

Menu Calendar Nutrient Analysis Report - May, 2021

Site: Guthrie Junior High
 Date: 05/01/2021 - 05/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
RISE G6-8 Lunch Program W5D1 Expanded - ServingDate: 05/03/2021								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	0	300.18	11.01	6.00	0.00	490.29	30.02	19.01
Chicken Patty Sandwich - SR2645 (1 burger)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hummus Sandwich or Wrap - SR2672 (1 sandwich o)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Deli Turkey Sandwich or Wrap - SR2676 (1 sandwich o)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger - SR2660 (1 burger)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheese Pizza - SR2664 (1 slice)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pepperoni Pizza - SR2991 (1 slice)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	0	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Cheese Pizza - SR2081 (1 slice)	0	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Original Homemade Hummus - SR1412 (2/3 c.)	0	248.85	13.97	0.85	0.00	402.29	24.31	7.95
Pepperoni Pizza - SR2084 (1 slice)	0	431.59	18.92	8.09	0.00	544.49	43.00	20.46
American Cheese Slice - SR2821 (1/2 oz.)	0	55.00	4.50	2.50	0.00	135.00	1.00	2.50
Cheddar Cheese Slice - SR2132 (1/2 oz.)	0	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Hot & Spicy Chicken Patty - SR2137 (1 patty)	0	270.00	15.00	3.00	0.00	400.00	17.00	15.00
Sliced Deli Turkey - SR1532 (5 slice)	0	87.50	3.75	1.25	0.00	287.50	1.25	13.75
Hamburger Bun - OKR1351 (1 roll.)	0	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Oven Fired Flatbread - SR1534 (1 piece)	0	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Mini Sub Roll - SR1208 (1 roll (smal))	0	160.00	3.00	0.00	0.00	180.00	29.00	6.00

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RISE G6-8 Lunch Program WSD1 Expanded - ServingDate: 05/03/2021								
Flour Tortilla - SR1177 (1 tortilla)	0	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Unsweetened Applesauce - SR1195 (1/2 c.)	0	53.71	0.13	0.01	0.00	2.56	14.41	0.22
Unsweetened Applesauce - SR2848 (1 Container)	0	60.00	0.00	0.00	0.00	15.00	14.00	0.00
Mixed Fruit Cocktail - SR1037 (1/2 c.)	0	49.99	0.01	0.00	0.00	4.35	12.89	0.50
California Mixed Fruit Cup - SR2867 (1 Container)	0	51.59	0.02	0.00	0.00	6.03	12.45	0.35
Celery Sticks - SR2917 (1 package (3))	0	15.00	0.00	0.00	0.00	70.00	3.00	1.00
Petite Peel Baby Carrots - SR2905 (1 package (3))	0	35.00	0.00	0.00	0.00	50.00	8.00	1.00
Mixed Salad Greens - SR1080 (1/2 c.)	0	6.43	0.01	0.00	0.00	6.33	1.25	0.47
Celery Sticks - SR1014 (6 stick.)	0	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	0	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Baby Carrots - SR1016 (1/2 c.)	0	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR2540 (1 packet)	0	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Ketchup - SR2542 (1 packet)	0	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Mayonnaise - SR2543 (1 packet)	0	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Yellow Mustard PC - SR2517 (1 packet)	0	4.58	0.00	0.00	0.00	77.92	0.92	0.00
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	0	7.49	0.17	0.03	0.00	130.30	1.45	0.26

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RISE G6-8 Lunch Program W5D1 Expanded - ServingDate: 05/03/2021								
Diced Red Tomatoes - SR1012 (2 tbsp.)	0	4.43	0.05	0.01	0.00	1.23	0.96	0.22
RISE G6-8 Lunch Program W5D2 Expanded - ServingDate: 05/04/2021								
Cheeseburger - SR2646 (1 burger)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Patty Sandwich - SR2645 (1 burger)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Crispy Chicken Salad - SR2984 (1 salad)	0	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Deli Ham Sandwich or Wrap - SR2674 (1 sandwich o)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pizza Burger - OKR1785 (1 burger)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheese Pizza - SR2664 (1 slice)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pepperoni Pizza - SR2991 (1 slice)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	0	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Cheese Pizza - SR2081 (1 slice)	0	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Breaded Chicken Patty - SR2186 (1 patty)	0	240.00	14.00	2.50	0.00	440.00	16.00	14.00
Pepperoni Pizza - SR2084 (1 slice)	0	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Popcorn Chicken - SR1413 (12 piece)	0	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Sliced Turkey Ham - SR1287 (3 slice)	0	52.50	2.63	0.75	0.00	240.00	0.00	6.75
Shredded Cheddar Cheese - SR1537 (1/2 oz.)	0	55.00	4.50	2.50	0.00	90.00	0.00	3.00
Shredded Mozzarella Cheese - SR1989 (1/2 oz.)	0	40.50	2.53	1.52	0.00	91.12	1.01	3.04
American Cheese Slice - SR2821 (1/2 oz.)	0	55.00	4.50	2.50	0.00	135.00	1.00	2.50

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RISE G6-8 Lunch Program WSD2 Expanded - ServingDate: 05/04/2021								
Cheddar Cheese Slice - SR2132 (1/2 oz.)	0	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Hamburger Bun - OKR1351 (1 roll.)	0	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Dinner Roll - SR1009 (1 roll.)	0	160.00	3.00	0.00	0.00	135.00	29.00	7.00
Mini Sub Roll - SR1208 (1 roll (smal))	0	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Fresh Apple Slices - SR2546 (1 pkg.)	0	30.00	0.00	0.00	0.00	0.00	7.00	0.00
Small Apples - OKR1780 (1 small (2- 3))	0	77.48	0.25	0.04	0.00	1.49	20.58	0.39
100% Grape Juice - SR1607 (4 fl oz cup)	0	80.00	0.00	0.00	0.00	10.00	19.00	0.00
Mixed Salad Greens - SR1080 (1/2 c.)	0	6.43	0.01	0.00	0.00	6.33	1.25	0.47
Chilled Peas - SR2483 (1/2 c.)	0	72.76	0.38	0.06	0.00	102.06	12.87	4.93
Red Tomato Wedges - SR1974 (1/4 c.)	0	7.69	0.09	0.01	0.00	2.14	1.66	0.38
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR2540 (1 packet)	0	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Ketchup - SR2542 (1 packet)	0	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Mayonnaise - SR2543 (1 packet)	0	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Mini Side Salad - SR2953 (1 salad)	0	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Yellow Mustard PC - SR2517 (1 packet)	0	4.58	0.00	0.00	0.00	77.92	0.92	0.00
Sliced Pepperoni - SR1800 (3 slice)	0	23.69	2.19	0.82	0.00	78.37	0.00	1.09
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	0	7.49	0.17	0.03	0.00	130.30	1.45	0.26

