

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Guthrie High School

Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 PopUp Brand- Twirls :37160 - ServingDate: 12/01/2021								
Twirls- Penne Pasta Bowl - SR3346 (1 bowl)	70	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Twirls- Spaghetti Pasta Bowl, Built-to Order - SR3347 (1 bowl)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fajita Chicken - SR2529 (2/3 c.)	35	123.52	4.05	2.02	0.00	613.57	2.02	18.23
Chicken Meatballs - SR3065 (5 Meatballs)	60	176.64	10.93	3.37	0.00	201.88	5.89	14.30
Roasted Tuscan Vegetables - SR1442 (2 #8 scoop)	5	110.73	0.21	0.04	0.00	227.16	20.99	5.99
Garlic Knot Breadstick - SR1255 (1 roll.)	25	110.72	4.05	0.22	0.00	95.84	15.02	3.23
Whole Wheat Penne Pasta - SR1198 (1 c.)	70	190.09	3.05	0.42	0.00	416.64	39.02	6.57
Whole Wheat Spaghetti Noodles - SR1135 (1 c.)	30	192.89	3.09	0.42	0.00	422.76	39.60	6.67
Roasted Broccoli - SR1852 (1/2 c.)	30	65.49	4.49	0.33	0.00	72.06	5.40	3.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Alfredo Cheese Sauce - SR2217 (1/4 c.)	60	98.36	5.46	3.39	0.00	408.74	5.46	6.56
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	25	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Red Pepper Flakes - SR1554 (1/4 tsp.)	5	1.43	0.08	0.01	0.00	0.14	0.25	0.05
Spaghetti Sauce - SR2220 (1/4 c.)	40	32.32	0.26	0.05	0.01	248.93	6.47	1.08
SY21-22 PopUp Brand- Twirls :37160 - ServingDate: 12/02/2021								
Twirls- Penne Pasta Bowl - SR3346 (1 bowl)	70	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Twirls- Spaghetti Pasta Bowl, Built-to Order - SR3347 (1 bowl)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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SY21-22 PopUp Brand- Twirls :37160 - ServingDate: 12/02/2021								
Fajita Chicken - SR2529 (2/3 c.)	35	123.52	4.05	2.02	0.00	613.57	2.02	18.23
Chicken Meatballs - SR3065 (5 Meatballs)	60	176.64	10.93	3.37	0.00	201.88	5.89	14.30
Roasted Tuscan Vegetables - SR1442 (2 #8 scoop)	5	110.73	0.21	0.04	0.00	227.16	20.99	5.99
Garlic Knot Breadstick - SR1255 (1 roll.)	25	110.72	4.05	0.22	0.00	95.84	15.02	3.23
Whole Wheat Penne Pasta - SR1198 (1 c.)	70	190.09	3.05	0.42	0.00	416.64	39.02	6.57
Whole Wheat Spaghetti Noodles - SR1135 (1 c.)	30	192.89	3.09	0.42	0.00	422.76	39.60	6.67
Roasted Broccoli - SR1852 (1/2 c.)	30	65.49	4.49	0.33	0.00	72.06	5.40	3.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Alfredo Cheese Sauce - SR2217 (1/4 c.)	60	98.36	5.46	3.39	0.00	408.74	5.46	6.56
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	25	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Red Pepper Flakes - SR1554 (1/4 tsp.)	5	1.43	0.08	0.01	0.00	0.14	0.25	0.05
Spaghetti Sauce - SR2220 (1/4 c.)	40	32.32	0.26	0.05	0.01	248.93	6.47	1.08
SY21-22 Friday Favorites Mini PopUp Brand - Nugget Bar :37160 - ServingDate: 12/03/2021								
Vegetarian Chick'n Nugget - SR2451 (4 nuggets)	25	202.86	9.13	1.52	0.00	375.29	20.29	12.17
Crispy Chicken Nuggets - SR1367 (5 nugget)	75	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Garlic Knot Breadstick - SR1255 (1 roll.)	100	110.72	4.05	0.22	0.00	95.84	15.02	3.23
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	25	85.04	7.11	0.52	0.00	14.84	4.95	2.43

