

Menu Calendar Nutrient Analysis Report - November, 2022

Site: Guthrie Junior High
Date: 11/01/2022 - 11/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
SY22-23 Breakfast FoodiE Upd Week 4 Day 2 :40615 - ServingDate: 11/01/2022					
Biscuit with Old Fashioned Gravy - OKR1604 (1 ea.)	0	256.80	5.76	0.14	564.83
Cheerios - SR1160 (1 bowl)	0	100.52	0.36	0.00	136.42
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	0.00	0.00	170.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	0.00	0.00	120.00
Froot Loops - SR2427 (1 bowl)	0	110.00	0.50	0.00	160.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	0	100.00	0.00	0.00	160.00
Cinnamon Roll - OKR1273 (1 roll.)	0	205.30	0.50	0.00	135.17
String Cheese Stick - SR3035 (1 stick.)	0	91.13	5.06	0.00	202.50
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	0.86	0.00	135.95
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	0.00	0.00	95.00
Unsweetened Applesauce - SR1195 (1/2 c.)	0	55.86	0.03	0.00	10.49
Banana - SR1166 (1 medium (7"))	0	105.02	0.13	0.00	1.18
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	5.00
100% Grape Juice - SR1607 (4 fl oz cup)	0	80.00	0.00	0.00	10.00
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	1.50	0.00	130.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	1.61	0.00	112.96
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	130.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
SY22-23 Breakfast FoodiE Upd Week 4 Day 3 :40615 - ServingDate: 11/02/2022					
Sausage Breakfast Pizza - SR1167 (1 slice)	0	210.03	2.00	0.00	350.06
Cheerios - SR1160 (1 bowl)	0	100.52	0.36	0.00	136.42
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	0.00	0.00	170.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	0.00	0.00	120.00
Froot Loops - SR2427 (1 bowl)	0	110.00	0.50	0.00	160.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	0	100.00	0.00	0.00	160.00
Apple Frudel Stick - SR1747 (1 pkg.)	0	174.98	0.78	0.07	216.38
String Cheese Stick - SR3035 (1 stick.)	0	91.13	5.06	0.00	202.50
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	0.86	0.00	135.95
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	0.00	0.00	95.00
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.01	0.00	0.00
Strawberries - SR3043 (1/2 c.)	0	26.71	0.00	0.00	1.37
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	5.00
100% Grape Juice - SR1607 (4 fl oz cup)	0	80.00	0.00	0.00	10.00
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	1.50	0.00	130.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	1.61	0.00	112.96
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	130.00

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Site: Guthrie Junior High
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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
SY22-23 Breakfast FoodiE Upd Week 4 Day 4 :40615 - ServingDate: 11/03/2022					
Soft-Filled Cinnamon Toast Crunch Breakfast Bar - SR2822 (1 pkg.)	0	204.07	1.85	0.13	231.07
Cheerios - SR1160 (1 bowl)	0	100.52	0.36	0.00	136.42
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	0.00	0.00	170.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	0.00	0.00	120.00
Froot Loops - SR2427 (1 bowl)	0	110.00	0.50	0.00	160.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	0	100.00	0.00	0.00	160.00
Turkey Sausage Biscuit - OKR1665 (1 ea.)	0	243.25	6.69	0.06	630.41
String Cheese Stick - SR3035 (1 stick.)	0	91.13	5.06	0.00	202.50
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	0.86	0.00	135.95
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	0.00	0.00	95.00
Small Apples - OKR1780 (1 small (2- 3))	0	77.48	0.04	0.00	1.49
Diced Peaches - SR3040 (1/2 c.)	0	59.04	0.00	0.00	4.92
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	5.00
100% Grape Juice - SR1607 (4 fl oz cup)	0	80.00	0.00	0.00	10.00
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	1.50	0.00	130.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	1.61	0.00	112.96
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	130.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
SY22-23 Breakfast FoodiE Upd Week 4 Day 5 :40615 - ServingDate: 11/04/2022					
Homestyle Breakfast Plate - SR2752 (1 plate)	0	(M)	(M)	(M)	(M)
Cheerios - SR1160 (1 bowl)	0	100.52	0.36	0.00	136.42
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	0.00	0.00	170.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	0.00	0.00	120.00
Froot Loops - SR2427 (1 bowl)	0	110.00	0.50	0.00	160.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	0	100.00	0.00	0.00	160.00
Buttermilk Pancakes - SR2010 (2 pancake)	0	160.00	0.33	0.00	406.67
String Cheese Stick - SR3035 (1 stick.)	0	91.13	5.06	0.00	202.50
Turkey Sausage Link - SR2332 (1 link)	0	60.00	1.00	0.00	90.00
Scrambled Eggs - OKR1375 (1 #10 scoop)	0	102.43	2.20	0.00	109.75
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	0.86	0.00	135.95
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	0.00	0.00	95.00
Blueberries - SR2219 (1/2 c.)	0	39.41	0.00	0.00	0.98
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.01	0.00	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	5.00
100% Grape Juice - SR1607 (4 fl oz cup)	0	80.00	0.00	0.00	10.00
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	1.50	0.00	130.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	1.61	0.00	112.96

