

## 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)
<b>SY 19-20 Fast - Southeast Asia - Week 1 (tier I) 100% whole grain - ServingDate: 08/26/2019</b>								
Classic Chef Salad - SR1083 (1 salad)	15	225.85	12.66	4.82	0.00	638.77	7.77	20.97
Chicken Caesar Wrap - SR1530 (1 wrap)	10	430.74	22.62	4.72	0.00	627.59	31.34	26.21
Classic Hummus Box - SR2143 (1 Box)	5	516.07	25.25	4.22	0.00	897.03	63.65	14.79
Italian Sub - SR2141 (1 sandwich)	10	292.06 (M)	9.72(M)	2.06(M)	0.00(M)	624.71 (M)	29.43 (M)	20.21 (M)
Spicy Asian Chicken Salad - SR1773 (1 salad)	5	140.22	3.94	1.06	0.00	1205.89	8.71	18.84
Spicy Asian Chicken Wrap - SR1767 (1 wrap)	5	297.93	8.20	1.53	0.00	1157.08	33.54	21.73
Turkey & Cheddar Submarine Sandwich - SR2139 (1 sandwich)	30	261.67 (M)	6.75(M)	0.83(M)	0.00(M)	488.33 (M)	29.00 (M)	20.17 (M)
Ham & Cheddar Submarine Sandwich - SR2140 (1 sandwich)	20	261.67 (M)	7.17(M)	1.25(M)	0.00(M)	580.00 (M)	29.83 (M)	17.67 (M)
Twisted Breadstick - SR2142 (1 breadstick)	15	173.17	3.27	0.11	0.01	200.34	28.41	6.09
Variety of Fruits - SR1978 (1 serving)	80	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Variety of Vegetables - SR1977 (1 serving)	30	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Variety of Milk - SR2011 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
<b>SY 19-20 Fast - Southeast Asia - Week 1 (tier I) 100% whole grain - ServingDate: 08/27/2019</b>								
Classic Chef Salad - SR1083 (1 salad)	15	225.85	12.66	4.82	0.00	638.77	7.77	20.97
Chicken Caesar Wrap - SR1530 (1 wrap)	10	430.74	22.62	4.72	0.00	627.59	31.34	26.21
Classic Hummus Box - SR2143 (1 Box)	5	516.07	25.25	4.22	0.00	897.03	63.65	14.79
Italian Sub - SR2141 (1 sandwich)	10	292.06 (M)	9.72(M)	2.06(M)	0.00(M)	624.71 (M)	29.43 (M)	20.21 (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)
<b>SY 19-20 Fast - Southeast Asia - Week 1 (tier I) 100% whole grain - ServingDate: 08/27/2019</b>								
Spicy Asian Chicken Salad - SR1773 (1 salad)	5	140.22	3.94	1.06	0.00	1205.89	8.71	18.84
Spicy Asian Chicken Wrap - SR1767 (1 wrap)	5	297.93	8.20	1.53	0.00	1157.08	33.54	21.73
Turkey & Cheddar Submarine Sandwich - SR2139 (1 sandwich)	30	261.67 (M)	6.75(M)	0.83(M)	0.00(M)	488.33 (M)	29.00 (M)	20.17 (M)
Ham & Cheddar Submarine Sandwich - SR2140 (1 sandwich)	20	261.67 (M)	7.17(M)	1.25(M)	0.00(M)	580.00 (M)	29.83 (M)	17.67 (M)
Twisted Breadstick - SR2142 (1 breadstick)	15	173.17	3.27	0.11	0.01	200.34	28.41	6.09
Variety of Fruits - SR1978 (1 serving)	80	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Variety of Vegetables - SR1977 (1 serving)	30	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Variety of Milk - SR2011 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
<b>SY 19-20 Fast - Southeast Asia - Week 1 (tier I) 100% whole grain - ServingDate: 08/28/2019</b>								
Classic Chef Salad - SR1083 (1 salad)	15	225.85	12.66	4.82	0.00	638.77	7.77	20.97
Chicken Caesar Wrap - SR1530 (1 wrap)	10	430.74	22.62	4.72	0.00	627.59	31.34	26.21
Classic Hummus Box - SR2143 (1 Box)	5	516.07	25.25	4.22	0.00	897.03	63.65	14.79
Italian Sub - SR2141 (1 sandwich)	10	292.06 (M)	9.72(M)	2.06(M)	0.00(M)	624.71 (M)	29.43 (M)	20.21 (M)
Spicy Asian Chicken Salad - SR1773 (1 salad)	5	140.22	3.94	1.06	0.00	1205.89	8.71	18.84
Spicy Asian Chicken Wrap - SR1767 (1 wrap)	5	297.93	8.20	1.53	0.00	1157.08	33.54	21.73
Turkey & Cheddar Submarine Sandwich - SR2139 (1 sandwich)	30	261.67 (M)	6.75(M)	0.83(M)	0.00(M)	488.33 (M)	29.00 (M)	20.17 (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)
