

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)
SY21-22 - FoodiE-Global Flavors Mexico- Handheld :39003 - ServingDate: 03/01/2023								
Bean & Vegetable Taco - SR2726 (1 taco)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Build-to-Order Taco - SR3461 (1 taco)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Chicken Tinga Taco - SR2727 (1 taco)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tex Mex Beef Taco - SR3462 (1 taco)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Refried Beans - OKR1472 (1/4 c.)	20	85.21	0.83	0.01	0.00	184.90	14.71	3.26
Mexican Tinga Chicken - SR2604 (1/3 c.)	50	70.44	1.67	0.01	0.00	148.43	2.71	9.99
Beef Taco Filling - SR1528 (1/4 c.)	50	74.39	3.02	1.21	0.00	240.10	3.02	8.47
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	100	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Cilantro Lime Rice - SR1232 (1/2 c.)	100	116.17	2.21	0.13	0.00	138.97	22.39	2.45
Crispy Corn Taco Shell - SR2223 (1 shells)	50	85.00	4.00	0.50	0.00	0.00	11.00	1.00
Flour Tortilla - SR1066 (1 tortilla)	50	89.99	2.50	1.00	0.00	129.98	14.00	2.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/4 c.)	10	32.67	0.04	0.01	0.00	39.75	6.07	1.98
Mex Zucchini - SR1697 (1/4 c.)	10	73.65	7.26	0.56	0.00	85.74	2.54	0.86
Mex Roasted Sweet Potatoes - SR2277 (1/4 c.)	20	75.58	2.89	0.20	0.00	96.15	12.18	0.82
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

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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)
SY21-22 - FoodiE-Global Flavors Mexico- Handheld :39003 - ServingDate: 03/01/2023								
Tomato and Shredded Lettuce Salad - SR1997 (1/2 c.)	100	11.38	0.12	0.02	0.00	4.26	2.45	0.60
SY21-22 - FoodiE-Global Flavors Mediterranean- Handheld :39003 - ServingDate: 03/02/2023								
Build-to-Order Mediterranean Sub - SR3464 (1 sandwich)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mediterranean Falafel & Vegetable Sub - SR2725 (1 sandwich)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Greek Spiced Meatball Sub - SR2724 (1 sandwich)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Greek Turkey Sandwich - SR2723 (1 sandwich)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Falafel Fritters - SR2625 (3 ea.)	20	130.07	2.00	0.00	0.00	420.24	23.01	7.00
Greek Meatballs - SR2621 (5 Meatballs)	50	246.66	17.98	3.88	0.00	203.52	8.17	14.77
Greek Turkey - SR1854 (1/2 c.)	50	302.33	17.73	1.91	0.00	657.86	21.83	16.62
Mozzarella Cheese - SR3098 (1/2 oz.)	100	40.50	2.53	1.52	0.00	81.00	1.01	3.54
Mini Sub Roll - SR1208 (1 roll (smal))	100	162.71	3.05	0.00	0.00	183.05	29.49	6.10
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Chickpeas - SR1047 (1/4 c.)	10	98.28	1.86	0.03	0.00	169.51	15.32	5.11
Roasted Broccoli - SR1852 (1/4 c.)	10	32.75	2.25	0.17	0.00	36.04	2.70	1.50
Roasted Summer Squash - SR1523 (1/4 c.)	10	17.16	1.07	0.09	0.00	21.09	1.64	0.42
Sliced Black Olives - SR1390 (2 tbsp.)	60	14.12	1.41	0.00	0.00	117.63	0.94	0.00