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SY22-23 Breakfast FoodiE Upd Week 4 Day 5 :40615 - ServingDate: 11/04/2022					
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	130.00
SY22-23 Breakfast FoodiE Upd Week 5 Day 1 :40615 - ServingDate: 11/07/2022					
Cheerios - SR1160 (1 bowl)	0	100.52	0.36	0.00	136.42
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	0.00	0.00	170.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	0.00	0.00	120.00
Froot Loops - SR2427 (1 bowl)	0	110.00	0.50	0.00	160.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	0	100.00	0.00	0.00	160.00
Pancake Sausage Bites - OKR1897 (5 pcs.)	0	220.00	3.00	0.00	360.00
Double Berry Parfait - SR1602 (1 parfait)	0	450.54 (M)	1.57(M)	0.04(M)	236.08 (M)
String Cheese Stick - SR3035 (1 stick.)	0	91.13	5.06	0.00	202.50
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	0.86	0.00	135.95
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	0.00	0.00	95.00
Small Apples - OKR1780 (1 small (2- 3))	0	77.48	0.04	0.00	1.49
Diced Bartlett Pears - SR1194 (1/2 c.)	0	59.31	0.00	0.00	4.75
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	5.00
100% Grape Juice - SR1607 (4 fl oz cup)	0	80.00	0.00	0.00	10.00
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	1.50	0.00	130.00

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SY22-23 Breakfast FoodiE Upd Week 5 Day 1 :40615 - ServingDate: 11/07/2022					
White 1% Milk - OKR1061 (8 oz.)	0	107.58	1.61	0.00	112.96
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	130.00
SY22-23 Breakfast FoodiE Upd Week 5 Day 2 :40615 - ServingDate: 11/08/2022					
Biscuit with Old Fashioned Gravy - OKR1604 (1 ea.)	0	256.80	5.76	0.14	564.83
Cheerios - SR1160 (1 bowl)	0	100.52	0.36	0.00	136.42
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	0.00	0.00	170.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	0.00	0.00	120.00
Froot Loops - SR2427 (1 bowl)	0	110.00	0.50	0.00	160.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	0	100.00	0.00	0.00	160.00
Blueberry Muffin - SR1454 (1 muffin)	0	190.00	2.00	0.00	130.00
String Cheese Stick - SR3035 (1 stick.)	0	91.13	5.06	0.00	202.50
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	0.86	0.00	135.95
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	0.00	0.00	95.00
Unsweetened Applesauce - SR1195 (1/2 c.)	0	55.86	0.03	0.00	10.49
Banana - SR1166 (1 medium (7"))	0	105.02	0.13	0.00	1.18
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	5.00
100% Grape Juice - SR1607 (4 fl oz cup)	0	80.00	0.00	0.00	10.00

