

## Menu Calendar Nutrient Analysis Report - December, 2021

Site: Guthrie Junior High  
Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 21-22 Honor Roll Bar - Week 3 Day 3 :37144 - ServingDate: 12/01/2021</b>								
Chicken Tenders - OKR1184 (3 strip)	30	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Chicken Burger - OKR1124 (1 burger)	30	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Spicy Chicken Burger - OKR1167 (1 burger)	40	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Dinner Roll - SR1010 (1 roll.)	30	80.00	1.50	0.00	0.00	65.00	14.00	3.00
Unsweetened Applesauce - SR1195 (1/2 c.)	15	53.71	0.13	0.01	0.00	2.56	14.41	0.22
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	10	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	30	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	20	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Sweet Potato Crinkle Cut Fries - OKR1525 (1/2 c.)	60	169.34	6.97	1.00	0.00	258.99	24.90	1.00
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	50	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 21-22 Honor Roll Bar - Week 3 Day 3 :37144 - ServingDate: 12/01/2021</b>								
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Barbecue Sauce - SR1008 (1 tbsp.)	10	15.00	0.00	0.00	0.00	235.00	3.50	0.00
<b>SY 21-22 Honor Roll Bar - Week 3 Day 4 :37144 - ServingDate: 12/02/2021</b>								
Chicken Burger - OKR1124 (1 burger)	30	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Crispy Chicken Nuggets - SR1367 (5 nugget)	30	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Spicy Chicken Burger - OKR1167 (1 burger)	40	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Dinner Roll - SR1010 (1 roll.)	30	80.00	1.50	0.00	0.00	65.00	14.00	3.00
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Fruit Cocktail - SR1037 (1/2 c.)	0	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	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
Fresh Broccoli Florets - SR1027 (1/2 c.)	0	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Country Style Potato Wedges - SR1029 (1/2 c.)	100	90.43	2.51	0.00	0.00	30.14	15.07	2.01
Garden Side Salad - SR1429 (1 c.)	0	20.07	0.13	0.02	0.00	25.59	4.25	1.10
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

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 21-22 Honor Roll Bar - Week 3 Day 4 :37144 - ServingDate: 12/02/2021</b>								
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
<b>SY 21-22 Honor Roll Bar - Week 3 Day 5 :37144 - ServingDate: 12/03/2021</b>								
Deluxe Cheeseburger - OKR1164 (1 burger)	25	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Chicken Burger - OKR1124 (1 burger)	15	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Traditional Hamburger - OKR1165 (1 burger)	10	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Meatball Sub - OKR1871 (1 sandwich)	20	388.71	13.68	4.29	0.01	880.96	46.04	22.06
Spicy Chicken Burger - OKR1167 (1 burger)	30	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	0	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
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 - SR1014 (6 stick.)	0	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Spiral-cut French Fries - SR2509 (1/2 c.)	0	106.91	5.70	0.71	0.00	256.57	14.25	1.43
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 21-22 Honor Roll Bar - Week 3 Day 5 :37144 - ServingDate: 12/03/2021</b>								
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
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
<b>SY 21-22 Honor Roll Bar - Week 4 Day 1 :37144 - ServingDate: 12/06/2021</b>								
Chicken Tenders - OKR1184 (3 strip)	30	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Chicken Burger - OKR1124 (1 burger)	30	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Spicy Chicken Burger - OKR1167 (1 burger)	40	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Dinner Roll - SR1010 (1 roll.)	30	80.00	1.50	0.00	0.00	65.00	14.00	3.00
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	0	77.87	0.05	0.00	0.00	7.08	20.48	1.11
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	0	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Tater Tots - SR1450 (1/2 c.)	100	110.70	6.04	1.01	0.00	311.98	14.09	1.01

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<b>SY 21-22 Honor Roll Bar - Week 4 Day 1 :37144 - ServingDate: 12/06/2021</b>								
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	325.07	5.61	2.95
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
Thrive Bar - SR2452 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
<b>SY 21-22 Honor Roll Bar - Week 4 Day 2 :37144 - ServingDate: 12/07/2021</b>								
Chicken Burger - OKR1124 (1 burger)	30	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Crispy Chicken Nuggets - SR1367 (5 nugget)	30	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Spicy Chicken Burger - OKR1167 (1 burger)	40	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Dinner Roll - SR1010 (1 roll.)	30	80.00	1.50	0.00	0.00	65.00	14.00	3.00
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Diced Bartlett Pears - SR1194 (1/2 c.)	0	59.31	0.08	0.00	0.00	4.75	15.35	0.40
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90

