

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- Taste4 Extras - Mediterranean- Day4 :37159 - ServingDate: 09/01/2022								
Small Apples - OKR1780 (1 small (2- 3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Pears - SR3041 (1/2 c.)	30	57.47	0.00	0.00	0.00	4.79	15.33	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	5	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Garden Side Salad - SR1429 (1 c.)	10	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chilled Corn - SR1033 (1/2 c.)	20	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Bruschetta Topping - SR1627 (2 tbsp.)	10	9.04	0.37	0.07	0.00	16.97	1.33	0.27
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61

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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- Taste4 Extras - Mediterranean- Day4 :37159 - ServingDate: 09/01/2022								
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Pesto Mayo Sauce - SR1771 (1 tbsp.)	5	32.99	2.77	0.32	0.00	48.65	1.62	0.69
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.05	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.54	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

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Site: Guthrie High School
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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- Taste4 Extras - Mediterranean- Day5 :37159 - ServingDate: 09/02/2022								
Small Apples - OKR1780 (1 small (2-3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	30	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	5	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Bruschetta Topping - SR1627 (2 tbsp.)	10	9.04	0.37	0.07	0.00	16.97	1.33	0.27
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16

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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- Taste4 Extras - Mediterranean- Day5 :37159 - ServingDate: 09/02/2022								
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Pesto Mayo Sauce - SR1771 (1 tbsp.)	5	32.99	2.77	0.32	0.00	48.65	1.62	0.69
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.05	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.54	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

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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- Taste4 Extras - Mediterranean- Day2 :37159 - ServingDate: 09/06/2022								
Small Apples - OKR1780 (1 small (2-3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fruit Cocktail - SR3023 (1/2 c.)	30	86.67	0.00	0.00	0.00	7.22	21.67	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	5	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Caesar Side Salad - SR1428 (1 c.)	10	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Corn - SR1033 (1/2 c.)	20	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Bruschetta Topping - SR1627 (2 tbsp.)	10	9.04	0.37	0.07	0.00	16.97	1.33	0.27
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61

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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- Taste4 Extras - Mediterranean- Day2 :37159 - ServingDate: 09/06/2022								
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Pesto Mayo Sauce - SR1771 (1 tbsp.)	5	32.99	2.77	0.32	0.00	48.65	1.62	0.69
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.05	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.54	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

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SY21-22- Taste4 Extras - Mediterranean- Day3 :37159 - ServingDate: 09/07/2022								
Small Apples - OKR1780 (1 small (2-3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR3040 (1/2 c.)	30	59.04	0.00	0.00	0.00	4.92	13.78	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	5	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Bruschetta Topping - SR1627 (2 tbsp.)	10	9.04	0.37	0.07	0.00	16.97	1.33	0.27
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16

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SY21-22- Taste4 Extras - Mediterranean- Day3 :37159 - ServingDate: 09/07/2022								
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Pesto Mayo Sauce - SR1771 (1 tbsp.)	5	32.99	2.77	0.32	0.00	48.65	1.62	0.69
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.05	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.54	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

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SY21-22- Taste4 Extras - Mediterranean- Day4 :37159 - ServingDate: 09/08/2022								
Small Apples - OKR1780 (1 small (2- 3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Pears - SR3041 (1/2 c.)	30	57.47	0.00	0.00	0.00	4.79	15.33	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	5	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Garden Side Salad - SR1429 (1 c.)	10	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chilled Corn - SR1033 (1/2 c.)	20	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Bruschetta Topping - SR1627 (2 tbsp.)	10	9.04	0.37	0.07	0.00	16.97	1.33	0.27
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61

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- Taste4 Extras - Mediterranean- Day4 :37159 - ServingDate: 09/08/2022								
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Pesto Mayo Sauce - SR1771 (1 tbsp.)	5	32.99	2.77	0.32	0.00	48.65	1.62	0.69
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.05	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.54	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

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- Taste4 Extras - Mediterranean- Day5 :37159 - ServingDate: 09/09/2022								
Small Apples - OKR1780 (1 small (2-3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	30	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	5	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Bruschetta Topping - SR1627 (2 tbsp.)	10	9.04	0.37	0.07	0.00	16.97	1.33	0.27
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16