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SY22-23 Breakfast FoodiE Upd Week 5 Day 2 :40615 - ServingDate: 11/08/2022					
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	1.50	0.00	130.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	1.61	0.00	112.96
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	130.00
SY22-23 Breakfast FoodiE Upd Week 5 Day 3 :40615 - ServingDate: 11/09/2022					
Sausage Breakfast Pizza - SR1167 (1 slice)	0	210.03	2.00	0.00	350.06
Cheerios - SR1160 (1 bowl)	0	100.52	0.36	0.00	136.42
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	0.00	0.00	170.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	0.00	0.00	120.00
Froot Loops - SR2427 (1 bowl)	0	110.00	0.50	0.00	160.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	0	100.00	0.00	0.00	160.00
Mini Cinnis - SR1595 (1 pkg.)	0	240.00	1.50	0.00	270.00
String Cheese Stick - SR3035 (1 stick.)	0	91.13	5.06	0.00	202.50
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	0.86	0.00	135.95
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	0.00	0.00	95.00
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.01	0.00	0.00
Strawberries - SR3043 (1/2 c.)	0	26.71	0.00	0.00	1.37
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	5.00

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SY22-23 Breakfast FoodiE Upd Week 5 Day 3 :40615 - ServingDate: 11/09/2022					
100% Grape Juice - SR1607 (4 fl oz cup)	0	80.00	0.00	0.00	10.00
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	1.50	0.00	130.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	1.61	0.00	112.96
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	130.00
SY22-23 Breakfast FoodiE Upd Week 5 Day 4 :40615 - ServingDate: 11/10/2022					
American Breakfast Sandwich - SR1745 (1 sandwich)	0	245.00	3.88	0.00	910.00
Cheerios - SR1160 (1 bowl)	0	100.52	0.36	0.00	136.42
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	0.00	0.00	170.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	0.00	0.00	120.00
Froot Loops - SR2427 (1 bowl)	0	110.00	0.50	0.00	160.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	0	100.00	0.00	0.00	160.00
French Toast Sticks - SR1910 (3 stick.)	0	193.02	1.11	0.00	222.71
String Cheese Stick - SR3035 (1 stick.)	0	91.13	5.06	0.00	202.50
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	0.86	0.00	135.95
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	0.00	0.00	95.00
Small Apples - OKR1780 (1 small (2-3))	0	77.48	0.04	0.00	1.49

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SY22-23 Breakfast FoodiE Upd Week 5 Day 4 :40615 - ServingDate: 11/10/2022					
Diced Peaches - SR3040 (1/2 c.)	0	59.04	0.00	0.00	4.92
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	5.00
100% Grape Juice - SR1607 (4 fl oz cup)	0	80.00	0.00	0.00	10.00
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	1.50	0.00	130.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	1.61	0.00	112.96
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	130.00
SY22-23 Breakfast FoodiE Upd Week 5 Day 5 :40615 - ServingDate: 11/11/2022					
Southern Style Biscuit - OKR1789 (1 biscuit)	0	183.25	5.19	0.06	550.41
Breakfast Taco, Omelet, Tortilla - OKR1948 (1 tacos)	0	220.00	4.50	0.00	420.00
Cheerios - SR1160 (1 bowl)	0	100.52	0.36	0.00	136.42
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	0.00	0.00	170.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	0.00	0.00	120.00
Froot Loops - SR2427 (1 bowl)	0	110.00	0.50	0.00	160.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	0	100.00	0.00	0.00	160.00
String Cheese Stick - SR3035 (1 stick.)	0	91.13	5.06	0.00	202.50
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	0.86	0.00	135.95
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	0.00	0.00	95.00

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SY22-23 Breakfast FoodiE Upd Week 5 Day 5 :40615 - ServingDate: 11/11/2022					
Blueberries - SR2219 (1/2 c.)	0	39.41	0.00	0.00	0.98
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.01	0.00	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	5.00
100% Grape Juice - SR1607 (4 fl oz cup)	0	80.00	0.00	0.00	10.00
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	1.50	0.00	130.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	1.61	0.00	112.96
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	130.00
Grape Jelly - SR2340 (1 tbsp.)	0	50.00	0.01	0.01	7.14
SY22-23 Breakfast FoodiE Upd Week 1 Day 1 :40615 - ServingDate: 11/14/2022					
Cheerios - SR1160 (1 bowl)	0	100.52	0.36	0.00	136.42
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	0.00	0.00	170.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	0.00	0.00	120.00
Froot Loops - SR2427 (1 bowl)	0	110.00	0.50	0.00	160.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	0	100.00	0.00	0.00	160.00
Pancake Sausage Bites - OKR1897 (5 pcs.)	0	220.00	3.00	0.00	360.00
Strawberry Fields Parfait - SR1738 (1 parfait)	0	490.23 (M)	1.58(M)	0.04(M)	246.65 (M)
String Cheese Stick - SR3035 (1 stick.)	0	91.13	5.06	0.00	202.50

