

# Menu Calendar Nutrient Analysis Report - March, 2023

Site: Guthrie Junior High  
 Date: 03/01/2023 - 03/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY21-22 - FoodiE-Everyday Selects Hot-Baskets W2,4,6 :39000 - ServingDate: 03/01/2023</b>								
Chicken Nugget Basket - SR2641 (1 Basket)	65	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mozzarella Stuffed Breadstick Basket - SR2644 (1 Basket)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	25	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Crispy Chicken Nuggets - SR1367 (5 nugget)	65	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Dinner Roll - SR1009 (1 roll.)	75	160.00	3.00	0.00	0.00	135.00	29.00	7.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/4 c.)	40	32.75	2.25	0.17	0.00	36.04	2.70	1.50
Spaghetti Sauce - SR2220 (1/4 c.)	25	32.36	0.25	0.03	0.00	129.82	6.67	1.04
Spiral-cut French Fries - SR2509 (1/2 c.)	100	106.91	5.70	0.71	0.00	256.57	14.25	1.43
Barbecue Sauce - SR1008 (2 tbsp.)	10	30.00	0.00	0.00	0.00	470.00	7.00	0.00
Buffalo Sauce - SR2613 (1 tbsp.)	10	3.39	0.09	0.02	0.00	626.53	0.48	0.17
Honey Mustard - SR2614 (1 tbsp.)	10	71.50	6.05	1.10	0.00	77.00	3.30	0.00
Tartar Sauce - SR2615 (1 tbsp.)	10	43.34	3.60	0.40	0.00	88.36	3.11	0.01
<b>SY21-22 - FoodiE-Everyday Selects Hot-Grill W2 :39000 - ServingDate: 03/02/2023</b>								
Cheeseburger - SR2646 (1 burger)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hot Dog - SR3119 (1 sandwich)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger - SR2660 (1 burger)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Chicken Sandwich - SR2651 (1 sandwich)	65	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY21-22 - FoodiE- Everyday Selects Hot-Grill W2 :39000 - ServingDate: 03/02/2023</b>								
Hamburger Patty - SR1652 (1 patty)	25	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Hot & Spicy Chicken Patty - SR2137 (1 patty)	65	230.00	13.00	2.50	0.00	350.00	15.00	13.00
Original Hot Dog - SR1117 (1 serving (1))	0	271.50	11.61	2.53	0.00	533.25	28.01	14.10
American Cheese Slice - SR2821 (1/2 oz.)	20	55.00	4.50	2.50	0.00	135.00	1.00	2.50
Bimbo Bun - OKR1738 (1 roll (hamb))	10	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Bimbo Hot Dog Bun - OKR1628 (1 roll (hamb))	10	160.00	2.00	0.00	0.00	270.00	31.00	6.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Burger Topping - SR2640 (1 serving)	40	4.54	0.05	0.01	0.00	157.91	0.97	0.26
Baked French Fries - SR1444 (1/2 c.)	100	90.40	2.51	0.00	0.00	30.13	16.07	1.00
<b>SY21-22 - FoodiE- Everyday Selects Hot-Pizza W2 :39000 - ServingDate: 03/03/2023</b>								
Barbecue Chicken Pizza - SR2597 (1 slice)	25	426.00	16.50	7.00	0.00	579.33	44.87	22.00
Cheese Pizza - SR2081 (1 slice)	25	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Pepperoni Pizza - SR2084 (1 slice)	50	746.66	48.00	19.00	0.00	1586.66	44.87	35.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Caesar Side Salad - SR1428 (1/2 c.)	40	84.91	7.90	1.64	0.00	162.53	2.81	1.48
<b>SY21-22 - FoodiE- Everyday Selects Hot-Nacho W1,3,5 :39000 - ServingDate: 03/06/2023</b>								
Carnitas Nachos - SR2656 (1 nacho)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY21-22 - FoodiE-Everyday Selects Hot-Nacho W1,3,5 :39000 - ServingDate: 03/06/2023</b>								
Cheesy Nachos with Refried Beans - SR2654 (1 nacho)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheesy Nachos with Taco Meat - SR2655 (1 nacho)	45	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheesy Cheddar Nachos - SR3454 (1 nacho)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheddar Cheese Sauce - SR1293 (3/8 c.)	100	171.73	13.80	7.51	0.00	634.80	3.07	10.73
Vegetarian Refried Beans - OKR1472 (1/4 c.)	5	85.21	0.83	0.01	0.00	184.90	14.71	3.26
Beef Taco Filling - SR1528 (3 tbsp.)	45	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Turkey Carnitas - SR1262 (1/4 c.)	10	75.98	3.49	0.59	0.00	480.16	2.66	8.42
Tortilla Chips - SR1065 (1 1/2 oz.)	100	206.18	8.84	1.47	0.00	169.36	29.45	2.94
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	40	65.34	0.08	0.02	0.00	79.50	12.15	3.95
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Homemade Salsa - SR1007 (2 tbsp.)	40	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Sour Cream - SR1659 (1 tbsp.)	40	30.00	2.50	1.75	0.00	7.50	0.50	0.50
<b>SY 21-22 - FoodiE-Everyday Selects Hot-Baskets W1,3,5 :39000 - ServingDate: 03/07/2023</b>								
Chicken Drumstick Basket - SR2643 (1 Basket)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Nugget Basket - SR2641 (1 Basket)	65	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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Site: Guthrie Junior High  
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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 21-22 - FoodiE- Everyday Selects Hot-Baskets W1,3,5 :39000 - ServingDate: 03/07/2023</b>								
Glazed Chicken Drumstick - SR2447 (1 piece)	25	248.99	15.56	3.89	0.00	497.98	3.11	24.90
Crispy Chicken Nuggets - SR1367 (5 nugget)	65	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Dinner Roll - SR1009 (1 roll.)	100	160.00	3.00	0.00	0.00	135.00	29.00	7.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/4 c.)	40	32.75	2.25	0.17	0.00	36.04	2.70	1.50
Spiral-cut French Fries - SR2509 (1/2 c.)	100	106.91	5.70	0.71	0.00	256.57	14.25	1.43
Barbecue Sauce - SR1008 (2 tbsp.)	10	30.00	0.00	0.00	0.00	470.00	7.00	0.00
Buffalo Sauce - SR2613 (1 tbsp.)	30	3.39	0.09	0.02	0.00	626.53	0.48	0.17
Honey Mustard - SR2614 (1 tbsp.)	20	71.50	6.05	1.10	0.00	77.00	3.30	0.00
Tartar Sauce - SR2615 (1 tbsp.)	10	43.34	3.60	0.40	0.00	88.36	3.11	0.01
<b>SY21-22 - FoodiE- Everyday Selects Hot-Grill W3 :39000 - ServingDate: 03/08/2023</b>								
BBQ Rib Sandwich - SR2649 (1 sandwich)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheeseburger - SR2646 (1 burger)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger - SR2660 (1 burger)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Chicken Sandwich - SR2651 (1 sandwich)	65	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Barbecue Pork Riblet - SR2037 (1 patty)	10	175.00	10.00	3.50	0.00	625.00	11.50	12.00
Hamburger Patty - SR1652 (1 patty)	25	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Hot & Spicy Chicken Patty - SR2137 (1 patty)	65	230.00	13.00	2.50	0.00	350.00	15.00	13.00

