

Menu Calendar Nutrient Analysis Report - December, 2022

Site: Guthrie Junior High
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)
SY21-22 - FoodiE-Superfoods Cold-Tasty Greens :39004 - ServingDate: 12/01/2022								
Chef Salad - SR2681 (1 salad)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Caesar Salad - SR2679 (1 salad)	25	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Garden Salad - SR2685 (1 salad)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Buffalo Chicken Salad - SR3453 (1 salad)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
American-Style Meat Combination - OKR1906 (2 slice)	26	89.70	3.03	1.01	0.00	470.88	2.02	15.11
Buffalo Chicken - SR3452 (1/2 c.)	25	157.57	4.34	0.07	0.00	2618.14	1.93	24.69
Fajita Chicken - SR2529 (2/3 c.)	26	123.52	4.05	2.02	0.00	613.57	2.02	18.23
Hard Boiled Eggs - SR1837 (1 egg)	50	77.50	5.30	1.64	0.00	62.00	0.55	6.29
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	76	45.00	3.00	2.00	0.00	105.00	0.50	3.50
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)
Romaine Lettuce - SR2868 (2 c.)	25	19.28	0.34	0.04	0.00	9.07	2.66	1.39
Mixed Salad Greens - SR1080 (2 c.)	77	25.70	0.05	0.01	0.00	25.34	5.02	1.88
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	25	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Homestyle Herb Seasoned Croutons - SR2593 (2 tbsp.)	25	30.38	1.01	0.00	0.00	86.06	5.06	1.01
Diced Cucumber - SR1968 (2 tbsp.)	51	3.03	0.02	0.01	0.00	0.40	0.73	0.13
Sliced Black Olives - SR1390 (2 tbsp.)	27	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Matchstick Carrots - SR1435 (2 tbsp.)	50	4.77	0.03	0.00	0.00	8.02	1.11	0.11

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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-Superfoods Cold-Tasty Greens :39004 - ServingDate: 12/01/2022								
Diced Red Tomatoes - SR1012 (2 tbsp.)	53	4.43	0.05	0.01	0.00	1.23	0.96	0.22
SY21-22 - FoodiE-Superfoods Cold-Yogurt Smoothie Bowls :39004 - ServingDate: 12/02/2022								
Banana Berry Smoothie Bowl - SR3446 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sunshine Smoothie Bowl - SR3444 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tropical Smoothie Bowl - SR3445 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Very Berry Smoothie Bowl - SR3443 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Berry Patch Smoothie - SR2553 (1 c.)	50	154.03	0.64	0.47	0.00	60.96	32.75	3.44
Orange Smoothie - SR1397 (1 c.)	50	157.15	0.76	0.47	0.00	56.84	33.70	3.56
Sunflower Seeds - SR3434 (1/4 c.)	100	190.00	17.00	2.00	0.00	160.00	6.00	6.00
Original Graham Crackers - SR1163 (1 pkg.)	100	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Oats & Honey Granola - SR2331 (1/4 c.)	100	85.65	3.19	0.33	0.02	65.23	12.76	1.50
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1/4 medium (7"))	25	26.25	0.10	0.03	0.00	0.29	6.74	0.32
Blueberries - SR2219 (2 tbsp.)	75	9.85	0.00	0.00	0.00	0.25	2.22	0.00
Pineapple Tidbits - SR1495 (2 tbsp.)	25	15.80	0.00	0.00	0.00	0.00	4.11	0.00
Diced Peaches - SR1196 (2 tbsp.)	25	19.47	0.01	0.00	0.00	1.77	5.12	0.28
Strawberries - SR2218 (2 tbsp.)	75	30.60	0.04	0.00	0.00	1.00	8.26	0.17

