

# 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>SY22-23 Core - FAST-Heat Around The World-Day2 :38612 - ServingDate: 01/03/2023</b>								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Buffalo Chicken Wrap - SR1953 (1 wrap)	5	487.83	22.56	7.82	0.00	1768.20	49.24	21.28
Large Fajita Chicken Caesar Salad - OKR1575 (1 salad)	5	236.32	9.62	3.82	0.00	1056.22	12.46	25.09
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Twisted Breadstick - SR2142 (1 breadstick)	0	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)
<b>SY22-23 Core - FAST-Heat Around The World-Day3 :38612 - ServingDate: 01/04/2023</b>								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Large Crispy Chicken Salad - OKR1461 (1 salad)	5	307.26	15.28	4.57	0.00	435.13	23.91	18.34
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Twisted Breadstick - SR2142 (1 breadstick)	10	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)
<b>SY22-23 Core - FAST-Heat Around The World-Day4 :38612 - ServingDate: 01/05/2023</b>								
American Style Sub - OKR1838 (1 sandwich)	1	332.58	14.02	5.65	0.00	777.33	32.81	21.65

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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>SY22-23 Core - FAST-Heat Around The World-Day4 :38612 - ServingDate: 01/05/2023</b>								
Chef Salad - SR2436 (1 salad)	5	266.21	14.09	5.22	0.00	597.65	8.28	26.50
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	1	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	1	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Twisted Breadstick - SR2142 (1 breadstick)	0	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)
<b>SY22-23 Core - FAST-Heat Around The World- Day 5 :38612 - ServingDate: 01/06/2023</b>								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Chicken Caesar Salad G612, USDA diced - SR3572 (1 salad)	5	164.21	6.89	1.46	0.00	396.38	10.09	15.83
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Twisted Breadstick - SR2142 (1 breadstick)	5	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)
<b>SY22-23 Core - FAST-Heat Around The World-Day1 :38613 - ServingDate: 01/09/2023</b>								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Chef Salad, USDA - OKR1839 (1 salad)	5	164.63	8.78	3.89	0.00	405.04	6.38	15.82
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	13.38	5.00	0.00	773.05	32.82	23.10

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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>SY22-23 Core - FAST-Heat Around The World-Day1 :38613 - ServingDate: 01/09/2023</b>								
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Twisted Breadstick - SR2142 (1 breadstick)	10	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)
<b>SY22-23 Core - FAST-Heat Around The World-Day2 :38613 - ServingDate: 01/10/2023</b>								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Buffalo Chicken Wrap - SR1953 (1 wrap)	5	487.83	22.56	7.82	0.00	1768.20	49.24	21.28
Large Fajita Chicken Caesar Salad - OKR1575 (1 salad)	5	236.32	9.62	3.82	0.00	1056.22	12.46	25.09
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Twisted Breadstick - SR2142 (1 breadstick)	10	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)
<b>SY22-23 Core - FAST-Heat Around The World-Day3 :38613 - ServingDate: 01/11/2023</b>								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Large Crispy Chicken Salad - OKR1461 (1 salad)	5	307.26	15.28	4.57	0.00	435.13	23.91	18.34
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	13.38	5.00	0.00	773.05	32.82	23.10

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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>SY22-23 Core - FAST-Heat Around The World-Day3 :38613 - ServingDate: 01/11/2023</b>								
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Twisted Breadstick - SR2142 (1 breadstick)	10	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)
<b>SY22-23 Core - FAST-Heat Around The World-Day4 :38613 - ServingDate: 01/12/2023</b>								
American Style Sub - OKR1838 (1 sandwich)	1	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Classic Chef Salad - SR1083 (1 salad)	5	266.21	14.09	5.22	0.00	642.65	9.28	26.00
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	1	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	1	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Twisted Breadstick - SR2142 (1 breadstick)	10	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)
<b>SY22-23 Core - FAST-Heat Around The World-Day 5 :38613 - ServingDate: 01/13/2023</b>								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Chicken Caesar Salad G612, USDA diced - SR3572 (1 salad)	5	164.21	6.89	1.46	0.00	396.38	10.09	15.83
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Twisted Breadstick - SR2142 (1 breadstick)	5	172.69	3.27	0.09	0.00	190.34	28.41	6.09

