

Menu Calendar Nutrient Analysis Report - April, 2024

Site: Guthrie High School
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24_T4_Adventure Line_SY23-24 Rockin Ramen-PopUp- T4 MTO Daily :42627 - ServingDate: 04/01/2024								
Yakisoba Noodles - SR3439 (1 c.)	100	250.03	1.50	0.00	0.00	250.39	49.01	9.00
Fajita Chicken - SR2529 (1/3 c.)	80	80.05	4.00	1.14	0.00	240.14	1.14	9.72
Hard Boiled Egg - SR3322 (1 egg)	70	70.00	5.00	1.50	0.00	55.00	1.00	6.00
Chicken Meatballs - SR3065 (3 Meatballs)	50	105.99	6.56	2.02	0.00	121.13	3.53	8.58
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.)	40	61.52	3.81	0.83	0.00(M)	537.18	5.32	1.72
Broth- Pho, Vegetable - SR2211 (1 c.)	60	23.82	1.37	0.20	0.00(M)	47.17	2.78	0.32
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fresh Cilantro - SR1265 (1 tsp.)	20	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Lime Wedges - SR1283 (2 slice or w)	20	2.51	0.02	0.00	0.00	0.17	0.88	0.06
O - Cabbage, green, shredded, ready-to-serve - SR2425 (2 tbsp.)	40	2.10	0.01	0.00	0.00	1.51	0.49	0.11
Sliced Mushrooms - SR2424 (2 tbsp.)	40	10.22	0.16	0.02	0.00	2.32	1.51	1.39
Green Onion - SR1946 (2 tbsp.)	40	4.02	0.02	0.00	0.00	2.01	0.92	0.23
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	30	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Matchstick Carrots - SR1435 (2 tbsp.)	40	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	40	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Chilled Corn - SR1033 (2 tbsp.)	30	17.22	0.14	0.02	0.00	0.21	4.10	0.54

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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)
SY23- 24_T4_Adventure Line_SY23-24 Rockin Ramen-PopUp- T4 MTO Daily :42627 - ServingDate: 04/02/2024								
Yakisoba Noodles - SR3439 (1 c.)	100	250.03	1.50	0.00	0.00	250.39	49.01	9.00
Fajita Chicken - SR2529 (1/3 c.)	80	80.05	4.00	1.14	0.00	240.14	1.14	9.72
Hard Boiled Egg - SR3322 (1 egg)	70	70.00	5.00	1.50	0.00	55.00	1.00	6.00
Chicken Meatballs - SR3065 (3 Meatballs)	50	105.99	6.56	2.02	0.00	121.13	3.53	8.58
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.)	40	61.52	3.81	0.83	0.00(M)	537.18	5.32	1.72
Broth- Pho, Vegetable - SR2211 (1 c.)	60	23.82	1.37	0.20	0.00(M)	47.17	2.78	0.32
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fresh Cilantro - SR1265 (1 tsp.)	20	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Lime Wedges - SR1283 (2 slice or w)	20	2.51	0.02	0.00	0.00	0.17	0.88	0.06
O - Cabbage, green, shredded, ready-to- serve - SR2425 (2 tbsp.)	40	2.10	0.01	0.00	0.00	1.51	0.49	0.11
Sliced Mushrooms - SR2424 (2 tbsp.)	40	10.22	0.16	0.02	0.00	2.32	1.51	1.39
Green Onion - SR1946 (2 tbsp.)	40	4.02	0.02	0.00	0.00	2.01	0.92	0.23
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	30	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Matchstick Carrots - SR1435 (2 tbsp.)	40	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	40	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Chilled Corn - SR1033 (2 tbsp.)	30	17.22	0.14	0.02	0.00	0.21	4.10	0.54

