

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 Grill, Week 2 & 4, Tuesday, Cordon Bleu - ServingDate: 08/20/2019 | | | | | | | | |
| Built-to-Order Grill - SR2070 (1 serving) | 1 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Hamburger Patty - SR1652 (1 patty) | 70 | 140.00 | 7.00 | 3.00 | 0.00 | 180.00 | 3.00 | 12.00 |
| Breaded Chicken Patty - OKR1357 (1 patty) | 30 | 270.00 | 15.00 | 2.50 | 0.00 | 400.00 | 16.00 | 16.00 |
| Hamburger Bun - OKR1351 (1 roll.) | 100 | 160.00 | 2.00 | 0.00 | 0.00 | 270.00 | 31.00 | 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")) | 30 | 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 |
| 100% Apple Juice - SR1204 (4 fl oz cup) | 30 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 14.00 | 0.00 |
| 100% Orange Juice - SR1295 (4 fl oz cup) | 30 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 14.00 | 0.00 |
| Baked French Fries - SR1444 (1/2 c.) | 100 | 102.93 | 3.56 | 0.40 | 0.00 | 126.68 | 17.42 | 1.58 |
| Celery Sticks - SR1014 (6 stick.) | 30 | 10.34 | 0.11 | 0.03 | 0.00 | 51.71 | 1.92 | 0.45 |
| Carrot Sticks - SR1606 (6 stick.) | 30 | 24.80 | 0.14 | 0.02 | 0.00 | 41.73 | 5.79 | 0.56 |
| 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.) | 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 |
| Cheddar Cheese Sauce - SR1293 (2 tbsp.) | 50 | 55.20 | 4.09 | 2.35 | 0.00 | 210.58 | 1.02 | 3.58 |
| White American Cheese Slice - SR1911 (1/2 oz.) | 15 | 50.62 | 4.56 | 2.53 | 0.00 | 258.18 | 0.00 | 2.53 |
| 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.) | 40 | 8.58 | 0.02 | 0.01 | 0.00 | 0.86 | 2.00 | 0.24 |

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|---|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| Taste4 Grill, Week 2 & 4, Tuesday, Cordon Bleu - ServingDate: 08/20/2019 | | | | | | | | |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.) | 40 | 0.00 | 0.00 | 0.00 | 0.00 | 174.42 | 0.00 | 0.00 |
| Dill Pickle Chips - SR1399 (2 tbsp.) | 40 | 0.00 | 0.00 | 0.00 | 0.00 | 255.73 | 0.00 | 0.00 |
| Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.) | 35 | 30.60 | 2.35 | 0.32 | 0.00 | 63.23 | 1.90 | 0.84 |
| Sriracha Mayonnaise - SR1788 (1 tbsp.) | 35 | 31.39 | 2.26 | 0.25 | 0.00 | 109.99 | 2.37 | 0.73 |
| Sliced Red Tomatoes - SR1536 (2 tbsp.) | 40 | 4.03 | 0.05 | 0.01 | 0.00 | 1.12 | 0.87 | 0.20 |
| Sliced Turkey Ham - SR1287 (2 slice) | 15 | 35.95 | 1.63 | 0.49 | 0.00 | 156.86 | 0.33 | 4.58 |
| Taste4 Grill, Week 2 & 4, Wednesday, BBQ Pork - ServingDate: 08/21/2019 | | | | | | | | |
| Pulled Pork Sandwich - OKR1216 (1 sandwich) | 15 | 403.10 | 19.15 | 5.88 | 0.00 | 326.70 | 31.00 | 28.18 |
| BBQ Pulled Turkey - SR1212 (3/8 c.) | 10 | 172.63 | 7.13 | 2.04 | 0.00 | 918.28 | 9.04 | 18.34 |
| Hamburger Patty - SR1652 (1 patty) | 45 | 140.00 | 7.00 | 3.00 | 0.00 | 180.00 | 3.00 | 12.00 |
| Breaded Chicken Patty - OKR1357 (1 patty) | 30 | 270.00 | 15.00 | 2.50 | 0.00 | 400.00 | 16.00 | 16.00 |
| Hamburger Bun - OKR1351 (1 roll.) | 85 | 160.00 | 2.00 | 0.00 | 0.00 | 270.00 | 31.00 | 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")) | 30 | 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 |
| 100% Apple Juice - SR1204 (4 fl oz cup) | 30 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 14.00 | 0.00 |
| 100% Orange Juice - SR1295 (4 fl oz cup) | 30 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 14.00 | 0.00 |
| Baked French Fries - SR1444 (1/2 c.) | 100 | 102.93 | 3.56 | 0.40 | 0.00 | 126.68 | 17.42 | 1.58 |
| Celery Sticks - SR1014 (6 stick.) | 30 | 10.34 | 0.11 | 0.03 | 0.00 | 51.71 | 1.92 | 0.45 |
| Carrot Sticks - SR1606 (6 stick.) | 30 | 24.80 | 0.14 | 0.02 | 0.00 | 41.73 | 5.79 | 0.56 |