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- Taste4 Extras - Mediterranean- Day5 :37159 - ServingDate: 09/09/2022								
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Pesto Mayo Sauce - SR1771 (1 tbsp.)	5	32.99	2.77	0.32	0.00	48.65	1.62	0.69
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.05	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.54	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

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- Taste4 Extras - Mediterranean- Day1 :37159 - ServingDate: 09/12/2022								
Small Apples - OKR1780 (1 small (2- 3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Unsweetened Applesauce - SR1195 (1/2 c.)	30	55.86	0.15	0.03	0.00	10.49	12.58	0.32
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	0	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Bruschetta Topping - SR1627 (2 tbsp.)	10	9.04	0.37	0.07	0.00	16.97	1.33	0.27
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16

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- Taste4 Extras - Mediterranean- Day1 :37159 - ServingDate: 09/12/2022								
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Pesto Mayo Sauce - SR1771 (1 tbsp.)	5	32.99	2.77	0.32	0.00	48.65	1.62	0.69
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.05	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.54	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

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- Taste4 Extras - Mediterranean- Day2 :37159 - ServingDate: 09/13/2022								
Small Apples - OKR1780 (1 small (2-3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fruit Cocktail - SR3023 (1/2 c.)	30	86.67	0.00	0.00	0.00	7.22	21.67	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	5	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Caesar Side Salad - SR1428 (1 c.)	10	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Corn - SR1033 (1/2 c.)	20	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Bruschetta Topping - SR1627 (2 tbsp.)	10	9.04	0.37	0.07	0.00	16.97	1.33	0.27
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61

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- Taste4 Extras - Mediterranean- Day2 :37159 - ServingDate: 09/13/2022								
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Pesto Mayo Sauce - SR1771 (1 tbsp.)	5	32.99	2.77	0.32	0.00	48.65	1.62	0.69
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.05	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.54	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

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- Taste4 Extras - Mediterranean- Day3 :37159 - ServingDate: 09/14/2022								
Small Apples - OKR1780 (1 small (2- 3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR3040 (1/2 c.)	30	59.04	0.00	0.00	0.00	4.92	13.78	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	5	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Bruschetta Topping - SR1627 (2 tbsp.)	10	9.04	0.37	0.07	0.00	16.97	1.33	0.27
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16

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- Taste4 Extras - Mediterranean- Day3 :37159 - ServingDate: 09/14/2022								
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Pesto Mayo Sauce - SR1771 (1 tbsp.)	5	32.99	2.77	0.32	0.00	48.65	1.62	0.69
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.05	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.54	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

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- Taste4 Extras - Mediterranean- Day4 :37159 - ServingDate: 09/15/2022								
Small Apples - OKR1780 (1 small (2- 3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Pears - SR3041 (1/2 c.)	30	57.47	0.00	0.00	0.00	4.79	15.33	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	5	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Garden Side Salad - SR1429 (1 c.)	10	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chilled Corn - SR1033 (1/2 c.)	20	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Bruschetta Topping - SR1627 (2 tbsp.)	10	9.04	0.37	0.07	0.00	16.97	1.33	0.27
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61

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- Taste4 Extras - Mediterranean- Day4 :37159 - ServingDate: 09/15/2022								
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Pesto Mayo Sauce - SR1771 (1 tbsp.)	5	32.99	2.77	0.32	0.00	48.65	1.62	0.69
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.05	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.54	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

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- Taste4 Extras - Mediterranean- Day5 :37159 - ServingDate: 09/16/2022								
Small Apples - OKR1780 (1 small (2- 3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	30	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	5	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Bruschetta Topping - SR1627 (2 tbsp.)	10	9.04	0.37	0.07	0.00	16.97	1.33	0.27
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16

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- Taste4 Extras - Mediterranean- Day5 :37159 - ServingDate: 09/16/2022								
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Pesto Mayo Sauce - SR1771 (1 tbsp.)	5	32.99	2.77	0.32	0.00	48.65	1.62	0.69
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.05	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.54	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
22-23- Taste4 Extras - Mexico- Day2 :38630 - ServingDate: 09/20/2022								
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29

