

Menu Calendar Nutrient Analysis Report - May, 2022

Site: Guthrie Junior High
Date: 05/01/2022 - 05/31/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 21-22 Revolve - Week 5 Day 1 - ServingDate: 05/02/2022								
Cheese Ravioli with Meat Sauce - OKR1487 (1 portion)	100	319.85	9.83	4.61	0.00	684.28	37.73	21.68
Breadstick - SR1044 (1 breadstick)	100	80.00	1.00	0.00	0.00	95.00	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
Roasted Green Beans - SR1021 (1/2 c.)	75	22.18	0.13	0.04	0.00	43.10	5.11	1.18
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
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	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
SY 21-22 Revolve - Week 5 Day 2 - ServingDate: 05/03/2022								
Chicken Tenders - OKR1184 (3 strip)	100	330.00	18.00	3.00	0.00	600.00	18.00	30.00
Dinner Roll - SR1010 (1 roll.)	100	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

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 21-22 Revolve - Week 5 Day 2 - ServingDate: 05/03/2022								
Blueberries - SR2219 (1/2 c.)	0	39.41	0.00	0.00	0.00	0.98	8.87	0.00
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
Fresh Blueberries - SR1545 (1/2 c.)	0	42.18	0.24	0.02	0.00	0.74	10.72	0.55
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
Citrus Glazed Carrots - SR1131 (1/2 c.)	100	60.46	0.78	0.14	0.00	67.70	13.35	0.68
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	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	180.00	0.00	0.00
SY 21-22 Revolve - Week 5 Day 3 - ServingDate: 05/04/2022								
Sweet and Sour Chicken popcorn - SR1821 (12 piece)	100	368.38	17.02	3.04	0.00	450.02	38.48	16.43
Vegetable Lo Mein - SR1770 (2/3 c.)	100	141.56	1.58	0.22	0.00	533.51	30.28	4.39
Unsweetened Applesauce - SR1195 (1/2 c.)	0	55.86	0.15	0.03	0.00	10.49	12.58	0.32
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

Menu Calendar Nutrient Analysis Report - May, 2022

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 21-22 Revolve - Week 5 Day 3 - ServingDate: 05/04/2022								
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
Steamed Broccoli - SR1028 (1/2 c.)	100	26.46	0.11	0.02	0.00	11.13	5.06	2.93
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
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	20.31	0.01	0.00	0.00	175.46	4.63	0.16
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
SY 21-22 Revolve - Week 5 Day 4 - ServingDate: 05/05/2022								
Beefy Totchos - OKR1863 (1 nacho)	0	212.59	11.31	3.46	0.00	597.09	17.11	10.97
Beef Taco Filling - SR1528 (3 tbsp.)	0	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Cheddar Cheese Sauce - SR1293 (1/4 c.)	0	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Flour Tortilla - SR1177 (1 tortilla)	0	210.00	6.00	3.00	0.00	319.99	34.00	5.00
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

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SY 21-22 Revolve - Week 5 Day 4 - ServingDate: 05/05/2022								
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
Aztec Corn - SR1434 (1/2 c.)	0	89.14	1.48	0.14	0.00	48.98	17.09	3.57
Fresh Broccoli Florets - SR1027 (1/2 c.)	0	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Tater Tots - SR1450 (1/2 c.)	0	110.70	6.04	1.01	0.00	311.98	14.09	1.01
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	20.31	0.01	0.00	0.00	175.46	4.63	0.16
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
SY 21-22 Revolve - Week 5 Day 5 - ServingDate: 05/06/2022								
Chicken Tenders - OKR1184 (3 strip)	100	330.00	18.00	3.00	0.00	600.00	18.00	30.00
Dinner Roll - SR1010 (1 roll.)	100	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
Pineapple Tidbits - SR1495 (1/2 c.)	0	63.20	0.00	0.00	0.00	0.00	16.43	0.00

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SY 21-22 Revolve - Week 5 Day 5 - ServingDate: 05/06/2022								
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
Mixed Garden Vegetables - SR1583 (1/2 c.)	50	52.99	0.47	0.08	0.00	99.20	11.21	2.30
Celery Sticks - SR1014 (6 stick.)	0	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Whipped Potatoes - SR1112 (1/2 c.)	100	79.98	1.50	1.00	0.00	102.63	15.00	2.00
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
Old Fashioned Country Biscuit Gravy - OKR1552 (1/4 c.)	100	42.52	2.43	1.22	0.00	147.42	4.86	0.00
Ketchup - SR1004 (1 pump)	0	20.31	0.01	0.00	0.00	175.46	4.63	0.16
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
SY 21-22 Revolve - Week 1 Day 1 - ServingDate: 05/09/2022								
Chicken Meatball Sauce - SR3066 (5 Meatballs)	100	223.16	11.29	3.40	0.00	388.49	15.48	15.79

