

Menu Calendar Nutrient Analysis Report - January, 2020

Site: Guthrie High School
Date: 01/01/2020 - 01/31/2020

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 Oklahoma Favorites Monday - ServingDate: 01/06/2020								
Personal Chicken Pot Pie - OKR1631 (1 serving)	40	368.67	11.73	6.12	0.00	785.86	41.03	26.50
Steak Fingers - OKR1223 (4 ea.)	60	320.00	20.00	5.00	0.00	330.00	19.00	16.00
Garlic Knot Breadstick - SR1255 (1 roll.)	100	110.72	4.05	0.22	0.00	95.84	15.02	3.23
Variety of Fruits - SR1978 (1 serving)	140	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Whipped Potatoes - SR1112 (1/2 c.)	100	79.98	1.50	1.00	0.00	102.63	15.00	2.00
Mixed Garden Vegetables - SR1583 (1/2 c.)	50	51.85	0.42	0.07	0.00	90.78	11.05	2.23
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)
Gravy, country, old fashioned biscuit - OKR1552 (1/4 c.)	75	42.52	2.43	1.22	0.00	147.42	4.86	0.00
SY 19-20 Oklahoma Favorites Tuesday - ServingDate: 01/07/2020								
Chicken Fried Chicken - OKR1109 (1 filet)	30	200.00	9.00	1.50	0.00	290.00	9.00	19.00
Steak Fingers - OKR1223 (4 ea.)	70	320.00	20.00	5.00	0.00	330.00	19.00	16.00
Garlic Knot Breadstick - SR1255 (1 roll.)	100	110.72	4.05	0.22	0.00	95.84	15.02	3.23
Variety of Fruits - SR1978 (1 serving)	140	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Whipped Potatoes - SR1112 (1/2 c.)	100	79.98	1.50	1.00	0.00	102.63	15.00	2.00
Mixed Garden Vegetables - SR1583 (1/2 c.)	50	51.85	0.42	0.07	0.00	90.78	11.05	2.23
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)

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SY 19-20 Oklahoma Favorites Tuesday - ServingDate: 01/07/2020								
Gravy, country, old fashioned biscuit - OKR1552 (1/4 c.)	75	42.52	2.43	1.22	0.00	147.42	4.86	0.00
SY 19-20 Oklahoma Favorites Wednesday - ServingDate: 01/08/2020								
Steak Fingers - OKR1223 (4 ea.)	70	320.00	20.00	5.00	0.00	330.00	19.00	16.00
Turkey Gravy - SR1022 (3/8 c.)	30	127.75	4.26	0.91	0.00	717.15	4.32	16.35
Garlic Knot Breadstick - SR1255 (1 roll.)	150	110.72	4.05	0.22	0.00	95.84	15.02	3.23
Variety of Fruits - SR1978 (1 serving)	140	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Whipped Potatoes - SR1112 (1/2 c.)	100	79.98	1.50	1.00	0.00	102.63	15.00	2.00
Mixed Garden Vegetables - SR1583 (1/2 c.)	50	51.85	0.42	0.07	0.00	90.78	11.05	2.23
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)
Gravy, country, old fashioned biscuit - OKR1552 (1/4 c.)	100	42.52	2.43	1.22	0.00	147.42	4.86	0.00
SY 19-20 Oklahoma Favorites Thursday - archived on Dec 23 2019 1:06PM - ServingDate: 01/09/2020								
Popcorn Chicken - SR1413 (12 piece)	0	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Steak Fingers - OKR1223 (4 ea.)	0	320.00	20.00	5.00	0.00	330.00	19.00	16.00
Garlic Knot Breadstick - SR1255 (1 roll.)	100	110.72	4.05	0.22	0.00	95.84	15.02	3.23
Variety of Fruits - SR1978 (1 serving)	140	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Whipped Potatoes - SR1112 (1/2 c.)	0	79.98	1.50	1.00	0.00	102.63	15.00	2.00

