

# Menu Calendar Nutrient Analysis Report - January, 2023

Site: Guthrie High School  
 Date: 01/01/2023 - 01/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>22-23 PopUp Brand-Strutters Day 2_8.8.22 :38622 - ServingDate: 01/03/2023</b>								
Vegetarian Chick'n Nugget - SR2451 (5 nuggets)	1	228.22	8.88	1.27	0.00	380.36	24.09	17.75
Crispy Chicken Nuggets - SR1367 (5 nugget)	85	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Fajita Chicken - SR2529 (2/3 c.)	15	123.52	4.05	2.02	0.00	613.57	2.02	18.23
Baked Biscuit - SR1598 (1 biscuit)	30	190.00	9.00	6.00	0.00	310.00	24.00	4.00
Toasted Waffle - SR2165 (2 waffle)	20	185.89	6.20	1.55	0.00	371.78	27.88	4.13
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Citrus Glazed Carrots - SR1131 (1/2 c.)	20	60.46	0.78	0.14	0.00	67.70	13.35	0.68
Whipped Potatoes - SR1112 (1/2 c.)	50	79.98	1.50	1.00	0.00	102.62	15.00	2.00
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	5	72.90	0.00	0.00	0.00	282.65	18.29	0.28
Chicken Gravy - SR1589 (1/4 c.)	50	30.37	1.01	0.00	0.00	133.39	4.05	0.00
Hot Sauce - SR3162 (1 tbsp.)	3	3.39	0.09	0.02	0.00	626.53	0.48	0.17
Barbecue Sauce - SR1008 (2 tbsp.)	5	30.00	0.00	0.00	0.00	470.00	7.00	0.00
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	20	105.00	0.00	0.00	0.00	47.50	26.00	0.00
<b>22-23 PopUp Brand-Strutters Day 3_8.8.22 :38622 - ServingDate: 01/04/2023</b>								
Boneless Wings - SR3320 (5 pcs.)	100	201.09	8.80	1.89	0.00	339.34	12.57	17.59
Vegetarian Chick'n Nugget - SR2451 (5 nuggets)	1	228.22	8.88	1.27	0.00	380.36	24.09	17.75
Twisted Breadstick - SR2142 (1 breadstick)	50	172.69	3.27	0.09	0.00	190.34	28.41	6.09
Taste4 Extras Bar - SR2401 (1 serv.)	100	(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>22-23 PopUp Brand-Strutters Day 3_8.8.22 :38622 - ServingDate: 01/04/2023</b>								
Celery Sticks - SR1014 (6 stick.)	50	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Carrot Sticks - SR1606 (6 stick.)	50	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Tater Tots - SR1450 (1/2 c.)	85	110.70	6.04	1.01	0.00	311.98	14.09	1.01
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	5	72.90	0.00	0.00	0.00	282.65	18.29	0.28
Hot Sauce - SR3162 (1 tbsp.)	3	3.39	0.09	0.02	0.00	626.53	0.48	0.17
Barbecue Sauce - SR1008 (2 tbsp.)	5	30.00	0.00	0.00	0.00	470.00	7.00	0.00
<b>22-23 PopUp Brand-Strutters Day 4_8.8.22 :38622 - ServingDate: 01/05/2023</b>								
Vegetarian Chick'n Nugget - SR2451 (5 nuggets)	1	228.22	8.88	1.27	0.00	380.36	24.09	17.75
Fajita Chicken - SR2529 (2/3 c.)	1	123.52	4.05	2.02	0.00	613.57	2.02	18.23
Popcorn Chicken - SR1413 (12 piece)	100	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Baked Biscuit - SR1598 (1 biscuit)	100	190.00	9.00	6.00	0.00	310.00	24.00	4.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Steamed Corn - SR1034 (1/2 c.)	40	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Whipped Potatoes - SR1112 (1/2 c.)	50	79.98	1.50	1.00	0.00	102.62	15.00	2.00
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	5	72.90	0.00	0.00	0.00	282.65	18.29	0.28
Chicken Gravy - SR1589 (2 tbsp.)	50	15.19	0.51	0.00	0.00	66.70	2.02	0.00
Hot Sauce - SR3162 (1 tbsp.)	3	3.39	0.09	0.02	0.00	626.53	0.48	0.17
Barbecue Sauce - SR1008 (2 tbsp.)	5	30.00	0.00	0.00	0.00	470.00	7.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>22-23 Frito Chili Pie Friday Favorite - ServingDate: 01/06/2023</b>								
Beef Chili Frito Pie - OKR1870 (1 ea.)	100	498.74	24.15	6.55	0.00	939.30	52.62	20.16
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Variety of Fruits - SR1978 (1 serving)	140	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixed Garden Vegetables - SR1583 (1/2 c.)	50	52.99	0.47	0.08	0.00	99.20	11.21	2.30
<b>22-23 PopUp Brand-Beale Street, BBQ Day 1_8.15.22 :38623 - ServingDate: 01/09/2023</b>								
Pulled BBQ Sandwich - SR2709 (1 sandwich)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
BBQ Nachos - SR3355 (1 nacho)	35	(M)	(M)	(M)	(M)	(M)	(M)	(M)
BBQ Totchos - SR3321 (1 nacho)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.)	95	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Pulled Pork - SR3327 (2 oz.)	99	92.00	5.00	2.00	0.00	202.00	0.00	11.00
Pulled Turkey - SR1213 (3/8 c.)	1	118.91	3.96	0.99	0.00	693.63	1.98	17.84
Whole Wheat Hamburger Bun - SR1651 (1 roll (hamb))	5	150.00	2.00	0.00	0.00	260.00	26.00	6.00
Tortilla Chips - SR1065 (1 1/2 oz.)	50	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Baked Beans - SR1336 (1/2 c.)	10	225.33	0.02	0.01	0.00	593.41	53.23	7.53
Blue Ribbon Slaw - SR1254 (1/2 c.)	10	43.83	0.15	0.03	0.00	114.20	10.36	0.75
Tater Tots - SR1450 (1/2 c.)	75	110.70	6.04	1.01	0.00	311.98	14.09	1.01
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	25	72.90	0.00	0.00	0.00	282.65	18.29	0.28