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RISE G6-8 Lunch Program WSD3 Expanded - ServingDate: 05/05/2021								
Chicken Caesar Wrap - SR2951 (1 wrap)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Patty Sandwich - SR2645 (1 burger)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Teriyaki Rice Bowl - SR2998 (1 bowl)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Deli Turkey Sandwich or Wrap - SR2676 (1 sandwich o)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger - SR2660 (1 burger)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheese Pizza - SR2664 (1 slice)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pepperoni Pizza - SR2991 (1 slice)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	0	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Cheese Pizza - SR2081 (1 slice)	0	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Breaded Chicken Patty - SR2186 (1 patty)	0	240.00	14.00	2.50	0.00	440.00	16.00	14.00
Diced Chicken - SR2854 (1/4 c.)	0	48.00	1.33	0.00	0.00	37.33	0.00	8.00
Pepperoni Pizza - SR2084 (1 slice)	0	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Popcorn Chicken - SR1413 (12 piece)	0	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Sliced Deli Turkey - SR1532 (5 slice)	0	87.50	3.75	1.25	0.00	287.50	1.25	13.75
American Cheese Slice - SR2821 (1/2 oz.)	0	55.00	4.50	2.50	0.00	135.00	1.00	2.50
Cheddar Cheese Slice - SR2132 (1/2 oz.)	0	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Hamburger Bun - OKR1351 (1 roll.)	0	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Steamed Rice - SR2109 (1/2 c.)	0	137.87	0.81	0.00	0.00	2.39	30.01	3.24
Mini Sub Roll - SR1208 (1 roll (smal)	0	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Flour Tortilla - SR1177 (1 tortilla)	0	180.00	4.50	1.50	0.00	250.00	29.00	5.00

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RISE G6-8 Lunch Program WSD3 Expanded - ServingDate: 05/05/2021								
Mixed Fruit Cocktail - SR1037 (1/2 c.)	0	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Fresh Oranges - SR1171 (1 small (2-3))	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Petite Peel Baby Carrots - SR2905 (1 package (3))	0	35.00	0.00	0.00	0.00	50.00	8.00	1.00
Romaine Lettuce - SR2868 (1 c.)	0	9.64	0.17	0.02	0.00	4.54	1.33	0.70
Cucumber Coins - SR1013 (1/2 c.)	0	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Baby Carrots - SR1016 (1/2 c.)	0	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (1 tbsp.)	0	65.00	7.00	1.25	0.00	105.00	0.50	0.50
Creamy Caesar Dressing - SR2545 (1 packet)	0	230.00	25.00	4.00	0.00	490.00	1.00	1.00
Ranch Dressing - SR2540 (1 packet)	0	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	0	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Ketchup - SR2542 (1 packet)	0	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Mayonnaise - SR2543 (1 packet)	0	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Mini Side Salad - SR2953 (1 salad)	0	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Yellow Mustard PC - SR2517 (1 packet)	0	4.58	0.00	0.00	0.00	77.92	0.92	0.00
Teriyaki Sauce - SR2025 (1 tbsp.)	0	45.00	0.00	0.00	0.00	145.00	11.00	0.50

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RISE G6-8 Lunch Program W5D4 Expanded - ServingDate: 05/06/2021								
American-style Deli Combo Sandwich or Wrap - SR2863 (1 sandwich o)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheeseburger - SR2646 (1 burger)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Patty Sandwich - SR2645 (1 burger)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Popcorn Chicken - SR1413 (12 piece)	0	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Protein Power-up Box - SR2955 (1 Box)	0	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Cheese Pizza - SR2664 (1 slice)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pepperoni Pizza - SR2991 (1 slice)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
American-style Meat Combination - SR2138 (5 slice)	0	85.85	3.92	1.23	0.00	324.52	0.76	12.55
Hamburger Patty - SR1652 (1 patty)	0	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Cheese Pizza - SR2081 (1 slice)	0	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Breaded Chicken Patty - SR2186 (1 patty)	0	240.00	14.00	2.50	0.00	440.00	16.00	14.00
Hard Boiled Eggs - SR1837 (1 egg)	0	77.50	5.30	1.64	0.00	62.00	0.55	6.29
Pepperoni Pizza - SR2084 (1 slice)	0	431.59	18.92	8.09	0.00	544.49	43.00	20.46
American Cheese Slice - SR2821 (1/2 oz.)	0	55.00	4.50	2.50	0.00	135.00	1.00	2.50
Cheddar Cheese Slice - SR2132 (1/2 oz.)	0	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Sunbutter - SR2420 (1/4 c.)	0	400.00	34.00	4.00	0.00	260.00	14.00	14.00
Hamburger Bun - OKR1351 (1 roll.)	0	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Original Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Dinner Roll - SR1009 (1 roll.)	0	160.00	3.00	0.00	0.00	135.00	29.00	7.00

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RISE G6-8 Lunch Program WSD4 Expanded - ServingDate: 05/06/2021								
Mini Sub Roll - SR1208 (1 roll (smal))	0	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Diced Peaches - SR1196 (1/2 c.)	0	77.87	0.05	0.00	0.00	7.08	20.48	1.11
Diced Peach Cups - OKR1792 (1 Container)	0	50.64	0.02	0.00	0.00	6.12	11.93	0.42
Fresh Broccoli Florets - SR1027 (1/2 c.)	0	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Broccoli Florets - SR2904 (2 oz.)	0	16.67	0.00	0.00	0.00	16.67	2.67	2.00
Cucumber Coins - SR1013 (1/2 c.)	0	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Italian Roasted Chickpeas - SR2583 (1/2 c.)	0	145.65	2.86	0.06	0.00	267.06	22.57	7.48
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR2540 (1 packet)	0	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Ketchup - SR2542 (1 packet)	0	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Mayonnaise - SR2543 (1 packet)	0	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Yellow Mustard PC - SR2517 (1 packet)	0	4.58	0.00	0.00	0.00	77.92	0.92	0.00
RISE G6-8 Lunch Program WSD5 Expanded - ServingDate: 05/07/2021								
Chef Salad - SR2681 (1 salad)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Patty Sandwich - SR2645 (1 burger)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Deli Turkey Sandwich or Wrap - SR2676 (1 sandwich o)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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RISE G6-8 Lunch Program WSD5 Expanded - ServingDate: 05/07/2021								
Hamburger - SR2660 (1 burger)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Turkey Greek Salad - SR2988 (1 salad)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheese Pizza - SR2664 (1 slice)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pepperoni Pizza - SR2991 (1 slice)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
American-style Meat Combination - SR2138 (5 slice)	0	85.85	3.92	1.23	0.00	324.52	0.76	12.55
Hamburger Patty - SR1652 (1 patty)	0	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Cheese Pizza - SR2081 (1 slice)	0	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Breaded Chicken Patty - SR2186 (1 patty)	0	240.00	14.00	2.50	0.00	440.00	16.00	14.00
Pepperoni Pizza - SR2084 (1 slice)	0	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Sliced Deli Turkey - SR2144 (5 slice)	0	87.50	3.75	1.25	0.00	287.50	1.25	13.75
Sliced Deli Turkey - SR1532 (5 slice)	0	87.50	3.75	1.25	0.00	287.50	1.25	13.75
Shredded Cheddar Cheese - SR1537 (1/2 oz.)	0	55.00	4.50	2.50	0.00	90.00	0.00	3.00
Cheddar Cheese Slice - SR2132 (1/2 oz.)	0	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Hot & Spicy Chicken Patty - SR2137 (1 patty)	0	270.00	15.00	3.00	0.00	400.00	17.00	15.00
Hard Boiled Eggs - SR1837 (1 egg)	0	77.50	5.30	1.64	0.00	62.00	0.55	6.29
Hamburger Bun - OKR1351 (1 roll.)	0	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Oven Fired Flatbread - SR3003 (1 piece)	0	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Mini Sub Roll - SR1208 (1 roll (smal))	0	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Diced Bartlett Pears - SR1194 (1/2 c.)	0	49.27	0.07	0.00	0.00	3.94	12.75	0.34