Menu Calendar Nutrient Analysis Report - April, 2024

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Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23- 24_T4_Adventure Line_SY23-24 Rockin Ramen-PopUp- T4 MTO Daily :42627 - ServingDate: 04/03/2024								
Yakisoba Noodles - SR3439 (1 c.)	100	250.03	1.50	0.00	0.00	250.39	49.01	9.00
Fajita Chicken - SR2529 (1/3 c.)	80	80.05	4.00	1.14	0.00	240.14	1.14	9.72
Hard Boiled Egg - SR3322 (1 egg)	70	70.00	5.00	1.50	0.00	55.00	1.00	6.00
Chicken Meatballs - SR3065 (3 Meatballs)	50	105.99	6.56	2.02	0.00	121.13	3.53	8.58
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.)	40	61.52	3.81	0.83	0.00(M)	537.18	5.32	1.72
Broth- Pho, Vegetable - SR2211 (1 c.)	60	23.82	1.37	0.20	0.00(M)	47.17	2.78	0.32
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fresh Cilantro - SR1265 (1 tsp.)	20	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Lime Wedges - SR1283 (2 slice or w)	20	2.51	0.02	0.00	0.00	0.17	0.88	0.06
O - Cabbage, green, shredded, ready-to- serve - SR2425 (2 tbsp.)	40	2.10	0.01	0.00	0.00	1.51	0.49	0.11
Sliced Mushrooms - SR2424 (2 tbsp.)	40	10.22	0.16	0.02	0.00	2.32	1.51	1.39
Green Onion - SR1946 (2 tbsp.)	40	4.02	0.02	0.00	0.00	2.01	0.92	0.23
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	30	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Matchstick Carrots - SR1435 (2 tbsp.)	40	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	40	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Chilled Corn - SR1033 (2 tbsp.)	30	17.22	0.14	0.02	0.00	0.21	4.10	0.54

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Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24_T4_Adventure Line_SY23-24 Rockin Ramen-PopUp- T4 MTO Daily :42627 - ServingDate: 04/04/2024								
Yakisoba Noodles - SR3439 (1 c.)	100	250.03	1.50	0.00	0.00	250.39	49.01	9.00
Fajita Chicken - SR2529 (1/3 c.)	80	80.05	4.00	1.14	0.00	240.14	1.14	9.72
Hard Boiled Egg - SR3322 (1 egg)	70	70.00	5.00	1.50	0.00	55.00	1.00	6.00
Chicken Meatballs - SR3065 (3 Meatballs)	50	105.99	6.56	2.02	0.00	121.13	3.53	8.58
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.)	40	61.52	3.81	0.83	0.00(M)	537.18	5.32	1.72
Broth- Pho, Vegetable - SR2211 (1 c.)	60	23.82	1.37	0.20	0.00(M)	47.17	2.78	0.32
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fresh Cilantro - SR1265 (1 tsp.)	20	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Lime Wedges - SR1283 (2 slice or w)	20	2.51	0.02	0.00	0.00	0.17	0.88	0.06
O - Cabbage, green, shredded, ready-to-serve - SR2425 (2 tbsp.)	40	2.10	0.01	0.00	0.00	1.51	0.49	0.11
Sliced Mushrooms - SR2424 (2 tbsp.)	40	10.22	0.16	0.02	0.00	2.32	1.51	1.39
Green Onion - SR1946 (2 tbsp.)	40	4.02	0.02	0.00	0.00	2.01	0.92	0.23
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	30	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Matchstick Carrots - SR1435 (2 tbsp.)	40	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	40	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Chilled Corn - SR1033 (2 tbsp.)	30	17.22	0.14	0.02	0.00	0.21	4.10	0.54

