

Menu Calendar Nutrient Analysis Report

Site: Guthrie High School

Date: 08/26/2019 - 09/01/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
Tater Temptations- Monday/Wednesday /Friday - ServingDate: 08/26/2019								
Tater Temptations Mini Brand Station - SR2035 (1 serving)	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cheddar Cheese Sauce - SR1293 (1/2 c.)	10	220.80	16.36	9.40	0.00	842.31	4.09	14.31
Queso Blanco Sauce - SR1068 (1/4 c.)	10	118.00	9.00	5.20	0.00	414.99	2.00	7.00
Rainbow Chili - SR1922 (3/4 c.)	10	140.38	0.77	0.08	0.00	309.03	26.68	6.87
Beef Taco Filling - SR1528 (3 tbsp.)	10	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Turkey Gravy - SR1022 (3/8 c.)	10	147.50	7.06	1.84	0.00	485.98	4.34	16.55
Dinner Roll - OKR1532 (1 roll.)	30	170.00	3.00	0.00	0.00	140.00	29.00	7.00
Crispy Whole Apple - SR1161 (1 extra smal)	10	47.79	0.16	0.03	0.00	0.92	12.69	0.24
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Tater Tots - OKR1073 (1/2 c.)	15	90.55	3.52	0.00	0.00	171.03	14.09	1.01
Baked Potato - SR1562 (1 potato)	15	173.82	4.66	0.43	0.04	19.32	29.59	3.63
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Salad - SR1257 (1 salad)	15	57.54	0.41	0.04	0.00	43.34	11.85	2.77
Chocolate1% Milk - OKR1062 (8 oz.)	10	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Bacon Crumble - SR1799 (1 tsp.)	15	13.35	1.17	0.33	0.00	41.73	0.00	0.67
Roasted Broccoli - SR1852 (1/4 c.)	10	33.51	2.25	0.20	0.02	36.03	2.70	1.50

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Tater Temptations- Monday/Wednesday /Friday - ServingDate: 08/26/2019								
Shredded Cheddar Cheese - SR1537 (1/4 oz.)	10	27.50	2.25	1.25	0.00	45.00	0.00	1.50
Green Onion - SR1946 (1 tbsp.)	15	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Roasted Southwest Vegetable Blend - SR1525 (1/4 c.)	10	35.41	2.09	0.21	0.02	2.14	4.09	0.60
Sour Cream - SR1659 (2 tbsp.)	15	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Tater Temptations- Tuesday/ Thursday - ServingDate: 08/27/2019								
Tater Temptations Mini Brand Station - SR2035 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cheddar Cheese Sauce - SR1293 (1/2 c.)	50	220.80	16.36	9.40	0.00	842.31	4.09	14.31
Queso Blanco Sauce - SR1068 (1/4 c.)	50	118.00	9.00	5.20	0.00	414.99	2.00	7.00
Rainbow Chili - SR1922 (3/4 c.)	15	140.38	0.77	0.08	0.00	309.03	26.68	6.87
Beef Taco Filling - SR1528 (3 tbsp.)	50	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Turkey Gravy - SR1022 (3/8 c.)	10	147.50	7.06	1.84	0.00	485.98	4.34	16.55
Dinner Roll - OKR1532 (1 roll.)	100	170.00	3.00	0.00	0.00	140.00	29.00	7.00
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
Celery Sticks - SR1014 (6 stick.)	25	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baked Potato - SR1562 (1 potato)	75	173.82	4.66	0.43	0.04	19.32	29.59	3.63
Carrot Sticks - SR1606 (6 stick.)	25	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Salad - SR1257 (1 salad)	20	57.54	0.41	0.04	0.00	43.34	11.85	2.77