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SY 21-22 Revolve - Week 1 Day 1 - ServingDate: 05/09/2022								
Spaghetti with Chicken Meatballs, whole wheat - OKR1896 (1 serving)	100	351.75	13.35	3.69	0.00	670.34	41.88	20.24
Breadstick - SR1044 (1 breadstick)	100	80.00	1.00	0.00	0.00	95.00	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
Mixed Garden Vegetables - SR1583 (1/2 c.)	100	52.99	0.47	0.08	0.00	99.20	11.21	2.30
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
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
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	35	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Ketchup - SR1004 (1 pump)	0	20.31	0.01	0.00	0.00	175.46	4.63	0.16
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

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SY 21-22 Revolve - Week 1 Day 1 - ServingDate: 05/09/2022								
Red Pepper Flakes - SR1554 (1/4 tsp.)	35	1.43	0.08	0.01	0.00	0.14	0.25	0.05
SY 21-22 Revolve - Week 1 Day 2 - ServingDate: 05/10/2022								
Chicken Pot Pie - SR1464 (1 serving)	100	341.68	11.77	6.38	0.06	711.54	34.59	25.01
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
Roasted Summer Squash - SR1523 (1/2 c.)	75	34.33	2.14	0.18	0.00	42.19	3.28	0.85
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	20.31	0.01	0.00	0.00	175.46	4.63	0.16
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

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SY 21-22 Revolve - Week 1 Day 3 - ServingDate: 05/11/2022								
Orange Chicken - SR1835 (12 piece)	100	346.37	16.49	2.95	0.00	540.33	34.21	16.16
Steamed Brown Rice - SR1098 (1/2 c.)	100	117.19	0.69	0.00	0.00	2.03	25.51	2.76
Unsweetened Applesauce - SR1195 (1/2 c.)	0	55.86	0.15	0.03	0.00	10.49	12.58	0.32
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
Roasted Green Beans - SR1021 (1/2 c.)	100	22.18	0.13	0.04	0.00	43.10	5.11	1.18
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
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	20.31	0.01	0.00	0.00	175.46	4.63	0.16
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

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SY 21-22 Revolve - Week 1 Day 4 - ServingDate: 05/12/2022								
French Toast Sticks - SR1910 (4 stick.)	100	257.36	9.90	1.49	0.00	296.95	37.61	5.94
Turkey Sausage Link - SR2332 (1 link)	0	60.00	4.00	1.00	0.00	90.00	0.00	6.00
Scrambled Eggs - OKR1375 (1 #10 scoop)	100	102.43	6.58	2.20	0.00	109.75	2.20	8.78
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
Garden Side Salad - SR1429 (1 c.)	0	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Sweet Potato Crinkle Cut Fries - OKR1525 (1/2 c.)	100	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
Breakfast Syrup Cup - SR2498 (1 Container)	100	110.00	0.00	0.00	0.00	20.00	29.00	0.00
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	0	105.00	0.00	0.00	0.00	47.50	26.00	0.00
SY 21-22 Revolve - Week 1 Day 5 - ServingDate: 05/13/2022								
Country Steak Fingers - OKR1808 (4 ea.)	100	307.58	19.22	4.81	0.00	317.19	18.26	15.38
Dinner Roll - SR1010 (1 roll.)	100	80.00	1.50	0.00	0.00	65.00	14.00	3.00

Menu Calendar Nutrient Analysis Report - May, 2022

Site: Guthrie Junior High
Date: 05/01/2022 - 05/31/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 21-22 Revolve - Week 1 Day 5 - ServingDate: 05/13/2022								
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
Whipped Potatoes - SR1112 (1/2 c.)	100	79.98	1.50	1.00	0.00	102.63	15.00	2.00
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Green Peas - SR2335 (1/2 c.)	60	73.53	0.38	0.06	0.00	103.13	13.01	4.99
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
Old Fashioned Country Biscuit Gravy - OKR1552 (1/4 c.)	75	42.52	2.43	1.22	0.00	147.42	4.86	0.00
Ketchup - SR1004 (1 pump)	0	20.31	0.01	0.00	0.00	175.46	4.63	0.16
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 - May, 2022

