

Menu Calendar Nutrient Analysis Report - May, 2024

Site: Guthrie Junior High
Date: 05/01/2024 - 05/31/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24_FE_Global Flavors_SY23-24 Global Flavors-America-Bowls-FoodiE MTO :42638 - ServingDate: 05/01/2024								
Breadstick - SR1044 (2 breadstick)	100	160.00	2.00	0.00	0.00	190.00	28.00	6.00
Barbecue Chicken - SR2532 (1/4 c.)	30	104.30	2.00	0.00	0.00	562.05	7.54	12.00
Popcorn Chicken - SR1413 (12 piece)	70	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Vegetarian Baked Beans - SR2026 (1/4 c.)	10	75.00	0.00	0.00	0.00	275.00	15.00	3.50
Green Beans, Low Country Green Beans - SR2616 (1/4 c.)	10	34.07	2.35	0.32	0.00	173.75	2.83	1.02
Whipped Potatoes - SR1112 (1/2 c.)	90	79.98	1.50	1.00	0.00	102.62	15.00	2.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Gravy - SR1589 (1/4 c.)	20	30.37	1.01	0.00	0.00	138.46	4.05	0.71
Old Fashioned Country Biscuit Gravy - OKR1552 (1/4 c.)	20	32.40	0.00	0.00	0.00	228.41	6.48	1.62
SY23-24_FE_Global Flavors_SY23-24 Global Flavors-Italy-Bowls- FoodiE MTO :42638 - ServingDate: 05/02/2024								
Whole Wheat Penne Pasta - SR1198 (1 c.)	70	182.95	3.03	0.12	0.00	6.57	36.63	7.51
Whole Wheat Spaghetti Noodles - SR1135 (1 c.)	30	185.64	3.08	0.12	0.00	6.66	37.16	7.62
Chicken Meatballs - SR3065 (5 Meatballs)	80	176.64	10.93	3.37	0.00	201.88	5.89	14.30
Roasted Tuscan Vegetables - SR1442 (2 #8 scoop)	20	110.69	0.21	0.04	0.00	231.63	20.10	7.77
Alfredo Cheese Sauce - SR2217 (1/4 c.)	50	100.55	6.56	3.61	0.00	415.29	4.37	6.56

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SY23-24_FE_Global Flavors_SY23-24 Global Flavors-Italy-Bowls- FoodiE MTO :42638 - ServingDate: 05/02/2024								
Roasted Broccoli and Red Peppers - SR2024 (1/4 c.)	30	42.86	3.33	0.24	0.00	4.53	2.92	1.25
Parmesan Green Beans - SR1144 (1/4 c.)	10	20.95	1.17	0.16	0.00	7.55	2.52	0.72
Spaghetti Sauce - SR2220 (1/4 c.)	50	32.36	0.25	0.03	0.00	129.82	6.67	1.04
Roasted Butternut Squash - SR1408 (1/4 c.)	10	36.65	0.16	0.01	0.00	15.85	9.28	0.60
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	25	3.33	0.25	0.17	0.00	16.67	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	5	1.43	0.08	0.01	0.00	0.14	0.25	0.05
SY23-24_FE_Global Flavors_SY23-24 Global Flavors-Mediterranean-Bowls- FoodiE MTO :42638 - ServingDate: 05/03/2024								
Greek Herbed Brown Rice - SR2639 (1 c.)	50	304.28	3.29	0.81	0.00	645.28	63.80	7.32
Oven Fired Flatbread - SR1534 (1 piece)	50	180.00	5.00	1.00	0.00	330.00	28.00	6.00
Greek Turkey - SR1854 (3/8 c.)	60	240.37	14.66	2.11	0.00	343.52	16.37	12.47
Italian Roasted Chickpeas - SR3793 (1 #8 scoop)	40	83.23	2.18	0.06	0.00	219.69	12.56	3.66
Mozzarella Cheese - SR3098 (1/2 oz.)	30	40.50	2.53	1.52	0.00	81.00	1.01	3.54
Roasted Broccoli - SR1852 (1/4 c.)	10	32.75	2.25	0.17	0.00	36.04	2.70	1.50
Roasted Summer Squash - SR1523 (1/4 c.)	10	17.16	1.07	0.09	0.00	21.09	1.64	0.42

