

Menu Calendar Nutrient Analysis Report - April, 2023

Site: Guthrie High School
 Date: 04/01/2023 - 04/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Core - FAST-Mediterranean Day 1 :40507 - ServingDate: 04/03/2023								
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
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)
SY22-23 Core - FAST-Mediterranean Day 2 :40507 - ServingDate: 04/04/2023								
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	278.99	14.23	4.13	0.00	900.71	12.76	26.51
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	13.38	5.00	0.00	773.05	32.82	23.10
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)
SY22-23 Core - FAST-Mediterranean Day 3 :40507 - ServingDate: 04/05/2023								
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
Twisted Breadstick - SR2142 (1 breadstick)	10	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)
SY22-23 Core - FAST-Mediterranean Day 3 :40507 - ServingDate: 04/05/2023								
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY22-23 Core - FAST-Mediterranean Day 4 :40507 - ServingDate: 04/06/2023								
Classic Chef Salad - SR3753 (1 salad)	0	157.02	8.01	3.42	0.02	361.95	5.49	15.64
Crispy Chicken Sub - SR3589 (1 sandwich)	0	483.30	22.43	5.06	0.00	1025.89	52.58	21.74
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	1	332.71	13.38	5.00	0.00	773.05	32.82	23.10
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)
SY22-23 Core - FAST-Mediterranean Day 1 :40507 - ServingDate: 04/10/2023								
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
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)
SY22-23 Core - FAST-Mediterranean Day 2 :40507 - ServingDate: 04/11/2023								
Buffalo Chicken Wrap - SR1953 (1 wrap)	5	487.83	22.56	7.82	0.00	1768.20	49.24	21.28

Menu Calendar Nutrient Analysis Report - April, 2023

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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)
SY22-23 Core - FAST-Mediterranean Day 2 :40507 - ServingDate: 04/11/2023								
Large Fajita Chicken Caesar Salad - OKR1575 (1 salad)	5	278.99	14.23	4.13	0.00	900.71	12.76	26.51
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	13.38	5.00	0.00	773.05	32.82	23.10
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)
SY22-23 Core - FAST-Mediterranean Day 3 :40507 - ServingDate: 04/12/2023								
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
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)
SY22-23 Core - FAST-Mediterranean Day 4 :40507 - ServingDate: 04/13/2023								
Classic Chef Salad - SR3753 (1 salad)	0	157.02	8.01	3.42	0.02	361.95	5.49	15.64
Crispy Chicken Sub - SR3589 (1 sandwich)	0	483.30	22.43	5.06	0.00	1025.89	52.58	21.74
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	1	332.71	13.38	5.00	0.00	773.05	32.82	23.10
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 - April, 2023

Site: Guthrie High School
 Date: 04/01/2023 - 04/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Core - FAST-Mediterranean Day 5 :40507 - ServingDate: 04/14/2023								
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	278.99	14.23	4.13	0.00	900.71	12.76	26.51
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Spicy Italian Submarine Sandwich - SR1879 (1 sandwich)	5	402.51	16.75	5.46	0.00	940.77	35.19	30.86
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)
SY22-23 Core - FAST-Mediterranean Day 1 :40507 - ServingDate: 04/17/2023								
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
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)
SY22-23 Core - FAST-Mediterranean Day 2 :40507 - ServingDate: 04/18/2023								
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	278.99	14.23	4.13	0.00	900.71	12.76	26.51

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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)
SY22-23 Core - FAST-Mediterranean Day 2 :40507 - ServingDate: 04/18/2023								
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	13.38	5.00	0.00	773.05	32.82	23.10
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)
SY22-23 Core - FAST-Mediterranean Day 3 :40507 - ServingDate: 04/19/2023								
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
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)
SY22-23 Core - FAST-Mediterranean Day 4 :40507 - ServingDate: 04/20/2023								
Classic Chef Salad - SR3753 (1 salad)	0	157.02	8.01	3.42	0.02	361.95	5.49	15.64
Crispy Chicken Sub - SR3589 (1 sandwich)	0	483.30	22.43	5.06	0.00	1025.89	52.58	21.74
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	1	332.71	13.38	5.00	0.00	773.05	32.82	23.10
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 - April, 2023

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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)
SY22-23 Core - FAST-Mediterranean Day 1 :40507 - ServingDate: 04/24/2023								
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
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)
SY22-23 Core - FAST-Mediterranean Day 2 :40507 - ServingDate: 04/25/2023								
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	278.99	14.23	4.13	0.00	900.71	12.76	26.51
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	13.38	5.00	0.00	773.05	32.82	23.10
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)
SY22-23 Core - FAST-Mediterranean Day 3 :40507 - ServingDate: 04/26/2023								
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
Twisted Breadstick - SR2142 (1 breadstick)	10	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)
SY22-23 Core - FAST-Mediterranean Day 3 :40507 - ServingDate: 04/26/2023								
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY22-23 Core - FAST-Mediterranean Day 4 :40507 - ServingDate: 04/27/2023								
Classic Chef Salad - SR3753 (1 salad)	0	157.02	8.01	3.42	0.02	361.95	5.49	15.64
Crispy Chicken Sub - SR3589 (1 sandwich)	0	483.30	22.43	5.06	0.00	1025.89	52.58	21.74
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	1	332.71	13.38	5.00	0.00	773.05	32.82	23.10
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)
SY22-23 Core - FAST-Mediterranean Day 5 :40507 - ServingDate: 04/28/2023								
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	278.99	14.23	4.13	0.00	900.71	12.76	26.51
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Spicy Italian Submarine Sandwich - SR1879 (1 sandwich)	5	402.51	16.75	5.46	0.00	940.77	35.19	30.86
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

Menu Calendar Nutrient Analysis Report - April, 2023

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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.