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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)
Tater Temptations- Tuesday/ Thursday - ServingDate: 08/27/2019								
Sweet Potato Crinkle Cut Fries - OKR1525 (1/2 c.)	25	120.86	4.53	0.50	0.00	181.29	17.12	2.01
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
Bacon Crumble - SR1799 (1 tsp.)	75	13.35	1.17	0.33	0.00	41.73	0.00	0.67
Roasted Broccoli - SR1852 (1/4 c.)	25	33.51	2.25	0.20	0.02	36.03	2.70	1.50
Shredded Cheddar Cheese - SR1537 (1/4 oz.)	30	27.50	2.25	1.25	0.00	45.00	0.00	1.50
Green Onion - SR1946 (1 tbsp.)	30	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Roasted Southwest Vegetable Blend - SR1525 (1/4 c.)	25	35.41	2.09	0.21	0.02	2.14	4.09	0.60
Sour Cream - SR1659 (2 tbsp.)	30	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Tater Temptations- Monday/Wednesday /Friday - ServingDate: 08/28/2019								
Tater Temptations Mini Brand Station - SR2035 (1 serving)	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cheddar Cheese Sauce - SR1293 (1/2 c.)	10	220.80	16.36	9.40	0.00	842.31	4.09	14.31
Queso Blanco Sauce - SR1068 (1/4 c.)	10	118.00	9.00	5.20	0.00	414.99	2.00	7.00
Rainbow Chili - SR1922 (3/4 c.)	10	140.38	0.77	0.08	0.00	309.03	26.68	6.87
Beef Taco Filling - SR1528 (3 tbsp.)	10	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Turkey Gravy - SR1022 (3/8 c.)	10	147.50	7.06	1.84	0.00	485.98	4.34	16.55
Dinner Roll - OKR1532 (1 roll.)	30	170.00	3.00	0.00	0.00	140.00	29.00	7.00

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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)
Tater Temptations- Monday/Wednesday /Friday - ServingDate: 08/28/2019								
Crispy Whole Apple - SR1161 (1 extra smal)	10	47.79	0.16	0.03	0.00	0.92	12.69	0.24
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Tater Tots - OKR1073 (1/2 c.)	15	90.55	3.52	0.00	0.00	171.03	14.09	1.01
Baked Potato - SR1562 (1 potato)	15	173.82	4.66	0.43	0.04	19.32	29.59	3.63
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Salad - SR1257 (1 salad)	15	57.54	0.41	0.04	0.00	43.34	11.85	2.77
Chocolate1% Milk - OKR1062 (8 oz.)	10	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Bacon Crumble - SR1799 (1 tsp.)	15	13.35	1.17	0.33	0.00	41.73	0.00	0.67
Roasted Broccoli - SR1852 (1/4 c.)	10	33.51	2.25	0.20	0.02	36.03	2.70	1.50
Shredded Cheddar Cheese - SR1537 (1/4 oz.)	10	27.50	2.25	1.25	0.00	45.00	0.00	1.50
Green Onion - SR1946 (1 tbsp.)	15	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Roasted Southwest Vegetable Blend - SR1525 (1/4 c.)	10	35.41	2.09	0.21	0.02	2.14	4.09	0.60
Sour Cream - SR1659 (2 tbsp.)	15	60.00	5.00	3.50	0.00	15.00	1.00	1.00

