

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)
22-23 - Pizza - Asia Day 1 :40479 - ServingDate: 10/03/2022								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.53	12.23	6.13	0.00	615.08	35.32	19.39
Pepperoni Pizza - SR1443 (1 slice)	32	364.12	15.15	7.22	0.00	719.57	35.32	20.84
Sweet Thai Chili Chicken Pizza - SR1830 (1 slice)	8	403.03	14.46	4.99	0.00	831.54	46.74	21.16
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	22	7.49	0.17	0.03	0.00	130.30	1.45	0.26
22-23 - Pizza - Asia Day 2 :40479 - ServingDate: 10/04/2022								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.53	12.23	6.13	0.00	615.08	35.32	19.39
Korean BBQ Chicken Pizza, 8-cut, Richs WG - SR2317 (1 slice)	8	345.70	11.43	4.40	0.00	709.39	36.45	24.21
Sausage Pizza - SR1474 (1 slice)	16	396.76	17.63	8.11	0.10	803.35	36.18	22.38
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	22	7.49	0.17	0.03	0.00	130.30	1.45	0.26
22-23 - Pizza - Asia Day 3 :40479 - ServingDate: 10/05/2022								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01

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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)
22-23 - Pizza - Asia Day 3 :40479 - ServingDate: 10/05/2022								
Cheese Pizza - SR1441 (1 slice)	32	332.53	12.23	6.13	0.00	615.08	35.32	19.39
Pepperoni Pizza - SR1443 (1 slice)	32	364.12	15.15	7.22	0.00	719.57	35.32	20.84
Turkey Banh Mi Pizza - SR2178 (1 slice)	8	329.87	10.15	4.29	0.00	829.47	36.42	22.59
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	0	7.49	0.17	0.03	0.00	130.30	1.45	0.26
22-23 - Pizza - Asia Day 4 :40479 - ServingDate: 10/06/2022								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.53	12.23	6.13	0.00	615.08	35.32	19.39
Hawaiian Pizza - OKR1879 (1 slice)	16	337.37	10.58	4.92	0.00	749.70	39.10	22.36
Teriyaki Chicken Pizza - OKR1411 (1 slice)	8	353.14	10.45	4.76	0.00	828.05	40.77	23.22
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	22	7.49	0.17	0.03	0.00	130.30	1.45	0.26
22-23 - Pizza - Asia W1 Day 5 :40479 - ServingDate: 10/07/2022								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.53	12.23	6.13	0.00	615.08	35.32	19.39
Meatlover's Pizza - SR1402 (1 slice)	16	418.86	19.33	8.76	0.07	903.88	35.78	24.63
Pepperoni Pizza - SR1443 (1 slice)	32	364.12	15.15	7.22	0.00	719.57	35.32	20.84

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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)
22-23 - Pizza - Asia W1 Day 5 :40479 - ServingDate: 10/07/2022								
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	22	7.49	0.17	0.03	0.00	130.30	1.45	0.26
22-23 - Pizza - Asia Day 1 :40480 - ServingDate: 10/10/2022								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.53	12.23	6.13	0.00	615.08	35.32	19.39
Pepperoni Pizza - SR1443 (1 slice)	32	364.12	15.15	7.22	0.00	719.57	35.32	20.84
Sweet Thai Chili Chicken Pizza - SR1830 (1 slice)	8	403.03	14.46	4.99	0.00	831.54	46.74	21.16
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	22	7.49	0.17	0.03	0.00	130.30	1.45	0.26
22-23 - Pizza - Asia Day 2 :40480 - ServingDate: 10/11/2022								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.53	12.23	6.13	0.00	615.08	35.32	19.39
Korean BBQ Chicken Pizza, 8-cut, Richs WG - SR2317 (1 slice)	8	345.70	11.43	4.40	0.00	709.39	36.45	24.21
Sausage Pizza - SR1474 (1 slice)	16	396.76	17.63	8.11	0.10	803.35	36.18	22.38
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18

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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)
22-23 - Pizza - Asia Day 2 :40480 - ServingDate: 10/11/2022								
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	22	7.49	0.17	0.03	0.00	130.30	1.45	0.26
22-23 - Pizza - Asia Day 3 :40480 - ServingDate: 10/12/2022								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.53	12.23	6.13	0.00	615.08	35.32	19.39
Pepperoni Pizza - SR1443 (1 slice)	32	364.12	15.15	7.22	0.00	719.57	35.32	20.84
Turkey Banh Mi Pizza - SR2178 (1 slice)	8	329.87	10.15	4.29	0.00	829.47	36.42	22.59
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	0	7.49	0.17	0.03	0.00	130.30	1.45	0.26
22-23 - Pizza - Asia Day 1 :40481 - ServingDate: 10/17/2022								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.53	12.23	6.13	0.00	615.08	35.32	19.39
Pepperoni Pizza - SR1443 (1 slice)	32	364.12	15.15	7.22	0.00	719.57	35.32	20.84
Sweet Thai Chili Chicken Pizza - SR1830 (1 slice)	8	403.03	14.46	4.99	0.00	831.54	46.74	21.16
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	22	7.49	0.17	0.03	0.00	130.30	1.45	0.26

