

## Menu Calendar Nutrient Analysis Report - March, 2020

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 Thrive - Monday 100% whole grain - ServingDate: 03/02/2020</b>								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple - OKR1087 (1 Whole Appl)	20	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Peaches - SR1196 (1/2 c.)	20	57.95	0.04	0.00	0.00	5.27	15.24	0.83
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	20	62.63	0.16	0.02	0.00	0.00	15.66	1.25
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1035 (1/2 c.)	5	100.54	0.00	0.00	0.00	108.27	18.56	5.41
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	5	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	5	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Corn - SR1033 (1/2 c.)	5	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (2 tbsp.)	5	130.00	14.00	2.50	0.00	210.00	1.00	1.00
Ketchup - SR1004 (1 pump)	50	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	5	2.52	0.03	0.00	0.00	1.80	0.54	0.16

## Menu Calendar Nutrient Analysis Report - March, 2020

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 Thrive - Monday 100% whole grain - ServingDate: 03/02/2020</b>								
Sliced Red Onion - SR1986 (2 tbsp.)	5	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	20	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	5	4.03	0.04	0.01	0.00	1.12	0.87	0.20
<b>SY 19-20 Thrive - Tuesday 100% whole grain - ServingDate: 03/03/2020</b>								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple - OKR1087 (1 Whole Appl)	20	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Bartlett Pears - SR1194 (1/2 c.)	20	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	20	62.63	0.16	0.02	0.00	0.00	15.66	1.25
100% Apple Juice - SR1204 (4 fl oz cup)	70	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1035 (1/2 c.)	5	100.54	0.00	0.00	0.00	108.27	18.56	5.41
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	5	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Garden Side Salad - SR1429 (1 c.)	5	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chilled Corn - SR1033 (1/2 c.)	5	68.89	0.57	0.09	0.00	0.85	16.41	2.17
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.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61

## Menu Calendar Nutrient Analysis Report - March, 2020

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 Thrive - Tuesday 100% whole grain - ServingDate: 03/03/2020</b>								
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (2 tbsp.)	5	130.00	14.00	2.50	0.00	210.00	1.00	1.00
Ketchup - SR1004 (1 pump)	50	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	5	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	5	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	75	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	5	4.03	0.04	0.01	0.00	1.12	0.87	0.20
<b>SY 19-20 Thrive - Wednesday 100% whole grain - ServingDate: 03/04/2020</b>								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple - OKR1087 (1 Whole Appl)	20	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	20	53.58	0.13	0.01	0.00	2.55	14.38	0.22
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	20	62.63	0.16	0.02	0.00	0.00	15.66	1.25
100% Apple Juice - SR1204 (4 fl oz cup)	70	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1035 (1/2 c.)	5	100.54	0.00	0.00	0.00	108.27	18.56	5.41

## Menu Calendar Nutrient Analysis Report - March, 2020

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 Thrive - Wednesday 100% whole grain - ServingDate: 03/04/2020</b>								
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	5	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	5	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Corn - SR1033 (1/2 c.)	5	68.89	0.57	0.09	0.00	0.85	16.41	2.17
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.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (2 tbsp.)	5	130.00	14.00	2.50	0.00	210.00	1.00	1.00
Ketchup - SR1004 (1 pump)	50	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	5	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	5	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	75	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	5	4.03	0.04	0.01	0.00	1.12	0.87	0.20

## Menu Calendar Nutrient Analysis Report - March, 2020

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 Thrive - Thursday 100% whole grain - ServingDate: 03/05/2020</b>								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple - OKR1087 (1 Whole Appl)	20	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Mixed Fruit Cocktail - SR1037 (1/2 c.)	20	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	20	62.63	0.16	0.02	0.00	0.00	15.66	1.25
100% Apple Juice - SR1204 (4 fl oz cup)	70	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1035 (1/2 c.)	5	100.54	0.00	0.00	0.00	108.27	18.56	5.41
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	5	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Garden Side Salad - SR1429 (1 c.)	5	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chilled Corn - SR1033 (1/2 c.)	5	68.89	0.57	0.09	0.00	0.85	16.41	2.17
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.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (2 tbsp.)	5	130.00	14.00	2.50	0.00	210.00	1.00	1.00
Ketchup - SR1004 (1 pump)	50	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	5	2.52	0.03	0.00	0.00	1.80	0.54	0.16

