

Menu Calendar Nutrient Analysis Report - March, 2020

Site: Guthrie High School

Date: 03/01/2020 - 03/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Caribbean - Monday (tier I) - ServingDate: 03/02/2020								
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	15	53.58	0.13	0.01	0.00	2.55	14.38	0.22
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chilled Black Beans - SR2006 (1/2 c.)	5	74.36	0.00	0.00	0.00	87.89	13.52	4.73
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	5	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	5	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	5	47.39	0.30	0.04	0.00	30.86	9.78	2.24
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.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	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)
SY 19-20 Extras - Caribbean - Monday (tier I) - ServingDate: 03/02/2020								
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	13.54	0.16	0.01	0.00	76.26	2.65	0.51
Homemade Salsa - SR1007 (2 tbsp.)	15	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	5	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Creamy Pineapple Sauce - SR2399 (1 tbsp.)	5	24.44	1.85	0.20	0.00	36.21	1.70	0.58
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Jamaican Fusion Sauce - SR1761 (1 tbsp.)	5	25.74	1.32	0.19	0.00	218.89	3.68	0.01
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	5	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Sriracha Mayonnaise - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

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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)
SY 19-20 Extras - Caribbean - Tuesday (tier I) - ServingDate: 03/03/2020								
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Mixed Fruit Cocktail - SR1037 (1/2 c.)	15	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	5	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	5	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	5	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Caesar Side Salad - SR1428 (1 c.)	5	169.83	15.80	3.27	0.00	325.07	5.61	2.95
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.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00

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SY 19-20 Extras - Caribbean - Tuesday (tier I) - ServingDate: 03/03/2020								
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	13.54	0.16	0.01	0.00	76.26	2.65	0.51
Homemade Salsa - SR1007 (2 tbsp.)	15	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	5	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Creamy Pineapple Sauce - SR2399 (1 tbsp.)	5	24.44	1.85	0.20	0.00	36.21	1.70	0.58
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Jamaican Fusion Sauce - SR1761 (1 tbsp.)	5	25.74	1.32	0.19	0.00	218.89	3.68	0.01
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	5	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Sriracha Mayonnaise - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

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SY 19-20 Extras - Caribbean - Wednesday (tier I) - ServingDate: 03/04/2020								
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Peaches - SR1196 (1/2 c.)	15	57.95	0.04	0.00	0.00	5.27	15.24	0.83
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	40	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
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	5	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	5	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	5	47.39	0.30	0.04	0.00	30.86	9.78	2.24
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.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00

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SY 19-20 Extras - Caribbean - Wednesday (tier I) - ServingDate: 03/04/2020								
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	13.54	0.16	0.01	0.00	76.26	2.65	0.51
Homemade Salsa - SR1007 (2 tbsp.)	15	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	5	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Creamy Pineapple Sauce - SR2399 (1 tbsp.)	5	24.44	1.85	0.20	0.00	36.21	1.70	0.58
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Jamaican Fusion Sauce - SR1761 (1 tbsp.)	5	25.74	1.32	0.19	0.00	218.89	3.68	0.01
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	5	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Sriracha Mayonnaise - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

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SY 19-20 Extras - Caribbean - Thursday (tier I) - ServingDate: 03/05/2020								
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Bartlett Pears - SR1194 (1/2 c.)	15	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	5	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	5	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	5	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Garden Side Salad - SR1429 (1 c.)	5	20.07	0.13	0.02	0.00	25.59	4.25	1.10
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.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00

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SY 19-20 Extras - Caribbean - Thursday (tier I) - ServingDate: 03/05/2020								
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	13.54	0.16	0.01	0.00	76.26	2.65	0.51
Homemade Salsa - SR1007 (2 tbsp.)	15	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	5	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Creamy Pineapple Sauce - SR2399 (1 tbsp.)	5	24.44	1.85	0.20	0.00	36.21	1.70	0.58
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Jamaican Fusion Sauce - SR1761 (1 tbsp.)	5	25.74	1.32	0.19	0.00	218.89	3.68	0.01
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	5	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Sriracha Mayonnaise - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

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SY 19-20 Extras - Caribbean - Friday (tier I) - ServingDate: 03/06/2020								
Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Pineapple Tidbits - SR1495 (1/2 c.)	15	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Pinto Beans - SR2046 (1/2 c.)	5	112.59	0.00	0.00	0.00	157.62	20.27	6.75
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	5	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	5	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	5	47.39	0.30	0.04	0.00	30.86	9.78	2.24
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.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00