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- Taste4 Extras - Mexico- Day2 :38630 - ServingDate: 09/20/2022								
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	30	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Fresh Oranges - SR1171 (1 small (2-3)	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fruit Cocktail - SR3023 (1/2 c.)	30	86.67	0.00	0.00	0.00	7.22	21.67	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Elote Corn - SR1677 (1/2 c.)	20	129.48	1.72	0.57	0.02	42.65	28.45	4.71
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Caesar Side Salad - SR1428 (1 c.)	10	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Corn - SR1033 (1/2 c.)	20	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	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- Taste4 Extras - Mexico- Day2 :38630 - ServingDate: 09/20/2022								
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Pico de Gallo - SR1073 (2 tbsp.)	15	3.60	0.02	0.00	0.00	36.02	0.78	0.13
Salsa Roja - SR1081 (2 tbsp.)	5	9.05	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Cilantro Lime Crema - SR1790 (1 tbsp.)	5	24.66	1.91	0.21	0.00	38.75	1.61	0.60
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	5	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Mexican Seasoning Spice Shaker - SR3411 (1/8 tsp.)	5	0.99	0.03	0.00	0.00	0.17	0.19	0.03
Signature Seasoning Spice Shaker - SR3416 (1/8 tsp.)	5	1.14	0.01	0.00	0.00	0.22	0.26	0.04
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

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- Taste4 Extras - Mexico- Day3 :38630 - ServingDate: 09/21/2022								
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	30	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Fresh Oranges - SR1171 (1 small (2-3)	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR3040 (1/2 c.)	30	59.04	0.00	0.00	0.00	4.92	13.78	0.00
Kidney Beans - SR1036 (1/2 c.)	10	140.65	0.00	0.00	0.00	151.47	25.97	7.57
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Elote Corn - SR1677 (1/2 c.)	20	129.48	1.72	0.57	0.02	42.65	28.45	4.71
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06

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- Taste4 Extras - Mexico- Day3 :38630 - ServingDate: 09/21/2022								
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Pico de Gallo - SR1073 (1 tbsp.)	15	1.80	0.01	0.00	0.00	18.01	0.39	0.07
Salsa Roja - SR1081 (2 tbsp.)	5	9.05	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Cilantro Lime Crema - SR1790 (1 tbsp.)	5	24.66	1.91	0.21	0.00	38.75	1.61	0.60
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	5	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Mexican Seasoning Spice Shaker - SR3411 (1/8 tsp.)	5	0.99	0.03	0.00	0.00	0.17	0.19	0.03
Signature Seasoning Spice Shaker - SR3416 (1/8 tsp.)	5	1.14	0.01	0.00	0.00	0.22	0.26	0.04
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

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- Taste4 Extras - Mexico- Day4 :38630 - ServingDate: 09/22/2022								
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	30	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Fresh Oranges - SR1171 (1 small (2-3)	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Pears - SR3041 (1/2 c.)	30	57.47	0.00	0.00	0.00	4.79	15.33	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Elote Corn - SR1677 (1/2 c.)	20	129.48	1.72	0.57	0.02	42.65	28.45	4.71
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Garden Side Salad - SR1429 (1 c.)	10	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chilled Corn - SR1033 (1/2 c.)	20	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06

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- Taste4 Extras - Mexico- Day4 :38630 - ServingDate: 09/22/2022								
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Pico de Gallo - SR1073 (2 tbsp.)	15	3.60	0.02	0.00	0.00	36.02	0.78	0.13
Salsa Roja - SR1081 (2 tbsp.)	5	9.05	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Cilantro Lime Crema - SR1790 (1 tbsp.)	5	24.66	1.91	0.21	0.00	38.75	1.61	0.60
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	5	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Mexican Seasoning Spice Shaker - SR3411 (1/8 tsp.)	5	0.99	0.03	0.00	0.00	0.17	0.19	0.03
Signature Seasoning Spice Shaker - SR3416 (1/8 tsp.)	5	1.14	0.01	0.00	0.00	0.22	0.26	0.04
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

