

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)
21-22 - Pizza - Mediterranean Day 1 :37154 - ServingDate: 11/01/2021								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.55	12.23	6.13	0.00	615.08	35.32	19.39
Pepperoni Pizza - SR1443 (1 slice)	32	364.14	15.15	7.22	0.00	719.57	35.32	20.84
Chicken Bruschetta Pizza - SR1438 (1 slice)	8	321.01	10.13	4.30	0.00	555.33	35.13	22.25
Spaghetti Sauce - SR2220 (1/2 c.)	22	64.64	0.52	0.10	0.01	497.86	12.94	2.16
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
21-22 - Pizza - Mediterranean Day 2 :37154 - ServingDate: 11/02/2021								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.55	12.23	6.13	0.00	615.08	35.32	19.39
Sausage Pizza - SR1474 (1 slice)	16	396.76	17.63	8.11	0.10	803.35	36.18	22.38
Pesto Chicken Pizza - SR1899 (1 slice)	8	376.52	15.93	4.99	0.00	862.93	35.20	22.42
Spaghetti Sauce - SR2220 (1/2 c.)	50	64.64	0.52	0.10	0.01	497.86	12.94	2.16
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
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)
21-22 - Pizza - Mediterranean Day 3 :37154 - ServingDate: 11/03/2021								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.55	12.23	6.13	0.00	615.08	35.32	19.39
Pepperoni Pizza - SR1443 (1 slice)	32	364.14	15.15	7.22	0.00	719.57	35.32	20.84
Greek Turkey Pizza, 8-cut, Richs WG - SR2351 (1 slice)	8	365.34	14.20	4.31	0.00	698.04	39.92	20.20
Spaghetti Sauce - SR2220 (1/2 c.)	23	64.64	0.52	0.10	0.01	497.86	12.94	2.16
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
21-22 - Pizza - Mediterranean Day 4 :37154 - ServingDate: 11/04/2021								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.55	12.23	6.13	0.00	615.08	35.32	19.39
Balsamic Chicken Pizza, 8-cut, Richs WG - SR2349 (1 slice)	8	320.24	10.23	4.16	0.00	537.12	35.95	21.00
Hawaiian Pizza - OKR1879 (1 slice)	16	337.38	10.58	4.92	0.00	749.70	39.10	22.36
Spaghetti Sauce - SR2220 (1/2 c.)	23	64.64	0.52	0.10	0.01	497.86	12.94	2.16
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
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)
21-22 - Pizza - Mediterranean W1D5 :37154 - ServingDate: 11/05/2021								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.55	12.23	6.13	0.00	615.08	35.32	19.39
Pepperoni Pizza - SR1443 (1 slice)	32	364.14	15.15	7.22	0.00	719.57	35.32	20.84
Buffalo Chicken Pizza - SR1957 (1 slice)	16	383.93	15.14	5.43	0.00	1130.79	40.39	21.05
Spaghetti Sauce - SR2220 (1/2 c.)	23	64.64	0.52	0.10	0.01	497.86	12.94	2.16
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
21-22 - Pizza - Mediterranean Day 1 :37155 - ServingDate: 11/08/2021								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.55	12.23	6.13	0.00	615.08	35.32	19.39
Pepperoni Pizza - SR1443 (1 slice)	32	364.14	15.15	7.22	0.00	719.57	35.32	20.84
Chicken Bruschetta Pizza - SR1438 (1 slice)	8	321.01	10.13	4.30	0.00	555.33	35.13	22.25
Spaghetti Sauce - SR2220 (1/2 c.)	22	64.64	0.52	0.10	0.01	497.86	12.94	2.16
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
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)
21-22 - Pizza - Mediterranean Day 2 :37155 - ServingDate: 11/09/2021								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.55	12.23	6.13	0.00	615.08	35.32	19.39
Sausage Pizza - SR1474 (1 slice)	16	396.76	17.63	8.11	0.10	803.35	36.18	22.38
Pesto Chicken Pizza - SR1899 (1 slice)	8	376.52	15.93	4.99	0.00	862.93	35.20	22.42
Spaghetti Sauce - SR2220 (1/2 c.)	50	64.64	0.52	0.10	0.01	497.86	12.94	2.16
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
21-22 - Pizza - Mediterranean Day 3 :37155 - ServingDate: 11/10/2021								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.55	12.23	6.13	0.00	615.08	35.32	19.39
Pepperoni Pizza - SR1443 (1 slice)	32	364.14	15.15	7.22	0.00	719.57	35.32	20.84
Greek Turkey Pizza, 8- cut, Richs WG - SR2351 (1 slice)	8	365.34	14.20	4.31	0.00	698.04	39.92	20.20
Spaghetti Sauce - SR2220 (1/2 c.)	23	64.64	0.52	0.10	0.01	497.86	12.94	2.16
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
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)
21-22 - Pizza - Mediterranean Day 4 :37155 - ServingDate: 11/11/2021								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.55	12.23	6.13	0.00	615.08	35.32	19.39
Balsamic Chicken Pizza, 8-cut, Richs WG - SR2349 (1 slice)	8	320.24	10.23	4.16	0.00	537.12	35.95	21.00