Menu Calendar Nutrient Analysis Report - March, 2020

Site: Guthrie High School
Date: 03/01/2020 - 03/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Caribbean - Friday (tier I) - ServingDate: 03/06/2020								
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	13.54	0.16	0.01	0.00	76.26	2.65	0.51
Homemade Salsa - SR1007 (2 tbsp.)	15	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	5	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Creamy Pineapple Sauce - SR2399 (1 tbsp.)	5	24.44	1.85	0.20	0.00	36.21	1.70	0.58
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Jamaican Fusion Sauce - SR1761 (1 tbsp.)	5	25.74	1.32	0.19	0.00	218.89	3.68	0.01
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	5	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Sriracha Mayonnaise - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

Menu Calendar Nutrient Analysis Report - March, 2020

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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)
SY 19-20 Extras - Mexico - Monday (tier I) - ServingDate: 03/09/2020								
Variety of Entrees - SR2092 (1 serving)	500	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple - OKR1087 (1 Whole Appl)	100	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	50	53.58	0.13	0.01	0.00	2.55	14.38	0.22
Banana - SR1166 (1 medium (7"))	75	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	50	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chilled Black Beans - SR2006 (1/2 c.)	20	74.36	0.00	0.00	0.00	87.89	13.52	4.73
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Celery Sticks - SR1014 (6 stick.)	150	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	100	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	100	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	50	47.39	0.30	0.04	0.00	30.86	9.78	2.24
Chocolate1% Milk - OKR1062 (8 oz.)	100	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	100	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	25	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Mayonnaise Pump - SR1991 (1 pump)	30	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	30	0.00	0.00	0.00	0.00	180.00	0.00	0.00

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Date: 03/01/2020 - 03/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Mexico - Monday (tier I) - ServingDate: 03/09/2020								
Shredded Lettuce - SR1015 (1/4 cup shredd)	30	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	20	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Homemade Salsa - SR1007 (2 tbsp.)	30	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	30	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Cilantro Lime Crema - SR1790 (1 tbsp.)	20	24.57	1.90	0.21	0.00	38.55	1.62	0.60
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	20	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Pico Sauce - SR1757 (1 tbsp.)	20	43.83	2.76	0.39	0.00	296.17	4.93	0.22
Sriracha Mayonnaise - SR1788 (1 tbsp.)	20	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sour Cream - SR1659 (2 tbsp.)	30	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	30	4.03	0.04	0.01	0.00	1.12	0.87	0.20
SY 19-20 Extras - Mexico - Tuesday (tier I) - ServingDate: 03/10/2020								
Variety of Entrees - SR2092 (1 serving)	500	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple - OKR1087 (1 Whole Appl)	100	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Mixed Fruit Cocktail - SR1037 (1/2 c.)	50	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Banana - SR1166 (1 medium (7"))	100	105.02	0.39	0.13	0.00	1.18	26.95	1.29

Menu Calendar Nutrient Analysis Report - March, 2020

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Date: 03/01/2020 - 03/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Mexico - Tuesday (tier I) - ServingDate: 03/10/2020								
Fresh Oranges - SR1171 (1 small (2-3))	100	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	20	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Celery Sticks - SR1014 (6 stick.)	50	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	50	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	50	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Caesar Side Salad - SR1428 (1 c.)	50	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Corn - SR1033 (1/2 c.)	20	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	100	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	100	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	25	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	100	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Mayonnaise Pump - SR1991 (1 pump)	50	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	100	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	100	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	25	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	40	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00

Menu Calendar Nutrient Analysis Report - March, 2020

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Date: 03/01/2020 - 03/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Mexico - Tuesday (tier I) - ServingDate: 03/10/2020								
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	100	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Homemade Salsa - SR1007 (2 tbsp.)	40	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	40	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Cilantro Lime Crema - SR1790 (1 tbsp.)	25	24.57	1.90	0.21	0.00	38.55	1.62	0.60
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	25	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Pico Sauce - SR1757 (1 tbsp.)	20	43.83	2.76	0.39	0.00	296.17	4.93	0.22
Sriracha Mayonnaise - SR1788 (1 tbsp.)	20	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sour Cream - SR1659 (2 tbsp.)	20	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	20	4.03	0.04	0.01	0.00	1.12	0.87	0.20
SY 19-20 Extras - Mexico - Wednesday (tier I) - ServingDate: 03/11/2020								
Variety of Entrees - SR2092 (1 serving)	500	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple - OKR1087 (1 Whole Appl)	50	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Peaches - SR1196 (1/2 c.)	25	57.95	0.04	0.00	0.00	5.27	15.24	0.83
Banana - SR1166 (1 medium (7"))	50	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	50	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1036 (1/2 c.)	30	140.65	0.00	0.00	0.00	151.47	25.97	7.57
Fresh Broccoli Florets - SR1027 (1/2 c.)	30	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	30	16.30	0.28	0.04	0.00	55.99	2.57	2.03

