

Menu Calendar Nutrient Analysis Report - August, 2021

Site: Guthrie High School
 Date: 08/01/2021 - 08/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 - Rockin Ramen (tier I) 0% whole grain - ServingDate: 08/19/2021								
Asian Chicken Meatballs - OKR1883 (5 Meatballs)	60	269.18	11.06	3.40	0.00	493.78	28.13	15.46
Fajita Chicken - SR1524 (1/3 c.)	120	60.75	2.53	0.76	0.00	293.62	0.51	8.10
Hard Boiled Eggs - SR1837 (1/2 egg)	20	38.75	2.65	0.82	0.00	31.00	0.28	3.15
Spaghetti Noodles - SR2107 (1 c.)	100	263.63	3.35	0.15	0.00	374.46	51.54	8.59
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.)	50	61.60	3.90	0.87	0.00(M)	446.49	5.03	1.78
Broth- Pho, Vegetable - SR2211 (1 c.)	50	23.83	1.37	0.20	0.00(M)	42.64	2.74	0.32
O - Cabbage, green, shredded, ready-to-serve - SR2425 (2 tbsp.)	20	2.10	0.01	0.00	0.00	1.51	0.49	0.11
Sliced Mushrooms - SR2424 (2 tbsp.)	20	10.22	0.16	0.02	0.00	2.32	1.51	1.44
Green Onion - SR1946 (2 tbsp.)	20	4.02	0.02	0.00	0.00	2.01	0.92	0.23
Matchstick Carrots - SR1435 (2 tbsp.)	20	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Chilled Corn - SR1033 (2 tbsp.)	20	17.22	0.14	0.02	0.00	0.21	4.10	0.54
SY 19-20 - Rockin Ramen (tier I) 0% whole grain - ServingDate: 08/20/2021								
Asian Chicken Meatballs - OKR1883 (5 Meatballs)	60	269.18	11.06	3.40	0.00	493.78	28.13	15.46
Fajita Chicken - SR1524 (1/3 c.)	120	60.75	2.53	0.76	0.00	293.62	0.51	8.10
Hard Boiled Eggs - SR1837 (1/2 egg)	20	38.75	2.65	0.82	0.00	31.00	0.28	3.15
Spaghetti Noodles - SR2107 (1 c.)	100	263.63	3.35	0.15	0.00	374.46	51.54	8.59

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SY 19-20 - Rockin Ramen (tier I) 0% whole grain - ServingDate: 08/20/2021								
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.)	50	61.60	3.90	0.87	0.00(M)	446.49	5.03	1.78
Broth- Pho, Vegetable - SR2211 (1 c.)	50	23.83	1.37	0.20	0.00(M)	42.64	2.74	0.32
O - Cabbage, green, shredded, ready-to-serve - SR2425 (2 tbsp.)	20	2.10	0.01	0.00	0.00	1.51	0.49	0.11
Sliced Mushrooms - SR2424 (2 tbsp.)	20	10.22	0.16	0.02	0.00	2.32	1.51	1.44
Green Onion - SR1946 (2 tbsp.)	20	4.02	0.02	0.00	0.00	2.01	0.92	0.23
Matchstick Carrots - SR1435 (2 tbsp.)	20	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Chilled Corn - SR1033 (2 tbsp.)	20	17.22	0.14	0.02	0.00	0.21	4.10	0.54
SY21-22 PopUp Brand- Overslept Day 1_ 8.23.21 - ServingDate: 08/23/2021								
Overslept French Toast Sticks Platter - SR3335 (1 platter)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Overslept Pancake Platter - SR3334 (1 platter)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Overslept Breakfast Tacos - SR3333 (2 taco)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Country Breakfast Sausage Patty - SR1157 (2 patty)	60	120.00	9.00	3.00	0.00	160.00	0.00	12.00
Scrambled Eggs - SR1179 (1/4 c.)	70	93.33	6.00	2.00	0.00	86.67	0.00	8.00
Turkey Chorizo - SR1831 (2 tbsp.)	30	29.92	1.69	0.43	0.00	59.62	0.49	3.42
French Toast Sticks - SR1910 (4 stick.)	40	254.56	9.79	1.96	0.00	293.72	37.21	5.87

