

Menu Calendar Nutrient Analysis Report - October, 2022

Site: Guthrie High School
Date: 10/01/2022 - 10/31/2022

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 Core - FAST- Asia D1 :38618 - ServingDate: 10/03/2022								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Chef Salad, USDA - OKR1839 (1 salad)	5	172.59	8.96	3.89	0.00	444.63	6.57	17.30
Strawberry Fields Parfait - SR1738 (1 parfait)	5	490.23 (M)	7.68(M)	1.58(M)	0.04(M)	246.65 (M)	98.46 (M)	10.26 (M)
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Sweet Thai Chili Chicken Salad - SR1888 (1 salad)	10	348.96	14.47	2.76	0.00	826.35	37.61	17.72
Sweet Thai Chili Chicken Wrap - SR1886 (1 wrap)	10	533.26	20.42	5.75	0.00	1121.01	66.59	20.84
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Twisted Breadstick - OKR1002 (2 breadstick)	30	160.00	2.00	0.00	0.00	190.00	28.00	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY21-22 Core - FAST- Asia D2 :38618 - ServingDate: 10/04/2022								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Large Fajita Chicken Caesar Salad - OKR1575 (1 salad)	5	236.32	9.62	3.82	0.00	1056.22	12.46	25.09
Chicken Salad Sub Sandwich - SR1200 (1 sandwich)	1	338.02	13.01	1.60	0.00	401.37	35.47	23.12
Korean BBQ Chicken Salad, mixed greens, diced chicken, mozzarella - SR2322 (1 salad)	10	248.16	8.36	2.91	0.01	706.07	19.48	24.63
Korean BBQ Chicken Sub, Richs WG - SR2321 (1 sandwich)	10	365.26	11.26	2.90	0.01	946.91	39.65	28.30

Menu Calendar Nutrient Analysis Report - October, 2022

Site: Guthrie High School
Date: 10/01/2022 - 10/31/2022

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 Core - FAST-Asia D2 :38618 - ServingDate: 10/04/2022								
Strawberry Fields Parfait - SR1738 (1 parfait)	5	490.23 (M)	7.68(M)	1.58(M)	0.04(M)	246.65 (M)	98.46 (M)	10.26 (M)
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Twisted Breadstick - OKR1002 (2 breadstick)	30	160.00	2.00	0.00	0.00	190.00	28.00	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chilled Black Beans - SR2006 (1/2 c.)	5	120.50	0.00	0.00	0.00	142.41	21.91	7.67
SY21-22 Core - FAST-Asia D3 :38618 - ServingDate: 10/05/2022								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Large Crispy Chicken Salad - OKR1461 (1 salad)	5	307.26	15.28	4.57	0.00	435.13	23.91	18.34
Strawberry Fields Parfait - SR1738 (1 parfait)	5	490.23 (M)	7.68(M)	1.58(M)	0.04(M)	246.65 (M)	98.46 (M)	10.26 (M)
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Turkey Banh Mi Salad - SR2181 (1 salad)	10	186.73	4.77	1.18	0.00	992.30	13.53	22.80
Turkey Banh Mi Sub, Richs whole grain - SR2179 (1 sandwich)	10	313.08	7.77	1.16	0.01	1187.26	35.22	26.66
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Twisted Breadstick - OKR1002 (2 breadstick)	30	160.00	2.00	0.00	0.00	190.00	28.00	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - October, 2022

Site: Guthrie High School
Date: 10/01/2022 - 10/31/2022

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 Core - FAST-Asia D4 :38618 - ServingDate: 10/06/2022								
American Style Sub - OKR1838 (1 sandwich)	1	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Strawberry Fields Parfait - SR1738 (1 parfait)	5	490.23 (M)	7.68(M)	1.58(M)	0.04(M)	246.65 (M)	98.46 (M)	10.26 (M)
Classic Chef Salad - SR1083 (1 salad)	0	266.21	14.09	5.22	0.00	642.65	9.28	26.00
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	1	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Teriyaki Chicken Salad - OKR1408 (1 salad)	10	194.38	3.72	1.80	0.00	725.92	21.29	18.77
Teriyaki Chicken Sub - OKR1409 (1 roll (smal))	10	169.35	3.67	1.80	0.00	700.91	16.42	16.92
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	1	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Mini Sub Roll - SR1208 (1 roll (smal))	10	162.71	3.05	0.00	0.00	183.05	29.49	6.10
Twisted Breadstick - OKR1002 (2 breadstick)	10	160.00	2.00	0.00	0.00	190.00	28.00	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY21-22 Core -FAST-Asia D5 :38618 - ServingDate: 10/07/2022								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Large Fajita Chicken Caesar Salad - OKR1575 (1 salad)	10	236.32	9.62	3.82	0.00	1056.22	12.46	25.09
Strawberry Fields Parfait - SR1738 (1 parfait)	5	490.23 (M)	7.68(M)	1.58(M)	0.04(M)	246.65 (M)	98.46 (M)	10.26 (M)
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	14.65	6.30	0.00	781.62	32.79	20.19