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<b>SY21-22 - FoodiE- Everyday Selects Hot-Grill W3 :39000 - ServingDate: 03/08/2023</b>								
American Cheese Slice - SR2821 (1/2 oz.)	20	55.00	4.50	2.50	0.00	135.00	1.00	2.50
Bimbo Bun - OKR1738 (1 roll (hamb))	0	160.00	2.00	0.00	0.00	270.00	31.00	6.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Burger Topping - SR2640 (1 serving)	20	4.54	0.05	0.01	0.00	157.91	0.97	0.26
Baked French Fries - SR1444 (1/2 c.)	100	90.40	2.51	0.00	0.00	30.13	16.07	1.00
<b>SY21-22 - FoodiE- Everyday Selects Hot-Pizza W3 :39000 - ServingDate: 03/09/2023</b>								
Cheese Pizza - SR2081 (1 slice)	40	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Pepperoni Pizza - SR2084 (1 slice)	50	746.66	48.00	19.00	0.00	1586.66	44.87	35.00
Supreme Pizza - SR2085 (1 slice)	10	643.25	38.00	15.18	0.04	1220.10	45.22	30.29
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Caesar Side Salad - SR1428 (1/2 c.)	30	84.91	7.90	1.64	0.00	162.53	2.81	1.48
<b>SY21-22 - FoodiE- Everyday Selects Hot-Nacho W1,3,5 :39000 - ServingDate: 03/10/2023</b>								
Carnitas Nachos - SR2656 (1 nacho)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheesy Nachos with Refried Beans - SR2654 (1 nacho)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheesy Nachos with Taco Meat - SR2655 (1 nacho)	45	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheesy Cheddar Nachos - SR3454 (1 nacho)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheddar Cheese Sauce - SR1293 (3/8 c.)	100	171.73	13.80	7.51	0.00	634.80	3.07	10.73

