

Menu Calendar Nutrient Analysis Report - December, 2022

Site: Guthrie High School
Date: 12/01/2022 - 12/31/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Breakfast T4 Upd Week 3 Day 4 :40616 - ServingDate: 12/01/2022								
American Breakfast Sandwich - SR1745 (1 sandwich)	0	245.00	9.25	3.88	0.00	910.00	26.00	14.00
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	0	100.00	0.00	0.00	0.00	160.00	24.00	2.00
French Toast Sticks - SR1910 (3 stick.)	0	193.02	7.42	1.11	0.00	222.71	28.21	4.45
String Cheese Stick - SR3035 (1 stick.)	0	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	2.50	0.00	0.00	95.00	17.00	2.00
Small Apples - OKR1780 (1 small (2- 3))	0	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Diced Peaches - SR3040 (1/2 c.)	0	59.04	0.00	0.00	0.00	4.92	13.78	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	0	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00

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SY22-23 Breakfast T4 Upd Week 3 Day 4 :40616 - ServingDate: 12/01/2022								
Breakfast Syrup Cup - SR2498 (1 Container)	0	110.00	0.00	0.00	0.00	20.00	29.00	0.00
SY22-23 Breakfast T4 Upd Week 3 Day 5 :40616 - ServingDate: 12/02/2022								
Breakfast Taco, Omelet, Tortilla - OKR1948 (1 tacos)	0	220.00	13.50	4.50	0.00	420.00	15.00	9.00
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	0	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Waffle, Eggoji, Kellogg - OKR1937 (2 ea.)	0	180.00	6.00	1.50	0.00	210.00	30.00	4.00
String Cheese Stick - SR3035 (1 stick.)	0	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	2.50	0.00	0.00	95.00	17.00	2.00
Small Apples - OKR1780 (1 small (2- 3))	0	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Strawberries - SR3043 (1/2 c.)	0	26.71	0.00	0.00	0.00	1.37	6.85	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	0	80.00	0.00	0.00	0.00	10.00	19.00	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)
SY22-23 Breakfast T4 Upd Week 3 Day 5 :40616 - ServingDate: 12/02/2022								
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
SY22-23 Breakfast T4 Upd Week 4 Day 1 :40616 - ServingDate: 12/05/2022								
Breakfast on a Stick - SR2494 (1 stick.)	0	200.00	10.00	2.50	0.00	310.00	17.00	7.00
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	0	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Strawberry Banana Parfait - SR1737 (1 parfait)	0	462.40	7.72	1.61	0.04	245.03	90.50	10.33
String Cheese Stick - SR3035 (1 stick.)	0	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	2.50	0.00	0.00	95.00	17.00	2.00
Small Apples - OKR1780 (1 small (2- 3)	0	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Diced Bartlett Pears - SR1194 (1/2 c.)	0	59.31	0.08	0.00	0.00	4.75	15.35	0.40

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SY22-23 Breakfast T4 Upd Week 4 Day 1 :40616 - ServingDate: 12/05/2022								
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	0	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Breakfast Syrup Cup - SR2498 (1 Container)	0	110.00	0.00	0.00	0.00	20.00	29.00	0.00
SY22-23 Breakfast T4 Upd Week 4 Day 2 :40616 - ServingDate: 12/06/2022								
Biscuit with Old Fashioned Gravy - OKR1604 (1 ea.)	0	256.80	11.52	5.76	0.14	564.83	34.04	4.12
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	0	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Cinnamon Roll - OKR1273 (1 roll.)	0	205.30	1.00	0.50	0.00	135.17	45.05	5.00
String Cheese Stick - SR3035 (1 stick.)	0	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	2.50	0.00	0.00	95.00	17.00	2.00

