

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 Core - FAST-Mediterranean W1D1 :37146 - ServingDate: 11/01/2021								
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	172.59	8.96	3.89	0.00	444.63	6.57	17.30
Bruschetta Chicken Salad - SR3253 (1 salad)	5	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Blueberry Patch Parfait - SR1733 (1 parfait)	5	409.05 (M)	7.74(M)	1.57(M)	0.04(M)	234.58 (M)	75.19 (M)	9.81(M)
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
WOF- Bruschetta Chicken Sub - SR3178 (1 sandwich)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Bruschetta Chicken - SR2610 (3/8 c.)	10	105.04	3.87	0.32	0.00	142.46	2.08	13.77
Shredded Mozzarella Cheese - SR1989 (1/2 oz.)	10	40.50	2.53	1.52	0.00	91.12	1.01	3.04
Spicy Italian Herb Sub Roll - SR1512 (1 roll (smal))	5	167.83	3.10	0.01	0.00	183.93	30.56	6.33
Twisted Breadstick - OKR1002 (2 breadstick)	30	160.00	2.00	0.00	0.00	190.00	28.00	6.00
Bruschetta Topping - SR1627 (1/4 c.)	10	18.08	0.74	0.14	0.00	33.91	2.65	0.53
Mixed Salad Greens - SR1080 (1 c.)	5	12.85	0.03	0.00	0.00	12.67	2.51	0.94
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY21-22 Core - FAST-Mediterranean W1D2 :37146 - ServingDate: 11/02/2021								
American Style Sub - OKR1838 (1 sandwich)	10	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)
SY21-22 Core - FAST-Mediterranean W1D2 :37146 - ServingDate: 11/02/2021								
Large Fajita Chicken Caesar Salad - OKR1575 (1 salad)	5	236.32	9.62	3.82	0.00	1056.22	12.46	25.09
Chicken Salad Sub Sandwich - SR1200 (1 sandwich)	1	338.02	13.01	1.60	0.00	401.37	35.47	23.12
Blueberry Patch Parfait - SR1733 (1 parfait)	5	409.05 (M)	7.74(M)	1.57(M)	0.04(M)	234.58 (M)	75.19 (M)	9.81(M)
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
Pesto Chicken Salad - SR2571 (1 salad)	5	290.54	17.31	4.23	0.00	906.74	12.41	21.55
Pesto Chicken Sub - SR2572 (1 sandwich)	5	423.05	20.30	4.22	0.00	1049.27	35.71	25.78
Twisted Breadstick - OKR1002 (2 breadstick)	30	160.00	2.00	0.00	0.00	190.00	28.00	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY21-22 Core - FAST-Mediterranean W1D3 :37146 - ServingDate: 11/03/2021								
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
Blueberry Patch Parfait - SR1733 (1 parfait)	5	409.05 (M)	7.74(M)	1.57(M)	0.04(M)	234.58 (M)	75.19 (M)	9.81(M)
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
Greek Turkey Salad - SR2354 (1 salad)	5	327.26	18.73	2.98	0.00	1262.90	25.60	17.76

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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 Core - FAST-Mediterranean W1D3 :37146 - ServingDate: 11/03/2021								
Greek Turkey Wrap, 10-inch - SR2353 (1 wrap)	5	483.33	21.85	5.97	0.00	906.59	52.70	20.88
Twisted Breadstick - OKR1002 (2 breadstick)	30	160.00	2.00	0.00	0.00	190.00	28.00	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY21-22 Core - FAST-Mediterranean W1D4 :37146 - ServingDate: 11/04/2021								
American Style Sub - OKR1838 (1 sandwich)	5	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Buffalo Chicken Salad - SR1956 (1 salad)	5	313.06	16.71	4.84	0.00	1476.33	22.32	18.64
Blueberry Patch Parfait - SR1733 (1 parfait)	5	409.05 (M)	7.74(M)	1.57(M)	0.04(M)	234.58 (M)	75.19 (M)	9.81(M)
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	5	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	5	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Balsamic Chicken Salad - SR2342 (1 salad)	5	221.51	7.28	2.80	0.00	739.45	17.29	22.61
