

# Menu Calendar Nutrient Analysis Report - December, 2019

Site: Guthrie High School  
 Date: 12/01/2019 - 12/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 Deli - Heat Around the World - Week 3 (tier I) 100% whole grain - ServingDate: 12/02/2019</b>								
Built-to-Order Deli - SR2089 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
American-style Meat Combination - SR2138 (5 slice)	20	85.85	3.92	1.23	0.00	324.52	0.76	12.55
American-style Meat Combination - SR2146 (6 slice)	1	107.69	5.00	1.54	0.00	423.07	0.77	15.38
Classic Hummus - SR2044 (1/2 c.)	5	261.52	19.97	3.14	0.00	518.50	14.93	7.07
Jalapeno Lime Chicken - SR1858 (1/2 c.)	10	123.17	5.08	1.52	0.00	675.79	1.54	16.22
Sliced Deli Turkey - SR2144 (5 slice)	40	87.50	3.75	1.25	0.00	287.50	1.25	13.75
Sliced Deli Turkey - SR1532 (6 slice)	2	105.00	4.50	1.50	0.00	344.99	1.50	16.50
Sliced Turkey Ham - SR2145 (5 slice)	20	87.50	4.38	1.25	0.00	399.99	0.00	11.25
Sliced Turkey Ham - SR1287 (6 slice)	2	105.00	5.25	1.50	0.00	479.99	0.00	13.50
Shredded Mozzarella Cheese - SR1989 (1/2 oz.)	15	40.50	2.53	1.52	0.00	91.12	1.01	3.04
Cheddar Cheese Slice - SR2132 (1/2 oz.)	50	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Pepper Jack Cheese Slice - SR2133 (1/2 oz.)	25	50.00	4.00	2.50	0.00	85.00	0.50	3.50
Zesty Lemon Pepper Sub Roll - SR1776 (1 roll (smal))	40	160.00	3.00	0.00	0.00	340.00	29.00	6.00
Mini Sub Roll - SR1208 (1 roll (smal))	50	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Flour Tortilla - SR1177 (1 tortilla)	10	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sliced Pepperoni - SR1800 (4 slice)	10	31.59	2.92	1.09	0.00	104.49	0.00	1.46
Pico de Gallo - SR1073 (2 tbsp.)	10	4.77	0.05	0.01	0.00	30.47	1.00	0.19

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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>SY 19-20 Deli - Heat Around the World - Week 3 (tier I) 100% whole grain - ServingDate: 12/03/2019</b>								
Built-to-Order Deli - SR2089 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
American-style Meat Combination - SR2138 (5 slice)	20	85.85	3.92	1.23	0.00	324.52	0.76	12.55
American-style Meat Combination - SR2146 (6 slice)	1	107.69	5.00	1.54	0.00	423.07	0.77	15.38
Classic Hummus - SR2044 (1/2 c.)	5	261.52	19.97	3.14	0.00	518.50	14.93	7.07
Jalapeno Lime Chicken - SR1858 (1/2 c.)	10	123.17	5.08	1.52	0.00	675.79	1.54	16.22
Sliced Deli Turkey - SR2144 (5 slice)	40	87.50	3.75	1.25	0.00	287.50	1.25	13.75
Sliced Deli Turkey - SR1532 (6 slice)	2	105.00	4.50	1.50	0.00	344.99	1.50	16.50
Sliced Turkey Ham - SR2145 (5 slice)	20	87.50	4.38	1.25	0.00	399.99	0.00	11.25
Sliced Turkey Ham - SR1287 (6 slice)	2	105.00	5.25	1.50	0.00	479.99	0.00	13.50
Shredded Mozzarella Cheese - SR1989 (1/2 oz.)	15	40.50	2.53	1.52	0.00	91.12	1.01	3.04
Cheddar Cheese Slice - SR2132 (1/2 oz.)	50	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Pepper Jack Cheese Slice - SR2133 (1/2 oz.)	25	50.00	4.00	2.50	0.00	85.00	0.50	3.50
Zesty Lemon Pepper Sub Roll - SR1776 (1 roll (smal))	40	160.00	3.00	0.00	0.00	340.00	29.00	6.00
Mini Sub Roll - SR1208 (1 roll (smal))	50	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Flour Tortilla - SR1177 (1 tortilla)	10	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sliced Pepperoni - SR1800 (4 slice)	10	31.59	2.92	1.09	0.00	104.49	0.00	1.46
Pico de Gallo - SR1073 (2 tbsp.)	10	4.77	0.05	0.01	0.00	30.47	1.00	0.19