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Site: Guthrie Junior High
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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
RISE G6-8 Lunch Program WSD5 Expanded - ServingDate: 05/07/2021								
Diced Pears - SR2866 (1 Container)	0	54.44	0.02	0.00	0.00	4.54	12.94	0.27
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Celery Sticks - SR2917 (1 package (3))	0	15.00	0.00	0.00	0.00	70.00	3.00	1.00
Petite Peel Baby Carrots - SR2905 (1 package (3))	0	35.00	0.00	0.00	0.00	50.00	8.00	1.00
Romaine Lettuce - SR2868 (1 c.)	0	9.64	0.17	0.02	0.00	4.54	1.33	0.70
Mixed Salad Greens - SR1080 (1/2 c.)	0	6.43	0.01	0.00	0.00	6.33	1.25	0.47
Celery Sticks - SR1014 (6 stick.)	0	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	0	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Baby Carrots - SR1016 (1/2 c.)	0	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Red Tomato Wedges - SR1974 (1/4 c.)	0	7.69	0.09	0.01	0.00	2.14	1.66	0.38
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR2540 (1 packet)	0	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Golden Italian Dressing - SR2578 (1 packet)	0	30.00	3.00	0.00	0.00	130.00	0.00	0.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	0	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Ketchup - SR2542 (1 packet)	0	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Mayonnaise - SR2543 (1 packet)	0	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Yellow Mustard PC - SR2517 (1 packet)	0	4.58	0.00	0.00	0.00	77.92	0.92	0.00

Menu Calendar Nutrient Analysis Report - May, 2021

Site: Guthrie Junior High
 Date: 05/01/2021 - 05/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
RISE G6-8 Lunch Program W1D1 Expanded - ServingDate: 05/10/2021								
Buffalo Chicken Sandwich or Wrap - SR2982 (1 sandwich o)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chef Salad - SR2681 (1 salad)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Patty Sandwich - SR2645 (1 burger)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Deli Turkey Sandwich or Wrap - SR2676 (1 sandwich o)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger - SR2660 (1 burger)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheese Pizza - SR2664 (1 slice)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pepperoni Pizza - SR2991 (1 slice)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
American-style Meat Combination - SR2138 (5 slice)	0	85.85	3.92	1.23	0.00	324.52	0.76	12.55
Hamburger Patty - SR1652 (1 patty)	0	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Cheese Pizza - SR2081 (1 slice)	0	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Pepperoni Pizza - SR2084 (1 slice)	0	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Popcorn Chicken - SR1413 (12 piece)	0	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Sliced Deli Turkey - SR1532 (5 slice)	0	87.50	3.75	1.25	0.00	287.50	1.25	13.75
Shredded Cheddar Cheese - SR1537 (1/2 oz.)	0	55.00	4.50	2.50	0.00	90.00	0.00	3.00
American Cheese Slice - SR2821 (1/2 oz.)	0	55.00	4.50	2.50	0.00	135.00	1.00	2.50
Cheddar Cheese Slice - SR2132 (1/2 oz.)	0	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Hot & Spicy Chicken Patty - SR2137 (1 patty)	0	270.00	15.00	3.00	0.00	400.00	17.00	15.00
Hard Boiled Eggs - SR1837 (1 egg)	0	77.50	5.30	1.64	0.00	62.00	0.55	6.29
Hamburger Bun - OKR1351 (1 roll.)	0	160.00	2.00	0.00	0.00	270.00	31.00	6.00

Menu Calendar Nutrient Analysis Report - May, 2021

Site: Guthrie Junior High
Date: 05/01/2021 - 05/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
RISE G6-8 Lunch Program W1D1 Expanded - ServingDate: 05/10/2021								
Mini Sub Roll - SR1208 (1 roll (smal))	0	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Twisted Breadstick - SR2142 (1 breadstick)	0	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Fresh Apple Slices - SR2546 (1 pkg.)	0	30.00	0.00	0.00	0.00	0.00	7.00	0.00
Small Apples - OKR1780 (1 small (2- 3))	0	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Diced Bartlett Pears - SR1194 (1/2 c.)	0	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Diced Pears - SR2866 (1 Container)	0	54.44	0.02	0.00	0.00	4.54	12.94	0.27
Celery Sticks - SR2917 (1 package (3))	0	15.00	0.00	0.00	0.00	70.00	3.00	1.00
Mixed Salad Greens - SR1080 (1/2 c.)	0	6.43	0.01	0.00	0.00	6.33	1.25	0.47
Celery Sticks - SR1014 (6 stick.)	0	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	0	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Red Tomato Wedges - SR1974 (1/4 c.)	0	7.69	0.09	0.01	0.00	2.14	1.66	0.38
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR2540 (1 packet)	0	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Ketchup - SR2542 (1 packet)	0	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Mayonnaise - SR2543 (1 packet)	0	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Mini Side Salad - SR2953 (1 salad)	0	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Yellow Mustard PC - SR2517 (1 packet)	0	4.58	0.00	0.00	0.00	77.92	0.92	0.00
Buffalo Sauce - SR2613 (1 tbsp.)	0	3.39	0.09	0.02	0.00	626.53	0.48	0.17

Menu Calendar Nutrient Analysis Report - May, 2021

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Date: 05/01/2021 - 05/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
RISE G6-8 Lunch Program W1D2 Expanded - ServingDate: 05/11/2021								
Cheeseburger - SR2646 (1 burger)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Caesar Salad - SR2679 (1 salad)	0	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Chicken Patty Sandwich - SR2645 (1 burger)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Deli Ham Sandwich or Wrap - SR2674 (1 sandwich o)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mac & Cheese - SR2993 (1 serving)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheese Pizza - SR2664 (1 slice)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pepperoni Pizza - SR2991 (1 slice)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	0	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Cheese Pizza - SR2081 (1 slice)	0	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Cheddar Cheese Sauce - SR1293 (1/4 c.)	0	110.40	8.18	4.70	0.00	421.15	2.04	7.16
Breaded Chicken Patty - SR2186 (1 patty)	0	240.00	14.00	2.50	0.00	440.00	16.00	14.00
Diced Chicken - SR2854 (1/4 c.)	0	48.00	1.33	0.00	0.00	37.33	0.00	8.00
Pepperoni Pizza - SR2084 (1 slice)	0	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Sliced Turkey Ham - SR1287 (3 slice)	0	52.50	2.63	0.75	0.00	240.00	0.00	6.75
American Cheese Slice - SR2821 (1/2 oz.)	0	55.00	4.50	2.50	0.00	135.00	1.00	2.50
Cheddar Cheese Slice - SR2132 (1/2 oz.)	0	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Hamburger Bun - OKR1351 (1 roll.)	0	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Elbow Macaroni Pasta - SR2106 (1/2 c.)	0	128.89	1.64	0.07	0.00	183.07	25.20	4.20
Mini Sub Roll - SR1208 (1 roll (smal)	0	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Twisted Breadstick - SR2142 (1 breadstick)	0	172.73	3.27	0.09	0.00	190.34	28.41	6.09

