

# Menu Calendar Nutrient Analysis Report - October, 2021

Site: Guthrie Junior High  
 Date: 10/01/2021 - 10/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 21-22 Fast Takes W4D5 - ServingDate: 10/01/2021</b>								
Large Crispy Chicken Salad - OKR1461 (1 salad)	10	307.26	15.28	4.57	0.00	435.13	23.91	18.34
Kidzable Protein Power - OKR1446 (1 portion)	30	383.87	15.68	5.98	0.00	646.78	42.08	17.47
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	30	382.71	16.55	6.00	0.00	823.05	31.49	28.10
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	30	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	10	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	15	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	10	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Celery Sticks - SR1014 (6 stick.)	40	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Caesar Side Salad - SR1428 (1 c.)	30	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (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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<b>SY 21-22 Fast Takes W4D5 - ServingDate: 10/01/2021</b>								
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	25.00	1.25	0.25	0.00	160.00	4.00	0.00
<b>SY 21-22 Fast Takes W5D1 - ServingDate: 10/04/2021</b>								
Chef Salad, USDA - OKR1839 (1 salad)	15	172.59	8.96	3.89	0.00	444.63	6.57	17.30
Crispy Chicken Wrap - SR2525 (1 wrap)	15	499.90	23.82	6.53	0.00	1086.65	51.58	20.60
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	35	382.71	16.55	6.00	0.00	823.05	31.49	28.10
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	35	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	15	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	10	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	15	77.87	0.05	0.00	0.00	7.08	20.48	1.11
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	30	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	40	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	30	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)
<b>SY 21-22 Fast Takes W5D1 - ServingDate: 10/04/2021</b>								
Yellow Mustard - SR1603 (1 pump)	30	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	25.00	1.25	0.25	0.00	160.00	4.00	0.00
<b>SY 21-22 Fast Takes W5D2 - ServingDate: 10/05/2021</b>								
Chef Salad, USDA - OKR1839 (1 salad)	15	172.59	8.96	3.89	0.00	444.63	6.57	17.30
Crispy Chicken Wrap - SR2525 (1 wrap)	15	499.90	23.82	6.53	0.00	1086.65	51.58	20.60
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	35	382.71	16.55	6.00	0.00	823.05	31.49	28.10
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	35	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	15	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Diced Bartlett Pears - SR1194 (1/2 c.)	15	59.31	0.08	0.00	0.00	4.75	15.35	0.40
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	10	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	30	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Garden Side Salad - SR1429 (1 c.)	40	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	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)
<b>SY 21-22 Fast Takes W5D2 - ServingDate: 10/05/2021</b>								
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	25.00	1.25	0.25	0.00	160.00	4.00	0.00
<b>SY 21-22 Fast Takes W5D3 - ServingDate: 10/06/2021</b>								
Chef Salad, USDA - OKR1839 (1 salad)	15	172.59	8.96	3.89	0.00	444.63	6.57	17.30
Crispy Chicken Ranch Wrap - SR1089 (1 wrap)	15	508.49	22.15	7.53	0.00	1145.82	53.81	23.45
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	35	382.71	16.55	6.00	0.00	823.05	31.49	28.10
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	35	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	15	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Unsweetened Applesauce - SR1195 (1/2 c.)	15	53.71	0.13	0.01	0.00	2.56	14.41	0.22
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	10	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	40	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	30	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61

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<b>SY 21-22 Fast Takes W5D3 - ServingDate: 10/06/2021</b>								
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	25.00	1.25	0.25	0.00	160.00	4.00	0.00
<b>SY 21-22 Fast Takes W5D4 - ServingDate: 10/07/2021</b>								
Chef Salad, USDA - OKR1839 (1 salad)	15	172.59	8.96	3.89	0.00	444.63	6.57	17.30
Crispy Chicken Wrap - SR2525 (1 wrap)	15	499.90	23.82	6.53	0.00	1086.65	51.58	20.60
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	35	382.71	16.55	6.00	0.00	823.05	31.49	28.10
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	35	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	15	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Fruit Cocktail - SR1037 (1/2 c.)	15	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	10	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	40	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Garden Side Salad - SR1429 (1 c.)	30	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00

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<b>SY 21-22 Fast Takes W5D4 - ServingDate: 10/07/2021</b>								
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	25.00	1.25	0.25	0.00	160.00	4.00	0.00
<b>SY 21-22 Fast Takes W5D5 - ServingDate: 10/08/2021</b>								
Chef Salad, USDA - OKR1839 (1 salad)	10	172.59	8.96	3.89	0.00	444.63	6.57	17.30
Kidzable Protein Power - OKR1446 (1 portion)	30	383.87	15.68	5.98	0.00	646.78	42.08	17.47
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	30	382.71	16.55	6.00	0.00	823.05	31.49	28.10
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	30	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	10	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	15	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	10	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Celery Sticks - SR1014 (6 stick.)	40	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Caesar Side Salad - SR1428 (1 c.)	30	169.83	15.80	3.27	0.00	325.07	5.61	2.95