Hawaiian Pizza - OKR1879 (1 slice)	16	337.38	10.58	4.92	0.00	749.70	39.10	22.36
Spaghetti Sauce - SR2220 (1/2 c.)	23	64.64	0.52	0.10	0.01	497.86	12.94	2.16
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
21-22 - Pizza - Mediterranean W2D5 :37155 - ServingDate: 11/12/2021								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	16	332.55	12.23	6.13	0.00	615.08	35.32	19.39
Pepperoni Pizza - SR1443 (1 slice)	32	364.14	15.15	7.22	0.00	719.57	35.32	20.84
Meatlover's Pizza - SR1402 (1 slice)	32	418.86	19.33	8.76	0.07	903.88	35.78	24.63
Spaghetti Sauce - SR2220 (1/2 c.)	23	64.64	0.52	0.10	0.01	497.86	12.94	2.16
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
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)
21-22 - Pizza - Mediterranean Day 1 :37156 - ServingDate: 11/15/2021								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.55	12.23	6.13	0.00	615.08	35.32	19.39
Pepperoni Pizza - SR1443 (1 slice)	32	364.14	15.15	7.22	0.00	719.57	35.32	20.84
Chicken Bruschetta Pizza - SR1438 (1 slice)	8	321.01	10.13	4.30	0.00	555.33	35.13	22.25
Spaghetti Sauce - SR2220 (1/2 c.)	22	64.64	0.52	0.10	0.01	497.86	12.94	2.16
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
21-22 - Pizza - Mediterranean Day 2 :37156 - ServingDate: 11/16/2021								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.55	12.23	6.13	0.00	615.08	35.32	19.39
Sausage Pizza - SR1474 (1 slice)	16	396.76	17.63	8.11	0.10	803.35	36.18	22.38
Pesto Chicken Pizza - SR1899 (1 slice)	8	376.52	15.93	4.99	0.00	862.93	35.20	22.42
Spaghetti Sauce - SR2220 (1/2 c.)	50	64.64	0.52	0.10	0.01	497.86	12.94	2.16
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
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)
21-22 - Pizza - Mediterranean Day 3 :37156 - ServingDate: 11/17/2021								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.55	12.23	6.13	0.00	615.08	35.32	19.39
Pepperoni Pizza - SR1443 (1 slice)	32	364.14	15.15	7.22	0.00	719.57	35.32	20.84
Greek Turkey Pizza, 8-cut, Richs WG - SR2351 (1 slice)	8	365.34	14.20	4.31	0.00	698.04	39.92	20.20
Spaghetti Sauce - SR2220 (1/2 c.)	23	64.64	0.52	0.10	0.01	497.86	12.94	2.16
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
21-22 - Pizza - Mediterranean Day 4 :37156 - ServingDate: 11/18/2021								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.55	12.23	6.13	0.00	615.08	35.32	19.39
Balsamic Chicken Pizza, 8-cut, Richs WG - SR2349 (1 slice)	8	320.24	10.23	4.16	0.00	537.12	35.95	21.00
Hawaiian Pizza - OKR1879 (1 slice)	16	337.38	10.58	4.92	0.00	749.70	39.10	22.36
Spaghetti Sauce - SR2220 (1/2 c.)	23	64.64	0.52	0.10	0.01	497.86	12.94	2.16
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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)
21-22 - Pizza - Mediterranean W3D5 :37156 - ServingDate: 11/19/2021								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	16	332.55	12.23	6.13	0.00	615.08	35.32	19.39
Pepperoni Pizza - SR1443 (1 slice)	32	364.14	15.15	7.22	0.00	719.57	35.32	20.84
Taco Pizza - OKR1905 (1 slice)	16	360.02	13.26	6.38	0.00	691.60	38.61	20.71
Spaghetti Sauce - SR2220 (1/2 c.)	23	64.64	0.52	0.10	0.01	497.86	12.94	2.16
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
21-22 - Pizza - Mediterranean Day 1 :37157 - ServingDate: 11/29/2021								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.55	12.23	6.13	0.00	615.08	35.32	19.39
Pepperoni Pizza - SR1443 (1 slice)	32	364.14	15.15	7.22	0.00	719.57	35.32	20.84
Chicken Bruschetta Pizza - SR1438 (1 slice)	8	321.01	10.13	4.30	0.00	555.33	35.13	22.25
Spaghetti Sauce - SR2220 (1/2 c.)	22	64.64	0.52	0.10	0.01	497.86	12.94	2.16
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
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)
21-22 - Pizza - Mediterranean Day 2 :37157 - ServingDate: 11/30/2021								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.55	12.23	6.13	0.00	615.08	35.32	19.39
Sausage Pizza - SR1474 (1 slice)	16	396.76	17.63	8.11	0.10	803.35	36.18	22.38
Pesto Chicken Pizza - SR1899 (1 slice)	8	376.52	15.93	4.99	0.00	862.93	35.20	22.42
Spaghetti Sauce - SR2220 (1/2 c.)	50	64.64	0.52	0.10	0.01	497.86	12.94	2.16
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
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-Pizza (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.