## Menu Calendar Nutrient Analysis Report - March, 2020

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 Thrive - Thursday 100% whole grain - ServingDate: 03/05/2020</b>								
Sliced Red Onion - SR1986 (2 tbsp.)	5	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	75	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	5	4.03	0.04	0.01	0.00	1.12	0.87	0.20
<b>SY 19-20 Thrive - Friday 100% whole grain - ServingDate: 03/06/2020</b>								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple - OKR1087 (1 Whole Appl)	20	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Pineapple Tidbits - SR1495 (1/2 c.)	20	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	20	62.63	0.16	0.02	0.00	0.00	15.66	1.25
100% Apple Juice - SR1204 (4 fl oz cup)	70	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1035 (1/2 c.)	5	100.54	0.00	0.00	0.00	108.27	18.56	5.41
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	5	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	5	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Corn - SR1033 (1/2 c.)	5	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00

## Menu Calendar Nutrient Analysis Report - March, 2020

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 Thrive - Friday 100% whole grain - ServingDate: 03/06/2020</b>								
White 1% Milk - OKR1061 (8 oz.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (2 tbsp.)	5	130.00	14.00	2.50	0.00	210.00	1.00	1.00
Ketchup - SR1004 (1 pump)	50	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	5	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	5	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	75	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	5	4.03	0.04	0.01	0.00	1.12	0.87	0.20
<b>SY 19-20 Thrive - Monday 100% whole grain - ServingDate: 03/09/2020</b>								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple - OKR1087 (1 Whole Appl)	20	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Peaches - SR1196 (1/2 c.)	20	57.95	0.04	0.00	0.00	5.27	15.24	0.83
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	20	62.63	0.16	0.02	0.00	0.00	15.66	1.25
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00

## Menu Calendar Nutrient Analysis Report - March, 2020

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 Thrive - Monday 100% whole grain - ServingDate: 03/09/2020</b>								
Kidney Beans - SR1035 (1/2 c.)	5	100.54	0.00	0.00	0.00	108.27	18.56	5.41
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	5	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	5	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Corn - SR1033 (1/2 c.)	5	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (2 tbsp.)	5	130.00	14.00	2.50	0.00	210.00	1.00	1.00
Ketchup - SR1004 (1 pump)	50	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	5	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	5	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	20	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	5	4.03	0.04	0.01	0.00	1.12	0.87	0.20

## Menu Calendar Nutrient Analysis Report - March, 2020

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 Thrive - Tuesday 100% whole grain - ServingDate: 03/10/2020</b>								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple - OKR1087 (1 Whole Appl)	20	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Bartlett Pears - SR1194 (1/2 c.)	20	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	20	62.63	0.16	0.02	0.00	0.00	15.66	1.25
100% Apple Juice - SR1204 (4 fl oz cup)	70	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1035 (1/2 c.)	5	100.54	0.00	0.00	0.00	108.27	18.56	5.41
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	5	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Garden Side Salad - SR1429 (1 c.)	5	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chilled Corn - SR1033 (1/2 c.)	5	68.89	0.57	0.09	0.00	0.85	16.41	2.17
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.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (2 tbsp.)	5	130.00	14.00	2.50	0.00	210.00	1.00	1.00
Ketchup - SR1004 (1 pump)	50	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	5	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	5	5.62	0.01	0.01	0.00	0.56	1.31	0.15