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SY21-22 - FoodiE-Global Flavors Mediterranean-Handheld :39003 - ServingDate: 03/02/2023								
Tzatziki Sauce - SR1820 (1 tbsp.)	60	7.38	0.02	0.00	0.00	63.90	0.78	1.20
Tomato and Shredded Lettuce Salad - SR1997 (1/2 c.)	60	11.38	0.12	0.02	0.00	4.26	2.45	0.60
SY21-22 - FoodiE-Global Flavors Asia-Handheld :39003 - ServingDate: 03/03/2023								
Chicken & Vegetable Potstickers - SR2605 (3 ea.)	80	120.00	3.50	0.25	0.00	275.00	15.50	8.50
Build-to-Order Asian Taco - SR3465 (1 taco)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Korean BBQ Chicken Taco - SR2714 (1 taco)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sweet & Sour Chick'n Taco - SR2717 (1 taco)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Teriyaki Chicken Taco - SR3013 (1 taco)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Korean BBQ Chicken - SR2608 (1/4 c.)	25	106.14	4.42	0.46	0.00	350.73	5.07	10.13
Sweet & Sour Chick'n - SR2479 (4 nugget)	55	238.57	7.10	1.01	0.00	364.29	33.67	14.20
Teriyaki Chicken - SR2606 (1/3 c.)	70	123.42	4.67	1.33	0.00	376.90	8.67	11.68
Flour Tortilla - SR1066 (1 tortilla)	100	89.99	2.50	1.00	0.00	129.98	14.00	2.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (2 tbsp.)	15	16.37	1.12	0.08	0.00	18.02	1.35	0.75
Spicy Asian Vegetable Blend - SR2607 (2 tbsp.)	35	20.07	1.86	0.14	0.00	49.89	0.97	0.20
Soy Roasted Potatoes - SR2609 (2 tbsp.)	65	46.61	3.26	0.38	0.00	167.63	4.80	0.37
Green Onion - SR1946 (1 tbsp.)	10	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	30	21.09	0.09	0.04	0.00	517.39	4.70	0.37

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SY21-22 - FoodiE-Global Flavors America-Wraps (Breakfast Plates) :39003 - ServingDate: 03/06/2023								
Chick'n & Waffle Stacker Breakfast Plate - SR2750 (1 plate)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fruit-Topped Waffle Breakfast Plate - SR3467 (1 plate)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Homestyle Breakfast Plate - SR2752 (1 plate)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Chick'n Nugget - SR2451 (4 nuggets)	10	182.57	7.10	1.01	0.00	304.29	19.27	14.20
Scrambled Eggs - SR1179 (1/4 c.)	90	93.33	6.00	2.00	0.00	86.67	0.00	8.00
Country Breakfast Sausage Patty - SR1157 (1 patty)	60	60.00	4.50	1.50	0.00	80.00	0.00	6.00
Buttermilk Pancakes - SR2010 (2 pancake)	50	160.00	2.00	0.33	0.00	406.67	30.67	4.00
Toasted Waffle - SR1038 (2 waffle)	50	210.00	7.00	1.00	0.00	350.00	33.00	4.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Baked Cinnamon Raisin Apples - SR1238 (1/4 c.)	30	82.19	1.23	0.50	0.00	20.42	18.19	0.27
Warm Berries - SR2617 (1/4 c.)	90	53.58	0.05	0.01	0.00	1.55	13.82	0.21
Sweet Potato Fries - SR2043 (1/4 c.)	30	81.17	3.55	0.51	0.00	96.39	12.68	0.51
Golden Hash Brown Rounds - SR1984 (1 piece)	60	45.00	1.25	0.00	0.00	95.00	7.50	0.50
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	75	105.00	0.00	0.00	0.00	47.50	26.00	0.00

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SY21-22 - FoodiE-Global Flavors Asia-Wraps (Burritos) :39003 - ServingDate: 03/07/2023								
Korean BBQ Chicken Burrito - SR2735 (1 wrap)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sweet & Sour Chick'n Burrito - SR2738 (1 wrap)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Build-to-Order Asian Burrito - SR3468 (1 wrap)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Teriyaki Chicken Burrito - SR2736 (1 wrap)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Korean BBQ Chicken - SR2608 (1/3 c.)	35	141.52	5.89	0.62	0.01	467.64	6.76	13.51
Sweet & Sour Chick'n - SR2479 (4 nugget)	5	238.57	7.10	1.01	0.00	364.29	33.67	14.20
Teriyaki Chicken - SR2606 (1/2 c.)	60	185.14	7.00	2.00	0.00	565.36	13.01	17.52
Steamed Brown Rice - SR1098 (1/4 c.)	100	58.59	0.34	0.00	0.00	1.01	12.75	1.38
Flour Tortilla - SR1177 (1 tortilla)	100	210.00	6.00	3.00	0.00	319.99	34.00	5.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/4 c.)	20	32.75	2.25	0.17	0.00	36.04	2.70	1.50
Spicy Asian Vegetable Blend - SR2607 (1/4 c.)	35	40.13	3.73	0.29	0.01	99.77	1.93	0.41
Soy Roasted Potatoes - SR2609 (1/4 c.)	15	93.22	6.52	0.76	0.00	335.25	9.59	0.74
Green Onion - SR1946 (1 tbsp.)	20	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	30	21.09	0.09	0.04	0.00	517.39	4.70	0.37