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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-Superfoods Cold-Grain Bowls :39004 - ServingDate: 12/05/2022								
Garden Noodle Grain Bowl - SR3450 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Grecian Chicken Grain Bowl - SR3447 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Buffalo Chicken Grain Bowl - SR3448 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tokyo Teriyaki Grain Bowl - SR3449 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Chickpeas - SR1047 (1 #10 scoop)	25	157.25	2.97	0.05	0.00	271.22	24.51	8.17
Fajita Chicken - SR2529 (2/3 c.)	50	123.52	4.05	2.02	0.00	613.57	2.02	18.23
Lemon Pepper Chicken - SR2601 (1/2 c.)	25	112.26	3.58	1.78	0.00	661.72	2.91	16.02
Hard Boiled Eggs - SR1837 (1/2 egg)	25	38.75	2.65	0.82	0.00	31.00	0.28	3.15
Citrus Herb Brown Rice - SR2638 (1 c.)	1	267.57	1.40	0.00	0.00	288.46	59.55	5.61
Vegetable Lo Mein - SR1770 (1 1/3 c.)	50	283.12	3.15	0.43	0.00	1067.00	60.55	8.79
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pineapple Tidbits - SR1495 (2 tbsp.)	25	15.80	0.00	0.00	0.00	0.00	4.11	0.00
Green Bell Pepper Strips - SR1658 (2 tbsp.)	25	2.46	0.02	0.01	0.00	0.37	0.57	0.11
Diced Cucumber - SR1968 (2 tbsp.)	75	3.03	0.02	0.01	0.00	0.40	0.73	0.13
Sliced Black Olives - SR1390 (2 tbsp.)	50	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Matchstick Carrots - SR1435 (2 tbsp.)	75	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Diced Red Tomatoes - SR1012 (2 tbsp.)	75	4.43	0.05	0.01	0.00	1.23	0.96	0.22
Italian Salad Dressing - SR1489 (1 tbsp.)	50	15.00	0.00	0.00	0.00	175.00	4.00	0.00
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	25	17.94	1.20	0.17	0.00	335.54	1.85	0.06

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SY21-22 - FoodiE-Superfoods Cold-Grain Bowls :39004 - ServingDate: 12/05/2022								
Teriyaki Sauce - SR2025 (1 tbsp.)	25	45.00	0.00	0.00	0.00	145.00	11.00	0.50
SY21-22 - FoodiE-Superfoods Cold-Deli :39004 - ServingDate: 12/06/2022								
The Mediterranean Flatbread - SR2672 (1 wrap)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Turkey Cheddar Ranch Flatbread - SR2676 (1 wrap)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Classic Ham & Cheddar Wrap - SR2674 (1 wrap)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Buffalo Chicken Wrap - SR3451 (1 wrap)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Buffalo Chicken - SR3452 (1/2 c.)	25	157.57	4.34	0.07	0.00	2618.14	1.93	24.69
Original Homemade Hummus - SR1412 (2/3 c.)	25	249.18	13.98	0.85	0.01	402.26	24.36	7.95
Turkey Breast Meat - OKR1907 (2 slice)	25	87.47	2.03	0.00	0.00	435.34	2.03	16.27
Turkey Ham Meat - OKR1908 (2 slice)	25	97.05	4.22	2.11	0.00	533.76	2.11	14.77
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	50	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Oven Fired Flatbread - SR1534 (1 piece)	50	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Flour Tortilla - SR1177 (1 tortilla)	50	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)
Diced Cucumber - SR1968 (2 tbsp.)	50	3.03	0.02	0.01	0.00	0.40	0.73	0.13
Shredded Lettuce - SR1015 (1/4 cup shredd)	100	2.52	0.03	0.00	0.00	1.80	0.54	0.16