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<b>SY 21-22 Honor Roll Bar - Week 4 Day 2 :37144 - ServingDate: 12/07/2021</b>								
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	0	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Garden Side Salad - SR1429 (1 c.)	0	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Spiral-cut French Fries - SR2509 (1/2 c.)	0	106.91	5.70	0.71	0.00	256.57	14.25	1.43
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
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
<b>SY 21-22 Honor Roll Bar - Week 4 Day 3 :37144 - ServingDate: 12/08/2021</b>								
Chicken Tenders - OKR1184 (3 strip)	30	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Chicken Burger - OKR1124 (1 burger)	30	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Spicy Chicken Burger - OKR1167 (1 burger)	40	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Dinner Roll - SR1010 (1 roll.)	30	80.00	1.50	0.00	0.00	65.00	14.00	3.00
Unsweetened Applesauce - SR1195 (1/2 c.)	0	53.71	0.13	0.01	0.00	2.56	14.41	0.22
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29

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<b>SY 21-22 Honor Roll Bar - Week 4 Day 3 :37144 - ServingDate: 12/08/2021</b>								
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	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
Baby Carrots - SR1016 (1/2 c.)	0	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Sweet Potato Crinkle Cut Fries - OKR1525 (1/2 c.)	75	169.34	6.97	1.00	0.00	258.99	24.90	1.00
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
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Barbecue Sauce - SR1008 (1 tbsp.)	25	15.00	0.00	0.00	0.00	235.00	3.50	0.00
<b>SY 21-22 Honor Roll Bar - Week 4 Day 4 :37144 - ServingDate: 12/09/2021</b>								
Chicken Burger - OKR1124 (1 burger)	30	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Crispy Chicken Nuggets - SR1367 (5 nugget)	30	239.93	14.00	2.50	0.00	439.88	16.00	14.00

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<b>SY 21-22 Honor Roll Bar - Week 4 Day 4 :37144 - ServingDate: 12/09/2021</b>								
Spicy Chicken Burger - OKR1167 (1 burger)	40	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Dinner Roll - SR1010 (1 roll.)	30	80.00	1.50	0.00	0.00	65.00	14.00	3.00
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Fruit Cocktail - SR1037 (1/2 c.)	0	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	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
Fresh Broccoli Florets - SR1027 (1/2 c.)	0	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Country Style Potato Wedges - SR1029 (1/2 c.)	100	90.43	2.51	0.00	0.00	30.14	15.07	2.01
Garden Side Salad - SR1429 (1 c.)	0	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Barbecue Sauce - SR1008 (1 tbsp.)	25	15.00	0.00	0.00	0.00	235.00	3.50	0.00
<b>SY 21-22 Honor Roll Bar - Week 4 Day 5 :37144 - ServingDate: 12/10/2021</b>								
Bacon Cheeseburger - OKR1347 (1 ea.)	20	373.33	15.50	6.17	0.00	798.33	34.00	22.17



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<b>SY 21-22 Honor Roll Bar - Week 4 Day 5 :37144 - ServingDate: 12/10/2021</b>								
Deluxe Cheeseburger - OKR1164 (1 burger)	20	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Chicken Burger - OKR1124 (1 burger)	15	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Traditional Hamburger - OKR1165 (1 burger)	15	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	30	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	0	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	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
Celery Sticks - SR1014 (6 stick.)	0	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Baked French Fries - SR1444 (1/2 c.)	100	90.40	2.51	0.00	0.00	30.13	16.07	1.00
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
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00

## Menu Calendar Nutrient Analysis Report - December, 2021

Site: Guthrie Junior High  
Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 21-22 Honor Roll Bar - Week 5 Day 1 :37144 - ServingDate: 12/13/2021</b>								
Chicken Tenders - OKR1184 (3 strip)	20	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Chicken Burger - OKR1124 (1 burger)	30	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Spicy Chicken Burger - OKR1167 (1 burger)	40	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Dinner Roll - SR1010 (1 roll.)	20	80.00	1.50	0.00	0.00	65.00	14.00	3.00
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	0	77.87	0.05	0.00	0.00	7.08	20.48	1.11
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	0	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Tater Tots - SR1450 (1/2 c.)	75	110.70	6.04	1.01	0.00	311.98	14.09	1.01
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	325.07	5.61	2.95
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
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00

## Menu Calendar Nutrient Analysis Report - December, 2021

Site: Guthrie Junior High  
Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 21-22 Honor Roll Bar - Week 5 Day 1 :37144 - ServingDate: 12/13/2021</b>								
Barbecue Sauce - SR1008 (1 tbsp.)	15	15.00	0.00	0.00	0.00	235.00	3.50	0.00
<b>SY 21-22 Honor Roll Bar - Week 5 Day 2 :37144 - ServingDate: 12/14/2021</b>								
Chicken Burger - OKR1124 (1 burger)	30	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Crispy Chicken Nuggets - SR1367 (5 nugget)	30	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Spicy Chicken Burger - OKR1167 (1 burger)	40	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Dinner Roll - SR1010 (1 roll.)	20	80.00	1.50	0.00	0.00	65.00	14.00	3.00
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Diced Bartlett Pears - SR1194 (1/2 c.)	0	59.31	0.08	0.00	0.00	4.75	15.35	0.40
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	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
Fresh Broccoli Florets - SR1027 (1/2 c.)	0	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Garden Side Salad - SR1429 (1 c.)	0	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Baked French Fries - SR1444 (1/2 c.)	100	90.40	2.51	0.00	0.00	30.13	16.07	1.00
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
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00