# Menu Calendar Nutrient Analysis Report - December, 2019

Site: Guthrie High School  
 Date: 12/01/2019 - 12/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 Deli - Heat Around the World - Week 3 (tier I) 100% whole grain - ServingDate: 12/04/2019</b>								
Built-to-Order Deli - SR2089 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
American-style Meat Combination - SR2138 (5 slice)	20	85.85	3.92	1.23	0.00	324.52	0.76	12.55
American-style Meat Combination - SR2146 (6 slice)	1	107.69	5.00	1.54	0.00	423.07	0.77	15.38
Classic Hummus - SR2044 (1/2 c.)	5	261.52	19.97	3.14	0.00	518.50	14.93	7.07
Jalapeno Lime Chicken - SR1858 (1/2 c.)	10	123.17	5.08	1.52	0.00	675.79	1.54	16.22
Sliced Deli Turkey - SR2144 (5 slice)	40	87.50	3.75	1.25	0.00	287.50	1.25	13.75
Sliced Deli Turkey - SR1532 (6 slice)	2	105.00	4.50	1.50	0.00	344.99	1.50	16.50
Sliced Turkey Ham - SR2145 (5 slice)	20	87.50	4.38	1.25	0.00	399.99	0.00	11.25
Sliced Turkey Ham - SR1287 (6 slice)	2	105.00	5.25	1.50	0.00	479.99	0.00	13.50
Shredded Mozzarella Cheese - SR1989 (1/2 oz.)	15	40.50	2.53	1.52	0.00	91.12	1.01	3.04
Cheddar Cheese Slice - SR2132 (1/2 oz.)	50	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Pepper Jack Cheese Slice - SR2133 (1/2 oz.)	25	50.00	4.00	2.50	0.00	85.00	0.50	3.50
Zesty Lemon Pepper Sub Roll - SR1776 (1 roll (smal))	40	160.00	3.00	0.00	0.00	340.00	29.00	6.00
Mini Sub Roll - SR1208 (1 roll (smal))	50	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Flour Tortilla - SR1177 (1 tortilla)	10	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sliced Pepperoni - SR1800 (4 slice)	10	31.59	2.92	1.09	0.00	104.49	0.00	1.46
Pico de Gallo - SR1073 (2 tbsp.)	10	4.77	0.05	0.01	0.00	30.47	1.00	0.19

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Site: Guthrie High School  
 Date: 12/01/2019 - 12/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 Deli - Heat Around the World - Week 3 (tier I) 100% whole grain - ServingDate: 12/05/2019</b>								
Built-to-Order Deli - SR2089 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
American-style Meat Combination - SR2138 (5 slice)	20	85.85	3.92	1.23	0.00	324.52	0.76	12.55
American-style Meat Combination - SR2146 (6 slice)	1	107.69	5.00	1.54	0.00	423.07	0.77	15.38
Classic Hummus - SR2044 (1/2 c.)	5	261.52	19.97	3.14	0.00	518.50	14.93	7.07
Jalapeno Lime Chicken - SR1858 (1/2 c.)	10	123.17	5.08	1.52	0.00	675.79	1.54	16.22
Sliced Deli Turkey - SR2144 (5 slice)	40	87.50	3.75	1.25	0.00	287.50	1.25	13.75
Sliced Deli Turkey - SR1532 (6 slice)	2	105.00	4.50	1.50	0.00	344.99	1.50	16.50
Sliced Turkey Ham - SR2145 (5 slice)	20	87.50	4.38	1.25	0.00	399.99	0.00	11.25
Sliced Turkey Ham - SR1287 (6 slice)	2	105.00	5.25	1.50	0.00	479.99	0.00	13.50
Shredded Mozzarella Cheese - SR1989 (1/2 oz.)	15	40.50	2.53	1.52	0.00	91.12	1.01	3.04
Cheddar Cheese Slice - SR2132 (1/2 oz.)	50	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Pepper Jack Cheese Slice - SR2133 (1/2 oz.)	25	50.00	4.00	2.50	0.00	85.00	0.50	3.50
Zesty Lemon Pepper Sub Roll - SR1776 (1 roll (smal))	40	160.00	3.00	0.00	0.00	340.00	29.00	6.00
Mini Sub Roll - SR1208 (1 roll (smal))	50	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Flour Tortilla - SR1177 (1 tortilla)	10	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sliced Pepperoni - SR1800 (4 slice)	10	31.59	2.92	1.09	0.00	104.49	0.00	1.46
Pico de Gallo - SR1073 (2 tbsp.)	10	4.77	0.05	0.01	0.00	30.47	1.00	0.19