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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 Oklahoma Favorites Thursday - archived on Dec 23 2019 1:06PM - ServingDate: 01/09/2020								
Mixed Garden Vegetables - SR1583 (1/2 c.)	0	51.85	0.42	0.07	0.00	90.78	11.05	2.23
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)
Gravy, country, old fashioned biscuit - OKR1552 (1/4 c.)	0	42.52	2.43	1.22	0.00	147.42	4.86	0.00
SY 19-20 Oklahoma Favorites Friday - ServingDate: 01/10/2020								
Chili con Carne - SR1379 (1 c.)	30	226.05	5.39	2.01	0.00	476.53	29.84	14.13
Steak Fingers - OKR1223 (4 ea.)	70	320.00	20.00	5.00	0.00	330.00	19.00	16.00
Cornbread - OKR1293 (1 oz.)	30	54.23	1.86	1.62	0.51(M)	25.23	8.26	0.94
Garlic Knot Breadstick - SR1255 (1 roll.)	70	110.72	4.05	0.22	0.00	95.84	15.02	3.23
Variety of Fruits - SR1978 (1 serving)	140	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Whipped Potatoes - SR1112 (1/2 c.)	100	79.98	1.50	1.00	0.00	102.63	15.00	2.00
Mixed Garden Vegetables - SR1583 (1/2 c.)	50	51.85	0.42	0.07	0.00	90.78	11.05	2.23
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)
Gravy, country, old fashioned biscuit - OKR1552 (1/4 c.)	75	42.52	2.43	1.22	0.00	147.42	4.86	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 Country Comfort - Monday (tier I) 81% whole grain - ServingDate: 01/13/2020								
Country Comfort Bar - SR2034 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Macaroni and Cheese - SR2124 (2/3 c.)	42	378.24	18.73	9.79	0.00	1076.70	33.57	19.84
Chicken Tenders - OKR1184 (3 strip)	58	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Garlic Knot Breadstick - SR1255 (1 roll.)	58	110.72	4.05	0.22	0.00	95.84	15.02	3.23
Variety of Fruits - SR1978 (1 serving)	50	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Citrus Glazed Carrots - SR1131 (1/2 c.)	20	60.46	0.78	0.14	0.00	67.68	13.35	0.68
Roasted Summer Squash - SR1523 (1/2 c.)	20	34.33	2.14	0.18	0.00	42.17	3.28	0.85
Variety of Vegetables - SR1977 (1 serving)	10	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 Country Comfort - Tuesday (tier I) 100% whole grain - ServingDate: 01/14/2020								
Country Comfort Bar - SR2034 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Shepherd's Pie - SR1842 (1 portion)	24	216.70	9.87	4.07	0.00	487.47	14.63	14.74
Chicken Tenders - OKR1184 (3 strip)	76	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - SR1009 (1 roll.)	50	160.00	3.00	0.00	0.00	135.00	29.00	7.00
Variety of Fruits - SR1978 (1 serving)	50	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Crispy Panko Broccoli and Cauliflower - SR1227 (1/2 c.)	20	115.13	9.18	1.23	0.00	71.95	7.78	2.44
Toasted Garlic Caesar Salad - SR2130 (1 c.)	20	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Variety of Vegetables - SR1977 (1 serving)	10	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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SY 19-20 Country Comfort - Wednesday (tier I) 100% whole grain - ServingDate: 01/15/2020								
Country Comfort Bar - SR2034 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Pulled Turkey - SR1213 (3/8 c.)	44	118.91	3.96	0.99	0.00	693.63	1.98	17.84
Chicken Tenders - OKR1184 (3 strip)	56	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - SR1009 (1 roll.)	50	160.00	3.00	0.00	0.00	135.00	29.00	7.00
Variety of Fruits - SR1978 (1 serving)	50	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Roasted Green Beans - SR1021 (1/2 c.)	20	22.18	0.13	0.04	0.00	43.09	5.11	1.18
Whipped Potatoes - SR1112 (1/2 c.)	44	79.98	1.50	1.00	0.00	102.63	15.00	2.00
Variety of Vegetables - SR1977 (1 serving)	10	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)
Chicken Gravy - SR1589 (1/4 c.)	44	30.37	1.01	0.00	0.00	133.40	4.05	0.00
SY 19-20 Country Comfort - Thursday (tier I) 81% whole grain - ServingDate: 01/16/2020								
Country Comfort Bar - SR2034 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Spaghetti Noodles - SR2107 (1 c.)	25	263.63	3.35	0.15	0.00	374.46	51.54	8.59
Chicken Tenders - OKR1184 (3 strip)	75	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Beefy Meatballs - SR2032 (5 Meatballs)	25	196.99	14.52	6.22	0.00	228.09	4.15	14.52
Garlic Knot Breadstick - SR1255 (1 roll.)	100	110.72	4.05	0.22	0.00	95.84	15.02	3.23
Variety of Fruits - SR1978 (1 serving)	50	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Crispy Panko Broccoli and Cauliflower - SR1227 (1/2 c.)	20	115.13	9.18	1.23	0.00	71.95	7.78	2.44
Toasted Garlic Caesar Salad - SR2130 (1 c.)	15	176.98	16.04	3.29	0.00	325.67	6.78	3.18

