

Menu Calendar Nutrient Analysis Report - September, 2022

Site: Guthrie High School
Date: 09/01/2022 - 09/30/2022

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 - ServingDate: 09/01/2022								
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	110.67	0.21	0.04	0.00	227.19	20.99	5.99
Garlic Knot Breadstick - SR1255 (1 roll.)	25	110.63	4.05	0.22	0.00	95.85	15.02	3.23
Whole Wheat Penne Pasta - SR1198 (1 c.)	70	201.74	3.03	0.12	0.00	416.64	38.50	6.57
Whole Wheat Spaghetti Noodles - SR1135 (1 c.)	30	192.89	3.09	0.42	0.00	422.76	39.60	6.67
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	30	65.49	4.49	0.33	0.00	72.07	5.40	3.00
Alfredo Cheese Sauce - SR2217 (1/4 c.)	60	100.55	6.56	3.61	0.00	415.29	4.37	6.56
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	25	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Spaghetti Sauce - SR2220 (1/4 c.)	40	32.36	0.25	0.03	0.00	129.82	6.67	1.04
SY21-22 Friday Favorites Mini PopUp Brand - 9.13.21 - ServingDate: 09/02/2022								
Macaroni & Cheese - SR1137 (2/3 c.)	25	383.44	21.26	10.64	0.00	1187.57	34.35	20.03
Garlic Knot Breadstick - SR1255 (1 roll.)	25	110.63	4.05	0.22	0.00	95.85	15.02	3.23
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 Friday Favorites Mini PopUp Brand - 9.13.21 - ServingDate: 09/02/2022								
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	25	85.04	7.11	0.52	0.00	14.84	4.95	2.43
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
SY21-22 PopUp Brand- Tater Temptations 1 Day :36129 - ServingDate: 09/06/2022								
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
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 PopUp Brand- Tater Temptations 1 Day :36129 - ServingDate: 09/06/2022								
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
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: 09/07/2022								
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

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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: 09/07/2022								
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
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
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
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: 09/08/2022								
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)

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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: 09/08/2022								
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
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
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
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: 09/09/2022								
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
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
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
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: 09/09/2022								
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- Chopsticks 1 Day :36127 - ServingDate: 09/12/2022								
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	228.22	8.88	1.27	0.00	380.36	24.09	17.75
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	152.65	9.16	4.07	0.51	417.25	7.12	12.21
Oven Fried Rice - SR1382 (2/3 c.)	60	150.72	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
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Sesame Carrots - SR1787 (1/2 c.)	40	130.71	9.59	1.30	0.04	357.54	10.85	1.32
Roasted Broccoli - SR1852 (1/2 c.)	60	65.49	4.49	0.33	0.00	72.07	5.40	3.00

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SY21-22 PopUp Brand- Chopsticks 1 Day :36127 - ServingDate: 09/12/2022								
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: 09/13/2022								
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	228.22	8.88	1.27	0.00	380.36	24.09	17.75
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	152.65	9.16	4.07	0.51	417.25	7.12	12.21
Oven Fried Rice - SR1382 (2/3 c.)	60	150.72	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
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Sesame Carrots - SR1787 (1/2 c.)	40	130.71	9.59	1.30	0.04	357.54	10.85	1.32
Roasted Broccoli - SR1852 (1/2 c.)	60	65.49	4.49	0.33	0.00	72.07	5.40	3.00
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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SY21-22 PopUp Brand- Chopsticks 1 Day :36127 - ServingDate: 09/13/2022								
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: 09/14/2022								
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	228.22	8.88	1.27	0.00	380.36	24.09	17.75
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	152.65	9.16	4.07	0.51	417.25	7.12	12.21
Oven Fried Rice - SR1382 (2/3 c.)	60	150.72	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
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Sesame Carrots - SR1787 (1/2 c.)	40	130.71	9.59	1.30	0.04	357.54	10.85	1.32
Roasted Broccoli - SR1852 (1/2 c.)	60	65.49	4.49	0.33	0.00	72.07	5.40	3.00
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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SY21-22 PopUp Brand- Chopsticks 1 Day :36127 - ServingDate: 09/14/2022								
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: 09/15/2022								
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	228.22	8.88	1.27	0.00	380.36	24.09	17.75
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	152.65	9.16	4.07	0.51	417.25	7.12	12.21
Oven Fried Rice - SR1382 (2/3 c.)	60	150.72	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
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Sesame Carrots - SR1787 (1/2 c.)	40	130.71	9.59	1.30	0.04	357.54	10.85	1.32
Roasted Broccoli - SR1852 (1/2 c.)	60	65.49	4.49	0.33	0.00	72.07	5.40	3.00
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