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<b>22-23 PopUp Brand-Beale Street, BBQ Day 1_8.15.22 :38623 - ServingDate: 01/09/2023</b>								
Carolinian Barbecue Sauce - SR1309 (2 tbsp.)	25	36.69	0.01	0.00	0.00	257.27	9.21	0.04
Barbecue Sauce - SR1008 (2 tbsp.)	50	30.00	0.00	0.00	0.00	470.00	7.00	0.00
<b>22-23 PopUp Brand-Beale Street, BBQ Day 1_8.15.22 :38623 - ServingDate: 01/10/2023</b>								
Pulled BBQ Sandwich - SR2709 (1 sandwich)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
BBQ Nachos - SR3355 (1 nacho)	35	(M)	(M)	(M)	(M)	(M)	(M)	(M)
BBQ Totchos - SR3321 (1 nacho)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.)	95	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Pulled Pork - SR3327 (2 oz.)	99	92.00	5.00	2.00	0.00	202.00	0.00	11.00
Pulled Turkey - SR1213 (3/8 c.)	1	118.91	3.96	0.99	0.00	693.63	1.98	17.84
Whole Wheat Hamburger Bun - SR1651 (1 roll (hamb))	5	150.00	2.00	0.00	0.00	260.00	26.00	6.00
Tortilla Chips - SR1065 (1 1/2 oz.)	50	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Baked Beans - SR1336 (1/2 c.)	10	225.33	0.02	0.01	0.00	593.41	53.23	7.53
Blue Ribbon Slaw - SR1254 (1/2 c.)	10	43.83	0.15	0.03	0.00	114.20	10.36	0.75
Tater Tots - SR1450 (1/2 c.)	75	110.70	6.04	1.01	0.00	311.98	14.09	1.01
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	25	72.90	0.00	0.00	0.00	282.65	18.29	0.28
Carolinian Barbecue Sauce - SR1309 (2 tbsp.)	25	36.69	0.01	0.00	0.00	257.27	9.21	0.04