Balsamic Chicken Sub, Richs WG - SR2345 (1 sandwich)	5	357.57	10.28	2.79	0.00	481.51	41.36	26.79
Twisted Breadstick - OKR1002 (2 breadstick)	10	160.00	2.00	0.00	0.00	190.00	28.00	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY21-22 Core -FAST-Mediterranean W1D5 :37146 - ServingDate: 11/05/2021								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Blueberry Patch Parfait - SR1733 (1 parfait)	5	409.05 (M)	7.74(M)	1.57(M)	0.04(M)	234.58 (M)	75.19 (M)	9.81(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 Core -FAST-Mediterranean W1D5 :37146 - ServingDate: 11/05/2021								
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
Fiesta Beef Salad - SR1110 (1 salad)	5	166.41	6.64	3.33	0.00	665.83	13.98	12.57
Twisted Breadstick - OKR1002 (2 breadstick)	10	160.00	2.00	0.00	0.00	190.00	28.00	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY21-22 Core - FAST-Mediterranean W2D1 :37147 - ServingDate: 11/08/2021								
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	172.59	8.96	3.89	0.00	444.63	6.57	17.30
Bruschetta Chicken Salad - SR3253 (1 salad)	5	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
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
WOF- Bruschetta Chicken Sub - SR3178 (1 sandwich)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Double Berry Parfait - SR1602 (1 parfait)	5	450.54 (M)	7.82(M)	1.57(M)	0.04(M)	236.08 (M)	87.28 (M)	10.14 (M)
Bruschetta Chicken - SR2610 (3/8 c.)	10	105.04	3.87	0.32	0.00	142.46	2.08	13.77
Shredded Mozzarella Cheese - SR1989 (1/2 oz.)	10	40.50	2.53	1.52	0.00	91.12	1.01	3.04
Spicy Italian Herb Sub Roll - SR1512 (1 roll (smal))	5	167.83	3.10	0.01	0.00	183.93	30.56	6.33

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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 Core - FAST-Mediterranean W2D1 :37147 - ServingDate: 11/08/2021								
Twisted Breadstick - OKR1002 (2 breadstick)	30	160.00	2.00	0.00	0.00	190.00	28.00	6.00
Bruschetta Topping - SR1627 (1/4 c.)	10	18.08	0.74	0.14	0.00	33.91	2.65	0.53
Mixed Salad Greens - SR1080 (1 c.)	5	12.85	0.03	0.00	0.00	12.67	2.51	0.94
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY21-22 Core - FAST-Mediterranean W2D2 :37147 - ServingDate: 11/09/2021								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Large Fajita Chicken Caesar Salad - OKR1575 (1 salad)	5	236.32	9.62	3.82	0.00	1056.22	12.46	25.09
Chicken Salad Sub Sandwich - SR1200 (1 sandwich)	1	338.02	13.01	1.60	0.00	401.37	35.47	23.12
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
Double Berry Parfait - SR1602 (1 parfait)	5	450.54 (M)	7.82(M)	1.57(M)	0.04(M)	236.08 (M)	87.28 (M)	10.14 (M)
Pesto Chicken Salad - SR2571 (1 salad)	5	290.54	17.31	4.23	0.00	906.74	12.41	21.55
Pesto Chicken Sub - SR2572 (1 sandwich)	5	423.05	20.30	4.22	0.00	1049.27	35.71	25.78
Twisted Breadstick - OKR1002 (2 breadstick)	30	160.00	2.00	0.00	0.00	190.00	28.00	6.00
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)
SY21-22 Core - FAST-Mediterranean W2D3 :37147 - ServingDate: 11/10/2021								
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
Greek Turkey Salad - SR2354 (1 salad)	5	327.26	18.73	2.98	0.00	1262.90	25.60	17.76
Greek Turkey Wrap, 10-inch - SR2353 (1 wrap)	5	483.33	21.85	5.97	0.00	906.59	52.70	20.88
Double Berry Parfait - SR1602 (1 parfait)	5	450.54 (M)	7.82(M)	1.57(M)	0.04(M)	236.08 (M)	87.28 (M)	10.14 (M)
Twisted Breadstick - OKR1002 (2 breadstick)	30	160.00	2.00	0.00	0.00	190.00	28.00	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY21-22 Core - FAST-Mediterranean W2D4 :37147 - ServingDate: 11/11/2021								