Site: Guthrie Junior High
 Date: 05/01/2022 - 05/31/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 21-22 Revolve - Week 2 Day 1 - ServingDate: 05/16/2022								
Walking Nachos - OKR1530 (1 nacho)	100	339.39	14.99	4.88	0.00	723.15	33.52	16.04
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
Steamed Corn - SR1034 (1/2 c.)	75	68.89	0.57	0.09	0.00	0.85	16.41	2.17
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
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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
SY 21-22 Revolve - Week 2 Day 2 - ServingDate: 05/17/2022								
Toasted Cheese Sandwich - OKR1220 (1 sandwich)	0	362.50	20.23	10.13	0.00	1181.75	32.02	16.13
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

Menu Calendar Nutrient Analysis Report - May, 2022

Site: Guthrie Junior High
Date: 05/01/2022 - 05/31/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 21-22 Revolve - Week 2 Day 2 - ServingDate: 05/17/2022								
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
Country Style Potato Wedges - OKR1399 (1/2 c.)	0	120.44	4.01	0.50	0.00	140.51	20.07	2.01
Fresh Broccoli Florets - SR1027 (1/2 c.)	0	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Roasted Broccoli - SR1852 (1/2 c.)	0	65.49	4.49	0.33	0.00	72.07	5.40	3.00
Garden Side Salad - SR1429 (1 c.)	0	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Classic Tomato Soup - SR1114 (1/2 c.)	0	36.58	0.46	0.23	0.00	189.25	7.32	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
Ketchup - SR1004 (1 pump)	0	20.31	0.01	0.00	0.00	175.46	4.63	0.16
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
SY 21-22 Revolve - Week 2 Day 3 - ServingDate: 05/18/2022								
Chicken Parmesan Pasta - OKR1211 (1 serving)	100	539.73	23.33	6.95	0.00	1231.69	57.74	28.64
Breadstick - SR1044 (1 breadstick)	100	80.00	1.00	0.00	0.00	95.00	14.00	3.00

Menu Calendar Nutrient Analysis Report - May, 2022

Site: Guthrie Junior High
Date: 05/01/2022 - 05/31/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 21-22 Revolve - Week 2 Day 3 - ServingDate: 05/18/2022								
Unsweetened Applesauce - SR1195 (1/2 c.)	0	55.86	0.15	0.03	0.00	10.49	12.58	0.32
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
Mixed Garden Vegetables - SR1583 (1/2 c.)	75	52.99	0.47	0.08	0.00	99.20	11.21	2.30
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
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
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	50	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Ketchup - SR1004 (1 pump)	0	20.31	0.01	0.00	0.00	175.46	4.63	0.16
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
Red Pepper Flakes - SR1554 (1/4 tsp.)	50	1.43	0.08	0.01	0.00	0.14	0.25	0.05

Menu Calendar Nutrient Analysis Report - May, 2022

Site: Guthrie Junior High
Date: 05/01/2022 - 05/31/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 21-22 Revolve - Week 2 Day 4 - ServingDate: 05/19/2022								
Pulled Pork Sandwich - OKR1216 (1 sandwich)	100	403.10	19.15	5.88	0.00	326.70	31.00	28.18
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
Baked Beans with Pork - OKR1806 (1/2 c.)	50	156.53	0.52	0.00	0.00	573.96	31.31	7.30
Blue Ribbon Slaw - SR1254 (1/2 c.)	50	43.83	0.15	0.03	0.00	114.20	10.36	0.75
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
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	20.31	0.01	0.00	0.00	175.46	4.63	0.16
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 - May, 2022

Site: Guthrie Junior High
Date: 05/01/2022 - 05/31/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 21-22 Revolve - Week 2 Day 5 - ServingDate: 05/20/2022								
Chicken Tenders - OKR1184 (3 strip)	100	330.00	18.00	3.00	0.00	600.00	18.00	30.00
Dinner Roll - SR1010 (1 roll.)	100	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
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
Roasted Green Beans - SR1021 (1/2 c.)	50	22.18	0.13	0.04	0.00	43.10	5.11	1.18
Whipped Potatoes - SR1112 (1/2 c.)	90	79.98	1.50	1.00	0.00	102.63	15.00	2.00
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
Old Fashioned Country Biscuit Gravy - OKR1552 (1/4 c.)	75	42.52	2.43	1.22	0.00	147.42	4.86	0.00
Ketchup - SR1004 (1 pump)	0	20.31	0.01	0.00	0.00	175.46	4.63	0.16
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 - May, 2022