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Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24_T4_Adventure Line_SY23-24 Strutters Tenders-PopUp- T4 MTO :42623 - ServingDate: 04/08/2024								
Garlic Knot Breadstick - SR1255 (2 roll.)	100	221.25	8.11	0.45	0.00	191.69	30.03	6.45
Breaded Chicken Tender - SR2504 (3 tenders)	90	263.02	15.17	2.53	0.00	394.54	16.19	15.17
Fajita Chicken - SR2529 (2/3 c.)	10	160.09	8.01	2.29	0.00	480.27	2.29	19.44
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Crinkle Cut French Fries - SR2496 (1/2 c.)	65	100.75	3.92	0.56	0.00	27.99	14.55	1.12
Celery Sticks - SR1014 (6 stick.)	15	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	20	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	10	73.60	0.09	0.07	0.01	305.44	18.23	0.17
Hot Sauce - SR3162 (1 tbsp.)	20	3.39	0.09	0.02	0.00	626.53	0.48	0.17
Barbecue Sauce - SR1008 (2 tbsp.)	20	30.28	0.00	0.00	0.00	474.42	7.07	0.00
SY23-24_T4_Adventure Line_SY23-24 Strutters Chicken&Waffles-PopUp- T4 MTO :42623 - ServingDate: 04/09/2024								
Toasted Waffle - SR2165 (2 waffle)	100	185.89	5.16	1.03	0.00	340.80	30.98	4.13
Breaded Drumstick - SR3363 (1 pcs.)	90	220.00	13.00	3.00	0.00	530.00	6.00	19.00
Fajita Chicken - SR2529 (2/3 c.)	10	160.09	8.01	2.29	0.00	480.27	2.29	19.44
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)
SY23-24_T4_Adventure Line_SY23-24 Strutters Chicken&Waffles-PopUp- T4 MTO :42623 - ServingDate: 04/09/2024								
Apple Glazed Baby Carrots - SR3683 (1/2 c.)	60	58.31	0.81	0.31	0.00	71.53	12.33	0.56
Blue Ribbon Slaw - SR1254 (1/2 c.)	40	41.82	0.15	0.03	0.00	113.85	10.28	0.76
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	100	105.00	0.00	0.00	0.00	47.50	26.00	0.00
SY23-24_T4_Adventure Line_SY23-24 Strutters Tenders-PopUp- T4 MTO :42623 - ServingDate: 04/10/2024								
Garlic Knot Breadstick - SR1255 (2 roll.)	100	221.25	8.11	0.45	0.00	191.69	30.03	6.45
Breaded Chicken Tender - SR2504 (3 tenders)	90	263.02	15.17	2.53	0.00	394.54	16.19	15.17
Fajita Chicken - SR2529 (2/3 c.)	10	160.09	8.01	2.29	0.00	480.27	2.29	19.44
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Crinkle Cut French Fries - SR2496 (1/2 c.)	65	100.75	3.92	0.56	0.00	27.99	14.55	1.12
Celery Sticks - SR1014 (6 stick.)	15	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	20	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	10	73.60	0.09	0.07	0.01	305.44	18.23	0.17
Hot Sauce - SR3162 (1 tbsp.)	20	3.39	0.09	0.02	0.00	626.53	0.48	0.17
Barbecue Sauce - SR1008 (2 tbsp.)	20	30.28	0.00	0.00	0.00	474.42	7.07	0.00

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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)
SY23-24_T4_Adventure Line_SY23-24 Strutters Popcorn Chicken Bowl-PopUp-T4 MTO :42623 - ServingDate: 04/11/2024								
Baked Biscuit - SR1598 (1 biscuit)	100	190.00	9.00	6.00	0.00	310.00	24.00	4.00
Fajita Chicken - SR2529 (2/3 c.)	10	160.09	8.01	2.29	0.00	480.27	2.29	19.44
Popcorn Chicken - SR1413 (12 piece)	90	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Blue Ribbon Slaw - SR1254 (1/2 c.)	30	41.82	0.15	0.03	0.00	113.85	10.28	0.76
Green Beans, Low Country Green Beans - SR2616 (1/2 c.)	50	68.15	4.70	0.64	0.00	347.50	5.67	2.04
Whipped Potatoes - SR1112 (1/2 c.)	90	79.98	1.50	1.00	0.00	102.62	15.00	2.00
Chicken Gravy - SR1589 (1/4 c.)	50	30.37	1.01	0.00	0.00	138.46	4.05	0.71
Gravy, Pepper (Country, Biscuit) - SR2091 (1/4 c.)	50	43.66	2.37	1.18	0.00	168.13	4.98	0.37
SY23-24_T4_Adventure Line_SY23-24 Taste4 - PopUp - Strutters - Friday Favorites_Frito Chili Pie Day 5 - ServingDate: 04/12/2024								
Chili Frito Pie - OKR1976 (1 ea.)	100	497.42	23.96	6.72	0.00	803.88	54.07	19.29
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mixed Garden Vegetables - SR1583 (1/2 c.)	35	53.56	0.44	0.08	0.00	91.04	11.37	2.28

