

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)
Taste4 Deli, Week 4 Mexico ~ Tinga Chicken - ServingDate: 08/20/2019								
Built-to-Order Deli - SR2089 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
American-style Meat Combination - SR2087 (3 slice)	30	54.64	2.32	0.58	0.00	201.76	0.16	7.95
White American Cheese Slice - SR1911 (1 oz.)	40	101.25	9.11	5.06	0.00	516.37	0.00	5.06
American Cheese Slice - SR1535 (1 oz.)	40	100.00	9.00	5.00	0.00	509.99	0.00	5.00
Mexican Tinga Chicken - SR1939 (1/2 c.)	5	117.81	2.90	0.82	0.00	198.27	3.10	20.53
Original Hummus - SR1412 (2/3 c.)	5	193.28	13.16	1.03	0.09	345.64	15.11	5.82
Roasted Tuna Pesto - SR1846 (3/8 c.)	5	104.33	4.51	0.40	0.02	362.51	0.18	14.77
Sliced Deli Turkey - SR1532 (3 slice)	30	55.00	2.25	0.50	0.00	185.00	0.00	8.50
Sliced Turkey Ham - SR1287 (3 slice)	25	53.92	2.45	0.74	0.00	235.29	0.49	6.86
Oven Fired Flatbread - SR1534 (1 piece)	25	180.00	5.00	1.00	0.00	330.00	29.00	6.00
Jalapeno Cheese Sub Roll - SR1286 (1 roll (smal)	25	176.64	3.50	0.29	0.00	310.39	29.08	6.66
Mini Sub Roll - SR1208 (1 roll (smal)	25	170.00	3.00	0.00	0.00	180.00	29.00	6.00
Flour Tortilla - SR1177 (1 tortilla)	25	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	25	47.62	0.16	0.03	0.00	0.92	12.65	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
Mixed Salad Greens - SR1080 (1 c.)	20	11.15	0.12	0.02	0.00	23.13	2.08	1.06
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

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Taste4 Deli, Week 4 Mexico ~ Tinga Chicken - ServingDate: 08/20/2019								
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
Shredded Cheddar Cheese - SR1537 (1/2 oz.)	20	55.00	4.50	2.50	0.00	90.00	0.00	3.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	40	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	20	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	25	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (1 tbsp.)	10	2.85	0.02	0.00	0.00	39.13	0.62	0.12
Homemade Black Bean & Corn Salsa - SR1279 (2 tbsp.)	10	13.89	0.09	0.01	0.00	38.72	3.01	0.66
Cilantro Lime Crema - SR1790 (1 tbsp.)	10	24.57	1.90	0.21	0.00	38.47	1.61	0.59
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	10	30.60	2.35	0.32	0.00	63.23	1.90	0.84
Pico Sauce - SR1757 (1 tbsp.)	10	41.20	2.72	0.39	0.00	285.72	4.50	0.24
Sriracha Mayonnaise - SR1788 (1 tbsp.)	10	31.39	2.26	0.25	0.00	109.99	2.37	0.73
Sliced Red Tomatoes - SR1536 (2 tbsp.)	30	4.03	0.05	0.01	0.00	1.12	0.87	0.20
Taste4 Deli, Week 4 Mexico ~ Tinga Chicken - ServingDate: 08/21/2019								
Built-to-Order Deli - SR2089 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
American-style Meat Combination - SR2087 (3 slice)	30	54.64	2.32	0.58	0.00	201.76	0.16	7.95

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Taste4 Deli, Week 4 Mexico ~ Tinga Chicken - ServingDate: 08/21/2019								
White American Cheese Slice - SR1911 (1 oz.)	40	101.25	9.11	5.06	0.00	516.37	0.00	5.06
American Cheese Slice - SR1535 (1 oz.)	40	100.00	9.00	5.00	0.00	509.99	0.00	5.00
Mexican Tinga Chicken - SR1939 (1/2 c.)	5	117.81	2.90	0.82	0.00	198.27	3.10	20.53
Original Hummus - SR1412 (2/3 c.)	5	193.28	13.16	1.03	0.09	345.64	15.11	5.82
Roasted Tuna Pesto - SR1846 (3/8 c.)	5	104.33	4.51	0.40	0.02	362.51	0.18	14.77
Sliced Deli Turkey - SR1532 (3 slice)	30	55.00	2.25	0.50	0.00	185.00	0.00	8.50
Sliced Turkey Ham - SR1287 (3 slice)	25	53.92	2.45	0.74	0.00	235.29	0.49	6.86
Oven Fired Flatbread - SR1534 (1 piece)	25	180.00	5.00	1.00	0.00	330.00	29.00	6.00
Jalapeno Cheese Sub Roll - SR1286 (1 roll (smal))	25	176.64	3.50	0.29	0.00	310.39	29.08	6.66
Mini Sub Roll - SR1208 (1 roll (smal))	25	170.00	3.00	0.00	0.00	180.00	29.00	6.00
Flour Tortilla - SR1177 (1 tortilla)	25	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	25	47.62	0.16	0.03	0.00	0.92	12.65	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
Mixed Salad Greens - SR1080 (1 c.)	20	11.15	0.12	0.02	0.00	23.13	2.08	1.06
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