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<b>22-23 PopUp Brand-Beale Street, BBQ Day 1_8.15.22 :38623 - ServingDate: 01/10/2023</b>								
Barbecue Sauce - SR1008 (2 tbsp.)	50	30.00	0.00	0.00	0.00	470.00	7.00	0.00
<b>22-23 PopUp Brand-Beale Street, BBQ Day 1_8.15.22 :38623 - ServingDate: 01/11/2023</b>								
Pulled BBQ Sandwich - SR2709 (1 sandwich)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
BBQ Nachos - SR3355 (1 nacho)	35	(M)	(M)	(M)	(M)	(M)	(M)	(M)
BBQ Totchos - SR3321 (1 nacho)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.)	95	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Pulled Pork - SR3327 (2 oz.)	99	92.00	5.00	2.00	0.00	202.00	0.00	11.00
Pulled Turkey - SR1213 (3/8 c.)	1	118.91	3.96	0.99	0.00	693.63	1.98	17.84
Whole Wheat Hamburger Bun - SR1651 (1 roll (hamb))	5	150.00	2.00	0.00	0.00	260.00	26.00	6.00
Tortilla Chips - SR1065 (1 1/2 oz.)	50	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Baked Beans - SR1336 (1/2 c.)	10	225.33	0.02	0.01	0.00	593.41	53.23	7.53
Blue Ribbon Slaw - SR1254 (1/2 c.)	10	43.83	0.15	0.03	0.00	114.20	10.36	0.75
Tater Tots - SR1450 (1/2 c.)	75	110.70	6.04	1.01	0.00	311.98	14.09	1.01
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	25	72.90	0.00	0.00	0.00	282.65	18.29	0.28
Carolinian Barbecue Sauce - SR1309 (2 tbsp.)	25	36.69	0.01	0.00	0.00	257.27	9.21	0.04
Barbecue Sauce - SR1008 (2 tbsp.)	50	30.00	0.00	0.00	0.00	470.00	7.00	0.00

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<b>22-23 PopUp Brand- Beale Street, BBQ Day 1_8.15.22 :38623 - ServingDate: 01/12/2023</b>								
Pulled BBQ Sandwich - SR2709 (1 sandwich)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
BBQ Nachos - SR3355 (1 nacho)	35	(M)	(M)	(M)	(M)	(M)	(M)	(M)
BBQ Totchos - SR3321 (1 nacho)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.)	95	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Pulled Pork - SR3327 (2 oz.)	99	92.00	5.00	2.00	0.00	202.00	0.00	11.00
Pulled Turkey - SR1213 (3/8 c.)	1	118.91	3.96	0.99	0.00	693.63	1.98	17.84
Whole Wheat Hamburger Bun - SR1651 (1 roll (hamb))	5	150.00	2.00	0.00	0.00	260.00	26.00	6.00
Tortilla Chips - SR1065 (1 1/2 oz.)	50	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Baked Beans - SR1336 (1/2 c.)	10	225.33	0.02	0.01	0.00	593.41	53.23	7.53
Blue Ribbon Slaw - SR1254 (1/2 c.)	10	43.83	0.15	0.03	0.00	114.20	10.36	0.75
Tater Tots - SR1450 (1/2 c.)	75	110.70	6.04	1.01	0.00	311.98	14.09	1.01
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	25	72.90	0.00	0.00	0.00	282.65	18.29	0.28
Carolinian Barbecue Sauce - SR1309 (2 tbsp.)	25	36.69	0.01	0.00	0.00	257.27	9.21	0.04
Barbecue Sauce - SR1008 (2 tbsp.)	50	30.00	0.00	0.00	0.00	470.00	7.00	0.00
<b>Canal Street Mac Attack- Monday/Wednesday /Friday - ServingDate: 01/13/2023</b>								
Alfredo Macaroni - SR1422 (1 c.)	30	350.96	12.47	5.48	0.00	1034.02	49.30	16.55