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SY23-24_T4_Adventure Line_SY23-24 Beale Street Sandwich-PopUp- T4 MTO :42624 - ServingDate: 04/15/2024								
Bimbo Bun - OKR1738 (1 roll (hamb))	100	160.00	2.00	0.00	0.00	200.00	30.00	7.00
Pulled Pork - SR3327 (4 oz.)	75	184.00	10.00	4.00	0.00	403.99	0.00	22.00
Pulled Turkey - SR1213 (3/8 c.)	25	138.72	5.95	1.98	0.00	475.63	1.98	17.84
Vegetarian Baked Beans - SR1336 (1/2 c.)	25	243.37	0.02	0.01	0.00	581.61	53.65	7.38
Carolina Slaw - SR1633 (1/3 c.)	25	86.64	6.12	1.36	0.00	145.84	7.69	0.77
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	10	73.60	0.09	0.07	0.01	305.44	18.23	0.17
Carolinian Barbecue Sauce - SR1309 (2 tbsp.)	10	34.91	0.01	0.00	0.00	256.59	9.29	0.04
Barbecue Sauce - SR1008 (2 tbsp.)	30	30.28	0.00	0.00	0.00	474.42	7.07	0.00
SY23-24_T4_Adventure Line_SY23-24 Beale Street Totcho/Nacho-PopUp- T4 MTO :42624 - ServingDate: 04/16/2024								
Tortilla Chips - SR1065 (1 1/2 oz.)	100	154.64	6.63	1.10	0.00	127.02	22.09	2.21
Cheddar Cheese Sauce - SR1293 (1/4 c.)	50	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Queso Blanco Sauce - SR1068 (1/4 c.)	50	122.00	10.00	5.60	0.00	436.99	1.00	7.00
Pulled Pork - SR3327 (2 oz.)	75	92.00	5.00	2.00	0.00	202.00	0.00	11.00
Pulled Turkey - SR1213 (3 tbsp.)	25	69.36	2.97	0.99	0.00	237.81	0.99	8.92

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SY23- 24_T4_Adventure Line_SY23-24 Beale Street Totcho/Nacho- PopUp- T4 MTO :42624 - ServingDate: 04/16/2024								
Vegetarian Baked Beans - SR1336 (1/2 c.)	25	243.37	0.02	0.01	0.00	581.61	53.65	7.38
Carolina Slaw - SR1633 (1/3 c.)	25	86.64	6.12	1.36	0.00	145.84	7.69	0.77
Tater Tots - SR1450 (3/4 c.)	75	166.06	9.06	1.51	0.00	467.98	21.13	1.51
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	10	73.60	0.09	0.07	0.01	305.44	18.23	0.17
Carolinian Barbecue Sauce - SR1309 (2 tbsp.)	10	34.91	0.01	0.00	0.00	256.59	9.29	0.04
Barbecue Sauce - SR1008 (2 tbsp.)	30	30.28	0.00	0.00	0.00	474.42	7.07	0.00
SY23- 24_T4_Adventure Line_SY23-24 Beale Street Sandwich- PopUp- T4 MTO :42624 - ServingDate: 04/17/2024								
Bimbo Bun - OKR1738 (1 roll (hamb))	100	160.00	2.00	0.00	0.00	200.00	30.00	7.00
Pulled Pork - SR3327 (4 oz.)	75	184.00	10.00	4.00	0.00	403.99	0.00	22.00
Pulled Turkey - SR1213 (3/8 c.)	25	138.72	5.95	1.98	0.00	475.63	1.98	17.84
Vegetarian Baked Beans - SR1336 (1/2 c.)	25	243.37	0.02	0.01	0.00	581.61	53.65	7.38
Carolina Slaw - SR1633 (1/3 c.)	25	86.64	6.12	1.36	0.00	145.84	7.69	0.77
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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SY23-24_T4_Adventure Line_SY23-24 Beale Street Sandwich-PopUp- T4 MTO :42624 - ServingDate: 04/17/2024								
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	10	73.60	0.09	0.07	0.01	305.44	18.23	0.17
Carolinian Barbecue Sauce - SR1309 (2 tbsp.)	10	34.91	0.01	0.00	0.00	256.59	9.29	0.04
Barbecue Sauce - SR1008 (2 tbsp.)	30	30.28	0.00	0.00	0.00	474.42	7.07	0.00
SY23-24_T4_Adventure Line_SY23-24 Beale Street Totcho/Nacho-PopUp- T4 MTO :42624 - ServingDate: 04/18/2024								
Tortilla Chips - SR1065 (1 1/2 oz.)	100	154.64	6.63	1.10	0.00	127.02	22.09	2.21
Cheddar Cheese Sauce - SR1293 (1/4 c.)	50	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Queso Blanco Sauce - SR1068 (1/4 c.)	50	122.00	10.00	5.60	0.00	436.99	1.00	7.00
Pulled Pork - SR3327 (2 oz.)	75	92.00	5.00	2.00	0.00	202.00	0.00	11.00
Pulled Turkey - SR1213 (3 tbsp.)	25	69.36	2.97	0.99	0.00	237.81	0.99	8.92
Vegetarian Baked Beans - SR1336 (1/2 c.)	25	243.37	0.02	0.01	0.00	581.61	53.65	7.38
Carolina Slaw - SR1633 (1/3 c.)	25	86.64	6.12	1.36	0.00	145.84	7.69	0.77
Tater Tots - SR1450 (3/4 c.)	75	166.06	9.06	1.51	0.00	467.98	21.13	1.51
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	10	73.60	0.09	0.07	0.01	305.44	18.23	0.17