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Taste4 Deli, Week 4 Mexico ~ Tinga Chicken - ServingDate: 08/21/2019								
Shredded Cheddar Cheese - SR1537 (1/2 oz.)	20	55.00	4.50	2.50	0.00	90.00	0.00	3.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	40	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	20	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	25	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (1 tbsp.)	10	2.85	0.02	0.00	0.00	39.13	0.62	0.12
Homemade Black Bean & Corn Salsa - SR1279 (2 tbsp.)	10	13.89	0.09	0.01	0.00	38.72	3.01	0.66
Cilantro Lime Crema - SR1790 (1 tbsp.)	10	24.57	1.90	0.21	0.00	38.47	1.61	0.59
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	10	30.60	2.35	0.32	0.00	63.23	1.90	0.84
Pico Sauce - SR1757 (1 tbsp.)	10	41.20	2.72	0.39	0.00	285.72	4.50	0.24
Sriracha Mayonnaise - SR1788 (1 tbsp.)	10	31.39	2.26	0.25	0.00	109.99	2.37	0.73
Sliced Red Tomatoes - SR1536 (2 tbsp.)	30	4.03	0.05	0.01	0.00	1.12	0.87	0.20
Taste4 Deli, Week 4 Mexico ~ Tinga Chicken - ServingDate: 08/22/2019								
Built-to-Order Deli - SR2089 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
American-style Meat Combination - SR2087 (3 slice)	30	54.64	2.32	0.58	0.00	201.76	0.16	7.95
White American Cheese Slice - SR1911 (1 oz.)	40	101.25	9.11	5.06	0.00	516.37	0.00	5.06
American Cheese Slice - SR1535 (1 oz.)	40	100.00	9.00	5.00	0.00	509.99	0.00	5.00

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Taste4 Deli, Week 4 Mexico ~ Tinga Chicken - ServingDate: 08/22/2019								
Mexican Tinga Chicken - SR1939 (1/2 c.)	5	117.81	2.90	0.82	0.00	198.27	3.10	20.53
Original Hummus - SR1412 (2/3 c.)	5	193.28	13.16	1.03	0.09	345.64	15.11	5.82
Roasted Tuna Pesto - SR1846 (3/8 c.)	5	104.33	4.51	0.40	0.02	362.51	0.18	14.77
Sliced Deli Turkey - SR1532 (3 slice)	30	55.00	2.25	0.50	0.00	185.00	0.00	8.50
Sliced Turkey Ham - SR1287 (3 slice)	25	53.92	2.45	0.74	0.00	235.29	0.49	6.86
Oven Fired Flatbread - SR1534 (1 piece)	25	180.00	5.00	1.00	0.00	330.00	29.00	6.00
Jalapeno Cheese Sub Roll - SR1286 (1 roll (smal)	25	176.64	3.50	0.29	0.00	310.39	29.08	6.66
Mini Sub Roll - SR1208 (1 roll (smal)	25	170.00	3.00	0.00	0.00	180.00	29.00	6.00
Flour Tortilla - SR1177 (1 tortilla)	25	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	25	47.62	0.16	0.03	0.00	0.92	12.65	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
Mixed Salad Greens - SR1080 (1 c.)	20	11.15	0.12	0.02	0.00	23.13	2.08	1.06
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
Shredded Cheddar Cheese - SR1537 (1/2 oz.)	20	55.00	4.50	2.50	0.00	90.00	0.00	3.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	40	2.52	0.03	0.00	0.00	1.80	0.54	0.16

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Diced Red Onion - SR1447 (2 tbsp.)	20	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	25	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (1 tbsp.)	10	2.85	0.02	0.00	0.00	39.13	0.62	0.12
Homemade Black Bean & Corn Salsa - SR1279 (2 tbsp.)	10	13.89	0.09	0.01	0.00	38.72	3.01	0.66
Cilantro Lime Crema - SR1790 (1 tbsp.)	10	24.57	1.90	0.21	0.00	38.47	1.61	0.59
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	10	30.60	2.35	0.32	0.00	63.23	1.90	0.84
Pico Sauce - SR1757 (1 tbsp.)	10	41.20	2.72	0.39	0.00	285.72	4.50	0.24
Sriracha Mayonnaise - SR1788 (1 tbsp.)	10	31.39	2.26	0.25	0.00	109.99	2.37	0.73
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Oven Fired Flatbread - SR1534 (1 piece)	25	180.00	5.00	1.00	0.00	330.00	29.00	6.00
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Fresh Oranges - SR1171 (1 small (2-3)	25	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Mixed Salad Greens - SR1080 (1 c.)	20	11.15	0.12	0.02	0.00	23.13	2.08	1.06
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
Shredded Cheddar Cheese - SR1537 (1/2 oz.)	20	55.00	4.50	2.50	0.00	90.00	0.00	3.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	40	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	20	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	25	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	25	0.00	0.00	0.00	0.00	255.73	0.00	0.00

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Homemade Black Bean & Corn Salsa - SR1279 (2 tbsp.)	10	13.89	0.09	0.01	0.00	38.72	3.01	0.66
Cilantro Lime Crema - SR1790 (1 tbsp.)	10	24.57	1.90	0.21	0.00	38.47	1.61	0.59
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	10	30.60	2.35	0.32	0.00	63.23	1.90	0.84
Pico Sauce - SR1757 (1 tbsp.)	10	41.20	2.72	0.39	0.00	285.72	4.50	0.24
Sriracha Mayonnaise - SR1788 (1 tbsp.)	10	31.39	2.26	0.25	0.00	109.99	2.37	0.73
Sliced Red Tomatoes - SR1536 (2 tbsp.)	30	4.03	0.05	0.01	0.00	1.12	0.87	0.20

Legend

(M) - Missing Nutrient Values

Report Selections

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