

Menu Calendar Nutrient Analysis Report - April, 2023

Site: Guthrie Junior High
 Date: 04/01/2023 - 04/30/2023

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- Bowls :39003 - ServingDate: 04/03/2023								
Build-to-Order, Mexico Bowl, MIA - SR3455 (1 bowl)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Tinga Chicken Bowl - SR2691 (1 bowl)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tex Mex Bowl - SR2689 (1 bowl)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Two Bean & Vegetable Bowl - SR2690 (1 bowl)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mexican Tinga Chicken - SR2604 (1/4 c.)	50	52.83	1.25	0.01	0.00	111.32	2.03	7.49
Pinto Beans - SR1032 (1 #16 scoop)	20	57.63	0.00	0.00	0.00	80.69	10.37	3.46
Beef Taco Filling - SR1528 (3 tbsp.)	50	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Mexican Black Beans - SR1026 (1 #12 scoop)	100	43.56	0.05	0.01	0.00	53.00	8.10	2.63
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	90	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
Tortilla Chips - SR1065 (7/8 oz.)	100	117.82	5.05	0.84	0.00	96.78	16.83	1.68
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Elote Corn - SR1677 (1/2 c.)	50	129.48	1.72	0.57	0.02	42.65	28.45	4.71
Mex Zucchini - SR1697 (1/2 c.)	0	147.29	14.53	1.11	0.00	171.47	5.08	1.72
Mex Roasted Sweet Potatoes - SR2277 (1/2 c.)	20	151.16	5.77	0.41	0.00	192.30	24.37	1.64
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.)	60	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-Bowls :39003 - ServingDate: 04/04/2023								
Build-to-Order, Asia Bowl - SR3456 (1 bowl)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Plant-Based Sweet & Sour Chick'n Bowl - SR2693 (1 bowl)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Korean BBQ & Dumpling Bowl - SR2695 (1 bowl)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Teriyaki Chicken & Dumpling Bowl - SR2696 (1 bowl)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Korean BBQ Chicken - SR2608 (1/3 c.)	50	141.52	5.89	0.62	0.01	467.64	6.76	13.51
Sweet & Sour Chick'n - SR2479 (4 nugget)	20	238.57	7.10	1.01	0.00	364.29	33.67	14.20
Teriyaki Chicken - SR2606 (1/2 c.)	50	186.55	7.18	2.14	0.02	564.26	12.89	17.31
Chicken & Vegetable Potstickers - SR2605 (3 ea.)	90	120.00	3.50	0.25	0.00	275.00	15.50	8.50
Vegetable Lo Mein - SR1770 (2/3 c.)	100	142.69	1.72	0.33	0.02	532.63	30.18	4.23
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Sesame Carrots - SR1787 (1/2 c.)	100	130.71	9.59	1.30	0.04	357.54	10.85	1.32
Roasted Broccoli - SR1852 (1/4 c.)	60	32.75	2.25	0.17	0.00	36.04	2.70	1.50
Spicy Asian Vegetable Blend - SR2607 (1/4 c.)	10	40.13	3.73	0.29	0.01	99.77	1.93	0.41
Soy Roasted Potatoes - SR2609 (1/2 c.)	10	186.44	13.04	1.52	0.00	670.51	19.19	1.48
Green Onion - SR1946 (1 tbsp.)	100	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	10	21.09	0.09	0.04	0.00	517.39	4.70	0.37

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SY21-22 - FoodiE-Global Flavors America-Bowls :39003 - ServingDate: 04/05/2023								
Build-to-Order, American Potato Bowl, MIA - SR3457 (1 bowl)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Crispy Garden Bowl - SR2670 (1 bowl)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Smoky BBQ Chicken Potato Bowl - SR2658 (1 bowl)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Southern Style Crispy Chicken Potato Bowl - SR3458 (1 bowl)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Barbecue Chicken - SR2532 (1/4 c.)	50	104.00	2.00	0.00	0.00	557.33	7.47	12.00
Vegetarian Chick'n Nugget - SR2451 (4 nuggets)	20	182.57	7.10	1.01	0.00	304.29	19.27	14.20
Popcorn Chicken - SR1413 (12 piece)	50	254.75	14.40	2.77	0.00	387.66	15.51	15.51
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.)	0	112.64	1.02	0.00	0.00	122.88	21.50	7.17
Green Beans, Low Country Green Beans - SR2616 (1/4 c.)	50	34.07	2.35	0.32	0.00	173.75	2.83	1.02
Steamed Corn - SR1034 (1/4 c.)	100	34.44	0.28	0.04	0.00	0.42	8.21	1.08
Whipped Potatoes - SR1112 (3/4 c.)	100	119.97	2.25	1.50	0.00	153.93	22.49	3.00
Chicken Gravy - SR1589 (1/4 c.)	50	30.37	1.01	0.00	0.00	138.46	4.05	0.71
Gravy, Pepper (Country, Biscuit) - SR2091 (1/4 c.)	20	43.66	2.37	1.18	0.00	168.13	4.98	0.37
Barbecue Sauce - SR1008 (1 tbsp.)	60	15.00	0.00	0.00	0.00	235.00	3.50	0.00