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SY22-23 Breakfast FoodiE Upd Week 1 Day 1 :40615 - ServingDate: 11/14/2022					
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	0.86	0.00	135.95
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	0.00	0.00	95.00
Small Apples - OKR1780 (1 small (2-3))	0	77.48	0.04	0.00	1.49
Diced Bartlett Pears - SR1194 (1/2 c.)	0	59.31	0.00	0.00	4.75
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	5.00
100% Grape Juice - SR1607 (4 fl oz cup)	0	80.00	0.00	0.00	10.00
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	1.50	0.00	130.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	1.61	0.00	112.96
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	130.00
SY22-23 Breakfast FoodiE Upd Week 1 Day 2 :40615 - ServingDate: 11/15/2022					
Biscuit with Old Fashioned Gravy - OKR1604 (1 ea.)	0	256.80	5.76	0.14	564.83
Cheerios - SR1160 (1 bowl)	0	100.52	0.36	0.00	136.42
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	0.00	0.00	170.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	0.00	0.00	120.00
Froot Loops - SR2427 (1 bowl)	0	110.00	0.50	0.00	160.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	0	100.00	0.00	0.00	160.00

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SY22-23 Breakfast FoodiE Upd Week 1 Day 2 :40615 - ServingDate: 11/15/2022					
Banana Muffin - SR1591 (1 muffin)	0	190.00	2.00	0.00	130.00
String Cheese Stick - SR3035 (1 stick.)	0	91.13	5.06	0.00	202.50
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	0.86	0.00	135.95
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	0.00	0.00	95.00
Small Apples - OKR1780 (1 small (2-3))	0	77.48	0.04	0.00	1.49
Unsweetened Applesauce - SR1195 (1/2 c.)	0	55.86	0.03	0.00	10.49
Banana - SR1166 (1 medium (7"))	0	105.02	0.13	0.00	1.18
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	5.00
100% Grape Juice - SR1607 (4 fl oz cup)	0	80.00	0.00	0.00	10.00
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	1.50	0.00	130.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	1.61	0.00	112.96
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	130.00
SY22-23 Breakfast FoodiE Upd Week 1 Day 3 :40615 - ServingDate: 11/16/2022					
Sausage Breakfast Pizza - SR1167 (1 slice)	0	210.03	2.00	0.00	350.06
Cheerios - SR1160 (1 bowl)	0	100.52	0.36	0.00	136.42
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	0.00	0.00	170.00

Menu Calendar Nutrient Analysis Report - November, 2022

Site: Guthrie Junior High
 Date: 11/01/2022 - 11/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
SY22-23 Breakfast FoodiE Upd Week 1 Day 3 :40615 - ServingDate: 11/16/2022					
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	0.00	0.00	120.00
Froot Loops - SR2427 (1 bowl)	0	110.00	0.50	0.00	160.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	0	100.00	0.00	0.00	160.00
Strawberry Creamy Cheese Mini Bagels - SR1188 (1 pkg.)	0	177.54	1.79	0.14	154.97
String Cheese Stick - SR3035 (1 stick.)	0	91.13	5.06	0.00	202.50
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	0.86	0.00	135.95
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	0.00	0.00	95.00
Small Apples - OKR1780 (1 small (2-3))	0	77.48	0.04	0.00	1.49
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.01	0.00	0.00
Strawberries - SR3043 (1/2 c.)	0	26.71	0.00	0.00	1.37
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	5.00
100% Grape Juice - SR1607 (4 fl oz cup)	0	80.00	0.00	0.00	10.00
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	1.50	0.00	130.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	1.61	0.00	112.96
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	130.00