Menu Calendar Nutrient Analysis Report - October, 2022

Site: Guthrie High School
Date: 10/01/2022 - 10/31/2022

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 Core -FAST-Asia D5 :38618 - ServingDate: 10/07/2022								
Twisted Breadstick - OKR1002 (2 breadstick)	10	160.00	2.00	0.00	0.00	190.00	28.00	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY21-22 Core - FAST-Asia D1 :38618 - ServingDate: 10/10/2022								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Chef Salad, USDA - OKR1839 (1 salad)	5	172.59	8.96	3.89	0.00	444.63	6.57	17.30
Strawberry Fields Parfait - SR1738 (1 parfait)	5	490.23 (M)	7.68(M)	1.58(M)	0.04(M)	246.65 (M)	98.46 (M)	10.26 (M)
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Sweet Thai Chili Chicken Salad - SR1888 (1 salad)	10	348.96	14.47	2.76	0.00	826.35	37.61	17.72
Sweet Thai Chili Chicken Wrap - SR1886 (1 wrap)	10	533.26	20.42	5.75	0.00	1121.01	66.59	20.84
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Twisted Breadstick - OKR1002 (2 breadstick)	30	160.00	2.00	0.00	0.00	190.00	28.00	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY21-22 Core - FAST-Asia D2 :38618 - ServingDate: 10/11/2022								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Large Fajita Chicken Caesar Salad - OKR1575 (1 salad)	5	236.32	9.62	3.82	0.00	1056.22	12.46	25.09
Chicken Salad Sub Sandwich - SR1200 (1 sandwich)	1	338.02	13.01	1.60	0.00	401.37	35.47	23.12

Menu Calendar Nutrient Analysis Report - October, 2022

Site: Guthrie High School
Date: 10/01/2022 - 10/31/2022

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 Core - FAST-Asia D2 :38618 - ServingDate: 10/11/2022								
Korean BBQ Chicken Salad, mixed greens, diced chicken, mozzarella - SR2322 (1 salad)	10	248.16	8.36	2.91	0.01	706.07	19.48	24.63
Korean BBQ Chicken Sub, Richs WG - SR2321 (1 sandwich)	10	365.26	11.26	2.90	0.01	946.91	39.65	28.30
Strawberry Fields Parfait - SR1738 (1 parfait)	5	490.23 (M)	7.68(M)	1.58(M)	0.04(M)	246.65 (M)	98.46 (M)	10.26 (M)
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Twisted Breadstick - OKR1002 (2 breadstick)	30	160.00	2.00	0.00	0.00	190.00	28.00	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chilled Black Beans - SR2006 (1/2 c.)	5	120.50	0.00	0.00	0.00	142.41	21.91	7.67
SY21-22 Core - FAST-Asia D3 :38618 - ServingDate: 10/12/2022								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Large Crispy Chicken Salad - OKR1461 (1 salad)	5	307.26	15.28	4.57	0.00	435.13	23.91	18.34
Strawberry Fields Parfait - SR1738 (1 parfait)	5	490.23 (M)	7.68(M)	1.58(M)	0.04(M)	246.65 (M)	98.46 (M)	10.26 (M)
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Turkey Banh Mi Salad - SR2181 (1 salad)	10	186.73	4.77	1.18	0.00	992.30	13.53	22.80
Turkey Banh Mi Sub, Richs whole grain - SR2179 (1 sandwich)	10	313.08	7.77	1.16	0.01	1187.26	35.22	26.66