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- Taste4 Extras - Mexico- Day5 :38630 - ServingDate: 09/23/2022								
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	30	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	30	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Pinto Beans - SR2046 (1/2 c.)	10	100.86	0.00	0.00	0.00	141.21	18.16	6.05
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Elote Corn - SR1677 (1/2 c.)	20	129.48	1.72	0.57	0.02	42.65	28.45	4.71
Celery Sticks - SR1014 (6 stick.)	20	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	20	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06

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- Taste4 Extras - Mexico- Day5 :38630 - ServingDate: 09/23/2022								
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Pico de Gallo - SR1073 (2 tbsp.)	15	3.60	0.02	0.00	0.00	36.02	0.78	0.13
Salsa Roja - SR1081 (2 tbsp.)	5	9.05	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Cilantro Lime Crema - SR1790 (1 tbsp.)	5	24.66	1.91	0.21	0.00	38.75	1.61	0.60
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	5	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Mexican Seasoning Spice Shaker - SR3411 (1/8 tsp.)	5	0.99	0.03	0.00	0.00	0.17	0.19	0.03
Signature Seasoning Spice Shaker - SR3416 (1/8 tsp.)	5	1.14	0.01	0.00	0.00	0.22	0.26	0.04
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

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- Taste4 Extras - Mexico- Day1 :38630 - ServingDate: 09/26/2022								
Unsweetened Applesauce - SR1195 (1/2 c.)	30	55.86	0.15	0.03	0.00	10.49	12.58	0.32
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	30	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Fresh Oranges - SR1171 (1 small (2-3)	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Chilled Black Beans - SR2006 (1/2 c.)	10	120.50	0.00	0.00	0.00	142.41	21.91	7.67
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Elote Corn - SR1677 (1/2 c.)	20	129.48	1.72	0.57	0.02	42.65	28.45	4.71
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16

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- Taste4 Extras - Mexico- Day1 :38630 - ServingDate: 09/26/2022								
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Pico de Gallo - SR1073 (2 tbsp.)	15	3.60	0.02	0.00	0.00	36.02	0.78	0.13
Salsa Roja - SR1081 (2 tbsp.)	5	9.05	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Cilantro Lime Crema - SR1790 (1 tbsp.)	5	24.66	1.91	0.21	0.00	38.75	1.61	0.60
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Mexican Seasoning Spice Shaker - SR3411 (1/8 tsp.)	5	0.99	0.03	0.00	0.00	0.17	0.19	0.03
Signature Seasoning Spice Shaker - SR3416 (1/8 tsp.)	5	1.14	0.01	0.00	0.00	0.22	0.26	0.04
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

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- Taste4 Extras - Mexico- Day2 :38630 - ServingDate: 09/27/2022								
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	30	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Fresh Oranges - SR1171 (1 small (2-3)	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fruit Cocktail - SR3023 (1/2 c.)	30	86.67	0.00	0.00	0.00	7.22	21.67	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Elote Corn - SR1677 (1/2 c.)	20	129.48	1.72	0.57	0.02	42.65	28.45	4.71
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Caesar Side Salad - SR1428 (1 c.)	10	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Corn - SR1033 (1/2 c.)	20	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06

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- Taste4 Extras - Mexico- Day2 :38630 - ServingDate: 09/27/2022								
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Pico de Gallo - SR1073 (2 tbsp.)	15	3.60	0.02	0.00	0.00	36.02	0.78	0.13
Salsa Roja - SR1081 (2 tbsp.)	5	9.05	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Cilantro Lime Crema - SR1790 (1 tbsp.)	5	24.66	1.91	0.21	0.00	38.75	1.61	0.60
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	5	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Mexican Seasoning Spice Shaker - SR3411 (1/8 tsp.)	5	0.99	0.03	0.00	0.00	0.17	0.19	0.03
Signature Seasoning Spice Shaker - SR3416 (1/8 tsp.)	5	1.14	0.01	0.00	0.00	0.22	0.26	0.04
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

