

Menu Calendar Nutrient Analysis Report - November, 2021

Site: Guthrie High School
Date: 11/01/2021 - 11/30/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 PopUp Brand- Tater Temptations 1 Day :36129 - ServingDate: 11/01/2021								
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	412.67	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
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	102.63	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
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Bacon Crumble - SR1799 (1 tbsp.)	1	35.05	3.00	1.00	0.00	115.18	0.00	2.00

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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)
SY21-22 PopUp Brand- Tater Temptations 1 Day :36129 - ServingDate: 11/01/2021								
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
SY21-22 PopUp Brand- Tater Temptations 1 Day :36129 - ServingDate: 11/02/2021								
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	412.67	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

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 PopUp Brand- Tater Temptations 1 Day :36129 - ServingDate: 11/02/2021								
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	102.63	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
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
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
SY21-22 PopUp Brand- Tater Temptations 1 Day :36129 - ServingDate: 11/03/2021								
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

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 PopUp Brand- Tater Temptations 1 Day :36129 - ServingDate: 11/03/2021								
Rainbow Chili - SR1922 (1 c.)	20	186.09	1.27	0.05	0.00	412.67	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
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	102.63	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
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
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
SY21-22 PopUp Brand- Tater Temptations 1 Day :36129 - ServingDate: 11/04/2021								
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)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 PopUp Brand- Tater Temptations 1 Day :36129 - ServingDate: 11/04/2021								
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	412.67	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
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	102.63	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
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
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

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SY21-22 PopUp Brand- Tater Temptations 1 Day :36129 - ServingDate: 11/05/2021								
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	412.67	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
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	102.63	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
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Bacon Crumble - SR1799 (1 tbsp.)	1	35.05	3.00	1.00	0.00	115.18	0.00	2.00

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SY21-22 PopUp Brand- Tater Temptations 1 Day :36129 - ServingDate: 11/05/2021								
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
SY21-22 PopUp Brand- Street Taqueria 1 Day :37158 - ServingDate: 11/08/2021								
Beef Tamale con Queso - SR3352 (1 tamale)	50	204.17	13.93	4.64	0.84	361.46	11.22	9.21
Enchilada Suiza - SR3315 (1 enchilada)	50	346.80	12.67	5.39	0.00	763.49	36.19	17.33
Taco Al Pastor - SR3353 (1 taco)	75	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Aztec Corn Taco - SR3082 (1 taco)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Turkey Al Pastor - SR1259 (1/4 c.)	75	64.99	1.92	0.47	0.00	489.95	3.16	8.42
Aztec Corn - SR3173 (1 #8 scoop)	25	89.90	1.48	0.14	0.00	46.96	17.23	3.54
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	25	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Cilantro Lime Rice - SR2167 (1/4 c.)	25	58.04	1.10	0.06	0.00	69.36	11.20	1.22
Flour Tortilla - SR1066 (2 tortilla)	100	179.97	5.00	2.00	0.00	259.96	28.00	4.00
Vegetarian Refried Beans - SR1070 (1/2 c.)	25	161.28	0.58	0.00	0.00	158.86	28.80	10.37
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fresh Cilantro - SR1265 (1 tsp.)	10	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Salsa Roja - SR1081 (2 tbsp.)	50	9.02	0.03	0.01	0.00	96.00	1.87	0.28