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SY21-22 - FoodiE-Global Flavors Italy-Bowls :39003 - ServingDate: 04/06/2023								
Penne Chicken Bruschetta Bowl - SR2701 (1 bowl)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Build-to-Order, Italy Bowl - SR3459 (1 bowl)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tuscan Penne Veggie Alfredo Bowl - SR2703 (1 bowl)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spaghetti and Meatball Marinara Bowl - SR2673 (1 bowl)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Bruschetta Chicken - SR2610 (1/3 c.)	50	93.60	3.45	0.29	0.00	126.68	1.87	12.27
Chicken Meatballs - SR3065 (5 Meatballs)	50	176.64	10.93	3.37	0.00	201.88	5.89	14.30
Roasted Tuscan Vegetables - SR1442 (1 #6 scoop)	20	73.83	0.14	0.03	0.00	151.47	14.00	4.00
Alfredo Cheese Sauce - SR2217 (1/4 c.)	60	100.55	6.56	3.61	0.00	415.29	4.37	6.56
Breadstick - SR1044 (1 breadstick)	100	80.00	1.00	0.00	0.00	95.00	14.00	3.00
Whole Wheat Penne Pasta - SR1198 (1/2 c.)	60	100.87	1.52	0.06	0.00	208.31	19.25	3.29
Whole Wheat Spaghetti Noodles - SR1135 (1/2 c.)	50	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.)	60	42.86	3.33	0.24	0.00	4.53	2.92	1.25
Parmesan Green Beans - SR1144 (1/4 c.)	10	20.95	1.17	0.16	0.00	6.83	2.59	0.65
Roasted Butternut Squash - SR1408 (1/4 c.)	50	36.65	0.16	0.01	0.00	15.85	9.28	0.60
Spaghetti Sauce - SR2220 (1/2 c.)	50	64.72	0.49	0.06	0.00	259.64	13.34	2.08
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	40	3.33	0.25	0.17	0.00	15.00	0.17	0.17

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SY21-22 - FoodiE-Global Flavors Italy-Bowls :39003 - ServingDate: 04/06/2023								
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 Italy-Handheld :39003 - ServingDate: 04/10/2023								
3 Cheese Caprese Grilled Cheese - SR2719 (1 sandwich)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Italian Meatball Sandwich - SR2720 (1 sandwich)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Italian-style Deli Sub - SR2722 (1 sandwich)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Italian Garden Sub - SR3466 (1 sandwich)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
American Cheese Slice - SR2821 (1 oz.)	10	110.00	9.00	5.00	0.00	270.00	2.00	5.00
Three Cheese Caprese Grilled Cheese - SR3384 (1 sandwich)	30	395.30	20.80	8.67	0.00	875.80	34.67	19.83
Italian-style Meat Combo, turkey, turkey ham, salami - SR3157 (6 slice)	30	146.00	6.80	1.76	0.00	589.79	1.00	19.97
Meatball Sauce, Chicken Meatball - SR2534 (4 Meatballs)	30	188.27	9.13	2.74	0.00	348.62	14.32	12.97
Mozzarella Cheese - SR3098 (1/2 oz.)	40	40.50	2.53	1.52	0.00	81.00	1.01	3.54
Mini Sub Roll - SR1208 (1 roll (smal))	70	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 and Red Peppers - SR2024 (1/2 c.)	10	85.72	6.65	0.48	0.00	9.07	5.83	2.51
Parmesan Green Beans - SR1144 (1/2 c.)	25	41.90	2.35	0.32	0.00	13.66	5.18	1.30
Roasted Butternut Squash - SR1408 (1/2 c.)	10	73.30	0.33	0.01	0.00	31.71	18.56	1.19

