

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)
23-24 CORE Garden Bar- (6-8) Day 3 (RMC) OK - ServingDate: 03/01/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	8	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Pears - SR3041 (1/2 c.)	7	57.47	0.00	0.00	0.00	4.79	15.33	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	10	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	15	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
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
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 4 (RMC) OK - ServingDate: 03/02/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	6	55.86	0.15	0.03	0.00	10.49	12.58	0.32

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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)
23-24 CORE Garden Bar- (6-8) Day 4 (RMC) OK - ServingDate: 03/02/2023								
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	11	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple Glazed Baby Carrots - SR3683 (1/2 c.)	5	58.31	0.81	0.31	0.00	68.19	12.33	0.56
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chilled Corn - SR1033 (1/2 c.)	10	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
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 5 (RMC) OK - ServingDate: 03/03/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	7	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR3040 (1/2 c.)	10	59.04	0.00	0.00	0.00	4.92	13.78	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)
23-24 CORE Garden Bar- (6-8) Day 5 (RMC) OK - ServingDate: 03/03/2023								
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Green Salad Mix - SR3780 (1 c.)	10	12.31	0.00	0.00	0.00	8.21	2.46	0.82
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
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 1 (RMC) OK - ServingDate: 03/06/2023								
Fresh Whole Apple - SR2870 (1 medium (3))	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	7	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR3040 (1/2 c.)	10	59.04	0.00	0.00	0.00	4.92	13.78	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
23-24 CORE Garden Bar- (6-8) Day 1 (RMC) OK - ServingDate: 03/06/2023								
Kidney Beans - SR1036 (1/2 c.)	5	140.65	0.00	0.00	0.00	151.47	25.97	7.57
Green Salad Mix - SR3780 (1 c.)	15	12.31	0.00	0.00	0.00	8.21	2.46	0.82
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
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 2 (RMC) OK - ServingDate: 03/07/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	6	55.86	0.15	0.03	0.00	10.49	12.58	0.32
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	11	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Basil Corn Salad - SR2587 (1/2 c.)	5	102.63	4.12	0.34	0.00	296.57	16.85	2.40
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82

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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)
23-24 CORE Garden Bar- (6-8) Day 2 (RMC) OK - ServingDate: 03/07/2023								
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
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 3 (RMC) OK - ServingDate: 03/08/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	8	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Pears - SR3041 (1/2 c.)	7	57.47	0.00	0.00	0.00	4.79	15.33	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	10	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	15	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
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

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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)
23-24 CORE Garden Bar- (6-8) Day 3 (RMC) OK - ServingDate: 03/08/2023								
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 4 (RMC) OK - ServingDate: 03/09/2023								
Fresh Whole Apple - SR2870 (1 medium (3))	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	6	55.86	0.15	0.03	0.00	10.49	12.58	0.32
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	11	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple Glazed Baby Carrots - SR3683 (1/2 c.)	5	58.31	0.81	0.31	0.00	68.19	12.33	0.56
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chilled Corn - SR1033 (1/2 c.)	10	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
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00

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23-24 CORE Garden Bar- (6-8) Day 4 (RMC) OK - ServingDate: 03/09/2023								
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 5 (RMC) OK - ServingDate: 03/10/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	7	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR3040 (1/2 c.)	10	59.04	0.00	0.00	0.00	4.92	13.78	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Green Salad Mix - SR3780 (1 c.)	10	12.31	0.00	0.00	0.00	8.21	2.46	0.82
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
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00

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23-24 CORE Garden Bar- (6-8) Day 1 (RMC) OK - ServingDate: 03/20/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	7	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR3040 (1/2 c.)	10	59.04	0.00	0.00	0.00	4.92	13.78	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1036 (1/2 c.)	5	140.65	0.00	0.00	0.00	151.47	25.97	7.57
Green Salad Mix - SR3780 (1 c.)	15	12.31	0.00	0.00	0.00	8.21	2.46	0.82
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
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 2 (RMC) OK - ServingDate: 03/21/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	6	55.86	0.15	0.03	0.00	10.49	12.58	0.32