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SY22-23 Breakfast T4 Upd Week 4 Day 2 :40616 - ServingDate: 12/06/2022								
Unsweetened Applesauce - SR1195 (1/2 c.)	0	55.86	0.15	0.03	0.00	10.49	12.58	0.32
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	0	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
SY22-23 Breakfast T4 Upd Week 4 Day 3 :40616 - ServingDate: 12/07/2022								
Sausage Breakfast Pizza - SR1167 (1 slice)	0	210.03	7.00	2.00	0.00	350.06	27.00	9.00
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	0	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Apple Frudel Stick - SR1747 (1 pkg.)	0	174.98	4.88	0.78	0.07	216.38	30.42	3.83
String Cheese Stick - SR3035 (1 stick.)	0	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	3.10	0.86	0.00	135.95	15.00	3.00

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SY22-23 Breakfast T4 Upd Week 4 Day 3 :40616 - ServingDate: 12/07/2022								
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	2.50	0.00	0.00	95.00	17.00	2.00
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Strawberries - SR3043 (1/2 c.)	0	26.71	0.00	0.00	0.00	1.37	6.85	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	0	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
SY22-23 Breakfast T4 Upd Week 4 Day 4 :40616 - ServingDate: 12/08/2022								
Soft-Filled Cinnamon Toast Crunch Breakfast Bar - SR2822 (1 pkg.)	0	204.07	6.20	1.85	0.13	231.07	32.54	4.42
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	0	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Turkey Sausage Biscuit - OKR1665 (1 ea.)	0	243.25	12.29	6.69	0.06	630.41	25.49	8.83
String Cheese Stick - SR3035 (1 stick.)	0	91.13	7.09	5.06	0.00	202.50	0.00	7.09

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SY22-23 Breakfast T4 Upd Week 4 Day 4 :40616 - ServingDate: 12/08/2022								
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	2.50	0.00	0.00	95.00	17.00	2.00
Small Apples - OKR1780 (1 small (2- 3))	0	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Diced Peaches - SR3040 (1/2 c.)	0	59.04	0.00	0.00	0.00	4.92	13.78	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	0	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
SY22-23 Breakfast T4 Upd Week 4 Day 5 :40616 - ServingDate: 12/09/2022								
Homestyle Breakfast Plate - SR2752 (1 plate)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	0	100.00	0.00	0.00	0.00	160.00	24.00	2.00

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SY22-23 Breakfast T4 Upd Week 4 Day 5 :40616 - ServingDate: 12/09/2022								
Buttermilk Pancakes - SR2010 (2 pancake)	0	160.00	2.00	0.33	0.00	406.67	30.67	4.00
String Cheese Stick - SR3035 (1 stick.)	0	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Turkey Sausage Link - SR2332 (1 link)	0	60.00	4.00	1.00	0.00	90.00	0.00	6.00
Scrambled Eggs - OKR1375 (1 #10 scoop)	0	102.43	6.58	2.20	0.00	109.75	2.20	8.78
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	2.50	0.00	0.00	95.00	17.00	2.00
Blueberries - SR2219 (1/2 c.)	0	39.41	0.00	0.00	0.00	0.98	8.87	0.00
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	0	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
SY22-23 Breakfast T4 Upd Week 5 Day 1 :40616 - ServingDate: 12/12/2022								
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00

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SY22-23 Breakfast T4 Upd Week 5 Day 1 :40616 - ServingDate: 12/12/2022								
Froot Loops - SR2427 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	0	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Pancake Sausage Bites - OKR1897 (5 pcs.)	0	220.00	13.00	3.00	0.00	360.00	17.00	10.00
Double Berry Parfait - SR1602 (1 parfait)	0	450.54	7.82	1.57	0.04	236.08	87.28	10.14
String Cheese Stick - SR3035 (1 stick.)	0	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	2.50	0.00	0.00	95.00	17.00	2.00
Small Apples - OKR1780 (1 small (2- 3))	0	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Diced Bartlett Pears - SR1194 (1/2 c.)	0	59.31	0.08	0.00	0.00	4.75	15.35	0.40
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	0	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
SY22-23 Breakfast T4 Upd Week 5 Day 2 :40616 - ServingDate: 12/13/2022								
Biscuit with Old Fashioned Gravy - OKR1604 (1 ea.)	0	256.80	11.52	5.76	0.14	564.83	34.04	4.12