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SY23-24_FE_Global Flavors_SY23-24 Global Flavors-Mediterranean-Bowls- FoodiE MTO :42638 - ServingDate: 05/03/2024								
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sliced Black Olives - SR1390 (2 tbsp.)	10	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Diced Red Tomatoes - SR1012 (1/8 c.)	10	4.43	0.05	0.01	0.00	1.23	0.96	0.22
Tzatziki Sauce - SR1820 (1 tbsp.)	10	7.38	0.02	0.00	0.00	63.90	0.78	1.20
SY23-24_FE_Global Flavors_SY23-24 Global Flavors-Italy-Portables- FoodiE MTO :42639 - ServingDate: 05/06/2024								
Three Cheese Caprese Grilled Cheese - OKR1995 (1 sandwich)	30	410.30	20.80	9.17	0.00	822.30	36.54	18.95
Mini Sub Roll - SR1208 (1 roll (smal))	70	162.71	3.05	0.00	0.00	183.05	29.49	6.10
Chicken Meatball Sauce - SR3066 (5 Meatballs)	70	223.16	11.29	3.40	0.00	388.49	15.48	15.79
Spaghetti Sauce - SR2220 (1/4 c.)	50	32.36	0.25	0.03	0.00	129.82	6.67	1.04
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli and Red Peppers - SR2024 (1/2 c.)	30	85.72	6.65	0.48	0.00	9.07	5.83	2.51
Parmesan Green Beans - SR1144 (1/2 c.)	10	41.90	2.35	0.32	0.00	15.09	5.04	1.45
Roasted Butternut Squash - SR1408 (1/2 c.)	10	73.30	0.33	0.01	0.00	31.71	18.56	1.19
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	25	3.33	0.25	0.17	0.00	16.67	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	5	1.43	0.08	0.01	0.00	0.14	0.25	0.05

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SY23-24_FE_Global Flavors_SY23-24 Global Flavors-America-Portables-FoodiE MTO :42639 - ServingDate: 05/07/2024								
Bimbo Bun - OKR1738 (1 roll (hamb))	100	160.00	2.00	0.00	0.00	200.00	30.00	7.00
Pulled Pork - SR3327 (4 oz.)	80	184.00	10.00	4.00	0.00	403.99	0.00	22.00
Vegetarian Burger Patty - SR3551 (1 patty)	20	150.00	8.00	1.00	0.00	400.00	6.00	16.00
Sliced Red Onion - SR1986 (2 tbsp.)	10	5.62	0.01	0.01	0.00	0.56	1.31	0.15
Hot Sauce - SR3162 (1 tbsp.)	10	3.39	0.09	0.02	0.00	626.53	0.48	0.17
Dill Pickle Chips - SR1399 (2 tbsp.)	10	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Barbecue Sauce - SR1008 (1 tbsp.)	10	15.14	0.00	0.00	0.00	237.21	3.53	0.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Baked Beans - SR2026 (1/2 c.)	10	150.00	0.00	0.00	0.00	550.00	30.00	7.00
Crinkle Cut French Fries - SR2496 (1/2 c.)	80	100.75	3.92	0.56	0.00	27.99	14.55	1.12
SY23-24_FE_Global Flavors_SY23-24 Global Flavors-Mexico-Portables-FoodiE MTO :42639 - ServingDate: 05/08/2024								
Beef Taco Filling - SR3906 (3/8 c.)	50	114.07	5.05	1.82	0.00	298.80	5.05	13.12
Crispy Corn Taco Shell - SR2223 (2 shells)	50	170.00	8.00	1.00	0.00	0.00	22.00	2.00
Flour Tortilla - SR1066 (2 tortilla)	50	179.97	5.00	2.00	0.00	259.96	28.00	4.00
Mexican Tinga Chicken - SR2604 (1/2 c.)	50	104.94	2.50	0.02	0.00	185.20	3.95	15.02
Shredded Yellow Cheddar Cheese - SR3010 (1/4 oz.)	30	22.50	1.50	0.88	0.00	45.00	0.25	2.00
Salsa Roja - SR1081 (2 tbsp.)	20	8.60	0.04	0.01	0.00	72.88	1.78	0.30