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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)
SY21-22 Friday Favorites Mini PopUp Brand - Nugget Bar :37160 - ServingDate: 12/03/2021								
Whipped Potatoes - SR1112 (1/2 c.)	40	79.98	1.50	1.00	0.00	102.63	15.00	2.00
Country Style Potato Wedges - SR1029 (1/2 c.)	30	90.43	2.51	0.00	0.00	30.14	15.07	2.01
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Old Fashioned Country Biscuit Gravy - OKR1552 (1/4 c.)	30	42.52	2.43	1.22	0.00	147.42	4.86	0.00
SY21-22 PopUp Brand- Strutters Day 1_8.9.21 :37262 - ServingDate: 12/06/2021								
Breaded Chicken Tender - SR2504 (3 tenders)	100	257.29	14.84	2.47	0.00	385.94	15.83	14.84
Vegetarian Chick'n Nugget - SR2451 (5 nuggets)	1	253.57	11.41	1.90	0.00	469.11	25.36	15.21
Baked Biscuit - SR1598 (1 biscuit)	1	172.26	8.01	5.26	0.06	330.06	21.45	3.47
Garlic Knot Breadstick - SR1255 (1 roll.)	50	110.72	4.05	0.22	0.00	95.84	15.02	3.23
Celery Sticks - SR1014 (6 stick.)	50	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Carrot Sticks - SR1606 (6 stick.)	50	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Spiral-cut French Fries - SR2509 (1/2 c.)	85	106.91	5.70	0.71	0.00	256.57	14.25	1.43
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	5	72.90	0.00	0.00	0.00	282.65	18.29	0.28
Hot Sauce - SR3162 (1 tbsp.)	3	3.39	0.09	0.02	0.00	626.53	0.48	0.17
Barbecue Sauce - SR1008 (2 tbsp.)	5	30.00	0.00	0.00	0.00	470.00	7.00	0.00

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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)
SY21-22 PopUp Brand- Strutters Day 2_8.9.21 :37262 - ServingDate: 12/07/2021								
Vegetarian Chick'n Nugget - SR2451 (5 nuggets)	1	253.57	11.41	1.90	0.00	469.11	25.36	15.21
Crispy Chicken Nuggets - SR1367 (5 nugget)	85	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Fajita Chicken - SR2529 (2/3 c.)	15	123.52	4.05	2.02	0.00	613.57	2.02	18.23
Baked Biscuit - SR1598 (1 biscuit)	30	172.26	8.01	5.26	0.06	330.06	21.45	3.47
Toasted Waffle - SR2165 (2 waffle)	20	185.89	6.20	1.55	0.00	371.78	27.88	4.13
Citrus Glazed Carrots - SR1131 (1/2 c.)	20	60.46	0.78	0.14	0.00	67.68	13.35	0.68
Whipped Potatoes - SR1112 (1/2 c.)	50	79.98	1.50	1.00	0.00	102.63	15.00	2.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	5	72.90	0.00	0.00	0.00	282.65	18.29	0.28
Chicken Gravy - SR1589 (1/4 c.)	50	30.37	1.01	0.00	0.00	133.40	4.05	0.00
Hot Sauce - SR3162 (1 tbsp.)	3	3.39	0.09	0.02	0.00	626.53	0.48	0.17
Barbecue Sauce - SR1008 (2 tbsp.)	5	30.00	0.00	0.00	0.00	470.00	7.00	0.00
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	20	105.00	0.00	0.00	0.00	47.50	26.00	0.00
SY21-22 PopUp Brand- Strutters Day 3_8.9.21 :37262 - ServingDate: 12/08/2021								
Boneless Wings - SR3320 (5 pcs.)	100	201.09	8.80	1.89	0.00	339.34	12.57	17.59
Vegetarian Chick'n Nugget - SR2451 (5 nuggets)	1	253.57	11.41	1.90	0.00	469.11	25.36	15.21
Twisted Breadstick - SR2142 (1 breadstick)	50	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Celery Sticks - SR1014 (6 stick.)	50	10.34	0.11	0.03	0.00	51.71	1.92	0.45

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SY21-22 PopUp Brand- Strutters Day 3_8.9.21 :37262 - ServingDate: 12/08/2021								
Carrot Sticks - SR1606 (6 stick.)	50	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Tater Tots - SR1450 (1/2 c.)	85	110.70	6.04	1.01	0.00	311.98	14.09	1.01
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	5	72.90	0.00	0.00	0.00	282.65	18.29	0.28
Hot Sauce - SR3162 (1 tbsp.)	3	3.39	0.09	0.02	0.00	626.53	0.48	0.17
Barbecue Sauce - SR1008 (2 tbsp.)	5	30.00	0.00	0.00	0.00	470.00	7.00	0.00
SY21-22 PopUp Brand- Strutters Day 4_8.9.21 :37262 - ServingDate: 12/09/2021								
Vegetarian Chick'n Nugget - SR2451 (5 nuggets)	1	253.57	11.41	1.90	0.00	469.11	25.36	15.21
Fajita Chicken - SR2529 (2/3 c.)	1	123.52	4.05	2.02	0.00	613.57	2.02	18.23
Popcorn Chicken - SR1413 (12 piece)	100	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Baked Biscuit - SR1598 (1 biscuit)	100	172.26	8.01	5.26	0.06	330.06	21.45	3.47
Steamed Corn - SR1034 (1/2 c.)	40	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Whipped Potatoes - SR1112 (1/2 c.)	50	79.98	1.50	1.00	0.00	102.63	15.00	2.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	5	72.90	0.00	0.00	0.00	282.65	18.29	0.28
Chicken Gravy - SR1589 (2 tbsp.)	50	15.19	0.51	0.00	0.00	66.70	2.02	0.00
Hot Sauce - SR3162 (1 tbsp.)	3	3.39	0.09	0.02	0.00	626.53	0.48	0.17
Barbecue Sauce - SR1008 (2 tbsp.)	5	30.00	0.00	0.00	0.00	470.00	7.00	0.00