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 Date: 12/01/2019 - 12/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 Deli - Heat Around the World - Week 3 (tier I) 100% whole grain - ServingDate: 12/06/2019</b>								
Built-to-Order Deli - SR2089 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
American-style Meat Combination - SR2138 (5 slice)	20	85.85	3.92	1.23	0.00	324.52	0.76	12.55
American-style Meat Combination - SR2146 (6 slice)	1	107.69	5.00	1.54	0.00	423.07	0.77	15.38
Classic Hummus - SR2044 (1/2 c.)	5	261.52	19.97	3.14	0.00	518.50	14.93	7.07
Jalapeno Lime Chicken - SR1858 (1/2 c.)	10	123.17	5.08	1.52	0.00	675.79	1.54	16.22
Sliced Deli Turkey - SR2144 (5 slice)	40	87.50	3.75	1.25	0.00	287.50	1.25	13.75
Sliced Deli Turkey - SR1532 (6 slice)	2	105.00	4.50	1.50	0.00	344.99	1.50	16.50
Sliced Turkey Ham - SR2145 (5 slice)	20	87.50	4.38	1.25	0.00	399.99	0.00	11.25
Sliced Turkey Ham - SR1287 (6 slice)	2	105.00	5.25	1.50	0.00	479.99	0.00	13.50
Shredded Mozzarella Cheese - SR1989 (1/2 oz.)	15	40.50	2.53	1.52	0.00	91.12	1.01	3.04
Cheddar Cheese Slice - SR2132 (1/2 oz.)	50	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Pepper Jack Cheese Slice - SR2133 (1/2 oz.)	25	50.00	4.00	2.50	0.00	85.00	0.50	3.50
Zesty Lemon Pepper Sub Roll - SR1776 (1 roll (smal))	40	160.00	3.00	0.00	0.00	340.00	29.00	6.00
Mini Sub Roll - SR1208 (1 roll (smal))	50	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Flour Tortilla - SR1177 (1 tortilla)	10	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sliced Pepperoni - SR1800 (4 slice)	10	31.59	2.92	1.09	0.00	104.49	0.00	1.46
Pico de Gallo - SR1073 (2 tbsp.)	10	4.77	0.05	0.01	0.00	30.47	1.00	0.19

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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>SY 19-20 Deli - Heat Around the World - Week 4 (tier I) 100% whole grain - ServingDate: 12/09/2019</b>								
Built-to-Order Deli - SR2089 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
American-style Meat Combination - SR2138 (5 slice)	20	85.85	3.92	1.23	0.00	324.52	0.76	12.55
American-style Meat Combination - SR2146 (6 slice)	1	107.69	5.00	1.54	0.00	423.07	0.77	15.38
Cranked Up Tandoori Chicken - SR1878 (1/2 c.)	10	121.44	6.02	1.24	0.00	612.44	3.09	13.35
Classic Hummus - SR2044 (1/2 c.)	5	261.52	19.97	3.14	0.00	518.50	14.93	7.07
Sliced Deli Turkey - SR2144 (5 slice)	40	87.50	3.75	1.25	0.00	287.50	1.25	13.75
Sliced Deli Turkey - SR1532 (6 slice)	2	105.00	4.50	1.50	0.00	344.99	1.50	16.50
Sliced Turkey Ham - SR2145 (5 slice)	20	87.50	4.38	1.25	0.00	399.99	0.00	11.25
Sliced Turkey Ham - SR1287 (6 slice)	2	105.00	5.25	1.50	0.00	479.99	0.00	13.50
Shredded Mozzarella Cheese - SR1989 (1/2 oz.)	5	40.50	2.53	1.52	0.00	91.12	1.01	3.04
Cheddar Cheese Slice - SR2132 (1/2 oz.)	50	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Pepper Jack Cheese Slice - SR2133 (1/2 oz.)	35	50.00	4.00	2.50	0.00	85.00	0.50	3.50
Zesty Lemon Pepper Sub Roll - SR1776 (1 roll (smal))	40	160.00	3.00	0.00	0.00	340.00	29.00	6.00
Mini Sub Roll - SR1208 (1 roll (smal))	50	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Flour Tortilla - SR1177 (1 tortilla)	10	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sliced Pepperoni - SR1800 (4 slice)	10	31.59	2.92	1.09	0.00	104.49	0.00	1.46
Cranberry Slaw Topping - SR1950 (1/4 c.)	10	20.67	0.08	0.01	0.00	145.68	4.99	0.34