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<b>Canal Street Mac Attack- Monday/Wednesday /Friday - ServingDate: 01/13/2023</b>								
Cheddar Macaroni - SR1549 (1 c.)	70	444.30	23.85	11.83	0.00	1357.99	42.11	22.85
BBQ Pulled Turkey - SR1212 (3/8 c.)	40	150.75	4.03	1.01	0.00	1174.36	9.01	18.11
Roasted Tuscan Vegetables - SR1442 (1/2 c.)	20	55.38	0.11	0.02	0.00	113.60	10.50	3.00
Cinnamon Breadstick - SR1455 (1 roll.)	100	93.38	1.69	0.28	0.00	102.38	15.88	3.01
Banana - SR1166 (1 medium (7"))	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Crispy Whole Apple - SR1161 (1 extra smal)	25	47.79	0.16	0.03	0.00	0.92	12.69	0.24
Fresh Oranges - SR1171 (1 small (2-3)	25	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Celery Sticks - SR1014 (6 stick.)	25	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Carrot Sticks - SR1606 (6 stick.)	25	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Salad - SR1257 (1 salad)	15	58.25	0.30	0.04	0.00	44.24	11.72	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	30	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.)	30	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Crumb Topping - SR1311 (1 tbsp.)	40	25.16	1.17	0.08	0.00	4.68	3.33	0.42
Homemade Dill Pickle Relish - SR1403 (2 tbsp.)	10	3.43	0.02	0.00	0.00	128.38	0.74	0.12
Tuscan Salad - SR1445 (2 tbsp.)	10	9.00	0.38	0.01	0.00	82.12	1.49	0.18
<b>22-23 PopUp Brand-Twirls :38624 - ServingDate: 01/17/2023</b>								
Twirls- Penne Pasta Bowl - SR3346 (1 bowl)	70	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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<b>22-23 PopUp Brand-Twirls :38624 - ServingDate: 01/17/2023</b>								
Twirls- Spaghetti Pasta Bowl, Built-to Order - SR3347 (1 bowl)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fajita Chicken - SR2529 (2/3 c.)	35	123.52	4.05	2.02	0.00	613.57	2.02	18.23
Chicken Meatballs - SR3065 (5 Meatballs)	60	176.64	10.93	3.37	0.00	201.88	5.89	14.30
Roasted Tuscan Vegetables - SR1442 (2 #8 scoop)	5	110.75	0.21	0.04	0.00	227.20	21.00	6.00
Garlic Knot Breadstick - SR1255 (1 roll.)	25	110.63	4.05	0.22	0.00	95.85	15.02	3.23
Penne Pasta - SR2108 (1/2 c.)	70	131.82	1.67	0.08	0.00	187.20	25.77	4.29
Spaghetti Noodles - SR2107 (1/2 c.)	30	131.82	1.67	0.08	0.00	187.20	25.77	4.29
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	30	65.49	4.49	0.33	0.00	72.07	5.40	3.00
Alfredo Cheese Sauce - SR2217 (1/4 c.)	60	100.55	6.56	3.61	0.00	415.29	4.37	6.56
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	25	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Red Pepper Flakes - SR1554 (1/4 tsp.)	5	1.43	0.08	0.01	0.00	0.14	0.25	0.05
Spaghetti Sauce - SR2220 (1/4 c.)	40	32.36	0.25	0.03	0.00	129.82	6.67	1.04
<b>22-23 PopUp Brand-Twirls :38624 - ServingDate: 01/18/2023</b>								
Twirls- Penne Pasta Bowl - SR3346 (1 bowl)	70	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Twirls- Spaghetti Pasta Bowl, Built-to Order - SR3347 (1 bowl)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fajita Chicken - SR2529 (2/3 c.)	35	123.52	4.05	2.02	0.00	613.57	2.02	18.23
Chicken Meatballs - SR3065 (5 Meatballs)	60	176.64	10.93	3.37	0.00	201.88	5.89	14.30



