

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 Fast, Week 4 Tinga Chicken, Mexico T/TH - ServingDate: 08/20/2019								
Classic Chef Salad - SR1083 (1 salad)	0	225.85	12.66	4.82	0.00	638.77	7.77	20.97
Chicken Caesar Wrap - SR1530 (1 wrap)	0	430.74	22.62	4.72	0.00	627.59	31.34	26.21
Mexican Chicken Tinga Salad - SR1872 (1 salad)	0	192.37	7.14	3.19	0.00	345.30	11.82	21.96
Mexican Chicken Tinga Submarine Sandwich - SR1868 (1 sandwich)	0	337.12	10.34	3.44	0.00	593.24	34.50	26.28
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	0	341.89	15.27	5.98	0.00	1003.73	29.65	20.15
Breadstick - SR1044 (2 breadstick)	0	160.00	2.00	0.00	0.00	200.00	28.00	6.00
Dinner Roll - OKR1532 (1 roll.)	0	170.00	3.00	0.00	0.00	140.00	29.00	7.00
Crispy Whole Apple - SR1161 (1 extra smal)	0	47.79	0.16	0.03	0.00	0.92	12.69	0.24
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Mixed Salad Greens - SR1080 (1 c.)	0	11.15	0.12	0.02	0.00	23.13	2.08	1.06
Super Salad - SR1257 (1 salad)	0	57.54	0.41	0.04	0.00	43.34	11.85	2.77
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Taste4 Fast, Week 4, Chicken Tinga, Mexico MWF - ServingDate: 08/21/2019								
Classic Chef Salad - SR1083 (1 salad)	0	225.85	12.66	4.82	0.00	638.77	7.77	20.97
Chicken Caesar Wrap - SR1530 (1 wrap)	0	430.74	22.62	4.72	0.00	627.59	31.34	26.21

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 Fast, Week 4, Chicken Tinga, Mexico MWF - ServingDate: 08/21/2019								
Mexican Chicken Tinga Salad - SR1872 (1 salad)	0	192.37	7.14	3.19	0.00	345.30	11.82	21.96
Mexican Chicken Tinga Submarine Sandwich - SR1868 (1 sandwich)	0	337.12	10.34	3.44	0.00	593.24	34.50	26.28
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	0	343.33	15.00	5.67	0.00	936.67	29.00	22.33
Breadstick - SR1044 (2 breadstick)	0	160.00	2.00	0.00	0.00	200.00	28.00	6.00
Dinner Roll - OKR1532 (1 roll.)	0	170.00	3.00	0.00	0.00	140.00	29.00	7.00
Crispy Whole Apple - SR1161 (1 extra smal)	0	47.79	0.16	0.03	0.00	0.92	12.69	0.24
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Mixed Salad Greens - SR1080 (1 c.)	0	11.15	0.12	0.02	0.00	23.13	2.08	1.06
Super Salad - SR1257 (1 salad)	0	57.54	0.41	0.04	0.00	43.34	11.85	2.77
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Cilantro Lime Crema - SR1790 (1 tbsp.)	0	24.57	1.90	0.21	0.00	38.47	1.61	0.59
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	0	30.60	2.35	0.32	0.00	63.23	1.90	0.84
Pico Sauce - SR1757 (1 tbsp.)	0	41.20	2.72	0.39	0.00	285.72	4.50	0.24
Sriracha Mayonnaise - SR1788 (1 tbsp.)	0	31.39	2.26	0.25	0.00	109.99	2.37	0.73

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 Fast, Week 4 Tinga Chicken, Mexico T/TH - ServingDate: 08/22/2019								
Classic Chef Salad - SR1083 (1 salad)	0	225.85	12.66	4.82	0.00	638.77	7.77	20.97
Chicken Caesar Wrap - SR1530 (1 wrap)	0	430.74	22.62	4.72	0.00	627.59	31.34	26.21
Mexican Chicken Tinga Salad - SR1872 (1 salad)	0	192.37	7.14	3.19	0.00	345.30	11.82	21.96
Mexican Chicken Tinga Submarine Sandwich - SR1868 (1 sandwich)	0	337.12	10.34	3.44	0.00	593.24	34.50	26.28
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	0	341.89	15.27	5.98	0.00	1003.73	29.65	20.15
Breadstick - SR1044 (2 breadstick)	0	160.00	2.00	0.00	0.00	200.00	28.00	6.00
Dinner Roll - OKR1532 (1 roll.)	0	170.00	3.00	0.00	0.00	140.00	29.00	7.00
Crispy Whole Apple - SR1161 (1 extra smal)	0	47.79	0.16	0.03	0.00	0.92	12.69	0.24
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Mixed Salad Greens - SR1080 (1 c.)	0	11.15	0.12	0.02	0.00	23.13	2.08	1.06
Super Salad - SR1257 (1 salad)	0	57.54	0.41	0.04	0.00	43.34	11.85	2.77
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Taste4 Fast, Week 4, Chicken Tinga, Mexico MWF - ServingDate: 08/23/2019								
Classic Chef Salad - SR1083 (1 salad)	0	225.85	12.66	4.82	0.00	638.77	7.77	20.97
Chicken Caesar Wrap - SR1530 (1 wrap)	0	430.74	22.62	4.72	0.00	627.59	31.34	26.21

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 Fast, Week 4, Chicken Tinga, Mexico MWF - ServingDate: 08/23/2019								
Mexican Chicken Tinga Salad - SR1872 (1 salad)	0	192.37	7.14	3.19	0.00	345.30	11.82	21.96
Mexican Chicken Tinga Submarine Sandwich - SR1868 (1 sandwich)	0	337.12	10.34	3.44	0.00	593.24	34.50	26.28
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	0	343.33	15.00	5.67	0.00	936.67	29.00	22.33
Breadstick - SR1044 (2 breadstick)	0	160.00	2.00	0.00	0.00	200.00	28.00	6.00
Dinner Roll - OKR1532 (1 roll.)	0	170.00	3.00	0.00	0.00	140.00	29.00	7.00
Crispy Whole Apple - SR1161 (1 extra smal)	0	47.79	0.16	0.03	0.00	0.92	12.69	0.24
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Mixed Salad Greens - SR1080 (1 c.)	0	11.15	0.12	0.02	0.00	23.13	2.08	1.06
Super Salad - SR1257 (1 salad)	0	57.54	0.41	0.04	0.00	43.34	11.85	2.77
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Cilantro Lime Crema - SR1790 (1 tbsp.)	0	24.57	1.90	0.21	0.00	38.47	1.61	0.59
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	0	30.60	2.35	0.32	0.00	63.23	1.90	0.84
Pico Sauce - SR1757 (1 tbsp.)	0	41.20	2.72	0.39	0.00	285.72	4.50	0.24
Sriracha Mayonnaise - SR1788 (1 tbsp.)	0	31.39	2.26	0.25	0.00	109.99	2.37	0.73

Legend

(M) - Missing Nutrient Values

Menu Calendar Nutrient Analysis Report

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

Report Selections

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