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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)
SY 19-20 Extras - Mexico - Wednesday (tier I) - ServingDate: 03/11/2020								
Celery Sticks - SR1014 (6 stick.)	100	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	50	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	50	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	25	47.39	0.30	0.04	0.00	30.86	9.78	2.24
Chocolate1% Milk - OKR1062 (8 oz.)	100	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	100	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	25	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	100	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Mayonnaise Pump - SR1991 (1 pump)	20	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	20	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	30	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	15	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	100	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Homemade Salsa - SR1007 (2 tbsp.)	40	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	40	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Cilantro Lime Crema - SR1790 (1 tbsp.)	25	24.57	1.90	0.21	0.00	38.55	1.62	0.60

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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)
SY 19-20 Extras - Mexico - Wednesday (tier I) - ServingDate: 03/11/2020								
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	25	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Pico Sauce - SR1757 (1 tbsp.)	20	43.83	2.76	0.39	0.00	296.17	4.93	0.22
Sriracha Mayonnaise - SR1788 (1 tbsp.)	20	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sour Cream - SR1659 (2 tbsp.)	20	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	20	4.03	0.04	0.01	0.00	1.12	0.87	0.20
SY 19-20 Extras - Mexico - Thursday (tier I) - ServingDate: 03/12/2020								
Variety of Entrees - SR2092 (1 serving)	500	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple - OKR1087 (1 Whole Appl)	50	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Bartlett Pears - SR1194 (1/2 c.)	40	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Banana - SR1166 (1 medium (7"))	50	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	50	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	25	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Celery Sticks - SR1014 (6 stick.)	50	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	50	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Garden Side Salad - SR1429 (1 c.)	50	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chilled Corn - SR1033 (1/2 c.)	20	68.89	0.57	0.09	0.00	0.85	16.41	2.17

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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)
SY 19-20 Extras - Mexico - Thursday (tier I) - ServingDate: 03/12/2020								
Chocolate1% Milk - OKR1062 (8 oz.)	100	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	100	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	25	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	100	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Mayonnaise Pump - SR1991 (1 pump)	50	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	50	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	30	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	40	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	100	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Homemade Salsa - SR1007 (2 tbsp.)	30	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	30	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Cilantro Lime Crema - SR1790 (1 tbsp.)	20	24.57	1.90	0.21	0.00	38.55	1.62	0.60
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	20	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Pico Sauce - SR1757 (1 tbsp.)	20	43.83	2.76	0.39	0.00	296.17	4.93	0.22
Sriracha Mayonnaise - SR1788 (1 tbsp.)	20	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sour Cream - SR1659 (2 tbsp.)	30	60.00	5.00	3.50	0.00	15.00	1.00	1.00

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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)
SY 19-20 Extras - Mexico - Thursday (tier I) - ServingDate: 03/12/2020								
Sliced Red Tomatoes - SR1536 (2 tbsp.)	20	4.03	0.04	0.01	0.00	1.12	0.87	0.20
SY 19-20 Extras - Mexico - Friday (tier I) - ServingDate: 03/13/2020								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple - OKR1087 (1 Whole Appl)	50	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Pineapple Tidbits - SR1495 (1/2 c.)	30	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Banana - SR1166 (1 medium (7"))	50	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	50	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Pinto Beans - SR2046 (1/2 c.)	30	112.59	0.00	0.00	0.00	157.62	20.27	6.75
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	20	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Celery Sticks - SR1014 (6 stick.)	30	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	30	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	50	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	30	47.39	0.30	0.04	0.00	30.86	9.78	2.24
Chocolate1% Milk - OKR1062 (8 oz.)	100	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	100	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	30	68.58	7.12	1.26	0.00	105.30	1.09	0.61