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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>SY22-23 Core - FAST-Heat Around The World-Day 5 :38613 - ServingDate: 01/13/2023</b>								
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>SY22-23 Core - FAST-Heat Around The World-Day2 :39388 - ServingDate: 01/17/2023</b>								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Buffalo Chicken Wrap - SR1953 (1 wrap)	5	487.83	22.56	7.82	0.00	1768.20	49.24	21.28
Large Fajita Chicken Caesar Salad - OKR1575 (1 salad)	5	236.32	9.62	3.82	0.00	1056.22	12.46	25.09
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Twisted Breadstick - SR2142 (1 breadstick)	10	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)
<b>SY22-23 Core - FAST-Heat Around The World-Day3 :39388 - ServingDate: 01/18/2023</b>								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Large Crispy Chicken Salad - OKR1461 (1 salad)	5	307.26	15.28	4.57	0.00	435.13	23.91	18.34
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Twisted Breadstick - SR2142 (1 breadstick)	10	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)

# 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>SY22-23 Core - FAST-Heat Around The World-Day4 :39388 - ServingDate: 01/19/2023</b>								
American Style Sub - OKR1838 (1 sandwich)	1	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Classic Chef Salad - SR1083 (1 salad)	5	266.21	14.09	5.22	0.00	642.65	9.28	26.00
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	1	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	1	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Twisted Breadstick - SR2142 (1 breadstick)	10	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)
<b>SY22-23 Core - FAST-Heat Around The World-Day 5 :39388 - ServingDate: 01/20/2023</b>								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Chicken Caesar Salad G612, USDA diced - SR3572 (1 salad)	5	164.21	6.89	1.46	0.00	396.38	10.09	15.83
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Twisted Breadstick - SR2142 (1 breadstick)	5	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)
<b>SY22-23 Core - FAST-Heat Around The World-Day1 :39389 - ServingDate: 01/23/2023</b>								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Chef Salad, USDA - OKR1839 (1 salad)	5	164.63	8.78	3.89	0.00	405.04	6.38	15.82

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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>SY22-23 Core - FAST-Heat Around The World-Day1 :39389 - ServingDate: 01/23/2023</b>								
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Twisted Breadstick - SR2142 (1 breadstick)	10	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)
<b>SY22-23 Core - FAST-Heat Around The World-Day2 :39389 - ServingDate: 01/24/2023</b>								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Buffalo Chicken Wrap - SR1953 (1 wrap)	5	487.83	22.56	7.82	0.00	1768.20	49.24	21.28
Large Fajita Chicken Caesar Salad - OKR1575 (1 salad)	5	236.32	9.62	3.82	0.00	1056.22	12.46	25.09
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Twisted Breadstick - SR2142 (1 breadstick)	10	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)
<b>SY22-23 Core - FAST-Heat Around The World-Day3 :39389 - ServingDate: 01/25/2023</b>								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Large Crispy Chicken Salad - OKR1461 (1 salad)	5	307.26	15.28	4.57	0.00	435.13	23.91	18.34

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 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>SY22-23 Core - FAST-Heat Around The World-Day3 :39389 - ServingDate: 01/25/2023</b>								
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Twisted Breadstick - SR2142 (1 breadstick)	10	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)
<b>SY22-23 Core - FAST-Heat Around The World-Day4 :39389 - ServingDate: 01/26/2023</b>								
American Style Sub - OKR1838 (1 sandwich)	1	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Classic Chef Salad - SR1083 (1 salad)	5	266.21	14.09	5.22	0.00	642.65	9.28	26.00
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	1	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	1	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Twisted Breadstick - SR2142 (1 breadstick)	10	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)
<b>SY22-23 Core - FAST-Heat Around The World-Day 5 :39389 - ServingDate: 01/27/2023</b>								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Chicken Caesar Salad G612, USDA diced - SR3572 (1 salad)	5	164.21	6.89	1.46	0.00	396.38	10.09	15.83
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	13.38	5.00	0.00	773.05	32.82	23.10

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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>SY22-23 Core - FAST-Heat Around The World-Day 5 :39389 - ServingDate: 01/27/2023</b>								
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Twisted Breadstick - SR2142 (1 breadstick)	5	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)

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

**Report Selections**  
 Meal Type: Lunch  
 Site Group: Taste4  
 Menu Line: T4-Fast (tier I)  
 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.