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SY23-24_FE_Global Flavors_SY23-24 Global Flavors-Mexico-Portables-FoodiE MTO :42639 - ServingDate: 05/08/2024								
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Black Beans - SR3362 (1/4 c.)	10	62.70	0.26	0.00	0.00	73.15	12.02	3.66
Mex Zucchini - SR1697 (1/4 c.)	10	73.65	7.26	0.56	0.00	85.74	2.54	0.86
Mex Roasted Sweet Potatoes - SR2277 (1/4 c.)	10	75.58	2.89	0.20	0.00	96.15	12.18	0.82
SY23-24_FE_Global Flavors_SY23-24 Global Flavors-Mediterranean-Portables- FoodiE MTO :42639 - ServingDate: 05/09/2024								
Mini Sub Roll - SR1208 (1 roll (smal))	100	162.71	3.05	0.00	0.00	183.05	29.49	6.10
Greek Meatballs - SR2621 (5 Meatballs)	50	246.66	17.98	3.88	0.00	203.52	8.17	14.77
Greek Turkey - SR1854 (3/8 c.)	50	240.37	14.66	2.11	0.00	343.52	16.37	12.47
Mozzarella Cheese - SR3098 (1/2 oz.)	10	40.50	2.53	1.52	0.00	81.00	1.01	3.54
Sliced Black Olives - SR1390 (2 tbsp.)	10	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Tzatziki Sauce - SR1820 (1 tbsp.)	10	7.38	0.02	0.00	0.00	63.90	0.78	1.20
Tomato and Shredded Lettuce Salad - SR1997 (1/2 c.)	10	11.38	0.12	0.02	0.00	4.26	2.45	0.60
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	100	65.49	4.49	0.33	0.00	72.07	5.40	3.00
Roasted Summer Squash - SR1523 (1/2 c.)	10	34.33	2.14	0.18	0.00	42.19	3.28	0.85
Italian Roasted Chickpeas - SR3793 (1/2 c.)	10	83.23	2.18	0.06	0.00	219.69	12.56	3.66

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SY23-24_FE_Global Flavors_SY23-24 Global Flavors-Asia-Portables- FoodiE MTO :42639 - ServingDate: 05/10/2024								
Flour Tortilla - SR1066 (2 tortilla)	100	179.97	5.00	2.00	0.00	259.96	28.00	4.00
Korean BBQ Chicken - SR2608 (1/3 c.)	40	141.69	5.89	0.62	0.01	470.28	6.80	13.51
Teriyaki Chicken - SR2606 (5/8 c.)	60	233.18	8.98	2.67	0.03	705.33	16.11	21.63
Green Onion - SR1946 (1 tbsp.)	20	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Spicy Asian Vegetable Blend - SR2607 (1/4 c.)	10	40.13	3.73	0.29	0.01	99.77	1.93	0.41
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	10	20.38	0.11	0.04	0.00	201.99	4.52	0.37
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	10	65.49	4.49	0.33	0.00	72.07	5.40	3.00
Soy Roasted Potatoes - SR2609 (1/2 c.)	10	186.44	13.04	1.52	0.00	670.51	19.19	1.48
SY23-24_FE_Global Flavors_SY23-24 Global Flavors-America-Classic Breakfast for Lunch-FoodiE MTO :42640 - ServingDate: 05/13/2024								
Buttermilk Pancakes - SR2010 (2 pancake)	50	160.00	2.00	0.33	0.00	406.67	30.67	4.00
Toasted Waffle - SR2165 (2 waffle)	50	185.89	5.16	1.03	0.00	340.80	30.98	4.13
Country Breakfast Sausage Patty - SR1157 (1 patty)	50	60.00	4.50	1.00	0.00	80.00	0.00	6.00
Scrambled Eggs - SR3323 (2 tbsp.)	50	46.59	3.00	1.00	0.00	43.26	0.00	3.99
Baked Cinnamon Raisin Apples - SR1238 (1/4 c.)	10	82.19	1.23	0.50	0.00	20.42	18.63	0.27
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	50	105.00	0.00	0.00	0.00	47.50	26.00	0.00