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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) |
|---|-------------|--------------------|---------------|-------------|---------------|-------------|----------|-------------|
| Taste4 Grill, Week 2 & 4, Wednesday, BBQ Pork - ServingDate: 08/21/2019 | | | | | | | | |
| Super Salad - SR1257 (1 salad) | 30 | 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 |
| Cheddar Cheese Sauce - SR1293 (2 tbsp.) | 75 | 55.20 | 4.09 | 2.35 | 0.00 | 210.58 | 1.02 | 3.58 |
| 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.) | 40 | 8.58 | 0.02 | 0.01 | 0.00 | 0.86 | 2.00 | 0.24 |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.) | 40 | 0.00 | 0.00 | 0.00 | 0.00 | 174.42 | 0.00 | 0.00 |
| Dill Pickle Chips - SR1399 (2 tbsp.) | 40 | 0.00 | 0.00 | 0.00 | 0.00 | 255.73 | 0.00 | 0.00 |
| Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.) | 35 | 30.60 | 2.35 | 0.32 | 0.00 | 63.23 | 1.90 | 0.84 |
| Sriracha Mayonnaise - SR1788 (1 tbsp.) | 35 | 31.39 | 2.26 | 0.25 | 0.00 | 109.99 | 2.37 | 0.73 |
| Sliced Red Tomatoes - SR1536 (2 tbsp.) | 40 | 4.03 | 0.05 | 0.01 | 0.00 | 1.12 | 0.87 | 0.20 |
| Taste4 Grill, Week 2 & 4, Thursday, Ninja Burger - ServingDate: 08/22/2019 | | | | | | | | |
| Built-to-Order Grill - SR2070 (1 serving) | 1 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Hamburger Patty - SR1652 (1 patty) | 70 | 140.00 | 7.00 | 3.00 | 0.00 | 180.00 | 3.00 | 12.00 |
| Breaded Chicken Patty - OKR1357 (1 patty) | 30 | 270.00 | 15.00 | 2.50 | 0.00 | 400.00 | 16.00 | 16.00 |
| Hamburger Bun - OKR1351 (1 roll.) | 100 | 160.00 | 2.00 | 0.00 | 0.00 | 270.00 | 31.00 | 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")) | 30 | 105.02 | 0.39 | 0.13 | 0.00 | 1.18 | 26.95 | 1.29 |

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|---|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| Taste4 Grill, Week 2 & 4, Thursday, Ninja Burger - ServingDate: 08/22/2019 | | | | | | | | |
| Fresh Oranges - SR1171 (1 small (2-3)) | 30 | 45.12 | 0.12 | 0.01 | 0.00 | 0.00 | 11.28 | 0.90 |
| 100% Apple Juice - SR1204 (4 fl oz cup) | 30 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 14.00 | 0.00 |
| 100% Orange Juice - SR1295 (4 fl oz cup) | 30 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 14.00 | 0.00 |
| Baked French Fries - SR1444 (1/2 c.) | 100 | 102.93 | 3.56 | 0.40 | 0.00 | 126.68 | 17.42 | 1.58 |
| Celery Sticks - SR1014 (6 stick.) | 30 | 10.34 | 0.11 | 0.03 | 0.00 | 51.71 | 1.92 | 0.45 |
| Carrot Sticks - SR1606 (6 stick.) | 30 | 24.80 | 0.14 | 0.02 | 0.00 | 41.73 | 5.79 | 0.56 |
| Super Salad - SR1257 (1 salad) | 30 | 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 |
| Cheddar Cheese Sauce - SR1293 (2 tbsp.) | 75 | 55.20 | 4.09 | 2.35 | 0.00 | 210.58 | 1.02 | 3.58 |
| 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.) | 40 | 8.58 | 0.02 | 0.01 | 0.00 | 0.86 | 2.00 | 0.24 |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.) | 40 | 0.00 | 0.00 | 0.00 | 0.00 | 174.42 | 0.00 | 0.00 |
| Dill Pickle Chips - SR1399 (2 tbsp.) | 40 | 0.00 | 0.00 | 0.00 | 0.00 | 255.73 | 0.00 | 0.00 |
| Pineapple Roasted Veggies - SR1944 (1/4 c.) | 25 | 31.92 | 1.15 | 0.12 | 0.01 | 1.44 | 5.43 | 0.40 |
| Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.) | 20 | 30.60 | 2.35 | 0.32 | 0.00 | 63.23 | 1.90 | 0.84 |
| Sriracha Mayonnaise - SR1788 (1 tbsp.) | 20 | 31.39 | 2.26 | 0.25 | 0.00 | 109.99 | 2.37 | 0.73 |
| Teriyaki Mayonnaise Sauce - SR1235 (1 tbsp.) | 20 | 45.00 | 2.00 | 0.25 | 0.00 | 137.50 | 6.50 | 0.25 |