Menu Calendar Nutrient Analysis Report - April, 2024

Site: Guthrie High School

Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24_T4_Adventure Line_SY23-24 Beale Street Totcho/Nacho-PopUp- T4 MTO :42624 - ServingDate: 04/18/2024								
Carolinian Barbecue Sauce - SR1309 (2 tbsp.)	10	34.91	0.01	0.00	0.00	256.59	9.29	0.04
Barbecue Sauce - SR1008 (2 tbsp.)	30	30.28	0.00	0.00	0.00	474.42	7.07	0.00
SY23-24_T4_Adventure Line_SY23-24 Twirls Pasta-PopUp- T4 MTO :42747 - ServingDate: 04/22/2024								
Whole Wheat Penne Pasta - SR1198 (1/2 c.)	70	91.48	1.52	0.06	0.00	3.28	18.31	3.76
Whole Wheat Spaghetti Noodles - SR1135 (1/2 c.)	30	92.82	1.54	0.06	0.00	3.33	18.58	3.81
Fajita Chicken - SR2529 (2/3 c.)	35	160.09	8.01	2.29	0.00	480.27	2.29	19.44
Chicken Meatballs - SR3065 (5 Meatballs)	60	176.64	10.93	3.37	0.00	201.88	5.89	14.30
Roasted Tuscan Vegetables - SR1442 (2 #8 scoop)	5	110.69	0.21	0.04	0.00	231.63	20.10	7.77
Alfredo Cheese Sauce - SR2217 (1/4 c.)	60	100.55	6.56	3.61	0.00	415.29	4.37	6.56
Spaghetti Sauce - SR2220 (1/4 c.)	40	32.36	0.25	0.03	0.00	129.82	6.67	1.04
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	30	65.49	4.49	0.33	0.00	72.07	5.40	3.00
Toasted Garlic Caesar Salad - SR2130 (1 c.)	30	176.79	16.03	3.29	0.00	325.14	6.75	3.17
Garlic Knot Breadstick - SR1255 (1 roll.)	50	110.63	4.05	0.22	0.00	95.85	15.02	3.23
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	25	3.33	0.25	0.17	0.00	15.00	0.17	0.17

Menu Calendar Nutrient Analysis Report - April, 2024

Site: Guthrie High School

Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24_T4_Adventure Line_SY23-24 Twirls Pasta-PopUp- T4 MTO :42747 - ServingDate: 04/22/2024								
Red Pepper Flakes - SR1554 (1/4 tsp.)	5	1.43	0.08	0.01	0.00	0.14	0.25	0.05
SY23-24_T4_Adventure Line_SY23-24 Twirls Dips-PopUp- T4 MTO :42747 - ServingDate: 04/23/2024								
Twisted Breadstick - SR2142 (1 breadstick)	100	172.69	3.27	0.09	0.00	190.34	28.41	6.09
Bruschetta Alfredo Dip - OKR2002 (5/8 c.)	25	210.20	12.86	7.29	0.00	686.92	10.13	14.09
Spicy Italian Sausage Dip - OKR2001 (5/8 c.)	25	303.89	20.68	9.19	0.20	905.49	12.62	16.66
Spinach Dip - OKR2000 (1/2 c.)	25	199.50	12.32	6.93	0.00	676.77	8.97	14.08
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	30	65.49	4.49	0.33	0.00	72.07	5.40	3.00
Toasted Garlic Caesar Salad - SR2130 (1 c.)	30	176.79	16.03	3.29	0.00	325.14	6.75	3.17
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	25	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Red Pepper Flakes - SR1554 (1/4 tsp.)	5	1.43	0.08	0.01	0.00	0.14	0.25	0.05
SY23-24_T4_Adventure Line_SY23-24 Twirls Pasta-PopUp- T4 MTO :42747 - ServingDate: 04/24/2024								
Whole Wheat Penne Pasta - SR1198 (1/2 c.)	70	91.48	1.52	0.06	0.00	3.28	18.31	3.76
Whole Wheat Spaghetti Noodles - SR1135 (1/2 c.)	30	92.82	1.54	0.06	0.00	3.33	18.58	3.81
Fajita Chicken - SR2529 (2/3 c.)	35	160.09	8.01	2.29	0.00	480.27	2.29	19.44

