

## Menu Calendar Nutrient Analysis Report - September, 2020

Site: Guthrie High School  
Date: 09/01/2020 - 09/30/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>RISE G9-12 Lunch Program W5D2 Expanded - ServingDate: 09/01/2020</b>								
Cheese Pizza - SR2664 (1 slice)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheeseburger - SR2646 (1 burger)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Burger - SR2645 (1 burger)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Crispy Chicken Salad - SR2984 (1 salad)	10	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Deli Ham Sandwich or Wrap - SR2674 (1 sandwich o)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pepperoni Pizza - SR2991 (1 slice)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pizza Burger - OKR1785 (1 burger)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	20	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Cheese Pizza - SR2081 (1 slice)	20	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Breaded Chicken Patty - SR2186 (1 patty)	20	270.00	15.00	2.50	0.00	400.00	16.00	16.00
Pepperoni Pizza - SR2084 (1 slice)	15	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Popcorn Chicken - SR1413 (9 piece)	10	191.06	10.80	2.08	0.00	290.75	11.63	11.63
Sliced Turkey Ham - SR1287 (5 slice)	5	87.50	4.38	1.25	0.00	400.00	0.00	11.25
Shredded Cheddar Cheese - SR1537 (1/2 oz.)	10	55.00	4.50	2.50	0.00	90.00	0.00	3.00
Shredded Mozzarella Cheese - SR1989 (2 oz.)	10	162.00	10.12	6.08	0.00	364.49	4.05	12.15
American Cheese Slice - SR2821 (1/2 oz.)	0	55.00	4.50	2.50	0.00	135.00	1.00	2.50
Cheddar Cheese Slice - SR2132 (1/2 oz.)	25	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Hamburger Bun - OKR1351 (1 roll.)	50	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Dinner Roll - SR1009 (1 roll.)	11	160.00	3.00	0.00	0.00	135.00	29.00	7.00

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<b>RISE G9-12 Lunch Program W5D2 Expanded - ServingDate: 09/01/2020</b>								
Mini Sub Roll - SR1208 (1 roll (smal))	5	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Fresh Apple Slices - SR2546 (1 pkg.)	1	30.00	0.00	0.00	0.00	0.00	7.00	0.00
Crispy Whole Apple - SR1161 (1 extra smal)	10	47.79	0.16	0.03	0.00	0.92	12.69	0.24
100% Grape Juice - SR1607 (4 fl oz cup)	95	80.00	0.00	0.00	0.00	10.00	19.00	0.00
Mixed Salad Greens - SR1080 (1 c.)	11	12.85	0.03	0.00	0.00	12.67	2.51	0.94
Chilled Peas - SR2483 (1/2 c.)	5	66.34	0.23	0.04	0.00	61.23	12.13	4.38
Red Tomato Wedges - SR1974 (1/4 c.)	11	7.69	0.09	0.01	0.00	2.14	1.66	0.38
Chocolate1% Milk - OKR1062 (8 oz.)	75	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR2540 (1 packet)	31	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Ketchup - SR2542 (1 packet)	25	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Mayonnaise - SR2543 (1 packet)	5	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Mini Side Salad - SR2953 (1 salad)	1	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Yellow Mustard PC - SR2517 (1 packet)	30	4.58	0.00	0.00	0.00	77.92	0.92	0.00
Sliced Pepperoni - SR1800 (3 slice)	10	23.69	2.19	0.82	0.00	78.37	0.00	1.09
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	10	7.49	0.17	0.03	0.00	130.30	1.45	0.26
<b>RISE G9-12 Lunch Program W5D3 Expanded - ServingDate: 09/02/2020</b>								
Cheese Pizza - SR2664 (1 slice)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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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)
<b>RISE G9-12 Lunch Program WSD3 Expanded - ServingDate: 09/02/2020</b>								
Chicken Burger - SR2645 (1 burger)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Caesar Wrap - SR2951 (1 wrap)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger - SR2660 (1 burger)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pepperoni Pizza - SR2991 (1 slice)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Teriyaki Rice Bowl - SR2998 (1 bowl)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Deli Turkey Sandwich or Wrap - SR2676 (1 sandwich o)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	10	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Cheese Pizza - SR2081 (1 slice)	20	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Breaded Chicken Patty - SR2186 (1 patty)	25	270.00	15.00	2.50	0.00	400.00	16.00	16.00
Diced Chicken - SR2854 (1/2 c.)	10	96.00	2.67	0.00	0.00	74.67	0.00	16.00
Pepperoni Pizza - SR2084 (1 slice)	15	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Popcorn Chicken - SR1413 (12 piece)	15	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Sliced Deli Turkey - SR1532 (5 slice)	5	87.50	3.75	1.25	0.00	287.50	1.25	13.75
American Cheese Slice - SR2821 (1/2 oz.)	0	55.00	4.50	2.50	0.00	135.00	1.00	2.50
Cheddar Cheese Slice - SR2132 (1/2 oz.)	5	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Hamburger Bun - OKR1351 (1 roll.)	35	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Steamed Rice - SR2109 (1 c.)	15	275.74	1.62	0.00	0.00	4.78	60.02	6.49
Mini Sub Roll - SR1208 (1 roll (smal)	5	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Flour Tortilla - SR1177 (1 tortilla)	10	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Mixed Fruit Cocktail - SR1037 (1/2 c.)	45	49.99	0.01	0.00	0.00	4.35	12.89	0.50

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<b>RISE G9-12 Lunch Program W5D3 Expanded - ServingDate: 09/02/2020</b>								
Fresh Oranges - SR1171 (1 small (2-3))	40	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Romaine Lettuce - SR2868 (1 c.)	11	9.64	0.17	0.02	0.00	4.54	1.33	0.70
Cucumber Coins - SR1013 (1/4 c.)	1	4.61	0.03	0.01	0.00	0.61	1.12	0.20
Red Tomato Wedges - SR1974 (1/4 c.)	0	7.69	0.09	0.01	0.00	2.14	1.66	0.38
Chocolate1% Milk - OKR1062 (8 oz.)	75	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (1 tbsp.)	10	65.00	7.00	1.25	0.00	105.00	0.50	0.50
Creamy Caesar Dressing - SR2545 (1 packet)	1	230.00	25.00	4.00	0.00	490.00	1.00	1.00
Ranch Dressing - SR2540 (1 packet)	26	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	10	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Ketchup - SR2542 (1 packet)	10	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Mayonnaise - SR2543 (1 packet)	5	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Mini Side Salad - SR2953 (1 salad)	1	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Yellow Mustard PC - SR2517 (1 packet)	15	4.58	0.00	0.00	0.00	77.92	0.92	0.00
Teriyaki Sauce - SR2025 (1 tbsp.)	0	45.00	0.00	0.00	0.00	145.00	11.00	0.50
<b>RISE G9-12 Lunch Program W5D4 Expanded - ServingDate: 09/03/2020</b>								
American-style Deli Combo Sandwich or Wrap - SR2863 (1 sandwich o)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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<b>RISE G9-12 Lunch Program WSD4 Expanded - ServingDate: 09/03/2020</b>								
Cheese Pizza - SR2664 (1 slice)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheeseburger - SR2646 (1 burger)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Burger - SR2645 (1 burger)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pepperoni Pizza - SR2991 (1 slice)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Popcorn Chicken - SR1413 (12 piece)	15	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Protein Power-up Box - SR2955 (1 Box)	10	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
American-style Meat Combination - SR2138 (5 slice)	5	85.85	3.92	1.23	0.00	324.52	0.76	12.55
Hamburger Patty - SR1652 (1 patty)	15	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Cheese Pizza - SR2081 (1 slice)	20	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Breaded Chicken Patty - SR2186 (1 patty)	20	270.00	15.00	2.50	0.00	400.00	16.00	16.00
Hard Boiled Eggs - SR1837 (1/2 egg)	10	38.75	2.65	0.82	0.00	31.00	0.28	3.15
Pepperoni Pizza - SR2084 (1 slice)	15	431.59	18.92	8.09	0.00	544.49	43.00	20.46
American Cheese Slice - SR2821 (1/2 oz.)	0	55.00	4.50	2.50	0.00	135.00	1.00	2.50
Cheddar Cheese Slice - SR2132 (1/2 oz.)	20	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Sunbutter - SR2420 (2 tbsp.)	10	200.00	17.00	2.00	0.00	130.00	7.00	7.00
Hamburger Bun - OKR1351 (1 roll.)	35	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Original Graham Crackers - SR1163 (2 pkg.)	10	180.00	5.00	0.00	0.00	200.00	34.00	4.00
Dinner Roll - SR1009 (1 roll.)	15	160.00	3.00	0.00	0.00	135.00	29.00	7.00
Mini Sub Roll - SR1208 (1 roll (smal))	5	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Diced Peaches - SR1196 (1/2 c.)	1	57.95	0.04	0.00	0.00	5.27	15.24	0.83