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23-24 CORE Garden Bar- (6-8) Day 2 (RMC) OK - ServingDate: 03/21/2023								
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	11	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Basil Corn Salad - SR2587 (1/2 c.)	5	102.63	4.12	0.34	0.00	296.57	16.85	2.40
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
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
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 3 (RMC) OK - ServingDate: 03/22/2023								
Fresh Whole Apple - SR2870 (1 medium (3))	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	8	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Pears - SR3041 (1/2 c.)	7	57.47	0.00	0.00	0.00	4.79	15.33	0.00

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)
23-24 CORE Garden Bar- (6-8) Day 3 (RMC) OK - ServingDate: 03/22/2023								
100% Apple Juice - SR2547 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	10	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	15	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
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
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 4 (RMC) OK - ServingDate: 03/23/2023								
Fresh Whole Apple - SR2870 (1 medium (3))	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	6	55.86	0.15	0.03	0.00	10.49	12.58	0.32
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	11	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00

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)
23-24 CORE Garden Bar- (6-8) Day 4 (RMC) OK - ServingDate: 03/23/2023								
Apple Glazed Baby Carrots - SR3683 (1/2 c.)	5	58.31	0.81	0.31	0.00	68.19	12.33	0.56
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chilled Corn - SR1033 (1/2 c.)	10	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
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 5 (RMC) OK - ServingDate: 03/24/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	7	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR3040 (1/2 c.)	10	59.04	0.00	0.00	0.00	4.92	13.78	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Green Salad Mix - SR3780 (1 c.)	10	12.31	0.00	0.00	0.00	8.21	2.46	0.82

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)
23-24 CORE Garden Bar- (6-8) Day 5 (RMC) OK - ServingDate: 03/24/2023								
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
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 1 (RMC) OK - ServingDate: 03/27/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	7	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR3040 (1/2 c.)	10	59.04	0.00	0.00	0.00	4.92	13.78	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Kidney Beans - SR1036 (1/2 c.)	5	140.65	0.00	0.00	0.00	151.47	25.97	7.57
Green Salad Mix - SR3780 (1 c.)	15	12.31	0.00	0.00	0.00	8.21	2.46	0.82
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, 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)
23-24 CORE Garden Bar- (6-8) Day 1 (RMC) OK - ServingDate: 03/27/2023								
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 2 (RMC) OK - ServingDate: 03/28/2023								
Fresh Whole Apple - SR2870 (1 medium (3))	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	6	55.86	0.15	0.03	0.00	10.49	12.58	0.32
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	11	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Basil Corn Salad - SR2587 (1/2 c.)	5	102.63	4.12	0.34	0.00	296.57	16.85	2.40
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
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
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16

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)
23-24 CORE Garden Bar- (6-8) Day 2 (RMC) OK - ServingDate: 03/28/2023								
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 3 (RMC) OK - ServingDate: 03/29/2023								
Fresh Whole Apple - SR2870 (1 medium (3))	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	8	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Pears - SR3041 (1/2 c.)	7	57.47	0.00	0.00	0.00	4.79	15.33	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	10	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	15	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
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
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00

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)
23-24 CORE Garden Bar- (6-8) Day 4 (RMC) OK - ServingDate: 03/30/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	6	55.86	0.15	0.03	0.00	10.49	12.58	0.32
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	11	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple Glazed Baby Carrots - SR3683 (1/2 c.)	5	58.31	0.81	0.31	0.00	68.19	12.33	0.56
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chilled Corn - SR1033 (1/2 c.)	10	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
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 5 (RMC) OK - ServingDate: 03/31/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47

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)
23-24 CORE Garden Bar- (6-8) Day 5 (RMC) OK - ServingDate: 03/31/2023								
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	7	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR3040 (1/2 c.)	10	59.04	0.00	0.00	0.00	4.92	13.78	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Green Salad Mix - SR3780 (1 c.)	10	12.31	0.00	0.00	0.00	8.21	2.46	0.82
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
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00

Legend
 (M) - Missing Nutrient Values

Report Selections
 Meal Type: Lunch
 Site Group: FoodiE Cafe
 Menu Line: FE-From The 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.