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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)
SY 19-20 Extras - Mexico - Friday (tier I) - ServingDate: 03/13/2020								
Ketchup - SR1004 (1 pump)	100	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Mayonnaise Pump - SR1991 (1 pump)	30	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	30	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	25	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	30	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	100	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Homemade Salsa - SR1007 (2 tbsp.)	30	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	30	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Cilantro Lime Crema - SR1790 (1 tbsp.)	20	24.57	1.90	0.21	0.00	38.55	1.62	0.60
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	20	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Pico Sauce - SR1757 (1 tbsp.)	20	43.83	2.76	0.39	0.00	296.17	4.93	0.22
Sriracha Mayonnaise - SR1788 (1 tbsp.)	20	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sour Cream - SR1659 (2 tbsp.)	30	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	30	4.03	0.04	0.01	0.00	1.12	0.87	0.20
SY 19-20 Extras - Mexico - Monday (tier I) - ServingDate: 03/23/2020								
Variety of Entrees - SR2092 (1 serving)	500	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple - OKR1087 (1 Whole Appl)	100	95.00	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)
SY 19-20 Extras - Mexico - Monday (tier I) - ServingDate: 03/23/2020								
Unsweetened Applesauce - SR1195 (1/2 c.)	50	53.58	0.13	0.01	0.00	2.55	14.38	0.22
Banana - SR1166 (1 medium (7"))	75	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	50	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chilled Black Beans - SR2006 (1/2 c.)	20	74.36	0.00	0.00	0.00	87.89	13.52	4.73
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Celery Sticks - SR1014 (6 stick.)	150	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	100	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	100	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	50	47.39	0.30	0.04	0.00	30.86	9.78	2.24
Chocolate 1% Milk - OKR1062 (8 oz.)	100	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	100	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	25	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Mayonnaise Pump - SR1991 (1 pump)	30	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	30	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	30	2.52	0.03	0.00	0.00	1.80	0.54	0.16

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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)
SY 19-20 Extras - Mexico - Monday (tier I) - ServingDate: 03/23/2020								
Diced Red Onion - SR1447 (2 tbsp.)	20	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Homemade Salsa - SR1007 (2 tbsp.)	30	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	30	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Cilantro Lime Crema - SR1790 (1 tbsp.)	20	24.57	1.90	0.21	0.00	38.55	1.62	0.60
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	20	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Pico Sauce - SR1757 (1 tbsp.)	20	43.83	2.76	0.39	0.00	296.17	4.93	0.22
Sriracha Mayonnaise - SR1788 (1 tbsp.)	20	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sour Cream - SR1659 (2 tbsp.)	30	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	30	4.03	0.04	0.01	0.00	1.12	0.87	0.20
SY 19-20 Extras - Mexico - Tuesday (tier I) - ServingDate: 03/24/2020								
Variety of Entrees - SR2092 (1 serving)	500	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple - OKR1087 (1 Whole Appl)	100	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Mixed Fruit Cocktail - SR1037 (1/2 c.)	50	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Banana - SR1166 (1 medium (7"))	100	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	100	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	40	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)
SY 19-20 Extras - Mexico - Tuesday (tier I) - ServingDate: 03/24/2020								
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	20	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Celery Sticks - SR1014 (6 stick.)	50	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	50	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	50	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Caesar Side Salad - SR1428 (1 c.)	50	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Corn - SR1033 (1/2 c.)	20	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	100	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	100	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	25	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	100	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Mayonnaise Pump - SR1991 (1 pump)	50	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	100	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	100	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	25	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	40	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	100	25.00	1.25	0.25	0.00	160.00	4.00	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)
SY 19-20 Extras - Mexico - Tuesday (tier I) - ServingDate: 03/24/2020								
Homemade Salsa - SR1007 (2 tbsp.)	40	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	40	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Cilantro Lime Crema - SR1790 (1 tbsp.)	25	24.57	1.90	0.21	0.00	38.55	1.62	0.60
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	25	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Pico Sauce - SR1757 (1 tbsp.)	20	43.83	2.76	0.39	0.00	296.17	4.93	0.22
Sriracha Mayonnaise - SR1788 (1 tbsp.)	20	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sour Cream - SR1659 (2 tbsp.)	20	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	20	4.03	0.04	0.01	0.00	1.12	0.87	0.20
SY 19-20 Extras - Mexico - Wednesday (tier I) - ServingDate: 03/25/2020								
Variety of Entrees - SR2092 (1 serving)	500	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple - OKR1087 (1 Whole Appl)	50	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Peaches - SR1196 (1/2 c.)	25	57.95	0.04	0.00	0.00	5.27	15.24	0.83
Banana - SR1166 (1 medium (7"))	50	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	50	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1036 (1/2 c.)	30	140.65	0.00	0.00	0.00	151.47	25.97	7.57
Fresh Broccoli Florets - SR1027 (1/2 c.)	30	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	30	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Celery Sticks - SR1014 (6 stick.)	100	10.34	0.11	0.03	0.00	51.71	1.92	0.45