Menu Calendar Nutrient Analysis Report - November, 2022

Site: Guthrie Junior High
Date: 11/01/2022 - 11/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
SY22-23 Breakfast FoodiE Upd Week 1 Day 4 :40615 - ServingDate: 11/17/2022					
Breakfast Sandwich - SR1193 (1 sandwich)	0	220.00	3.50	0.00	790.00
Cheerios - SR1160 (1 bowl)	0	100.52	0.36	0.00	136.42
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	0.00	0.00	170.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	0.00	0.00	120.00
Froot Loops - SR2427 (1 bowl)	0	110.00	0.50	0.00	160.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	0	100.00	0.00	0.00	160.00
French Toast Sticks - SR1910 (3 stick.)	0	193.02	1.11	0.00	222.71
String Cheese Stick - SR3035 (1 stick.)	0	91.13	5.06	0.00	202.50
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	0.86	0.00	135.95
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	0.00	0.00	95.00
Small Apples - OKR1780 (1 small (2- 3))	0	77.48	0.04	0.00	1.49
Diced Peaches - SR3040 (1/2 c.)	0	59.04	0.00	0.00	4.92
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	5.00
100% Grape Juice - SR1607 (4 fl oz cup)	0	80.00	0.00	0.00	10.00
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	1.50	0.00	130.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	1.61	0.00	112.96
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	130.00
Breakfast Syrup Cup - SR2498 (1 Container)	0	110.00	0.00	0.00	20.00

Menu Calendar Nutrient Analysis Report - November, 2022

Site: Guthrie Junior High
 Date: 11/01/2022 - 11/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
SY22-23 Breakfast FoodiE Upd Week 1 Day 5 :40615 - ServingDate: 11/18/2022					
Breakfast Taco, Omelet, Tortilla - OKR1948 (1 tacos)	0	220.00	4.50	0.00	420.00
Cheerios - SR1160 (1 bowl)	0	100.52	0.36	0.00	136.42
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	0.00	0.00	170.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	0.00	0.00	120.00
Froot Loops - SR2427 (1 bowl)	0	110.00	0.50	0.00	160.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	0	100.00	0.00	0.00	160.00
Waffle, Eggoji, Kellogg - OKR1937 (2 ea.)	0	180.00	1.50	0.00	210.00
String Cheese Stick - SR3035 (1 stick.)	0	91.13	5.06	0.00	202.50
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	0.86	0.00	135.95
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	0.00	0.00	95.00
Small Apples - OKR1780 (1 small (2- 3)	0	77.48	0.04	0.00	1.49
Blueberries - SR2219 (1/2 c.)	0	39.41	0.00	0.00	0.98
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.01	0.00	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	5.00
100% Grape Juice - SR1607 (4 fl oz cup)	0	80.00	0.00	0.00	10.00
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	1.50	0.00	130.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	1.61	0.00	112.96
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	130.00

Menu Calendar Nutrient Analysis Report - November, 2022

Site: Guthrie Junior High
Date: 11/01/2022 - 11/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
SY22-23 Breakfast FoodiE Upd Week 3 Day 1 :40615 - ServingDate: 11/28/2022					
Cheerios - SR1160 (1 bowl)	0	100.52	0.36	0.00	136.42
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	0.00	0.00	170.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	0.00	0.00	120.00
Froot Loops - SR2427 (1 bowl)	0	110.00	0.50	0.00	160.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	0	100.00	0.00	0.00	160.00
Pancake Sausage Bites - OKR1897 (5 pcs.)	0	220.00	3.00	0.00	360.00
Just Peachy Parfait - SR1735 (1 parfait)	0	447.51 (M)	1.57(M)	0.04(M)	240.67 (M)
String Cheese Stick - SR3035 (1 stick.)	0	91.13	5.06	0.00	202.50
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	0.86	0.00	135.95
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	0.00	0.00	95.00
Small Apples - OKR1780 (1 small (2- 3))	0	77.48	0.04	0.00	1.49
Diced Bartlett Pears - SR1194 (1/2 c.)	0	59.31	0.00	0.00	4.75
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	5.00
100% Grape Juice - SR1607 (4 fl oz cup)	0	80.00	0.00	0.00	10.00
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	1.50	0.00	130.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	1.61	0.00	112.96
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	130.00