Site: Guthrie Junior High
Date: 05/01/2022 - 05/31/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 21-22 Revolve - Week 3 Day 1 - ServingDate: 05/23/2022								
Asian Chicken Meatballs - OKR1883 (5 Meatballs)	100	269.18	11.06	3.40	0.00	493.78	28.13	15.46
Vegetable Lo Mein - SR1770 (2/3 c.)	100	141.56	1.58	0.22	0.00	533.51	30.28	4.39
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
Steamed Broccoli - SR1028 (1/2 c.)	100	26.46	0.11	0.02	0.00	11.13	5.06	2.93
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
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	20.31	0.01	0.00	0.00	175.46	4.63	0.16
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 - May, 2022

Site: Guthrie Junior High
Date: 05/01/2022 - 05/31/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 21-22 Revolve - Week 3 Day 2 - ServingDate: 05/24/2022								
Buttermilk Pancakes - SR2010 (2 pancake)	100	160.00	2.00	0.33	0.00	406.67	30.67	4.00
Turkey Sausage Link - SR2332 (1 link)	100	60.00	4.00	1.00	0.00	90.00	0.00	6.00
Scrambled Eggs - OKR1375 (1 #10 scoop)	100	102.43	6.58	2.20	0.00	109.75	2.20	8.78
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
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
Fresh Blueberries - SR1545 (1/2 c.)	0	42.18	0.24	0.02	0.00	0.74	10.72	0.55
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
Sweet Potato Crinkle Cut Fries - OKR1525 (1/2 c.)	95	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
Breakfast Syrup Cup - SR2498 (1 Container)	100	110.00	0.00	0.00	0.00	20.00	29.00	0.00
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	0	105.00	0.00	0.00	0.00	47.50	26.00	0.00

Menu Calendar Nutrient Analysis Report - May, 2022

Site: Guthrie Junior High
Date: 05/01/2022 - 05/31/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 21-22 Revolve - Week 3 Day 3 - ServingDate: 05/25/2022								
Chicken Alfredo, WG with Broccoli - SR2555 (1 c.)	100	312.32	12.17	5.52	0.00	893.21	36.34	18.93
Breadstick - SR1044 (1 breadstick)	100	80.00	1.00	0.00	0.00	95.00	14.00	3.00
Unsweetened Applesauce - SR1195 (1/2 c.)	0	55.86	0.15	0.03	0.00	10.49	12.58	0.32
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
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	100	85.04	7.11	0.52	0.00	14.84	4.95	2.43
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
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
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	50	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Ketchup - SR1004 (1 pump)	0	20.31	0.01	0.00	0.00	175.46	4.63	0.16
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 - May, 2022

Site: Guthrie Junior High
Date: 05/01/2022 - 05/31/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 21-22 Revolve - Week 3 Day 3 - ServingDate: 05/25/2022								
Red Pepper Flakes - SR1554 (1/4 tsp.)	50	1.43	0.08	0.01	0.00	0.14	0.25	0.05
SY 21-22 Revolve - Week 3 Day 4 - ServingDate: 05/26/2022								
Chili con Carne - SR1379 (1 c.)	100	223.15	5.62	1.95	0.00	477.11	30.08	14.36
Cornbread - OKR1293 (1 oz.)	100	54.23	1.86	1.62	0.51(M)	25.23	8.26	0.94
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
Steamed Corn - SR1034 (1/2 c.)	75	68.89	0.57	0.09	0.00	0.85	16.41	2.17
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	20.31	0.01	0.00	0.00	175.46	4.63	0.16
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 - May, 2022

Site: Guthrie Junior High
Date: 05/01/2022 - 05/31/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 21-22 Revolve - Week 3 Day 5 - ServingDate: 05/27/2022								
Popcorn Chicken Bowl - SR1477 (1 ea.)	100	333.24	15.79	3.19	0.00	558.75	30.61	16.50
Dinner Roll - SR1010 (1 roll.)	100	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
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
Roasted Green Beans - SR1021 (1/2 c.)	100	22.18	0.13	0.04	0.00	43.10	5.11	1.18
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	20.31	0.01	0.00	0.00	175.46	4.63	0.16
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 - May, 2022

Site: Guthrie Junior High
Date: 05/01/2022 - 05/31/2022

Report Selections

Meal Type: Lunch
Site Group: Did You Know Café
Menu Line: DYK-Revolve
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.