Menu Calendar Nutrient Analysis Report - October, 2022

Site: Guthrie High School
Date: 10/01/2022 - 10/31/2022

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 Core - FAST-Asia D3 :38618 - ServingDate: 10/12/2022								
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Twisted Breadstick - OKR1002 (2 breadstick)	30	160.00	2.00	0.00	0.00	190.00	28.00	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY21-22 Core - FAST-Asia D1 :38618 - ServingDate: 10/17/2022								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Chef Salad, USDA - OKR1839 (1 salad)	5	172.59	8.96	3.89	0.00	444.63	6.57	17.30
Strawberry Fields Parfait - SR1738 (1 parfait)	5	490.23 (M)	7.68(M)	1.58(M)	0.04(M)	246.65 (M)	98.46 (M)	10.26 (M)
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Sweet Thai Chili Chicken Salad - SR1888 (1 salad)	10	348.96	14.47	2.76	0.00	826.35	37.61	17.72
Sweet Thai Chili Chicken Wrap - SR1886 (1 wrap)	10	533.26	20.42	5.75	0.00	1121.01	66.59	20.84
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Twisted Breadstick - OKR1002 (2 breadstick)	30	160.00	2.00	0.00	0.00	190.00	28.00	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY21-22 Core - FAST-Asia D2 :38618 - ServingDate: 10/18/2022								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Large Fajita Chicken Caesar Salad - OKR1575 (1 salad)	5	236.32	9.62	3.82	0.00	1056.22	12.46	25.09

Menu Calendar Nutrient Analysis Report - October, 2022

Site: Guthrie High School
Date: 10/01/2022 - 10/31/2022

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 Core - FAST-Asia D2 :38618 - ServingDate: 10/18/2022								
Chicken Salad Sub Sandwich - SR1200 (1 sandwich)	1	338.02	13.01	1.60	0.00	401.37	35.47	23.12
Korean BBQ Chicken Salad, mixed greens, diced chicken, mozzarella - SR2322 (1 salad)	10	248.16	8.36	2.91	0.01	706.07	19.48	24.63
Korean BBQ Chicken Sub, Richs WG - SR2321 (1 sandwich)	10	365.26	11.26	2.90	0.01	946.91	39.65	28.30
Strawberry Fields Parfait - SR1738 (1 parfait)	5	490.23 (M)	7.68(M)	1.58(M)	0.04(M)	246.65 (M)	98.46 (M)	10.26 (M)
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Twisted Breadstick - OKR1002 (2 breadstick)	30	160.00	2.00	0.00	0.00	190.00	28.00	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chilled Black Beans - SR2006 (1/2 c.)	5	120.50	0.00	0.00	0.00	142.41	21.91	7.67
SY21-22 Core - FAST-Asia D3 :38618 - ServingDate: 10/19/2022								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Large Crispy Chicken Salad - OKR1461 (1 salad)	5	307.26	15.28	4.57	0.00	435.13	23.91	18.34
Strawberry Fields Parfait - SR1738 (1 parfait)	5	490.23 (M)	7.68(M)	1.58(M)	0.04(M)	246.65 (M)	98.46 (M)	10.26 (M)
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Turkey Banh Mi Salad - SR2181 (1 salad)	10	186.73	4.77	1.18	0.00	992.30	13.53	22.80

Menu Calendar Nutrient Analysis Report - October, 2022

Site: Guthrie High School
Date: 10/01/2022 - 10/31/2022

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 Core - FAST-Asia D3 :38618 - ServingDate: 10/19/2022								
Turkey Banh Mi Sub, Ricks whole grain - SR2179 (1 sandwich)	10	313.08	7.77	1.16	0.01	1187.26	35.22	26.66
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Twisted Breadstick - OKR1002 (2 breadstick)	30	160.00	2.00	0.00	0.00	190.00	28.00	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY21-22 Core - FAST-Asia D4 :38618 - ServingDate: 10/20/2022								
American Style Sub - OKR1838 (1 sandwich)	1	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Strawberry Fields Parfait - SR1738 (1 parfait)	5	490.23 (M)	7.68(M)	1.58(M)	0.04(M)	246.65 (M)	98.46 (M)	10.26 (M)
Classic Chef Salad - SR1083 (1 salad)	0	266.21	14.09	5.22	0.00	642.65	9.28	26.00
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	1	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Teriyaki Chicken Salad - OKR1408 (1 salad)	10	194.38	3.72	1.80	0.00	725.92	21.29	18.77
Teriyaki Chicken Sub - OKR1409 (1 roll (smal))	10	169.35	3.67	1.80	0.00	700.91	16.42	16.92
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	1	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Mini Sub Roll - SR1208 (1 roll (smal))	10	162.71	3.05	0.00	0.00	183.05	29.49	6.10
Twisted Breadstick - OKR1002 (2 breadstick)	10	160.00	2.00	0.00	0.00	190.00	28.00	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - October, 2022