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<b>SY21-22 - FoodiE-Everyday Selects Hot-Nacho W1,3,5 :39000 - ServingDate: 03/10/2023</b>								
Vegetarian Refried Beans - OKR1472 (1/4 c.)	5	85.21	0.83	0.01	0.00	184.90	14.71	3.26
Beef Taco Filling - SR1528 (3 tbsp.)	45	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Turkey Carnitas - SR1262 (1/4 c.)	10	75.98	3.49	0.59	0.00	480.16	2.66	8.42
Tortilla Chips - SR1065 (1 1/2 oz.)	100	206.18	8.84	1.47	0.00	169.36	29.45	2.94
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	40	65.34	0.08	0.02	0.00	79.50	12.15	3.95
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Homemade Salsa - SR1007 (2 tbsp.)	40	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Sour Cream - SR1659 (1 tbsp.)	40	30.00	2.50	1.75	0.00	7.50	0.50	0.50
<b>SY21-22 - FoodiE-Everyday Selects Hot-Grill W5 :39000 - ServingDate: 03/20/2023</b>								
Cheeseburger - SR2646 (1 burger)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Patty Sandwich - SR2645 (1 burger)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger - SR2660 (1 burger)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Chicken Sandwich - SR2651 (1 sandwich)	65	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	25	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Hot & Spicy Chicken Patty - SR2137 (1 patty)	65	230.00	13.00	2.50	0.00	350.00	15.00	13.00
Breaded Chicken Patty - SR2186 (1 patty)	10	240.00	14.00	2.50	0.00	440.00	16.00	14.00
American Cheese Slice - SR2821 (1/2 oz.)	20	55.00	4.50	2.50	0.00	135.00	1.00	2.50

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<b>SY21-22 - FoodiE-Everyday Selects Hot-Grill W5 :39000 - ServingDate: 03/20/2023</b>								
Bimbo Bun - OKR1738 (1 roll (hamb))	100	160.00	2.00	0.00	0.00	270.00	31.00	6.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Burger Topping - SR2640 (1 serving)	40	4.54	0.05	0.01	0.00	157.91	0.97	0.26
Baked French Fries - SR1444 (1/2 c.)	100	90.40	2.51	0.00	0.00	30.13	16.07	1.00
<b>Sy21-22 - FoodiE-Everyday Selects Hot-Pizza W5 :39000 - ServingDate: 03/21/2023</b>								
Buffalo Chicken Pizza - OKR1180 (1 slice)	16	462.77	19.41	7.66	0.00	918.30	48.04	22.17
Cheese Pizza - SR2081 (1 slice)	20	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Pepperoni Pizza - SR2084 (1 slice)	50	746.66	48.00	19.00	0.00	1586.66	44.87	35.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Caesar Side Salad - SR1428 (1/2 c.)	30	84.91	7.90	1.64	0.00	162.53	2.81	1.48
<b>SY21-22 - FoodiE-Everyday Selects Hot-Nacho W1,3,5 :39000 - ServingDate: 03/22/2023</b>								
Carnitas Nachos - SR2656 (1 nacho)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheesy Nachos with Refried Beans - SR2654 (1 nacho)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheesy Nachos with Taco Meat - SR2655 (1 nacho)	45	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheesy Cheddar Nachos - SR3454 (1 nacho)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheddar Cheese Sauce - SR1293 (3/8 c.)	100	171.73	13.80	7.51	0.00	634.80	3.07	10.73

