

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)
SY 19-20 Chopsticks - Monday (tier I) 21% whole grain - ServingDate: 12/02/2019								
Built-to-Order Chopsticks - SR2027 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Teriyaki Beef Stir Fry - SR1853 (4 piece)	50	294.98	12.66	3.94	0.00	731.85	31.43	14.21
Sweet and Sour Chicken popcorn - SR1821 (12 piece)	50	368.38	17.02	3.04	0.00	450.02	38.48	16.43
Fried Rice, oven, white rice, scrambled eggs, soy sauce, onions, carrots, peas - SR2174 (1 1/3 c.)	25	342.82	2.88	0.47	0.00	628.63	70.30	11.07
Vegetable Lo Mein - SR2116 (1 1/3 c.)	25	353.86	3.41	0.16	0.00	1018.72	72.50	10.71
Steamed Rice - SR2109 (1 c.)	50	275.74	1.62	0.00	0.00	4.78	60.02	6.49
Variety of Fruits - SR1978 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Roasted Broccoli - SR1852 (1/2 c.)	60	65.49	4.49	0.33	0.00	72.06	5.40	3.00
Roasted Sesame Carrots - SR1787 (1/2 c.)	30	130.70	9.59	1.30	0.00	357.51	10.85	1.32
Variety of Vegetables - SR1977 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY 19-20 Chopsticks - Tuesday (tier I) 21% whole grain - ServingDate: 12/03/2019								
Built-to-Order Chopsticks - SR2027 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
General Tso Chicken popcorn - SR1824 (12 piece)	40	404.83	19.60	3.21	0.00	497.45	41.69	17.32
Sweet and Sour Chicken popcorn - SR1821 (12 piece)	60	368.38	17.02	3.04	0.00	450.02	38.48	16.43