Site: Guthrie High School
Date: 10/01/2022 - 10/31/2022

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 Core -FAST-Asia D5 :38618 - ServingDate: 10/21/2022								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Large Fajita Chicken Caesar Salad - OKR1575 (1 salad)	10	236.32	9.62	3.82	0.00	1056.22	12.46	25.09
Strawberry Fields Parfait - SR1738 (1 parfait)	5	490.23 (M)	7.68(M)	1.58(M)	0.04(M)	246.65 (M)	98.46 (M)	10.26 (M)
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Twisted Breadstick - OKR1002 (2 breadstick)	10	160.00	2.00	0.00	0.00	190.00	28.00	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY21-22 Core - FAST-Asia D1 :38618 - ServingDate: 10/24/2022								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Chef Salad, USDA - OKR1839 (1 salad)	5	172.59	8.96	3.89	0.00	444.63	6.57	17.30
Strawberry Fields Parfait - SR1738 (1 parfait)	5	490.23 (M)	7.68(M)	1.58(M)	0.04(M)	246.65 (M)	98.46 (M)	10.26 (M)
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Sweet Thai Chili Chicken Salad - SR1888 (1 salad)	10	348.96	14.47	2.76	0.00	826.35	37.61	17.72
Sweet Thai Chili Chicken Wrap - SR1886 (1 wrap)	10	533.26	20.42	5.75	0.00	1121.01	66.59	20.84
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Twisted Breadstick - OKR1002 (2 breadstick)	30	160.00	2.00	0.00	0.00	190.00	28.00	6.00

Menu Calendar Nutrient Analysis Report - October, 2022

Site: Guthrie High School
Date: 10/01/2022 - 10/31/2022

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 Core - FAST-Asia D1 :38618 - ServingDate: 10/24/2022								
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY21-22 Core - FAST-Asia D2 :38618 - ServingDate: 10/25/2022								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Large Fajita Chicken Caesar Salad - OKR1575 (1 salad)	5	236.32	9.62	3.82	0.00	1056.22	12.46	25.09
Chicken Salad Sub Sandwich - SR1200 (1 sandwich)	1	338.02	13.01	1.60	0.00	401.37	35.47	23.12
Korean BBQ Chicken Salad, mixed greens, diced chicken, mozzarella - SR2322 (1 salad)	10	248.16	8.36	2.91	0.01	706.07	19.48	24.63
Korean BBQ Chicken Sub, Richs WG - SR2321 (1 sandwich)	10	365.26	11.26	2.90	0.01	946.91	39.65	28.30
Strawberry Fields Parfait - SR1738 (1 parfait)	5	490.23 (M)	7.68(M)	1.58(M)	0.04(M)	246.65 (M)	98.46 (M)	10.26 (M)
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Twisted Breadstick - OKR1002 (2 breadstick)	30	160.00	2.00	0.00	0.00	190.00	28.00	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chilled Black Beans - SR2006 (1/2 c.)	5	120.50	0.00	0.00	0.00	142.41	21.91	7.67
SY21-22 Core - FAST-Asia D3 :38618 - ServingDate: 10/26/2022								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65