American Style Sub - OKR1838 (1 sandwich)	5	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Buffalo Chicken Salad - SR1956 (1 salad)	5	313.06	16.71	4.84	0.00	1476.33	22.32	18.64
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	5	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	5	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Balsamic Chicken Salad - SR2342 (1 salad)	5	221.51	7.28	2.80	0.00	739.45	17.29	22.61
Balsamic Chicken Sub, Ricks WG - SR2345 (1 sandwich)	5	357.57	10.28	2.79	0.00	481.51	41.36	26.79

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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 Core - FAST-Mediterranean W2D4 :37147 - ServingDate: 11/11/2021								
Double Berry Parfait - SR1602 (1 parfait)	5	450.54 (M)	7.82(M)	1.57(M)	0.04(M)	236.08 (M)	87.28 (M)	10.14 (M)
Twisted Breadstick - OKR1002 (2 breadstick)	10	160.00	2.00	0.00	0.00	190.00	28.00	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY21-22 Core -FAST-Mediterranean W2D5 :37147 - ServingDate: 11/12/2021								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
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
Double Berry Parfait - SR1602 (1 parfait)	5	450.54 (M)	7.82(M)	1.57(M)	0.04(M)	236.08 (M)	87.28 (M)	10.14 (M)
Fiesta Beef Salad - SR1110 (1 salad)	5	166.41	6.64	3.33	0.00	665.83	13.98	12.57
Twisted Breadstick - OKR1002 (2 breadstick)	10	160.00	2.00	0.00	0.00	190.00	28.00	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY21-22 Core - FAST-Mediterranean W3D1 :37148 - ServingDate: 11/15/2021								
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	172.59	8.96	3.89	0.00	444.63	6.57	17.30
Bruschetta Chicken Salad - SR3253 (1 salad)	5	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
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)
SY21-22 Core - FAST-Mediterranean W3D1 :37148 - ServingDate: 11/15/2021								
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	14.65	6.30	0.00	781.62	32.79	20.19
WOF- Bruschetta Chicken Sub - SR3178 (1 sandwich)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Strawberry Fields Parfait - SR1738 (1 parfait)	5	515.01 (M)	7.82(M)	1.69(M)	0.04(M)	260.80 (M)	103.49 (M)	11.09 (M)
Bruschetta Chicken - SR2610 (3/8 c.)	10	105.04	3.87	0.32	0.00	142.46	2.08	13.77
Shredded Mozzarella Cheese - SR1989 (1/2 oz.)	10	40.50	2.53	1.52	0.00	91.12	1.01	3.04
Spicy Italian Herb Sub Roll - SR1512 (1 roll (smal))	5	167.83	3.10	0.01	0.00	183.93	30.56	6.33
Twisted Breadstick - OKR1002 (2 breadstick)	30	160.00	2.00	0.00	0.00	190.00	28.00	6.00
Bruschetta Topping - SR1627 (1/4 c.)	10	18.08	0.74	0.14	0.00	33.91	2.65	0.53
Mixed Salad Greens - SR1080 (1 c.)	5	12.85	0.03	0.00	0.00	12.67	2.51	0.94
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY21-22 Core - FAST-Mediterranean W3D2 :37148 - ServingDate: 11/16/2021								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Large Fajita Chicken Caesar Salad - OKR1575 (1 salad)	5	236.32	9.62	3.82	0.00	1056.22	12.46	25.09
Chicken Salad Sub Sandwich - SR1200 (1 sandwich)	1	338.02	13.01	1.60	0.00	401.37	35.47	23.12
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)
SY21-22 Core - FAST-Mediterranean W3D2 :37148 - ServingDate: 11/16/2021								
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Strawberry Fields Parfait - SR1738 (1 parfait)	5	515.01 (M)	7.82(M)	1.69(M)	0.04(M)	260.80 (M)	103.49 (M)	11.09 (M)
Pesto Chicken Salad - SR2571 (1 salad)	5	290.54	17.31	4.23	0.00	906.74	12.41	21.55