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<b>RISE G9-12 Lunch Program W5D4 Expanded - ServingDate: 09/03/2020</b>								
Banana - SR1166 (1 medium (7"))	55	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Diced Peach Cups - OKR1792 (1 Container)	20	50.64	0.02	0.00	0.00	6.12	11.93	0.42
Fresh Broccoli Florets - SR1027 (1/2 c.)	1	10.84	0.12	0.01	0.00	10.53	2.12	0.90
EM-Broccoli Floret, fresh, IW Bag - SR2904 (2 oz.)	55	16.67	0.00	0.00	0.00	16.67	2.67	2.00
Cucumber Coins - SR1013 (1/2 c.)	5	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Italian Roasted Chickpeas - SR2583 (1/2 c.)	0	128.82	2.69	0.07	0.00	264.68	19.71	6.53
Chocolate1% Milk - OKR1062 (8 oz.)	75	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR2540 (1 packet)	20	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Ketchup - SR2542 (1 packet)	15	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Mayonnaise - SR2543 (1 packet)	5	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Yellow Mustard PC - SR2517 (1 packet)	20	4.58	0.00	0.00	0.00	77.92	0.92	0.00
<b>RISE G9-12 Lunch Program W5D5 Expanded - ServingDate: 09/04/2020</b>								
Cheese Pizza - SR2664 (1 slice)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chef Salad - SR2681 (1 salad)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Burger - SR2645 (1 burger)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger - SR2660 (1 burger)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pepperoni Pizza - SR2991 (1 slice)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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<b>RISE G9-12 Lunch Program WSD5 Expanded - ServingDate: 09/04/2020</b>								
Turkey Greek Salad - SR2988 (1 salad)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Deli Turkey Sandwich or Wrap - SR2676 (1 sandwich o)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
American-style Meat Combination - SR2138 (5 slice)	5	85.85	3.92	1.23	0.00	324.52	0.76	12.55
Hamburger Patty - SR1652 (1 patty)	10	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Cheese Pizza - SR2081 (1 slice)	20	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Breaded Chicken Patty - SR2186 (1 patty)	25	270.00	15.00	2.50	0.00	400.00	16.00	16.00
Pepperoni Pizza - SR2084 (1 slice)	15	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Sliced Deli Turkey - SR2144 (5 slice)	10	87.50	3.75	1.25	0.00	287.50	1.25	13.75
Sliced Deli Turkey - SR1532 (6 slice)	5	105.00	4.50	1.50	0.00	344.99	1.50	16.50
Shredded Cheddar Cheese - SR1537 (1/2 oz.)	5	55.00	4.50	2.50	0.00	90.00	0.00	3.00
Cheddar Cheese Slice - SR2132 (1/2 oz.)	10	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Hot & Spicy Chicken Patty - SR2137 (1 patty)	25	270.00	15.00	3.00	0.00	400.00	17.00	15.00
Hard Boiled Eggs - SR1837 (1/2 egg)	5	38.75	2.65	0.82	0.00	31.00	0.28	3.15
Hamburger Bun - OKR1351 (1 roll.)	35	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Oven Fired Flatbread - SR3003 (1 piece)	5	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Mini Sub Roll - SR1208 (1 roll (smal)	10	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Diced Bartlett Pears - SR1194 (1/2 c.)	1	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Diced Pears - SR2866 (1 Container)	20	54.44	0.02	0.00	0.00	4.54	12.94	0.27
100% Apple Juice - SR2547 (4 fl oz cup)	90	60.00	0.00	0.00	0.00	5.00	14.00	0.00

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<b>RISE G9-12 Lunch Program WSD5 Expanded - ServingDate: 09/04/2020</b>								
Celery Sticks - SR2917 (1 package (3))	5	15.00	0.00	0.00	0.00	70.00	3.00	1.00
EM-Carrots, Petite Peel (Baby Carrots), fresh, IW Bag - SR2905 (1 package (3))	5	35.00	0.00	0.00	0.00	50.00	8.00	1.00
Romaine Lettuce - SR2868 (1 c.)	5	9.64	0.17	0.02	0.00	4.54	1.33	0.70
Mixed Salad Greens - SR1080 (1 c.)	5	12.85	0.03	0.00	0.00	12.67	2.51	0.94
Celery Sticks - SR1014 (6 stick.)	1	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/4 c.)	10	4.61	0.03	0.01	0.00	0.61	1.12	0.20
Baby Carrots - SR1016 (1/2 c.)	1	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Red Tomato Wedges - SR1974 (1/4 c.)	10	7.69	0.09	0.01	0.00	2.14	1.66	0.38
Chocolate1% Milk - OKR1062 (8 oz.)	75	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR2540 (1 packet)	25	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Golden Italian Dressing - SR2578 (1 packet)	5	30.00	3.00	0.00	0.00	130.00	0.00	0.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	5	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Ketchup - SR2542 (1 packet)	10	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Mayonnaise - SR2543 (1 packet)	10	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Yellow Mustard PC - SR2517 (1 packet)	20	4.58	0.00	0.00	0.00	77.92	0.92	0.00



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<b>RISE G9-12 Lunch Program W1D2 Expanded - ServingDate: 09/08/2020</b>								
Cheese Pizza - SR2664 (1 slice)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheeseburger - SR2646 (1 burger)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Burger - SR2645 (1 burger)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Caesar Salad - SR2679 (1 salad)	5	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Deli Ham Sandwich or Wrap - SR2674 (1 sandwich o)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mac & Cheese - SR2993 (1 serving)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pepperoni Pizza - SR2991 (1 slice)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	20	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Cheese Pizza - SR2081 (1 slice)	20	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Cheddar Cheese Sauce - SR1293 (1/2 c.)	10	220.80	16.36	9.40	0.00	842.31	4.09	14.31
Breaded Chicken Patty - SR2186 (1 patty)	20	270.00	15.00	2.50	0.00	400.00	16.00	16.00
Diced Chicken - SR2854 (1/2 c.)	5	96.00	2.67	0.00	0.00	74.67	0.00	16.00
Pepperoni Pizza - SR2084 (1 slice)	15	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Sliced Turkey Ham - SR1287 (5 slice)	10	87.50	4.38	1.25	0.00	400.00	0.00	11.25
American Cheese Slice - SR2821 (1/2 oz.)	0	55.00	4.50	2.50	0.00	135.00	1.00	2.50
Cheddar Cheese Slice - SR2132 (1/2 oz.)	30	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Hamburger Bun - OKR1351 (1 roll.)	40	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Elbow Macaroni Pasta - SR2106 (1 c.)	1	257.77	3.27	0.15	0.00	366.14	50.40	8.40
Mini Sub Roll - SR1208 (1 roll (smal))	10	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Twisted Breadstick - SR2142 (1 breadstick)	15	172.73	3.27	0.09	0.00	190.34	28.41	6.09

## Menu Calendar Nutrient Analysis Report - September, 2020

Site: Guthrie High School

Date: 09/01/2020 - 09/30/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>RISE G9-12 Lunch Program W1D2 Expanded - ServingDate: 09/08/2020</b>								
Diced Peaches - SR1196 (1/2 c.)	1	57.95	0.04	0.00	0.00	5.27	15.24	0.83
Diced Peach Cups - OKR1792 (1 Container)	50	50.64	0.02	0.00	0.00	6.12	11.93	0.42
100% Apple Juice - SR2547 (4 fl oz cup)	90	60.00	0.00	0.00	0.00	5.00	14.00	0.00
EM-Carrots, Petite Peel (Baby Carrots), fresh, IW Bag - SR2905 (1 package (3))	25	35.00	0.00	0.00	0.00	50.00	8.00	1.00
Romaine Lettuce - SR2868 (1 c.)	20	9.64	0.17	0.02	0.00	4.54	1.33	0.70
Baby Carrots - SR1016 (1/2 c.)	50	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Red Tomato Wedges - SR1974 (1/4 c.)	20	7.69	0.09	0.01	0.00	2.14	1.66	0.38
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	30	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (1 tbsp.)	5	65.00	7.00	1.25	0.00	105.00	0.50	0.50
Creamy Caesar Dressing - SR2545 (1 packet)	1	230.00	25.00	4.00	0.00	490.00	1.00	1.00
Ranch Dressing - SR2540 (1 packet)	21	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	5	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Homestyle Herb Seasoned Croutons - SR2593 (2 tbsp.)	5	30.38	1.01	0.00	0.00	86.06	5.06	1.01
Ketchup - SR2542 (1 packet)	20	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Mayonnaise - SR2543 (1 packet)	30	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Mini Side Salad - SR2953 (1 salad)	20	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Yellow Mustard PC - SR2517 (1 packet)	30	4.58	0.00	0.00	0.00	77.92	0.92	0.00