Menu Calendar Nutrient Analysis Report - November, 2022

Site: Guthrie Junior High
Date: 11/01/2022 - 11/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
SY22-23 Breakfast FoodiE Upd Week 3 Day 2 :40615 - ServingDate: 11/29/2022					
Biscuit with Old Fashioned Gravy - OKR1604 (1 ea.)	0	256.80	5.76	0.14	564.83
Cheerios - SR1160 (1 bowl)	0	100.52	0.36	0.00	136.42
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	0.00	0.00	170.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	0.00	0.00	120.00
Froot Loops - SR2427 (1 bowl)	0	110.00	0.50	0.00	160.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	0	100.00	0.00	0.00	160.00
Double Chocolate Chip Muffin - SR1592 (1 muffin)	0	190.00	2.00	0.00	130.00
String Cheese Stick - SR3035 (1 stick.)	0	91.13	5.06	0.00	202.50
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	0.86	0.00	135.95
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	0.00	0.00	95.00
Small Apples - OKR1780 (1 small (2-3))	0	77.48	0.04	0.00	1.49
Unsweetened Applesauce - SR1195 (1/2 c.)	0	55.86	0.03	0.00	10.49
Banana - SR1166 (1 medium (7"))	0	105.02	0.13	0.00	1.18
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	5.00
100% Grape Juice - SR1607 (4 fl oz cup)	0	80.00	0.00	0.00	10.00
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	1.50	0.00	130.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	1.61	0.00	112.96

Menu Calendar Nutrient Analysis Report - November, 2022

Site: Guthrie Junior High
Date: 11/01/2022 - 11/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
SY22-23 Breakfast FoodiE Upd Week 3 Day 2 :40615 - ServingDate: 11/29/2022					
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	130.00
SY22-23 Breakfast FoodiE Upd Week 3 Day 3 :40615 - ServingDate: 11/30/2022					
Sausage Breakfast Pizza - SR1167 (1 slice)	0	210.03	2.00	0.00	350.06
Cheerios - SR1160 (1 bowl)	0	100.52	0.36	0.00	136.42
Cinnamon Chex - SR2336 (1 bowl)	0	120.00	0.00	0.00	170.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	0.00	0.00	120.00
Froot Loops - SR2427 (1 bowl)	0	110.00	0.50	0.00	160.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	0	100.00	0.00	0.00	160.00
Strawberry Creamy Cheese Mini Bagels - SR1188 (1 pkg.)	0	177.54	1.79	0.14	154.97
String Cheese Stick - SR3035 (1 stick.)	0	91.13	5.06	0.00	202.50
Buttery Wheat Toast Side - OKR1160 (1 slice)	0	99.05	0.86	0.00	135.95
Honey Graham Crackers - SR2366 (1 pkg.)	0	90.00	0.00	0.00	95.00
Small Apples - OKR1780 (1 small (2- 3))	0	77.48	0.04	0.00	1.49
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.01	0.00	0.00
Strawberries - SR3043 (1/2 c.)	0	26.71	0.00	0.00	1.37
100% Apple Juice - SR2547 (4 fl oz cup)	0	60.00	0.00	0.00	5.00
100% Grape Juice - SR1607 (4 fl oz cup)	0	80.00	0.00	0.00	10.00

Menu Calendar Nutrient Analysis Report - November, 2022

Site: Guthrie Junior High
 Date: 11/01/2022 - 11/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
SY22-23 Breakfast FoodiE Upd Week 3 Day 3 :40615 - ServingDate: 11/30/2022					
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	1.50	0.00	130.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	1.61	0.00	112.96
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	130.00

Legend
 (M) - Missing Nutrient Values

Report Selections
 Meal Type: Breakfast
 Site Group: FoodiE Cafe
 Menu Line: B-Café Classics
 Serving Group: 6-8
 Nutrients Option: Simplified

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.