

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)
Fiesta- Tuesday/ Thursday - ServingDate: 08/20/2019								
Built-to-Order Fiesta - SR2028 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cheddar Cheese Sauce - SR1293 (1/4 c.)	75	110.40	8.18	4.70	0.00	421.15	2.04	7.16
Shredded Cheddar Cheese - SR1537 (1 oz.)	15	110.00	9.00	5.00	0.00	180.00	0.00	6.00
Fajita Chicken - OKR1225 (1 3/4 oz.)	20	61.25	2.01	1.00	0.00	304.23	1.00	9.04
Mexican Black Beans - SR1026 (1 #12 scoop)	20	42.56	0.20	0.01	0.00	51.77	8.29	2.38
Beef Taco Filling - SR1528 (3 tbsp.)	50	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Cilantro Lime Rice - SR1232 (1 1/4 c.)	10	291.58	5.50	0.38	0.03	346.80	56.00	6.12
Taco Salad Bowl - SR1657 (1 bowl)	10	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Tortilla Chips - SR1065 (1 1/2 oz.)	50	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Flour Tortilla - SR1177 (1 tortilla)	15	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Flour Tortilla - SR1066 (2 tortilla)	15	180.00	5.00	0.00	0.00	220.00	28.00	6.00
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
Aztec Corn - SR1434 (1/2 c.)	50	78.54	1.57	0.16	0.01	34.10	15.31	2.77
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.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Homemade Salsa - SR1007 (2 tbsp.)	25	3.94	0.03	0.01	0.00	52.51	0.93	0.22

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Fiesta- Tuesday/ Thursday - ServingDate: 08/20/2019								
Salsa Verde - SR1282 (2 tbsp.)	25	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Sour Cream - SR1659 (2 tbsp.)	30	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Fiesta- Monday/Wednesday /Friday - ServingDate: 08/21/2019								
Built-to-Order Fiesta - SR2028 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	20	80.64	0.29	0.00	0.00	79.43	14.40	5.18
Cheddar Cheese Sauce - SR1293 (1/4 c.)	75	110.40	8.18	4.70	0.00	421.15	2.04	7.16
Shredded Cheddar Cheese - SR1537 (1 oz.)	10	110.00	9.00	5.00	0.00	180.00	0.00	6.00
Beef Taco Filling - SR1528 (3 tbsp.)	50	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Turkey Carnitas - SR1262 (1/4 c.)	20	86.14	4.90	1.08	0.01	368.54	2.68	8.51
Cilantro Lime Rice - SR1232 (1 1/4 c.)	15	291.58	5.50	0.38	0.03	346.80	56.00	6.12
Taco Salad Bowl - SR1657 (1 bowl)	10	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Tortilla Chips - SR1065 (1 1/2 oz.)	50	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Flour Tortilla - SR1177 (1 tortilla)	15	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Flour Tortilla - SR1066 (2 tortilla)	10	180.00	5.00	0.00	0.00	220.00	28.00	6.00
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
Aztec Corn - SR1434 (1/2 c.)	50	78.54	1.57	0.16	0.01	34.10	15.31	2.77
Super Salad - SR1257 (1 salad)	15	57.54	0.41	0.04	0.00	43.34	11.85	2.77

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Fiesta- Monday/Wednesday /Friday - ServingDate: 08/21/2019								
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
Homemade Salsa - SR1007 (2 tbsp.)	15	3.94	0.03	0.01	0.00	52.51	0.93	0.22
Salsa Verde - SR1282 (2 tbsp.)	15	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Sour Cream - SR1659 (2 tbsp.)	40	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Fiesta- Tuesday/ Thursday - ServingDate: 08/22/2019								
Built-to-Order Fiesta - SR2028 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cheddar Cheese Sauce - SR1293 (1/4 c.)	75	110.40	8.18	4.70	0.00	421.15	2.04	7.16
Shredded Cheddar Cheese - SR1537 (1 oz.)	15	110.00	9.00	5.00	0.00	180.00	0.00	6.00
Fajita Chicken - OKR1225 (1 3/4 oz.)	20	61.25	2.01	1.00	0.00	304.23	1.00	9.04
Mexican Black Beans - SR1026 (1 #12 scoop)	20	42.56	0.20	0.01	0.00	51.77	8.29	2.38
Beef Taco Filling - SR1528 (3 tbsp.)	50	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Cilantro Lime Rice - SR1232 (1 1/4 c.)	10	291.58	5.50	0.38	0.03	346.80	56.00	6.12
Taco Salad Bowl - SR1657 (1 bowl)	10	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Tortilla Chips - SR1065 (1 1/2 oz.)	50	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Flour Tortilla - SR1177 (1 tortilla)	15	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Flour Tortilla - SR1066 (2 tortilla)	15	180.00	5.00	0.00	0.00	220.00	28.00	6.00
Crispy Whole Apple - SR1161 (1 extra smal)	25	47.79	0.16	0.03	0.00	0.92	12.69	0.24

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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.)	25	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Homemade Salsa - SR1007 (2 tbsp.)	25	3.94	0.03	0.01	0.00	52.51	0.93	0.22
Salsa Verde - SR1282 (2 tbsp.)	25	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Sour Cream - SR1659 (2 tbsp.)	30	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Fiesta- Monday/Wednesday /Friday - ServingDate: 08/23/2019								
Built-to-Order Fiesta - SR2028 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	20	80.64	0.29	0.00	0.00	79.43	14.40	5.18
Cheddar Cheese Sauce - SR1293 (1/4 c.)	75	110.40	8.18	4.70	0.00	421.15	2.04	7.16
Shredded Cheddar Cheese - SR1537 (1 oz.)	10	110.00	9.00	5.00	0.00	180.00	0.00	6.00
Beef Taco Filling - SR1528 (3 tbsp.)	50	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Turkey Carnitas - SR1262 (1/4 c.)	20	86.14	4.90	1.08	0.01	368.54	2.68	8.51
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Sour Cream - SR1659 (2 tbsp.)	40	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-Global
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.