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SY 19-20 Country Comfort - Thursday (tier I) 81% whole grain - ServingDate: 01/16/2020								
Variety of Vegetables - SR1977 (1 serving)	10	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 Marinara Sauce - SR1430 (1/4 c.)	25	28.92	0.30	0.02	0.00	57.70	5.77	1.16
SY 19-20 Country Comfort - Friday (tier I) 100% whole grain - ServingDate: 01/17/2020								
Country Comfort Bar - SR2034 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Chicken Tenders - OKR1184 (3 strip)	68	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Rainbow Chili - SR1922 (3/4 c.)	32	141.91	0.77	0.08	0.00	309.03	26.98	6.87
Frito Corn Chips - SR2033 (1 c.)	50	198.95	8.53	1.42	0.00	241.58	28.42	2.84
Variety of Fruits - SR1978 (1 serving)	50	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mexican Black Beans - SR1026 (2/3 c.)	20	78.71	0.08	0.02	0.00	97.14	14.66	4.77
Aztec Corn - SR1434 (1/2 c.)	20	77.15	1.49	0.14	0.00	32.91	14.91	2.80
Variety of Vegetables - SR1977 (1 serving)	10	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)
Shredded Cheddar Cheese - SR1537 (1 oz.)	32	110.00	9.00	5.00	0.00	180.00	0.00	6.00
SY 19-20 Glorious Grilled Cheese - Tuesday (tier I) 100% whole grain - ServingDate: 01/21/2020								
Glorious Grilled Cheese Sandwich Bar - SR2031 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00

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SY 19-20 Glorious Grilled Cheese - Tuesday (tier I) 100% whole grain - ServingDate: 01/21/2020								
California Grilled Cheese Sandwich - SR2152 (1 sandwich)	0	402.06	22.32	10.30	0.00	647.50	33.10	18.98
Toasted Cheese Sandwich - OKR1220 (1 sandwich)	0	360.00	20.00	10.00	0.00	1250.00	30.00	16.00
Variety of Fruits - SR1978 (1 serving)	25	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Country Style Potato Wedges - OKR1399 (1/2 c.)	90	120.44	4.01	0.50	0.00	140.51	20.07	2.01
Classic Tomato Soup - SR1114 (1 c.)	50	73.16	0.91	0.46	0.00	378.50	14.63	0.91
Variety of Vegetables - SR1977 (1 serving)	10	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 Glorious Grilled Cheese - Wednesday (tier I) 100% whole grain - ServingDate: 01/22/2020								
Glorious Grilled Cheese Sandwich Bar - SR2031 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Toasted Cheese Sandwich - OKR1220 (1 sandwich)	50	360.00	20.00	10.00	0.00	1250.00	30.00	16.00
Wisconsin Grilled Cheese Sandwich - SR2153 (1 sandwich)	50	444.00	21.49	10.63	0.00	663.84	45.95	18.39
Variety of Fruits - SR1978 (1 serving)	25	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Country Style Potato Wedges - OKR1399 (1/2 c.)	90	120.44	4.01	0.50	0.00	140.51	20.07	2.01
Classic Tomato Soup - SR1114 (1 c.)	50	73.16	0.91	0.46	0.00	378.50	14.63	0.91
Variety of Vegetables - SR1977 (1 serving)	10	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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SY 19-20 Glorious Grilled Cheese - Thursday (tier I) 100% whole grain - ServingDate: 01/23/2020								
Glorious Grilled Cheese Sandwich Bar - SR2031 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Southwest Grilled Cheese - SR2154 (1 sandwich)	50	455.08	18.81	10.01	0.00	887.77	49.88	26.43
Toasted Cheese Sandwich - OKR1220 (1 sandwich)	50	360.00	20.00	10.00	0.00	1250.00	30.00	16.00
Variety of Fruits - SR1978 (1 serving)	25	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Country Style Potato Wedges - OKR1399 (1/2 c.)	90	120.44	4.01	0.50	0.00	140.51	20.07	2.01
Classic Tomato Soup - SR1114 (1 c.)	50	73.16	0.91	0.46	0.00	378.50	14.63	0.91
Variety of Vegetables - SR1977 (1 serving)	10	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 Glorious Grilled Cheese - Friday (tier I) 100% whole grain - ServingDate: 01/24/2020								
Glorious Grilled Cheese Sandwich Bar - SR2031 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
3 Cheese Caprese Grilled Cheese - SR2155 (1 sandwich)	50	400.24	20.89	8.51	0.00	935.61	36.80	19.77
Toasted Cheese Sandwich - OKR1220 (1 sandwich)	50	360.00	20.00	10.00	0.00	1250.00	30.00	16.00
Variety of Fruits - SR1978 (1 serving)	25	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Country Style Potato Wedges - OKR1399 (1/2 c.)	90	120.44	4.01	0.50	0.00	140.51	20.07	2.01
Classic Tomato Soup - SR1114 (1 c.)	50	73.16	0.91	0.46	0.00	378.50	14.63	0.91