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<b>SY 21-22 Fast Takes W5D5 - ServingDate: 10/08/2021</b>								
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	25.00	1.25	0.25	0.00	160.00	4.00	0.00
<b>SY 21-22 Fast Takes W1D1 - ServingDate: 10/11/2021</b>								
Chef Salad, USDA - OKR1839 (1 salad)	15	172.59	8.96	3.89	0.00	444.63	6.57	17.30
Crispy Chicken Wrap - SR2525 (1 wrap)	15	499.90	23.82	6.53	0.00	1086.65	51.58	20.60
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	35	382.71	16.55	6.00	0.00	823.05	31.49	28.10
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	35	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	15	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	20	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	15	77.87	0.05	0.00	0.00	7.08	20.48	1.11
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	40	25.40	0.09	0.02	0.00	56.61	5.98	0.46

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<b>SY 21-22 Fast Takes W1D1 - ServingDate: 10/11/2021</b>								
Caesar Side Salad - SR1428 (1 c.)	20	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	25.00	1.25	0.25	0.00	160.00	4.00	0.00
<b>SY 21-22 Fast Takes W1D2 - ServingDate: 10/12/2021</b>								
Chef Salad, USDA - OKR1839 (1 salad)	35	172.59	8.96	3.89	0.00	444.63	6.57	17.30
Crispy Chicken Wrap - SR2525 (1 wrap)	15	499.90	23.82	6.53	0.00	1086.65	51.58	20.60
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	25	382.71	16.55	6.00	0.00	823.05	31.49	28.10
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	25	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	35	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Diced Bartlett Pears - SR1194 (1/2 c.)	15	59.31	0.08	0.00	0.00	4.75	15.35	0.40
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	10	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00



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<b>SY 21-22 Fast Takes W1D2 - ServingDate: 10/12/2021</b>								
Fresh Broccoli Florets - SR1027 (1/2 c.)	40	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Garden Side Salad - SR1429 (1 c.)	30	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	25.00	1.25	0.25	0.00	160.00	4.00	0.00
<b>SY 21-22 Fast Takes W1D3 - ServingDate: 10/13/2021</b>								
Chef Salad, USDA - OKR1839 (1 salad)	15	172.59	8.96	3.89	0.00	444.63	6.57	17.30
Crispy Chicken Wrap - SR2525 (1 wrap)	15	499.90	23.82	6.53	0.00	1086.65	51.58	20.60
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	35	382.71	16.55	6.00	0.00	823.05	31.49	28.10
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	35	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	15	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Unsweetened Applesauce - SR1195 (1/2 c.)	15	53.71	0.13	0.01	0.00	2.56	14.41	0.22
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	10	47.62	0.16	0.03	0.00	0.92	12.65	0.24

## Menu Calendar Nutrient Analysis Report - October, 2021

Site: Guthrie Junior High

Date: 10/01/2021 - 10/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 21-22 Fast Takes W1D3 - ServingDate: 10/13/2021</b>								
Orange Smiles - SR1172 (6 slice or w)	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	40	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	30	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	25.00	1.25	0.25	0.00	160.00	4.00	0.00
<b>SY 21-22 Fast Takes W2D1 - ServingDate: 10/18/2021</b>								
Chicken Bacon and Ranch Wrap, 10-inch tortilla, USDA - OKR1856 (1 wrap)	15	400.76	19.76	4.17	0.00	662.67	31.25	21.64
Large Crispy Chicken Salad - OKR1461 (1 salad)	15	307.26	15.28	4.57	0.00	435.13	23.91	18.34
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	35	382.71	16.55	6.00	0.00	823.05	31.49	28.10
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	35	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	15	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29

## Menu Calendar Nutrient Analysis Report - October, 2021

Site: Guthrie Junior High  
Date: 10/01/2021 - 10/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 21-22 Fast Takes W2D1 - ServingDate: 10/18/2021</b>								
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	10	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	15	77.87	0.05	0.00	0.00	7.08	20.48	1.11
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	40	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	30	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	25.00	1.25	0.25	0.00	160.00	4.00	0.00
<b>SY 21-22 Fast Takes W2D2 - ServingDate: 10/19/2021</b>								
Chicken Bacon and Ranch Wrap, 10-inch tortilla, USDA - OKR1856 (1 wrap)	15	400.76	19.76	4.17	0.00	662.67	31.25	21.64
Large Crispy Chicken Salad - OKR1461 (1 salad)	15	307.26	15.28	4.57	0.00	435.13	23.91	18.34
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	35	382.71	16.55	6.00	0.00	823.05	31.49	28.10