Menu Calendar Nutrient Analysis Report - December, 2022

Site: Guthrie High School

Date: 12/01/2022 - 12/31/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Breakfast T4 Upd Week 5 Day 2 :40616 - ServingDate: 12/13/2022								
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	0	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Blueberry Muffin - SR1454 (1 muffin)	0	190.00	6.00	2.00	0.00	130.00	30.00	3.00
String Cheese Stick - SR3035 (1 stick.)	0	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	2.50	0.00	0.00	95.00	17.00	2.00
Unsweetened Applesauce - SR1195 (1/2 c.)	0	55.86	0.15	0.03	0.00	10.49	12.58	0.32
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	0	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00

Menu Calendar Nutrient Analysis Report - December, 2022

Site: Guthrie High School
Date: 12/01/2022 - 12/31/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Breakfast T4 Upd Week 5 Day 3 :40616 - ServingDate: 12/14/2022								
Sausage Breakfast Pizza - SR1167 (1 slice)	0	210.03	7.00	2.00	0.00	350.06	27.00	9.00
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	0	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Mini Cinnis - SR1595 (1 pkg.)	0	240.00	8.00	1.50	0.00	270.00	40.00	4.00
String Cheese Stick - SR3035 (1 stick.)	0	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	2.50	0.00	0.00	95.00	17.00	2.00
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Strawberries - SR3043 (1/2 c.)	0	26.71	0.00	0.00	0.00	1.37	6.85	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	0	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00

Menu Calendar Nutrient Analysis Report - December, 2022

Site: Guthrie High School
Date: 12/01/2022 - 12/31/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Breakfast T4 Upd Week 5 Day 4 :40616 - ServingDate: 12/15/2022								
American Breakfast Sandwich - SR1745 (1 sandwich)	0	245.00	9.25	3.88	0.00	910.00	26.00	14.00
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	0	100.00	0.00	0.00	0.00	160.00	24.00	2.00
French Toast Sticks - SR1910 (3 stick.)	0	193.02	7.42	1.11	0.00	222.71	28.21	4.45
String Cheese Stick - SR3035 (1 stick.)	0	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	2.50	0.00	0.00	95.00	17.00	2.00
Small Apples - OKR1780 (1 small (2- 3))	0	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Diced Peaches - SR3040 (1/2 c.)	0	59.04	0.00	0.00	0.00	4.92	13.78	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	0	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00

Menu Calendar Nutrient Analysis Report - December, 2022

Site: Guthrie High School

Date: 12/01/2022 - 12/31/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Breakfast T4 Upd Week 5 Day 5 :40616 - ServingDate: 12/16/2022								
Southern Style Biscuit - OKR1789 (1 biscuit)	0	183.25	7.79	5.19	0.06	550.41	25.49	2.83
Breakfast Taco, Omelet, Tortilla - OKR1948 (1 tacos)	0	220.00	13.50	4.50	0.00	420.00	15.00	9.00
Cheerios - SR1160 (1 bowl)	0	100.52	1.79	0.36	0.00	136.42	20.83	3.58
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	2.50	0.00	0.00	170.00	23.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Froot Loops - SR2427 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	0	100.00	0.00	0.00	0.00	160.00	24.00	2.00
String Cheese Stick - SR3035 (1 stick.)	0	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	2.50	0.00	0.00	95.00	17.00	2.00
Blueberries - SR2219 (1/2 c.)	0	39.41	0.00	0.00	0.00	0.98	8.87	0.00
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	0	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Grape Jelly - SR2340 (1 tbsp.)	0	50.00	0.03	0.01	0.01	7.14	13.00	0.04

Menu Calendar Nutrient Analysis Report - December, 2022

Site: Guthrie High School
Date: 12/01/2022 - 12/31/2022

Legend

(M) - Missing Nutrient Values

Report Selections

Meal Type: Breakfast
Site Group: Taste4
Menu Line: B-Café Classics
Serving Group: 9-12
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.