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SY 19-20 Glorious Grilled Cheese - Friday (tier I) 100% whole grain - ServingDate: 01/24/2020								
Variety of Vegetables - SR1977 (1 serving)	10	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 Tater Temptations - M/W/F (tier I) 100% whole grain - ServingDate: 01/27/2020								
Tater Temptations Mini Brand Station - SR2035 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cheddar Cheese Sauce - SR1293 (1/2 c.)	20	220.80	16.36	9.40	0.00	842.31	4.09	14.31
Queso Blanco Sauce - SR1068 (1/4 c.)	56	118.00	9.00	5.20	0.00	414.99	2.00	7.00
Rainbow Chili - SR1922 (3/4 c.)	16	141.91	0.77	0.08	0.00	309.03	26.98	6.87
Beef Taco Filling - SR1528 (3 tbsp.)	40	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Turkey Gravy - SR1022 (3/8 c.)	24	127.75	4.26	0.91	0.00	717.15	4.32	16.35
Dinner Roll - SR1009 (1 roll.)	100	160.00	3.00	0.00	0.00	135.00	29.00	7.00
Variety of Fruits - SR1978 (1 serving)	50	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Baked Potato - SR1562 (1 potato)	25	172.26	4.66	0.36	0.00	19.32	29.59	3.63
Tater Tots - SR1450 (1/2 c.)	75	129.77	5.99	1.00	0.00	309.45	15.97	2.00
Variety of Vegetables - SR1977 (1 serving)	10	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)
Bacon Crumble - SR1799 (1 tbsp.)	20	35.05	3.00	1.00	0.00	115.18	0.00	2.00
Shredded Cheddar Cheese - SR1537 (1/4 oz.)	80	27.50	2.25	1.25	0.00	45.00	0.00	1.50
Roasted Broccoli - SR1852 (1/4 c.)	44	32.74	2.25	0.17	0.00	36.03	2.70	1.50

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SY 19-20 Tater Temptations - M/W/F (tier I) 100% whole grain - ServingDate: 01/27/2020								
Green Onion - SR1946 (1 tbsp.)	100	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Roasted Southwest Vegetable Blend - SR1525 (1/4 c.)	56	34.71	2.09	0.18	0.00	2.14	4.09	0.60
Sour Cream - SR1659 (2 tbsp.)	100	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 19-20 Tater Temptations - T/Th (tier I) 100% whole grain - ServingDate: 01/28/2020								
Tater Temptations Mini Brand Station - SR2035 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cheddar Cheese Sauce - SR1293 (1/2 c.)	20	220.80	16.36	9.40	0.00	842.31	4.09	14.31
Queso Blanco Sauce - SR1068 (1/4 c.)	56	118.00	9.00	5.20	0.00	414.99	2.00	7.00
Rainbow Chili - SR1922 (3/4 c.)	16	141.91	0.77	0.08	0.00	309.03	26.98	6.87
Beef Taco Filling - SR1528 (3 tbsp.)	40	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Turkey Gravy - SR1022 (3/8 c.)	24	127.75	4.26	0.91	0.00	717.15	4.32	16.35
Dinner Roll - SR1009 (1 roll.)	100	160.00	3.00	0.00	0.00	135.00	29.00	7.00
Variety of Fruits - SR1978 (1 serving)	50	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Baked Potato - SR1562 (1 potato)	25	172.26	4.66	0.36	0.00	19.32	29.59	3.63
Sweet Potato Crinkle Cut Fries - OKR1525 (1/2 c.)	75	120.86	4.53	0.50	0.00	181.29	17.12	2.01
Variety of Vegetables - SR1977 (1 serving)	10	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)
Bacon Crumble - SR1799 (1 tbsp.)	20	35.05	3.00	1.00	0.00	115.18	0.00	2.00