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SY 19-20 Chopsticks - Tuesday (tier I) 21% whole grain - ServingDate: 12/03/2019								
Fried Rice, oven, white rice, scrambled eggs, soy sauce, onions, carrots, peas - SR2174 (1 1/3 c.)	25	342.82	2.88	0.47	0.00	628.63	70.30	11.07
Vegetable Lo Mein - SR2116 (1 1/3 c.)	25	353.86	3.41	0.16	0.00	1018.72	72.50	10.71
Steamed Rice - SR2109 (1 c.)	50	275.74	1.62	0.00	0.00	4.78	60.02	6.49
Variety of Fruits - SR1978 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Steamed Broccoli - SR1028 (1/2 c.)	60	26.46	0.11	0.02	0.00	11.13	5.06	2.93
Roasted Sesame Carrots - SR1787 (1/2 c.)	30	130.70	9.59	1.30	0.00	357.51	10.85	1.32
Variety of Vegetables - SR1977 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY 19-20 Chopsticks - Wednesday (tier I) 21% whole grain - ServingDate: 12/04/2019								
Built-to-Order Chopsticks - SR2027 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Orange Chicken - SR1835 (12 piece)	60	346.37	16.49	2.95	0.00	540.32	34.21	16.16
Sweet and Sour Chicken popcorn - SR1821 (12 piece)	40	368.38	17.02	3.04	0.00	450.02	38.48	16.43
Fried Rice, oven, white rice, scrambled eggs, soy sauce, onions, carrots, peas - SR2174 (1 1/3 c.)	25	342.82	2.88	0.47	0.00	628.63	70.30	11.07
Vegetable Lo Mein - SR2116 (1 1/3 c.)	25	353.86	3.41	0.16	0.00	1018.72	72.50	10.71
Steamed Rice - SR2109 (1 c.)	50	275.74	1.62	0.00	0.00	4.78	60.02	6.49
Variety of Fruits - SR1978 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	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)
SY 19-20 Chopsticks - Wednesday (tier I) 21% whole grain - ServingDate: 12/04/2019								
Steamed Broccoli - SR1028 (1/2 c.)	60	26.46	0.11	0.02	0.00	11.13	5.06	2.93
Roasted Sesame Carrots - SR1787 (1/2 c.)	30	130.70	9.59	1.30	0.00	357.51	10.85	1.32
Variety of Vegetables - SR1977 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY 19-20 Chopsticks - Thursday (tier I) 21% whole grain - ServingDate: 12/05/2019								
Built-to-Order Chopsticks - SR2027 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sweet and Sour Chicken popcorn - SR1821 (12 piece)	40	368.38	17.02	3.04	0.00	450.02	38.48	16.43
Teriyaki Pork riblet - SR1826 (5 piece)	60	277.13	12.98	3.80	0.10	666.45	30.14	13.73
Fried Rice, oven, white rice, scrambled eggs, soy sauce, onions, carrots, peas - SR2174 (1 1/3 c.)	25	342.82	2.88	0.47	0.00	628.63	70.30	11.07
Vegetable Lo Mein - SR2116 (1 1/3 c.)	25	353.86	3.41	0.16	0.00	1018.72	72.50	10.71
Steamed Rice - SR2109 (1 c.)	50	275.74	1.62	0.00	0.00	4.78	60.02	6.49
Variety of Fruits - SR1978 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Steamed Broccoli - SR1028 (1/2 c.)	60	26.46	0.11	0.02	0.00	11.13	5.06	2.93
Roasted Sesame Carrots - SR1787 (1/2 c.)	30	130.70	9.59	1.30	0.00	357.51	10.85	1.32
Variety of Vegetables - SR1977 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Chopsticks - Friday (tier I) 21% whole grain - ServingDate: 12/06/2019								
Built-to-Order Chopsticks - SR2027 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Creamy Sriracha Chicken popcorn - SR1825 (12 piece)	40	408.47	23.20	3.68	0.00	1078.76	33.78	17.73
Sweet and Sour Chicken popcorn - SR1821 (12 piece)	60	368.38	17.02	3.04	0.00	450.02	38.48	16.43
Fried Rice, oven, white rice, scrambled eggs, soy sauce, onions, carrots, peas - SR2174 (1 1/3 c.)	25	342.82	2.88	0.47	0.00	628.63	70.30	11.07
Vegetable Lo Mein - SR2116 (1 1/3 c.)	25	353.86	3.41	0.16	0.00	1018.72	72.50	10.71
Steamed Rice - SR2109 (1 c.)	50	275.74	1.62	0.00	0.00	4.78	60.02	6.49
Variety of Fruits - SR1978 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Steamed Broccoli - SR1028 (1/2 c.)	60	26.46	0.11	0.02	0.00	11.13	5.06	2.93
Roasted Sesame Carrots - SR1787 (1/2 c.)	30	130.70	9.59	1.30	0.00	357.51	10.85	1.32
Variety of Vegetables - SR1977 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY 19-20 Fiesta M/W/F (tier I) 78% whole grain - ServingDate: 12/09/2019								
Built-to-Order Fiesta - SR2028 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	10	80.64	0.29	0.00	0.00	79.43	14.40	5.18
Cheddar Cheese Sauce - SR1293 (1/4 c.)	85	110.40	8.18	4.70	0.00	421.15	2.04	7.16
Shredded Cheddar Cheese - SR1537 (1 oz.)	15	110.00	9.00	5.00	0.00	180.00	0.00	6.00