Menu Calendar Nutrient Analysis Report - May, 2021

Site: Guthrie Junior High
Date: 05/01/2021 - 05/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
RISE G6-8 Lunch Program W1D2 Expanded - ServingDate: 05/11/2021								
Diced Peaches - SR1196 (1/2 c.)	0	77.87	0.05	0.00	0.00	7.08	20.48	1.11
Diced Peach Cups - OKR1792 (1 Container)	0	50.64	0.02	0.00	0.00	6.12	11.93	0.42
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Petite Peel Baby Carrots - SR2905 (1 package (3)	0	35.00	0.00	0.00	0.00	50.00	8.00	1.00
Romaine Lettuce - SR2868 (1 c.)	0	9.64	0.17	0.02	0.00	4.54	1.33	0.70
Baby Carrots - SR1016 (1/2 c.)	0	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Red Tomato Wedges - SR1974 (1/4 c.)	0	7.69	0.09	0.01	0.00	2.14	1.66	0.38
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (1 tbsp.)	0	65.00	7.00	1.25	0.00	105.00	0.50	0.50
Creamy Caesar Dressing - SR2545 (1 packet)	0	230.00	25.00	4.00	0.00	490.00	1.00	1.00
Ranch Dressing - SR2540 (1 packet)	0	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	0	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Homestyle Herb Seasoned Croutons - SR2593 (2 tbsp.)	0	30.38	1.01	0.00	0.00	86.06	5.06	1.01
Ketchup - SR2542 (1 packet)	0	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Mayonnaise - SR2543 (1 packet)	0	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Mini Side Salad - SR2953 (1 salad)	0	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Yellow Mustard PC - SR2517 (1 packet)	0	4.58	0.00	0.00	0.00	77.92	0.92	0.00

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Date: 05/01/2021 - 05/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
RISE G6-8 Lunch Program W1D3 Expanded - ServingDate: 05/12/2021								
Chicken Patty Sandwich - SR2645 (1 burger)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Garden Salad - SR2685 (1 salad)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger - SR2660 (1 burger)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mini-Bento Box - SR2827 (1 Box)	0	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Popcorn Chicken - SR1413 (12 piece)	0	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Cheese Pizza - SR2664 (1 slice)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pepperoni Pizza - SR2991 (1 slice)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
American-style Meat Combination - SR2138 (5 slice)	0	85.85	3.92	1.23	0.00	324.52	0.76	12.55
Hamburger Patty - SR1652 (1 patty)	0	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Cheese Pizza - SR2081 (1 slice)	0	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Breaded Chicken Patty - SR2186 (1 patty)	0	240.00	14.00	2.50	0.00	440.00	16.00	14.00
Hard Boiled Eggs - SR1837 (1 egg)	0	77.50	5.30	1.64	0.00	62.00	0.55	6.29
Pepperoni Pizza - SR2084 (1 slice)	0	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Shredded Cheddar Cheese - SR1537 (1/2 oz.)	0	55.00	4.50	2.50	0.00	90.00	0.00	3.00
Shredded Mozzarella Cheese - SR1989 (1/2 oz.)	0	40.50	2.53	1.52	0.00	91.12	1.01	3.04
American Cheese Slice - SR2821 (1/2 oz.)	0	55.00	4.50	2.50	0.00	135.00	1.00	2.50
Cheddar Cheese Slice - SR2132 (1/2 oz.)	0	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Hamburger Bun - OKR1351 (1 roll.)	0	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Oven Fired Flatbread - SR3003 (1 piece)	0	180.00	5.00	1.00	0.00	330.00	28.00	6.00

Menu Calendar Nutrient Analysis Report - May, 2021

Site: Guthrie Junior High
Date: 05/01/2021 - 05/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
RISE G6-8 Lunch Program W1D3 Expanded - ServingDate: 05/12/2021								
Oven Fired Flatbread - SR1534 (1 piece)	0	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Mixed Fruit Cocktail - SR1037 (1/2 c.)	0	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Fresh Oranges - SR1171 (1 small (2-3))	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Broccoli Florets - SR1027 (1/2 c.)	0	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Broccoli Florets - SR2904 (2 oz.)	0	16.67	0.00	0.00	0.00	16.67	2.67	2.00
Mixed Salad Greens - SR1080 (1/2 c.)	0	6.43	0.01	0.00	0.00	6.33	1.25	0.47
Cucumber Coins - SR1013 (1/2 c.)	0	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Chilled Peas - SR2483 (1/2 c.)	0	72.76	0.38	0.06	0.00	102.06	12.87	4.93
Red Tomato Wedges - SR1974 (1/4 c.)	0	7.69	0.09	0.01	0.00	2.14	1.66	0.38
Chocolate 1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR2540 (1 packet)	0	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Golden Italian Dressing - SR2578 (1 packet)	0	30.00	3.00	0.00	0.00	130.00	0.00	0.00
Ketchup - SR2542 (1 packet)	0	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Yellow Mustard PC - SR2517 (1 packet)	0	4.58	0.00	0.00	0.00	77.92	0.92	0.00
RISE G6-8 Lunch Program W1D4 Expanded - ServingDate: 05/13/2021								
Beefy Macaroni - SR2994 (1 bowl)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheeseburger - SR2646 (1 burger)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - May, 2021

Site: Guthrie Junior High
Date: 05/01/2021 - 05/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
RISE G6-8 Lunch Program W1D4 Expanded - ServingDate: 05/13/2021								
Chicken Patty Sandwich - SR2645 (1 burger)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fruit & Yo To Go Box - SR2956 (1 Box)	0	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Mini-Bento Box - SR2827 (1 Box)	0	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Cheese Pizza - SR2664 (1 slice)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pepperoni Pizza - SR2991 (1 slice)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	0	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Cheese Pizza - SR2081 (1 slice)	0	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Breaded Chicken Patty - SR2186 (1 patty)	0	240.00	14.00	2.50	0.00	440.00	16.00	14.00
Beef Bolognese - SR1197 (2/3 c.)	0	185.13	8.03	3.33	0.01	630.03	13.19	13.76
Pepperoni Pizza - SR2084 (1 slice)	0	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Vanilla Yogurt - SR2612 (1/2 c.)	0	112.50	0.75	0.38	0.00	60.00	23.25	3.75
Shredded Mozzarella Cheese - SR1989 (1/2 oz.)	0	40.50	2.53	1.52	0.00	91.12	1.01	3.04
American Cheese Slice - SR2821 (1/2 oz.)	0	55.00	4.50	2.50	0.00	135.00	1.00	2.50
Cheddar Cheese Slice - SR2132 (1/2 oz.)	0	55.69	4.56	2.53	0.00	91.12	0.00	3.04
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Hamburger Bun - OKR1351 (1 roll.)	0	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Breadstick - SR1044 (1 breadstick)	0	80.00	1.00	0.00	0.00	95.00	14.00	3.00
Original Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Elbow Macaroni Pasta - SR2106 (1/2 c.)	0	128.89	1.64	0.07	0.00	183.07	25.20	4.20
Oven Fired Flatbread - SR1534 (1 piece)	0	180.00	5.00	1.00	0.00	330.00	28.00	6.00