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|---|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| Taste4 Grill, Week 2 & 4, Thursday, Ninja Burger - ServingDate: 08/22/2019 | | | | | | | | |
| Sliced Red Tomatoes - SR1536 (2 tbsp.) | 40 | 4.03 | 0.05 | 0.01 | 0.00 | 1.12 | 0.87 | 0.20 |
| Taste4 Grill, Week 2 & 4, Friday, Chicken Parm - ServingDate: 08/23/2019 | | | | | | | | |
| Built-to-Order Grill - SR2070 (1 serving) | 1 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Hamburger Patty - SR1652 (1 patty) | 50 | 140.00 | 7.00 | 3.00 | 0.00 | 180.00 | 3.00 | 12.00 |
| Breaded Chicken Patty - OKR1357 (1 patty) | 50 | 270.00 | 15.00 | 2.50 | 0.00 | 400.00 | 16.00 | 16.00 |
| Hamburger Bun - OKR1351 (1 roll.) | 100 | 160.00 | 2.00 | 0.00 | 0.00 | 270.00 | 31.00 | 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")) | 30 | 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 |
| 100% Apple Juice - SR1204 (4 fl oz cup) | 30 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 14.00 | 0.00 |
| 100% Orange Juice - SR1295 (4 fl oz cup) | 30 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 14.00 | 0.00 |
| Baked French Fries - SR1444 (1/2 c.) | 100 | 102.93 | 3.56 | 0.40 | 0.00 | 126.68 | 17.42 | 1.58 |
| Celery Sticks - SR1014 (6 stick.) | 25 | 10.34 | 0.11 | 0.03 | 0.00 | 51.71 | 1.92 | 0.45 |
| Carrot Sticks - SR1606 (6 stick.) | 25 | 24.80 | 0.14 | 0.02 | 0.00 | 41.73 | 5.79 | 0.56 |
| 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.) | 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 |
| Cheddar Cheese Sauce - SR1293 (2 tbsp.) | 50 | 55.20 | 4.09 | 2.35 | 0.00 | 210.58 | 1.02 | 3.58 |

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|---|-------------|--------------------|---------------|-------------|---------------|-------------|----------|-------------|
| Taste4 Grill, Week 2 & 4, Friday, Chicken Parm - ServingDate: 08/23/2019 | | | | | | | | |
| Shredded Mozzarella Cheese - SR1989 (1/2 oz.) | 15 | 40.00 | 3.00 | 1.75 | 0.00 | 85.00 | 0.50 | 4.00 |
| Shredded Lettuce - SR1015 (1/4 cup shredd) | 40 | 2.52 | 0.03 | 0.00 | 0.00 | 1.80 | 0.54 | 0.16 |
| Homemade Marinara Sauce - SR1430 (1/4 c.) | 15 | 10.21 | 0.04 | 0.01 | 0.00 | 43.47 | 2.36 | 0.46 |
| Diced Red Onion - SR1447 (2 tbsp.) | 40 | 8.58 | 0.02 | 0.01 | 0.00 | 0.86 | 2.00 | 0.24 |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.) | 40 | 0.00 | 0.00 | 0.00 | 0.00 | 174.42 | 0.00 | 0.00 |
| Dill Pickle Chips - SR1399 (2 tbsp.) | 40 | 0.00 | 0.00 | 0.00 | 0.00 | 255.73 | 0.00 | 0.00 |
| Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.) | 20 | 30.60 | 2.35 | 0.32 | 0.00 | 63.23 | 1.90 | 0.84 |
| Sriracha Mayonnaise - SR1788 (1 tbsp.) | 20 | 31.39 | 2.26 | 0.25 | 0.00 | 109.99 | 2.37 | 0.73 |
| Sliced Red Tomatoes - SR1536 (2 tbsp.) | 40 | 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-Grill (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.