## Menu Calendar Nutrient Analysis Report - September, 2020

Site: Guthrie High School  
Date: 09/01/2020 - 09/30/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>RISE G9-12 Lunch Program W1D3 Expanded - ServingDate: 09/09/2020</b>								
Cheese Pizza - SR2664 (1 slice)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Burger - SR2645 (1 burger)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Garden Salad - SR2685 (1 salad)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger - SR2660 (1 burger)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mini-Bento Box - SR2827 (1 Box)	10	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Pepperoni Pizza - SR2991 (1 slice)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Popcorn Chicken - SR1413 (12 piece)	15	254.75	14.40	2.77	0.00	387.66	15.51	15.51
American-style Meat Combination - SR2138 (5 slice)	10	85.85	3.92	1.23	0.00	324.52	0.76	12.55
Hamburger Patty - SR1652 (1 patty)	10	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Cheese Pizza - SR2081 (1 slice)	20	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Breaded Chicken Patty - SR2186 (1 patty)	25	270.00	15.00	2.50	0.00	400.00	16.00	16.00
Hard Boiled Eggs - SR1837 (1/2 egg)	5	38.75	2.65	0.82	0.00	31.00	0.28	3.15
Pepperoni Pizza - SR2084 (1 slice)	15	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Shredded Cheddar Cheese - SR1537 (1/2 oz.)	5	55.00	4.50	2.50	0.00	90.00	0.00	3.00
Shredded Mozzarella Cheese - SR1989 (1/2 oz.)	5	40.50	2.53	1.52	0.00	91.12	1.01	3.04
American Cheese Slice - SR2821 (1/2 oz.)	0	55.00	4.50	2.50	0.00	135.00	1.00	2.50
Cheddar Cheese Slice - SR2132 (1/2 oz.)	10	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Hamburger Bun - OKR1351 (1 roll.)	35	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Oven Fired Flatbread - SR3003 (1 piece)	1	180.00	5.00	1.00	0.00	330.00	28.00	6.00

## Menu Calendar Nutrient Analysis Report - September, 2020

Site: Guthrie High School

Date: 09/01/2020 - 09/30/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>RISE G9-12 Lunch Program W1D3 Expanded - ServingDate: 09/09/2020</b>								
Oven Fired Flatbread - SR1534 (1 piece)	10	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Mixed Fruit Cocktail - SR1037 (1/2 c.)	25	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Fresh Oranges - SR1171 (1 small (2-3))	50	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Broccoli Florets - SR1027 (1/2 c.)	1	10.84	0.12	0.01	0.00	10.53	2.12	0.90
EM-Broccoli Floret, fresh, IW Bag - SR2904 (2 oz.)	55	16.67	0.00	0.00	0.00	16.67	2.67	2.00
Mixed Salad Greens - SR1080 (1 c.)	5	12.85	0.03	0.00	0.00	12.67	2.51	0.94
Cucumber Coins - SR1013 (1/4 c.)	5	4.61	0.03	0.01	0.00	0.61	1.12	0.20
Chilled Peas - SR2483 (1/2 c.)	20	66.34	0.23	0.04	0.00	61.23	12.13	4.38
Red Tomato Wedges - SR1974 (1/4 c.)	5	7.69	0.09	0.01	0.00	2.14	1.66	0.38
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	30	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR2540 (1 packet)	25	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Golden Italian Dressing - SR2578 (1 packet)	5	30.00	3.00	0.00	0.00	130.00	0.00	0.00
Ketchup - SR2542 (1 packet)	10	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Yellow Mustard PC - SR2517 (1 packet)	10	4.58	0.00	0.00	0.00	77.92	0.92	0.00
<b>RISE G9-12 Lunch Program W1D4 Expanded - ServingDate: 09/10/2020</b>								
Beefy Macaroni - SR2994 (1 bowl)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheese Pizza - SR2664 (1 slice)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)

# Menu Calendar Nutrient Analysis Report - September, 2020

Site: Guthrie High School  
 Date: 09/01/2020 - 09/30/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>RISE G9-12 Lunch Program W1D4 Expanded - ServingDate: 09/10/2020</b>								
Cheeseburger - SR2646 (1 burger)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Burger - SR2645 (1 burger)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fruit & Yo To Go Box - SR2956 (1 Box)	10	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Mini-Bento Box - SR2827 (1 Box)	10	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Pepperoni Pizza - SR2991 (1 slice)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	20	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Cheese Pizza - SR2081 (1 slice)	20	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Breaded Chicken Patty - SR2186 (1 patty)	20	270.00	15.00	2.50	0.00	400.00	16.00	16.00
Beef Bolognese - SR1197 (2/3 c.)	10	185.13	8.03	3.33	0.01	630.03	13.19	13.76
Pepperoni Pizza - SR2084 (1 slice)	15	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Vanilla Yogurt - SR2612 (1/2 c.)	10	112.50	0.75	0.38	0.00	60.00	23.25	3.75
Shredded Mozzarella Cheese - SR1989 (2 oz.)	5	162.00	10.12	6.08	0.00	364.49	4.05	12.15
American Cheese Slice - SR2821 (1/2 oz.)	0	55.00	4.50	2.50	0.00	135.00	1.00	2.50
Cheddar Cheese Slice - SR2132 (1/2 oz.)	20	55.69	4.56	2.53	0.00	91.12	0.00	3.04
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Hamburger Bun - OKR1351 (1 roll.)	40	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Original Graham Crackers - SR1163 (2 pkg.)	10	180.00	5.00	0.00	0.00	200.00	34.00	4.00
Elbow Macaroni Pasta - SR2106 (1 c.)	10	257.77	3.27	0.15	0.00	366.14	50.40	8.40
Oven Fired Flatbread - SR1534 (1 piece)	10	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Blueberries - SR2219 (1/2 c.)	15	39.41	0.00	0.00	0.00	0.98	8.87	0.00

## Menu Calendar Nutrient Analysis Report - September, 2020

Site: Guthrie High School

Date: 09/01/2020 - 09/30/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>RISE G9-12 Lunch Program W1D4 Expanded - ServingDate: 09/10/2020</b>								
Banana - SR1166 (1 medium (7"))	60	105.02	0.39	0.13	0.00	1.18	26.95	1.29
EM-Carrots, Petite Peel (Baby Carrots), fresh, IW Bag - SR2905 (1 package (3))	0	35.00	0.00	0.00	0.00	50.00	8.00	1.00
Baby Carrots - SR1016 (1/2 c.)	60	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Italian Roasted Chickpeas - SR2583 (1/2 c.)	25	128.82	2.69	0.07	0.00	264.68	19.71	6.53
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	30	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Chocolate Chip Cookie - OKR1042 (1 cookie)	100	111.38	3.54	1.01	0.00	86.06	18.23	1.01
Ranch Dressing - SR2540 (1 packet)	30	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Ketchup - SR2542 (1 packet)	30	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Mayonnaise - SR2543 (1 packet)	20	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Yellow Mustard PC - SR2517 (1 packet)	20	4.58	0.00	0.00	0.00	77.92	0.92	0.00
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	10	7.49	0.17	0.03	0.00	130.30	1.45	0.26
<b>RISE G9-12 Lunch Program W1D5 Expanded - ServingDate: 09/11/2020</b>								
Cheese Pizza - SR2664 (1 slice)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken & Waffles Stacker - SR2995 (1 serving)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Burger - SR2645 (1 burger)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Caesar Wrap - SR2951 (1 wrap)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Menu Calendar Nutrient Analysis Report - September, 2020

Site: Guthrie High School  
Date: 09/01/2020 - 09/30/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>RISE G9-12 Lunch Program W1D5 Expanded - ServingDate: 09/11/2020</b>								
Fruit & Yo To Go Box - SR2956 (1 Box)	10	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Hamburger - SR2660 (1 burger)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pepperoni Pizza - SR2991 (1 slice)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	10	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Cheese Pizza - SR2081 (1 slice)	20	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Crispy Chicken Nuggets - SR1367 (5 nugget)	15	263.32	15.05	2.51	0.00	401.25	16.30	16.30
Hot & Spicy Chicken Patty - SR2137 (1 patty)	20	270.00	15.00	3.00	0.00	400.00	17.00	15.00
Diced Chicken - SR2854 (1/2 c.)	10	96.00	2.67	0.00	0.00	74.67	0.00	16.00
Pepperoni Pizza - SR2084 (1 slice)	15	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Sliced Deli Turkey - SR1532 (5 slice)	10	87.50	3.75	1.25	0.00	287.50	1.25	13.75
Vanilla Yogurt - SR2612 (1/2 c.)	10	112.50	0.75	0.38	0.00	60.00	23.25	3.75
American Cheese Slice - SR2821 (1/2 oz.)	0	55.00	4.50	2.50	0.00	135.00	1.00	2.50
Cheddar Cheese Slice - SR2132 (1/2 oz.)	10	55.69	4.56	2.53	0.00	91.12	0.00	3.04
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Hamburger Bun - OKR1351 (1 roll.)	30	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Original Graham Crackers - SR1163 (1 pkg.)	10	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Flour Tortilla - SR1177 (1 tortilla)	10	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Toasted Waffle - SR1038 (1 waffle)	15	105.00	3.50	0.50	0.00	175.00	16.50	2.00
Blueberries - SR2219 (1/2 c.)	10	39.41	0.00	0.00	0.00	0.98	8.87	0.00
Mixed Fruit Cocktail - SR1037 (1/2 c.)	1	49.99	0.01	0.00	0.00	4.35	12.89	0.50

