

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)
SY 19-20 Grill - Built-4-U Bar - Monday (tier I) 100% whole grain - ServingDate: 08/26/2019								
Built-to-Order Grill - SR2070 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Corn Dog - SR1023 (1 corn dog)	30	240.00	8.00	2.50	0.00	390.00	30.00	9.00
Hamburger Patty - SR1652 (1 patty)	20	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Chicken Patties, whole grain, Tyson - SR2186 (1 patty)	50	270.00	15.00	2.50	0.00	400.00	16.00	16.00
Whole Wheat Hamburger Bun - SR1651 (1 roll (hamb))	70	130.00	2.00	0.00	0.00	260.00	25.00	6.00
Variety of Fruits - SR1978 (1 serving)	60	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Baked French Fries - SR1444 (1/2 c.)	100	102.93	3.56	0.40	0.00	126.68	17.42	1.58
Sweet Potato Crinkle Cut Fries - OKR1525 (1/2 c.)	0	120.86	4.53	0.50	0.00	181.29	17.12	2.01
Variety of Vegetables - SR1977 (1 serving)	10	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
Cheddar Cheese Slice - SR2132 (1/2 oz.)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY 19-20 Grill - Built-4-U Bar - Tuesday (tier I) 100% whole grain - ServingDate: 08/27/2019								
Built-to-Order Grill - SR2070 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Barbecue Pork Riblet - SR2037 (1 patty)	30	175.00	10.00	3.50	0.10	625.00	11.50	12.00
Hamburger Patty - SR1652 (1 patty)	30	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Chicken Patties, whole grain, Tyson - SR2186 (1 patty)	40	270.00	15.00	2.50	0.00	400.00	16.00	16.00
Whole Wheat Hamburger Bun - SR1651 (1 roll (hamb))	100	130.00	2.00	0.00	0.00	260.00	25.00	6.00

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SY 19-20 Grill - Built-4-U Bar - Tuesday (tier I) 100% whole grain - ServingDate: 08/27/2019								
Variety of Fruits - SR1978 (1 serving)	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Baked French Fries - SR1444 (1/2 c.)	100	102.93	3.56	0.40	0.00	126.68	17.42	1.58
Sweet Potato Crinkle Cut Fries - OKR1525 (1/2 c.)	0	120.86	4.53	0.50	0.00	181.29	17.12	2.01
Variety of Vegetables - SR1977 (1 serving)	0	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
Cheddar Cheese Slice - SR2132 (1/2 oz.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY 19-20 Grill - Built-4-U Bar - Wednesday (tier I) 100% whole grain - ServingDate: 08/28/2019								
Built-to-Order Grill - SR2070 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Classic Grilled Cheese Sandwich - SR2149 (1 sandwich)	20	140.00 (M)	2.00(M)	0.00(M)	0.00(M)	280.00 (M)	28.00 (M)	6.00(M)
Hamburger Patty - SR1652 (1 patty)	30	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Chicken Patties, whole grain, Tyson - SR2186 (1 patty)	50	270.00	15.00	2.50	0.00	400.00	16.00	16.00
Whole Wheat Hamburger Bun - SR1651 (1 roll (hamb))	80	130.00	2.00	0.00	0.00	260.00	25.00	6.00
Variety of Fruits - SR1978 (1 serving)	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Baked French Fries - SR1444 (1/2 c.)	100	102.93	3.56	0.40	0.00	126.68	17.42	1.58
Sweet Potato Crinkle Cut Fries - OKR1525 (1/2 c.)	0	120.86	4.53	0.50	0.00	181.29	17.12	2.01
Variety of Vegetables - SR1977 (1 serving)	0	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

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SY 19-20 Grill - Built-4-U Bar - Wednesday (tier I) 100% whole grain - ServingDate: 08/28/2019								
Cheddar Cheese Slice - SR2132 (1/2 oz.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY 19-20 Grill - Built-4-U Bar - Thursday (tier I) 100% whole grain - ServingDate: 08/29/2019								
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)	30	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Chicken Patties, whole grain, Tyson - SR2186 (1 patty)	50	270.00	15.00	2.50	0.00	400.00	16.00	16.00
Turkey Frankfurter - SR2147 (1 frankfurte)	20	121.50	9.11	2.53	0.00	263.25	1.01	8.10
Whole Wheat Hamburger Bun - SR1651 (1 roll (hamb))	80	130.00	2.00	0.00	0.00	260.00	25.00	6.00
Top Mini Sub Roll - SR1995 (1 roll (smal))	20	170.00	3.00	0.00	0.00	180.00	29.00	6.00
Variety of Fruits - SR1978 (1 serving)	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Baked French Fries - SR1444 (1/2 c.)	100	102.93	3.56	0.40	0.00	126.68	17.42	1.58
Sweet Potato Crinkle Cut Fries - OKR1525 (1/2 c.)	0	120.86	4.53	0.50	0.00	181.29	17.12	2.01
Variety of Vegetables - SR1977 (1 serving)	0	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
Cheddar Cheese Slice - SR2132 (1/2 oz.)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY 19-20 Grill - Built-4-U Bar - Friday (tier I) 100% whole grain - ServingDate: 08/30/2019								
Built-to-Order Grill - SR2070 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Chicken Tenders - OKR1184 (3 strip)	20	240.00	12.00	2.25	0.00	405.00	12.00	19.50

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SY 19-20 Grill - Built-4-U Bar - Friday (tier I) 100% whole grain - ServingDate: 08/30/2019								
Hamburger Patty - SR1652 (1 patty)	50	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Chicken Patties, whole grain, Tyson - SR2186 (1 patty)	30	270.00	15.00	2.50	0.00	400.00	16.00	16.00
Whole Wheat Hamburger Bun - SR1651 (1 roll (hamb))	100	130.00	2.00	0.00	0.00	260.00	25.00	6.00
Variety of Fruits - SR1978 (1 serving)	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Baked French Fries - SR1444 (1/2 c.)	100	102.93	3.56	0.40	0.00	126.68	17.42	1.58
Sweet Potato Crinkle Cut Fries - OKR1525 (1/2 c.)	0	120.86	4.53	0.50	0.00	181.29	17.12	2.01
Variety of Vegetables - SR1977 (1 serving)	0	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
Cheddar Cheese Slice - SR2132 (1/2 oz.)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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.