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SY23-24_FE_Global Flavors_SY23-24 Global Flavors-America-Classic Breakfast for Lunch-FoodiE MTO :42640 - ServingDate: 05/13/2024								
Warm Berries - SR2617 (1/4 c.)	25	53.58	0.05	0.00	0.00	2.07	13.78	0.25
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Crinkle Cut Sweet Potato Fries - SR3936 (1/2 c.)	50	169.47	6.98	1.00	0.00	259.20	24.92	1.00
Tater Tots - SR1450 (1/2 c.)	50	110.70	6.04	1.01	0.00	311.98	14.09	1.01
SY23-24_FE_Global Flavors_SY23-24 Global Flavors-Asia-Classic Wraps-FoodiE MTO :42640 - ServingDate: 05/14/2024								
Flour Tortilla - SR1177 (1 tortilla)	100	210.00	6.00	3.00	0.00	319.99	34.00	5.00
Korean BBQ Baked Tofu - SR3901 (1/2 c.)	40	288.57	21.23	2.53	0.00	566.79	7.30	22.63
Teriyaki Chicken - SR2606 (5/8 c.)	60	233.18	8.98	2.67	0.03	705.33	16.11	21.63
Roasted Broccoli - SR1852 (1/4 c.)	10	32.75	2.25	0.17	0.00	36.04	2.70	1.50
Green Onion - SR1946 (1 tbsp.)	20	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Spicy Asian Vegetable Blend - SR2607 (1/4 c.)	10	40.13	3.73	0.29	0.01	99.77	1.93	0.41
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	10	20.38	0.11	0.04	0.00	201.99	4.52	0.37
Soy Roasted Potatoes - SR2609 (1/4 c.)	10	93.22	6.52	0.76	0.00	335.25	9.59	0.74
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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SY23-24_FE_Global Flavors_SY23-24 Global Flavors-Italy-Classic Calzones-FoodiE :42640 - ServingDate: 05/15/2024								
Cheese Calzone - OKR1996 (1 ea.)	50	348.32	11.19	5.74	0.08	575.65	42.16	20.04
Pepperoni Calzone - SR2632 (1 ea.)	50	423.72	17.71	8.39	0.08	794.27	42.85	24.70
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli and Red Peppers - SR2024 (1/2 c.)	30	85.72	6.65	0.48	0.00	9.07	5.83	2.51
Parmesan Green Beans - SR1144 (1/2 c.)	10	41.90	2.35	0.32	0.00	15.09	5.04	1.45
Roasted Butternut Squash - SR1408 (1/2 c.)	10	73.30	0.33	0.01	0.00	31.71	18.56	1.19
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	25	3.33	0.25	0.17	0.00	16.67	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	5	1.43	0.08	0.01	0.00	0.14	0.25	0.05
SY23-24_FE_Global Flavors_SY23-24 Global Flavors-Mexico-Classic Wraps- FoodiE MTO :42640 - ServingDate: 05/16/2024								
Beef Taco Filling - SR3906 (3/8 c.)	50	114.07	5.05	1.82	0.00	298.80	5.05	13.12
Flour Tortilla - SR1177 (1 tortilla)	100	210.00	6.00	3.00	0.00	319.99	34.00	5.00
Cilantro Lime Rice - SR1232 (1/4 c.)	75	58.08	1.24	0.06	0.00	69.49	10.91	1.23
Mexican Tinga Chicken - SR2604 (1/2 c.)	50	104.94	2.50	0.02	0.00	185.20	3.95	15.02
Black Beans - SR3362 (1/4 c.)	10	62.70	0.26	0.00	0.00	73.15	12.02	3.66
Shredded Yellow Cheddar Cheese - SR3010 (1/4 oz.)	30	22.50	1.50	0.88	0.00	45.00	0.25	2.00
Mex Zucchini - SR1697 (1/4 c.)	10	73.65	7.26	0.56	0.00	85.74	2.54	0.86