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SY21-22 - FoodiE-Superfoods Cold-Deli :39004 - ServingDate: 12/06/2022								
Sliced Black Olives - SR1390 (2 tbsp.)	25	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Matchstick Carrots - SR1435 (2 tbsp.)	25	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Diced Red Tomatoes - SR1012 (2 tbsp.)	50	4.43	0.05	0.01	0.00	1.23	0.96	0.22
Light Ranch Dressing - SR1003 (1 tbsp.)	25	25.00	1.75	0.25	0.00	190.00	2.50	0.00
SY21-22 - FoodiE-Superfoods Cold-Tasty Greens :39004 - ServingDate: 12/07/2022								
Chef Salad - SR2681 (1 salad)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Caesar Salad - SR2679 (1 salad)	25	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Garden Salad - SR2685 (1 salad)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Buffalo Chicken Salad - SR3453 (1 salad)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
American-Style Meat Combination - OKR1906 (2 slice)	26	89.70	3.03	1.01	0.00	470.88	2.02	15.11
Buffalo Chicken - SR3452 (1/2 c.)	25	157.57	4.34	0.07	0.00	2618.14	1.93	24.69
Fajita Chicken - SR2529 (2/3 c.)	26	123.52	4.05	2.02	0.00	613.57	2.02	18.23
Hard Boiled Eggs - SR1837 (1 egg)	50	77.50	5.30	1.64	0.00	62.00	0.55	6.29
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	76	45.00	3.00	2.00	0.00	105.00	0.50	3.50
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)
Romaine Lettuce - SR2868 (2 c.)	25	19.28	0.34	0.04	0.00	9.07	2.66	1.39
Mixed Salad Greens - SR1080 (2 c.)	77	25.70	0.05	0.01	0.00	25.34	5.02	1.88

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SY21-22 - FoodiE-Superfoods Cold-Tasty Greens :39004 - ServingDate: 12/07/2022								
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	25	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Homestyle Herb Seasoned Croutons - SR2593 (2 tbsp.)	25	30.38	1.01	0.00	0.00	86.06	5.06	1.01
Diced Cucumber - SR1968 (2 tbsp.)	51	3.03	0.02	0.01	0.00	0.40	0.73	0.13
Sliced Black Olives - SR1390 (2 tbsp.)	27	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Matchstick Carrots - SR1435 (2 tbsp.)	50	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Diced Red Tomatoes - SR1012 (2 tbsp.)	53	4.43	0.05	0.01	0.00	1.23	0.96	0.22
SY21-22 - FoodiE-Superfoods Cold-Yogurt Smoothie Bowls :39004 - ServingDate: 12/08/2022								
Banana Berry Smoothie Bowl - SR3446 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sunshine Smoothie Bowl - SR3444 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tropical Smoothie Bowl - SR3445 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Very Berry Smoothie Bowl - SR3443 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Berry Patch Smoothie - SR2553 (1 c.)	50	154.03	0.64	0.47	0.00	60.96	32.75	3.44
Orange Smoothie - SR1397 (1 c.)	50	157.15	0.76	0.47	0.00	56.84	33.70	3.56
Sunflower Seeds - SR3434 (1/4 c.)	100	190.00	17.00	2.00	0.00	160.00	6.00	6.00
Original Graham Crackers - SR1163 (1 pkg.)	100	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Oats & Honey Granola - SR2331 (1/4 c.)	100	85.65	3.19	0.33	0.02	65.23	12.76	1.50

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SY21-22 - FoodiE-Superfoods Cold-Yogurt Smoothie Bowls :39004 - ServingDate: 12/08/2022								
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1/4 medium (7"))	25	26.25	0.10	0.03	0.00	0.29	6.74	0.32
Blueberries - SR2219 (2 tbsp.)	75	9.85	0.00	0.00	0.00	0.25	2.22	0.00
Pineapple Tidbits - SR1495 (2 tbsp.)	25	15.80	0.00	0.00	0.00	0.00	4.11	0.00
Diced Peaches - SR1196 (2 tbsp.)	25	19.47	0.01	0.00	0.00	1.77	5.12	0.28
Strawberries - SR2218 (2 tbsp.)	75	30.60	0.04	0.00	0.00	1.00	8.26	0.17
SY21-22 - FoodiE-Superfoods Cold-Grain Bowls :39004 - ServingDate: 12/09/2022								
Garden Noodle Grain Bowl - SR3450 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Grecian Chicken Grain Bowl - SR3447 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Buffalo Chicken Grain Bowl - SR3448 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tokyo Teriyaki Grain Bowl - SR3449 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Chickpeas - SR1047 (1 #10 scoop)	25	157.25	2.97	0.05	0.00	271.22	24.51	8.17
Fajita Chicken - SR2529 (2/3 c.)	50	123.52	4.05	2.02	0.00	613.57	2.02	18.23
Lemon Pepper Chicken - SR2601 (1/2 c.)	25	112.26	3.58	1.78	0.00	661.72	2.91	16.02
Hard Boiled Eggs - SR1837 (1/2 egg)	25	38.75	2.65	0.82	0.00	31.00	0.28	3.15
Citrus Herb Brown Rice - SR2638 (1 c.)	1	267.57	1.40	0.00	0.00	288.46	59.55	5.61
Vegetable Lo Mein - SR1770 (1 1/3 c.)	50	283.12	3.15	0.43	0.00	1067.00	60.55	8.79