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SY21-22 PopUp Brand- Street Taqueria 1 Day :37158 - ServingDate: 11/08/2021								
Salsa Verde - SR1282 (2 tbsp.)	25	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Sour Cream - SR1659 (2 tbsp.)	35	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY21-22 PopUp Brand- Street Taqueria 1 Day :37158 - ServingDate: 11/09/2021								
Beef Tamale con Queso - SR3352 (1 tamale)	50	204.17	13.93	4.64	0.84	361.46	11.22	9.21
Enchilada Suiza - SR3315 (1 enchilada)	50	346.80	12.67	5.39	0.00	763.49	36.19	17.33
Taco Al Pastor - SR3353 (1 taco)	75	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Aztec Corn Taco - SR3082 (1 taco)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Turkey Al Pastor - SR1259 (1/4 c.)	75	64.99	1.92	0.47	0.00	489.95	3.16	8.42
Aztec Corn - SR3173 (1 #8 scoop)	25	89.90	1.48	0.14	0.00	46.96	17.23	3.54
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	25	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Cilantro Lime Rice - SR2167 (1/4 c.)	25	58.04	1.10	0.06	0.00	69.36	11.20	1.22
Flour Tortilla - SR1066 (2 tortilla)	100	179.97	5.00	2.00	0.00	259.96	28.00	4.00
Vegetarian Refried Beans - SR1070 (1/2 c.)	25	161.28	0.58	0.00	0.00	158.86	28.80	10.37
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fresh Cilantro - SR1265 (1 tsp.)	10	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Salsa Roja - SR1081 (2 tbsp.)	50	9.02	0.03	0.01	0.00	96.00	1.87	0.28
Salsa Verde - SR1282 (2 tbsp.)	25	15.95	0.97	0.12	0.00	265.77	1.99	0.35

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SY21-22 PopUp Brand- Street Taqueria 1 Day :37158 - ServingDate: 11/09/2021								
Sour Cream - SR1659 (2 tbsp.)	35	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY21-22 PopUp Brand- Street Taqueria 1 Day :37158 - ServingDate: 11/10/2021								
Beef Tamale con Queso - SR3352 (1 tamale)	50	204.17	13.93	4.64	0.84	361.46	11.22	9.21
Enchilada Suiza - SR3315 (1 enchilada)	50	346.80	12.67	5.39	0.00	763.49	36.19	17.33
Taco Al Pastor - SR3353 (1 taco)	75	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Aztec Corn Taco - SR3082 (1 taco)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Turkey Al Pastor - SR1259 (1/4 c.)	75	64.99	1.92	0.47	0.00	489.95	3.16	8.42
Aztec Corn - SR3173 (1 #8 scoop)	25	89.90	1.48	0.14	0.00	46.96	17.23	3.54
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	25	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Cilantro Lime Rice - SR2167 (1/4 c.)	25	58.04	1.10	0.06	0.00	69.36	11.20	1.22
Flour Tortilla - SR1066 (2 tortilla)	100	179.97	5.00	2.00	0.00	259.96	28.00	4.00
Vegetarian Refried Beans - SR1070 (1/2 c.)	25	161.28	0.58	0.00	0.00	158.86	28.80	10.37
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fresh Cilantro - SR1265 (1 tsp.)	10	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Salsa Roja - SR1081 (2 tbsp.)	50	9.02	0.03	0.01	0.00	96.00	1.87	0.28
Salsa Verde - SR1282 (2 tbsp.)	25	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Sour Cream - SR1659 (2 tbsp.)	35	60.00	5.00	3.50	0.00	15.00	1.00	1.00

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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)
SY21-22 PopUp Brand- Street Taqueria 1 Day :37158 - ServingDate: 11/11/2021								
Beef Tamale con Queso - SR3352 (1 tamale)	50	204.17	13.93	4.64	0.84	361.46	11.22	9.21
Enchilada Suiza - SR3315 (1 enchilada)	50	346.80	12.67	5.39	0.00	763.49	36.19	17.33
Taco Al Pastor - SR3353 (1 taco)	75	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Aztec Corn Taco - SR3082 (1 taco)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Turkey Al Pastor - SR1259 (1/4 c.)	75	64.99	1.92	0.47	0.00	489.95	3.16	8.42
Aztec Corn - SR3173 (1 #8 scoop)	25	89.90	1.48	0.14	0.00	46.96	17.23	3.54
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	25	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Cilantro Lime Rice - SR2167 (1/4 c.)	25	58.04	1.10	0.06	0.00	69.36	11.20	1.22
Flour Tortilla - SR1066 (2 tortilla)	100	179.97	5.00	2.00	0.00	259.96	28.00	4.00
Vegetarian Refried Beans - SR1070 (1/2 c.)	25	161.28	0.58	0.00	0.00	158.86	28.80	10.37
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fresh Cilantro - SR1265 (1 tsp.)	10	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Salsa Roja - SR1081 (2 tbsp.)	50	9.02	0.03	0.01	0.00	96.00	1.87	0.28
Salsa Verde - SR1282 (2 tbsp.)	25	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Sour Cream - SR1659 (2 tbsp.)	35	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY21-22 Friday Favorites Mini PopUp Brand- Walking Nachos - ServingDate: 11/12/2021								
Walking Nachos - OKR1530 (1 nacho)	100	339.27	14.98	4.88	0.00	722.86	33.54	16.03