<b>SY 19-20 Fast - Southeast Asia - Week 1 (tier I) 100% whole grain - ServingDate: 08/28/2019</b>								
Ham & Cheddar Submarine Sandwich - SR2140 (1 sandwich)	20	261.67 (M)	7.17(M)	1.25(M)	0.00(M)	580.00 (M)	29.83 (M)	17.67 (M)
Twisted Breadstick - SR2142 (1 breadstick)	15	173.17	3.27	0.11	0.01	200.34	28.41	6.09
Variety of Fruits - SR1978 (1 serving)	80	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Variety of Vegetables - SR1977 (1 serving)	30	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Variety of Milk - SR2011 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
<b>SY 19-20 Fast - Southeast Asia - Week 1 (tier I) 100% whole grain - ServingDate: 08/29/2019</b>								
Classic Chef Salad - SR1083 (1 salad)	15	225.85	12.66	4.82	0.00	638.77	7.77	20.97
Chicken Caesar Wrap - SR1530 (1 wrap)	10	430.74	22.62	4.72	0.00	627.59	31.34	26.21
Classic Hummus Box - SR2143 (1 Box)	5	516.07	25.25	4.22	0.00	897.03	63.65	14.79
Italian Sub - SR2141 (1 sandwich)	10	292.06 (M)	9.72(M)	2.06(M)	0.00(M)	624.71 (M)	29.43 (M)	20.21 (M)
Spicy Asian Chicken Salad - SR1773 (1 salad)	5	140.22	3.94	1.06	0.00	1205.89	8.71	18.84
Spicy Asian Chicken Wrap - SR1767 (1 wrap)	5	297.93	8.20	1.53	0.00	1157.08	33.54	21.73
Turkey & Cheddar Submarine Sandwich - SR2139 (1 sandwich)	30	261.67 (M)	6.75(M)	0.83(M)	0.00(M)	488.33 (M)	29.00 (M)	20.17 (M)
Ham & Cheddar Submarine Sandwich - SR2140 (1 sandwich)	20	261.67 (M)	7.17(M)	1.25(M)	0.00(M)	580.00 (M)	29.83 (M)	17.67 (M)
Twisted Breadstick - SR2142 (1 breadstick)	15	173.17	3.27	0.11	0.01	200.34	28.41	6.09
Variety of Fruits - SR1978 (1 serving)	80	0.00	0.00	0.00	0.00	0.00	0.00	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)
<b>SY 19-20 Fast - Southeast Asia - Week 1 (tier I) 100% whole grain - ServingDate: 08/29/2019</b>								
Variety of Vegetables - SR1977 (1 serving)	30	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Variety of Milk - SR2011 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
<b>SY 19-20 Fast - Southeast Asia - Week 1 (tier I) 100% whole grain - ServingDate: 08/30/2019</b>								
Classic Chef Salad - SR1083 (1 salad)	15	225.85	12.66	4.82	0.00	638.77	7.77	20.97
Chicken Caesar Wrap - SR1530 (1 wrap)	10	430.74	22.62	4.72	0.00	627.59	31.34	26.21
Classic Hummus Box - SR2143 (1 Box)	5	516.07	25.25	4.22	0.00	897.03	63.65	14.79
Italian Sub - SR2141 (1 sandwich)	10	292.06 (M)	9.72(M)	2.06(M)	0.00(M)	624.71 (M)	29.43 (M)	20.21 (M)
Spicy Asian Chicken Salad - SR1773 (1 salad)	5	140.22	3.94	1.06	0.00	1205.89	8.71	18.84
Spicy Asian Chicken Wrap - SR1767 (1 wrap)	5	297.93	8.20	1.53	0.00	1157.08	33.54	21.73
Turkey & Cheddar Submarine Sandwich - SR2139 (1 sandwich)	30	261.67 (M)	6.75(M)	0.83(M)	0.00(M)	488.33 (M)	29.00 (M)	20.17 (M)
Ham & Cheddar Submarine Sandwich - SR2140 (1 sandwich)	20	261.67 (M)	7.17(M)	1.25(M)	0.00(M)	580.00 (M)	29.83 (M)	17.67 (M)
Twisted Breadstick - SR2142 (1 breadstick)	15	173.17	3.27	0.11	0.01	200.34	28.41	6.09
Variety of Fruits - SR1978 (1 serving)	80	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Variety of Vegetables - SR1977 (1 serving)	30	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Variety of Milk - SR2011 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00

## Legend

(M) - Missing Nutrient Values

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## **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.