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SY21-22 - FoodiE-Superfoods Cold-Grain Bowls :39004 - ServingDate: 12/09/2022								
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pineapple Tidbits - SR1495 (2 tbsp.)	25	15.80	0.00	0.00	0.00	0.00	4.11	0.00
Green Bell Pepper Strips - SR1658 (2 tbsp.)	25	2.46	0.02	0.01	0.00	0.37	0.57	0.11
Diced Cucumber - SR1968 (2 tbsp.)	75	3.03	0.02	0.01	0.00	0.40	0.73	0.13
Sliced Black Olives - SR1390 (2 tbsp.)	50	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Matchstick Carrots - SR1435 (2 tbsp.)	75	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Diced Red Tomatoes - SR1012 (2 tbsp.)	75	4.43	0.05	0.01	0.00	1.23	0.96	0.22
Italian Salad Dressing - SR1489 (1 tbsp.)	50	15.00	0.00	0.00	0.00	175.00	4.00	0.00
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	25	17.94	1.20	0.17	0.00	335.54	1.85	0.06
Teriyaki Sauce - SR2025 (1 tbsp.)	25	45.00	0.00	0.00	0.00	145.00	11.00	0.50
SY21-22 - FoodiE-Superfoods Cold-Deli :39004 - ServingDate: 12/12/2022								
The Mediterranean Flatbread - SR2672 (1 wrap)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Turkey Cheddar Ranch Flatbread - SR2676 (1 wrap)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Classic Ham & Cheddar Wrap - SR2674 (1 wrap)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Buffalo Chicken Wrap - SR3451 (1 wrap)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Buffalo Chicken - SR3452 (1/2 c.)	25	157.57	4.34	0.07	0.00	2618.14	1.93	24.69
Original Homemade Hummus - SR1412 (2/3 c.)	25	249.18	13.98	0.85	0.01	402.26	24.36	7.95

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SY21-22 - FoodiE-Superfoods Cold-Deli :39004 - ServingDate: 12/12/2022								
Turkey Breast Meat - OKR1907 (2 slice)	25	87.47	2.03	0.00	0.00	435.34	2.03	16.27
Turkey Ham Meat - OKR1908 (2 slice)	25	97.05	4.22	2.11	0.00	533.76	2.11	14.77
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	50	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Oven Fired Flatbread - SR1534 (1 piece)	50	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Flour Tortilla - SR1177 (1 tortilla)	50	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)
Diced Cucumber - SR1968 (2 tbsp.)	50	3.03	0.02	0.01	0.00	0.40	0.73	0.13
Shredded Lettuce - SR1015 (1/4 cup shredd)	100	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Black Olives - SR1390 (2 tbsp.)	25	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Matchstick Carrots - SR1435 (2 tbsp.)	25	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Diced Red Tomatoes - SR1012 (2 tbsp.)	50	4.43	0.05	0.01	0.00	1.23	0.96	0.22
Light Ranch Dressing - SR1003 (1 tbsp.)	25	25.00	1.75	0.25	0.00	190.00	2.50	0.00
SY21-22 - FoodiE-Superfoods Cold-Tasty Greens :39004 - ServingDate: 12/13/2022								
Chef Salad - SR2681 (1 salad)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Caesar Salad - SR2679 (1 salad)	25	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Garden Salad - SR2685 (1 salad)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Buffalo Chicken Salad - SR3453 (1 salad)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
American-Style Meat Combination - OKR1906 (2 slice)	26	89.70	3.03	1.01	0.00	470.88	2.02	15.11