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SY21-22 - FoodiE-Global Flavors Italy-Wraps (Flatbreads) :39003 - ServingDate: 03/08/2023								
Chicken Bruschetta Flatbread Pizza, Richs 6x6, USDA Mozzarella - SR3383 (1 ea.)	10	394.24	17.54	7.13	0.00	842.33	34.47	25.17
Pepperoni Flatbread Pizza - SR3386 (1 ea.)	50	716.64	49.48	20.90	0.00	2125.39	36.64	35.68
Three Cheese Flatbread Pizza - SR1567 (1 ea.)	40	369.98	17.48	8.90	0.00	978.73	34.77	19.68
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli and Red Peppers - SR2024 (1/2 c.)	40	85.72	6.65	0.48	0.00	9.07	5.83	2.51
Parmesan Green Beans - SR1144 (1/2 c.)	30	41.90	2.35	0.32	0.00	13.66	5.18	1.30
Roasted Butternut Squash - SR1408 (1/2 c.)	15	73.30	0.33	0.01	0.00	31.71	18.56	1.19
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	20	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Red Pepper Flakes - SR1554 (1/4 tsp.)	15	1.43	0.08	0.01	0.00	0.14	0.25	0.05
SY21-22 - FoodiE-Global Flavors Mexico- Wraps (Burritos) :39003 - ServingDate: 03/09/2023								
Bean & Vegetable Burrito - SR2746 (1 burrito)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Build-to-Order Mexican Burrito, MIA - SR3469 (1 burrito)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Tinga Chicken Burrito - SR2747 (1 burrito)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tex Mex Beef Burrito - SR2748 (1 burrito)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Refried Beans - OKR1472 (3/8 c.)	20	127.81	1.25	0.01	0.00	277.36	22.07	4.89

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SY21-22 - FoodiE-Global Flavors Mexico- Wraps (Burritos) :39003 - ServingDate: 03/09/2023								
Mexican Tinga Chicken - SR2604 (1/3 c.)	50	70.44	1.67	0.01	0.00	148.43	2.71	9.99
Beef Taco Filling - SR1528 (1/3 c.)	50	99.19	4.03	1.61	0.00	320.13	4.03	11.29
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	100	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Cilantro Lime Rice - SR1232 (1/4 c.)	0	58.08	1.10	0.06	0.00	69.49	11.19	1.23
Flour Tortilla - SR1177 (1 tortilla)	100	210.00	6.00	3.00	0.00	319.99	34.00	5.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/4 c.)	10	32.67	0.04	0.01	0.00	39.75	6.07	1.98
Mex Zucchini - SR1697 (1/4 c.)	10	73.65	7.26	0.56	0.00	85.74	2.54	0.86
Mex Roasted Sweet Potatoes - SR2277 (1/4 c.)	20	75.58	2.89	0.20	0.00	96.15	12.18	0.82
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
Tomato and Shredded Lettuce Salad - SR1997 (1/2 c.)	100	11.38	0.12	0.02	0.00	4.26	2.45	0.60
SY21-22 - FoodiE-Global Flavors Mediterranean-Wraps (Flatbread/Gyro) :39003 - ServingDate: 03/10/2023								
Build-to-Order Mediterranean Flatbread, MIA - SR3473 (1 sandwich)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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SY21-22 - FoodiE-Global Flavors Mediterranean-Wraps (Flatbread/Gyro):39003 - ServingDate: 03/10/2023								
Mediterranean Falafel & Vegetable Flatbread, MIA - SR3470 (1 sandwich)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Greek Spiced Meatball Flatbread, MIA - SR3471 (1 sandwich)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Greek Turkey Flatbread, MIA - SR3472 (1 sandwich)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Falafel Fritters - SR2625 (3 ea.)	20	130.07	2.00	0.00	0.00	420.24	23.01	7.00
Greek Meatballs - SR2621 (5 Meatballs)	35	246.66	17.98	3.88	0.00	203.52	8.17	14.77
Greek Turkey - SR1854 (1/2 c.)	40	302.33	17.73	1.91	0.00	657.86	21.83	16.62
Mozzarella Cheese - SR3098 (1/2 oz.)	50	40.50	2.53	1.52	0.00	81.00	1.01	3.54
Oven Fired Flatbread - SR1534 (1 piece)	100	180.00	5.00	1.00	0.00	330.00	28.00	6.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Chickpeas - SR1047 (1/4 c.)	15	98.28	1.86	0.03	0.00	169.51	15.32	5.11
Roasted Broccoli - SR1852 (1/4 c.)	40	32.75	2.25	0.17	0.00	36.04	2.70	1.50
Roasted Summer Squash - SR1523 (1/4 c.)	30	17.16	1.07	0.09	0.00	21.09	1.64	0.42
Sliced Black Olives - SR1390 (2 tbsp.)	90	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Tzatziki Sauce - SR1820 (1 tbsp.)	100	7.38	0.02	0.00	0.00	63.90	0.78	1.20
Tomato and Shredded Lettuce Salad - SR1997 (1/2 c.)	60	11.38	0.12	0.02	0.00	4.26	2.45	0.60