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- Taste4 Extras - Mexico- Day3 :38630 - ServingDate: 09/28/2022								
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	30	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Fresh Oranges - SR1171 (1 small (2-3)	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR3040 (1/2 c.)	30	59.04	0.00	0.00	0.00	4.92	13.78	0.00
Kidney Beans - SR1036 (1/2 c.)	10	140.65	0.00	0.00	0.00	151.47	25.97	7.57
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Elote Corn - SR1677 (1/2 c.)	20	129.48	1.72	0.57	0.02	42.65	28.45	4.71
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06

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- Taste4 Extras - Mexico- Day3 :38630 - ServingDate: 09/28/2022								
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Pico de Gallo - SR1073 (1 tbsp.)	15	1.80	0.01	0.00	0.00	18.01	0.39	0.07
Salsa Roja - SR1081 (2 tbsp.)	5	9.05	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Cilantro Lime Crema - SR1790 (1 tbsp.)	5	24.66	1.91	0.21	0.00	38.75	1.61	0.60
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	5	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Mexican Seasoning Spice Shaker - SR3411 (1/8 tsp.)	5	0.99	0.03	0.00	0.00	0.17	0.19	0.03
Signature Seasoning Spice Shaker - SR3416 (1/8 tsp.)	5	1.14	0.01	0.00	0.00	0.22	0.26	0.04
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

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- Taste4 Extras - Mexico- Day4 :38630 - ServingDate: 09/29/2022								
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	30	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Fresh Oranges - SR1171 (1 small (2-3)	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Pears - SR3041 (1/2 c.)	30	57.47	0.00	0.00	0.00	4.79	15.33	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Elote Corn - SR1677 (1/2 c.)	20	129.48	1.72	0.57	0.02	42.65	28.45	4.71
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Garden Side Salad - SR1429 (1 c.)	10	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chilled Corn - SR1033 (1/2 c.)	20	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06

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- Taste4 Extras - Mexico- Day4 :38630 - ServingDate: 09/29/2022								
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Pico de Gallo - SR1073 (2 tbsp.)	15	3.60	0.02	0.00	0.00	36.02	0.78	0.13
Salsa Roja - SR1081 (2 tbsp.)	5	9.05	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Cilantro Lime Crema - SR1790 (1 tbsp.)	5	24.66	1.91	0.21	0.00	38.75	1.61	0.60
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	5	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Mexican Seasoning Spice Shaker - SR3411 (1/8 tsp.)	5	0.99	0.03	0.00	0.00	0.17	0.19	0.03
Signature Seasoning Spice Shaker - SR3416 (1/8 tsp.)	5	1.14	0.01	0.00	0.00	0.22	0.26	0.04
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

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- Taste4 Extras - Mexico- Day5 :38630 - ServingDate: 09/30/2022								
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	30	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	30	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Pinto Beans - SR2046 (1/2 c.)	10	100.86	0.00	0.00	0.00	141.21	18.16	6.05
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Elote Corn - SR1677 (1/2 c.)	20	129.48	1.72	0.57	0.02	42.65	28.45	4.71
Celery Sticks - SR1014 (6 stick.)	20	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	20	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06

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- Taste4 Extras - Mexico- Day5 :38630 - ServingDate: 09/30/2022								
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Pico de Gallo - SR1073 (2 tbsp.)	15	3.60	0.02	0.00	0.00	36.02	0.78	0.13
Salsa Roja - SR1081 (2 tbsp.)	5	9.05	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Cilantro Lime Crema - SR1790 (1 tbsp.)	5	24.66	1.91	0.21	0.00	38.75	1.61	0.60
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	5	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Mexican Seasoning Spice Shaker - SR3411 (1/8 tsp.)	5	0.99	0.03	0.00	0.00	0.17	0.19	0.03
Signature Seasoning Spice Shaker - SR3416 (1/8 tsp.)	5	1.14	0.01	0.00	0.00	0.22	0.26	0.04
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

Legend

Menu Calendar Nutrient Analysis Report - September, 2022

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

(M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch
Site Group: Taste4
Menu Line: T4-Extras Bar (Garden, Milk, Condiments)
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.