Menu Calendar Nutrient Analysis Report - December, 2022

Site: Guthrie Junior High
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)
SY21-22 - FoodiE-Superfoods Cold-Tasty Greens :39004 - ServingDate: 12/13/2022								
Buffalo Chicken - SR3452 (1/2 c.)	25	157.57	4.34	0.07	0.00	2618.14	1.93	24.69
Fajita Chicken - SR2529 (2/3 c.)	26	123.52	4.05	2.02	0.00	613.57	2.02	18.23
Hard Boiled Eggs - SR1837 (1 egg)	50	77.50	5.30	1.64	0.00	62.00	0.55	6.29
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	76	45.00	3.00	2.00	0.00	105.00	0.50	3.50
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)
Romaine Lettuce - SR2868 (2 c.)	25	19.28	0.34	0.04	0.00	9.07	2.66	1.39
Mixed Salad Greens - SR1080 (2 c.)	77	25.70	0.05	0.01	0.00	25.34	5.02	1.88
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	25	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Homestyle Herb Seasoned Croutons - SR2593 (2 tbsp.)	25	30.38	1.01	0.00	0.00	86.06	5.06	1.01
Diced Cucumber - SR1968 (2 tbsp.)	51	3.03	0.02	0.01	0.00	0.40	0.73	0.13
Sliced Black Olives - SR1390 (2 tbsp.)	27	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Matchstick Carrots - SR1435 (2 tbsp.)	50	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Diced Red Tomatoes - SR1012 (2 tbsp.)	53	4.43	0.05	0.01	0.00	1.23	0.96	0.22
SY21-22 - FoodiE-Superfoods Cold-Yogurt Smoothie Bowls :39004 - ServingDate: 12/14/2022								
Banana Berry Smoothie Bowl - SR3446 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sunshine Smoothie Bowl - SR3444 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - December, 2022

Site: Guthrie Junior High
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)
SY21-22 - FoodiE-Superfoods Cold-Yogurt Smoothie Bowls :39004 - ServingDate: 12/14/2022								
Tropical Smoothie Bowl - SR3445 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Very Berry Smoothie Bowl - SR3443 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Berry Patch Smoothie - SR2553 (1 c.)	50	154.03	0.64	0.47	0.00	60.96	32.75	3.44
Orange Smoothie - SR1397 (1 c.)	50	157.15	0.76	0.47	0.00	56.84	33.70	3.56
Sunflower Seeds - SR3434 (1/4 c.)	100	190.00	17.00	2.00	0.00	160.00	6.00	6.00
Original Graham Crackers - SR1163 (1 pkg.)	100	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Oats & Honey Granola - SR2331 (1/4 c.)	100	85.65	3.19	0.33	0.02	65.23	12.76	1.50
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1/4 medium (7"))	25	26.25	0.10	0.03	0.00	0.29	6.74	0.32
Blueberries - SR2219 (2 tbsp.)	75	9.85	0.00	0.00	0.00	0.25	2.22	0.00
Pineapple Tidbits - SR1495 (2 tbsp.)	25	15.80	0.00	0.00	0.00	0.00	4.11	0.00
Diced Peaches - SR1196 (2 tbsp.)	25	19.47	0.01	0.00	0.00	1.77	5.12	0.28
Strawberries - SR2218 (2 tbsp.)	75	30.60	0.04	0.00	0.00	1.00	8.26	0.17
SY21-22 - FoodiE-Superfoods Cold-Grain Bowls :39004 - ServingDate: 12/15/2022								
Garden Noodle Grain Bowl - SR3450 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Grecian Chicken Grain Bowl - SR3447 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Buffalo Chicken Grain Bowl - SR3448 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - December, 2022