## Menu Calendar Nutrient Analysis Report - September, 2020

Site: Guthrie High School

Date: 09/01/2020 - 09/30/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>RISE G9-12 Lunch Program W1D5 Expanded - ServingDate: 09/11/2020</b>								
Mixed Fruit, Dole, cups, 4 oz - SR2867 (1 Container)	20	51.59	0.02	0.00	0.00	6.03	12.45	0.35
100% Grape Juice - SR1607 (4 fl oz cup)	100	80.00	0.00	0.00	0.00	10.00	19.00	0.00
Romaine Lettuce - SR2868 (1 c.)	20	9.64	0.17	0.02	0.00	4.54	1.33	0.70
Cucumber Coins - SR1013 (1/4 c.)	15	4.61	0.03	0.01	0.00	0.61	1.12	0.20
Red Tomato Wedges - SR1974 (1/4 c.)	15	7.69	0.09	0.01	0.00	2.14	1.66	0.38
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	30	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (1 tbsp.)	10	65.00	7.00	1.25	0.00	105.00	0.50	0.50
Creamy Caesar Dressing - SR2545 (1 packet)	1	230.00	25.00	4.00	0.00	490.00	1.00	1.00
Ranch Dressing - SR2540 (1 packet)	21	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	10	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Ketchup - SR2542 (1 packet)	10	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Mayonnaise - SR2543 (1 packet)	10	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Mini Side Salad - SR2953 (1 salad)	15	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Yellow Mustard PC - SR2517 (1 packet)	20	4.58	0.00	0.00	0.00	77.92	0.92	0.00
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	15	105.00	0.00	0.00	0.00	47.50	26.00	0.00



## Menu Calendar Nutrient Analysis Report - September, 2020

Site: Guthrie High School

Date: 09/01/2020 - 09/30/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>RISE G9-12 Lunch Program W2D1 Expanded - ServingDate: 09/14/2020</b>								
Cheese Pizza - SR2664 (1 slice)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheeseburger - SR2646 (1 burger)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Burger - SR2645 (1 burger)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Caesar Wrap - SR2951 (1 wrap)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sweet & Sour Chicken Rice Bowl - SR2758 (1 bowl)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Deli Ham Sandwich or Wrap - SR2674 (1 sandwich o)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pepperoni Pizza - SR2991 (1 slice)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	20	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Cheese Pizza - SR2081 (1 slice)	20	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Diced Chicken - SR2854 (1/2 c.)	10	96.00	2.67	0.00	0.00	74.67	0.00	16.00
Pepperoni Pizza - SR2084 (1 slice)	15	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Popcorn Chicken - SR1413 (12 piece)	10	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Sliced Turkey Ham - SR1287 (5 slice)	5	87.50	4.38	1.25	0.00	400.00	0.00	11.25
American Cheese Slice - SR2821 (1/2 oz.)	0	55.00	4.50	2.50	0.00	135.00	1.00	2.50
Cheddar Cheese Slice - SR2132 (1/2 oz.)	25	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Hot & Spicy Chicken Patty - SR2137 (1 patty)	20	270.00	15.00	3.00	0.00	400.00	17.00	15.00
Hamburger Bun - OKR1351 (1 roll.)	40	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Steamed Rice - SR2109 (1/2 c.)	10	137.87	0.81	0.00	0.00	2.39	30.01	3.24
Mini Sub Roll - SR1208 (1 roll (smal))	5	160.00	3.00	0.00	0.00	180.00	29.00	6.00

## Menu Calendar Nutrient Analysis Report - September, 2020

Site: Guthrie High School

Date: 09/01/2020 - 09/30/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>RISE G9-12 Lunch Program W2D1 Expanded - ServingDate: 09/14/2020</b>								
Flour Tortilla - SR1177 (1 tortilla)	10	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Diced Bartlett Pears - SR1194 (1/2 c.)	50	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Diced Pears - SR2866 (1 Container)	0	54.44	0.02	0.00	0.00	4.54	12.94	0.27
100% Grape Juice - SR1607 (4 fl oz cup)	90	80.00	0.00	0.00	0.00	10.00	19.00	0.00
EM-Carrots, Petite Peel (Baby Carrots), fresh, IW Bag - SR2905 (1 package (3))	0	35.00	0.00	0.00	0.00	50.00	8.00	1.00
Romaine Lettuce - SR2868 (1 c.)	20	9.64	0.17	0.02	0.00	4.54	1.33	0.70
Baby Carrots - SR1016 (1/2 c.)	50	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Red Tomato Wedges - SR1974 (1/4 c.)	20	7.69	0.09	0.01	0.00	2.14	1.66	0.38
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	30	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (1 tbsp.)	10	65.00	7.00	1.25	0.00	105.00	0.50	0.50
Creamy Caesar Dressing - SR2545 (1 packet)	1	230.00	25.00	4.00	0.00	490.00	1.00	1.00
Ranch Dressing - SR2540 (1 packet)	30	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	10	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Ketchup - SR2542 (1 packet)	20	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Mayonnaise - SR2543 (1 packet)	5	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Mini Side Salad - SR2953 (1 salad)	1	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Yellow Mustard PC - SR2517 (1 packet)	25	4.58	0.00	0.00	0.00	77.92	0.92	0.00

# Menu Calendar Nutrient Analysis Report - September, 2020

Site: Guthrie High School  
 Date: 09/01/2020 - 09/30/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>RISE G9-12 Lunch Program W2D1 Expanded - ServingDate: 09/14/2020</b>								
Sweet and Sour Sauce - SR2022 (1 tbsp.)	10	35.00	0.00	0.00	0.00	37.50	9.00	0.00
<b>RISE G9-12 Lunch Program W2D2 Expanded - ServingDate: 09/15/2020</b>								
Cheese Pizza - SR2664 (1 slice)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chef Salad - SR2681 (1 salad)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Burger - SR2645 (1 burger)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Crispy Chicken Nuggets - SR1367 (5 nugget)	15	263.32	15.05	2.51	0.00	401.25	16.30	16.30
Hamburger - SR2660 (1 burger)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pepperoni Pizza - SR2991 (1 slice)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Protein Power-up Box - SR2955 (1 Box)	10	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
American-style Meat Combination - SR2138 (5 slice)	5	85.85	3.92	1.23	0.00	324.52	0.76	12.55
Hamburger Patty - SR1652 (1 patty)	10	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Cheese Pizza - SR2081 (1 slice)	20	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Breaded Chicken Patty - SR2186 (1 patty)	25	270.00	15.00	2.50	0.00	400.00	16.00	16.00
Pepperoni Pizza - SR2084 (1 slice)	15	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Sunbutter - SR2420 (2 tbsp.)	10	200.00	17.00	2.00	0.00	130.00	7.00	7.00
Shredded Cheddar Cheese - SR1537 (1/2 oz.)	5	55.00	4.50	2.50	0.00	90.00	0.00	3.00
Hard Boiled Eggs - SR1837 (1/2 egg)	15	38.75	2.65	0.82	0.00	31.00	0.28	3.15
Hamburger Bun - OKR1351 (1 roll.)	35	160.00	2.00	0.00	0.00	270.00	31.00	6.00

## Menu Calendar Nutrient Analysis Report - September, 2020

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Date: 09/01/2020 - 09/30/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>RISE G9-12 Lunch Program W2D2 Expanded - ServingDate: 09/15/2020</b>								
Original Graham Crackers - SR1163 (2 pkg.)	10	180.00	5.00	0.00	0.00	200.00	34.00	4.00
Oven Fired Flatbread - SR3003 (1 piece)	20	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Unsweetened Applesauce - SR2848 (1 Container)	75	60.00	0.00	0.00	0.00	15.00	14.00	0.00
Unsweetened Applesauce - SR1195 (1/2 c.)	1	53.58	0.13	0.01	0.00	2.55	14.38	0.22
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Salad Greens - SR1080 (1 c.)	20	12.85	0.03	0.00	0.00	12.67	2.51	0.94
Cucumber Coins - SR1013 (1/4 c.)	15	4.61	0.03	0.01	0.00	0.61	1.12	0.20
Red Tomato Wedges - SR1974 (1/4 c.)	20	7.69	0.09	0.01	0.00	2.14	1.66	0.38
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	30	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR2540 (1 packet)	30	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Ketchup - SR2542 (1 packet)	10	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Mini Side Salad - SR2953 (1 salad)	15	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Yellow Mustard PC - SR2517 (1 packet)	10	4.58	0.00	0.00	0.00	77.92	0.92	0.00
<b>RISE G9-12 Lunch Program W2D3 Expanded - ServingDate: 09/16/2020</b>								
Buffalo Chicken Sandwich or Wrap - SR2982 (1 sandwich o)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheese Pizza - SR2664 (1 slice)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Menu Calendar Nutrient Analysis Report - September, 2020