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Date: 11/01/2021 - 11/30/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 Friday Favorites Mini PopUp Brand- Walking Nachos - ServingDate: 11/12/2021								
Aztec Corn - SR3173 (1 c.)	30	179.80	2.96	0.28	0.00	93.92	34.47	7.08
Mexican Black Beans - SR1026 (1/2 c.)	20	64.52	0.06	0.01	0.00	79.33	11.99	3.93
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY21-22 PopUp Brand- Chopsticks 1 Day :36127 - ServingDate: 11/15/2021								
Chopsticks- Fried Rice Bowl - SR3338 (1 bowl)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chopsticks- Noodle Bowl - SR3336 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chopsticks- Rice Bowl - SR3337 (1 bowl)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Chick'n Nugget - SR2451 (5 nuggets)	1	253.57	11.41	1.90	0.00	469.11	25.36	15.21
Fajita Chicken - SR2529 (2/3 c.)	15	123.52	4.05	2.02	0.00	613.57	2.02	18.23
Popcorn Chicken - SR1413 (12 piece)	65	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Teriyaki Beef Dippers - SR1714 (4 piece)	20	150.00	8.00	3.50	0.00	419.99	6.00	12.00
Oven Fried Rice - SR1382 (2/3 c.)	60	150.73	1.32	0.23	0.00	313.95	30.65	5.05
Vegetable Lo Mein - SR1770 (2/3 c.)	25	141.56	1.58	0.22	0.00	533.51	30.28	4.39
Steamed Brown Rice - SR1098 (1/2 c.)	15	117.19	0.69	0.00	0.00	2.03	25.51	2.76
Roasted Sesame Carrots - SR1787 (1/2 c.)	40	130.70	9.59	1.30	0.00	357.51	10.85	1.32
Roasted Broccoli - SR1852 (1/2 c.)	60	65.49	4.49	0.33	0.00	72.06	5.40	3.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - November, 2021

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 PopUp Brand- Chopsticks 1 Day :36127 - ServingDate: 11/15/2021								
General Tso Sauce - SR1823 (2 tbsp.)	40	110.93	0.05	0.01	0.00	125.86	28.49	0.05
Sweet and Sour Sauce - SR2022 (2 tbsp.)	45	70.00	0.00	0.00	0.00	75.00	18.00	0.00
Teriyaki Sauce - SR2025 (2 tbsp.)	15	90.00	0.00	0.00	0.00	290.00	22.00	1.00
SY21-22 PopUp Brand- Chopsticks 1 Day :36127 - ServingDate: 11/16/2021								
Chopsticks- Fried Rice Bowl - SR3338 (1 bowl)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chopsticks- Noodle Bowl - SR3336 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chopsticks- Rice Bowl - SR3337 (1 bowl)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Chick'n Nugget - SR2451 (5 nuggets)	1	253.57	11.41	1.90	0.00	469.11	25.36	15.21
Fajita Chicken - SR2529 (2/3 c.)	15	123.52	4.05	2.02	0.00	613.57	2.02	18.23
Popcorn Chicken - SR1413 (12 piece)	65	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Teriyaki Beef Dippers - SR1714 (4 piece)	20	150.00	8.00	3.50	0.00	419.99	6.00	12.00
Oven Fried Rice - SR1382 (2/3 c.)	60	150.73	1.32	0.23	0.00	313.95	30.65	5.05
Vegetable Lo Mein - SR1770 (2/3 c.)	25	141.56	1.58	0.22	0.00	533.51	30.28	4.39
Steamed Brown Rice - SR1098 (1/2 c.)	15	117.19	0.69	0.00	0.00	2.03	25.51	2.76
Roasted Sesame Carrots - SR1787 (1/2 c.)	40	130.70	9.59	1.30	0.00	357.51	10.85	1.32
Roasted Broccoli - SR1852 (1/2 c.)	60	65.49	4.49	0.33	0.00	72.06	5.40	3.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
General Tso Sauce - SR1823 (2 tbsp.)	40	110.93	0.05	0.01	0.00	125.86	28.49	0.05