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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>SY 19-20 Deli - Heat Around the World - Week 4 (tier I) 100% whole grain - ServingDate: 12/10/2019</b>								
Built-to-Order Deli - SR2089 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
American-style Meat Combination - SR2138 (5 slice)	20	85.85	3.92	1.23	0.00	324.52	0.76	12.55
American-style Meat Combination - SR2146 (6 slice)	1	107.69	5.00	1.54	0.00	423.07	0.77	15.38
Cranked Up Tandoori Chicken - SR1878 (1/2 c.)	10	121.44	6.02	1.24	0.00	612.44	3.09	13.35
Classic Hummus - SR2044 (1/2 c.)	5	261.52	19.97	3.14	0.00	518.50	14.93	7.07
Sliced Deli Turkey - SR2144 (5 slice)	40	87.50	3.75	1.25	0.00	287.50	1.25	13.75
Sliced Deli Turkey - SR1532 (6 slice)	2	105.00	4.50	1.50	0.00	344.99	1.50	16.50
Sliced Turkey Ham - SR2145 (5 slice)	20	87.50	4.38	1.25	0.00	399.99	0.00	11.25
Sliced Turkey Ham - SR1287 (6 slice)	2	105.00	5.25	1.50	0.00	479.99	0.00	13.50
Shredded Mozzarella Cheese - SR1989 (1/2 oz.)	5	40.50	2.53	1.52	0.00	91.12	1.01	3.04
Cheddar Cheese Slice - SR2132 (1/2 oz.)	50	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Pepper Jack Cheese Slice - SR2133 (1/2 oz.)	35	50.00	4.00	2.50	0.00	85.00	0.50	3.50
Zesty Lemon Pepper Sub Roll - SR1776 (1 roll (smal))	40	160.00	3.00	0.00	0.00	340.00	29.00	6.00
Mini Sub Roll - SR1208 (1 roll (smal))	50	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Flour Tortilla - SR1177 (1 tortilla)	10	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sliced Pepperoni - SR1800 (4 slice)	10	31.59	2.92	1.09	0.00	104.49	0.00	1.46
Cranberry Slaw Topping - SR1950 (1/4 c.)	10	20.67	0.08	0.01	0.00	145.68	4.99	0.34

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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>SY 19-20 Deli - Heat Around the World - Week 4 (tier I) 100% whole grain - ServingDate: 12/11/2019</b>								
Built-to-Order Deli - SR2089 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
American-style Meat Combination - SR2138 (5 slice)	20	85.85	3.92	1.23	0.00	324.52	0.76	12.55
American-style Meat Combination - SR2146 (6 slice)	1	107.69	5.00	1.54	0.00	423.07	0.77	15.38
Cranked Up Tandoori Chicken - SR1878 (1/2 c.)	10	121.44	6.02	1.24	0.00	612.44	3.09	13.35
Classic Hummus - SR2044 (1/2 c.)	5	261.52	19.97	3.14	0.00	518.50	14.93	7.07
Sliced Deli Turkey - SR2144 (5 slice)	40	87.50	3.75	1.25	0.00	287.50	1.25	13.75
Sliced Deli Turkey - SR1532 (6 slice)	2	105.00	4.50	1.50	0.00	344.99	1.50	16.50
Sliced Turkey Ham - SR2145 (5 slice)	20	87.50	4.38	1.25	0.00	399.99	0.00	11.25
Sliced Turkey Ham - SR1287 (6 slice)	2	105.00	5.25	1.50	0.00	479.99	0.00	13.50
Shredded Mozzarella Cheese - SR1989 (1/2 oz.)	5	40.50	2.53	1.52	0.00	91.12	1.01	3.04
Cheddar Cheese Slice - SR2132 (1/2 oz.)	50	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Pepper Jack Cheese Slice - SR2133 (1/2 oz.)	35	50.00	4.00	2.50	0.00	85.00	0.50	3.50
Zesty Lemon Pepper Sub Roll - SR1776 (1 roll (smal))	40	160.00	3.00	0.00	0.00	340.00	29.00	6.00
Mini Sub Roll - SR1208 (1 roll (smal))	50	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Flour Tortilla - SR1177 (1 tortilla)	10	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sliced Pepperoni - SR1800 (4 slice)	10	31.59	2.92	1.09	0.00	104.49	0.00	1.46
Cranberry Slaw Topping - SR1950 (1/4 c.)	10	20.67	0.08	0.01	0.00	145.68	4.99	0.34