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SY21-22 - FoodiE-Global Flavors Italy-Handheld :39003 - ServingDate: 04/10/2023								
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	30	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 America-Handheld :39003 - ServingDate: 04/11/2023								
BBQ Chicken Sandwich - SR2712 (1 sandwich)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
BBQ Rib Sandwich - SR2649 (1 sandwich)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
BBQ Chick'n Sandwich - SR2711 (1 sandwich)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Build-to-Order American Sandwich - SR3493 (1 sandwich)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Barbecue Beef Riblet - SR2064 (1 patty)	50	177.18	11.15	4.56	0.00	620.17	9.58	11.15
Barbecue Chick'n - SR2710 (3/8 c.)	20	193.66	6.66	0.95	0.00	637.77	23.32	13.31
Barbecue Chicken - SR2532 (1/4 c.)	50	104.00	2.00	0.00	0.00	557.33	7.47	12.00
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)
Vegetarian Baked Beans - SR2026 (1/2 c.)	30	150.00	0.00	0.00	0.00	550.00	30.00	7.00
Green Beans, Low Country Green Beans - SR2616 (1/4 c.)	40	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
Sliced Red Onion - SR1986 (2 tbsp.)	10	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Dill Pickle Chips - SR1399 (2 tbsp.)	65	0.00	0.00	0.00	0.00	255.73	0.00	0.00

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SY21-22 - FoodiE-Global Flavors America-Handheld :39003 - ServingDate: 04/11/2023								
Barbecue Sauce - SR1008 (1 tbsp.)	100	15.00	0.00	0.00	0.00	235.00	3.50	0.00
SY21-22 - FoodiE-Global Flavors Mexico- Handheld :39003 - ServingDate: 04/12/2023								
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

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SY21-22 - FoodiE-Global Flavors Mexico- Handheld :39003 - ServingDate: 04/12/2023								
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- Handheld :39003 - ServingDate: 04/13/2023								
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

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SY21-22 - FoodiE-Global Flavors Mediterranean-Handheld :39003 - ServingDate: 04/13/2023								
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
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: 04/14/2023								
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	124.36	4.79	1.43	0.01	376.18	8.59	11.54
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

Menu Calendar Nutrient Analysis Report - April, 2023

Site: Guthrie Junior High
 Date: 04/01/2023 - 04/30/2023

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-Handheld :39003 - ServingDate: 04/14/2023								
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
SY21-22 - FoodiE-Global Flavors America-Wraps (Breakfast Plates) :39003 - ServingDate: 04/17/2023								
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

Menu Calendar Nutrient Analysis Report - April, 2023

Site: Guthrie Junior High
 Date: 04/01/2023 - 04/30/2023

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-Wraps (Breakfast Plates) :39003 - ServingDate: 04/17/2023								
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
SY21-22 - FoodiE-Global Flavors Asia-Wraps (Burritos) :39003 - ServingDate: 04/18/2023								
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	186.55	7.18	2.14	0.02	564.26	12.89	17.31
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

Menu Calendar Nutrient Analysis Report - April, 2023

Site: Guthrie Junior High
 Date: 04/01/2023 - 04/30/2023

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-Wraps (Burritos) :39003 - ServingDate: 04/18/2023								
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
SY21-22 - FoodiE-Global Flavors Italy-Wraps (Flatbreads) :39003 - ServingDate: 04/19/2023								
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	404.65	20.68	10.10	0.00	1093.40	34.96	21.28
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: 04/20/2023								
Bean & Vegetable Burrito - SR2746 (1 burrito)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - April, 2023

Site: Guthrie Junior High
 Date: 04/01/2023 - 04/30/2023

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- Wraps (Burritos) :39003 - ServingDate: 04/20/2023								
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
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

Menu Calendar Nutrient Analysis Report - April, 2023

Site: Guthrie Junior High
 Date: 04/01/2023 - 04/30/2023

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-Comfort (Chili Bowl) :39003 - ServingDate: 04/24/2023								
Build-to-Order Chili Bowl - SR3476 (1 bowl)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chili Con Carne Bowl - SR3474 (1 bowl)	45	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Rainbow Chili Bowl - SR3475 (1 bowl)	45	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chili con Carne - SR1379 (1 c.)	55	216.38	5.44	1.91	0.00	607.73	29.88	14.32
Rainbow Chili - SR1922 (1 c.)	55	186.09	1.27	0.05	0.00	412.66	36.24	9.41
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	100	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Frito Corn Chips - SR2033 (1 c.)	100	227.37	14.21	2.13	0.00	241.58	22.74	2.84
Tortilla Chips - SR1065 (1 1/2 oz.)	1	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)
Chilled Black Beans - SR2006 (1/4 c.)	55	60.25	0.00	0.00	0.00	71.20	10.95	3.83
Sweet Potato Fries - SR2043 (1/4 c.)	10	81.17	3.55	0.51	0.00	96.39	12.68	0.51
Roasted Peppers and Onions Blend - SR1952 (1/4 c.)	55	34.82	2.09	0.18	0.00	44.27	4.12	0.61
Green Onion - SR1946 (1 tbsp.)	100	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Sour Cream - SR1659 (2 tbsp.)	30	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY21-22 - FoodiE-Global Flavors Mexico- Comfort (Enchiladas) :39003 - ServingDate: 04/25/2023								
Blanco queso Enchilada with Beans - SR2765 (2 enchilada)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - April, 2023