Pesto Chicken Sub - SR2572 (1 sandwich)	5	423.05	20.30	4.22	0.00	1049.27	35.71	25.78
Twisted Breadstick - OKR1002 (2 breadstick)	30	160.00	2.00	0.00	0.00	190.00	28.00	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY21-22 Core - FAST-Mediterranean W3D3 :37148 - ServingDate: 11/17/2021								
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
Greek Turkey Salad - SR2354 (1 salad)	5	327.26	18.73	2.98	0.00	1262.90	25.60	17.76
Greek Turkey Wrap, 10-inch - SR2353 (1 wrap)	5	483.33	21.85	5.97	0.00	906.59	52.70	20.88
Strawberry Fields Parfait - SR1738 (1 parfait)	5	515.01 (M)	7.82(M)	1.69(M)	0.04(M)	260.80 (M)	103.49 (M)	11.09 (M)
Twisted Breadstick - OKR1002 (2 breadstick)	30	160.00	2.00	0.00	0.00	190.00	28.00	6.00
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)
SY21-22 Core -FAST-Mediterranean W3D5 :37148 - ServingDate: 11/19/2021								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
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
Strawberry Fields Parfait - SR1738 (1 parfait)	5	515.01 (M)	7.82(M)	1.69(M)	0.04(M)	260.80 (M)	103.49 (M)	11.09 (M)
Fiesta Beef Salad - SR1110 (1 salad)	5	166.41	6.64	3.33	0.00	665.83	13.98	12.57
Twisted Breadstick - OKR1002 (2 breadstick)	10	160.00	2.00	0.00	0.00	190.00	28.00	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY21-22 Core - FAST-Mediterranean W4D1 :37149 - ServingDate: 11/29/2021								
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	172.59	8.96	3.89	0.00	444.63	6.57	17.30
Bruschetta Chicken Salad - SR3253 (1 salad)	5	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
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
WOF- Bruschetta Chicken Sub - SR3178 (1 sandwich)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Strawberry Banana Parfait - SR1737 (1 parfait)	5	487.19 (M)	7.86(M)	1.73(M)	0.04(M)	259.18 (M)	95.53 (M)	11.16 (M)
Bruschetta Chicken - SR2610 (3/8 c.)	10	105.04	3.87	0.32	0.00	142.46	2.08	13.77

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 Core - FAST-Mediterranean W4D1 :37149 - ServingDate: 11/29/2021								
Shredded Mozzarella Cheese - SR1989 (1/2 oz.)	10	40.50	2.53	1.52	0.00	91.12	1.01	3.04
Spicy Italian Herb Sub Roll - SR1512 (1 roll (smal))	5	167.83	3.10	0.01	0.00	183.93	30.56	6.33
Twisted Breadstick - OKR1002 (2 breadstick)	30	160.00	2.00	0.00	0.00	190.00	28.00	6.00
Bruschetta Topping - SR1627 (1/4 c.)	10	18.08	0.74	0.14	0.00	33.91	2.65	0.53
Mixed Salad Greens - SR1080 (1 c.)	5	12.85	0.03	0.00	0.00	12.67	2.51	0.94
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY21-22 Core - FAST-Mediterranean W4D2 :37149 - ServingDate: 11/30/2021								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Large Fajita Chicken Caesar Salad - OKR1575 (1 salad)	5	236.32	9.62	3.82	0.00	1056.22	12.46	25.09
Chicken Salad Sub Sandwich - SR1200 (1 sandwich)	1	338.02	13.01	1.60	0.00	401.37	35.47	23.12
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
Strawberry Banana Parfait - SR1737 (1 parfait)	5	487.19 (M)	7.86(M)	1.73(M)	0.04(M)	259.18 (M)	95.53 (M)	11.16 (M)
Pesto Chicken Salad - SR2571 (1 salad)	5	290.54	17.31	4.23	0.00	906.74	12.41	21.55
Pesto Chicken Sub - SR2572 (1 sandwich)	5	423.05	20.30	4.22	0.00	1049.27	35.71	25.78
Twisted Breadstick - OKR1002 (2 breadstick)	30	160.00	2.00	0.00	0.00	190.00	28.00	6.00

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 Core - FAST-Mediterranean W4D2 :37149 - ServingDate: 11/30/2021								
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.