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SY21-22 PopUp Brand- Overslept Day 1_ 8.23.21 - ServingDate: 08/23/2021								
Buttermilk Pancakes - SR2010 (2 pancake)	30	160.00	2.00	0.33	0.00	406.67	30.67	4.00
Flour Tortilla - SR1066 (2 tortilla)	30	179.97	5.00	2.00	0.00	259.96	28.00	4.00
Baked Cinnamon Raisin Apples - SR1238 (3/8 c.)	25	121.88	1.89	0.76	0.00	29.02	26.93	0.37
Tater Tot Hash - SR1848 (1/2 c.)	50	145.52	7.33	1.10	0.00	346.85	17.02	2.16
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	15	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	5	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Pico de Gallo - SR1073 (2 tbsp.)	5	3.53	0.02	0.00	0.00	35.85	0.79	0.13
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	70	105.00	0.00	0.00	0.00	47.50	26.00	0.00
SY21-22 PopUp Brand- Overslept Day 2_ 8.23.21 - ServingDate: 08/24/2021								
Overslept French Toast Sticks Platter - SR3335 (1 platter)	50	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Overslept Pancake Platter - SR3334 (1 platter)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Biscuit & Chorizo Sausage Gravy - SR3357 (1 serving)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Turkey Chorizo - SR1831 (1/2 c.)	10	119.69	6.76	1.71	0.00	238.46	1.95	13.69
Country Breakfast Sausage Patty - SR1157 (2 patty)	60	120.00	9.00	3.00	0.00	160.00	0.00	12.00
Scrambled Eggs - SR1179 (1/4 c.)	60	93.33	6.00	2.00	0.00	86.67	0.00	8.00

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SY21-22 PopUp Brand- Overslept Day 2_ 8.23.21 - ServingDate: 08/24/2021								
Baked Biscuit - SR1598 (1 biscuit)	10	220.00	10.00	7.00	0.00	410.00	27.00	4.00
French Toast Sticks - SR1910 (4 stick.)	50	254.56	9.79	1.96	0.00	293.72	37.21	5.87
Buttermilk Pancakes - SR2010 (2 pancake)	40	160.00	2.00	0.33	0.00	406.67	30.67	4.00
Baked Cinnamon Raisin Apples - SR1238 (3/8 c.)	25	121.88	1.89	0.76	0.00	29.02	26.93	0.37
Tater Tot Hash - SR1848 (1/2 c.)	50	145.52	7.33	1.10	0.00	346.85	17.02	2.16
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Gravy, Pepper (Country, Biscuit) - SR2091 (1/4 c.)	10	42.86	2.42	2.19	0.00	179.41	4.57	0.37
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	70	105.00	0.00	0.00	0.00	47.50	26.00	0.00
SY21-22 PopUp Brand- Overslept Day 3_ 8.23.21 - ServingDate: 08/25/2021								
Chicken & Waffles Stack - SR2995 (1 serving)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Overslept French Toast Sticks Platter - SR3335 (1 platter)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Overslept Pancake Platter - SR3334 (1 platter)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Chick'n Nugget - SR2451 (5 nuggets)	1	253.57	11.41	1.90	0.00	469.11	25.36	15.21
Popcorn Chicken - SR1413 (12 piece)	60	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Country Breakfast Sausage Patty - SR1157 (2 patty)	30	120.00	9.00	3.00	0.00	160.00	0.00	12.00
Scrambled Eggs - SR1179 (1/4 c.)	25	93.33	6.00	2.00	0.00	86.67	0.00	8.00