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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)
SY 19-20 Extras - Mexico - Wednesday (tier I) - ServingDate: 03/25/2020								
Cucumber Coins - SR1013 (1/2 c.)	50	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	50	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	25	47.39	0.30	0.04	0.00	30.86	9.78	2.24
Chocolate1% Milk - OKR1062 (8 oz.)	100	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	100	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	25	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	100	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Mayonnaise Pump - SR1991 (1 pump)	20	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	20	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	30	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	15	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	100	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Homemade Salsa - SR1007 (2 tbsp.)	40	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	40	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Cilantro Lime Crema - SR1790 (1 tbsp.)	25	24.57	1.90	0.21	0.00	38.55	1.62	0.60
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	25	30.60	2.35	0.32	0.00	61.46	1.97	0.79

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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)
SY 19-20 Extras - Mexico - Wednesday (tier I) - ServingDate: 03/25/2020								
Pico Sauce - SR1757 (1 tbsp.)	20	43.83	2.76	0.39	0.00	296.17	4.93	0.22
Sriracha Mayonnaise - SR1788 (1 tbsp.)	20	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sour Cream - SR1659 (2 tbsp.)	20	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	20	4.03	0.04	0.01	0.00	1.12	0.87	0.20
SY 19-20 Extras - Mexico - Thursday (tier I) - ServingDate: 03/26/2020								
Variety of Entrees - SR2092 (1 serving)	500	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple - OKR1087 (1 Whole Appl)	50	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Bartlett Pears - SR1194 (1/2 c.)	40	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Banana - SR1166 (1 medium (7"))	50	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	50	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	25	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Celery Sticks - SR1014 (6 stick.)	50	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	50	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Garden Side Salad - SR1429 (1 c.)	50	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chilled Corn - SR1033 (1/2 c.)	20	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	100	130.00	2.50	1.50	0.00	130.00	19.00	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)
SY 19-20 Extras - Mexico - Thursday (tier I) - ServingDate: 03/26/2020								
White 1% Milk - OKR1061 (8 oz.)	100	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	25	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	100	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Mayonnaise Pump - SR1991 (1 pump)	50	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	50	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	30	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	40	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	100	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Homemade Salsa - SR1007 (2 tbsp.)	30	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	30	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Cilantro Lime Crema - SR1790 (1 tbsp.)	20	24.57	1.90	0.21	0.00	38.55	1.62	0.60
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	20	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Pico Sauce - SR1757 (1 tbsp.)	20	43.83	2.76	0.39	0.00	296.17	4.93	0.22
Sriracha Mayonnaise - SR1788 (1 tbsp.)	20	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sour Cream - SR1659 (2 tbsp.)	30	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	20	4.03	0.04	0.01	0.00	1.12	0.87	0.20

Menu Calendar Nutrient Analysis Report - March, 2020

Site: Guthrie High School

Date: 03/01/2020 - 03/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Mexico - Friday (tier I) - ServingDate: 03/27/2020								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple - OKR1087 (1 Whole Appl)	50	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Pineapple Tidbits - SR1495 (1/2 c.)	30	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Banana - SR1166 (1 medium (7"))	50	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	50	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Pinto Beans - SR2046 (1/2 c.)	30	112.59	0.00	0.00	0.00	157.62	20.27	6.75
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	20	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Celery Sticks - SR1014 (6 stick.)	30	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	30	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	50	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	30	47.39	0.30	0.04	0.00	30.86	9.78	2.24
Chocolate1% Milk - OKR1062 (8 oz.)	100	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	100	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	30	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	100	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Mayonnaise Pump - SR1991 (1 pump)	30	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	30	0.00	0.00	0.00	0.00	180.00	0.00	0.00