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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)
SY 19-20 Fiesta M/W/F (tier I) 78% whole grain - ServingDate: 12/09/2019								
Beef Taco Filling - SR1528 (3 tbsp.)	45	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Turkey Carnitas - SR1262 (1/4 c.)	45	75.72	3.50	0.59	0.00	484.12	2.67	8.41
Cilantro Lime Rice - SR2167 (1 1/4 c.)	5	290.18	5.50	0.31	0.00	346.80	56.00	6.12
Taco Salad Bowl - SR1657 (1 bowl)	5	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Tortilla Chips - SR1065 (1 1/2 oz.)	80	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Flour Tortilla - SR1177 (1 tortilla)	5	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Flour Tortilla - SR1066 (2 tortilla)	5	180.00	5.00	0.00	0.00	220.00	28.00	6.00
Variety of Fruits - SR1978 (1 serving)	140	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Aztec Corn - SR1434 (1/2 c.)	50	77.15	1.49	0.14	0.00	32.91	14.91	2.80
Variety of Vegetables - SR1977 (1 serving)	80	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Homemade Salsa - SR1007 (2 tbsp.)	40	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	40	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Sour Cream - SR1659 (2 tbsp.)	60	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 19-20 Fiesta T/Th (tier I) 78% whole grain - ServingDate: 12/10/2019								
Built-to-Order Fiesta - SR2028 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cheddar Cheese Sauce - SR1293 (1/4 c.)	85	110.40	8.18	4.70	0.00	421.15	2.04	7.16
Shredded Cheddar Cheese - SR1537 (1 oz.)	15	110.00	9.00	5.00	0.00	180.00	0.00	6.00
Fajita Chicken - SR1524 (1/3 c.)	45	60.75	2.53	0.76	0.00	293.62	0.51	8.10

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SY 19-20 Fiesta T/Th (tier I) 78% whole grain - ServingDate: 12/10/2019								
Mexican Black Beans - SR1026 (1 #12 scoop)	10	39.36	0.04	0.01	0.00	48.57	7.33	2.38
Beef Taco Filling - SR1528 (3 tbsp.)	45	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Cilantro Lime Rice - SR2167 (1 1/4 c.)	5	290.18	5.50	0.31	0.00	346.80	56.00	6.12
Taco Salad Bowl - SR1657 (1 bowl)	5	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Tortilla Chips - SR1065 (1 1/2 oz.)	80	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Flour Tortilla - SR1177 (1 tortilla)	5	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Flour Tortilla - SR1066 (2 tortilla)	5	180.00	5.00	0.00	0.00	220.00	28.00	6.00
Variety of Fruits - SR1978 (1 serving)	140	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Aztec Corn - SR1434 (1/2 c.)	40	77.15	1.49	0.14	0.00	32.91	14.91	2.80
Variety of Vegetables - SR1977 (1 serving)	80	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Homemade Salsa - SR1007 (2 tbsp.)	30	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	30	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Sour Cream - SR1659 (2 tbsp.)	60	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 19-20 Fiesta M/W/F (tier I) 78% whole grain - ServingDate: 12/11/2019								
Built-to-Order Fiesta - SR2028 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	10	80.64	0.29	0.00	0.00	79.43	14.40	5.18
Cheddar Cheese Sauce - SR1293 (1/4 c.)	85	110.40	8.18	4.70	0.00	421.15	2.04	7.16
Shredded Cheddar Cheese - SR1537 (1 oz.)	15	110.00	9.00	5.00	0.00	180.00	0.00	6.00