## Menu Calendar Nutrient Analysis Report - October, 2021

Site: Guthrie Junior High

Date: 10/01/2021 - 10/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 21-22 Fast Takes W2D2 - ServingDate: 10/19/2021</b>								
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	35	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	15	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Diced Bartlett Pears - SR1194 (1/2 c.)	15	59.31	0.08	0.00	0.00	4.75	15.35	0.40
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	20	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	30	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Garden Side Salad - SR1429 (1 c.)	30	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	25.00	1.25	0.25	0.00	160.00	4.00	0.00
<b>SY 21-22 Fast Takes W2D3 - ServingDate: 10/20/2021</b>								
Chicken Bacon and Ranch Wrap, 10-inch tortilla, USDA - OKR1856 (1 wrap)	15	400.76	19.76	4.17	0.00	662.67	31.25	21.64

## Menu Calendar Nutrient Analysis Report - October, 2021

Site: Guthrie Junior High  
Date: 10/01/2021 - 10/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 21-22 Fast Takes W2D3 - ServingDate: 10/20/2021</b>								
Large Crispy Chicken Salad - OKR1461 (1 salad)	15	307.26	15.28	4.57	0.00	435.13	23.91	18.34
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	35	382.71	16.55	6.00	0.00	823.05	31.49	28.10
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	35	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	15	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Unsweetened Applesauce - SR1195 (1/2 c.)	15	53.71	0.13	0.01	0.00	2.56	14.41	0.22
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	10	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	40	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	30	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	25.00	1.25	0.25	0.00	160.00	4.00	0.00

## Menu Calendar Nutrient Analysis Report - October, 2021

Site: Guthrie Junior High  
Date: 10/01/2021 - 10/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 21-22 Fast Takes W2D4 - ServingDate: 10/21/2021</b>								
Chicken Bacon and Ranch Wrap, 10-inch tortilla, USDA - OKR1856 (1 wrap)	15	400.76	19.76	4.17	0.00	662.67	31.25	21.64
Large Crispy Chicken Salad - OKR1461 (1 salad)	15	307.26	15.28	4.57	0.00	435.13	23.91	18.34
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	35	382.71	16.55	6.00	0.00	823.05	31.49	28.10
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	35	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	15	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Fruit Cocktail - SR1037 (1/2 c.)	15	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	10	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	40	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Garden Side Salad - SR1429 (1 c.)	30	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chocolate 1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (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 - October, 2021

Site: Guthrie Junior High  
Date: 10/01/2021 - 10/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 21-22 Fast Takes W2D4 - ServingDate: 10/21/2021</b>								
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	25.00	1.25	0.25	0.00	160.00	4.00	0.00
<b>SY 21-22 Fast Takes W2D5 - ServingDate: 10/22/2021</b>								
Large Crispy Chicken Salad - OKR1461 (1 salad)	20	307.26	15.28	4.57	0.00	435.13	23.91	18.34
Kidzable Protein Power - OKR1446 (1 portion)	30	383.87	15.68	5.98	0.00	646.78	42.08	17.47
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	25	382.71	16.55	6.00	0.00	823.05	31.49	28.10
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	25	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	20	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	15	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	10	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Celery Sticks - SR1014 (6 stick.)	30	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Caesar Side Salad - SR1428 (1 c.)	40	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00

## Menu Calendar Nutrient Analysis Report - October, 2021

Site: Guthrie Junior High  
Date: 10/01/2021 - 10/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 21-22 Fast Takes W2D5 - ServingDate: 10/22/2021</b>								
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	25.00	1.25	0.25	0.00	160.00	4.00	0.00
<b>SY 21-22 Fast Takes W3D1 - ServingDate: 10/25/2021</b>								
Chef Salad, USDA - OKR1839 (1 salad)	15	172.59	8.96	3.89	0.00	444.63	6.57	17.30
Crispy Chicken Wrap - SR2525 (1 wrap)	15	499.90	23.82	6.53	0.00	1086.65	51.58	20.60
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	35	382.71	16.55	6.00	0.00	823.05	31.49	28.10
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	35	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	15	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	10	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	15	77.87	0.05	0.00	0.00	7.08	20.48	1.11
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	40	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	30	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00