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SY21-22 - FoodiE-Global Flavors Mexico- Street :39003 - ServingDate: 03/20/2023								
Build-to-Orde Street Taco - SR3491 (1 taco)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Bean & Vegetable Taco - SR2726 (1 taco)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Carnitas Taco - SR2729 (1 taco)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pavo al Pastor Taco - SR2776 (1 taco)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Refried Beans - OKR1472 (1/4 c.)	20	85.21	0.83	0.01	0.00	184.90	14.71	3.26
Turkey Al Pastor - SR1259 (1/4 c.)	50	66.31	1.99	0.48	0.00	490.61	3.39	8.49
Turkey Carnitas - SR1262 (1/4 c.)	50	75.98	3.49	0.59	0.00	480.16	2.66	8.42
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	100	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Cilantro Lime Rice - SR1232 (2/3 c.)	100	154.89	2.94	0.17	0.00	185.30	29.85	3.27
Flour Tortilla - SR1066 (1 tortilla)	100	89.99	2.50	1.00	0.00	129.98	14.00	2.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/4 c.)	30	32.67	0.04	0.01	0.00	39.75	6.07	1.98
Mex Zucchini - SR1697 (1/4 c.)	30	73.65	7.26	0.56	0.00	85.74	2.54	0.86
Mex Roasted Sweet Potatoes - SR2277 (1/4 c.)	25	75.58	2.89	0.20	0.00	96.15	12.18	0.82
Diced Yellow Onion - SR1264 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Homemade Salsa - SR1007 (2 tbsp.)	30	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