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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>SY 19-20 Deli - Heat Around the World - Week 4 (tier I) 100% whole grain - ServingDate: 12/12/2019</b>								
Built-to-Order Deli - SR2089 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
American-style Meat Combination - SR2138 (5 slice)	20	85.85	3.92	1.23	0.00	324.52	0.76	12.55
American-style Meat Combination - SR2146 (6 slice)	1	107.69	5.00	1.54	0.00	423.07	0.77	15.38
Cranked Up Tandoori Chicken - SR1878 (1/2 c.)	10	121.44	6.02	1.24	0.00	612.44	3.09	13.35
Classic Hummus - SR2044 (1/2 c.)	5	261.52	19.97	3.14	0.00	518.50	14.93	7.07
Sliced Deli Turkey - SR2144 (5 slice)	40	87.50	3.75	1.25	0.00	287.50	1.25	13.75
Sliced Deli Turkey - SR1532 (6 slice)	2	105.00	4.50	1.50	0.00	344.99	1.50	16.50
Sliced Turkey Ham - SR2145 (5 slice)	20	87.50	4.38	1.25	0.00	399.99	0.00	11.25
Sliced Turkey Ham - SR1287 (6 slice)	2	105.00	5.25	1.50	0.00	479.99	0.00	13.50
Shredded Mozzarella Cheese - SR1989 (1/2 oz.)	5	40.50	2.53	1.52	0.00	91.12	1.01	3.04
Cheddar Cheese Slice - SR2132 (1/2 oz.)	50	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Pepper Jack Cheese Slice - SR2133 (1/2 oz.)	35	50.00	4.00	2.50	0.00	85.00	0.50	3.50
Zesty Lemon Pepper Sub Roll - SR1776 (1 roll (smal))	40	160.00	3.00	0.00	0.00	340.00	29.00	6.00
Mini Sub Roll - SR1208 (1 roll (smal))	50	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Flour Tortilla - SR1177 (1 tortilla)	10	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sliced Pepperoni - SR1800 (4 slice)	10	31.59	2.92	1.09	0.00	104.49	0.00	1.46
Cranberry Slaw Topping - SR1950 (1/4 c.)	10	20.67	0.08	0.01	0.00	145.68	4.99	0.34

# Menu Calendar Nutrient Analysis Report - December, 2019

Site: Guthrie High School  
 Date: 12/01/2019 - 12/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 Deli - Heat Around the World - Week 4 (tier I) 100% whole grain - ServingDate: 12/13/2019</b>								
Built-to-Order Deli - SR2089 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
American-style Meat Combination - SR2138 (5 slice)	20	85.85	3.92	1.23	0.00	324.52	0.76	12.55
American-style Meat Combination - SR2146 (6 slice)	1	107.69	5.00	1.54	0.00	423.07	0.77	15.38
Cranked Up Tandoori Chicken - SR1878 (1/2 c.)	10	121.44	6.02	1.24	0.00	612.44	3.09	13.35
Classic Hummus - SR2044 (1/2 c.)	5	261.52	19.97	3.14	0.00	518.50	14.93	7.07
Sliced Deli Turkey - SR2144 (5 slice)	40	87.50	3.75	1.25	0.00	287.50	1.25	13.75
Sliced Deli Turkey - SR1532 (6 slice)	2	105.00	4.50	1.50	0.00	344.99	1.50	16.50
Sliced Turkey Ham - SR2145 (5 slice)	20	87.50	4.38	1.25	0.00	399.99	0.00	11.25
Sliced Turkey Ham - SR1287 (6 slice)	2	105.00	5.25	1.50	0.00	479.99	0.00	13.50
Shredded Mozzarella Cheese - SR1989 (1/2 oz.)	5	40.50	2.53	1.52	0.00	91.12	1.01	3.04
Cheddar Cheese Slice - SR2132 (1/2 oz.)	50	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Pepper Jack Cheese Slice - SR2133 (1/2 oz.)	35	50.00	4.00	2.50	0.00	85.00	0.50	3.50
Zesty Lemon Pepper Sub Roll - SR1776 (1 roll (smal))	40	160.00	3.00	0.00	0.00	340.00	29.00	6.00
Mini Sub Roll - SR1208 (1 roll (smal))	50	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Flour Tortilla - SR1177 (1 tortilla)	10	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sliced Pepperoni - SR1800 (4 slice)	10	31.59	2.92	1.09	0.00	104.49	0.00	1.46
Cranberry Slaw Topping - SR1950 (1/4 c.)	10	20.67	0.08	0.01	0.00	145.68	4.99	0.34