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SY23-24_FE_Global Flavors_SY23-24 Global Flavors-Mexico-Classic Wraps- FoodiE MTO :42640 - ServingDate: 05/16/2024								
Mex Roasted Sweet Potatoes - SR2277 (1/4 c.)	10	75.58	2.89	0.20	0.00	96.15	12.18	0.82
Salsa Roja - SR1081 (2 tbsp.)	20	8.60	0.04	0.01	0.00	72.88	1.78	0.30
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY23-24_FE_Global Flavors_SY23-24 Global Flavors-Mediterranean-Classic Flatbreads-FoodiE MTO :42640 - ServingDate: 05/17/2024								
Greek Meatball Flatbread - OKR1998 (1 ea.)	50	458.33	24.45	7.14	0.00	675.07	36.56	23.89
Three Cheese Flatbread Pizza - SR1567 (1 ea.)	50	369.98	17.48	8.65	0.00	992.08	31.93	23.01
Sliced Black Olives - SR1390 (2 tbsp.)	10	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Tzatziki Sauce - SR1820 (1 tbsp.)	10	7.38	0.02	0.00	0.00	63.90	0.78	1.20
Tomato and Shredded Lettuce Salad - SR1997 (1/2 c.)	10	11.38	0.12	0.02	0.00	4.26	2.45	0.60
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	10	65.49	4.49	0.33	0.00	72.07	5.40	3.00
Roasted Summer Squash - SR1523 (1/2 c.)	10	34.33	2.14	0.18	0.00	42.19	3.28	0.85
Italian Roasted Chickpeas - SR3793 (1/2 c.)	10	83.23	2.18	0.06	0.00	219.69	12.56	3.66

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SY23-24_FE_Global Flavors_SY23-24 Global Flavors-America-Comfort Chicken- FoodiE MTO :42641 - ServingDate: 05/20/2024								
Garlic Knot Breadstick - SR1255 (2 roll.)	100	221.25	8.11	0.45	0.00	191.69	30.03	6.45
Breaded Chicken Tender - SR2504 (3 tenders)	60	263.02	15.17	2.53	0.00	394.54	16.19	15.17
Crispy Chicken Nuggets - SR1367 (5 nugget)	40	241.00	14.06	2.51	0.00	441.84	16.07	14.06
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Crinkle Cut French Fries - SR2496 (1/2 c.)	65	100.75	3.92	0.56	0.00	27.99	14.55	1.12
Celery Sticks - SR1014 (6 stick.)	15	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	20	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	10	73.57	0.09	0.07	0.01	292.30	18.22	0.17
Hot Sauce - SR3162 (1 tbsp.)	20	3.39	0.09	0.02	0.00	626.53	0.48	0.17
Barbecue Sauce - SR1008 (2 tbsp.)	20	30.28	0.00	0.00	0.00	474.42	7.07	0.00
SY23-24_FE_Global Flavors_SY23-24 Global Flavors-Mexico-Comfort-FoodiE MTO :42641 - ServingDate: 05/21/2024								
Bean and Cheese Enchilada - SR3488 (1 enchilada)	50	193.14	5.72	2.71	0.00	344.75	25.51	8.71
Enchilada Suiza - SR3902 (1 enchilada)	50	168.91	6.13	2.39	0.00	352.74	18.01	8.90
Cilantro Lime Rice - SR1232 (1/4 c.)	75	58.08	1.24	0.06	0.00	69.49	10.91	1.23
Salsa Roja - SR1081 (2 tbsp.)	20	8.60	0.04	0.01	0.00	72.88	1.78	0.30
Sour Cream - SR1659 (2 tbsp.)	10	60.00	5.00	3.50	0.00	15.00	1.00	1.00