Menu Calendar Nutrient Analysis Report - January, 2020

Site: Guthrie High School
Date: 01/01/2020 - 01/31/2020

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 Tater Temptations - T/Th (tier I) 100% whole grain - ServingDate: 01/28/2020								
Shredded Cheddar Cheese - SR1537 (1/4 oz.)	80	27.50	2.25	1.25	0.00	45.00	0.00	1.50
Roasted Broccoli - SR1852 (1/4 c.)	44	32.74	2.25	0.17	0.00	36.03	2.70	1.50
Green Onion - SR1946 (1 tbsp.)	100	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Roasted Southwest Vegetable Blend - SR1525 (1/4 c.)	56	34.71	2.09	0.18	0.00	2.14	4.09	0.60
Sour Cream - SR1659 (2 tbsp.)	100	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 19-20 Tater Temptations - M/W/F (tier I) 100% whole grain - ServingDate: 01/29/2020								
Tater Temptations Mini Brand Station - SR2035 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cheddar Cheese Sauce - SR1293 (1/2 c.)	20	220.80	16.36	9.40	0.00	842.31	4.09	14.31
Queso Blanco Sauce - SR1068 (1/4 c.)	56	118.00	9.00	5.20	0.00	414.99	2.00	7.00
Rainbow Chili - SR1922 (3/4 c.)	16	141.91	0.77	0.08	0.00	309.03	26.98	6.87
Beef Taco Filling - SR1528 (3 tbsp.)	40	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Turkey Gravy - SR1022 (3/8 c.)	24	127.75	4.26	0.91	0.00	717.15	4.32	16.35
Dinner Roll - SR1009 (1 roll.)	100	160.00	3.00	0.00	0.00	135.00	29.00	7.00
Variety of Fruits - SR1978 (1 serving)	50	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Baked Potato - SR1562 (1 potato)	25	172.26	4.66	0.36	0.00	19.32	29.59	3.63
Tater Tots - SR1450 (1/2 c.)	75	129.77	5.99	1.00	0.00	309.45	15.97	2.00
Variety of Vegetables - SR1977 (1 serving)	10	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 - January, 2020

Site: Guthrie High School

Date: 01/01/2020 - 01/31/2020

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 Tater Temptations - M/W/F (tier I) 100% whole grain - ServingDate: 01/29/2020								
Bacon Crumble - SR1799 (1 tbsp.)	20	35.05	3.00	1.00	0.00	115.18	0.00	2.00
Shredded Cheddar Cheese - SR1537 (1/4 oz.)	80	27.50	2.25	1.25	0.00	45.00	0.00	1.50
Roasted Broccoli - SR1852 (1/4 c.)	44	32.74	2.25	0.17	0.00	36.03	2.70	1.50
Green Onion - SR1946 (1 tbsp.)	100	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Roasted Southwest Vegetable Blend - SR1525 (1/4 c.)	56	34.71	2.09	0.18	0.00	2.14	4.09	0.60
Sour Cream - SR1659 (2 tbsp.)	100	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 19-20 Tater Temptations - T/Th (tier I) 100% whole grain - ServingDate: 01/30/2020								
Tater Temptations Mini Brand Station - SR2035 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cheddar Cheese Sauce - SR1293 (1/2 c.)	20	220.80	16.36	9.40	0.00	842.31	4.09	14.31
Queso Blanco Sauce - SR1068 (1/4 c.)	56	118.00	9.00	5.20	0.00	414.99	2.00	7.00
Rainbow Chili - SR1922 (3/4 c.)	16	141.91	0.77	0.08	0.00	309.03	26.98	6.87
Beef Taco Filling - SR1528 (3 tbsp.)	40	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Turkey Gravy - SR1022 (3/8 c.)	24	127.75	4.26	0.91	0.00	717.15	4.32	16.35
Dinner Roll - SR1009 (1 roll.)	100	160.00	3.00	0.00	0.00	135.00	29.00	7.00
Variety of Fruits - SR1978 (1 serving)	50	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Baked Potato - SR1562 (1 potato)	25	172.26	4.66	0.36	0.00	19.32	29.59	3.63
Sweet Potato Crinkle Cut Fries - OKR1525 (1/2 c.)	75	120.86	4.53	0.50	0.00	181.29	17.12	2.01