# Menu Calendar Nutrient Analysis Report - December, 2019

Site: Guthrie High School  
 Date: 12/01/2019 - 12/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 Deli - Italy - Week 1 (tier I) 100% whole grain - ServingDate: 12/16/2019</b>								
Built-to-Order Deli - SR2089 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
American-style Meat Combination - SR2138 (5 slice)	20	85.85	3.92	1.23	0.00	324.52	0.76	12.55
American-style Meat Combination - SR2146 (6 slice)	1	107.69	5.00	1.54	0.00	423.07	0.77	15.38
Classic Hummus - SR2044 (1/2 c.)	5	261.52	19.97	3.14	0.00	518.50	14.93	7.07
Roasted Chicken Pesto - SR1847 (1/2 c.)	10	216.80	15.57	2.46	0.00	772.32	1.50	16.52
Sliced Deli Turkey - SR2144 (5 slice)	40	87.50	3.75	1.25	0.00	287.50	1.25	13.75
Sliced Deli Turkey - SR1532 (6 slice)	2	105.00	4.50	1.50	0.00	344.99	1.50	16.50
Sliced Turkey Ham - SR2145 (5 slice)	20	87.50	4.38	1.25	0.00	399.99	0.00	11.25
Sliced Turkey Ham - SR1287 (6 slice)	2	105.00	5.25	1.50	0.00	479.99	0.00	13.50
Shredded Mozzarella Cheese - SR1989 (1/2 oz.)	5	40.50	2.53	1.52	0.00	91.12	1.01	3.04
Cheddar Cheese Slice - SR2132 (1/2 oz.)	50	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Pepper Jack Cheese Slice - SR2133 (1/2 oz.)	35	50.00	4.00	2.50	0.00	85.00	0.50	3.50
Mini Sub Roll - SR1208 (1 roll (smal))	50	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Spicy Italian Herb Sub Roll - SR1512 (1 roll (smal))	40	165.12	3.05	0.01	0.00	180.88	30.07	6.23
Flour Tortilla - SR1177 (1 tortilla)	10	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sliced Pepperoni - SR1800 (4 slice)	10	31.59	2.92	1.09	0.00	104.49	0.00	1.46
Tomato & Olive Salad - SR1964 (1/4 c.)	10	13.70	0.78	0.01	0.00	60.66	1.91	0.33