Menu Calendar Nutrient Analysis Report - March, 2020

Site: Guthrie High School
Date: 03/01/2020 - 03/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Mexico - Friday (tier I) - ServingDate: 03/27/2020								
Shredded Lettuce - SR1015 (1/4 cup shredd)	25	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	30	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	100	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Homemade Salsa - SR1007 (2 tbsp.)	30	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	30	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Cilantro Lime Crema - SR1790 (1 tbsp.)	20	24.57	1.90	0.21	0.00	38.55	1.62	0.60
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	20	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Pico Sauce - SR1757 (1 tbsp.)	20	43.83	2.76	0.39	0.00	296.17	4.93	0.22
Sriracha Mayonnaise - SR1788 (1 tbsp.)	20	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sour Cream - SR1659 (2 tbsp.)	30	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	30	4.03	0.04	0.01	0.00	1.12	0.87	0.20
SY 19-20 Extras - Mexico - Monday (tier I) - ServingDate: 03/30/2020								
Variety of Entrees - SR2092 (1 serving)	500	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple - OKR1087 (1 Whole Appl)	100	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	50	53.58	0.13	0.01	0.00	2.55	14.38	0.22
Banana - SR1166 (1 medium (7"))	75	105.02	0.39	0.13	0.00	1.18	26.95	1.29

Menu Calendar Nutrient Analysis Report - March, 2020

Site: Guthrie High School

Date: 03/01/2020 - 03/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Mexico - Monday (tier I) - ServingDate: 03/30/2020								
Fresh Oranges - SR1171 (1 small (2-3))	50	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chilled Black Beans - SR2006 (1/2 c.)	20	74.36	0.00	0.00	0.00	87.89	13.52	4.73
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Celery Sticks - SR1014 (6 stick.)	150	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	100	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	100	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	50	47.39	0.30	0.04	0.00	30.86	9.78	2.24
Chocolate1% Milk - OKR1062 (8 oz.)	100	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	100	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	25	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Mayonnaise Pump - SR1991 (1 pump)	30	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	30	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	30	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	20	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00

Menu Calendar Nutrient Analysis Report - March, 2020

Site: Guthrie High School
Date: 03/01/2020 - 03/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Mexico - Monday (tier I) - ServingDate: 03/30/2020								
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Homemade Salsa - SR1007 (2 tbsp.)	30	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	30	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Cilantro Lime Crema - SR1790 (1 tbsp.)	20	24.57	1.90	0.21	0.00	38.55	1.62	0.60
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	20	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Pico Sauce - SR1757 (1 tbsp.)	20	43.83	2.76	0.39	0.00	296.17	4.93	0.22
Sriracha Mayonnaise - SR1788 (1 tbsp.)	20	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sour Cream - SR1659 (2 tbsp.)	30	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	30	4.03	0.04	0.01	0.00	1.12	0.87	0.20
SY 19-20 Extras - Mexico - Tuesday (tier I) - ServingDate: 03/31/2020								
Variety of Entrees - SR2092 (1 serving)	500	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple - OKR1087 (1 Whole Appl)	100	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Mixed Fruit Cocktail - SR1037 (1/2 c.)	50	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Banana - SR1166 (1 medium (7"))	100	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	100	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	20	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Celery Sticks - SR1014 (6 stick.)	50	10.34	0.11	0.03	0.00	51.71	1.92	0.45

Menu Calendar Nutrient Analysis Report - March, 2020

Site: Guthrie High School

Date: 03/01/2020 - 03/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Mexico - Tuesday (tier I) - ServingDate: 03/31/2020								
Cucumber Coins - SR1013 (1/2 c.)	50	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	50	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Caesar Side Salad - SR1428 (1 c.)	50	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Corn - SR1033 (1/2 c.)	20	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	100	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	100	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	25	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	100	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Mayonnaise Pump - SR1991 (1 pump)	50	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	100	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	100	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	25	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	40	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	100	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Homemade Salsa - SR1007 (2 tbsp.)	40	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	40	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Cilantro Lime Crema - SR1790 (1 tbsp.)	25	24.57	1.90	0.21	0.00	38.55	1.62	0.60

Menu Calendar Nutrient Analysis Report - March, 2020

Site: Guthrie High School
 Date: 03/01/2020 - 03/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Extras - Mexico - Tuesday (tier I) - ServingDate: 03/31/2020								
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	25	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Pico Sauce - SR1757 (1 tbsp.)	20	43.83	2.76	0.39	0.00	296.17	4.93	0.22
Sriracha Mayonnaise - SR1788 (1 tbsp.)	20	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sour Cream - SR1659 (2 tbsp.)	20	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	20	4.03	0.04	0.01	0.00	1.12	0.87	0.20

Legend
 (M) - Missing Nutrient Values

Report Selections
 Meal Type: Lunch
 Site Group: Taste4
 Menu Line: T4-Extras Bar (Garden, Milk, Condiments)
 Serving Group: 9-12
 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.