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<b>SY21-22 - FoodiE- Everyday Selects Hot-Nacho W1,3,5 :39000 - ServingDate: 03/22/2023</b>								
Vegetarian Refried Beans - OKR1472 (1/4 c.)	5	85.21	0.83	0.01	0.00	184.90	14.71	3.26
Beef Taco Filling - SR1528 (3 tbsp.)	45	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Turkey Carnitas - SR1262 (1/4 c.)	10	75.98	3.49	0.59	0.00	480.16	2.66	8.42
Tortilla Chips - SR1065 (1 1/2 oz.)	100	206.18	8.84	1.47	0.00	169.36	29.45	2.94
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	40	65.34	0.08	0.02	0.00	79.50	12.15	3.95
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Homemade Salsa - SR1007 (2 tbsp.)	40	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Sour Cream - SR1659 (1 tbsp.)	40	30.00	2.50	1.75	0.00	7.50	0.50	0.50
<b>SY 21-22 - FoodiE- Everyday Selects Hot-Baskets W1,3,5 :39000 - ServingDate: 03/23/2023</b>								
Chicken Drumstick Basket - SR2643 (1 Basket)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Nugget Basket - SR2641 (1 Basket)	65	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Glazed Chicken Drumstick - SR2447 (1 piece)	25	248.99	15.56	3.89	0.00	497.98	3.11	24.90
Crispy Chicken Nuggets - SR1367 (5 nugget)	65	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Dinner Roll - SR1009 (1 roll.)	100	160.00	3.00	0.00	0.00	135.00	29.00	7.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/4 c.)	40	32.75	2.25	0.17	0.00	36.04	2.70	1.50



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<b>SY 21-22 - FoodiE- Everyday Selects Hot-Baskets W1,3,5 :39000 - ServingDate: 03/23/2023</b>								
Spiral-cut French Fries - SR2509 (1/2 c.)	100	106.91	5.70	0.71	0.00	256.57	14.25	1.43
Barbecue Sauce - SR1008 (2 tbsp.)	10	30.00	0.00	0.00	0.00	470.00	7.00	0.00
Buffalo Sauce - SR2613 (1 tbsp.)	30	3.39	0.09	0.02	0.00	626.53	0.48	0.17
Honey Mustard - SR2614 (1 tbsp.)	20	71.50	6.05	1.10	0.00	77.00	3.30	0.00
Tartar Sauce - SR2615 (1 tbsp.)	10	43.34	3.60	0.40	0.00	88.36	3.11	0.01
<b>SY21-22 - FoodiE- Everyday Selects Hot-Grill W5 :39000 - ServingDate: 03/24/2023</b>								
Cheeseburger - SR2646 (1 burger)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Patty Sandwich - SR2645 (1 burger)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger - SR2660 (1 burger)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Chicken Sandwich - SR2651 (1 sandwich)	65	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	25	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Hot & Spicy Chicken Patty - SR2137 (1 patty)	65	230.00	13.00	2.50	0.00	350.00	15.00	13.00
Breaded Chicken Patty - SR2186 (1 patty)	10	240.00	14.00	2.50	0.00	440.00	16.00	14.00
American Cheese Slice - SR2821 (1/2 oz.)	20	55.00	4.50	2.50	0.00	135.00	1.00	2.50
Bimbo Bun - OKR1738 (1 roll (hamb))	100	160.00	2.00	0.00	0.00	270.00	31.00	6.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Burger Topping - SR2640 (1 serving)	40	4.54	0.05	0.01	0.00	157.91	0.97	0.26
Baked French Fries - SR1444 (1/2 c.)	100	90.40	2.51	0.00	0.00	30.13	16.07	1.00

# Menu Calendar Nutrient Analysis Report - March, 2023

Site: Guthrie Junior High  
 Date: 03/01/2023 - 03/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY21-22 - FoodiE- Everyday Selects Hot-Pizza W6 :39000 - ServingDate: 03/27/2023</b>								
Cheese Pizza - SR2081 (1 slice)	25	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Italian Sausage Pizza - SR2083 (1 slice)	25	434.49	18.94	8.01	0.05	534.20	43.51	20.52
Pepperoni Pizza - SR2084 (1 slice)	50	746.66	48.00	19.00	0.00	1586.66	44.87	35.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Caesar Side Salad - SR1428 (1/2 c.)	30	84.91	7.90	1.64	0.00	162.53	2.81	1.48
<b>SY21-22 - FoodiE- Everyday Selects Hot-Nacho W2,4,6 :39000 - ServingDate: 03/28/2023</b>								
Fajita Chicken & Cheese Nachos, MIA - SR2657 (1 nacho)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheesy Nachos with Refried Beans - SR2654 (1 nacho)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheesy Nachos with Taco Meat - SR2655 (1 nacho)	45	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheesy Cheddar Nachos - SR3454 (1 nacho)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheddar Cheese Sauce - SR1293 (3/8 c.)	100	171.73	13.80	7.51	0.00	634.80	3.07	10.73
Vegetarian Refried Beans - OKR1472 (1/4 c.)	5	85.21	0.83	0.01	0.00	184.90	14.71	3.26
Fajita Chicken - SR2529 (1/3 c.)	40	80.05	4.00	1.14	0.00	240.14	1.14	9.72
Beef Taco Filling - SR1528 (3 tbsp.)	45	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Tortilla Chips - SR1065 (1 1/2 oz.)	100	206.18	8.84	1.47	0.00	169.36	29.45	2.94
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/4 c.)	40	32.67	0.04	0.01	0.00	39.75	6.07	1.98