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SY21-22 PopUp Brand- Overslept Day 3_8.23.21 - ServingDate: 08/25/2021								
French Toast Sticks - SR1910 (4 stick.)	25	254.56	9.79	1.96	0.00	293.72	37.21	5.87
Buttermilk Pancakes - SR2010 (2 pancake)	15	160.00	2.00	0.33	0.00	406.67	30.67	4.00
Toasted Waffle - SR2165 (2 waffle)	60	185.89	6.20	1.55	0.00	371.78	27.88	4.13
Baked Cinnamon Raisin Apples - SR1238 (3/8 c.)	25	121.88	1.89	0.76	0.00	29.02	26.93	0.37
Tater Tot Hash - SR1848 (1/2 c.)	50	145.52	7.33	1.10	0.00	346.85	17.02	2.16
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	80	105.00	0.00	0.00	0.00	47.50	26.00	0.00
SY21-22 PopUp Brand- Overslept Day 4_8.23.21 - ServingDate: 08/26/2021								
Egg & Chorizo Burrito - SR3306 (1 wrap)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Overslept French Toast Sticks Platter - SR3335 (1 platter)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Overslept Pancake Platter - SR3334 (1 platter)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Turkey Chorizo - SR1831 (2 tbsp.)	30	29.92	1.69	0.43	0.00	59.62	0.49	3.42
Country Breakfast Sausage Patty - SR1157 (2 patty)	60	120.00	9.00	3.00	0.00	160.00	0.00	12.00
Scrambled Eggs - SR1179 (1/4 c.)	40	93.33	6.00	2.00	0.00	86.67	0.00	8.00
French Toast Sticks - SR1910 (4 stick.)	40	254.56	9.79	1.96	0.00	293.72	37.21	5.87
Buttermilk Pancakes - SR2010 (2 pancake)	30	160.00	2.00	0.33	0.00	406.67	30.67	4.00
Flour Tortilla - SR1177 (1 tortilla)	30	210.00	6.00	3.00	0.00	319.99	34.00	5.00

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SY21-22 PopUp Brand- Overslept Day 4_8.23.21 - ServingDate: 08/26/2021								
Baked Cinnamon Raisin Apples - SR1238 (3/8 c.)	25	121.88	1.89	0.76	0.00	29.02	26.93	0.37
Tater Tot Hash - SR1848 (1/2 c.)	50	145.52	7.33	1.10	0.00	346.85	17.02	2.16
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	28	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	5	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Pico de Gallo - SR1073 (2 tbsp.)	5	3.53	0.02	0.00	0.00	35.85	0.79	0.13
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	70	105.00	0.00	0.00	0.00	47.50	26.00	0.00
SY21-22 Friday Favorites Mini PopUp Brand- 8.23.21 - ServingDate: 08/27/2021								
Steak Fingers - OKR1223 (4 ea.)	100	320.00	20.00	5.00	0.00	330.00	19.00	16.00
Dinner Roll - SR1010 (1 roll.)	0	80.00	1.50	0.00	0.00	65.00	14.00	3.00
Blue Ribbon Slaw - SR1254 (1/2 c.)	25	43.68	0.14	0.03	0.00	113.75	10.38	0.75
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)
Old Fashioned Country Biscuit Gravy - OKR1552 (1/4 c.)	15	42.52	2.43	1.22	0.00	147.42	4.86	0.00
SY21-22 PopUp Brand- Fiesta 1 Day_8.30.21 - ServingDate: 08/30/2021								
Fiesta Tacos - SR3331 (1 taco)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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SY21-22 PopUp Brand- Fiesta 1 Day_ 8.30.21 - ServingDate: 08/30/2021								
Fiesta Burrito - SR3330 (1 burrito)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fiesta Nachos - SR3329 (1 nacho)	50	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fiesta Taco Salad - SR3332 (1 salad)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fajita Chicken - SR2529 (1/2 c.)	35	92.64	3.04	1.52	0.00	460.17	1.52	13.67
Pork Carnitas - SR3328 (1 1/2 oz.)	14	66.85	2.61	0.13	0.00	184.09	1.71	8.10
Beef Taco Filling - SR1528 (1/3 c.)	50	99.19	4.03	1.61	0.00	320.13	4.03	11.29
Lentil Taco Filling - SR2477 (3/8 c.)	1	161.34	39.91	0.00	0.00	379.63	20.12	8.68
Turkey Carnitas - SR1262 (3/8 c.)	1	113.58	5.24	0.88	0.00	726.18	4.00	12.61
Cheddar Cheese Sauce - SR1293 (1/4 c.)	50	110.40	8.18	4.70	0.00	421.15	2.04	7.16
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	50	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Cilantro Lime Rice - SR2167 (1/4 c.)	5	58.04	1.10	0.06	0.00	69.36	11.20	1.22
Taco Salad Bowl - SR1657 (1 bowl)	10	210.00	6.00	3.00	0.00	320.00	34.00	5.00
Crispy Corn Taco Shell - SR2223 (3 shells)	15	255.00	12.00	1.50	0.00	0.00	33.00	3.00
Tortilla Chips - SR1065 (1 1/2 oz.)	50	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Flour Tortilla - SR1177 (1 tortilla)	10	210.00	6.00	3.00	0.00	319.99	34.00	5.00
Flour Tortilla - SR1066 (2 tortilla)	15	179.97	5.00	2.00	0.00	259.96	28.00	4.00
Aztec Corn - SR3173 (1/2 c.)	20	89.90	1.48	0.14	0.00	46.96	17.23	3.54
Vegetarian Refried Beans - SR1070 (1/2 c.)	10	161.28	0.58	0.00	0.00	158.86	28.80	10.37
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Shredded Lettuce - SR1015 (1 cup shredd)	10	10.08	0.10	0.01	0.00	7.20	2.14	0.65