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 Date: 04/01/2023 - 04/30/2023

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- Comfort (Enchiladas) :39003 - ServingDate: 04/25/2023								
Blanco Queso Enchilada with Taco Meat - SR2766 (2 enchilada)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Enchilada Suiza - SR3490 (2 enchilada)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Enchilada Combo - SR2767 (2 enchilada)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Bean and Cheese Enchilada - SR3488 (1 enchilada)	20	197.45	5.89	2.80	0.00	386.37	26.20	8.53
Beef Enchilada - SR3489 (1 enchilada)	50	171.84	7.09	3.37	0.00	437.18	17.24	8.61
Enchilada Suiza - SR3315 (1 enchilada)	50	172.74	6.22	2.56	0.00	382.42	18.16	9.18
Cilantro Lime Rice - SR1232 (1/4 c.)	100	58.08	1.10	0.06	0.00	69.49	11.19	1.23
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/4 c.)	15	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.)	15	75.58	2.89	0.20	0.00	96.15	12.18	0.82
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	40	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.)	20	30.00	2.50	1.75	0.00	7.50	0.50	0.50
SY21-22 - FoodiE-Global Flavors America-Comfort (Baked Potato) :39003 - ServingDate: 04/26/2023								
Cheesy Broccoli Baked Potato - SR2754 (1 potato)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - April, 2023

Site: Guthrie Junior High
 Date: 04/01/2023 - 04/30/2023

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-Comfort (Baked Potato) :39003 - ServingDate: 04/26/2023								
Chili & Cheese Baked Potato - SR3477 (1 potato)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Old School Spud - SR2753 (1 potato)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Taco Beef Baked Potato - SR2755 (1 potato)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheddar Cheese Sauce - SR1293 (3/8 c.)	75	171.73	13.80	7.51	0.00	634.80	3.07	10.73
Beef Taco Filling - SR1528 (1/4 c.)	25	74.39	3.02	1.21	0.00	240.10	3.02	8.47
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	75	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Rainbow Chili - SR1922 (1 c.)	25	186.09	1.27	0.05	0.00	412.66	36.24	9.41
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)
Aztec Corn - SR1434 (1/2 c.)	10	89.14	1.48	0.14	0.00	48.98	17.09	3.57
Vegetarian Baked Beans - SR3118 (1/2 c.)	10	112.64	1.02	0.00	0.00	122.88	21.50	7.17
Roasted Broccoli - SR1852 (1/2 c.)	45	65.49	4.49	0.33	0.00	72.07	5.40	3.00
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
Baked Potato - SR1562 (1 potato)	100	172.26	4.66	0.36	0.00	19.32	29.59	3.63
Green Onion - SR1946 (1 tbsp.)	65	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Sour Cream - SR1659 (2 tbsp.)	25	60.00	5.00	3.50	0.00	15.00	1.00	1.00

Menu Calendar Nutrient Analysis Report - April, 2023

Site: Guthrie Junior High
Date: 04/01/2023 - 04/30/2023

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: 04/27/2023								
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-Comfort (Rice Bowls):39003 - ServingDate: 04/28/2023								
Build-to-Order Asian Rice Bowl - SR3478 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - April, 2023

Site: Guthrie Junior High
 Date: 04/01/2023 - 04/30/2023

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-Comfort (Rice Bowls):39003 - ServingDate: 04/28/2023								
Orange Chicken Rice Bowl - SR2757 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sweet and Sour Chick'n Rice Bowl - SR3136 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Teriyaki Chicken Rice Bowl - SR2762 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Orange Chicken - SR1835 (12 piece)	50	346.37	16.49	2.95	0.00	540.33	34.21	16.16
Sweet & Sour Chick'n - SR2479 (5 nugget)	50	298.22	8.88	1.27	0.00	455.36	42.09	17.75
Teriyaki Chicken - SR2606 (1/2 c.)	50	186.55	7.18	2.14	0.02	564.26	12.89	17.31
Oven Fried Rice - SR1382 (2/3 c.)	100	156.08	1.64	0.23	0.00	330.02	30.65	5.05
Steamed Brown Rice - SR1098 (1/2 c.)	100	117.19	0.69	0.00	0.00	2.02	25.51	2.76
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/4 c.)	45	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.)	30	93.22	6.52	0.76	0.00	335.25	9.59	0.74
Green Onion - SR1946 (1 tbsp.)	100	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

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

Menu Calendar Nutrient Analysis Report - April, 2023

Site: Guthrie Junior High
Date: 04/01/2023 - 04/30/2023

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.