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<b>22-23 PopUp Brand-Twirls :38624 - ServingDate: 01/18/2023</b>								
Roasted Tuscan Vegetables - SR1442 (2 #8 scoop)	5	110.75	0.21	0.04	0.00	227.20	21.00	6.00
Garlic Knot Breadstick - SR1255 (1 roll.)	25	110.63	4.05	0.22	0.00	95.85	15.02	3.23
Penne Pasta - SR2108 (1/2 c.)	70	131.82	1.67	0.08	0.00	187.20	25.77	4.29
Spaghetti Noodles - SR2107 (1/2 c.)	30	131.82	1.67	0.08	0.00	187.20	25.77	4.29
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	30	65.49	4.49	0.33	0.00	72.07	5.40	3.00
Alfredo Cheese Sauce - SR2217 (1/4 c.)	60	100.55	6.56	3.61	0.00	415.29	4.37	6.56
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	25	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Red Pepper Flakes - SR1554 (1/4 tsp.)	5	1.43	0.08	0.01	0.00	0.14	0.25	0.05
Spaghetti Sauce - SR2220 (1/4 c.)	40	32.36	0.25	0.03	0.00	129.82	6.67	1.04
<b>22-23 PopUp Brand-Twirls :38624 - ServingDate: 01/19/2023</b>								
Twirls- Penne Pasta Bowl - SR3346 (1 bowl)	70	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Twirls- Spaghetti Pasta Bowl, Built-to Order - SR3347 (1 bowl)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fajita Chicken - SR2529 (2/3 c.)	35	123.52	4.05	2.02	0.00	613.57	2.02	18.23
Chicken Meatballs - SR3065 (5 Meatballs)	60	176.64	10.93	3.37	0.00	201.88	5.89	14.30
Roasted Tuscan Vegetables - SR1442 (2 #8 scoop)	5	110.75	0.21	0.04	0.00	227.20	21.00	6.00
Garlic Knot Breadstick - SR1255 (1 roll.)	25	110.63	4.05	0.22	0.00	95.85	15.02	3.23
Penne Pasta - SR2108 (1/2 c.)	70	131.82	1.67	0.08	0.00	187.20	25.77	4.29

# Menu Calendar Nutrient Analysis Report - January, 2023

Site: Guthrie High School  
 Date: 01/01/2023 - 01/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>22-23 PopUp Brand-Twirls :38624 - ServingDate: 01/19/2023</b>								
Spaghetti Noodles - SR2107 (1/2 c.)	30	131.82	1.67	0.08	0.00	187.20	25.77	4.29
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	30	65.49	4.49	0.33	0.00	72.07	5.40	3.00
Alfredo Cheese Sauce - SR2217 (1/4 c.)	60	100.55	6.56	3.61	0.00	415.29	4.37	6.56
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	25	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Red Pepper Flakes - SR1554 (1/4 tsp.)	5	1.43	0.08	0.01	0.00	0.14	0.25	0.05
Spaghetti Sauce - SR2220 (1/4 c.)	40	32.36	0.25	0.03	0.00	129.82	6.67	1.04
<b>22-23 Lasagna Friday Favorite :38628 - ServingDate: 01/20/2023</b>								
Scratch Beef Lasagna - OKR1603 (1 ea.)	100	314.20	10.81	5.45	0.00	673.11	35.71	18.24
Breadstick - SR1044 (1 breadstick)	100	80.00	1.00	0.00	0.00	95.00	14.00	3.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mixed Garden Vegetables - SR1583 (1/2 c.)	50	52.99	0.47	0.08	0.00	99.20	11.21	2.30
<b>22-23 PopUp Brand-Tater Temptations 1 Day :38625 - ServingDate: 01/23/2023</b>								
Tater Temptation-Broccoli & Cheese (Menu Item & Assembly) - SR3339 (1 potato)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation- Old School - SR3341 (1 potato)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation-Southwest Taco (Menu Item & Assembly) - SR3340 (1 potato)	39	(M)	(M)	(M)	(M)	(M)	(M)	(M)