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SY21-22 PopUp Brand- Fiesta 1 Day_ 8.30.21 - ServingDate: 08/30/2021								
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	5	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Pico de Gallo - SR1073 (1 tbsp.)	15	1.77	0.01	0.00	0.00	17.93	0.39	0.07
Diced Red Tomatoes - SR1012 (2 tbsp.)	25	4.43	0.05	0.01	0.00	1.23	0.96	0.22
Sour Cream - SR1659 (1 tbsp.)	5	30.00	2.50	1.75	0.00	7.50	0.50	0.50
SY21-22 PopUp Brand- Fiesta 1 Day_ 8.30.21 - ServingDate: 08/31/2021								
Fiesta Tacos - SR3331 (1 taco)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fiesta Burrito - SR3330 (1 burrito)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fiesta Nachos - SR3329 (1 nacho)	50	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fiesta Taco Salad - SR3332 (1 salad)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fajita Chicken - SR2529 (1/2 c.)	35	92.64	3.04	1.52	0.00	460.17	1.52	13.67
Pork Carnitas - SR3328 (1 1/2 oz.)	14	66.85	2.61	0.13	0.00	184.09	1.71	8.10
Beef Taco Filling - SR1528 (1/3 c.)	50	99.19	4.03	1.61	0.00	320.13	4.03	11.29
Lentil Taco Filling - SR2477 (3/8 c.)	1	161.34	39.91	0.00	0.00	379.63	20.12	8.68
Turkey Carnitas - SR1262 (3/8 c.)	1	113.58	5.24	0.88	0.00	726.18	4.00	12.61
Cheddar Cheese Sauce - SR1293 (1/4 c.)	50	110.40	8.18	4.70	0.00	421.15	2.04	7.16
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	50	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Cilantro Lime Rice - SR2167 (1/4 c.)	5	58.04	1.10	0.06	0.00	69.36	11.20	1.22
Taco Salad Bowl - SR1657 (1 bowl)	10	210.00	6.00	3.00	0.00	320.00	34.00	5.00
Crispy Corn Taco Shell - SR2223 (3 shells)	15	255.00	12.00	1.50	0.00	0.00	33.00	3.00

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SY21-22 PopUp Brand- Fiesta 1 Day_ 8.30.21 - ServingDate: 08/31/2021								
Tortilla Chips - SR1065 (1 1/2 oz.)	50	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Flour Tortilla - SR1177 (1 tortilla)	10	210.00	6.00	3.00	0.00	319.99	34.00	5.00
Flour Tortilla - SR1066 (2 tortilla)	15	179.97	5.00	2.00	0.00	259.96	28.00	4.00
Aztec Corn - SR3173 (1/2 c.)	20	89.90	1.48	0.14	0.00	46.96	17.23	3.54
Vegetarian Refried Beans - SR1070 (1/2 c.)	10	161.28	0.58	0.00	0.00	158.86	28.80	10.37
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Shredded Lettuce - SR1015 (1 cup shredden)	10	10.08	0.10	0.01	0.00	7.20	2.14	0.65
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	5	0.00	0.00	0.00	0.00	348.83	0.00	0.00
Pico de Gallo - SR1073 (1 tbsp.)	15	1.77	0.01	0.00	0.00	17.93	0.39	0.07
Diced Red Tomatoes - SR1012 (2 tbsp.)	25	4.43	0.05	0.01	0.00	1.23	0.96	0.22
Sour Cream - SR1659 (1 tbsp.)	5	30.00	2.50	1.75	0.00	7.50	0.50	0.50

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.