# Menu Calendar Nutrient Analysis Report - December, 2019

Site: Guthrie High School  
 Date: 12/01/2019 - 12/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 Deli - Italy - Week 1 (tier I) 100% whole grain - ServingDate: 12/17/2019</b>								
Built-to-Order Deli - SR2089 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
American-style Meat Combination - SR2138 (5 slice)	20	85.85	3.92	1.23	0.00	324.52	0.76	12.55
American-style Meat Combination - SR2146 (6 slice)	1	107.69	5.00	1.54	0.00	423.07	0.77	15.38
Classic Hummus - SR2044 (1/2 c.)	5	261.52	19.97	3.14	0.00	518.50	14.93	7.07
Roasted Chicken Pesto - SR1847 (1/2 c.)	10	216.80	15.57	2.46	0.00	772.32	1.50	16.52
Sliced Deli Turkey - SR2144 (5 slice)	40	87.50	3.75	1.25	0.00	287.50	1.25	13.75
Sliced Deli Turkey - SR1532 (6 slice)	2	105.00	4.50	1.50	0.00	344.99	1.50	16.50
Sliced Turkey Ham - SR2145 (5 slice)	20	87.50	4.38	1.25	0.00	399.99	0.00	11.25
Sliced Turkey Ham - SR1287 (6 slice)	2	105.00	5.25	1.50	0.00	479.99	0.00	13.50
Shredded Mozzarella Cheese - SR1989 (1/2 oz.)	5	40.50	2.53	1.52	0.00	91.12	1.01	3.04
Cheddar Cheese Slice - SR2132 (1/2 oz.)	50	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Pepper Jack Cheese Slice - SR2133 (1/2 oz.)	35	50.00	4.00	2.50	0.00	85.00	0.50	3.50
Mini Sub Roll - SR1208 (1 roll (smal))	50	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Spicy Italian Herb Sub Roll - SR1512 (1 roll (smal))	40	165.12	3.05	0.01	0.00	180.88	30.07	6.23
Flour Tortilla - SR1177 (1 tortilla)	10	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sliced Pepperoni - SR1800 (4 slice)	10	31.59	2.92	1.09	0.00	104.49	0.00	1.46
Tomato & Olive Salad - SR1964 (1/4 c.)	10	13.70	0.78	0.01	0.00	60.66	1.91	0.33

# Menu Calendar Nutrient Analysis Report - December, 2019

Site: Guthrie High School  
 Date: 12/01/2019 - 12/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 Deli - Italy - Week 1 (tier I) 100% whole grain - ServingDate: 12/18/2019</b>								
Built-to-Order Deli - SR2089 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
American-style Meat Combination - SR2138 (5 slice)	20	85.85	3.92	1.23	0.00	324.52	0.76	12.55
American-style Meat Combination - SR2146 (6 slice)	1	107.69	5.00	1.54	0.00	423.07	0.77	15.38
Classic Hummus - SR2044 (1/2 c.)	5	261.52	19.97	3.14	0.00	518.50	14.93	7.07
Roasted Chicken Pesto - SR1847 (1/2 c.)	10	216.80	15.57	2.46	0.00	772.32	1.50	16.52
Sliced Deli Turkey - SR2144 (5 slice)	40	87.50	3.75	1.25	0.00	287.50	1.25	13.75
Sliced Deli Turkey - SR1532 (6 slice)	2	105.00	4.50	1.50	0.00	344.99	1.50	16.50
Sliced Turkey Ham - SR2145 (5 slice)	20	87.50	4.38	1.25	0.00	399.99	0.00	11.25
Sliced Turkey Ham - SR1287 (6 slice)	2	105.00	5.25	1.50	0.00	479.99	0.00	13.50
Shredded Mozzarella Cheese - SR1989 (1/2 oz.)	5	40.50	2.53	1.52	0.00	91.12	1.01	3.04
Cheddar Cheese Slice - SR2132 (1/2 oz.)	50	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Pepper Jack Cheese Slice - SR2133 (1/2 oz.)	35	50.00	4.00	2.50	0.00	85.00	0.50	3.50
Mini Sub Roll - SR1208 (1 roll (smal))	50	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Spicy Italian Herb Sub Roll - SR1512 (1 roll (smal))	40	165.12	3.05	0.01	0.00	180.88	30.07	6.23
Flour Tortilla - SR1177 (1 tortilla)	10	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sliced Pepperoni - SR1800 (4 slice)	10	31.59	2.92	1.09	0.00	104.49	0.00	1.46
Tomato & Olive Salad - SR1964 (1/4 c.)	10	13.70	0.78	0.01	0.00	60.66	1.91	0.33

