

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)
Chopsticks- Monday - ServingDate: 08/26/2019								
Sweet and Sour Chicken popcorn - SR1821 (12 piece)	50	367.54	17.82	2.83	0.01	447.43	39.18	16.13
Teriyaki Beef - OKR1345 (6 oz.)	50	291.23	11.93	3.96	0.53	682.43	29.05	16.05
Oven Fried Rice - SR1382 (1 1/3 c.)	50	302.50	2.63	0.47	0.00	715.43	61.25	9.83
Vegetable Lo Mein - SR1770 (1 1/3 c.)	35	284.42	3.15	0.46	0.01	1128.29	60.52	8.60
Steamed Brown Rice - SR1098 (1 c.)	15	234.38	1.38	0.00	0.00	4.06	51.01	5.51
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
Roasted Broccoli - SR1852 (1/2 c.)	50	67.01	4.49	0.40	0.04	72.06	5.40	3.00
Roasted Sesame Carrots - SR1787 (1/2 c.)	75	131.73	9.59	1.35	0.02	357.51	10.85	1.32
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.)	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
Chopsticks- Tuesday - ServingDate: 08/27/2019								
General Tso Chicken popcorn - SR1824 (12 piece)	50	404.88	20.40	3.04	0.03	494.86	42.40	17.02
Sweet and Sour Chicken popcorn - SR1821 (12 piece)	50	367.54	17.82	2.83	0.01	447.43	39.18	16.13
Oven Fried Rice - SR1382 (1 1/3 c.)	45	302.50	2.63	0.47	0.00	715.43	61.25	9.83
Vegetable Lo Mein - SR1770 (1 1/3 c.)	40	284.42	3.15	0.46	0.01	1128.29	60.52	8.60

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Chopsticks- Tuesday - ServingDate: 08/27/2019								
Steamed Brown Rice - SR1098 (1 c.)	15	234.38	1.38	0.00	0.00	4.06	51.01	5.51
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
Steamed Broccoli - SR1028 (1/2 c.)	40	26.46	0.11	0.02	0.00	11.13	5.06	2.93
Roasted Sesame Carrots - SR1787 (1/2 c.)	45	131.73	9.59	1.35	0.02	357.51	10.85	1.32
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
Chopsticks- Wednesday - ServingDate: 08/28/2019								
Orange Chicken - SR1835 (12 piece)	50	345.65	17.30	2.74	0.02	537.73	34.91	15.85
Sweet and Sour Chicken popcorn - SR1821 (12 piece)	50	367.54	17.82	2.83	0.01	447.43	39.18	16.13
Oven Fried Rice - SR1382 (1 1/3 c.)	50	302.50	2.63	0.47	0.00	715.43	61.25	9.83
Vegetable Lo Mein - SR1770 (1 1/3 c.)	35	284.42	3.15	0.46	0.01	1128.29	60.52	8.60
Steamed Brown Rice - SR1098 (1 c.)	15	234.38	1.38	0.00	0.00	4.06	51.01	5.51
Crispy Whole Apple - SR1161 (1 extra smal)	30	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))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Steamed Broccoli - SR1028 (1/2 c.)	50	26.46	0.11	0.02	0.00	11.13	5.06	2.93

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Chopsticks- Wednesday - ServingDate: 08/28/2019								
Roasted Sesame Carrots - SR1787 (1/2 c.)	75	131.73	9.59	1.35	0.02	357.51	10.85	1.32
Super Salad - SR1257 (1 salad)	25	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
Chopsticks- Thursday - ServingDate: 08/29/2019								
Sweet and Sour Chicken popcorn - SR1821 (12 piece)	50	367.54	17.82	2.83	0.01	447.43	39.18	16.13
Teriyaki Pork riblet - SR1826 (5 piece)	50	277.83	12.98	3.83	0.12	666.45	30.14	13.73
Oven Fried Rice - SR1382 (1 1/3 c.)	40	302.50	2.63	0.47	0.00	715.43	61.25	9.83
Vegetable Lo Mein - SR1770 (1 1/3 c.)	50	284.42	3.15	0.46	0.01	1128.29	60.52	8.60
Steamed Brown Rice - SR1098 (1 c.)	10	234.38	1.38	0.00	0.00	4.06	51.01	5.51
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
Steamed Broccoli - SR1028 (1/2 c.)	50	26.46	0.11	0.02	0.00	11.13	5.06	2.93
Roasted Sesame Carrots - SR1787 (1/2 c.)	75	131.73	9.59	1.35	0.02	357.51	10.85	1.32
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.)	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

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Chopsticks- Thursday - ServingDate: 08/29/2019								
White Skim Milk - OKR1060 (8 oz.)	30	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Chopsticks- Friday - ServingDate: 08/30/2019								
Creamy Sriracha Chicken popcorn - SR1825 (12 piece)	50	412.29	24.51	3.87	0.04	1071.09	33.84	17.68
Sweet and Sour Chicken popcorn - SR1821 (12 piece)	50	367.54	17.82	2.83	0.01	447.43	39.18	16.13
Oven Fried Rice - SR1382 (1 1/3 c.)	25	302.50	2.63	0.47	0.00	715.43	61.25	9.83
Vegetable Lo Mein - SR1770 (1 1/3 c.)	60	284.42	3.15	0.46	0.01	1128.29	60.52	8.60
Steamed Brown Rice - SR1098 (1 c.)	15	234.38	1.38	0.00	0.00	4.06	51.01	5.51
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
Steamed Broccoli - SR1028 (1/2 c.)	50	26.46	0.11	0.02	0.00	11.13	5.06	2.93
Roasted Sesame Carrots - SR1787 (1/2 c.)	75	131.73	9.59	1.35	0.02	357.51	10.85	1.32
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

Legend

(M) - Missing Nutrient Values

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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.