# Menu Calendar Nutrient Analysis Report - January, 2023

Site: Guthrie High School  
 Date: 01/01/2023 - 01/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>22-23 PopUp Brand-Tater Temptations 1 Day :38625 - ServingDate: 01/23/2023</b>								
Tater Temptation-Turkey & Gravy - SR3343 (1 potato)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation-Veggie Chili & Cheese - SR3342 (1 potato)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.)	40	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Rainbow Chili - SR1922 (1 c.)	20	186.09	1.27	0.05	0.00	412.66	36.24	9.41
Beef Taco Filling - SR1528 (3 tbsp.)	39	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Turkey Gravy - SR1022 (3/8 c.)	10	127.75	4.26	0.91	0.00	717.15	4.32	16.35
Shredded Yellow Cheddar Cheese - SR3010 (1 oz.)	60	90.00	6.00	4.00	0.00	210.00	1.00	7.00
Dinner Roll - SR1009 (1 roll.)	100	160.00	3.00	0.00	0.00	135.00	29.00	7.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Baked Potato - SR1562 (1 potato)	15	172.26	4.66	0.36	0.00	19.32	29.59	3.63
Whipped Potatoes - SR1112 (1/2 c.)	10	79.98	1.50	1.00	0.00	102.62	15.00	2.00
Tater Tots - SR1450 (3/4 c.)	75	166.06	9.06	1.51	0.00	467.98	21.13	1.51
Bacon Crumble - SR1799 (1 tbsp.)	1	35.05	3.00	1.00	0.00	115.18	0.00	2.00
Steamed Broccoli - SR1028 (1/2 c.)	15	26.46	0.11	0.02	0.00	11.13	5.06	2.93
Green Onion - SR1946 (1 tbsp.)	5	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

# Menu Calendar Nutrient Analysis Report - January, 2023

Site: Guthrie High School  
 Date: 01/01/2023 - 01/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>22-23 PopUp Brand-Tater Temptations 1 Day :38625 - ServingDate: 01/24/2023</b>								
Tater Temptation- Broccoli & Cheese (Menu Item & Assembly) - SR3339 (1 potato)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation- Old School - SR3341 (1 potato)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation- Southwest Taco (Menu Item & Assembly) - SR3340 (1 potato)	39	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation- Turkey & Gravy - SR3343 (1 potato)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation- Veggie Chili & Cheese - SR3342 (1 potato)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.)	40	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Rainbow Chili - SR1922 (1 c.)	20	186.09	1.27	0.05	0.00	412.66	36.24	9.41
Beef Taco Filling - SR1528 (3 tbsp.)	39	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Turkey Gravy - SR1022 (3/8 c.)	10	127.75	4.26	0.91	0.00	717.15	4.32	16.35
Shredded Yellow Cheddar Cheese - SR3010 (1 oz.)	60	90.00	6.00	4.00	0.00	210.00	1.00	7.00
Dinner Roll - SR1009 (1 roll.)	100	160.00	3.00	0.00	0.00	135.00	29.00	7.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Baked Potato - SR1562 (1 potato)	15	172.26	4.66	0.36	0.00	19.32	29.59	3.63
Whipped Potatoes - SR1112 (1/2 c.)	10	79.98	1.50	1.00	0.00	102.62	15.00	2.00
Tater Tots - SR1450 (3/4 c.)	75	166.06	9.06	1.51	0.00	467.98	21.13	1.51
Bacon Crumble - SR1799 (1 tbsp.)	1	35.05	3.00	1.00	0.00	115.18	0.00	2.00
Steamed Broccoli - SR1028 (1/2 c.)	15	26.46	0.11	0.02	0.00	11.13	5.06	2.93

# Menu Calendar Nutrient Analysis Report - January, 2023

Site: Guthrie High School  
 Date: 01/01/2023 - 01/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>22-23 PopUp Brand-Tater Temptations 1 Day :38625 - ServingDate: 01/24/2023</b>								
Green Onion - SR1946 (1 tbsp.)	5	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
<b>22-23 PopUp Brand-Tater Temptations 1 Day :38625 - ServingDate: 01/25/2023</b>								
Tater Temptation- Broccoli & Cheese (Menu Item & Assembly) - SR3339 (1 potato)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation- Old School - SR3341 (1 potato)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation- Southwest Taco (Menu Item & Assembly) - SR3340 (1 potato)	39	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation- Turkey & Gravy - SR3343 (1 potato)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation- Veggie Chili & Cheese - SR3342 (1 potato)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.)	40	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Rainbow Chili - SR1922 (1 c.)	20	186.09	1.27	0.05	0.00	412.66	36.24	9.41
Beef Taco Filling - SR1528 (3 tbsp.)	39	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Turkey Gravy - SR1022 (3/8 c.)	10	127.75	4.26	0.91	0.00	717.15	4.32	16.35
Shredded Yellow Cheddar Cheese - SR3010 (1 oz.)	60	90.00	6.00	4.00	0.00	210.00	1.00	7.00
Dinner Roll - SR1009 (1 roll.)	100	160.00	3.00	0.00	0.00	135.00	29.00	7.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Baked Potato - SR1562 (1 potato)	15	172.26	4.66	0.36	0.00	19.32	29.59	3.63

