

## 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)
<b>SY21-22- Taste4 Extras - Mediterranean- Day3 :37159 - ServingDate: 12/01/2021</b>								
Small Apples - OKR1780 (1 small (2- 3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
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
Diced Peaches - SR3040 (1/2 c.)	30	59.04	0.00	0.00	0.00	4.92	13.78	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	5	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Bruschetta Topping - SR1627 (2 tbsp.)	10	9.04	0.37	0.07	0.00	16.96	1.33	0.27
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00

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<b>SY21-22- Taste4 Extras - Mediterranean- Day3 :37159 - ServingDate: 12/01/2021</b>								
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Pesto Mayo Sauce - SR1771 (1 tbsp.)	5	32.99	2.77	0.32	0.00	48.65	1.62	0.69
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.02	0.03	0.01	0.00	96.00	1.87	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.26	0.02	0.00	0.00	78.38	1.57	0.25
Salsa Verde - SR1282 (2 tbsp.)	5	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

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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)
<b>SY21-22- Taste4 Extras - Mediterranean- Day4 :37159 - ServingDate: 12/02/2021</b>								
Small Apples - OKR1780 (1 small (2- 3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
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
Diced Pears - SR3041 (1/2 c.)	30	57.47	0.00	0.00	0.00	4.79	15.33	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	5	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Garden Side Salad - SR1429 (1 c.)	10	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chilled Corn - SR1033 (1/2 c.)	20	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Bruschetta Topping - SR1627 (2 tbsp.)	10	9.04	0.37	0.07	0.00	16.96	1.33	0.27
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61

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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)
<b>SY21-22- Taste4 Extras - Mediterranean- Day4 :37159 - ServingDate: 12/02/2021</b>								
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Pesto Mayo Sauce - SR1771 (1 tbsp.)	5	32.99	2.77	0.32	0.00	48.65	1.62	0.69
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.02	0.03	0.01	0.00	96.00	1.87	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.26	0.02	0.00	0.00	78.38	1.57	0.25
Salsa Verde - SR1282 (2 tbsp.)	5	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

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<b>SY21-22- Taste4 Extras - Mediterranean- Day5 :37159 - ServingDate: 12/03/2021</b>								
Small Apples - OKR1780 (1 small (2- 3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	30	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	5	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Bruschetta Topping - SR1627 (2 tbsp.)	10	9.04	0.37	0.07	0.00	16.96	1.33	0.27
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00

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<b>SY21-22- Taste4 Extras - Mediterranean- Day5 :37159 - ServingDate: 12/03/2021</b>								
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Pesto Mayo Sauce - SR1771 (1 tbsp.)	5	32.99	2.77	0.32	0.00	48.65	1.62	0.69
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.02	0.03	0.01	0.00	96.00	1.87	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.26	0.02	0.00	0.00	78.38	1.57	0.25
Salsa Verde - SR1282 (2 tbsp.)	5	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

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<b>SY21-22- Taste4 Extras - Regional American- Day1 :37263 - ServingDate: 12/06/2021</b>								
Small Apples - OKR1780 (1 small (2- 3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Unsweetened Applesauce - SR1195 (1/2 c.)	30	53.71	0.13	0.01	0.00	2.56	14.41	0.22
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
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	0	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06

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<b>SY21-22- Taste4 Extras - Regional American- Day1 :37263 - ServingDate: 12/06/2021</b>								
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.02	0.03	0.01	0.00	96.00	1.87	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.26	0.02	0.00	0.00	78.38	1.57	0.25
Salsa Verde - SR1282 (2 tbsp.)	5	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	5	17.92	1.20	0.17	0.00	335.54	1.85	0.06
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
<b>SY21-22- Taste4 Extras - Regional American- Day2 :37263 - ServingDate: 12/07/2021</b>								
Small Apples - OKR1780 (1 small (2-3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39



