

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 Pizza, Week 4, Spaghetti and Meat Sauce, Chicken Tinga Pizza, Mexico ~ World of Flavors - ServingDate: 08/20/2019								
Cheese Pizza - SR1441 (1 slice)	0	330.44	14.10	7.06	0.00	585.97	33.22	23.23
Mexican Chicken Tinga Pizza - SR1871 (1 slice)	0	330.44	11.85	5.16	0.00	480.43	34.36	24.74
Pepperoni Pizza - SR1443 (1 slice)	0	363.25	17.02	8.15	0.00	696.53	33.34	24.56
Spaghetti with Meat Sauce - SR1370 (1 serving)	0	327.85	10.09	3.63	0.02	916.25	42.59	18.58
Breadstick - SR1044 (1 breadstick)	0	80.00	1.00	0.00	0.00	100.00	14.00	3.00
Crispy Whole Apple - SR1161 (1 extra smal)	0	47.79	0.16	0.03	0.00	0.92	12.69	0.24
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Mixed Salad Greens - SR1080 (1 c.)	0	11.15	0.12	0.02	0.00	23.13	2.08	1.06
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Super Salad - SR1257 (1 salad)	0	57.54	0.41	0.04	0.00	43.34	11.85	2.77
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	0	68.62	7.12	1.26	0.00	105.30	1.09	0.61
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	0	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	0	1.43	0.08	0.02	0.00	0.14	0.25	0.05

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Taste4 Pizza, Week 4, Spaghetti and Meat Sauce, Chicken Tinga Pizza, Mexico ~ World of Flavors - ServingDate: 08/21/2019								
Cheese Pizza - SR1441 (1 slice)	0	330.44	14.10	7.06	0.00	585.97	33.22	23.23
Mexican Chicken Tinga Pizza - SR1871 (1 slice)	0	330.44	11.85	5.16	0.00	480.43	34.36	24.74
Pepperoni Pizza - SR1443 (1 slice)	0	363.25	17.02	8.15	0.00	696.53	33.34	24.56
Spaghetti with Meat Sauce - SR1370 (1 serving)	0	327.85	10.09	3.63	0.02	916.25	42.59	18.58
Breadstick - SR1044 (1 breadstick)	0	80.00	1.00	0.00	0.00	100.00	14.00	3.00
Crispy Whole Apple - SR1161 (1 extra smal)	0	47.79	0.16	0.03	0.00	0.92	12.69	0.24
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Mixed Salad Greens - SR1080 (1 c.)	0	11.15	0.12	0.02	0.00	23.13	2.08	1.06
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Super Salad - SR1257 (1 salad)	0	57.54	0.41	0.04	0.00	43.34	11.85	2.77
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	0	68.62	7.12	1.26	0.00	105.30	1.09	0.61
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	0	3.33	0.25	0.17	0.00	20.00	0.00	0.33
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Taste4 Pizza, Week 4, Spaghetti and Meat Sauce, Chicken Tinga Pizza, Mexico ~ World of Flavors - Serving Date: 08/22/2019								
Cheese Pizza - SR1441 (1 slice)	0	330.44	14.10	7.06	0.00	585.97	33.22	23.23
Mexican Chicken Tinga Pizza - SR1871 (1 slice)	0	330.44	11.85	5.16	0.00	480.43	34.36	24.74
Pepperoni Pizza - SR1443 (1 slice)	0	363.25	17.02	8.15	0.00	696.53	33.34	24.56
Spaghetti with Meat Sauce - SR1370 (1 serving)	0	327.85	10.09	3.63	0.02	916.25	42.59	18.58
Breadstick - SR1044 (1 breadstick)	0	80.00	1.00	0.00	0.00	100.00	14.00	3.00
Crispy Whole Apple - SR1161 (1 extra smal)	0	47.79	0.16	0.03	0.00	0.92	12.69	0.24
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White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	0	68.62	7.12	1.26	0.00	105.30	1.09	0.61
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Legend

Menu Calendar Nutrient Analysis Report

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Date: 08/19/2019 - 08/25/2019

(M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch
Site Group: Taste4
Menu Line: T4-Pizza (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.