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SY21-22 - FoodiE-Global Flavors Asia-Street :39003 - ServingDate: 03/21/2023								
Build-to-Order Asian Street Sub - SR3492 (1 sandwich)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Korean BBQ Chicken Sub - SR2771 (1 sandwich)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sweet & Sour Chick'n Sub - SR3479 (1 sandwich)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Teriyaki Meatball Sub - SR2770 (1 sandwich)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Korean BBQ Chicken - SR2608 (1/3 c.)	45	141.52	5.89	0.62	0.01	467.64	6.76	13.51
Teriyaki Meatballs - SR3494 (5 Meatballs)	45	267.87	10.98	3.37	0.00	492.28	28.09	15.36
Sweet & Sour Chick'n - SR2479 (5 nugget)	10	298.22	8.88	1.27	0.00	455.36	42.09	17.75
Mini Sub Roll - SR1208 (1 roll (smal))	100	162.71	3.05	0.00	0.00	183.05	29.49	6.10
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/4 c.)	25	32.75	2.25	0.17	0.00	36.04	2.70	1.50
Spicy Asian Vegetable Blend - SR2607 (1/4 c.)	35	40.13	3.73	0.29	0.01	99.77	1.93	0.41
Soy Roasted Potatoes - SR2609 (1/4 c.)	60	93.22	6.52	0.76	0.00	335.25	9.59	0.74
Green Onion - SR1946 (1 tbsp.)	55	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Pickle Cucumbers - SR1785 (2 tbsp.)	55	3.49	0.02	0.01	0.00	54.91	0.86	0.10
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	45	21.09	0.09	0.04	0.00	517.39	4.70	0.37
SY21-22 - FoodiE-Global Flavors America-Street :39003 - ServingDate: 03/22/2023								
Smoky BBQ Chick'n Nuggets Basket, America MIA - SR3480 (1 Basket)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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)
SY21-22 - FoodiE-Global Flavors America-Street :39003 - ServingDate: 03/22/2023								
Spicy Buffalo Chick'n Nuggets Basket - SR2769 (1 Basket)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Smoky BBQ Chicken Tenders Basket - SR3481 (1 Basket)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Buffalo Chicken Tenders Basket - SR2768 (1 Basket)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Breaded Chicken Tender - SR2504 (3 tenders)	80	263.02	15.17	2.53	0.00	394.54	16.19	15.17
Vegetarian Chick'n Nugget - SR2451 (4 nuggets)	20	182.57	7.10	1.01	0.00	304.29	19.27	14.20
Twisted Breadstick - SR2142 (1 breadstick)	100	172.69	3.27	0.09	0.00	190.34	28.41	6.09
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Baked Beans - SR3118 (1/2 c.)	10	112.64	1.02	0.00	0.00	122.88	21.50	7.17
Celery Sticks - SR1014 (6 stick.)	40	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Green Beans, Low Country Green Beans - SR2616 (1/2 c.)	20	68.15	4.70	0.64	0.00	347.50	5.67	2.04
Carrot Sticks - SR1606 (6 stick.)	40	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Country Style Potato Wedges - SR1029 (1/2 c.)	100	111.75	3.73	0.47	0.00	130.38	18.63	1.86
Barbecue Sauce - SR1008 (1 tbsp.)	50	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Buffalo Sauce - SR2613 (1 tbsp.)	50	3.39	0.09	0.02	0.00	626.53	0.48	0.17
SY21-22 - FoodiE-Global Flavors Italy-Street (Mac & Cheese) :39003 - ServingDate: 03/23/2023								
Alfredo Mac - SR3483 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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)
SY21-22 - FoodiE-Global Flavors Italy-Street (Mac & Cheese) :39003 - ServingDate: 03/23/2023								
Cheesy Cheddar Mac, Italy, MIA - SR3482 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Chicken Alfredo Mac - SR2774 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tuscan Veggie Mac - SR2772 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Alfredo Macaroni - SR1422 (1 c.)	75	350.96	12.47	5.48	0.00	1034.02	49.30	16.55
Cheddar Macaroni - SR1549 (1 c.)	25	444.30	23.85	11.83	0.00	1357.99	42.11	22.85
Fajita Chicken - SR2529 (1/4 c.)	25	60.03	3.00	0.86	0.00	180.10	0.86	7.29
Roasted Tuscan Vegetables - SR1442 (1 #8 scoop)	25	55.38	0.11	0.02	0.00	113.60	10.50	3.00
Breadstick - SR1044 (1 breadstick)	50	80.00	1.00	0.00	0.00	95.00	14.00	3.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli and Red Peppers - SR2024 (1/4 c.)	40	42.86	3.33	0.24	0.00	4.53	2.92	1.25
Parmesan Green Beans - SR1144 (1/4 c.)	30	20.95	1.17	0.16	0.00	6.83	2.59	0.65
Roasted Butternut Squash - SR1408 (1/4 c.)	15	36.65	0.16	0.01	0.00	15.85	9.28	0.60
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	25	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Red Pepper Flakes - SR1554 (1/4 tsp.)	5	1.43	0.08	0.01	0.00	0.14	0.25	0.05
SY21-22 - FoodiE-Global Flavors Mediterranean-Street (Totchos) :39003 - ServingDate: 03/24/2023								
Build-to-Order Mediterranean Totchos - SR3485 (1 nacho)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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)
SY21-22 - FoodiE-Global Flavors Mediterranean-Street (Totchos) :39003 - ServingDate: 03/24/2023								
Greek Meatball & Cheese Totchos - SR2782 (1 nacho)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mediterranean Vegetable Totchos - SR3484 (1 nacho)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Turkey Gyro & Cheese Totchos - SR2783 (1 nacho)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mozzarella Cheese - SR3098 (1 oz.)	20	81.00	5.06	3.04	0.00	162.00	2.02	7.09
Greek Meatballs - SR2621 (3 Meatballs)	70	147.99	10.79	2.33	0.00	122.11	4.90	8.86
Greek Turkey - SR1854 (1/4 c.)	30	151.17	8.87	0.96	0.00	328.93	10.91	8.31
Cheddar Cheese Sauce - SR1293 (1/4 c.)	80	114.49	9.20	5.01	0.00	423.20	2.04	7.16
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 Chickpeas - SR1047 (1/4 c.)	10	98.28	1.86	0.03	0.00	169.51	15.32	5.11
Roasted Broccoli - SR1852 (1/4 c.)	15	32.75	2.25	0.17	0.00	36.04	2.70	1.50
Roasted Summer Squash - SR1523 (1/4 c.)	10	17.16	1.07	0.09	0.00	21.09	1.64	0.42
Tater Tots - SR1450 (3/4 c.)	100	166.06	9.06	1.51	0.00	467.98	21.13	1.51
Sliced Black Olives - SR1390 (2 tbsp.)	5	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Diced Red Tomatoes - SR1012 (2 tbsp.)	5	4.43	0.05	0.01	0.00	1.23	0.96	0.22