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SY 19-20 Fiesta M/W/F (tier I) 78% whole grain - ServingDate: 12/11/2019								
Beef Taco Filling - SR1528 (3 tbsp.)	45	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Turkey Carnitas - SR1262 (1/4 c.)	45	75.72	3.50	0.59	0.00	484.12	2.67	8.41
Cilantro Lime Rice - SR2167 (1 1/4 c.)	5	290.18	5.50	0.31	0.00	346.80	56.00	6.12
Taco Salad Bowl - SR1657 (1 bowl)	5	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Tortilla Chips - SR1065 (1 1/2 oz.)	80	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Flour Tortilla - SR1177 (1 tortilla)	5	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Flour Tortilla - SR1066 (2 tortilla)	5	180.00	5.00	0.00	0.00	220.00	28.00	6.00
Variety of Fruits - SR1978 (1 serving)	140	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Aztec Corn - SR1434 (1/2 c.)	50	77.15	1.49	0.14	0.00	32.91	14.91	2.80
Variety of Vegetables - SR1977 (1 serving)	80	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Homemade Salsa - SR1007 (2 tbsp.)	40	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	40	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Sour Cream - SR1659 (2 tbsp.)	60	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 19-20 Fiesta T/Th (tier I) 78% whole grain - ServingDate: 12/12/2019								
Built-to-Order Fiesta - SR2028 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cheddar Cheese Sauce - SR1293 (1/4 c.)	85	110.40	8.18	4.70	0.00	421.15	2.04	7.16
Shredded Cheddar Cheese - SR1537 (1 oz.)	15	110.00	9.00	5.00	0.00	180.00	0.00	6.00
Fajita Chicken - SR1524 (1/3 c.)	45	60.75	2.53	0.76	0.00	293.62	0.51	8.10

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SY 19-20 Fiesta T/Th (tier I) 78% whole grain - ServingDate: 12/12/2019								
Mexican Black Beans - SR1026 (1 #12 scoop)	10	39.36	0.04	0.01	0.00	48.57	7.33	2.38
Beef Taco Filling - SR1528 (3 tbsp.)	45	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Cilantro Lime Rice - SR2167 (1 1/4 c.)	5	290.18	5.50	0.31	0.00	346.80	56.00	6.12
Taco Salad Bowl - SR1657 (1 bowl)	5	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Tortilla Chips - SR1065 (1 1/2 oz.)	80	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Flour Tortilla - SR1177 (1 tortilla)	5	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Flour Tortilla - SR1066 (2 tortilla)	5	180.00	5.00	0.00	0.00	220.00	28.00	6.00
Variety of Fruits - SR1978 (1 serving)	140	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Aztec Corn - SR1434 (1/2 c.)	40	77.15	1.49	0.14	0.00	32.91	14.91	2.80
Variety of Vegetables - SR1977 (1 serving)	80	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Homemade Salsa - SR1007 (2 tbsp.)	30	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	30	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Sour Cream - SR1659 (2 tbsp.)	60	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 19-20 Fiesta M/W/F (tier I) 78% whole grain - ServingDate: 12/13/2019								
Built-to-Order Fiesta - SR2028 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	10	80.64	0.29	0.00	0.00	79.43	14.40	5.18
Cheddar Cheese Sauce - SR1293 (1/4 c.)	85	110.40	8.18	4.70	0.00	421.15	2.04	7.16
Shredded Cheddar Cheese - SR1537 (1 oz.)	15	110.00	9.00	5.00	0.00	180.00	0.00	6.00

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SY 19-20 Fiesta M/W/F (tier I) 78% whole grain - ServingDate: 12/13/2019								
Beef Taco Filling - SR1528 (3 tbsp.)	45	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Turkey Carnitas - SR1262 (1/4 c.)	45	75.72	3.50	0.59	0.00	484.12	2.67	8.41
Cilantro Lime Rice - SR2167 (1 1/4 c.)	5	290.18	5.50	0.31	0.00	346.80	56.00	6.12
Taco Salad Bowl - SR1657 (1 bowl)	5	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Tortilla Chips - SR1065 (1 1/2 oz.)	80	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Flour Tortilla - SR1177 (1 tortilla)	5	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Flour Tortilla - SR1066 (2 tortilla)	5	180.00	5.00	0.00	0.00	220.00	28.00	6.00
Variety of Fruits - SR1978 (1 serving)	140	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Aztec Corn - SR1434 (1/2 c.)	50	77.15	1.49	0.14	0.00	32.91	14.91	2.80
Variety of Vegetables - SR1977 (1 serving)	80	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Homemade Salsa - SR1007 (2 tbsp.)	40	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	40	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Sour Cream - SR1659 (2 tbsp.)	60	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 19-20 Twirls (tier I) 20% whole grain - ServingDate: 12/16/2019								
Penne Pasta - SR2108 (1 c.)	50	263.63	3.35	0.15	0.00	374.46	51.54	8.59
Spaghetti Noodles - SR2107 (1 c.)	50	263.63	3.35	0.15	0.00	374.46	51.54	8.59
Fajita Chicken - SR1524 (2/3 c.)	40	121.50	5.06	1.52	0.00	587.24	1.01	16.20
Beefy Meatballs - SR2032 (5 Meatballs)	40	196.99	14.52	6.22	0.00	228.09	4.15	14.52