Menu Calendar Nutrient Analysis Report - September, 2022

Site: Guthrie High School
Date: 09/01/2022 - 09/30/2022

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: 09/16/2022								
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	228.22	8.88	1.27	0.00	380.36	24.09	17.75
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	152.65	9.16	4.07	0.51	417.25	7.12	12.21
Oven Fried Rice - SR1382 (2/3 c.)	60	150.72	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
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Sesame Carrots - SR1787 (1/2 c.)	40	130.71	9.59	1.30	0.04	357.54	10.85	1.32
Roasted Broccoli - SR1852 (1/2 c.)	60	65.49	4.49	0.33	0.00	72.07	5.40	3.00
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

Menu Calendar Nutrient Analysis Report - September, 2022

Site: Guthrie High School
Date: 09/01/2022 - 09/30/2022

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- Rockin Ramen 1 Day :38628 - ServingDate: 09/20/2022								
Rockin Ramen- Chicken Ramen Bowl, Built-to-Order - SR3345 (1 bowl)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Rockin Ramen- Meatball Ramen Bowl, Built-to-Order - SR3344 (1 bowl)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hard Boiled Eggs - SR1837 (1/2 egg)	100	38.75	2.65	0.82	0.00	31.00	0.28	3.15
Fajita Chicken - SR2529 (1/3 c.)	60	61.76	2.02	1.01	0.00	306.78	1.01	9.11
Chicken Meatballs - SR3065 (3 Meatballs)	40	105.99	6.56	2.02	0.00	121.13	3.53	8.58
Spaghetti Noodles - SR2107 (1 c.)	100	263.63	3.35	0.15	0.00	374.46	51.54	8.59
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
O - Cabbage, green, shredded, ready-to-serve - SR2425 (2 tbsp.)	40	2.10	0.01	0.00	0.00	1.51	0.49	0.11
Sliced Mushrooms - SR2424 (2 tbsp.)	20	10.22	0.16	0.02	0.00	2.32	1.51	1.44
Chilled Corn - SR1033 (2 tbsp.)	20	17.22	0.14	0.02	0.00	0.21	4.10	0.54
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.)	40	61.60	3.90	0.87	0.00(M)	446.49	5.03	1.78
Broth- Pho, Vegetable - SR2211 (1 c.)	60	23.83	1.37	0.20	0.00(M)	42.64	2.74	0.32
Fresh Cilantro - SR1265 (1 tsp.)	15	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
Green Onion - SR1946 (2 tbsp.)	40	4.02	0.02	0.00	0.00	2.01	0.92	0.23
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Matchstick Carrots - SR1435 (2 tbsp.)	30	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	10	21.09	0.09	0.04	0.00	517.39	4.70	0.37

Menu Calendar Nutrient Analysis Report - September, 2022

Site: Guthrie High School
Date: 09/01/2022 - 09/30/2022

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- Rockin Ramen 1 Day :38628 - ServingDate: 09/21/2022								
Rockin Ramen- Chicken Ramen Bowl, Built-to-Order - SR3345 (1 bowl)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Rockin Ramen- Meatball Ramen Bowl, Built-to-Order - SR3344 (1 bowl)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hard Boiled Eggs - SR1837 (1/2 egg)	100	38.75	2.65	0.82	0.00	31.00	0.28	3.15
Fajita Chicken - SR2529 (1/3 c.)	60	61.76	2.02	1.01	0.00	306.78	1.01	9.11
Chicken Meatballs - SR3065 (3 Meatballs)	40	105.99	6.56	2.02	0.00	121.13	3.53	8.58
Spaghetti Noodles - SR2107 (1 c.)	100	263.63	3.35	0.15	0.00	374.46	51.54	8.59
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
O - Cabbage, green, shredded, ready-to-serve - SR2425 (2 tbsp.)	40	2.10	0.01	0.00	0.00	1.51	0.49	0.11
Sliced Mushrooms - SR2424 (2 tbsp.)	20	10.22	0.16	0.02	0.00	2.32	1.51	1.44
Chilled Corn - SR1033 (2 tbsp.)	20	17.22	0.14	0.02	0.00	0.21	4.10	0.54
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.)	40	61.60	3.90	0.87	0.00(M)	446.49	5.03	1.78
Broth- Pho, Vegetable - SR2211 (1 c.)	60	23.83	1.37	0.20	0.00(M)	42.64	2.74	0.32
Fresh Cilantro - SR1265 (1 tsp.)	15	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
Green Onion - SR1946 (2 tbsp.)	40	4.02	0.02	0.00	0.00	2.01	0.92	0.23
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Matchstick Carrots - SR1435 (2 tbsp.)	30	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	10	21.09	0.09	0.04	0.00	517.39	4.70	0.37

