

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 Pizza - Southeast Asia - Week 1 MWF (tier I) 10% whole grain - ServingDate: 08/26/2019								
Alfredo Macaroni - SR2118 (1 serving)	31	393.63	13.70	6.79	0.01	924.16	49.19	20.92
Cheese Pizza - SR2193 (1 slice)	32	448.88	16.95	8.80	0.00	958.04	53.69	24.93
Pepperoni Pizza - SR2192 (1 slice)	24	481.69	19.87	9.89	0.00	1068.60	53.81	26.26
Spicy Asian Chicken Pizza - SR2204 (1 slice)	16	435.19	14.10	6.60	0.00	1263.64	54.49	25.25
Breadstick - SR1044 (1 breadstick)	31	80.00	1.00	0.00	0.00	100.00	14.00	3.00
Variety of Fruits - SR1978 (1 serving)	82	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Toasted Garlic Caesar Salad - SR2130 (1 c.)	20	177.06	16.04	3.29	0.00	350.70	6.03	3.93
Variety of Vegetables - SR1977 (1 serving)	42	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Variety of Milk - SR2011 (1 serving)	103	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	30	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	10	1.43	0.08	0.02	0.00	0.14	0.25	0.05
SY 19-20 Pizza - Southeast Asia - Week 1 T (tier I) 10% whole grain - ServingDate: 08/27/2019								
Alfredo Macaroni - SR2118 (1 serving)	31	393.63	13.70	6.79	0.01	924.16	49.19	20.92
Cheese Pizza - SR2193 (1 slice)	32	448.88	16.95	8.80	0.00	958.04	53.69	24.93
Sausage Pizza - SR2195 (1 slice)	24	512.93	22.35	10.77	0.10	1146.31	54.55	27.93
Spicy Asian Chicken Pizza - SR2204 (1 slice)	16	435.19	14.10	6.60	0.00	1263.64	54.49	25.25
Breadstick - SR1044 (1 breadstick)	31	80.00	1.00	0.00	0.00	100.00	14.00	3.00

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SY 19-20 Pizza - Southeast Asia - Week 1 T (tier I) 10% whole grain - ServingDate: 08/27/2019								
Variety of Fruits - SR1978 (1 serving)	82	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Toasted Garlic Caesar Salad - SR2130 (1 c.)	20	177.06	16.04	3.29	0.00	350.70	6.03	3.93
Variety of Vegetables - SR1977 (1 serving)	42	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Variety of Milk - SR2011 (1 serving)	103	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	30	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	10	1.43	0.08	0.02	0.00	0.14	0.25	0.05
SY 19-20 Pizza - Southeast Asia - Week 1 MWF (tier I) 10% whole grain - ServingDate: 08/28/2019								
Alfredo Macaroni - SR2118 (1 serving)	31	393.63	13.70	6.79	0.01	924.16	49.19	20.92
Cheese Pizza - SR2193 (1 slice)	32	448.88	16.95	8.80	0.00	958.04	53.69	24.93
Pepperoni Pizza - SR2192 (1 slice)	24	481.69	19.87	9.89	0.00	1068.60	53.81	26.26
Spicy Asian Chicken Pizza - SR2204 (1 slice)	16	435.19	14.10	6.60	0.00	1263.64	54.49	25.25
Breadstick - SR1044 (1 breadstick)	31	80.00	1.00	0.00	0.00	100.00	14.00	3.00
Variety of Fruits - SR1978 (1 serving)	82	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Toasted Garlic Caesar Salad - SR2130 (1 c.)	20	177.06	16.04	3.29	0.00	350.70	6.03	3.93
Variety of Vegetables - SR1977 (1 serving)	42	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Variety of Milk - SR2011 (1 serving)	103	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	30	3.33	0.25	0.17	0.00	20.00	0.00	0.33

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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)
SY 19-20 Pizza - Southeast Asia - Week 1 MWF (tier I) 10% whole grain - ServingDate: 08/28/2019								
Red Pepper Flakes - SR1554 (1/4 tsp.)	10	1.43	0.08	0.02	0.00	0.14	0.25	0.05
SY 19-20 Pizza - Southeast Asia - Week 1 Th (tier I) 10% whole grain - ServingDate: 08/29/2019								
Alfredo Macaroni - SR2118 (1 serving)	31	393.63	13.70	6.79	0.01	924.16	49.19	20.92
Cheese Pizza - SR2193 (1 slice)	32	448.88	16.95	8.80	0.00	958.04	53.69	24.93
Hawaiian Pizza, - SR2196 (1 slice)	24	446.44	14.33	6.74	0.00	1010.79	57.54	24.21
Spicy Asian Chicken Pizza - SR2204 (1 slice)	16	435.19	14.10	6.60	0.00	1263.64	54.49	25.25
Breadstick - SR1044 (1 breadstick)	31	80.00	1.00	0.00	0.00	100.00	14.00	3.00
Variety of Fruits - SR1978 (1 serving)	82	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Toasted Garlic Caesar Salad - SR2130 (1 c.)	20	177.06	16.04	3.29	0.00	350.70	6.03	3.93
Variety of Vegetables - SR1977 (1 serving)	42	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Variety of Milk - SR2011 (1 serving)	103	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	30	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	10	1.43	0.08	0.02	0.00	0.14	0.25	0.05
SY 19-20 Pizza - Southeast Asia - Week 1 MWF (tier I) 10% whole grain - ServingDate: 08/30/2019								
Alfredo Macaroni - SR2118 (1 serving)	31	393.63	13.70	6.79	0.01	924.16	49.19	20.92
Cheese Pizza - SR2193 (1 slice)	32	448.88	16.95	8.80	0.00	958.04	53.69	24.93

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SY 19-20 Pizza - Southeast Asia - Week 1 MWF (tier I) 10% whole grain - ServingDate: 08/30/2019								
Pepperoni Pizza - SR2192 (1 slice)	24	481.69	19.87	9.89	0.00	1068.60	53.81	26.26
Spicy Asian Chicken Pizza - SR2204 (1 slice)	16	435.19	14.10	6.60	0.00	1263.64	54.49	25.25
Breadstick - SR1044 (1 breadstick)	31	80.00	1.00	0.00	0.00	100.00	14.00	3.00
Variety of Fruits - SR1978 (1 serving)	82	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Toasted Garlic Caesar Salad - SR2130 (1 c.)	20	177.06	16.04	3.29	0.00	350.70	6.03	3.93
Variety of Vegetables - SR1977 (1 serving)	42	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Variety of Milk - SR2011 (1 serving)	103	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	30	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	10	1.43	0.08	0.02	0.00	0.14	0.25	0.05

Legend

(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.