chex - SR2336 (1 bowl)	2	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	117.87	1.44	0.24	0.00	122.61	25.11	1.86
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	3	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	109.20	1.40	0.28	0.00	161.84	23.24	1.68
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Banana - SR1166 (1 medium (7"))	50	105.02	0.39	0.13	0.00	1.18	26.95	1.29
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	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)
SY23-24 Breakfast Clubhouse K-5/K-8 Week 3 Day 3 :42865 - ServingDate: 09/20/2023								
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	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
Grape Jelly - SR2340 (1 tbsp.)	0	50.00	0.03	0.01	0.01	7.14	13.00	0.04
SY23-24 Breakfast Clubhouse K-5/K-8 Week 3 Day 4 :42865 - ServingDate: 09/21/2023								
Ham & Cheese English Muffin - OKR2003 (1 sandwich)	35	231.70	7.53	3.52	0.00	1011.86	26.02	14.61
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	2	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	3	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	117.87	1.44	0.24	0.00	122.61	25.11	1.86
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	3	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	109.20	1.40	0.28	0.00	161.84	23.24	1.68
Donut - SR2488 (1 donut)	30	280.00	16.00	7.00	0.00	310.00	30.00	5.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00

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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)
SY23-24 Breakfast Clubhouse K-5/K-8 Week 3 Day 4 :42865 - ServingDate: 09/21/2023								
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Diced Peaches - SR3040 (1/2 c.)	40	59.04	0.00	0.00	0.00	4.92	13.78	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	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
SY23-24 Breakfast Clubhouse K-5/K-8 Week 3 Day 5 :42865 - ServingDate: 09/22/2023								
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	2	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	3	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	117.87	1.44	0.24	0.00	122.61	25.11	1.86
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	3	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32

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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 Breakfast Clubhouse K-5/K-8 Week 3 Day 5 :42865 - ServingDate: 09/22/2023								
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	109.20	1.40	0.28	0.00	161.84	23.24	1.68
Cinnamon Toast - OKR1015 (2 slice)	45	227.56	5.76	1.75	0.00	266.73	38.93	6.03
English Muffin - SR3361 (2 halves)	20	130.00	1.00	0.00	0.00	620.00	24.00	5.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Fresh Whole Apple - SR2870 (1 medium (3)	40	94.64	0.31	0.05	0.00	1.82	25.13	0.47
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	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
Jelly Packet - OKR1183 (1 packet)	0	35.00	0.00	0.00	0.00	5.00	9.00	0.00
SY23-24 Breakfast Clubhouse K-5/K-8 Week 4 Day 1 :42865 - ServingDate: 09/25/2023								
Buttery Wheat Toast - OKR1044 (2 slices)	15	193.33	5.67	1.50	0.00	266.67	30.00	6.00
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	2	113.51	1.88	0.00	0.00	113.51	22.71	2.27

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:00:35 PM by Leroy Claborn

Site: Guthrie Upper Elementary
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 Breakfast Clubhouse K-5/K-8 Week 4 Day 1 :42865 - ServingDate: 09/25/2023								
Cheerios - SR1160 (1 bowl)	3	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	117.87	1.44	0.24	0.00	122.61	25.11	1.86
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	3	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	109.20	1.40	0.28	0.00	161.84	23.24	1.68
French Toast Sticks - SR1910 (3 stick.)	50	193.02	7.42	1.11	0.00	222.71	28.21	4.45
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Unsweetened Applesauce - SR1195 (1/2 c.)	45	52.39	0.00	0.00	0.00	10.48	12.57	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61

Menu Calendar Nutrient Analysis Report - September, 2023

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Site: Guthrie Upper Elementary
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 Breakfast Clubhouse K-5/K-8 Week 4 Day 1 :42865 - ServingDate: 09/25/2023								
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
SY23-24 Breakfast Clubhouse K-5/K-8 Week 4 Day 2 :42865 - ServingDate: 09/26/2023								
Biscuit & Sausage Gravy - OKR1171 (1 ea.)	30	253.66	11.37	5.68	0.00	458.13	32.98	5.37
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	2	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	3	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	117.87	1.44	0.24	0.00	122.61	25.11	1.86
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	3	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	109.20	1.40	0.28	0.00	161.84	23.24	1.68
Cinnamon Roll - SR1383 (1 roll.)	35	170.00	1.00	0.50	0.00	135.00	36.00	5.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00