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 PopUp Brand- Chopsticks 1 Day :36127 - ServingDate: 11/16/2021								
Sweet and Sour Sauce - SR2022 (2 tbsp.)	45	70.00	0.00	0.00	0.00	75.00	18.00	0.00
Teriyaki Sauce - SR2025 (2 tbsp.)	15	90.00	0.00	0.00	0.00	290.00	22.00	1.00
SY21-22 PopUp Brand- Chopsticks 1 Day :36127 - ServingDate: 11/17/2021								
Chopsticks- Fried Rice Bowl - SR3338 (1 bowl)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chopsticks- Noodle Bowl - SR3336 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chopsticks- Rice Bowl - SR3337 (1 bowl)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Chick'n Nugget - SR2451 (5 nuggets)	1	253.57	11.41	1.90	0.00	469.11	25.36	15.21
Fajita Chicken - SR2529 (2/3 c.)	15	123.52	4.05	2.02	0.00	613.57	2.02	18.23
Popcorn Chicken - SR1413 (12 piece)	65	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Teriyaki Beef Dippers - SR1714 (4 piece)	20	150.00	8.00	3.50	0.00	419.99	6.00	12.00
Oven Fried Rice - SR1382 (2/3 c.)	60	150.73	1.32	0.23	0.00	313.95	30.65	5.05
Vegetable Lo Mein - SR1770 (2/3 c.)	25	141.56	1.58	0.22	0.00	533.51	30.28	4.39
Steamed Brown Rice - SR1098 (1/2 c.)	15	117.19	0.69	0.00	0.00	2.03	25.51	2.76
Roasted Sesame Carrots - SR1787 (1/2 c.)	40	130.70	9.59	1.30	0.00	357.51	10.85	1.32
Roasted Broccoli - SR1852 (1/2 c.)	60	65.49	4.49	0.33	0.00	72.06	5.40	3.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
General Tso Sauce - SR1823 (2 tbsp.)	40	110.93	0.05	0.01	0.00	125.86	28.49	0.05
Sweet and Sour Sauce - SR2022 (2 tbsp.)	45	70.00	0.00	0.00	0.00	75.00	18.00	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)
SY21-22 PopUp Brand- Chopsticks 1 Day :36127 - ServingDate: 11/17/2021								
Teriyaki Sauce - SR2025 (2 tbsp.)	15	90.00	0.00	0.00	0.00	290.00	22.00	1.00
Taste4 Holiday Meal - ServingDate: 11/18/2021								
Holiday Meal Turkey & Dressing - OKR1807 (1 portion)	0	317.26	10.82	3.60	0.00	1555.58	27.80	28.05
Homemade Apple Crisp - OKR1821 (1 slice)	0	378.44	11.01	4.48	0.00	358.95	68.47	2.89
Dinner Roll - SR1009 (1 roll.)	150	160.00	3.00	0.00	0.00	135.00	29.00	7.00
Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Fruit Cocktail - SR1037 (1/2 c.)	5	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Cranberry Sauce - SR2216 (1/4 c.)	0	119.17	0.00	0.00	0.00	10.83	27.08	0.00
Fresh Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Celery Sticks - SR1014 (6 stick.)	25	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Roasted Green Beans - SR1021 (1/2 c.)	0	22.18	0.13	0.04	0.00	43.09	5.11	1.18
Whipped Potatoes - SR1112 (1/2 c.)	75	79.98	1.50	1.00	0.00	102.63	15.00	2.00
Garden Side Salad - SR1429 (1 c.)	25	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chocolate1% Milk - OKR1062 (8 oz.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Chicken Gravy - SR1589 (2 tbsp.)	0	15.19	0.51	0.00	0.00	66.70	2.02	0.00
Ketchup - SR1004 (1 tbsp.)	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)
Taste4 Holiday Meal - ServingDate: 11/18/2021								
Light Mayonnaise - SR1005 (1 tbsp.)	0	50.00	4.50	0.50	0.00	85.00	3.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	0	25.00	1.25	0.25	0.00	160.00	4.00	0.00
SY21-22 PopUp Brand- Chopsticks 1 Day :36127 - ServingDate: 11/19/2021								
Chopsticks- Fried Rice Bowl - SR3338 (1 bowl)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chopsticks- Noodle Bowl - SR3336 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chopsticks- Rice Bowl - SR3337 (1 bowl)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Chick'n Nugget - SR2451 (5 nuggets)	1	253.57	11.41	1.90	0.00	469.11	25.36	15.21
Fajita Chicken - SR2529 (2/3 c.)	15	123.52	4.05	2.02	0.00	613.57	2.02	18.23
Popcorn Chicken - SR1413 (12 piece)	65	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Teriyaki Beef Dippers - SR1714 (4 piece)	20	150.00	8.00	3.50	0.00	419.99	6.00	12.00
Oven Fried Rice - SR1382 (2/3 c.)	60	150.73	1.32	0.23	0.00	313.95	30.65	5.05
Vegetable Lo Mein - SR1770 (2/3 c.)	25	141.56	1.58	0.22	0.00	533.51	30.28	4.39
Steamed Brown Rice - SR1098 (1/2 c.)	15	117.19	0.69	0.00	0.00	2.03	25.51	2.76
Roasted Sesame Carrots - SR1787 (1/2 c.)	40	130.70	9.59	1.30	0.00	357.51	10.85	1.32
Roasted Broccoli - SR1852 (1/2 c.)	60	65.49	4.49	0.33	0.00	72.06	5.40	3.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
General Tso Sauce - SR1823 (2 tbsp.)	40	110.93	0.05	0.01	0.00	125.86	28.49	0.05

