

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 Core - FAST-Mediterranean W1D4 :37146 - ServingDate: 09/01/2022								
American Style Sub - OKR1838 (1 sandwich)	5	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Buffalo Chicken Salad - SR1956 (1 salad)	5	313.06	16.71	4.84	0.00	1476.33	22.32	18.64
Blueberry Patch Parfait - SR1733 (1 parfait)	5	409.05 (M)	7.74(M)	1.57(M)	0.04(M)	234.58 (M)	75.19 (M)	9.81(M)
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	5	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	5	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Balsamic Chicken Salad - SR2342 (1 salad)	5	221.52	7.28	2.80	0.00	739.49	17.29	22.61
Balsamic Chicken Sub, Richs WG - SR2345 (1 sandwich)	5	357.39	10.28	2.79	0.00	481.55	41.36	26.79
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-Mediterranean W1D5 :37146 - ServingDate: 09/02/2022								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Blueberry Patch Parfait - SR1733 (1 parfait)	5	409.05 (M)	7.74(M)	1.57(M)	0.04(M)	234.58 (M)	75.19 (M)	9.81(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
Fiesta Beef Salad - SR1110 (1 salad)	5	166.41	6.64	3.33	0.00	665.83	13.98	12.57
Twisted Breadstick - OKR1002 (2 breadstick)	10	160.00	2.00	0.00	0.00	190.00	28.00	6.00

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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 Core -FAST-Mediterranean W1D5 :37146 - ServingDate: 09/02/2022								
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY21-22 Core - FAST-Mediterranean W2D2 :37147 - ServingDate: 09/06/2022								
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
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
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)
Pesto Chicken Salad - SR2571 (1 salad)	5	290.55	17.31	4.23	0.00	906.81	12.41	21.55
Pesto Chicken Sub - SR2572 (1 sandwich)	5	422.87	20.30	4.22	0.00	1049.34	35.72	25.78
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-Mediterranean W2D3 :37147 - ServingDate: 09/07/2022								
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

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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 Core - FAST-Mediterranean W2D3 :37147 - ServingDate: 09/07/2022								
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
Greek Turkey Salad - SR2354 (1 salad)	5	328.80	18.78	2.98	0.00	1262.71	26.00	17.75
Greek Turkey Wrap, 10-inch - SR2353 (1 wrap)	5	484.86	21.90	5.97	0.00	906.39	53.10	20.87
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)
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-Mediterranean W2D4 :37147 - ServingDate: 09/08/2022								
American Style Sub - OKR1838 (1 sandwich)	5	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Buffalo Chicken Salad - SR1956 (1 salad)	5	313.06	16.71	4.84	0.00	1476.33	22.32	18.64
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	5	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	5	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Balsamic Chicken Salad - SR2342 (1 salad)	5	221.52	7.28	2.80	0.00	739.49	17.29	22.61
Balsamic Chicken Sub, Richs WG - SR2345 (1 sandwich)	5	357.39	10.28	2.79	0.00	481.55	41.36	26.79
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)
Twisted Breadstick - OKR1002 (2 breadstick)	10	160.00	2.00	0.00	0.00	190.00	28.00	6.00

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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 Core - FAST-Mediterranean W2D4 :37147 - ServingDate: 09/08/2022								
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY21-22 Core -FAST-Mediterranean W2D5 :37147 - ServingDate: 09/09/2022								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
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
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)
Fiesta Beef Salad - SR1110 (1 salad)	5	166.41	6.64	3.33	0.00	665.83	13.98	12.57
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-Mediterranean W3D1 :37148 - ServingDate: 09/12/2022								
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
Bruschetta Chicken Salad - SR3253 (1 salad)	5	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(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

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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 Core - FAST-Mediterranean W3D1 :37148 - ServingDate: 09/12/2022								
WOF- Bruschetta Chicken Sub - SR3178 (1 sandwich)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
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)
Bruschetta Chicken - SR2610 (3/8 c.)	10	105.04	3.87	0.32	0.00	142.47	2.08	13.77
Shredded Mozzarella Cheese - SR1989 (1/2 oz.)	10	40.50	2.53	1.52	0.00	91.12	1.01	3.04
Spicy Italian Herb Sub Roll - SR1512 (1 roll (smal))	5	167.63	3.10	0.01	0.00	183.93	30.56	6.33
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)
Bruschetta Topping - SR1627 (1/4 c.)	10	18.09	0.74	0.14	0.00	33.95	2.65	0.54
Mixed Salad Greens - SR1080 (1 c.)	5	12.85	0.03	0.00	0.00	12.67	2.51	0.94
SY21-22 Core - FAST-Mediterranean W3D2 :37148 - ServingDate: 09/13/2022								
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
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