Menu Calendar Nutrient Analysis Report - May, 2024

Site: Guthrie Junior High
Date: 05/01/2024 - 05/31/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24_FE_Global Flavors_SY23-24 Global Flavors-Mexico-Comfort-FoodiE MTO :42641 - ServingDate: 05/21/2024								
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Black Beans - SR3362 (1/2 c.)	10	125.39	0.52	0.00	0.00	146.29	24.03	7.32
Mex Zucchini - SR1697 (1/2 c.)	10	147.29	14.53	1.11	0.00	171.47	5.08	1.72
Mex Roasted Sweet Potatoes - SR2277 (1/2 c.)	10	151.16	5.77	0.41	0.00	192.30	24.37	1.64
SY23-24_FE_Global Flavors_SY23-24 Global Flavors-American-Comfort Baked Potato- FoodiE MTO :42641 - ServingDate: 05/22/2024								
Beef Taco Filling - SR3906 (3/8 c.)	60	114.07	5.05	1.82	0.00	298.80	5.05	13.12
Breadstick - SR1044 (2 breadstick)	100	160.00	2.00	0.00	0.00	190.00	28.00	6.00
Cheddar Cheese Sauce - SR1293 (1/4 c.)	100	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Rainbow Chili - SR1922 (3/4 c.)	40	139.56	0.95	0.04	0.00	309.49	27.18	7.36
Steamed Broccoli - SR1028 (1/2 c.)	20	26.46	0.11	0.02	0.00	11.13	5.06	2.93
Shredded Yellow Cheddar Cheese - SR3010 (1/4 oz.)	50	22.50	1.50	0.88	0.00	45.00	0.25	2.00
Green Onion - SR1946 (1 tbsp.)	10	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Sour Cream - SR1659 (2 tbsp.)	10	60.00	5.00	3.50	0.00	15.00	1.00	1.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Baked Potato - SR1562 (1 potato)	100	172.26	4.66	0.36	0.00	19.32	29.59	3.63

Menu Calendar Nutrient Analysis Report - May, 2024

Site: Guthrie Junior High

Date: 05/01/2024 - 05/31/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24_FE_Global Flavors_SY23-24 Global Flavors-Italy-Comfort- FoodiE MTO :42641 - ServingDate: 05/23/2024								
Whole Wheat Penne Pasta - SR1198 (1 c.)	70	182.95	3.03	0.12	0.00	6.57	36.63	7.51
Whole Wheat Spaghetti Noodles - SR1135 (1 c.)	30	185.64	3.08	0.12	0.00	6.66	37.16	7.62
Alfredo Cheese Sauce - SR2217 (3/8 c.)	50	150.82	9.84	5.41	0.00	622.94	6.56	9.84
Beef Bolognese - SR1197 (2/3 c.)	50	174.36	8.01	3.30	0.00	611.36	12.45	13.70
Roasted Broccoli and Red Peppers - SR2024 (1/4 c.)	30	42.86	3.33	0.24	0.00	4.53	2.92	1.25
Parmesan Green Beans - SR1144 (1/4 c.)	10	20.95	1.17	0.16	0.00	7.55	2.52	0.72
Spaghetti Sauce - SR2220 (1/4 c.)	50	32.36	0.25	0.03	0.00	129.82	6.67	1.04
Roasted Butternut Squash - SR1408 (1/4 c.)	10	36.65	0.16	0.01	0.00	15.85	9.28	0.60
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	25	3.33	0.25	0.17	0.00	16.67	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	5	1.43	0.08	0.01	0.00	0.14	0.25	0.05
SY23-24_FE_Global Flavors_SY23-24 Global Flavors-Asia-Comfort- FoodiE MTO :42641 - ServingDate: 05/24/2024								
Oven Fried Rice - SR1382 (1 1/3 c.)	100	317.05	4.36	0.68	0.00	660.00	60.08	10.51
Orange Chicken Nuggets - SR2815 (5 nugget)	60	314.26	14.10	2.55	0.04	576.52	34.23	14.21
Teriyaki Baked Tofu - SR3904 (1/2 c.)	40	294.58	19.46	2.32	0.02	474.67	12.86	22.66
Roasted Broccoli - SR1852 (1/4 c.)	10	32.75	2.25	0.17	0.00	36.04	2.70	1.50