Menu Calendar Nutrient Analysis Report - April, 2024

Site: Guthrie High School

Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23- 24_T4_Adventure Line_SY23-24 Twirls Pasta-PopUp- T4 MTO :42747 - ServingDate: 04/24/2024								
Chicken Meatballs - SR3065 (5 Meatballs)	60	176.64	10.93	3.37	0.00	201.88	5.89	14.30
Roasted Tuscan Vegetables - SR1442 (2 #8 scoop)	5	110.69	0.21	0.04	0.00	231.63	20.10	7.77
Alfredo Cheese Sauce - SR2217 (1/4 c.)	60	100.55	6.56	3.61	0.00	415.29	4.37	6.56
Spaghetti Sauce - SR2220 (1/4 c.)	40	32.36	0.25	0.03	0.00	129.82	6.67	1.04
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	30	65.49	4.49	0.33	0.00	72.07	5.40	3.00
Toasted Garlic Caesar Salad - SR2130 (1 c.)	30	176.79	16.03	3.29	0.00	325.14	6.75	3.17
Garlic Knot Breadstick - SR1255 (1 roll.)	50	110.63	4.05	0.22	0.00	95.85	15.02	3.23
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	25	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Red Pepper Flakes - SR1554 (1/4 tsp.)	5	1.43	0.08	0.01	0.00	0.14	0.25	0.05
SY23- 24_T4_Adventure Line_SY23-24 Twirls Dips-PopUp- T4 MTO :42747 - ServingDate: 04/25/2024								
Twisted Breadstick - SR2142 (1 breadstick)	100	172.69	3.27	0.09	0.00	190.34	28.41	6.09
Bruschetta Alfredo Dip - OKR2002 (5/8 c.)	25	210.20	12.86	7.29	0.00	686.92	10.13	14.09
Spicy Italian Sausage Dip - OKR2001 (5/8 c.)	25	303.89	20.68	9.19	0.20	905.49	12.62	16.66
Spinach Dip - OKR2000 (1/2 c.)	25	199.50	12.32	6.93	0.00	676.77	8.97	14.08
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	30	65.49	4.49	0.33	0.00	72.07	5.40	3.00

Menu Calendar Nutrient Analysis Report - April, 2024

Site: Guthrie High School
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24_T4_Adventure Line_SY23-24 Twirls Dips-PopUp- T4 MTO :42747 - ServingDate: 04/25/2024								
Toasted Garlic Caesar Salad - SR2130 (1 c.)	30	176.79	16.03	3.29	0.00	325.14	6.75	3.17
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	25	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Red Pepper Flakes - SR1554 (1/4 tsp.)	5	1.43	0.08	0.01	0.00	0.14	0.25	0.05
Friday Favorite_Loaded Mac & Cheese - ServingDate: 04/26/2024								
Alfredo Macaroni - SR1422 (2/3 c.)	30	233.98	8.31	3.66	0.00	389.15	32.87	11.03
Cheddar Macaroni - SR1549 (3/4 c.)	70	333.23	17.89	8.87	0.00	728.16	31.59	17.14
Cinnamon Breadstick - SR1455 (1 roll.)	100	93.38	1.69	0.28	0.00	102.38	15.88	3.01
BBQ Pulled Turkey - SR1212 (3/8 c.)	40	171.16	6.04	2.01	0.00	957.42	9.08	18.11
Roasted Tuscan Vegetables - SR1442 (1/2 c.)	20	55.34	0.11	0.02	0.00	115.81	10.05	3.89
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Crumb Topping - SR1311 (1 tbsp.)	40	24.40	1.17	0.08	0.00	4.51	3.15	0.40
Homemade Dill Pickle Relish - SR1403 (2 tbsp.)	10	3.43	0.02	0.00	0.00	128.38	0.74	0.12
Tuscan Salad - SR1445 (2 tbsp.)	10	8.97	0.38	0.01	0.00	82.12	1.48	0.18
SY23-24_T4_Adventure Line_SY23-24 Tater Temptations-PopUp-T4 MTO Daily :42626 - ServingDate: 04/29/2024								
Twisted Breadstick - SR2142 (1 breadstick)	100	172.69	3.27	0.09	0.00	190.34	28.41	6.09