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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)
<b>RISE G9-12 Lunch Program W2D3 Expanded - ServingDate: 09/16/2020</b>								
Cheeseburger - SR2646 (1 burger)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Burger - SR2645 (1 burger)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Deli Ham Sandwich or Wrap - SR2674 (1 sandwich o)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pepperoni Pizza - SR2991 (1 slice)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Teriyaki Rice Bowl - SR2998 (1 bowl)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	20	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Cheese Pizza - SR2081 (1 slice)	20	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Breaded Chicken Patty - SR2186 (1 patty)	20	270.00	15.00	2.50	0.00	400.00	16.00	16.00
Pepperoni Pizza - SR2084 (1 slice)	15	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Popcorn Chicken - SR1413 (12 piece)	20	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Teriyaki Beef Dippers - SR1714 (4 piece)	1	150.00	8.00	3.50	0.00	419.99	6.00	12.00
Sliced Turkey Ham - SR1287 (5 slice)	5	87.50	4.38	1.25	0.00	400.00	0.00	11.25
American Cheese Slice - SR2821 (1/2 oz.)	0	55.00	4.50	2.50	0.00	135.00	1.00	2.50
Cheddar Cheese Slice - SR2132 (1/2 oz.)	25	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Hamburger Bun - OKR1351 (1 roll.)	40	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Steamed Rice - SR2109 (1 c.)	10	275.74	1.62	0.00	0.00	4.78	60.02	6.49
Mini Sub Roll - SR1208 (1 roll (smal))	5	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Fresh Apple Slices - SR2546 (1 pkg.)	1	30.00	0.00	0.00	0.00	0.00	7.00	0.00
Diced Peaches - SR1196 (1/2 c.)	1	57.95	0.04	0.00	0.00	5.27	15.24	0.83
Crispy Whole Apple - SR1161 (1 extra smal)	45	47.79	0.16	0.03	0.00	0.92	12.69	0.24

## Menu Calendar Nutrient Analysis Report - September, 2020

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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)
<b>RISE G9-12 Lunch Program W2D3 Expanded - ServingDate: 09/16/2020</b>								
Diced Peach Cups - OKR1792 (1 Container)	20	50.64	0.02	0.00	0.00	6.12	11.93	0.42
Celery Sticks - SR2917 (1 package (3))	55	15.00	0.00	0.00	0.00	70.00	3.00	1.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	1	10.84	0.12	0.01	0.00	10.53	2.12	0.90
EM-Broccoli Floret, fresh, IW Bag - SR2904 (2 oz.)	15	16.67	0.00	0.00	0.00	16.67	2.67	2.00
Celery Sticks - SR1014 (6 stick.)	1	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Chocolate1% Milk - OKR1062 (8 oz.)	75	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR2540 (1 packet)	20	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Ketchup - SR2542 (1 packet)	20	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Mayonnaise - SR2543 (1 packet)	5	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Yellow Mustard PC - SR2517 (1 packet)	25	4.58	0.00	0.00	0.00	77.92	0.92	0.00
Buffalo Sauce - SR2613 (1 tbsp.)	10	3.39	0.09	0.02	0.00	626.53	0.48	0.17
Teriyaki Sauce - SR2025 (1 tbsp.)	10	45.00	0.00	0.00	0.00	145.00	11.00	0.50
<b>RISE G9-12 Lunch Program W2D4 Expanded - ServingDate: 09/17/2020</b>								
Asian Chicken Wrap - SR2986 (1 wrap)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheese Pizza - SR2664 (1 slice)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chef Salad - SR2681 (1 salad)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Burger - SR2645 (1 burger)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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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)
<b>RISE G9-12 Lunch Program W2D4 Expanded - ServingDate: 09/17/2020</b>								
Hamburger - SR2660 (1 burger)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pepperoni Pizza - SR2991 (1 slice)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Deli Turkey Sandwich or Wrap - SR2676 (1 sandwich o)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
American-style Meat Combination - SR2138 (5 slice)	5	85.85	3.92	1.23	0.00	324.52	0.76	12.55
Hamburger Patty - SR1652 (1 patty)	15	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Cheese Pizza - SR2081 (1 slice)	20	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Breaded Chicken Patty - SR2186 (1 patty)	25	270.00	15.00	2.50	0.00	400.00	16.00	16.00
Diced Chicken - SR2854 (1/2 c.)	10	96.00	2.67	0.00	0.00	74.67	0.00	16.00
Pepperoni Pizza - SR2084 (1 slice)	15	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Sliced Deli Turkey - SR1532 (5 slice)	10	87.50	3.75	1.25	0.00	287.50	1.25	13.75
Shredded Cheddar Cheese - SR1537 (1/2 oz.)	5	55.00	4.50	2.50	0.00	90.00	0.00	3.00
American Cheese Slice - SR2821 (1/2 oz.)	0	55.00	4.50	2.50	0.00	135.00	1.00	2.50
Cheddar Cheese Slice - SR2132 (1/2 oz.)	10	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Hard Boiled Eggs - SR1837 (1/2 egg)	5	38.75	2.65	0.82	0.00	31.00	0.28	3.15
Hamburger Bun - OKR1351 (1 roll.)	40	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Dinner Roll - SR1009 (1 roll.)	5	160.00	3.00	0.00	0.00	135.00	29.00	7.00
Mini Sub Roll - SR1208 (1 roll (smal)	10	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Flour Tortilla - SR1177 (1 tortilla)	10	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Fresh Oranges - SR1171 (1 small (2-3)	5	45.12	0.12	0.01	0.00	0.00	11.28	0.90

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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)
<b>RISE G9-12 Lunch Program W2D4 Expanded - ServingDate: 09/17/2020</b>								
100% Apple Juice - SR2547 (4 fl oz cup)	90	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Romaine Lettuce - SR2868 (1 c.)	10	9.64	0.17	0.02	0.00	4.54	1.33	0.70
Mixed Salad Greens - SR1080 (1 c.)	6	12.85	0.03	0.00	0.00	12.67	2.51	0.94
Cucumber Coins - SR1013 (1/4 c.)	1	4.61	0.03	0.01	0.00	0.61	1.12	0.20
Chilled Corn - SR1033 (1/2 c.)	5	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Red Tomato Wedges - SR1974 (1/4 c.)	5	7.69	0.09	0.01	0.00	2.14	1.66	0.38
Chocolate1% Milk - OKR1062 (8 oz.)	75	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Asian Sesame Dressing - SR2983 (1 tbsp.)	10	70.00	6.00	1.00	0.00	210.00	3.50	0.50
Chocolate Chip Cookie - OKR1042 (1 cookie)	100	111.38	3.54	1.01	0.00	86.06	18.23	1.01
Ranch Dressing - SR2540 (1 packet)	36	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Ketchup - SR2542 (1 packet)	15	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Mayonnaise - SR2543 (1 packet)	10	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Mini Side Salad - SR2953 (1 salad)	1	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Yellow Mustard PC - SR2517 (1 packet)	25	4.58	0.00	0.00	0.00	77.92	0.92	0.00
<b>RISE G9-12 Lunch Program W2D5 Expanded - ServingDate: 09/18/2020</b>								
Cheese Pizza - SR2664 (1 slice)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheeseburger - SR2646 (1 burger)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)



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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)
<b>RISE G9-12 Lunch Program W2D5 Expanded - ServingDate: 09/18/2020</b>								
Chicken Burger - SR2645 (1 burger)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mini-Bento Box - SR2827 (1 Box)	5	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Pepperoni Pizza - SR2991 (1 slice)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pizza Burger - OKR1785 (1 burger)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Deli Turkey Sandwich or Wrap - SR2676 (1 sandwich o)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	20	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Cheese Pizza - SR2081 (1 slice)	20	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Pepperoni Pizza - SR2084 (1 slice)	15	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Sliced Deli Turkey - SR1532 (5 slice)	5	87.50	3.75	1.25	0.00	287.50	1.25	13.75
Shredded Mozzarella Cheese - SR1989 (1 oz.)	10	81.00	5.06	3.04	0.00	182.25	2.02	6.07
American Cheese Slice - SR2821 (1/2 oz.)	0	55.00	4.50	2.50	0.00	135.00	1.00	2.50
Cheddar Cheese Slice - SR2132 (1/2 oz.)	35	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Hot & Spicy Chicken Patty - SR2137 (1 patty)	25	270.00	15.00	3.00	0.00	400.00	17.00	15.00
Sliced Turkey Ham - SR1287 (5 slice)	0	87.50	4.38	1.25	0.00	400.00	0.00	11.25
Hamburger Bun - OKR1351 (1 roll.)	50	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Oven Fired Flatbread - SR1534 (1 piece)	5	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Mini Sub Roll - SR1208 (1 roll (smal)	10	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Mixed Fruit Cocktail - SR1037 (1/2 c.)	1	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Mixed Fruit, Dole, cups, 4 oz - SR2867 (1 Container)	20	51.59	0.02	0.00	0.00	6.03	12.45	0.35