Menu Calendar Nutrient Analysis Report - May, 2024

Site: Guthrie Junior High
Date: 05/01/2024 - 05/31/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24_FE_Global Flavors_SY23-24 Global Flavors-Asia-Comfort- FoodiE MTO :42641 - ServingDate: 05/24/2024								
Green Onion - SR1946 (1 tbsp.)	20	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Spicy Asian Vegetable Blend - SR2607 (1/4 c.)	10	40.13	3.73	0.29	0.01	99.77	1.93	0.41
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	10	20.38	0.11	0.04	0.00	201.99	4.52	0.37
Soy Roasted Potatoes - SR2609 (1/4 c.)	10	93.22	6.52	0.76	0.00	335.25	9.59	0.74
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY23-24_FE_Global Flavors_SY23-24 Global Flavors-America-Street Totcho/Nacho-FoodiE MTO :42642 - ServingDate: 05/27/2024								
Tortilla Chips - SR1065 (1 1/2 oz.)	100	154.64	6.63	1.10	0.00	127.02	22.09	2.21
Cheddar Cheese Sauce - SR1293 (1/4 c.)	50	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Queso Blanco Sauce - SR1068 (1/4 c.)	50	122.00	10.00	5.60	0.00	436.99	1.00	7.00
Pulled Pork - SR3327 (2 oz.)	75	92.00	5.00	2.00	0.00	202.00	0.00	11.00
Pulled Turkey - SR1213 (3 tbsp.)	25	69.36	2.97	0.99	0.00	237.81	0.99	8.92
Vegetarian Baked Beans - SR1336 (1/2 c.)	25	243.37	0.02	0.01	0.00	581.61	53.65	7.38
Carolina Slaw - SR1633 (1/3 c.)	25	86.64	6.12	1.36	0.00	145.84	7.69	0.77
Tater Tots - SR1450 (3/4 c.)	75	166.06	9.06	1.51	0.00	467.98	21.13	1.51
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	10	73.57	0.09	0.07	0.01	292.30	18.22	0.17

Menu Calendar Nutrient Analysis Report - May, 2024

Site: Guthrie Junior High
 Date: 05/01/2024 - 05/31/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24_FE_Global Flavors_SY23-24 Global Flavors-America-Street Totcho/Nacho-FoodiE MTO :42642 - ServingDate: 05/27/2024								
Carolinian Barbecue Sauce - SR1309 (2 tbsp.)	10	34.91	0.01	0.00	0.00	256.59	9.29	0.04
Barbecue Sauce - SR1008 (2 tbsp.)	10	30.28	0.00	0.00	0.00	474.42	7.07	0.00
SY23-24_FE_Global Flavors_SY23-24 Global Flavors-Asia-Street Subs- FoodiE MTO :42642 - ServingDate: 05/28/2024								
Mini Sub Roll - SR1208 (1 roll (smal))	100	162.71	3.05	0.00	0.00	183.05	29.49	6.10
Korean BBQ Chicken - SR2608 (1/3 c.)	40	141.69	5.89	0.62	0.01	470.28	6.80	13.51
Teriyaki Meatballs - SR3494 (5 Meatballs)	60	270.69	11.33	3.64	0.04	490.10	27.85	14.94
Green Onion - SR1946 (1 tbsp.)	20	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Spicy Asian Vegetable Blend - SR2607 (1/4 c.)	10	40.13	3.73	0.29	0.01	99.77	1.93	0.41
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	10	20.38	0.11	0.04	0.00	201.99	4.52	0.37
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	10	65.49	4.49	0.33	0.00	72.07	5.40	3.00
Soy Roasted Potatoes - SR2609 (1/2 c.)	10	186.44	13.04	1.52	0.00	670.51	19.19	1.48
SY23-24_FE_Global Flavors_SY23-24 Global Flavors-Mexico-Street Tacos-FoodiE MTO :42642 - ServingDate: 05/29/2024								
Flour Tortilla - SR1066 (2 tortilla)	100	179.97	5.00	2.00	0.00	259.96	28.00	4.00