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Site: Guthrie Upper Elementary
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 Breakfast Clubhouse K-5/K-8 Week 4 Day 2 :42865 - ServingDate: 09/26/2023								
Orange Smiles - SR1172 (6 slice or w)	45	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	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
SY23-24 Breakfast Clubhouse K-5/K-8 Week 4 Day 3 :42865 - ServingDate: 09/27/2023								
Sausage Breakfast Pizza - SR1167 (1 slice)	50	210.00	7.00	2.00	0.00	350.00	27.00	9.00
Buttery Wheat Toast - OKR1044 (2 slices)	15	193.33	5.67	1.50	0.00	266.67	30.00	6.00
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	2	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	3	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	117.87	1.44	0.24	0.00	122.61	25.11	1.86
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	3	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32

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Site: Guthrie Upper Elementary
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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 Breakfast Clubhouse K-5/K-8 Week 4 Day 3 :42865 - ServingDate: 09/27/2023								
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	109.20	1.40	0.28	0.00	161.84	23.24	1.68
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Banana - SR1166 (1 medium (7"))	40	105.02	0.39	0.13	0.00	1.18	26.95	1.29
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	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
Grape Jelly - SR2340 (1 tbsp.)	0	50.00	0.03	0.01	0.01	7.14	13.00	0.04
SY23-24 Breakfast Clubhouse K-5/K-8 Week 4 Day 4 :42865 - ServingDate: 09/28/2023								
Ham & Cheese English Muffin - OKR2003 (1 sandwich)	40	231.70	7.53	3.52	0.00	1011.86	26.02	14.61
Hot Oatmeal - SR1483 (1/2 c.)	35	126.94	2.54	0.42	0.00	4.23	22.85	4.23
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	2	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	3	100.52	1.79	0.36	0.00	136.42	20.83	3.58

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Site: Guthrie Upper Elementary
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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 Breakfast Clubhouse K-5/K-8 Week 4 Day 4 :42865 - ServingDate: 09/28/2023								
Cinnamon Chex - SR2336 (1 bowl)	2	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	117.87	1.44	0.24	0.00	122.61	25.11	1.86
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	3	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	109.20	1.40	0.28	0.00	161.84	23.24	1.68
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Cherry Flavored Craisins - SR2914 (1 Pouch)	40	109.95	0.00	0.00	(M)	0.00	26.99	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	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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SY23-24 Breakfast Clubhouse K-5/K-8 Week 4 Day 5 :42865 - ServingDate: 09/29/2023								
Apple Cinnamon Cheerios bowl/pack - SR1327 (1 bowl)	2	113.51	1.88	0.00	0.00	113.51	22.71	2.27
Cheerios - SR1160 (1 bowl)	3	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	2	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	5	117.87	1.44	0.24	0.00	122.61	25.11	1.86
Froot Loops - SR2427 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	3	100.00	0.00	0.00	0.00	170.00	24.00	2.00
Lucky Charms - SR2428 (1 bowl)	5	108.86	1.15	0.00	0.00	101.11	23.32	2.32
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	109.20	1.40	0.28	0.00	161.84	23.24	1.68
Chicken & Waffle Stacker - OKR2004 (1 serving)	30	315.97	13.60	4.00	0.00	385.95	38.40	9.60
Cinnamon Toast - OKR1015 (2 slice)	35	227.56	5.76	1.75	0.00	266.73	38.93	6.03
Buttery Wheat Toast Side - OKR1160 (1 slice)	10	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	2.50	0.00	0.00	95.00	17.00	2.00
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Fresh Whole Apple - SR2870 (1 medium (3)	40	94.64	0.31	0.05	0.00	1.82	25.13	0.47
100% Apple Juice - SR2547 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	25	80.00	0.00	0.00	0.00	10.00	19.00	0.00

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SY23-24 Breakfast Clubhouse K-5/K-8 Week 4 Day 5 :42865 - ServingDate: 09/29/2023								
100% Orange Juice - SR1295 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	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
Breakfast Syrup Cup - SR2498 (1 Container)	30	110.00	0.00	0.00	0.00	20.00	29.00	0.00

Legend
(M) - Missing Nutrient Values

Report Selections
Meal Type: Breakfast
Site Group: The Clubhouse
Menu Line: B-Café Classics
Serving Group: K-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.