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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 Core - FAST-Mediterranean W3D2 :37148 - ServingDate: 09/13/2022								
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)
Pesto Chicken Salad - SR2571 (1 salad)	5	290.55	17.31	4.23	0.00	906.81	12.41	21.55
Pesto Chicken Sub - SR2572 (1 sandwich)	5	422.87	20.30	4.22	0.00	1049.34	35.72	25.78
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-Mediterranean W3D3 :37148 - ServingDate: 09/14/2022								
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
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
Greek Turkey Salad - SR2354 (1 salad)	5	328.80	18.78	2.98	0.00	1262.71	26.00	17.75
Greek Turkey Wrap, 10-inch - SR2353 (1 wrap)	5	484.86	21.90	5.97	0.00	906.39	53.10	20.87
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)
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)

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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 Core - FAST-Mediterranean W3D4 :37148 - ServingDate: 09/15/2022								
American Style Sub - OKR1838 (1 sandwich)	5	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Buffalo Chicken Salad - SR1956 (1 salad)	5	313.06	16.71	4.84	0.00	1476.33	22.32	18.64
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	5	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	5	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Balsamic Chicken Salad - SR2342 (1 salad)	5	221.52	7.28	2.80	0.00	739.49	17.29	22.61
Balsamic Chicken Sub, Richs WG - SR2345 (1 sandwich)	5	357.39	10.28	2.79	0.00	481.55	41.36	26.79
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)
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-Mediterranean W3D5 :37148 - ServingDate: 09/16/2022								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
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
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)
Fiesta Beef Salad - SR1110 (1 salad)	5	166.41	6.64	3.33	0.00	665.83	13.98	12.57
Twisted Breadstick - OKR1002 (2 breadstick)	10	160.00	2.00	0.00	0.00	190.00	28.00	6.00

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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 Core -FAST-Mediterranean W3D5 :37148 - ServingDate: 09/16/2022								
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY22-23 Core - FAST-Mexico Day 2 :39395 - ServingDate: 09/20/2022								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Buffalo Chicken Wrap - SR1953 (1 wrap)	5	487.83	22.56	7.82	0.00	1768.20	49.24	21.28
Large Fajita Chicken Caesar Salad - OKR1575 (1 salad)	5	236.32	9.62	3.82	0.00	1056.22	12.46	25.09
Green Chili Chicken Salad - OKR1400 (1 salad)	5	201.08	8.14	4.26	0.01(M)	694.29	9.98	20.97
Green Chili Chicken Sub - OKR1401 (1 roll (smal))	5	346.28	11.57	4.51	0.01(M)	1018.14	34.93	25.70
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 - SR2142 (1 breadstick)	10	172.69	3.27	0.09	0.00	190.34	28.41	6.09
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY22-23 Core - FAST-Mexico Day 3 :39395 - ServingDate: 09/21/2022								
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
Fajita Chicken Salad - OKR1355 (1 salad)	5	215.99	9.27	4.39	0.01	655.91	10.91	21.58

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Core - FAST-Mexico Day 3 :39395 - ServingDate: 09/21/2022								
Fajita Chicken Sub - SR2575 (1 sandwich)	5	360.63	13.36	4.55	0.01	894.48	36.00	24.78
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 - SR2142 (1 breadstick)	10	172.69	3.27	0.09	0.00	190.34	28.41	6.09
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY22-23 Core - FAST-Mexico Day 4 :39395 - ServingDate: 09/22/2022								
American Style Sub - OKR1838 (1 sandwich)	1	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Mexican Chicken Tinga Salad, mixed greens, USDA diced - SR3578 (1 salad)	5	181.92	5.66	2.57	0.00	358.67	14.78	17.70
Mexican Chicken Tinga Sub, Richs whole grain, USDA diced - SR3577 (1 sandwich)	5	315.99	9.02	2.81	0.00	631.46	37.18	22.19
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)	1	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	1	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)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Core - FAST-Mexico Day 5 :39395 - ServingDate: 09/23/2022								
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
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 - SR2142 (1 breadstick)	5	172.69	3.27	0.09	0.00	190.34	28.41	6.09
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY22-23 Core - FAST-Mexico Day 1 :39396 - ServingDate: 09/26/2022								
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
Fajita Chicken Salad - OKR1355 (1 salad)	5	215.99	9.27	4.39	0.01	655.91	10.91	21.58
Fajita Chicken Sub - SR2575 (1 sandwich)	5	360.63	13.36	4.55	0.01	894.48	36.00	24.78
Strawberry Banana Parfait - SR1737 (1 parfait)	5	462.40 (M)	7.72(M)	1.61(M)	0.04(M)	245.03 (M)	90.50 (M)	10.33 (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)