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)
SY 19-20 Twirls (tier I) 20% whole grain - ServingDate: 12/16/2019								
Roasted Tuscan Vegetables - SR1442 (2 #8 scoop)	20	110.73	0.21	0.04	0.00	227.16	20.99	5.99
Breadstick - SR1044 (1 breadstick)	100	80.00	1.00	0.00	0.00	95.00	14.00	3.00
Variety of Fruits - SR1978 (1 serving)	80	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Roasted Broccoli - SR1852 (1/2 c.)	40	65.49	4.49	0.33	0.00	72.06	5.40	3.00
Variety of Vegetables - SR1977 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Alfredo Cheese Sauce - SR2217 (1/4 c.)	50	98.36	5.46	3.28	0.00	408.74	5.46	6.56
Homemade Marinara Sauce - SR1430 (1/4 c.)	50	28.92	0.30	0.02	0.00	57.70	5.77	1.16
SY 19-20 Twirls (tier I) 20% whole grain - ServingDate: 12/17/2019								
Penne Pasta - SR2108 (1 c.)	50	263.63	3.35	0.15	0.00	374.46	51.54	8.59
Spaghetti Noodles - SR2107 (1 c.)	50	263.63	3.35	0.15	0.00	374.46	51.54	8.59
Fajita Chicken - SR1524 (2/3 c.)	40	121.50	5.06	1.52	0.00	587.24	1.01	16.20
Beefy Meatballs - SR2032 (5 Meatballs)	40	196.99	14.52	6.22	0.00	228.09	4.15	14.52
Roasted Tuscan Vegetables - SR1442 (2 #8 scoop)	20	110.73	0.21	0.04	0.00	227.16	20.99	5.99
Breadstick - SR1044 (1 breadstick)	100	80.00	1.00	0.00	0.00	95.00	14.00	3.00
Variety of Fruits - SR1978 (1 serving)	80	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Roasted Broccoli - SR1852 (1/2 c.)	40	65.49	4.49	0.33	0.00	72.06	5.40	3.00
Variety of Vegetables - SR1977 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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)
SY 19-20 Twirls (tier I) 20% whole grain - ServingDate: 12/17/2019								
Alfredo Cheese Sauce - SR2217 (1/4 c.)	50	98.36	5.46	3.28	0.00	408.74	5.46	6.56
Homemade Marinara Sauce - SR1430 (1/4 c.)	50	28.92	0.30	0.02	0.00	57.70	5.77	1.16
SY 19-20 Twirls (tier I) 20% whole grain - ServingDate: 12/18/2019								
Penne Pasta - SR2108 (1 c.)	50	263.63	3.35	0.15	0.00	374.46	51.54	8.59
Spaghetti Noodles - SR2107 (1 c.)	50	263.63	3.35	0.15	0.00	374.46	51.54	8.59
Fajita Chicken - SR1524 (2/3 c.)	40	121.50	5.06	1.52	0.00	587.24	1.01	16.20
Beefy Meatballs - SR2032 (5 Meatballs)	40	196.99	14.52	6.22	0.00	228.09	4.15	14.52
Roasted Tuscan Vegetables - SR1442 (2 #8 scoop)	20	110.73	0.21	0.04	0.00	227.16	20.99	5.99
Breadstick - SR1044 (1 breadstick)	100	80.00	1.00	0.00	0.00	95.00	14.00	3.00
Variety of Fruits - SR1978 (1 serving)	80	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Roasted Broccoli - SR1852 (1/2 c.)	40	65.49	4.49	0.33	0.00	72.06	5.40	3.00
Variety of Vegetables - SR1977 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Alfredo Cheese Sauce - SR2217 (1/4 c.)	50	98.36	5.46	3.28	0.00	408.74	5.46	6.56
Homemade Marinara Sauce - SR1430 (1/4 c.)	50	28.92	0.30	0.02	0.00	57.70	5.77	1.16
SY 19-20 Twirls (tier I) 20% whole grain - ServingDate: 12/19/2019								
Penne Pasta - SR2108 (1 c.)	50	263.63	3.35	0.15	0.00	374.46	51.54	8.59
Spaghetti Noodles - SR2107 (1 c.)	50	263.63	3.35	0.15	0.00	374.46	51.54	8.59