Menu Calendar Nutrient Analysis Report - April, 2024

Site: Guthrie High School

Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23- 24_T4_Adventure Line_SY23-24 Tater Temptations-PopUp- T4 MTO Daily :42626 - ServingDate: 04/29/2024								
Cheddar Cheese Sauce - SR1293 (1/4 c.)	100	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Rainbow Chili - SR1922 (3/4 c.)	40	139.56	0.95	0.04	0.00	309.49	27.18	7.36
Beef Taco Filling - SR3906 (3 tbsp.)	30	57.03	2.52	0.91	0.00	149.40	2.52	6.56
Turkey Gravy - SR1022 (1/4 c.)	30	97.28	4.05	1.21	0.00	346.96	2.88	11.19
Bacon Crumble - SR1799 (1 tbsp.)	30	70.87	6.08	2.02	0.00	232.87	0.00	4.05
Steamed Broccoli - SR1028 (1/4 c.)	20	13.23	0.06	0.01	0.00	5.57	2.53	1.46
Shredded Yellow Cheddar Cheese - SR3010 (1/4 oz.)	50	22.50	1.50	0.88	0.00	45.00	0.25	2.00
Green Onion - SR1946 (1 tbsp.)	10	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Sour Cream - SR1659 (2 tbsp.)	10	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Baked Potato - SR1562 (1 potato)	50	172.26	4.66	0.36	0.00	19.32	29.59	3.63
Whipped Potatoes - SR1112 (1/2 c.)	20	79.98	1.50	1.00	0.00	102.62	15.00	2.00
Tater Tots - SR1450 (3/4 c.)	30	166.06	9.06	1.51	0.00	467.98	21.13	1.51
SY23- 24_T4_Adventure Line_SY23-24 Tater Temptations-PopUp- T4 MTO Daily :42626 - ServingDate: 04/30/2024								
Twisted Breadstick - SR2142 (1 breadstick)	100	172.69	3.27	0.09	0.00	190.34	28.41	6.09
Cheddar Cheese Sauce - SR1293 (1/4 c.)	100	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Rainbow Chili - SR1922 (3/4 c.)	40	139.56	0.95	0.04	0.00	309.49	27.18	7.36

Menu Calendar Nutrient Analysis Report - April, 2024

Site: Guthrie High School
Date: 04/01/2024 - 04/30/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24_T4_Adventure Line_SY23-24 Tater Temptations-PopUp-T4 MTO Daily :42626 - ServingDate: 04/30/2024								
Beef Taco Filling - SR3906 (3 tbsp.)	30	57.03	2.52	0.91	0.00	149.40	2.52	6.56
Turkey Gravy - SR1022 (1/4 c.)	30	97.28	4.05	1.21	0.00	346.96	2.88	11.19
Bacon Crumble - SR1799 (1 tbsp.)	30	70.87	6.08	2.02	0.00	232.87	0.00	4.05
Steamed Broccoli - SR1028 (1/4 c.)	20	13.23	0.06	0.01	0.00	5.57	2.53	1.46
Shredded Yellow Cheddar Cheese - SR3010 (1/4 oz.)	50	22.50	1.50	0.88	0.00	45.00	0.25	2.00
Green Onion - SR1946 (1 tbsp.)	10	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Sour Cream - SR1659 (2 tbsp.)	10	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Baked Potato - SR1562 (1 potato)	50	172.26	4.66	0.36	0.00	19.32	29.59	3.63
Whipped Potatoes - SR1112 (1/2 c.)	20	79.98	1.50	1.00	0.00	102.62	15.00	2.00
Tater Tots - SR1450 (3/4 c.)	30	166.06	9.06	1.51	0.00	467.98	21.13	1.51

Legend

(M) - Missing Nutrient Values

Report Selections

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