Menu Calendar Nutrient Analysis Report - May, 2024

Site: Guthrie Junior High
Date: 05/01/2024 - 05/31/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24_FE_Global Flavors_SY23-24 Global Flavors-Mexico-Street Tacos-FoodiE MTO :42642 - ServingDate: 05/29/2024								
Vegetarian Refried Beans - SR1070 (1 #8 scoop)	20	161.28	0.58	0.00	0.00	164.61	27.65	10.37
Turkey Al Pastor - SR1259 (1/2 c.)	40	155.31	5.83	1.89	0.00	776.78	7.98	17.04
Carnitas - SR3328 (1/2 c.)	40	221.41	7.15	0.26	0.00	414.67	3.47	30.90
Shredded Yellow Cheddar Cheese - SR3010 (1/4 oz.)	30	22.50	1.50	0.88	0.00	45.00	0.25	2.00
Diced Yellow Onion - SR1264 (2 tbsp.)	10	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Salsa Roja - SR1081 (2 tbsp.)	20	8.60	0.04	0.01	0.00	72.88	1.78	0.30
Sour Cream - SR1659 (2 tbsp.)	10	60.00	5.00	3.50	0.00	15.00	1.00	1.00
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Black Beans - SR3362 (1/4 c.)	10	62.70	0.26	0.00	0.00	73.15	12.02	3.66
Mex Zucchini - SR1697 (1/4 c.)	10	73.65	7.26	0.56	0.00	85.74	2.54	0.86
Mex Roasted Sweet Potatoes - SR2277 (1/4 c.)	10	75.58	2.89	0.20	0.00	96.15	12.18	0.82
SY23-24_FE_Global Flavors_SY23-24 Global Flavors-Asia-Street Ramen-FoodiE MTO :42642 - ServingDate: 05/30/2024								
Yakisoba Noodles - SR3439 (1 c.)	100	250.03	1.50	0.00	0.00	250.39	49.01	9.00
Fajita Chicken - SR2529 (1/3 c.)	120	80.05	4.00	1.14	0.00	240.14	1.14	9.72
Hard Boiled Egg - SR3322 (1 egg)	80	70.00	5.00	1.50	0.00	55.00	1.00	6.00
Broth- Pho, Vegetable - SR2211 (1 c.)	60	23.82	1.37	0.20	0.00(M)	47.17	2.78	0.32

Menu Calendar Nutrient Analysis Report - May, 2024

Site: Guthrie Junior High
 Date: 05/01/2024 - 05/31/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24_FE_Global Flavors_SY23-24 Global Flavors-Asia-Street Ramen-FoodiE MTO :42642 - ServingDate: 05/30/2024								
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fresh Cilantro - SR1265 (1 tsp.)	20	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Shredded Cabbage - SR2425 (1/4 c.)	40	4.20	0.02	0.01	0.00	3.02	0.97	0.21
Green Onion - SR1946 (1 tbsp.)	40	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	30	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Matchstick Carrots - SR1435 (2 tbsp.)	40	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	40	20.38	0.11	0.04	0.00	201.99	4.52	0.37
SY23-24_FE_Global Flavors_SY23-24 Global Flavors-America-Street Chicken&Waffles-FoodiE MTO :42642 - ServingDate: 05/31/2024								
Toasted Waffle - SR2165 (2 waffle)	100	185.89	5.16	1.03	0.00	340.80	30.98	4.13
Breaded Drumstick - SR3363 (1 pcs.)	90	341.62	20.19	4.66	0.00	823.00	9.32	29.50
Fajita Chicken - SR2529 (2/3 c.)	10	160.09	8.01	2.29	0.00	480.27	2.29	19.44
From the Garden Bar - SR2596 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple Glazed Baby Carrots - SR3683 (1/2 c.)	60	58.31	0.81	0.31	0.00	71.53	12.33	0.56
Blue Ribbon Slaw - SR1254 (1/2 c.)	40	41.82	0.15	0.03	0.00	113.85	10.28	0.76
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	100	105.00	0.00	0.00	0.00	47.50	26.00	0.00

Legend
 (M) - Missing Nutrient Values

Menu Calendar Nutrient Analysis Report - May, 2024

Site: Guthrie Junior High
Date: 05/01/2024 - 05/31/2024

Report Selections

Meal Type: Lunch
Site Group: FoodiE Cafe
Menu Line: FE-Global Flavors
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.