

# Menu Calendar Nutrient Analysis Report

Site: Guthrie High School  
Date: 08/19/2019 - 08/25/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Beale Street BBQ- Entire Rotation - ServingDate: 08/20/2019</b>								
Pulled Turkey - SR1213 (3/8 c.)	100	140.46	7.02	2.01	0.00	441.44	2.01	18.06
Hamburger Bun - OKR1351 (1 roll.)	80	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Tortilla Chips - SR1065 (1 1/2 oz.)	20	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Crispy Whole Apple - SR1161 (1 extra smal)	25	47.79	0.16	0.03	0.00	0.92	12.69	0.24
Banana - SR1166 (1 medium (7"))	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	25	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Vegetarian Baked Beans - OKR1318 (1/2 c.)	75	173.29	0.01	0.00	0.00	821.27	39.45	7.52
Blue Ribbon Slaw - SR1254 (1/2 c.)	50	43.68	0.14	0.03	0.00	113.75	10.38	0.75
Super Salad - SR1257 (1 salad)	20	57.54	0.41	0.04	0.00	43.34	11.85	2.77
Chocolate1% Milk - OKR1062 (8 oz.)	30	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	30	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	30	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	20	72.90	0.00	0.00	0.00	282.65	18.29	0.28
Carolinian Barbecue Sauce - SR1309 (1 tbsp.)	25	18.29	0.01	0.00	0.00	128.25	4.60	0.02
Classic Barbecue Sauce - SR1243 (2 tbsp.)	40	34.91	0.00	0.00	0.00	417.74	8.26	0.00
<b>Beale Street BBQ- Entire Rotation - ServingDate: 08/21/2019</b>								
Pulled Turkey - SR1213 (3/8 c.)	100	140.46	7.02	2.01	0.00	441.44	2.01	18.06
Hamburger Bun - OKR1351 (1 roll.)	80	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Tortilla Chips - SR1065 (1 1/2 oz.)	20	206.18	8.84	1.47	0.00	169.36	29.45	2.94

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<b>Beale Street BBQ- Entire Rotation - ServingDate: 08/21/2019</b>								
Crispy Whole Apple - SR1161 (1 extra smal)	25	47.79	0.16	0.03	0.00	0.92	12.69	0.24
Banana - SR1166 (1 medium (7"))	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	25	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Vegetarian Baked Beans - OKR1318 (1/2 c.)	75	173.29	0.01	0.00	0.00	821.27	39.45	7.52
Blue Ribbon Slaw - SR1254 (1/2 c.)	50	43.68	0.14	0.03	0.00	113.75	10.38	0.75
Super Salad - SR1257 (1 salad)	20	57.54	0.41	0.04	0.00	43.34	11.85	2.77
Chocolate1% Milk - OKR1062 (8 oz.)	30	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	30	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	30	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	20	72.90	0.00	0.00	0.00	282.65	18.29	0.28
Carolinian Barbecue Sauce - SR1309 (1 tbsp.)	25	18.29	0.01	0.00	0.00	128.25	4.60	0.02
Classic Barbecue Sauce - SR1243 (2 tbsp.)	40	34.91	0.00	0.00	0.00	417.74	8.26	0.00
<b>Beale Street BBQ- Entire Rotation - ServingDate: 08/22/2019</b>								
Pulled Turkey - SR1213 (3/8 c.)	100	140.46	7.02	2.01	0.00	441.44	2.01	18.06
Hamburger Bun - OKR1351 (1 roll.)	80	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Tortilla Chips - SR1065 (1 1/2 oz.)	20	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Crispy Whole Apple - SR1161 (1 extra smal)	25	47.79	0.16	0.03	0.00	0.92	12.69	0.24
Banana - SR1166 (1 medium (7"))	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	25	45.12	0.12	0.01	0.00	0.00	11.28	0.90

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<b>Beale Street BBQ- Entire Rotation - ServingDate: 08/22/2019</b>								
Vegetarian Baked Beans - OKR1318 (1/2 c.)	75	173.29	0.01	0.00	0.00	821.27	39.45	7.52
Blue Ribbon Slaw - SR1254 (1/2 c.)	50	43.68	0.14	0.03	0.00	113.75	10.38	0.75
Super Salad - SR1257 (1 salad)	20	57.54	0.41	0.04	0.00	43.34	11.85	2.77
Chocolate1% Milk - OKR1062 (8 oz.)	30	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	30	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	30	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	20	72.90	0.00	0.00	0.00	282.65	18.29	0.28
Carolinian Barbecue Sauce - SR1309 (1 tbsp.)	25	18.29	0.01	0.00	0.00	128.25	4.60	0.02
Classic Barbecue Sauce - SR1243 (2 tbsp.)	40	34.91	0.00	0.00	0.00	417.74	8.26	0.00
<b>Beale Street BBQ- Entire Rotation - ServingDate: 08/23/2019</b>								
Pulled Turkey - SR1213 (3/8 c.)	100	140.46	7.02	2.01	0.00	441.44	2.01	18.06
Hamburger Bun - OKR1351 (1 roll.)	80	160.00	2.00	0.00	0.00	270.00	31.00	6.00
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Crispy Whole Apple - SR1161 (1 extra smal)	25	47.79	0.16	0.03	0.00	0.92	12.69	0.24
Banana - SR1166 (1 medium (7"))	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	25	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Vegetarian Baked Beans - OKR1318 (1/2 c.)	75	173.29	0.01	0.00	0.00	821.27	39.45	7.52
Blue Ribbon Slaw - SR1254 (1/2 c.)	50	43.68	0.14	0.03	0.00	113.75	10.38	0.75
Super Salad - SR1257 (1 salad)	20	57.54	0.41	0.04	0.00	43.34	11.85	2.77

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Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	20	72.90	0.00	0.00	0.00	282.65	18.29	0.28
Carolinian Barbecue Sauce - SR1309 (1 tbsp.)	25	18.29	0.01	0.00	0.00	128.25	4.60	0.02
Classic Barbecue Sauce - SR1243 (2 tbsp.)	40	34.91	0.00	0.00	0.00	417.74	8.26	0.00

## 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.