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 PopUp Brand- Chopsticks 1 Day :36127 - ServingDate: 11/19/2021								
Sweet and Sour Sauce - SR2022 (2 tbsp.)	45	70.00	0.00	0.00	0.00	75.00	18.00	0.00
Teriyaki Sauce - SR2025 (2 tbsp.)	15	90.00	0.00	0.00	0.00	290.00	22.00	1.00
SY21-22 PopUp Brand- Twirls :37160 - ServingDate: 11/29/2021								
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	110.73	0.21	0.04	0.00	227.16	20.99	5.99
Garlic Knot Breadstick - SR1255 (1 roll.)	25	110.72	4.05	0.22	0.00	95.84	15.02	3.23
Whole Wheat Penne Pasta - SR1198 (1 c.)	70	190.09	3.05	0.42	0.00	416.64	39.02	6.57
Whole Wheat Spaghetti Noodles - SR1135 (1 c.)	30	192.89	3.09	0.42	0.00	422.76	39.60	6.67
Roasted Broccoli - SR1852 (1/2 c.)	30	65.49	4.49	0.33	0.00	72.06	5.40	3.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Alfredo Cheese Sauce - SR2217 (1/4 c.)	60	98.36	5.46	3.39	0.00	408.74	5.46	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	32.32	0.26	0.05	0.01	248.93	6.47	1.08

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 PopUp Brand- Twirls :37160 - ServingDate: 11/30/2021								
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	110.73	0.21	0.04	0.00	227.16	20.99	5.99
Garlic Knot Breadstick - SR1255 (1 roll.)	25	110.72	4.05	0.22	0.00	95.84	15.02	3.23
Whole Wheat Penne Pasta - SR1198 (1 c.)	70	190.09	3.05	0.42	0.00	416.64	39.02	6.57
Whole Wheat Spaghetti Noodles - SR1135 (1 c.)	30	192.89	3.09	0.42	0.00	422.76	39.60	6.67
Roasted Broccoli - SR1852 (1/2 c.)	30	65.49	4.49	0.33	0.00	72.06	5.40	3.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Alfredo Cheese Sauce - SR2217 (1/4 c.)	60	98.36	5.46	3.39	0.00	408.74	5.46	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	32.32	0.26	0.05	0.01	248.93	6.47	1.08

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

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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.