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)
SY21-22 - FoodiE-Global Flavors Italy-Comfort (Pastas) :39003 - ServingDate: 03/27/2023								
Italian Meat Sauce Pasta Bowl - SR2764 (1 bowl)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheese Lasagna Roll - SR2763 (1 roll.)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Build-to-Order, Italy Bowl - SR3459 (1 bowl)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Alfredo Cheese Sauce - SR2217 (1/2 c.)	10	201.09	13.11	7.21	0.00	830.59	8.74	13.11
Cheese Lasagna Rollup - SR1497 (1 roll.)	40	277.32	4.01	2.06	0.00	510.06	42.88	17.16
Beef Bolognese - SR1197 (2/3 c.)	60	173.65	7.71	3.24	0.00	649.66	13.19	13.62
Breadstick - SR1044 (1 breadstick)	100	80.00	1.00	0.00	0.00	95.00	14.00	3.00
Whole Wheat Spaghetti Noodles - SR1135 (1/2 c.)	70	96.44	1.55	0.21	0.00	211.37	19.80	3.33
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli and Red Peppers - SR2024 (1/4 c.)	20	42.86	3.33	0.24	0.00	4.53	2.92	1.25
Parmesan Green Beans - SR1144 (1/4 c.)	20	20.95	1.17	0.16	0.00	6.83	2.59	0.65
Roasted Butternut Squash - SR1408 (1/4 c.)	10	36.65	0.16	0.01	0.00	15.85	9.28	0.60
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	10	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Red Pepper Flakes - SR1554 (1/4 tsp.)	10	1.43	0.08	0.01	0.00	0.14	0.25	0.05
SY21-22 - FoodiE-Global Flavors Asia-Pizza 2.0 :39003 - ServingDate: 03/28/2023								
Korean BBQ Flatbread Pizza - SR3385 (1 ea.)	30	423.05	19.69	9.13	0.00	1154.09	37.31	24.75