Menu Calendar Nutrient Analysis Report - September, 2022

Site: Guthrie High School
Date: 09/01/2022 - 09/30/2022

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- Rockin Ramen 1 Day :38628 - ServingDate: 09/22/2022								
Rockin Ramen- Chicken Ramen Bowl, Built-to-Order - SR3345 (1 bowl)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Rockin Ramen- Meatball Ramen Bowl, Built-to-Order - SR3344 (1 bowl)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hard Boiled Eggs - SR1837 (1/2 egg)	100	38.75	2.65	0.82	0.00	31.00	0.28	3.15
Fajita Chicken - SR2529 (1/3 c.)	60	61.76	2.02	1.01	0.00	306.78	1.01	9.11
Chicken Meatballs - SR3065 (3 Meatballs)	40	105.99	6.56	2.02	0.00	121.13	3.53	8.58
Spaghetti Noodles - SR2107 (1 c.)	100	263.63	3.35	0.15	0.00	374.46	51.54	8.59
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
O - Cabbage, green, shredded, ready-to-serve - SR2425 (2 tbsp.)	40	2.10	0.01	0.00	0.00	1.51	0.49	0.11
Sliced Mushrooms - SR2424 (2 tbsp.)	20	10.22	0.16	0.02	0.00	2.32	1.51	1.44
Chilled Corn - SR1033 (2 tbsp.)	20	17.22	0.14	0.02	0.00	0.21	4.10	0.54
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.)	40	61.60	3.90	0.87	0.00(M)	446.49	5.03	1.78
Broth- Pho, Vegetable - SR2211 (1 c.)	60	23.83	1.37	0.20	0.00(M)	42.64	2.74	0.32
Fresh Cilantro - SR1265 (1 tsp.)	15	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
Green Onion - SR1946 (2 tbsp.)	40	4.02	0.02	0.00	0.00	2.01	0.92	0.23
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Matchstick Carrots - SR1435 (2 tbsp.)	30	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	10	21.09	0.09	0.04	0.00	517.39	4.70	0.37

Menu Calendar Nutrient Analysis Report - September, 2022

Site: Guthrie High School
Date: 09/01/2022 - 09/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
22-23 Lasagna Friday Favorite :38628 - ServingDate: 09/23/2022								
Scratch Beef Lasagna - OKR1603 (1 ea.)	100	314.20	10.81	5.45	0.00	673.11	35.71	18.24
Breadstick - SR1044 (1 breadstick)	100	80.00	1.00	0.00	0.00	95.00	14.00	3.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mixed Garden Vegetables - SR1583 (1/2 c.)	50	52.99	0.47	0.08	0.00	99.20	11.21	2.30
22-23 PopUp Brand- Strutters Day 1_8.8.22 :38622 - ServingDate: 09/26/2022								
Breaded Chicken Tender - SR2504 (3 tenders)	100	260.00	15.00	2.50	0.00	390.00	16.00	15.00
Vegetarian Chick'n Nugget - SR2451 (5 nuggets)	1	228.22	8.88	1.27	0.00	380.36	24.09	17.75
Baked Biscuit - SR1598 (1 biscuit)	1	190.00	9.00	6.00	0.00	310.00	24.00	4.00
Garlic Knot Breadstick - SR1255 (1 roll.)	50	110.63	4.05	0.22	0.00	95.85	15.02	3.23
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Celery Sticks - SR1014 (6 stick.)	50	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Carrot Sticks - SR1606 (6 stick.)	50	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Spiral-cut French Fries - SR2509 (1/2 c.)	85	106.91	5.70	0.71	0.00	256.57	14.25	1.43
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	5	72.90	0.00	0.00	0.00	282.65	18.29	0.28
Hot Sauce - SR3162 (1 tbsp.)	3	3.39	0.09	0.02	0.00	626.53	0.48	0.17
Barbecue Sauce - SR1008 (2 tbsp.)	5	30.00	0.00	0.00	0.00	470.00	7.00	0.00