# Menu Calendar Nutrient Analysis Report - March, 2023

Site: Guthrie Junior High  
 Date: 03/01/2023 - 03/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY21-22 - FoodiE-Everyday Selects Hot-Nacho W2,4,6 :39000 - ServingDate: 03/28/2023</b>								
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Homemade Salsa - SR1007 (2 tbsp.)	40	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Sour Cream - SR1659 (1 tbsp.)	40	30.00	2.50	1.75	0.00	7.50	0.50	0.50
<b>SY21-22 - FoodiE-Everyday Selects Hot-Baskets W2,4,6 :39000 - ServingDate: 03/29/2023</b>								
Chicken Nugget Basket - SR2641 (1 Basket)	65	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mozzarella Stuffed Breadstick Basket - SR2644 (1 Basket)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	25	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Crispy Chicken Nuggets - SR1367 (5 nugget)	65	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Dinner Roll - SR1009 (1 roll.)	75	160.00	3.00	0.00	0.00	135.00	29.00	7.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/4 c.)	40	32.75	2.25	0.17	0.00	36.04	2.70	1.50
Spaghetti Sauce - SR2220 (1/4 c.)	25	32.36	0.25	0.03	0.00	129.82	6.67	1.04
Spiral-cut French Fries - SR2509 (1/2 c.)	100	106.91	5.70	0.71	0.00	256.57	14.25	1.43
Barbecue Sauce - SR1008 (2 tbsp.)	10	30.00	0.00	0.00	0.00	470.00	7.00	0.00
Buffalo Sauce - SR2613 (1 tbsp.)	10	3.39	0.09	0.02	0.00	626.53	0.48	0.17
Honey Mustard - SR2614 (1 tbsp.)	10	71.50	6.05	1.10	0.00	77.00	3.30	0.00
Tartar Sauce - SR2615 (1 tbsp.)	10	43.34	3.60	0.40	0.00	88.36	3.11	0.01

# Menu Calendar Nutrient Analysis Report - March, 2023

Site: Guthrie Junior High  
 Date: 03/01/2023 - 03/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Sy21-22 - FoodiE- Everyday Selects Hot-Grill W6 :39000 - ServingDate: 03/30/2023</b>								
Cheeseburger - SR2646 (1 burger)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fish Sandwich - SR2759 (1 burger)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger - SR2660 (1 burger)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Chicken Sandwich - SR2651 (1 sandwich)	65	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	25	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Hot & Spicy Chicken Patty - SR2137 (1 patty)	65	230.00	13.00	2.50	0.00	350.00	15.00	13.00
Breaded Fish Patty - SR1985 (1 patty)	10	170.00	7.00	1.00	0.00	270.00	16.00	11.00
American Cheese Slice - SR2821 (1/2 oz.)	20	55.00	4.50	2.50	0.00	135.00	1.00	2.50
Bimbo Bun - OKR1738 (1 roll (hamb))	100	160.00	2.00	0.00	0.00	270.00	31.00	6.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Burger Topping - SR2640 (1 serving)	40	4.54	0.05	0.01	0.00	157.91	0.97	0.26
Baked French Fries - SR1444 (1/2 c.)	100	90.40	2.51	0.00	0.00	30.13	16.07	1.00
<b>SY21-22 - FoodiE- Everyday Selects Hot-Pizza W6 :39000 - ServingDate: 03/31/2023</b>								
Cheese Pizza - SR2081 (1 slice)	25	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Italian Sausage Pizza - SR2083 (1 slice)	25	434.49	18.94	8.01	0.05	534.20	43.51	20.52
Pepperoni Pizza - SR2084 (1 slice)	50	746.66	48.00	19.00	0.00	1586.66	44.87	35.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Caesar Side Salad - SR1428 (1/2 c.)	30	84.91	7.90	1.64	0.00	162.53	2.81	1.48

**Legend**

# Menu Calendar Nutrient Analysis Report - March, 2023

Site: Guthrie Junior High  
Date: 03/01/2023 - 03/31/2023

(M) - Missing Nutrient Values

**Report Selections**

Meal Type: Lunch  
Site Group: FoodiE Cafe  
Menu Line: FE-Everyday Selects (II-Play)  
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.