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)
SY21-22 - FoodiE-Global Flavors Asia- Pizza 2.0 :39003 - ServingDate: 03/28/2023								
Teriyaki Meatball Roll Up - SR3486 (1 ea.)	30	503.33	24.45	7.14	0.00	799.82	47.56	25.40
Three Cheese Flatbread Pizza - SR1567 (1 ea.)	30	369.98	17.48	8.90	0.00	978.73	34.77	19.68
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/4 c.)	20	32.75	2.25	0.17	0.00	36.04	2.70	1.50
Spicy Asian Vegetable Blend - SR2607 (1/4 c.)	30	40.13	3.73	0.29	0.01	99.77	1.93	0.41
Soy Roasted Potatoes - SR2609 (1/4 c.)	45	93.22	6.52	0.76	0.00	335.25	9.59	0.74
Green Onion - SR1946 (1 tbsp.)	5	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	20	21.09	0.09	0.04	0.00	517.39	4.70	0.37
SY21-22 - FoodiE-Global Flavors Mexico- Pizza 2.0 :39003 - ServingDate: 03/29/2023								
Cheese Calzone, 5" - SR2629 (1 ea.)	60	368.13	12.77	6.66	0.00(M)	592.66	40.82	23.61
Taco Calzone, 5" - SR2633 (1 ea.)	40	328.42	9.25	4.21	0.00	567.38	38.78	21.77
From the Garden Bar - SR2596 (1 serv.)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/4 c.)	30	32.67	0.04	0.01	0.00	39.75	6.07	1.98
Mex Zucchini - SR1697 (1/4 c.)	30	73.65	7.26	0.56	0.00	85.74	2.54	0.86
Mex Roasted Sweet Potatoes - SR2277 (1/4 c.)	30	75.58	2.89	0.20	0.00	96.15	12.18	0.82
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.)	30	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Sour Cream - SR1659 (1 tbsp.)	30	30.00	2.50	1.75	0.00	7.50	0.50	0.50

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)
SY21-22 - FoodiE-Global Flavors Mediterranean- Pizza 2.0 :39003 - ServingDate: 03/30/2023								
Greek Meatball Flatbread Roll Up - SR2622 (1 ea.)	60	458.33	24.45	7.14	0.00	654.82	36.56	24.90
Three Cheese Flatbread Pizza - SR1567 (1 ea.)	40	369.98	17.48	8.90	0.00	978.73	34.77	19.68
From the Garden Bar - SR2596 (1 serv.)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Chickpeas - SR1047 (1/4 c.)	10	98.28	1.86	0.03	0.00	169.51	15.32	5.11
Roasted Broccoli - SR1852 (1/4 c.)	25	32.75	2.25	0.17	0.00	36.04	2.70	1.50
Roasted Summer Squash - SR1523 (1/4 c.)	10	17.16	1.07	0.09	0.00	21.09	1.64	0.42
Sliced Black Olives - SR1390 (2 tbsp.)	5	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Diced Red Tomatoes - SR1012 (2 tbsp.)	5	4.43	0.05	0.01	0.00	1.23	0.96	0.22
SY21-22 - FoodiE-Global Flavors America-Pizza 2.0 :39003 - ServingDate: 03/31/2023								
Buffalo Chicken Flatbread Roll Up - SR2618 (1 ea.)	65	401.70	18.34	6.41	0.00	1361.79	37.29	20.98
Cheese Calzone, 5" - SR2629 (1 ea.)	35	368.13	12.77	6.66	0.00(M)	592.66	40.82	23.61
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/4 c.)	10	32.75	2.25	0.17	0.00	36.04	2.70	1.50
Green Beans, Low Country Green Beans - SR2616 (1/4 c.)	25	34.07	2.35	0.32	0.00	173.75	2.83	1.02
Country Style Potato Wedges - SR1029 (1/4 c.)	100	55.88	1.86	0.23	0.00	65.19	9.31	0.93
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	30	3.33	0.25	0.17	0.00	15.00	0.17	0.17

Menu Calendar Nutrient Analysis Report - March, 2023

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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)
SY21-22 - FoodiE-Global Flavors America-Pizza 2.0 :39003 - ServingDate: 03/31/2023								
Red Pepper Flakes - SR1554 (1/4 tsp.)	5	1.43	0.08	0.01	0.00	0.14	0.25	0.05

Legend
 (M) - Missing Nutrient Values

Report Selections
 Meal Type: Lunch
 Site Group: FoodiE Cafe
 Menu Line: FE-Global Flavors (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.