Menu Calendar Nutrient Analysis Report - January, 2020

Site: Guthrie High School
Date: 01/01/2020 - 01/31/2020

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 Tater Temptations - T/Th (tier I) 100% whole grain - ServingDate: 01/30/2020								
Variety of Vegetables - SR1977 (1 serving)	10	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)
Bacon Crumble - SR1799 (1 tbsp.)	20	35.05	3.00	1.00	0.00	115.18	0.00	2.00
Shredded Cheddar Cheese - SR1537 (1/4 oz.)	80	27.50	2.25	1.25	0.00	45.00	0.00	1.50
Roasted Broccoli - SR1852 (1/4 c.)	44	32.74	2.25	0.17	0.00	36.03	2.70	1.50
Green Onion - SR1946 (1 tbsp.)	100	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Roasted Southwest Vegetable Blend - SR1525 (1/4 c.)	56	34.71	2.09	0.18	0.00	2.14	4.09	0.60
Sour Cream - SR1659 (2 tbsp.)	100	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 19-20 Tater Temptations - M/W/F (tier I) 100% whole grain - ServingDate: 01/31/2020								
Tater Temptations Mini Brand Station - SR2035 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cheddar Cheese Sauce - SR1293 (1/2 c.)	20	220.80	16.36	9.40	0.00	842.31	4.09	14.31
Queso Blanco Sauce - SR1068 (1/4 c.)	56	118.00	9.00	5.20	0.00	414.99	2.00	7.00
Rainbow Chili - SR1922 (3/4 c.)	16	141.91	0.77	0.08	0.00	309.03	26.98	6.87
Beef Taco Filling - SR1528 (3 tbsp.)	40	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Turkey Gravy - SR1022 (3/8 c.)	24	127.75	4.26	0.91	0.00	717.15	4.32	16.35
Dinner Roll - SR1009 (1 roll.)	100	160.00	3.00	0.00	0.00	135.00	29.00	7.00
Variety of Fruits - SR1978 (1 serving)	50	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Baked Potato - SR1562 (1 potato)	25	172.26	4.66	0.36	0.00	19.32	29.59	3.63

Menu Calendar Nutrient Analysis Report - January, 2020

Site: Guthrie High School

Date: 01/01/2020 - 01/31/2020

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 Tater Temptations - M/W/F (tier I) 100% whole grain - ServingDate: 01/31/2020								
Tater Tots - SR1450 (1/2 c.)	75	129.77	5.99	1.00	0.00	309.45	15.97	2.00
Variety of Vegetables - SR1977 (1 serving)	10	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)
Bacon Crumble - SR1799 (1 tbsp.)	20	35.05	3.00	1.00	0.00	115.18	0.00	2.00
Shredded Cheddar Cheese - SR1537 (1/4 oz.)	80	27.50	2.25	1.25	0.00	45.00	0.00	1.50
Roasted Broccoli - SR1852 (1/4 c.)	44	32.74	2.25	0.17	0.00	36.03	2.70	1.50
Green Onion - SR1946 (1 tbsp.)	100	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Roasted Southwest Vegetable Blend - SR1525 (1/4 c.)	56	34.71	2.09	0.18	0.00	2.14	4.09	0.60
Sour Cream - SR1659 (2 tbsp.)	100	60.00	5.00	3.50	0.00	15.00	1.00	1.00

Legend

(M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch

Site Group: Taste4

Menu Line: T4-Adventure

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.