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Date: 05/01/2021 - 05/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
RISE G6-8 Lunch Program W1D4 Expanded - ServingDate: 05/13/2021								
Mini Sub Roll - SR1208 (1 roll (smal))	0	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Blueberries - SR2219 (1/2 c.)	0	39.41	0.00	0.00	0.00	0.98	8.87	0.00
Petite Peel Baby Carrots - SR2905 (1 package (3))	0	35.00	0.00	0.00	0.00	50.00	8.00	1.00
Baby Carrots - SR1016 (1/2 c.)	0	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Italian Roasted Chickpeas - SR2583 (1/2 c.)	0	145.65	2.86	0.06	0.00	267.06	22.57	7.48
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR2540 (1 packet)	0	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Ketchup - SR2542 (1 packet)	0	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Mayonnaise - SR2543 (1 packet)	0	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Yellow Mustard PC - SR2517 (1 packet)	0	4.58	0.00	0.00	0.00	77.92	0.92	0.00
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	0	7.49	0.17	0.03	0.00	130.30	1.45	0.26
RISE G6-8 Lunch Program W1D5 Expanded - ServingDate: 05/14/2021								
Chicken & Waffles Stacker - SR2995 (1 serving)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Caesar Wrap - SR2951 (1 wrap)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Patty Sandwich - SR2645 (1 burger)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - May, 2021

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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)
RISE G6-8 Lunch Program W1D5 Expanded - ServingDate: 05/14/2021								
Fruit & Yo To Go Box - SR2956 (1 Box)	0	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Hamburger - SR2660 (1 burger)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheese Pizza - SR2664 (1 slice)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pepperoni Pizza - SR2991 (1 slice)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	0	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Cheese Pizza - SR2081 (1 slice)	0	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Crispy Chicken Nuggets - SR1367 (5 nugget)	0	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Diced Chicken - SR2854 (1/4 c.)	0	48.00	1.33	0.00	0.00	37.33	0.00	8.00
Pepperoni Pizza - SR2084 (1 slice)	0	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Sliced Deli Turkey - SR1532 (5 slice)	0	87.50	3.75	1.25	0.00	287.50	1.25	13.75
American Cheese Slice - SR2821 (1/2 oz.)	0	55.00	4.50	2.50	0.00	135.00	1.00	2.50
Cheddar Cheese Slice - SR2132 (1/2 oz.)	0	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Hot & Spicy Chicken Patty - SR2137 (1 patty)	0	270.00	15.00	3.00	0.00	400.00	17.00	15.00
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Vanilla Yogurt - SR2612 (1/2 c.)	0	112.50	0.75	0.38	0.00	60.00	23.25	3.75
Hamburger Bun - OKR1351 (1 roll.)	0	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Original Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Mini Sub Roll - SR1208 (1 roll (smal))	0	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Flour Tortilla - SR1177 (1 tortilla)	0	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Toasted Waffle - SR1038 (1 waffle)	0	105.00	3.50	0.50	0.00	175.00	16.50	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)
RISE G6-8 Lunch Program W1D5 Expanded - ServingDate: 05/14/2021								
Blueberries - SR2219 (1/2 c.)	0	39.41	0.00	0.00	0.00	0.98	8.87	0.00
Mixed Fruit Cocktail - SR1037 (1/2 c.)	0	49.99	0.01	0.00	0.00	4.35	12.89	0.50
California Mixed Fruit Cup - SR2867 (1 Container)	0	51.59	0.02	0.00	0.00	6.03	12.45	0.35
100% Grape Juice - SR1607 (4 fl oz cup)	0	80.00	0.00	0.00	0.00	10.00	19.00	0.00
Romaine Lettuce - SR2868 (1 c.)	0	9.64	0.17	0.02	0.00	4.54	1.33	0.70
Cucumber Coins - SR1013 (1/2 c.)	0	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Red Tomato Wedges - SR1974 (1/4 c.)	0	7.69	0.09	0.01	0.00	2.14	1.66	0.38
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (1 tbsp.)	0	65.00	7.00	1.25	0.00	105.00	0.50	0.50
Creamy Caesar Dressing - SR2545 (1 packet)	0	230.00	25.00	4.00	0.00	490.00	1.00	1.00
Ranch Dressing - SR2540 (1 packet)	0	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	0	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Ketchup - SR2542 (1 packet)	0	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Mayonnaise - SR2543 (1 packet)	0	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Mini Side Salad - SR2953 (1 salad)	0	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Yellow Mustard PC - SR2517 (1 packet)	0	4.58	0.00	0.00	0.00	77.92	0.92	0.00
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	0	105.00	0.00	0.00	0.00	47.50	26.00	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)
RISE G6-8 Lunch Program W2D1 Expanded - ServingDate: 05/17/2021								
Cheeseburger - SR2646 (1 burger)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Caesar Wrap - SR2951 (1 wrap)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Patty Sandwich - SR2645 (1 burger)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Deli Ham Sandwich or Wrap - SR2674 (1 sandwich o)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sweet & Sour Chicken Rice Bowl - SR2758 (1 bowl)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheese Pizza - SR2664 (1 slice)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pepperoni Pizza - SR2991 (1 slice)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	0	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Cheese Pizza - SR2081 (1 slice)	0	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Diced Chicken - SR2854 (1/4 c.)	0	48.00	1.33	0.00	0.00	37.33	0.00	8.00
Pepperoni Pizza - SR2084 (1 slice)	0	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Popcorn Chicken - SR1413 (12 piece)	0	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Sliced Turkey Ham - SR1287 (3 slice)	0	52.50	2.63	0.75	0.00	240.00	0.00	6.75
American Cheese Slice - SR2821 (1/2 oz.)	0	55.00	4.50	2.50	0.00	135.00	1.00	2.50
Cheddar Cheese Slice - SR2132 (1/2 oz.)	0	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Hot & Spicy Chicken Patty - SR2137 (1 patty)	0	270.00	15.00	3.00	0.00	400.00	17.00	15.00
Hamburger Bun - OKR1351 (1 roll.)	0	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Steamed Rice - SR2109 (1/2 c.)	0	137.87	0.81	0.00	0.00	2.39	30.01	3.24
Mini Sub Roll - SR1208 (1 roll (smal))	0	160.00	3.00	0.00	0.00	180.00	29.00	6.00