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<b>SY21-22- Taste4 Extras - Regional American- Day2 :37263 - ServingDate: 12/07/2021</b>								
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
Fruit Cocktail - SR3023 (1/2 c.)	30	86.67	0.00	0.00	0.00	7.22	21.67	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	5	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Caesar Side Salad - SR1428 (1 c.)	10	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Corn - SR1033 (1/2 c.)	20	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	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)
<b>SY21-22- Taste4 Extras - Regional American- Day2 :37263 - ServingDate: 12/07/2021</b>								
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.02	0.03	0.01	0.00	96.00	1.87	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.26	0.02	0.00	0.00	78.38	1.57	0.25
Salsa Verde - SR1282 (2 tbsp.)	5	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	5	17.92	1.20	0.17	0.00	335.54	1.85	0.06
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
<b>SY21-22- Taste4 Extras - Regional American- Day3 :37263 - ServingDate: 12/08/2021</b>								
Small Apples - OKR1780 (1 small (2- 3)	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29

## 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)
<b>SY21-22- Taste4 Extras - Regional American- Day3 :37263 - ServingDate: 12/08/2021</b>								
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR3040 (1/2 c.)	30	59.04	0.00	0.00	0.00	4.92	13.78	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	5	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	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)
<b>SY21-22- Taste4 Extras - Regional American- Day3 :37263 - ServingDate: 12/08/2021</b>								
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.02	0.03	0.01	0.00	96.00	1.87	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.26	0.02	0.00	0.00	78.38	1.57	0.25
Salsa Verde - SR1282 (2 tbsp.)	5	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	5	17.92	1.20	0.17	0.00	335.54	1.85	0.06
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
<b>SY21-22- Taste4 Extras - Regional American- Day4 :37263 - ServingDate: 12/09/2021</b>								
Small Apples - OKR1780 (1 small (2-3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
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

## 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)
<b>SY21-22- Taste4 Extras - Regional American- Day4 :37263 - ServingDate: 12/09/2021</b>								
Diced Pears - SR3041 (1/2 c.)	30	57.47	0.00	0.00	0.00	4.79	15.33	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	5	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Garden Side Salad - SR1429 (1 c.)	10	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chilled Corn - SR1033 (1/2 c.)	20	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	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)
<b>SY21-22- Taste4 Extras - Regional American- Day4 :37263 - ServingDate: 12/09/2021</b>								
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.02	0.03	0.01	0.00	96.00	1.87	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.26	0.02	0.00	0.00	78.38	1.57	0.25
Salsa Verde - SR1282 (2 tbsp.)	5	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	5	17.92	1.20	0.17	0.00	335.54	1.85	0.06
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
<b>SY21-22- Taste4 Extras - Regional American- Day5 :37263 - ServingDate: 12/10/2021</b>								
Small Apples - OKR1780 (1 small (2-3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	30	63.20	0.00	0.00	0.00	0.00	16.43	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)
<b>SY21-22- Taste4 Extras - Regional American- Day5 :37263 - ServingDate: 12/10/2021</b>								
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	5	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16

## 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)
<b>SY21-22- Taste4 Extras - Regional American- Day5 :37263 - ServingDate: 12/10/2021</b>								
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.02	0.03	0.01	0.00	96.00	1.87	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.26	0.02	0.00	0.00	78.38	1.57	0.25
Salsa Verde - SR1282 (2 tbsp.)	5	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	5	17.92	1.20	0.17	0.00	335.54	1.85	0.06
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
<b>SY21-22- Taste4 Extras - Regional American- Day1 :37263 - ServingDate: 12/13/2021</b>								
Small Apples - OKR1780 (1 small (2- 3)	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Unsweetened Applesauce - SR1195 (1/2 c.)	30	53.71	0.13	0.01	0.00	2.56	14.41	0.22
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



## 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)
<b>SY21-22- Taste4 Extras - Regional American- Day1 :37263 - ServingDate: 12/13/2021</b>								
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	0	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24