# Menu Calendar Nutrient Analysis Report - September, 2020

Site: Guthrie High School  
 Date: 09/01/2020 - 09/30/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>RISE G9-12 Lunch Program W2D5 Expanded - ServingDate: 09/18/2020</b>								
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	1	10.84	0.12	0.01	0.00	10.53	2.12	0.90
EM-Broccoli Floret, fresh, IW Bag - SR2904 (2 oz.)	50	16.67	0.00	0.00	0.00	16.67	2.67	2.00
Italian Roasted Chickpeas - SR2583 (1/2 c.)	15	128.82	2.69	0.07	0.00	264.68	19.71	6.53
Chocolate1% Milk - OKR1062 (8 oz.)	75	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR2540 (1 packet)	25	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Ketchup - SR2542 (1 packet)	25	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Mayonnaise - SR2543 (1 packet)	10	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Yellow Mustard PC - SR2517 (1 packet)	35	4.58	0.00	0.00	0.00	77.92	0.92	0.00
Sliced Pepperoni - SR1800 (3 slice)	0	23.69	2.19	0.82	0.00	78.37	0.00	1.09
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	0	7.49	0.17	0.03	0.00	130.30	1.45	0.26
<b>RISE G9-12 Lunch Program W3D2 Expanded - ServingDate: 09/22/2020</b>								
Cheese Pizza - SR2664 (1 slice)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheeseburger - SR2646 (1 burger)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Burger - SR2645 (1 burger)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Caesar Salad - SR2679 (1 salad)	5	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Fiesta Rice Bowl - SR3000 (1 bowl)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Menu Calendar Nutrient Analysis Report - September, 2020

Site: Guthrie High School

Date: 09/01/2020 - 09/30/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>RISE G9-12 Lunch Program W3D2 Expanded - ServingDate: 09/22/2020</b>								
Pepperoni Pizza - SR2991 (1 slice)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Deli Turkey Sandwich or Wrap - SR2676 (1 sandwich o)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	10	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Pinto Beans - SR2046 (1 #10 scoop)	10	90.07	0.00	0.00	0.00	126.10	16.21	5.40
Cheese Pizza - SR2081 (1 slice)	20	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Breaded Chicken Patty - SR2186 (1 patty)	25	270.00	15.00	2.50	0.00	400.00	16.00	16.00
Diced Chicken - SR2854 (1/2 c.)	5	96.00	2.67	0.00	0.00	74.67	0.00	16.00
Pepperoni Pizza - SR2084 (1 slice)	20	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Sliced Deli Turkey - SR1532 (5 slice)	10	87.50	3.75	1.25	0.00	287.50	1.25	13.75
Shredded Cheddar Cheese - SR1537 (1/2 oz.)	10	55.00	4.50	2.50	0.00	90.00	0.00	3.00
American Cheese Slice - SR2821 (1/2 oz.)	0	55.00	4.50	2.50	0.00	135.00	1.00	2.50
Cheddar Cheese Slice - SR2132 (1/2 oz.)	10	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Hamburger Bun - OKR1351 (1 roll.)	35	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Cilantro Lime Rice - SR2167 (1 c.)	10	232.14	4.40	0.25	0.00	277.44	44.80	4.90
Oven Fired Flatbread - SR1534 (1 piece)	5	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Mini Sub Roll - SR1208 (1 roll (smal))	10	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Mixed Fruit Cocktail - SR1037 (1/2 c.)	1	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Mixed Fruit, Dole, cups, 4 oz - SR2867 (1 Container)	75	51.59	0.02	0.00	0.00	6.03	12.45	0.35
100% Orange Juice - SR1295 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	0.00	14.00	0.00

## Menu Calendar Nutrient Analysis Report - September, 2020

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Date: 09/01/2020 - 09/30/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>RISE G9-12 Lunch Program W3D2 Expanded - ServingDate: 09/22/2020</b>								
Romaine Lettuce - SR2868 (1 c.)	6	9.64	0.17	0.02	0.00	4.54	1.33	0.70
Homemade Black Bean & Corn Salsa - SR1279 (1/2 c.)	15	72.36	0.52	0.05	0.00	167.58	14.82	3.27
Red Tomato Wedges - SR1974 (1/4 c.)	1	7.69	0.09	0.01	0.00	2.14	1.66	0.38
Chocolate1% Milk - OKR1062 (8 oz.)	75	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (1 tbsp.)	5	65.00	7.00	1.25	0.00	105.00	0.50	0.50
Creamy Caesar Dressing - SR2545 (1 packet)	1	230.00	25.00	4.00	0.00	490.00	1.00	1.00
Ranch Dressing - SR2540 (1 packet)	26	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	5	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Homestyle Herb Seasoned Croutons - SR2593 (2 tbsp.)	5	30.38	1.01	0.00	0.00	86.06	5.06	1.01
Ketchup - SR2542 (1 packet)	10	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Mayonnaise - SR2543 (1 packet)	10	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Mini Side Salad - SR2953 (1 salad)	1	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Yellow Mustard PC - SR2517 (1 packet)	20	4.58	0.00	0.00	0.00	77.92	0.92	0.00
<b>RISE G9-12 Lunch Program W3D3 expanded - ServingDate: 09/23/2020</b>								
Beef Totchos - SR3001 (1 serving)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheese Pizza - SR2664 (1 slice)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Menu Calendar Nutrient Analysis Report - September, 2020

Site: Guthrie High School

Date: 09/01/2020 - 09/30/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>RISE G9-12 Lunch Program W3D3 expanded - ServingDate: 09/23/2020</b>								
Chicken Burger - SR2645 (1 burger)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hummus Sandwich or Wrap - SR2672 (1 sandwich o)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Deli Ham Sandwich or Wrap - SR2674 (1 sandwich o)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger - SR2660 (1 burger)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pepperoni Pizza - SR2991 (1 slice)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	20	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Cheese Pizza - SR2081 (1 slice)	20	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Hot & Spicy Chicken Patty - SR2137 (1 patty)	15	270.00	15.00	3.00	0.00	400.00	17.00	15.00
Original Homemade Hummus - SR1412 (2/3 c.)	5	196.25	13.16	0.85	0.00	345.64	15.81	5.12
Pepperoni Pizza - SR2084 (1 slice)	15	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Beef Taco Filling - SR1528 (3/8 c.)	15	111.58	4.54	1.81	0.00	360.15	4.54	12.70
Cheddar Cheese Sauce - SR1293 (1/4 c.)	15	110.40	8.18	4.70	0.00	421.15	2.04	7.16
American Cheese Slice - SR2821 (1/2 oz.)	0	55.00	4.50	2.50	0.00	135.00	1.00	2.50
Cheddar Cheese Slice - SR2132 (1/2 oz.)	20	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Sliced Turkey Ham - SR1287 (5 slice)	10	87.50	4.38	1.25	0.00	400.00	0.00	11.25
Hamburger Bun - OKR1351 (1 roll.)	35	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Oven Fired Flatbread - SR1534 (1 piece)	5	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Mini Sub Roll - SR1208 (1 roll (smal))	10	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Flour Tortilla - SR1177 (1 tortilla)	15	180.00	4.50	1.50	0.00	250.00	29.00	5.00

## Menu Calendar Nutrient Analysis Report - September, 2020

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Date: 09/01/2020 - 09/30/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>RISE G9-12 Lunch Program W3D3 expanded - ServingDate: 09/23/2020</b>								
Diced Bartlett Pears - SR1194 (1/2 c.)	1	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Diced Pears - SR2866 (1 Container)	20	54.44	0.02	0.00	0.00	4.54	12.94	0.27
100% Apple Juice - SR2547 (4 fl oz cup)	90	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Chilled Black Beans - SR2006 (1/2 c.)	5	74.36	0.00	0.00	0.00	87.89	13.52	4.73
EM-Carrots, Petite Peel (Baby Carrots), fresh, IW Bag - SR2905 (1 package (3)	10	35.00	0.00	0.00	0.00	50.00	8.00	1.00
Baby Carrots - SR1016 (1/2 c.)	1	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Tater Tots - SR1450 (3/4 c.)	15	196.25	9.06	1.51	0.00	467.98	24.15	3.02
Chocolate1% Milk - OKR1062 (8 oz.)	75	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR2540 (1 packet)	15	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Ketchup - SR2542 (1 packet)	20	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Mayonnaise - SR2543 (1 packet)	10	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Yellow Mustard PC - SR2517 (1 packet)	30	4.58	0.00	0.00	0.00	77.92	0.92	0.00
<b>RISE G9-12 Lunch Program W3D4 expanded - ServingDate: 09/24/2020</b>								
Bean Burrito - SR2944 (1 burrito)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheese Pizza - SR2664 (1 slice)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheeseburger - SR2646 (1 burger)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Burger - SR2645 (1 burger)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Menu Calendar Nutrient Analysis Report - September, 2020