## Menu Calendar Nutrient Analysis Report - March, 2020

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 Thrive - Tuesday 100% whole grain - ServingDate: 03/10/2020</b>								
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	75	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	5	4.03	0.04	0.01	0.00	1.12	0.87	0.20
<b>SY 19-20 Thrive - Wednesday 100% whole grain - ServingDate: 03/11/2020</b>								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple - OKR1087 (1 Whole Appl)	20	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	20	53.58	0.13	0.01	0.00	2.55	14.38	0.22
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	20	62.63	0.16	0.02	0.00	0.00	15.66	1.25
100% Apple Juice - SR1204 (4 fl oz cup)	70	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1035 (1/2 c.)	5	100.54	0.00	0.00	0.00	108.27	18.56	5.41
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	5	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	5	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Corn - SR1033 (1/2 c.)	5	68.89	0.57	0.09	0.00	0.85	16.41	2.17
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.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61

## Menu Calendar Nutrient Analysis Report - March, 2020

Site: Guthrie Junior High

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 Thrive - Wednesday 100% whole grain - ServingDate: 03/11/2020</b>								
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (2 tbsp.)	5	130.00	14.00	2.50	0.00	210.00	1.00	1.00
Ketchup - SR1004 (1 pump)	50	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	5	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	5	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	75	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	5	4.03	0.04	0.01	0.00	1.12	0.87	0.20
<b>SY 19-20 Thrive - Thursday 100% whole grain - ServingDate: 03/12/2020</b>								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple - OKR1087 (1 Whole Appl)	20	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Mixed Fruit Cocktail - SR1037 (1/2 c.)	20	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	20	62.63	0.16	0.02	0.00	0.00	15.66	1.25
100% Apple Juice - SR1204 (4 fl oz cup)	70	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1035 (1/2 c.)	5	100.54	0.00	0.00	0.00	108.27	18.56	5.41

## Menu Calendar Nutrient Analysis Report - March, 2020

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 Thrive - Thursday 100% whole grain - ServingDate: 03/12/2020</b>								
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	5	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Garden Side Salad - SR1429 (1 c.)	5	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chilled Corn - SR1033 (1/2 c.)	5	68.89	0.57	0.09	0.00	0.85	16.41	2.17
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.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (2 tbsp.)	5	130.00	14.00	2.50	0.00	210.00	1.00	1.00
Ketchup - SR1004 (1 pump)	50	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	5	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	5	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	75	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	5	4.03	0.04	0.01	0.00	1.12	0.87	0.20

## Menu Calendar Nutrient Analysis Report - March, 2020

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 Thrive - Friday 100% whole grain - ServingDate: 03/13/2020</b>								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple - OKR1087 (1 Whole Appl)	20	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Pineapple Tidbits - SR1495 (1/2 c.)	20	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	20	62.63	0.16	0.02	0.00	0.00	15.66	1.25
100% Apple Juice - SR1204 (4 fl oz cup)	70	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1035 (1/2 c.)	5	100.54	0.00	0.00	0.00	108.27	18.56	5.41
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	5	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	5	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Corn - SR1033 (1/2 c.)	5	68.89	0.57	0.09	0.00	0.85	16.41	2.17
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.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (2 tbsp.)	5	130.00	14.00	2.50	0.00	210.00	1.00	1.00
Ketchup - SR1004 (1 pump)	50	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	5	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	5	5.62	0.01	0.01	0.00	0.56	1.31	0.15

## Menu Calendar Nutrient Analysis Report - March, 2020

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 Thrive - Friday 100% whole grain - ServingDate: 03/13/2020</b>								
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	75	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	5	4.03	0.04	0.01	0.00	1.12	0.87	0.20
<b>SY 19-20 Thrive - Monday 100% whole grain - ServingDate: 03/23/2020</b>								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple - OKR1087 (1 Whole Appl)	20	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Peaches - SR1196 (1/2 c.)	20	57.95	0.04	0.00	0.00	5.27	15.24	0.83
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	20	62.63	0.16	0.02	0.00	0.00	15.66	1.25
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1035 (1/2 c.)	5	100.54	0.00	0.00	0.00	108.27	18.56	5.41
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	5	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	5	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Corn - SR1033 (1/2 c.)	5	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00