## 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)
<b>SY21-22- Taste4 Extras - Regional American- Day1 :37263 - ServingDate: 12/13/2021</b>								
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.02	0.03	0.01	0.00	96.00	1.87	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.26	0.02	0.00	0.00	78.38	1.57	0.25
Salsa Verde - SR1282 (2 tbsp.)	5	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	5	17.92	1.20	0.17	0.00	335.54	1.85	0.06
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
<b>SY21-22- Taste4 Extras - Regional American- Day2 :37263 - ServingDate: 12/14/2021</b>								
Small Apples - OKR1780 (1 small (2-3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
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
Fruit Cocktail - SR3023 (1/2 c.)	30	86.67	0.00	0.00	0.00	7.22	21.67	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90

## 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)
<b>SY21-22- Taste4 Extras - Regional American- Day2 :37263 - ServingDate: 12/14/2021</b>								
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	5	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Caesar Side Salad - SR1428 (1 c.)	10	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Corn - SR1033 (1/2 c.)	20	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24

## 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)
<b>SY21-22- Taste4 Extras - Regional American- Day2 :37263 - ServingDate: 12/14/2021</b>								
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.02	0.03	0.01	0.00	96.00	1.87	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.26	0.02	0.00	0.00	78.38	1.57	0.25
Salsa Verde - SR1282 (2 tbsp.)	5	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	5	17.92	1.20	0.17	0.00	335.54	1.85	0.06
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
<b>SY21-22- Taste4 Extras - Regional American- Day3 :37263 - ServingDate: 12/15/2021</b>								
Small Apples - OKR1780 (1 small (2-3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
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
Diced Peaches - SR3040 (1/2 c.)	30	59.04	0.00	0.00	0.00	4.92	13.78	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90

## 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)
<b>SY21-22- Taste4 Extras - Regional American- Day3 :37263 - ServingDate: 12/15/2021</b>								
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	5	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07

## 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)
<b>SY21-22- Taste4 Extras - Regional American- Day3 :37263 - ServingDate: 12/15/2021</b>								
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.02	0.03	0.01	0.00	96.00	1.87	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.26	0.02	0.00	0.00	78.38	1.57	0.25
Salsa Verde - SR1282 (2 tbsp.)	5	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	5	17.92	1.20	0.17	0.00	335.54	1.85	0.06
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
<b>SY21-22- Taste4 Extras - Regional American- Day4 :37263 - ServingDate: 12/16/2021</b>								
Small Apples - OKR1780 (1 small (2-3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
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
Diced Pears - SR3041 (1/2 c.)	30	57.47	0.00	0.00	0.00	4.79	15.33	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	5	31.94	1.60	0.03	0.00	122.00	4.87	0.85

## 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)
<b>SY21-22- Taste4 Extras - Regional American- Day4 :37263 - ServingDate: 12/16/2021</b>								
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Garden Side Salad - SR1429 (1 c.)	10	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chilled Corn - SR1033 (1/2 c.)	20	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	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)
<b>SY21-22- Taste4 Extras - Regional American- Day4 :37263 - ServingDate: 12/16/2021</b>								
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.02	0.03	0.01	0.00	96.00	1.87	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.26	0.02	0.00	0.00	78.38	1.57	0.25
Salsa Verde - SR1282 (2 tbsp.)	5	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	5	17.92	1.20	0.17	0.00	335.54	1.85	0.06
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
<b>SY21-22- Taste4 Extras - Regional American- Day5 :37263 - ServingDate: 12/17/2021</b>								
Small Apples - OKR1780 (1 small (2-3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	30	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	5	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45



## 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)
<b>SY21-22- Taste4 Extras - Regional American- Day5 :37263 - ServingDate: 12/17/2021</b>								
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.00	0.00	0.00	0.00	160.00	5.00	0.00
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.02	0.03	0.01	0.00	96.00	1.87	0.28

## 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)
<b>SY21-22- Taste4 Extras - Regional American- Day5 :37263 - ServingDate: 12/17/2021</b>								
Homemade Salsa - SR1007 (2 tbsp.)	15	7.26	0.02	0.00	0.00	78.38	1.57	0.25
Salsa Verde - SR1282 (2 tbsp.)	5	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	5	17.92	1.20	0.17	0.00	335.54	1.85	0.06
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.60	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	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-Extras Bar (Garden, Milk, Condiments)  
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.