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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)
RISE G6-8 Lunch Program W2D1 Expanded - ServingDate: 05/17/2021								
Flour Tortilla - SR1177 (1 tortilla)	0	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Diced Bartlett Pears - SR1194 (1/2 c.)	0	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Diced Pears - SR2866 (1 Container)	0	54.44	0.02	0.00	0.00	4.54	12.94	0.27
100% Grape Juice - SR1607 (4 fl oz cup)	0	80.00	0.00	0.00	0.00	10.00	19.00	0.00
Petite Peel Baby Carrots - SR2905 (1 package (3))	0	35.00	0.00	0.00	0.00	50.00	8.00	1.00
Romaine Lettuce - SR2868 (1 c.)	0	9.64	0.17	0.02	0.00	4.54	1.33	0.70
Baby Carrots - SR1016 (1/2 c.)	0	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Red Tomato Wedges - SR1974 (1/4 c.)	0	7.69	0.09	0.01	0.00	2.14	1.66	0.38
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (1 tbsp.)	0	65.00	7.00	1.25	0.00	105.00	0.50	0.50
Creamy Caesar Dressing - SR2545 (1 packet)	0	230.00	25.00	4.00	0.00	490.00	1.00	1.00
Ranch Dressing - SR2540 (1 packet)	0	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	0	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Ketchup - SR2542 (1 packet)	0	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Mayonnaise - SR2543 (1 packet)	0	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Mini Side Salad - SR2953 (1 salad)	0	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Yellow Mustard PC - SR2517 (1 packet)	0	4.58	0.00	0.00	0.00	77.92	0.92	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)
RISE G6-8 Lunch Program W2D1 Expanded - ServingDate: 05/17/2021								
Sweet and Sour Sauce - SR2022 (1 tbsp.)	0	35.00	0.00	0.00	0.00	37.50	9.00	0.00
RISE G6-8 Lunch Program W2D2 Expanded - ServingDate: 05/18/2021								
Chef Salad - SR2681 (1 salad)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Crispy Chicken Nuggets - SR1367 (5 nugget)	0	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Chicken Patty Sandwich - SR2645 (1 burger)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger - SR2660 (1 burger)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Protein Power-up Box - SR2955 (1 Box)	0	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Cheese Pizza - SR2664 (1 slice)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pepperoni Pizza - SR2991 (1 slice)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
American-style Meat Combination - SR2138 (5 slice)	0	85.85	3.92	1.23	0.00	324.52	0.76	12.55
Hamburger Patty - SR1652 (1 patty)	0	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Cheese Pizza - SR2081 (1 slice)	0	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Breaded Chicken Patty - SR2186 (1 patty)	0	240.00	14.00	2.50	0.00	440.00	16.00	14.00
Pepperoni Pizza - SR2084 (1 slice)	0	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Sunbutter - SR2420 (1/4 c.)	0	400.00	34.00	4.00	0.00	260.00	14.00	14.00
Shredded Cheddar Cheese - SR1537 (1/2 oz.)	0	55.00	4.50	2.50	0.00	90.00	0.00	3.00
Hard Boiled Eggs - SR1837 (1 egg)	0	77.50	5.30	1.64	0.00	62.00	0.55	6.29
Hamburger Bun - OKR1351 (1 roll.)	0	160.00	2.00	0.00	0.00	270.00	31.00	6.00

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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)
RISE G6-8 Lunch Program W2D2 Expanded - ServingDate: 05/18/2021								
Original Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Oven Fired Flatbread - SR3003 (1 piece)	0	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Unsweetened Applesauce - SR1195 (1/2 c.)	0	53.71	0.13	0.01	0.00	2.56	14.41	0.22
Unsweetened Applesauce - SR2848 (1 Container)	0	60.00	0.00	0.00	0.00	15.00	14.00	0.00
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Salad Greens - SR1080 (1/2 c.)	0	6.43	0.01	0.00	0.00	6.33	1.25	0.47
Cucumber Coins - SR1013 (1/2 c.)	0	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Red Tomato Wedges - SR1974 (1/4 c.)	0	7.69	0.09	0.01	0.00	2.14	1.66	0.38
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR2540 (1 packet)	0	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Ketchup - SR2542 (1 packet)	0	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Mini Side Salad - SR2953 (1 salad)	0	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Yellow Mustard PC - SR2517 (1 packet)	0	4.58	0.00	0.00	0.00	77.92	0.92	0.00
RISE G6-8 Lunch Program W2D3 Expanded - ServingDate: 05/19/2021								
Buffalo Chicken Sandwich or Wrap - SR2982 (1 sandwich o)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheeseburger - SR2646 (1 burger)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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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)
RISE G6-8 Lunch Program W2D3 Expanded - ServingDate: 05/19/2021								
Chicken Patty Sandwich - SR2645 (1 burger)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Deli Ham Sandwich or Wrap - SR2674 (1 sandwich o)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Teriyaki Rice Bowl - SR2998 (1 bowl)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheese Pizza - SR2664 (1 slice)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pepperoni Pizza - SR2991 (1 slice)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	0	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Cheese Pizza - SR2081 (1 slice)	0	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Breaded Chicken Patty - SR2186 (1 patty)	0	240.00	14.00	2.50	0.00	440.00	16.00	14.00
Pepperoni Pizza - SR2084 (1 slice)	0	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Popcorn Chicken - SR1413 (12 piece)	0	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Teriyaki Beef Dippers - SR1714 (4 piece)	0	150.00	8.00	3.50	0.00	419.99	6.00	12.00
Sliced Turkey Ham - SR1287 (3 slice)	0	52.50	2.63	0.75	0.00	240.00	0.00	6.75
American Cheese Slice - SR2821 (1/2 oz.)	0	55.00	4.50	2.50	0.00	135.00	1.00	2.50
Cheddar Cheese Slice - SR2132 (1/2 oz.)	0	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Hamburger Bun - OKR1351 (1 roll.)	0	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Steamed Rice - SR2109 (1/2 c.)	0	137.87	0.81	0.00	0.00	2.39	30.01	3.24
Mini Sub Roll - SR1208 (1 roll (smal))	0	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Fresh Apple Slices - SR2546 (1 pkg.)	0	30.00	0.00	0.00	0.00	0.00	7.00	0.00
Small Apples - OKR1780 (1 small (2-3))	0	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Diced Peaches - SR1196 (1/2 c.)	0	77.87	0.05	0.00	0.00	7.08	20.48	1.11