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SY21-22 Friday Favorites Mini PopUp Brand- Popcorn Chicken Bowls - ServingDate: 12/10/2021								
Popcorn Chicken Potato Bowl - SR2675 (1 bowl)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Popcorn Chicken - SR1413 (12 piece)	100	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Garlic Knot Breadstick - SR1255 (1 roll.)	100	110.72	4.05	0.22	0.00	95.84	15.02	3.23
Roasted Broccoli - SR1852 (1/2 c.)	30	65.49	4.49	0.33	0.00	72.06	5.40	3.00
Steamed Corn - SR1034 (1/4 c.)	25	34.44	0.28	0.04	0.00	0.42	8.21	1.08
Whipped Potatoes - SR1112 (1/2 c.)	100	79.98	1.50	1.00	0.00	102.63	15.00	2.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Old Fashioned Country Biscuit Gravy - OKR1552 (1/4 c.)	50	42.52	2.43	1.22	0.00	147.42	4.86	0.00
SY21-22 PopUp Brand- Beale Street, BBQ Day 1_ - ServingDate: 12/13/2021								
Pulled BBQ Sandwich - SR2709 (1 sandwich)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
BBQ Nachos - SR3355 (1 nacho)	35	(M)	(M)	(M)	(M)	(M)	(M)	(M)
BBQ Totchos - SR3321 (1 nacho)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.)	95	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Pulled Pork - SR3327 (2 oz.)	99	92.00	5.00	2.00	0.00	202.00	0.00	11.00
Pulled Turkey - SR1213 (3/8 c.)	1	118.91	3.96	0.99	0.00	693.63	1.98	17.84
Whole Wheat Hamburger Bun - SR1651 (1 roll (hamb))	5	150.00	2.00	0.00	0.00	260.00	26.00	6.00
Tortilla Chips - SR1065 (1 1/2 oz.)	50	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Vegetarian Baked Beans - SR1336 (1/2 c.)	10	225.33	0.02	0.01	0.00	593.41	53.23	7.53

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SY21-22 PopUp Brand- Beale Street, BBQ Day 1_ - ServingDate: 12/13/2021								
Blue Ribbon Slaw - SR1254 (1/2 c.)	10	43.68	0.14	0.03	0.00	113.75	10.38	0.75
Tater Tots - SR1450 (1/2 c.)	75	110.70	6.04	1.01	0.00	311.98	14.09	1.01
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	25	72.90	0.00	0.00	0.00	282.65	18.29	0.28
Carolinian Barbecue Sauce - SR1309 (2 tbsp.)	25	36.68	0.01	0.00	0.00	257.23	9.21	0.04
Barbecue Sauce - SR1008 (2 tbsp.)	50	30.00	0.00	0.00	0.00	470.00	7.00	0.00
SY21-22 PopUp Brand- Beale Street, BBQ Day 1_ - ServingDate: 12/14/2021								
Pulled BBQ Sandwich - SR2709 (1 sandwich)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
BBQ Nachos - SR3355 (1 nacho)	35	(M)	(M)	(M)	(M)	(M)	(M)	(M)
BBQ Totchos - SR3321 (1 nacho)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.)	95	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Pulled Pork - SR3327 (2 oz.)	99	92.00	5.00	2.00	0.00	202.00	0.00	11.00
Pulled Turkey - SR1213 (3/8 c.)	1	118.91	3.96	0.99	0.00	693.63	1.98	17.84
Whole Wheat Hamburger Bun - SR1651 (1 roll (hamb))	5	150.00	2.00	0.00	0.00	260.00	26.00	6.00
Tortilla Chips - SR1065 (1 1/2 oz.)	50	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Vegetarian Baked Beans - SR1336 (1/2 c.)	10	225.33	0.02	0.01	0.00	593.41	53.23	7.53
Blue Ribbon Slaw - SR1254 (1/2 c.)	10	43.68	0.14	0.03	0.00	113.75	10.38	0.75
Tater Tots - SR1450 (1/2 c.)	75	110.70	6.04	1.01	0.00	311.98	14.09	1.01