Menu Calendar Nutrient Analysis Report - September, 2022

Site: Guthrie High School
Date: 09/01/2022 - 09/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
22-23 PopUp Brand- Strutters Day 2_8.8.22 :38622 - ServingDate: 09/27/2022								
Vegetarian Chick'n Nugget - SR2451 (5 nuggets)	1	228.22	8.88	1.27	0.00	380.36	24.09	17.75
Crispy Chicken Nuggets - SR1367 (5 nugget)	85	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Fajita Chicken - SR2529 (2/3 c.)	15	123.52	4.05	2.02	0.00	613.57	2.02	18.23
Baked Biscuit - SR1598 (1 biscuit)	30	190.00	9.00	6.00	0.00	310.00	24.00	4.00
Toasted Waffle - SR2165 (2 waffle)	20	185.89	6.20	1.55	0.00	371.78	27.88	4.13
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Citrus Glazed Carrots - SR1131 (1/2 c.)	20	60.46	0.78	0.14	0.00	67.70	13.35	0.68
Whipped Potatoes - SR1112 (1/2 c.)	50	79.98	1.50	1.00	0.00	102.63	15.00	2.00
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	5	72.90	0.00	0.00	0.00	282.65	18.29	0.28
Chicken Gravy - SR1589 (1/4 c.)	50	30.37	1.01	0.00	0.00	133.40	4.05	0.00
Hot Sauce - SR3162 (1 tbsp.)	3	3.39	0.09	0.02	0.00	626.53	0.48	0.17
Barbecue Sauce - SR1008 (2 tbsp.)	5	30.00	0.00	0.00	0.00	470.00	7.00	0.00
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	20	105.00	0.00	0.00	0.00	47.50	26.00	0.00
22-23 PopUp Brand- Strutters Day 3_8.8.22 :38622 - ServingDate: 09/28/2022								
Boneless Wings - SR3320 (5 pcs.)	100	201.09	8.80	1.89	0.00	339.34	12.57	17.59
Vegetarian Chick'n Nugget - SR2451 (5 nuggets)	1	228.22	8.88	1.27	0.00	380.36	24.09	17.75
Twisted Breadstick - SR2142 (1 breadstick)	50	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 - September, 2022

Site: Guthrie High School
Date: 09/01/2022 - 09/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
22-23 PopUp Brand- Strutters Day 3_8.8.22 :38622 - ServingDate: 09/28/2022								
Celery Sticks - SR1014 (6 stick.)	50	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Carrot Sticks - SR1606 (6 stick.)	50	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Tater Tots - SR1450 (1/2 c.)	85	110.70	6.04	1.01	0.00	311.98	14.09	1.01
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	5	72.90	0.00	0.00	0.00	282.65	18.29	0.28
Hot Sauce - SR3162 (1 tbsp.)	3	3.39	0.09	0.02	0.00	626.53	0.48	0.17
Barbecue Sauce - SR1008 (2 tbsp.)	5	30.00	0.00	0.00	0.00	470.00	7.00	0.00
22-23 PopUp Brand- Strutters Day 4_8.8.22 :38622 - ServingDate: 09/29/2022								
Vegetarian Chick'n Nugget - SR2451 (5 nuggets)	1	228.22	8.88	1.27	0.00	380.36	24.09	17.75
Fajita Chicken - SR2529 (2/3 c.)	1	123.52	4.05	2.02	0.00	613.57	2.02	18.23
Popcorn Chicken - SR1413 (12 piece)	100	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Baked Biscuit - SR1598 (1 biscuit)	100	190.00	9.00	6.00	0.00	310.00	24.00	4.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Steamed Corn - SR1034 (1/2 c.)	40	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Whipped Potatoes - SR1112 (1/2 c.)	50	79.98	1.50	1.00	0.00	102.63	15.00	2.00
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	5	72.90	0.00	0.00	0.00	282.65	18.29	0.28
Chicken Gravy - SR1589 (2 tbsp.)	50	15.19	0.51	0.00	0.00	66.70	2.02	0.00
Hot Sauce - SR3162 (1 tbsp.)	3	3.39	0.09	0.02	0.00	626.53	0.48	0.17
Barbecue Sauce - SR1008 (2 tbsp.)	5	30.00	0.00	0.00	0.00	470.00	7.00	0.00

Menu Calendar Nutrient Analysis Report - September, 2022

Site: Guthrie High School
 Date: 09/01/2022 - 09/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
22-23 Frito Chili Pie Friday Favorite - ServingDate: 09/30/2022								
Beef Chili Frito Pie - OKR1870 (1 ea.)	100	498.74	24.15	6.55	0.00	939.32	52.62	20.16
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Variety of Fruits - SR1978 (1 serving)	140	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixed Garden Vegetables - SR1583 (1/2 c.)	50	52.99	0.47	0.08	0.00	99.20	11.21	2.30

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

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.