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)
SY 19-20 Twirls (tier I) 20% whole grain - ServingDate: 12/19/2019								
Fajita Chicken - SR1524 (2/3 c.)	40	121.50	5.06	1.52	0.00	587.24	1.01	16.20
Beefy Meatballs - SR2032 (5 Meatballs)	40	196.99	14.52	6.22	0.00	228.09	4.15	14.52
Roasted Tuscan Vegetables - SR1442 (2 #8 scoop)	20	110.73	0.21	0.04	0.00	227.16	20.99	5.99
Breadstick - SR1044 (1 breadstick)	100	80.00	1.00	0.00	0.00	95.00	14.00	3.00
Variety of Fruits - SR1978 (1 serving)	80	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Roasted Broccoli - SR1852 (1/2 c.)	40	65.49	4.49	0.33	0.00	72.06	5.40	3.00
Variety of Vegetables - SR1977 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Alfredo Cheese Sauce - SR2217 (1/4 c.)	50	98.36	5.46	3.28	0.00	408.74	5.46	6.56
Homemade Marinara Sauce - SR1430 (1/4 c.)	50	28.92	0.30	0.02	0.00	57.70	5.77	1.16
SY 19-20 Twirls (tier I) 20% whole grain - ServingDate: 12/20/2019								
Penne Pasta - SR2108 (1 c.)	50	263.63	3.35	0.15	0.00	374.46	51.54	8.59
Spaghetti Noodles - SR2107 (1 c.)	50	263.63	3.35	0.15	0.00	374.46	51.54	8.59
Fajita Chicken - SR1524 (2/3 c.)	40	121.50	5.06	1.52	0.00	587.24	1.01	16.20
Beefy Meatballs - SR2032 (5 Meatballs)	40	196.99	14.52	6.22	0.00	228.09	4.15	14.52
Roasted Tuscan Vegetables - SR1442 (2 #8 scoop)	20	110.73	0.21	0.04	0.00	227.16	20.99	5.99
Breadstick - SR1044 (1 breadstick)	100	80.00	1.00	0.00	0.00	95.00	14.00	3.00
Variety of Fruits - SR1978 (1 serving)	80	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Roasted Broccoli - SR1852 (1/2 c.)	40	65.49	4.49	0.33	0.00	72.06	5.40	3.00

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)
SY 19-20 Twirls (tier I) 20% whole grain - ServingDate: 12/20/2019								
Variety of Vegetables - SR1977 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Alfredo Cheese Sauce - SR2217 (1/4 c.)	50	98.36	5.46	3.28	0.00	408.74	5.46	6.56
Homemade Marinara Sauce - SR1430 (1/4 c.)	50	28.92	0.30	0.02	0.00	57.70	5.77	1.16

Legend
 (M) - Missing Nutrient Values

Report Selections
 Meal Type: Lunch
 Site Group: Taste4
 Menu Line: T4-Global
 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.