## Menu Calendar Nutrient Analysis Report - March, 2020

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 Thrive - Monday 100% whole grain - ServingDate: 03/23/2020</b>								
Caesar Salad Dressing - SR1551 (2 tbsp.)	5	130.00	14.00	2.50	0.00	210.00	1.00	1.00
Ketchup - SR1004 (1 pump)	50	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	5	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	5	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	20	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	5	4.03	0.04	0.01	0.00	1.12	0.87	0.20
<b>SY 19-20 Thrive - Tuesday 100% whole grain - ServingDate: 03/24/2020</b>								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple - OKR1087 (1 Whole Appl)	20	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Bartlett Pears - SR1194 (1/2 c.)	20	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	20	62.63	0.16	0.02	0.00	0.00	15.66	1.25
100% Apple Juice - SR1204 (4 fl oz cup)	70	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1035 (1/2 c.)	5	100.54	0.00	0.00	0.00	108.27	18.56	5.41
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90

## Menu Calendar Nutrient Analysis Report - March, 2020

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 Thrive - Tuesday 100% whole grain - ServingDate: 03/24/2020</b>								
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	5	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Garden Side Salad - SR1429 (1 c.)	5	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chilled Corn - SR1033 (1/2 c.)	5	68.89	0.57	0.09	0.00	0.85	16.41	2.17
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.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (2 tbsp.)	5	130.00	14.00	2.50	0.00	210.00	1.00	1.00
Ketchup - SR1004 (1 pump)	50	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	5	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	5	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	75	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	5	4.03	0.04	0.01	0.00	1.12	0.87	0.20
<b>SY 19-20 Thrive - Wednesday 100% whole grain - ServingDate: 03/25/2020</b>								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00

## Menu Calendar Nutrient Analysis Report - March, 2020

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 Thrive - Wednesday 100% whole grain - ServingDate: 03/25/2020</b>								
Apple - OKR1087 (1 Whole Appl)	20	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	20	53.58	0.13	0.01	0.00	2.55	14.38	0.22
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	20	62.63	0.16	0.02	0.00	0.00	15.66	1.25
100% Apple Juice - SR1204 (4 fl oz cup)	70	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1035 (1/2 c.)	5	100.54	0.00	0.00	0.00	108.27	18.56	5.41
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	5	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	5	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Corn - SR1033 (1/2 c.)	5	68.89	0.57	0.09	0.00	0.85	16.41	2.17
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.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (2 tbsp.)	5	130.00	14.00	2.50	0.00	210.00	1.00	1.00
Ketchup - SR1004 (1 pump)	50	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	5	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	5	5.62	0.01	0.01	0.00	0.56	1.31	0.15

## Menu Calendar Nutrient Analysis Report - March, 2020

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 Thrive - Wednesday 100% whole grain - ServingDate: 03/25/2020</b>								
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	75	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	5	4.03	0.04	0.01	0.00	1.12	0.87	0.20
<b>SY 19-20 Thrive - Thursday 100% whole grain - ServingDate: 03/26/2020</b>								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple - OKR1087 (1 Whole Appl)	20	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Mixed Fruit Cocktail - SR1037 (1/2 c.)	20	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	20	62.63	0.16	0.02	0.00	0.00	15.66	1.25
100% Apple Juice - SR1204 (4 fl oz cup)	70	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1035 (1/2 c.)	5	100.54	0.00	0.00	0.00	108.27	18.56	5.41
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	5	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Garden Side Salad - SR1429 (1 c.)	5	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chilled Corn - SR1033 (1/2 c.)	5	68.89	0.57	0.09	0.00	0.85	16.41	2.17
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.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61