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)
SY22-23 Core - FAST-Mexico Day 2 :39396 - ServingDate: 09/27/2022								
American Style Sub - OKR1838 (1 sandwich)	10	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Buffalo Chicken Wrap - SR1953 (1 wrap)	5	487.83	22.56	7.82	0.00	1768.20	49.24	21.28
Large Fajita Chicken Caesar Salad - OKR1575 (1 salad)	5	236.32	9.62	3.82	0.00	1056.22	12.46	25.09
Green Chili Chicken Salad - OKR1400 (1 salad)	5	201.08	8.14	4.26	0.01(M)	694.29	9.98	20.97
Green Chili Chicken Sub - OKR1401 (1 roll (smal))	5	346.28	11.57	4.51	0.01(M)	1018.14	34.93	25.70
Strawberry Banana Parfait - SR1737 (1 parfait)	5	462.40 (M)	7.72(M)	1.61(M)	0.04(M)	245.03 (M)	90.50 (M)	10.33 (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)
SY22-23 Core - FAST-Mexico Day 3 :39396 - ServingDate: 09/28/2022								
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
Fajita Chicken Salad - OKR1355 (1 salad)	5	215.99	9.27	4.39	0.01	655.91	10.91	21.58
Fajita Chicken Sub - SR2575 (1 sandwich)	5	360.63	13.36	4.55	0.01	894.48	36.00	24.78
Strawberry Banana Parfait - SR1737 (1 parfait)	5	462.40 (M)	7.72(M)	1.61(M)	0.04(M)	245.03 (M)	90.50 (M)	10.33 (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)
SY22-23 Core - FAST-Mexico Day 3 :39396 - ServingDate: 09/28/2022								
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Twisted Breadstick - SR2142 (1 breadstick)	10	172.69	3.27	0.09	0.00	190.34	28.41	6.09
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY22-23 Core - FAST-Mexico Day 4 :39396 - ServingDate: 09/29/2022								
American Style Sub - OKR1838 (1 sandwich)	1	332.58	14.02	5.65	0.00	777.33	32.81	21.65
Mexican Chicken Tinga Salad, mixed greens, USDA diced - SR3578 (1 salad)	5	181.92	5.66	2.57	0.00	358.67	14.78	17.70
Mexican Chicken Tinga Sub, Richs whole grain, USDA diced - SR3577 (1 sandwich)	5	315.99	9.02	2.81	0.00	631.46	37.18	22.19
Strawberry Banana Parfait - SR1737 (1 parfait)	5	462.40 (M)	7.72(M)	1.61(M)	0.04(M)	245.03 (M)	90.50 (M)	10.33 (M)
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	1	332.71	13.38	5.00	0.00	773.05	32.82	23.10
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	1	332.45	14.65	6.30	0.00	781.62	32.79	20.19
Twisted Breadstick - SR2142 (1 breadstick)	10	172.69	3.27	0.09	0.00	190.34	28.41	6.09
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY22-23 Core - FAST-Mexico Day 5 :39396 - ServingDate: 09/30/2022								
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 - 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)
SY22-23 Core - FAST-Mexico Day 5 :39396 - ServingDate: 09/30/2022								
Large Fajita Chicken Caesar Salad - OKR1575 (1 salad)	5	236.32	9.62	3.82	0.00	1056.22	12.46	25.09
Strawberry Banana Parfait - SR1737 (1 parfait)	5	462.40 (M)	7.72(M)	1.61(M)	0.04(M)	245.03 (M)	90.50 (M)	10.33 (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)	5	172.69	3.27	0.09	0.00	190.34	28.41	6.09
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)

Legend
 (M) - Missing Nutrient Values

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.