# Menu Calendar Nutrient Analysis Report - January, 2023

Site: Guthrie High School  
 Date: 01/01/2023 - 01/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>22-23 PopUp Brand-Tater Temptations 1 Day :38625 - ServingDate: 01/25/2023</b>								
Whipped Potatoes - SR1112 (1/2 c.)	10	79.98	1.50	1.00	0.00	102.62	15.00	2.00
Tater Tots - SR1450 (3/4 c.)	75	166.06	9.06	1.51	0.00	467.98	21.13	1.51
Bacon Crumble - SR1799 (1 tbsp.)	1	35.05	3.00	1.00	0.00	115.18	0.00	2.00
Steamed Broccoli - SR1028 (1/2 c.)	15	26.46	0.11	0.02	0.00	11.13	5.06	2.93
Green Onion - SR1946 (1 tbsp.)	5	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
<b>22-23 PopUp Brand-Tater Temptations 1 Day :38625 - ServingDate: 01/26/2023</b>								
Tater Temptation-Broccoli & Cheese (Menu Item & Assembly) - SR3339 (1 potato)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation- Old School - SR3341 (1 potato)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation-Southwest Taco (Menu Item & Assembly) - SR3340 (1 potato)	39	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation-Turkey & Gravy - SR3343 (1 potato)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation-Veggie Chili & Cheese - SR3342 (1 potato)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.)	40	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Rainbow Chili - SR1922 (1 c.)	20	186.09	1.27	0.05	0.00	412.66	36.24	9.41
Beef Taco Filling - SR1528 (3 tbsp.)	39	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Turkey Gravy - SR1022 (3/8 c.)	10	127.75	4.26	0.91	0.00	717.15	4.32	16.35

# Menu Calendar Nutrient Analysis Report - January, 2023

Site: Guthrie High School  
 Date: 01/01/2023 - 01/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>22-23 PopUp Brand-Tater Temptations 1 Day :38625 - ServingDate: 01/26/2023</b>								
Shredded Yellow Cheddar Cheese - SR3010 (1 oz.)	60	90.00	6.00	4.00	0.00	210.00	1.00	7.00
Dinner Roll - SR1009 (1 roll.)	100	160.00	3.00	0.00	0.00	135.00	29.00	7.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Baked Potato - SR1562 (1 potato)	15	172.26	4.66	0.36	0.00	19.32	29.59	3.63
Whipped Potatoes - SR1112 (1/2 c.)	10	79.98	1.50	1.00	0.00	102.62	15.00	2.00
Tater Tots - SR1450 (3/4 c.)	75	166.06	9.06	1.51	0.00	467.98	21.13	1.51
Bacon Crumble - SR1799 (1 tbsp.)	1	35.05	3.00	1.00	0.00	115.18	0.00	2.00
Steamed Broccoli - SR1028 (1/2 c.)	15	26.46	0.11	0.02	0.00	11.13	5.06	2.93
Green Onion - SR1946 (1 tbsp.)	5	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
<b>22-23 PopUp Brand-Tater Tot Casserole - ServingDate: 01/27/2023</b>								
Tater Tot Casserole - OKR1621 (1 serving)	100	290.63	17.27	6.11	0.00	1003.19	20.29	14.15
Dinner Roll - SR1009 (1 roll.)	100	160.00	3.00	0.00	0.00	135.00	29.00	7.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Green Beans - SR1021 (1/2 c.)	80	22.18	0.13	0.04	0.00	43.10	5.11	1.18

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

**Report Selections**  
 Meal Type: Lunch  
 Site Group: Taste4  
 Menu Line: T4-Adventure (1)  
 Serving Group: 9-12  
 Nutrients Option: Expanded

# Menu Calendar Nutrient Analysis Report - January, 2023

Site: Guthrie High School  
Date: 01/01/2023 - 01/31/2023

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.