## Menu Calendar Nutrient Analysis Report - March, 2020

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 Thrive - Thursday 100% whole grain - ServingDate: 03/26/2020</b>								
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (2 tbsp.)	5	130.00	14.00	2.50	0.00	210.00	1.00	1.00
Ketchup - SR1004 (1 pump)	50	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	5	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	5	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	75	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	5	4.03	0.04	0.01	0.00	1.12	0.87	0.20
<b>SY 19-20 Thrive - Friday 100% whole grain - ServingDate: 03/27/2020</b>								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple - OKR1087 (1 Whole Appl)	20	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Pineapple Tidbits - SR1495 (1/2 c.)	20	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	20	62.63	0.16	0.02	0.00	0.00	15.66	1.25
100% Apple Juice - SR1204 (4 fl oz cup)	70	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1035 (1/2 c.)	5	100.54	0.00	0.00	0.00	108.27	18.56	5.41

## Menu Calendar Nutrient Analysis Report - March, 2020

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 Thrive - Friday 100% whole grain - ServingDate: 03/27/2020</b>								
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	5	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	5	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Corn - SR1033 (1/2 c.)	5	68.89	0.57	0.09	0.00	0.85	16.41	2.17
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.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (2 tbsp.)	5	130.00	14.00	2.50	0.00	210.00	1.00	1.00
Ketchup - SR1004 (1 pump)	50	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	5	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	5	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	75	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	5	4.03	0.04	0.01	0.00	1.12	0.87	0.20

## Menu Calendar Nutrient Analysis Report - March, 2020

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 Thrive - Monday 100% whole grain - ServingDate: 03/30/2020</b>								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple - OKR1087 (1 Whole Appl)	20	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Peaches - SR1196 (1/2 c.)	20	57.95	0.04	0.00	0.00	5.27	15.24	0.83
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	20	62.63	0.16	0.02	0.00	0.00	15.66	1.25
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1035 (1/2 c.)	5	100.54	0.00	0.00	0.00	108.27	18.56	5.41
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	5	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	5	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Corn - SR1033 (1/2 c.)	5	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (2 tbsp.)	5	130.00	14.00	2.50	0.00	210.00	1.00	1.00
Ketchup - SR1004 (1 pump)	50	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	5	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	5	5.62	0.01	0.01	0.00	0.56	1.31	0.15

## Menu Calendar Nutrient Analysis Report - March, 2020

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 Thrive - Monday 100% whole grain - ServingDate: 03/30/2020</b>								
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	20	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	5	4.03	0.04	0.01	0.00	1.12	0.87	0.20
<b>SY 19-20 Thrive - Tuesday 100% whole grain - ServingDate: 03/31/2020</b>								
Variety of Entrees - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple - OKR1087 (1 Whole Appl)	20	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Bartlett Pears - SR1194 (1/2 c.)	20	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	20	62.63	0.16	0.02	0.00	0.00	15.66	1.25
100% Apple Juice - SR1204 (4 fl oz cup)	70	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1035 (1/2 c.)	5	100.54	0.00	0.00	0.00	108.27	18.56	5.41
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	5	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Garden Side Salad - SR1429 (1 c.)	5	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chilled Corn - SR1033 (1/2 c.)	5	68.89	0.57	0.09	0.00	0.85	16.41	2.17
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.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00

# Menu Calendar Nutrient Analysis Report - March, 2020

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 Thrive - Tuesday 100% whole grain - ServingDate: 03/31/2020</b>								
Caesar Salad Dressing - SR1551 (2 tbsp.)	5	130.00	14.00	2.50	0.00	210.00	1.00	1.00
Ketchup - SR1004 (1 pump)	50	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	5	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Red Onion - SR1986 (2 tbsp.)	5	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	75	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	5	4.03	0.04	0.01	0.00	1.12	0.87	0.20

## Legend

(M) - Missing Nutrient Values

## Report Selections

Meal Type: Lunch  
Site Group: Did You Know Café  
Menu Line: DYK-Thrive Bar (Garden, Milk, Condiments)  
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.