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Date: 09/01/2020 - 09/30/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>RISE G9-12 Lunch Program W3D4 expanded - ServingDate: 09/24/2020</b>								
Crispy Chicken Salad - SR2984 (1 salad)	10	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Deli Ham Sandwich or Wrap - SR2674 (1 sandwich o)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pepperoni Pizza - SR2991 (1 slice)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	10	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Vegetarian Refried Beans - SR1070 (1 #10 scoop)	1	129.02	0.46	0.00	0.00	127.09	23.04	8.29
Cheese Pizza - SR2081 (1 slice)	20	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Breaded Chicken Patty - SR2186 (1 patty)	25	270.00	15.00	2.50	0.00	400.00	16.00	16.00
Pepperoni Pizza - SR2084 (1 slice)	15	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Popcorn Chicken - SR1413 (9 piece)	10	191.06	10.80	2.08	0.00	290.75	11.63	11.63
Sliced Turkey Ham - SR1287 (5 slice)	5	87.50	4.38	1.25	0.00	400.00	0.00	11.25
Shredded Cheddar Cheese - SR1537 (1/2 oz.)	10	55.00	4.50	2.50	0.00	90.00	0.00	3.00
American Cheese Slice - SR2821 (1/2 oz.)	0	55.00	4.50	2.50	0.00	135.00	1.00	2.50
Cheddar Cheese Slice - SR2132 (1/2 oz.)	5	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Hamburger Bun - OKR1351 (1 roll.)	35	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Mini Sub Roll - SR1208 (1 roll (smal))	5	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Flour Tortilla - SR1177 (1 tortilla)	10	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Twisted Breadstick - SR2142 (1 breadstick)	0	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Diced Peaches - SR1196 (1/2 c.)	1	57.95	0.04	0.00	0.00	5.27	15.24	0.83
Banana - SR1166 (1 medium (7"))	75	105.02	0.39	0.13	0.00	1.18	26.95	1.29

## Menu Calendar Nutrient Analysis Report - September, 2020

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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)
<b>RISE G9-12 Lunch Program W3D4 expanded - ServingDate: 09/24/2020</b>								
Diced Peach Cups - OKR1792 (1 Container)	20	50.64	0.02	0.00	0.00	6.12	11.93	0.42
Mixed Salad Greens - SR1080 (1 c.)	11	12.85	0.03	0.00	0.00	12.67	2.51	0.94
Homemade Black Bean & Corn Salsa - SR1279 (1/2 c.)	15	72.36	0.52	0.05	0.00	167.58	14.82	3.27
Red Tomato Wedges - SR1974 (1/4 c.)	1	7.69	0.09	0.01	0.00	2.14	1.66	0.38
Chocolate1% Milk - OKR1062 (8 oz.)	75	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR2540 (1 packet)	46	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Ketchup - SR2542 (1 packet)	10	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Mayonnaise - SR2543 (1 packet)	5	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Mini Side Salad - SR2953 (1 salad)	1	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Yellow Mustard PC - SR2517 (1 packet)	15	4.58	0.00	0.00	0.00	77.92	0.92	0.00
Diced Red Tomatoes - SR1012 (2 tbsp.)	10	4.43	0.05	0.01	0.00	1.23	0.96	0.22
<b>RISE G9-12 Lunch Program W3D5 expanded - ServingDate: 09/25/2020</b>								
Cheese Pizza - SR2664 (1 slice)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Burger - SR2645 (1 burger)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger - SR2660 (1 burger)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mac & Cheese - SR2993 (1 serving)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mini-Bento Box - SR2827 (1 Box)	10	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)



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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)
<b>RISE G9-12 Lunch Program W3D5 expanded - ServingDate: 09/25/2020</b>								
Pepperoni Pizza - SR2991 (1 slice)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Deli Turkey Sandwich or Wrap - SR2676 (1 sandwich o)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	20	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Cheese Pizza - SR2081 (1 slice)	20	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Cheddar Cheese Sauce - SR1293 (1/2 c.)	10	220.80	16.36	9.40	0.00	842.31	4.09	14.31
Shredded Mozzarella Cheese - SR1989 (2 oz.)	10	162.00	10.12	6.08	0.00	364.49	4.05	12.15
Hot & Spicy Chicken Patty - SR2137 (1 patty)	20	270.00	15.00	3.00	0.00	400.00	17.00	15.00
Pepperoni Pizza - SR2084 (1 slice)	15	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Sliced Deli Turkey - SR1532 (5 slice)	5	87.50	3.75	1.25	0.00	287.50	1.25	13.75
Cheddar Cheese Slice - SR2132 (1/2 oz.)	5	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Hamburger Bun - OKR1351 (1 roll.)	40	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Elbow Macaroni Pasta - SR2106 (1 c.)	1	257.77	3.27	0.15	0.00	366.14	50.40	8.40
Oven Fired Flatbread - SR1534 (1 piece)	10	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Mini Sub Roll - SR1208 (1 roll (smal)	5	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Fresh Oranges - SR1171 (1 small (2-3)	5	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Grape Juice - SR1607 (4 fl oz cup)	90	80.00	0.00	0.00	0.00	10.00	19.00	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	1	10.84	0.12	0.01	0.00	10.53	2.12	0.90
EM-Broccoli Floret, fresh, IW Bag - SR2904 (2 oz.)	50	16.67	0.00	0.00	0.00	16.67	2.67	2.00
Chilled Corn - SR1033 (1/2 c.)	5	68.89	0.57	0.09	0.00	0.85	16.41	2.17

## Menu Calendar Nutrient Analysis Report - September, 2020

Site: Guthrie High School

Date: 09/01/2020 - 09/30/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>RISE G9-12 Lunch Program W3D5 expanded - ServingDate: 09/25/2020</b>								
Chocolate1% Milk - OKR1062 (8 oz.)	75	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR2540 (1 packet)	20	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Ketchup - SR2542 (1 packet)	20	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Mayonnaise - SR2543 (1 packet)	5	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Yellow Mustard PC - SR2517 (1 packet)	25	4.58	0.00	0.00	0.00	77.92	0.92	0.00
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	10	7.49	0.17	0.03	0.00	130.30	1.45	0.26
<b>RISE G9-12 Lunch Program W4D1 Expanded - ServingDate: 09/28/2020</b>								
Beefy Macaroni - SR2994 (1 bowl)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Buffalo Chicken Sandwich or Wrap - SR2982 (1 sandwich o)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheese Pizza - SR2664 (1 slice)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Burger - SR2645 (1 burger)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger - SR2660 (1 burger)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mini-Bento Box - SR2827 (1 Box)	10	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Pepperoni Pizza - SR2991 (1 slice)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	10	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Cheese Pizza - SR2081 (1 slice)	20	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Shredded Mozzarella Cheese - SR1989 (2 oz.)	10	162.00	10.12	6.08	0.00	364.49	4.05	12.15

## Menu Calendar Nutrient Analysis Report - September, 2020

Site: Guthrie High School

Date: 09/01/2020 - 09/30/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>RISE G9-12 Lunch Program W4D1 Expanded - ServingDate: 09/28/2020</b>								
Hot & Spicy Chicken Patty - SR2137 (1 patty)	20	270.00	15.00	3.00	0.00	400.00	17.00	15.00
Beef Bolognese - SR1197 (2/3 c.)	15	185.13	8.03	3.33	0.01	630.03	13.19	13.76
Pepperoni Pizza - SR2084 (1 slice)	15	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Popcorn Chicken - SR1413 (12 piece)	5	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Hamburger Bun - OKR1351 (1 roll.)	20	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Breadstick - SR1044 (1 breadstick)	15	80.00	1.00	0.00	0.00	95.00	14.00	3.00
Elbow Macaroni Pasta - SR2106 (1 c.)	1	257.77	3.27	0.15	0.00	366.14	50.40	8.40
Oven Fired Flatbread - SR1534 (1 piece)	10	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Mini Sub Roll - SR1208 (1 roll (smal))	5	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Diced Bartlett Pears - SR1194 (1/2 c.)	1	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Diced Pears - SR2866 (1 Container)	20	54.44	0.02	0.00	0.00	4.54	12.94	0.27
100% Grape Juice - SR1607 (4 fl oz cup)	90	80.00	0.00	0.00	0.00	10.00	19.00	0.00
Celery Sticks - SR2917 (1 package (3))	10	15.00	0.00	0.00	0.00	70.00	3.00	1.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	1	10.84	0.12	0.01	0.00	10.53	2.12	0.90
EM-Broccoli Floret, fresh, IW Bag - SR2904 (2 oz.)	20	16.67	0.00	0.00	0.00	16.67	2.67	2.00
Celery Sticks - SR1014 (6 stick.)	1	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Chocolate1% Milk - OKR1062 (8 oz.)	75	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR2540 (1 packet)	20	50.00	5.00	1.00	0.00	100.00	1.00	0.00