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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)
22-23 - Pizza - Asia Day 2 :40481 - ServingDate: 10/18/2022								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.53	12.23	6.13	0.00	615.08	35.32	19.39
Korean BBQ Chicken Pizza, 8-cut, Richs WG - SR2317 (1 slice)	8	345.70	11.43	4.40	0.00	709.39	36.45	24.21
Sausage Pizza - SR1474 (1 slice)	16	396.76	17.63	8.11	0.10	803.35	36.18	22.38
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	22	7.49	0.17	0.03	0.00	130.30	1.45	0.26
22-23 - Pizza - Asia Day 3 :40481 - ServingDate: 10/19/2022								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.53	12.23	6.13	0.00	615.08	35.32	19.39
Pepperoni Pizza - SR1443 (1 slice)	32	364.12	15.15	7.22	0.00	719.57	35.32	20.84
Turkey Banh Mi Pizza - SR2178 (1 slice)	8	329.87	10.15	4.29	0.00	829.47	36.42	22.59
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	0	7.49	0.17	0.03	0.00	130.30	1.45	0.26
22-23 - Pizza - Asia Day 4 :40481 - ServingDate: 10/20/2022								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.53	12.23	6.13	0.00	615.08	35.32	19.39

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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)
22-23 - Pizza - Asia Day 4 :40481 - ServingDate: 10/20/2022								
Hawaiian Pizza - OKR1879 (1 slice)	16	337.37	10.58	4.92	0.00	749.70	39.10	22.36
Teriyaki Chicken Pizza - OKR1411 (1 slice)	8	353.14	10.45	4.76	0.00	828.05	40.77	23.22
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	22	7.49	0.17	0.03	0.00	130.30	1.45	0.26
22-23 - Pizza - Asia W3 Day 5 :40481 - ServingDate: 10/21/2022								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.53	12.23	6.13	0.00	615.08	35.32	19.39
Pepperoni Pizza - SR1443 (1 slice)	32	364.12	15.15	7.22	0.00	719.57	35.32	20.84
Supreme Pizza - SR1478 (1 slice)	8	357.84	13.73	5.33	0.00	879.27	35.25	23.88
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	22	7.49	0.17	0.03	0.00	130.30	1.45	0.26
22-23 - Pizza - Asia Day 1 :40482 - ServingDate: 10/24/2022								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.53	12.23	6.13	0.00	615.08	35.32	19.39
Pepperoni Pizza - SR1443 (1 slice)	32	364.12	15.15	7.22	0.00	719.57	35.32	20.84
Sweet Thai Chili Chicken Pizza - SR1830 (1 slice)	8	403.03	14.46	4.99	0.00	831.54	46.74	21.16

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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)
22-23 - Pizza - Asia Day 1 :40482 - ServingDate: 10/24/2022								
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	22	7.49	0.17	0.03	0.00	130.30	1.45	0.26
22-23 - Pizza - Asia Day 2 :40482 - ServingDate: 10/25/2022								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.53	12.23	6.13	0.00	615.08	35.32	19.39
Korean BBQ Chicken Pizza, 8-cut, Richs WG - SR2317 (1 slice)	8	345.70	11.43	4.40	0.00	709.39	36.45	24.21
Sausage Pizza - SR1474 (1 slice)	16	396.76	17.63	8.11	0.10	803.35	36.18	22.38
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	22	7.49	0.17	0.03	0.00	130.30	1.45	0.26
22-23 - Pizza - Asia Day 3 :40482 - ServingDate: 10/26/2022								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.53	12.23	6.13	0.00	615.08	35.32	19.39
Pepperoni Pizza - SR1443 (1 slice)	32	364.12	15.15	7.22	0.00	719.57	35.32	20.84
Turkey Banh Mi Pizza - SR2178 (1 slice)	8	329.87	10.15	4.29	0.00	829.47	36.42	22.59
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18

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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)
22-23 - Pizza - Asia Day 3 :40482 - ServingDate: 10/26/2022								
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	0	7.49	0.17	0.03	0.00	130.30	1.45	0.26
22-23 - Pizza - Asia Day 4 :40482 - ServingDate: 10/27/2022								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.53	12.23	6.13	0.00	615.08	35.32	19.39
Hawaiian Pizza - OKR1879 (1 slice)	16	337.37	10.58	4.92	0.00	749.70	39.10	22.36
Teriyaki Chicken Pizza - OKR1411 (1 slice)	8	353.14	10.45	4.76	0.00	828.05	40.77	23.22
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	22	7.49	0.17	0.03	0.00	130.30	1.45	0.26
22-23 - Pizza - Asia W4 Day 5 :40482 - ServingDate: 10/28/2022								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.53	12.23	6.13	0.00	615.08	35.32	19.39
Garden Alfredo Pizza - SR1400 (1 slice)	8	367.66	14.46	7.45	0.00	745.63	37.78	21.75
Pepperoni Pizza - SR1443 (1 slice)	32	364.12	15.15	7.22	0.00	719.57	35.32	20.84
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	22	7.49	0.17	0.03	0.00	130.30	1.45	0.26

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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)
22-23 - Pizza - Mediterranean Day 1 :40512 - ServingDate: 10/31/2022								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.53	12.23	6.13	0.00	615.08	35.32	19.39
Chicken Bruschetta Pizza - SR1438 (1 slice)	8	321.01	10.13	4.30	0.00	555.41	35.13	22.26
Pepperoni Pizza - SR1443 (1 slice)	32	364.12	15.15	7.22	0.00	719.57	35.32	20.84
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	22	7.49	0.17	0.03	0.00	130.30	1.45	0.26

Legend

(M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch
Site Group: Taste4
Menu Line: T4-Pizza (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.