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SY21-22 PopUp Brand- Beale Street, BBQ Day 1_ - ServingDate: 12/14/2021								
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	25	72.90	0.00	0.00	0.00	282.65	18.29	0.28
Carolinian Barbecue Sauce - SR1309 (2 tbsp.)	25	36.68	0.01	0.00	0.00	257.23	9.21	0.04
Barbecue Sauce - SR1008 (2 tbsp.)	50	30.00	0.00	0.00	0.00	470.00	7.00	0.00
SY21-22 PopUp Brand- Beale Street, BBQ Day 1_ - ServingDate: 12/15/2021								
Pulled BBQ Sandwich - SR2709 (1 sandwich)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
BBQ Nachos - SR3355 (1 nacho)	35	(M)	(M)	(M)	(M)	(M)	(M)	(M)
BBQ Totchos - SR3321 (1 nacho)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.)	95	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Pulled Pork - SR3327 (2 oz.)	99	92.00	5.00	2.00	0.00	202.00	0.00	11.00
Pulled Turkey - SR1213 (3/8 c.)	1	118.91	3.96	0.99	0.00	693.63	1.98	17.84
Whole Wheat Hamburger Bun - SR1651 (1 roll (hamb))	5	150.00	2.00	0.00	0.00	260.00	26.00	6.00
Tortilla Chips - SR1065 (1 1/2 oz.)	50	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Vegetarian Baked Beans - SR1336 (1/2 c.)	10	225.33	0.02	0.01	0.00	593.41	53.23	7.53
Blue Ribbon Slaw - SR1254 (1/2 c.)	10	43.68	0.14	0.03	0.00	113.75	10.38	0.75
Tater Tots - SR1450 (1/2 c.)	75	110.70	6.04	1.01	0.00	311.98	14.09	1.01
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	25	72.90	0.00	0.00	0.00	282.65	18.29	0.28

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SY21-22 PopUp Brand- Beale Street, BBQ Day 1_ - ServingDate: 12/15/2021								
Carolinian Barbecue Sauce - SR1309 (2 tbsp.)	25	36.68	0.01	0.00	0.00	257.23	9.21	0.04
Barbecue Sauce - SR1008 (2 tbsp.)	50	30.00	0.00	0.00	0.00	470.00	7.00	0.00
SY21-22 PopUp Brand- Beale Street, BBQ Day 1_ - ServingDate: 12/16/2021								
Pulled BBQ Sandwich - SR2709 (1 sandwich)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
BBQ Nachos - SR3355 (1 nacho)	35	(M)	(M)	(M)	(M)	(M)	(M)	(M)
BBQ Totchos - SR3321 (1 nacho)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.)	95	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Pulled Pork - SR3327 (2 oz.)	99	92.00	5.00	2.00	0.00	202.00	0.00	11.00
Pulled Turkey - SR1213 (3/8 c.)	1	118.91	3.96	0.99	0.00	693.63	1.98	17.84
Whole Wheat Hamburger Bun - SR1651 (1 roll (hamb))	5	150.00	2.00	0.00	0.00	260.00	26.00	6.00
Tortilla Chips - SR1065 (1 1/2 oz.)	50	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Vegetarian Baked Beans - SR1336 (1/2 c.)	10	225.33	0.02	0.01	0.00	593.41	53.23	7.53
Blue Ribbon Slaw - SR1254 (1/2 c.)	10	43.68	0.14	0.03	0.00	113.75	10.38	0.75
Tater Tots - SR1450 (1/2 c.)	75	110.70	6.04	1.01	0.00	311.98	14.09	1.01
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	25	72.90	0.00	0.00	0.00	282.65	18.29	0.28
Carolinian Barbecue Sauce - SR1309 (2 tbsp.)	25	36.68	0.01	0.00	0.00	257.23	9.21	0.04
Barbecue Sauce - SR1008 (2 tbsp.)	50	30.00	0.00	0.00	0.00	470.00	7.00	0.00

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Guthrie High School
 Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 Friday Favorites Grilled Cheese - Serving Date: 12/17/2021								
Grilled Cheese Sandwich - SR2820 (1 sandwich)	100	360.00	20.00	10.00	0.00	819.99	32.00	16.00
Country Style Potato Wedges - SR1029 (1/2 c.)	75	90.43	2.51	0.00	0.00	30.14	15.07	2.01
Classic Tomato Soup - SR1114 (1/2 c.)	25	36.58	0.46	0.23	0.00	189.25	7.32	0.46
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)

Legend
 (M) - Missing Nutrient Values

Report Selections
 Meal Type: Lunch
 Site Group: Taste4
 Menu Line: T4-Adventure (1)
 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.