## Menu Calendar Nutrient Analysis Report - December, 2021

Site: Guthrie Junior High  
Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 21-22 Honor Roll Bar - Week 5 Day 2 :37144 - ServingDate: 12/14/2021</b>								
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Barbecue Sauce - SR1008 (1 tbsp.)	15	15.00	0.00	0.00	0.00	235.00	3.50	0.00
<b>SY 21-22 Honor Roll Bar - Week 5 Day 3 :37144 - ServingDate: 12/15/2021</b>								
Chicken Tenders - OKR1184 (3 strip)	30	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Chicken Burger - OKR1124 (1 burger)	30	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Spicy Chicken Burger - OKR1167 (1 burger)	40	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Dinner Roll - SR1010 (1 roll.)	20	80.00	1.50	0.00	0.00	65.00	14.00	3.00
Unsweetened Applesauce - SR1195 (1/2 c.)	0	53.71	0.13	0.01	0.00	2.56	14.41	0.22
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	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
Baby Carrots - SR1016 (1/2 c.)	0	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Sweet Potato Crinkle Cut Fries - OKR1525 (1/2 c.)	100	169.34	6.97	1.00	0.00	258.99	24.90	1.00

## Menu Calendar Nutrient Analysis Report - December, 2021

Site: Guthrie Junior High  
Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 21-22 Honor Roll Bar - Week 5 Day 3 :37144 - ServingDate: 12/15/2021</b>								
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
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Barbecue Sauce - SR1008 (1 tbsp.)	10	15.00	0.00	0.00	0.00	235.00	3.50	0.00
<b>SY 21-22 Honor Roll Bar - Week 5 Day 4 :37144 - ServingDate: 12/16/2021</b>								
Chicken Burger - OKR1124 (1 burger)	30	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Crispy Chicken Nuggets - SR1367 (5 nugget)	30	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Spicy Chicken Burger - OKR1167 (1 burger)	40	430.00	17.00	3.00	0.00	670.00	48.00	21.00
Dinner Roll - SR1010 (1 roll.)	20	80.00	1.50	0.00	0.00	65.00	14.00	3.00
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Fruit Cocktail - SR1037 (1/2 c.)	0	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	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

## Menu Calendar Nutrient Analysis Report - December, 2021

Site: Guthrie Junior High  
Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 21-22 Honor Roll Bar - Week 5 Day 4 :37144 - ServingDate: 12/16/2021</b>								
Fresh Broccoli Florets - SR1027 (1/2 c.)	0	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Country Style Potato Wedges - SR1029 (1/2 c.)	100	90.43	2.51	0.00	0.00	30.14	15.07	2.01
Garden Side Salad - SR1429 (1 c.)	0	20.07	0.13	0.02	0.00	25.59	4.25	1.10
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
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
Barbecue Sauce - SR1008 (1 tbsp.)	15	15.00	0.00	0.00	0.00	235.00	3.50	0.00
<b>SY 21-22 Honor Roll Bar - Week 5 Day 5 :37144 - ServingDate: 12/17/2021</b>								
Barbecue Rib Sandwich - OKR1132 (1 sandwich)	20	332.89	12.00	3.50	0.10	861.89	42.01	18.00
Deluxe Cheeseburger - OKR1164 (1 burger)	30	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Chicken Burger - OKR1124 (1 burger)	10	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Traditional Hamburger - OKR1165 (1 burger)	10	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Spicy Chicken Burger - OKR1167 (1 burger)	30	430.00	17.00	3.00	0.00	670.00	48.00	21.00

## Menu Calendar Nutrient Analysis Report - December, 2021

Site: Guthrie Junior High  
Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 21-22 Honor Roll Bar - Week 5 Day 5 :37144 - ServingDate: 12/17/2021</b>								
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	0	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Orange Smiles - SR1172 (6 slice or w)	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
Celery Sticks - SR1014 (6 stick.)	0	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Spiral-cut French Fries - SR2509 (1/2 c.)	0	106.91	5.70	0.71	0.00	256.57	14.25	1.43
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
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lite Mayonnaise, Heinz 1.5 gallon dispenser pack - OKR1799 (1 pump)	0	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00

**Legend**

(M) - Missing Nutrient Values

# Menu Calendar Nutrient Analysis Report - December, 2021

Site: Guthrie Junior High  
Date: 12/01/2021 - 12/31/2021

**Report Selections**

Meal Type: Lunch  
Site Group: Did You Know Café  
Menu Line: DYK-Honor Roll Bar  
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.