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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)
RISE G6-8 Lunch Program W2D3 Expanded - ServingDate: 05/19/2021								
Diced Peach Cups - OKR1792 (1 Container)	0	50.64	0.02	0.00	0.00	6.12	11.93	0.42
Celery Sticks - SR2917 (1 package (3))	0	15.00	0.00	0.00	0.00	70.00	3.00	1.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	0	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Broccoli Florets - SR2904 (2 oz.)	0	16.67	0.00	0.00	0.00	16.67	2.67	2.00
Celery Sticks - SR1014 (6 stick.)	0	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR2540 (1 packet)	0	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Ketchup - SR2542 (1 packet)	0	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Mayonnaise - SR2543 (1 packet)	0	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Yellow Mustard PC - SR2517 (1 packet)	0	4.58	0.00	0.00	0.00	77.92	0.92	0.00
Buffalo Sauce - SR2613 (1 tbsp.)	0	3.39	0.09	0.02	0.00	626.53	0.48	0.17
Teriyaki Sauce - SR2025 (1 tbsp.)	0	45.00	0.00	0.00	0.00	145.00	11.00	0.50
RISE G6-8 Lunch Program W2D4 Expanded - ServingDate: 05/20/2021								
Asian Chicken Wrap - SR2986 (1 wrap)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chef Salad - SR2681 (1 salad)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Patty Sandwich - SR2645 (1 burger)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Deli Turkey Sandwich or Wrap - SR2676 (1 sandwich o)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - May, 2021

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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)
RISE G6-8 Lunch Program W2D4 Expanded - ServingDate: 05/20/2021								
Hamburger - SR2660 (1 burger)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheese Pizza - SR2664 (1 slice)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pepperoni Pizza - SR2991 (1 slice)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
American-style Meat Combination - SR2138 (5 slice)	0	85.85	3.92	1.23	0.00	324.52	0.76	12.55
Hamburger Patty - SR1652 (1 patty)	0	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Cheese Pizza - SR2081 (1 slice)	0	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Breaded Chicken Patty - SR2186 (1 patty)	0	240.00	14.00	2.50	0.00	440.00	16.00	14.00
Diced Chicken - SR2854 (1/4 c.)	0	48.00	1.33	0.00	0.00	37.33	0.00	8.00
Pepperoni Pizza - SR2084 (1 slice)	0	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Sliced Deli Turkey - SR1532 (5 slice)	0	87.50	3.75	1.25	0.00	287.50	1.25	13.75
Shredded Cheddar Cheese - SR1537 (1/2 oz.)	0	55.00	4.50	2.50	0.00	90.00	0.00	3.00
American Cheese Slice - SR2821 (1/2 oz.)	0	55.00	4.50	2.50	0.00	135.00	1.00	2.50
Cheddar Cheese Slice - SR2132 (1/2 oz.)	0	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Hard Boiled Eggs - SR1837 (1 egg)	0	77.50	5.30	1.64	0.00	62.00	0.55	6.29
Hamburger Bun - OKR1351 (1 roll.)	0	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Dinner Roll - SR1009 (1 roll.)	0	160.00	3.00	0.00	0.00	135.00	29.00	7.00
Mini Sub Roll - SR1208 (1 roll (smal)	0	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Flour Tortilla - SR1177 (1 tortilla)	0	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Fresh Oranges - SR1171 (1 small (2-3)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	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)
RISE G6-8 Lunch Program W2D4 Expanded - ServingDate: 05/20/2021								
Romaine Lettuce - SR2868 (1 c.)	0	9.64	0.17	0.02	0.00	4.54	1.33	0.70
Mixed Salad Greens - SR1080 (1/2 c.)	0	6.43	0.01	0.00	0.00	6.33	1.25	0.47
Cucumber Coins - SR1013 (1/2 c.)	0	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Chilled Corn - SR1033 (1/2 c.)	0	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Red Tomato Wedges - SR1974 (1/4 c.)	0	7.69	0.09	0.01	0.00	2.14	1.66	0.38
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Asian Sesame Dressing - SR2983 (1 tbsp.)	0	70.00	6.00	1.00	0.00	210.00	3.50	0.50
Ranch Dressing - SR2540 (1 packet)	0	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Ketchup - SR2542 (1 packet)	0	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Mayonnaise - SR2543 (1 packet)	0	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Mini Side Salad - SR2953 (1 salad)	0	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Yellow Mustard PC - SR2517 (1 packet)	0	4.58	0.00	0.00	0.00	77.92	0.92	0.00
RISE G6-8 Lunch Program W2D5 Expanded - ServingDate: 05/21/2021								
Cheeseburger - SR2646 (1 burger)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Patty Sandwich - SR2645 (1 burger)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Deli Turkey Sandwich or Wrap - SR2676 (1 sandwich o)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mini-Bento Box - SR2827 (1 Box)	0	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)

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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)
RISE G6-8 Lunch Program W2D5 Expanded - ServingDate: 05/21/2021								
Pizza Burger - OKR1785 (1 burger)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheese Pizza - SR2664 (1 slice)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pepperoni Pizza - SR2991 (1 slice)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	0	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Cheese Pizza - SR2081 (1 slice)	0	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Pepperoni Pizza - SR2084 (1 slice)	0	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Sliced Deli Turkey - SR1532 (5 slice)	0	87.50	3.75	1.25	0.00	287.50	1.25	13.75
Shredded Mozzarella Cheese - SR1989 (1/2 oz.)	0	40.50	2.53	1.52	0.00	91.12	1.01	3.04
American Cheese Slice - SR2821 (1/2 oz.)	0	55.00	4.50	2.50	0.00	135.00	1.00	2.50
Cheddar Cheese Slice - SR2132 (1/2 oz.)	0	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Hot & Spicy Chicken Patty - SR2137 (1 patty)	0	270.00	15.00	3.00	0.00	400.00	17.00	15.00
Hamburger Bun - OKR1351 (1 roll.)	0	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Oven Fired Flatbread - SR1534 (1 piece)	0	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Mini Sub Roll - SR1208 (1 roll (smal))	0	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Mixed Fruit Cocktail - SR1037 (1/2 c.)	0	49.99	0.01	0.00	0.00	4.35	12.89	0.50
California Mixed Fruit Cup - SR2867 (1 Container)	0	51.59	0.02	0.00	0.00	6.03	12.45	0.35
Fresh Broccoli Florets - SR1027 (1/2 c.)	0	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Broccoli Florets - SR2904 (2 oz.)	0	16.67	0.00	0.00	0.00	16.67	2.67	2.00
Italian Roasted Chickpeas - SR2583 (1/2 c.)	0	145.65	2.86	0.06	0.00	267.06	22.57	7.48

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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)
RISE G6-8 Lunch Program W2D5 Expanded - ServingDate: 05/21/2021								
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR2540 (1 packet)	0	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Ketchup - SR2542 (1 packet)	0	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Mayonnaise - SR2543 (1 packet)	0	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Yellow Mustard PC - SR2517 (1 packet)	0	4.58	0.00	0.00	0.00	77.92	0.92	0.00
Sliced Pepperoni - SR1800 (3 slice)	0	23.69	2.19	0.82	0.00	78.37	0.00	1.09
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	0	7.49	0.17	0.03	0.00	130.30	1.45	0.26
RISE G6-8 Lunch Program W3D1 Expanded - ServingDate: 05/24/2021								
Breakfast for Lunch Platter - SR2999 (1 platter)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheeseburger - SR2646 (1 burger)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Patty Sandwich - SR2645 (1 burger)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Deli Ham Sandwich or Wrap - SR2674 (1 sandwich o)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fruit & Yo To Go Box - SR2956 (1 Box)	0	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Cheese Pizza - SR2664 (1 slice)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pepperoni Pizza - SR2991 (1 slice)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	0	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Cheese Pizza - SR2081 (1 slice)	0	400.00	16.00	7.00	0.00	440.00	43.00	19.00