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Tater Temptations- Tuesday/ Thursday - ServingDate: 08/29/2019								
Tater Temptations Mini Brand Station - SR2035 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cheddar Cheese Sauce - SR1293 (1/2 c.)	50	220.80	16.36	9.40	0.00	842.31	4.09	14.31
Queso Blanco Sauce - SR1068 (1/4 c.)	50	118.00	9.00	5.20	0.00	414.99	2.00	7.00
Rainbow Chili - SR1922 (3/4 c.)	15	140.38	0.77	0.08	0.00	309.03	26.68	6.87
Beef Taco Filling - SR1528 (3 tbsp.)	50	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Turkey Gravy - SR1022 (3/8 c.)	10	147.50	7.06	1.84	0.00	485.98	4.34	16.55
Dinner Roll - OKR1532 (1 roll.)	100	170.00	3.00	0.00	0.00	140.00	29.00	7.00
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
Celery Sticks - SR1014 (6 stick.)	25	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baked Potato - SR1562 (1 potato)	75	173.82	4.66	0.43	0.04	19.32	29.59	3.63
Carrot Sticks - SR1606 (6 stick.)	25	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Salad - SR1257 (1 salad)	20	57.54	0.41	0.04	0.00	43.34	11.85	2.77
Sweet Potato Crinkle Cut Fries - OKR1525 (1/2 c.)	25	120.86	4.53	0.50	0.00	181.29	17.12	2.01
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
Bacon Crumble - SR1799 (1 tsp.)	75	13.35	1.17	0.33	0.00	41.73	0.00	0.67
Roasted Broccoli - SR1852 (1/4 c.)	25	33.51	2.25	0.20	0.02	36.03	2.70	1.50

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Tater Temptations- Tuesday/ Thursday - ServingDate: 08/29/2019								
Shredded Cheddar Cheese - SR1537 (1/4 oz.)	30	27.50	2.25	1.25	0.00	45.00	0.00	1.50
Green Onion - SR1946 (1 tbsp.)	30	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Roasted Southwest Vegetable Blend - SR1525 (1/4 c.)	25	35.41	2.09	0.21	0.02	2.14	4.09	0.60
Sour Cream - SR1659 (2 tbsp.)	30	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Tater Temptations- Monday/Wednesday /Friday - ServingDate: 08/30/2019								
Tater Temptations Mini Brand Station - SR2035 (1 serving)	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cheddar Cheese Sauce - SR1293 (1/2 c.)	10	220.80	16.36	9.40	0.00	842.31	4.09	14.31
Queso Blanco Sauce - SR1068 (1/4 c.)	10	118.00	9.00	5.20	0.00	414.99	2.00	7.00
Rainbow Chili - SR1922 (3/4 c.)	10	140.38	0.77	0.08	0.00	309.03	26.68	6.87
Beef Taco Filling - SR1528 (3 tbsp.)	10	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Turkey Gravy - SR1022 (3/8 c.)	10	147.50	7.06	1.84	0.00	485.98	4.34	16.55
Dinner Roll - OKR1532 (1 roll.)	30	170.00	3.00	0.00	0.00	140.00	29.00	7.00
Crispy Whole Apple - SR1161 (1 extra smal)	10	47.79	0.16	0.03	0.00	0.92	12.69	0.24
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Tater Tots - OKR1073 (1/2 c.)	15	90.55	3.52	0.00	0.00	171.03	14.09	1.01
Baked Potato - SR1562 (1 potato)	15	173.82	4.66	0.43	0.04	19.32	29.59	3.63
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56

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Tater Temptations- Monday/Wednesday /Friday - ServingDate: 08/30/2019								
Super Salad - SR1257 (1 salad)	15	57.54	0.41	0.04	0.00	43.34	11.85	2.77
Chocolate1% Milk - OKR1062 (8 oz.)	10	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Bacon Crumble - SR1799 (1 tsp.)	15	13.35	1.17	0.33	0.00	41.73	0.00	0.67
Roasted Broccoli - SR1852 (1/4 c.)	10	33.51	2.25	0.20	0.02	36.03	2.70	1.50
Shredded Cheddar Cheese - SR1537 (1/4 oz.)	10	27.50	2.25	1.25	0.00	45.00	0.00	1.50
Green Onion - SR1946 (1 tbsp.)	15	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Roasted Southwest Vegetable Blend - SR1525 (1/4 c.)	10	35.41	2.09	0.21	0.02	2.14	4.09	0.60
Sour Cream - SR1659 (2 tbsp.)	15	60.00	5.00	3.50	0.00	15.00	1.00	1.00

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.