## Menu Calendar Nutrient Analysis Report - September, 2020

Site: Guthrie High School

Date: 09/01/2020 - 09/30/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>RISE G9-12 Lunch Program W4D1 Expanded - ServingDate: 09/28/2020</b>								
Ketchup - SR2542 (1 packet)	10	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Yellow Mustard PC - SR2517 (1 packet)	10	4.58	0.00	0.00	0.00	77.92	0.92	0.00
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	10	7.49	0.17	0.03	0.00	130.30	1.45	0.26
Buffalo Sauce - SR2613 (1 tbsp.)	5	3.39	0.09	0.02	0.00	626.53	0.48	0.17
<b>RISE G9-12 Lunch Program W4D2 Expanded - ServingDate: 09/29/2020</b>								
Cheese Pizza - SR2664 (1 slice)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheeseburger - SR2646 (1 burger)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chef Salad - SR2681 (1 salad)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Burger - SR2645 (1 burger)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fruit & Yo To Go Box - SR2956 (1 Box)	10	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Mini-Bento Box - SR2827 (1 Box)	10	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Pepperoni Pizza - SR2991 (1 slice)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
American-style Meat Combination - SR2138 (5 slice)	5	85.85	3.92	1.23	0.00	324.52	0.76	12.55
Hamburger Patty - SR1652 (1 patty)	20	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Cheese Pizza - SR2081 (1 slice)	20	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Breaded Chicken Patty - SR2186 (1 patty)	20	270.00	15.00	2.50	0.00	400.00	16.00	16.00
Pepperoni Pizza - SR2084 (1 slice)	15	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Strawberry Yogurt - SR2433 (1/2 c.)	10	112.61	0.75	0.38	0.00	60.06	23.27	3.75
Shredded Cheddar Cheese - SR1537 (1/2 oz.)	5	55.00	4.50	2.50	0.00	90.00	0.00	3.00

# Menu Calendar Nutrient Analysis Report - September, 2020

Site: Guthrie High School  
 Date: 09/01/2020 - 09/30/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>RISE G9-12 Lunch Program W4D2 Expanded - ServingDate: 09/29/2020</b>								
Shredded Mozzarella Cheese - SR1989 (2 oz.)	10	162.00	10.12	6.08	0.00	364.49	4.05	12.15
American Cheese Slice - SR2821 (1/2 oz.)	0	55.00	4.50	2.50	0.00	135.00	1.00	2.50
Cheddar Cheese Slice - SR2132 (1/2 oz.)	20	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Hard Boiled Eggs - SR1837 (1/2 egg)	5	38.75	2.65	0.82	0.00	31.00	0.28	3.15
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	190.00	0.00	7.00
Hamburger Bun - OKR1351 (1 roll.)	40	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Original Graham Crackers - SR1163 (2 pkg.)	10	180.00	5.00	0.00	0.00	200.00	34.00	4.00
Oven Fired Flatbread - SR1534 (1 piece)	10	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Twisted Breadstick - SR2142 (1 breadstick)	5	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Blueberries - SR2219 (1/2 c.)	15	39.41	0.00	0.00	0.00	0.98	8.87	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	90	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Mixed Salad Greens - SR1080 (1 c.)	6	12.85	0.03	0.00	0.00	12.67	2.51	0.94
Cucumber Coins - SR1013 (1/4 c.)	6	4.61	0.03	0.01	0.00	0.61	1.12	0.20
Italian Roasted Chickpeas - SR2583 (1/2 c.)	15	128.82	2.69	0.07	0.00	264.68	19.71	6.53
Red Tomato Wedges - SR1974 (1/4 c.)	5	7.69	0.09	0.01	0.00	2.14	1.66	0.38
Chocolate 1% Milk - OKR1062 (8 oz.)	75	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR2540 (1 packet)	26	50.00	5.00	1.00	0.00	100.00	1.00	0.00

## Menu Calendar Nutrient Analysis Report - September, 2020

Site: Guthrie High School

Date: 09/01/2020 - 09/30/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>RISE G9-12 Lunch Program W4D2 Expanded - ServingDate: 09/29/2020</b>								
Ketchup - SR2542 (1 packet)	20	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Mayonnaise - SR2543 (1 packet)	10	60.00	6.00	1.00	0.00	60.00	1.00	0.00
Mini Side Salad - SR2953 (1 salad)	1	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Yellow Mustard PC - SR2517 (1 packet)	30	4.58	0.00	0.00	0.00	77.92	0.92	0.00
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	0	7.49	0.17	0.03	0.00	130.30	1.45	0.26
<b>RISE G9-12 Lunch Program W4D3 Expanded - ServingDate: 09/30/2020</b>								
Cheese Pizza - SR2664 (1 slice)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Burger - SR2645 (1 burger)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Caesar Salad - SR2679 (1 salad)	10	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Hummus Sandwich or Wrap - SR2672 (1 sandwich o)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger - SR2660 (1 burger)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pepperoni Pizza - SR2991 (1 slice)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Popcorn Chicken - SR1413 (12 piece)	20	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Hamburger Patty - SR1652 (1 patty)	10	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Cheese Pizza - SR2081 (1 slice)	20	400.00	16.00	7.00	0.00	440.00	43.00	19.00
Hot & Spicy Chicken Patty - SR2137 (1 patty)	20	270.00	15.00	3.00	0.00	400.00	17.00	15.00
Diced Chicken - SR2854 (1/2 c.)	10	96.00	2.67	0.00	0.00	74.67	0.00	16.00
Original Homemade Hummus - SR1412 (2/3 c.)	5	196.25	13.16	0.85	0.00	345.64	15.81	5.12

## Menu Calendar Nutrient Analysis Report - September, 2020

Site: Guthrie High School

Date: 09/01/2020 - 09/30/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>RISE G9-12 Lunch Program W4D3 Expanded - ServingDate: 09/30/2020</b>								
Pepperoni Pizza - SR2084 (1 slice)	15	431.59	18.92	8.09	0.00	544.49	43.00	20.46
Hamburger Bun - OKR1351 (1 roll.)	30	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Oven Fired Flatbread - SR3003 (1 piece)	15	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Oven Fired Flatbread - SR1534 (1 piece)	5	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Fresh Apple Slices - SR2546 (1 pkg.)	1	30.00	0.00	0.00	0.00	0.00	7.00	0.00
Mixed Fruit Cocktail - SR1037 (1/2 c.)	1	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Crispy Whole Apple - SR1161 (1 extra smal)	5	47.79	0.16	0.03	0.00	0.92	12.69	0.24
Mixed Fruit, Dole, cups, 4 oz - SR2867 (1 Container)	35	51.59	0.02	0.00	0.00	6.03	12.45	0.35
EM-Carrots, Petite Peel (Baby Carrots), fresh, IW Bag - SR2905 (1 package (3))	95	35.00	0.00	0.00	0.00	50.00	8.00	1.00
Romaine Lettuce - SR2868 (1 c.)	11	9.64	0.17	0.02	0.00	4.54	1.33	0.70
Baby Carrots - SR1016 (1/2 c.)	1	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Red Tomato Wedges - SR1974 (1/4 c.)	1	7.69	0.09	0.01	0.00	2.14	1.66	0.38
Chocolate1% Milk - OKR1062 (8 oz.)	75	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	1	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Caesar Salad Dressing - SR1551 (1 tbsp.)	10	65.00	7.00	1.25	0.00	105.00	0.50	0.50
Creamy Caesar Dressing - SR2545 (1 packet)	1	230.00	25.00	4.00	0.00	490.00	1.00	1.00
Ranch Dressing - SR2540 (1 packet)	21	50.00	5.00	1.00	0.00	100.00	1.00	0.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	10	3.33	0.25	0.17	0.00	15.00	0.17	0.17

# Menu Calendar Nutrient Analysis Report - September, 2020

Site: Guthrie High School  
 Date: 09/01/2020 - 09/30/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>RISE G9-12 Lunch Program W4D3 Expanded - ServingDate: 09/30/2020</b>								
Homestyle Herb Seasoned Croutons - SR2593 (2 tbsp.)	10	30.38	1.01	0.00	0.00	86.06	5.06	1.01
Ketchup - SR2542 (1 packet)	10	10.00	0.00	0.00	0.00	85.00	3.00	0.00
Mini Side Salad - SR2953 (1 salad)	1	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Yellow Mustard PC - SR2517 (1 packet)	10	4.58	0.00	0.00	0.00	77.92	0.92	0.00

**Legend**  
 (M) - Missing Nutrient Values

**Report Selections**  
 Meal Type: Lunch  
 Site Group: Taste4  
 Menu Line: RISE - Hot & Fast Takes  
 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.