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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)
RISE G6-8 Lunch Program W3D1 Expanded - ServingDate: 05/24/2021								
Hot & Spicy Chicken Patty - SR2137 (1 patty)	0	270.00	15.00	3.00	0.00	400.00	17.00	15.00
Pepperoni Pizza - SR2084 (1 slice)	0	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Turkey Sausage Link - SR2332 (1 link)	0	60.00	4.00	1.00	0.00	90.00	0.00	6.00
Sliced Turkey Ham - SR1287 (5 slice)	0	87.50	4.38	1.25	0.00	400.00	0.00	11.25
Strawberry Yogurt - SR2433 (1/2 c.)	0	112.61	0.75	0.38	0.00	60.06	23.27	3.75
American Cheese Slice - SR2821 (1/2 oz.)	0	55.00	4.50	2.50	0.00	135.00	1.00	2.50
Cheddar Cheese Slice - SR2132 (1/2 oz.)	0	55.69	4.56	2.53	0.00	91.12	0.00	3.04
String Cheese - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Hamburger Bun - OKR1351 (1 roll.)	0	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Original Graham Crackers - SR1163 (2 pkg.)	0	180.00	5.00	0.00	0.00	200.00	34.00	4.00
Mini Sub Roll - SR1208 (1 roll (smal))	0	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Toasted Waffle - SR1038 (2 waffle)	0	210.00	7.00	1.00	0.00	350.00	33.00	4.00
Fresh Apple Slices - SR2546 (1 pkg.)	0	30.00	0.00	0.00	0.00	0.00	7.00	0.00
Small Apples - OKR1780 (1 small (2-3))	0	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Blueberries - SR2219 (1/2 c.)	0	39.41	0.00	0.00	0.00	0.98	8.87	0.00
Celery Sticks - SR2917 (1 package (3))	0	15.00	0.00	0.00	0.00	70.00	3.00	1.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	0	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Broccoli Florets - SR2904 (2 oz.)	0	16.67	0.00	0.00	0.00	16.67	2.67	2.00
Celery Sticks - SR1014 (6 stick.)	0	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)
RISE G6-8 Lunch Program W3D1 Expanded - ServingDate: 05/24/2021								
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Breakfast Syrup Cup - SR2498 (1 Container)	0	110.00	0.00	0.00	0.00(M)	20.00	29.00	0.00
Ranch Dressing - SR2540 (1 packet)	0	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Ketchup - SR2542 (1 packet)	0	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Mayonnaise - SR2543 (1 packet)	0	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Yellow Mustard PC - SR2517 (1 packet)	0	4.58	0.00	0.00	0.00	77.92	0.92	0.00
RISE G6-8 Lunch Program W3D2 Expanded - ServingDate: 05/25/2021								
Cheeseburger - SR2646 (1 burger)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Caesar Salad - SR2679 (1 salad)	0	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Chicken Patty Sandwich - SR2645 (1 burger)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fiesta Rice Bowl - SR3000 (1 bowl)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Deli Turkey Sandwich or Wrap - SR2676 (1 sandwich o)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheese Pizza - SR2664 (1 slice)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pepperoni Pizza - SR2991 (1 slice)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	0	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Pinto Beans - SR2046 (1 #10 scoop)	0	90.07	0.00	0.00	0.00	126.10	16.21	5.40
Cheese Pizza - SR2081 (1 slice)	0	400.00	16.00	7.00	0.00	440.00	43.00	19.00

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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)
RISE G6-8 Lunch Program W3D2 Expanded - ServingDate: 05/25/2021								
Breaded Chicken Patty - SR2186 (1 patty)	0	240.00	14.00	2.50	0.00	440.00	16.00	14.00
Diced Chicken - SR2854 (1/2 c.)	0	96.00	2.67	0.00	0.00	74.67	0.00	16.00
Pepperoni Pizza - SR2084 (1 slice)	0	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Sliced Deli Turkey - SR1532 (5 slice)	0	87.50	3.75	1.25	0.00	287.50	1.25	13.75
Shredded Cheddar Cheese - SR1537 (1/2 oz.)	0	55.00	4.50	2.50	0.00	90.00	0.00	3.00
American Cheese Slice - SR2821 (1/2 oz.)	0	55.00	4.50	2.50	0.00	135.00	1.00	2.50
Cheddar Cheese Slice - SR2132 (1/2 oz.)	0	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Hamburger Bun - OKR1351 (1 roll.)	0	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Cilantro Lime Rice - SR2167 (2/3 c.)	0	154.76	2.93	0.17	0.00	184.96	29.87	3.27
Oven Fired Flatbread - SR1534 (1 piece)	0	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Mini Sub Roll - SR1208 (1 roll (smal))	0	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Mixed Fruit Cocktail - SR1037 (1/2 c.)	0	49.99	0.01	0.00	0.00	4.35	12.89	0.50
California Mixed Fruit Cup - SR2867 (1 Container)	0	51.59	0.02	0.00	0.00	6.03	12.45	0.35
Romaine Lettuce - SR2868 (1 c.)	0	9.64	0.17	0.02	0.00	4.54	1.33	0.70
Homemade Black Bean & Corn Salsa - SR1279 (2 tbsp.)	0	18.84	0.06	0.01	0.00	57.83	3.87	0.90
Red Tomato Wedges - SR1974 (1/4 c.)	0	7.69	0.09	0.01	0.00	2.14	1.66	0.38
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00

Menu Calendar Nutrient Analysis Report - May, 2021

Site: Guthrie Junior High
Date: 05/01/2021 - 05/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
RISE G6-8 Lunch Program W3D2 Expanded - ServingDate: 05/25/2021								
Caesar Salad Dressing - SR1551 (1 tbsp.)	0	65.00	7.00	1.25	0.00	105.00	0.50	0.50
Creamy Caesar Dressing - SR2545 (1 packet)	0	230.00	25.00	4.00	0.00	490.00	1.00	1.00
Ranch Dressing - SR2540 (1 packet)	0	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	0	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Homestyle Herb Seasoned Croutons - SR2593 (2 tbsp.)	0	30.38	1.01	0.00	0.00	86.06	5.06	1.01
Ketchup - SR2542 (1 packet)	0	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Mayonnaise - SR2543 (1 packet)	0	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Mini Side Salad - SR2953 (1 salad)	0	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Yellow Mustard PC - SR2517 (1 packet)	0	4.58	0.00	0.00	0.00	77.92	0.92	0.00

Legend

(M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch
Site Group: Did You Know Café
Menu Line: RISE - Hot & Fast Takes
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.