## Menu Calendar Nutrient Analysis Report - October, 2021

Site: Guthrie Junior High  
Date: 10/01/2021 - 10/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 21-22 Fast Takes W3D1 - ServingDate: 10/25/2021</b>								
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	25.00	1.25	0.25	0.00	160.00	4.00	0.00
<b>SY 21-22 Fast Takes W3D2 - ServingDate: 10/26/2021</b>								
Chef Salad, USDA - OKR1839 (1 salad)	15	172.59	8.96	3.89	0.00	444.63	6.57	17.30
Crispy Chicken Wrap - SR2525 (1 wrap)	15	499.90	23.82	6.53	0.00	1086.65	51.58	20.60
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	35	382.71	16.55	6.00	0.00	823.05	31.49	28.10
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	35	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	15	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Diced Bartlett Pears - SR1194 (1/2 c.)	15	59.31	0.08	0.00	0.00	4.75	15.35	0.40
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	10	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	40	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Garden Side Salad - SR1429 (1 c.)	30	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61

## Menu Calendar Nutrient Analysis Report - October, 2021

Site: Guthrie Junior High  
Date: 10/01/2021 - 10/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 21-22 Fast Takes W3D2 - ServingDate: 10/26/2021</b>								
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	25.00	1.25	0.25	0.00	160.00	4.00	0.00
<b>SY 21-22 Fast Takes W3D3 - ServingDate: 10/27/2021</b>								
Chef Salad, USDA - OKR1839 (1 salad)	15	172.59	8.96	3.89	0.00	444.63	6.57	17.30
Crispy Chicken Wrap - SR2525 (1 wrap)	15	499.90	23.82	6.53	0.00	1086.65	51.58	20.60
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	35	382.71	16.55	6.00	0.00	823.05	31.49	28.10
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	35	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	25	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Unsweetened Applesauce - SR1195 (1/2 c.)	15	53.71	0.13	0.01	0.00	2.56	14.41	0.22
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	10	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	40	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	30	169.83	15.80	3.27	0.00	325.07	5.61	2.95

## Menu Calendar Nutrient Analysis Report - October, 2021

Site: Guthrie Junior High  
Date: 10/01/2021 - 10/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 21-22 Fast Takes W3D3 - ServingDate: 10/27/2021</b>								
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	25.00	1.25	0.25	0.00	160.00	4.00	0.00
<b>SY 21-22 Fast Takes W3D4 - ServingDate: 10/28/2021</b>								
Chef Salad, USDA - OKR1839 (1 salad)	15	172.59	8.96	3.89	0.00	444.63	6.57	17.30
Crispy Chicken Wrap - SR2525 (1 wrap)	15	499.90	23.82	6.53	0.00	1086.65	51.58	20.60
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	35	382.71	16.55	6.00	0.00	823.05	31.49	28.10
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	35	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	15	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Fruit Cocktail - SR1037 (1/2 c.)	15	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	10	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	30	10.84	0.12	0.01	0.00	10.53	2.12	0.90

## Menu Calendar Nutrient Analysis Report - October, 2021

Site: Guthrie Junior High  
Date: 10/01/2021 - 10/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 21-22 Fast Takes W3D4 - ServingDate: 10/28/2021</b>								
Garden Side Salad - SR1429 (1 c.)	40	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	25.00	1.25	0.25	0.00	160.00	4.00	0.00
<b>SY 21-22 Fast Takes W3D5 - ServingDate: 10/29/2021</b>								
Chef Salad, USDA - OKR1839 (1 salad)	25	172.59	8.96	3.89	0.00	444.63	6.57	17.30
Kidzable Protein Power - OKR1446 (1 portion)	25	383.87	15.68	5.98	0.00	646.78	42.08	17.47
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	25	382.71	16.55	6.00	0.00	823.05	31.49	28.10
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	25	372.71	17.05	6.50	0.00	933.05	31.49	25.10
Twisted Breadstick - SR2142 (1 breadstick)	25	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	15	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	10	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00

# Menu Calendar Nutrient Analysis Report - October, 2021

Site: Guthrie Junior High  
Date: 10/01/2021 - 10/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 21-22 Fast Takes W3D5 - ServingDate: 10/29/2021</b>								
Celery Sticks - SR1014 (6 stick.)	40	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Caesar Side Salad - SR1428 (1 c.)	30	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	25.00	1.25	0.25	0.00	160.00	4.00	0.00

## Legend

(M) - Missing Nutrient Values

## Report Selections

Meal Type: Lunch

Site Group: Did You Know Café

Menu Line: DYK-Fast Takes (tier I)

Serving Group: 6-8

Nutrients Option: Expanded

Please be advised that our menu items may contain allergens or may have come in contact with items containing allergens. In addition, food manufacturers may change their formulation or manner of processing without our knowledge. Sodexo therefore cannot guarantee the accuracy of nutrition information. Ingredient and nutrition content of foods may vary due to changes in product formulation, recipe substitutions, portion size and other factors. The nutrition analyses provided are approximations only. Sodexo assumes no liability for any adverse reactions that may occur in the school cafeteria. We encourage all food allergic individuals to first inform the school nurse of allergy/intolerance and then work with our staff to plan a menu.