# Menu Calendar Nutrient Analysis Report - December, 2019

Site: Guthrie High School  
 Date: 12/01/2019 - 12/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 Deli - Italy - Week 1 (tier I) 100% whole grain - ServingDate: 12/19/2019</b>								
Built-to-Order Deli - SR2089 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
American-style Meat Combination - SR2138 (5 slice)	20	85.85	3.92	1.23	0.00	324.52	0.76	12.55
American-style Meat Combination - SR2146 (6 slice)	1	107.69	5.00	1.54	0.00	423.07	0.77	15.38
Classic Hummus - SR2044 (1/2 c.)	5	261.52	19.97	3.14	0.00	518.50	14.93	7.07
Roasted Chicken Pesto - SR1847 (1/2 c.)	10	216.80	15.57	2.46	0.00	772.32	1.50	16.52
Sliced Deli Turkey - SR2144 (5 slice)	40	87.50	3.75	1.25	0.00	287.50	1.25	13.75
Sliced Deli Turkey - SR1532 (6 slice)	2	105.00	4.50	1.50	0.00	344.99	1.50	16.50
Sliced Turkey Ham - SR2145 (5 slice)	20	87.50	4.38	1.25	0.00	399.99	0.00	11.25
Sliced Turkey Ham - SR1287 (6 slice)	2	105.00	5.25	1.50	0.00	479.99	0.00	13.50
Shredded Mozzarella Cheese - SR1989 (1/2 oz.)	5	40.50	2.53	1.52	0.00	91.12	1.01	3.04
Cheddar Cheese Slice - SR2132 (1/2 oz.)	50	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Pepper Jack Cheese Slice - SR2133 (1/2 oz.)	35	50.00	4.00	2.50	0.00	85.00	0.50	3.50
Mini Sub Roll - SR1208 (1 roll (smal))	50	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Spicy Italian Herb Sub Roll - SR1512 (1 roll (smal))	40	165.12	3.05	0.01	0.00	180.88	30.07	6.23
Flour Tortilla - SR1177 (1 tortilla)	10	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sliced Pepperoni - SR1800 (4 slice)	10	31.59	2.92	1.09	0.00	104.49	0.00	1.46
Tomato & Olive Salad - SR1964 (1/4 c.)	10	13.70	0.78	0.01	0.00	60.66	1.91	0.33

# Menu Calendar Nutrient Analysis Report - December, 2019

Site: Guthrie High School  
 Date: 12/01/2019 - 12/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 Deli - Italy - Week 1 (tier I) 100% whole grain - ServingDate: 12/20/2019</b>								
Built-to-Order Deli - SR2089 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
American-style Meat Combination - SR2138 (5 slice)	20	85.85	3.92	1.23	0.00	324.52	0.76	12.55
American-style Meat Combination - SR2146 (6 slice)	1	107.69	5.00	1.54	0.00	423.07	0.77	15.38
Classic Hummus - SR2044 (1/2 c.)	5	261.52	19.97	3.14	0.00	518.50	14.93	7.07
Roasted Chicken Pesto - SR1847 (1/2 c.)	10	216.80	15.57	2.46	0.00	772.32	1.50	16.52
Sliced Deli Turkey - SR2144 (5 slice)	40	87.50	3.75	1.25	0.00	287.50	1.25	13.75
Sliced Deli Turkey - SR1532 (6 slice)	2	105.00	4.50	1.50	0.00	344.99	1.50	16.50
Sliced Turkey Ham - SR2145 (5 slice)	20	87.50	4.38	1.25	0.00	399.99	0.00	11.25
Sliced Turkey Ham - SR1287 (6 slice)	2	105.00	5.25	1.50	0.00	479.99	0.00	13.50
Shredded Mozzarella Cheese - SR1989 (1/2 oz.)	5	40.50	2.53	1.52	0.00	91.12	1.01	3.04
Cheddar Cheese Slice - SR2132 (1/2 oz.)	50	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Pepper Jack Cheese Slice - SR2133 (1/2 oz.)	35	50.00	4.00	2.50	0.00	85.00	0.50	3.50
Mini Sub Roll - SR1208 (1 roll (smal))	50	160.00	3.00	0.00	0.00	180.00	29.00	6.00
Spicy Italian Herb Sub Roll - SR1512 (1 roll (smal))	40	165.12	3.05	0.01	0.00	180.88	30.07	6.23
Flour Tortilla - SR1177 (1 tortilla)	10	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sliced Pepperoni - SR1800 (4 slice)	10	31.59	2.92	1.09	0.00	104.49	0.00	1.46
Tomato & Olive Salad - SR1964 (1/4 c.)	10	13.70	0.78	0.01	0.00	60.66	1.91	0.33

**Legend**

# Menu Calendar Nutrient Analysis Report - December, 2019

Site: Guthrie High School  
Date: 12/01/2019 - 12/31/2019

(M) - Missing Nutrient Values

**Report Selections**

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