Site: Guthrie Junior High
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)
SY21-22 - FoodiE-Superfoods Cold-Grain Bowls :39004 - ServingDate: 12/15/2022								
Tokyo Teriyaki Grain Bowl - SR3449 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Chickpeas - SR1047 (1 #10 scoop)	25	157.25	2.97	0.05	0.00	271.22	24.51	8.17
Fajita Chicken - SR2529 (2/3 c.)	50	123.52	4.05	2.02	0.00	613.57	2.02	18.23
Lemon Pepper Chicken - SR2601 (1/2 c.)	25	112.26	3.58	1.78	0.00	661.72	2.91	16.02
Hard Boiled Eggs - SR1837 (1/2 egg)	25	38.75	2.65	0.82	0.00	31.00	0.28	3.15
Citrus Herb Brown Rice - SR2638 (1 c.)	1	267.57	1.40	0.00	0.00	288.46	59.55	5.61
Vegetable Lo Mein - SR1770 (1 1/3 c.)	50	283.12	3.15	0.43	0.00	1067.00	60.55	8.79
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pineapple Tidbits - SR1495 (2 tbsp.)	25	15.80	0.00	0.00	0.00	0.00	4.11	0.00
Green Bell Pepper Strips - SR1658 (2 tbsp.)	25	2.46	0.02	0.01	0.00	0.37	0.57	0.11
Diced Cucumber - SR1968 (2 tbsp.)	75	3.03	0.02	0.01	0.00	0.40	0.73	0.13
Sliced Black Olives - SR1390 (2 tbsp.)	50	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Matchstick Carrots - SR1435 (2 tbsp.)	75	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Diced Red Tomatoes - SR1012 (2 tbsp.)	75	4.43	0.05	0.01	0.00	1.23	0.96	0.22
Italian Salad Dressing - SR1489 (1 tbsp.)	50	15.00	0.00	0.00	0.00	175.00	4.00	0.00
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	25	17.94	1.20	0.17	0.00	335.54	1.85	0.06
Teriyaki Sauce - SR2025 (1 tbsp.)	25	45.00	0.00	0.00	0.00	145.00	11.00	0.50

Menu Calendar Nutrient Analysis Report - December, 2022

Site: Guthrie Junior High
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)
SY21-22 - FoodiE-Superfoods Cold-Deli :39004 - ServingDate: 12/16/2022								
The Mediterranean Flatbread - SR2672 (1 wrap)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Turkey Cheddar Ranch Flatbread - SR2676 (1 wrap)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Classic Ham & Cheddar Wrap - SR2674 (1 wrap)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Buffalo Chicken Wrap - SR3451 (1 wrap)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Buffalo Chicken - SR3452 (1/2 c.)	25	157.57	4.34	0.07	0.00	2618.14	1.93	24.69
Original Homemade Hummus - SR1412 (2/3 c.)	25	249.18	13.98	0.85	0.01	402.26	24.36	7.95
Turkey Breast Meat - OKR1907 (2 slice)	25	87.47	2.03	0.00	0.00	435.34	2.03	16.27
Turkey Ham Meat - OKR1908 (2 slice)	25	97.05	4.22	2.11	0.00	533.76	2.11	14.77
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	50	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Oven Fired Flatbread - SR1534 (1 piece)	50	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Flour Tortilla - SR1177 (1 tortilla)	50	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)
Diced Cucumber - SR1968 (2 tbsp.)	50	3.03	0.02	0.01	0.00	0.40	0.73	0.13
Shredded Lettuce - SR1015 (1/4 cup shredd)	100	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Black Olives - SR1390 (2 tbsp.)	25	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Matchstick Carrots - SR1435 (2 tbsp.)	25	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Diced Red Tomatoes - SR1012 (2 tbsp.)	50	4.43	0.05	0.01	0.00	1.23	0.96	0.22
Light Ranch Dressing - SR1003 (1 tbsp.)	25	25.00	1.75	0.25	0.00	190.00	2.50	0.00

Menu Calendar Nutrient Analysis Report - December, 2022

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

Legend

(M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch
Site Group: FoodiE Cafe
Menu Line: FE-Superfoods (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.