Menu Calendar Nutrient Analysis Report - October, 2022

Site: Guthrie High School
Date: 10/01/2022 - 10/31/2022

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 Core - FAST-Asia D3 :38618 - ServingDate: 10/26/2022								
Large Crispy Chicken Salad - OKR1461 (1 salad)	5	307.26	15.28	4.57	0.00	435.13	23.91	18.34
Strawberry Fields Parfait - SR1738 (1 parfait)	5	490.23 (M)	7.68(M)	1.58(M)	0.04(M)	246.65 (M)	98.46 (M)	10.26 (M)
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Turkey Banh Mi Salad - SR2181 (1 salad)	10	186.73	4.77	1.18	0.00	992.30	13.53	22.80
Turkey Banh Mi Sub, Richs whole grain - SR2179 (1 sandwich)	10	313.08	7.77	1.16	0.01	1187.26	35.22	26.66
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Twisted Breadstick - OKR1002 (2 breadstick)	30	160.00	2.00	0.00	0.00	190.00	28.00	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY21-22 Core - FAST-Asia D4 :38618 - ServingDate: 10/27/2022								
American Style Sub - OKR1838 (1 sandwich)	1	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Strawberry Fields Parfait - SR1738 (1 parfait)	5	490.23 (M)	7.68(M)	1.58(M)	0.04(M)	246.65 (M)	98.46 (M)	10.26 (M)
Classic Chef Salad - SR1083 (1 salad)	0	266.21	14.09	5.22	0.00	642.65	9.28	26.00
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	1	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Teriyaki Chicken Salad - OKR1408 (1 salad)	10	194.38	3.72	1.80	0.00	725.92	21.29	18.77
Teriyaki Chicken Sub - OKR1409 (1 roll (smal))	10	169.35	3.67	1.80	0.00	700.91	16.42	16.92
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	1	332.45	14.65	6.30	0.00	781.62	32.79	20.19

Menu Calendar Nutrient Analysis Report - October, 2022

Site: Guthrie High School
Date: 10/01/2022 - 10/31/2022

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 Core - FAST-Asia D4 :38618 - ServingDate: 10/27/2022								
Mini Sub Roll - SR1208 (1 roll (smal))	10	162.71	3.05	0.00	0.00	183.05	29.49	6.10
Twisted Breadstick - OKR1002 (2 breadstick)	10	160.00	2.00	0.00	0.00	190.00	28.00	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY21-22 Core -FAST-Asia D5 :38618 - ServingDate: 10/28/2022								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Large Fajita Chicken Caesar Salad - OKR1575 (1 salad)	10	236.32	9.62	3.82	0.00	1056.22	12.46	25.09
Strawberry Fields Parfait - SR1738 (1 parfait)	5	490.23 (M)	7.68(M)	1.58(M)	0.04(M)	246.65 (M)	98.46 (M)	10.26 (M)
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Twisted Breadstick - OKR1002 (2 breadstick)	10	160.00	2.00	0.00	0.00	190.00	28.00	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY22-23 Core - FAST-Mediterranean Day 1 :40507 - ServingDate: 10/31/2022								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Chef Salad, USDA - OKR1839 (1 salad)	5	172.59	8.96	3.89	0.00	444.63	6.57	17.30
Chicken Bruschetta Salad, mixed greens, USDA diced chicken, mozzarella - SR3574 (1 salad)	10	242.96	9.66	3.01	0.00	379.23	14.43	24.19

Menu Calendar Nutrient Analysis Report - October, 2022

Site: Guthrie High School
 Date: 10/01/2022 - 10/31/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Core - FAST-Mediterranean Day 1 :40507 - ServingDate: 10/31/2022								
Chicken Bruschetta Sub, Richs WG - SR2374 (1 sandwich)	10	326.47	9.55	2.51	0.00	457.32	35.85	26.91
Double Berry Parfait - SR1602 (1 parfait)	5	450.54 (M)	7.82(M)	1.57(M)	0.04(M)	236.08 (M)	87.28 (M)	10.14 (M)
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Twisted Breadstick - SR2142 (1 breadstick)	10	172.69	3.27	0.09	0.00	190.34	28.41	6.09
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)

Legend
 (M) - Missing Nutrient Values

Report Selections
 Meal Type: Lunch
 Site Group: Taste4
 Menu Line: T4-Fast (tier I)
 Serving Group: 9-12
 Nutrients Option: Expanded

Please be advised that our menu items may contain allergens or may have come in contact with items containing allergens. In addition, food manufacturers may change their formulation or manner of processing without our knowledge. Sodexo therefore cannot guarantee the accuracy of nutrition information. Ingredient and nutrition content of foods may vary due to changes in product formulation, recipe substitutions, portion size and other factors. The nutrition analyses provided are approximations only. Sodexo assumes no liability for any adverse reactions that may occur in the school cafeteria. We encourage all food allergic individuals to first inform the school nurse of allergy/intolerance and then work with our staff to plan a menu.