

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 Fast - Italy - Week 4 (tier I) 100% whole grain - ServingDate: 01/06/2020								
Classic Hummus Box - SR2143 (1 Box)	5	521.69	25.25	4.22	0.00	897.03	63.21	14.23
Chicken Bruschetta Salad - SR2386 (1 salad)	5	251.40	8.17	3.01	0.00	376.21	14.93	31.50
Chicken Bruschetta Sub, Richs WG - SR2374 (1 sandwich)	5	323.95	9.50	2.51	0.00	454.26	35.36	26.80
Chef Salad - SR2436 (1 salad)	10	231.21	12.59	4.97	0.00	447.65	8.78	21.00
Italian Sub - SR2141 (1 sandwich)	10	333.13	14.39	4.85	0.00	700.14	29.75	23.04
Turkey & Cheddar Submarine Sandwich - SR2139 (1 sandwich)	25	303.19	11.31	3.78	0.00	558.62	30.25	22.79
Ham & Cheddar Submarine Sandwich - SR2140 (1 sandwich)	15	304.94	12.02	3.81	0.00	679.12	29.00	20.51
Chicken Caesar Wrap - SR1530 (1 wrap)	10	424.73	21.94	4.73	0.00	587.71	32.34	25.42
Twisted Breadstick - SR2142 (1 breadstick)	15	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY 19-20 Fast - Italy - Week 4 (tier I) 100% whole grain - ServingDate: 01/07/2020								
Classic Hummus Box - SR2143 (1 Box)	5	521.69	25.25	4.22	0.00	897.03	63.21	14.23
Chicken Bruschetta Salad - SR2386 (1 salad)	5	251.40	8.17	3.01	0.00	376.21	14.93	31.50
Chicken Bruschetta Sub, Richs WG - SR2374 (1 sandwich)	5	323.95	9.50	2.51	0.00	454.26	35.36	26.80
Chef Salad - SR2436 (1 salad)	10	231.21	12.59	4.97	0.00	447.65	8.78	21.00
Italian Sub - SR2141 (1 sandwich)	10	333.13	14.39	4.85	0.00	700.14	29.75	23.04

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SY 19-20 Fast - Italy - Week 4 (tier I) 100% whole grain - ServingDate: 01/07/2020								
Turkey & Cheddar Submarine Sandwich - SR2139 (1 sandwich)	25	303.19	11.31	3.78	0.00	558.62	30.25	22.79
Ham & Cheddar Submarine Sandwich - SR2140 (1 sandwich)	15	304.94	12.02	3.81	0.00	679.12	29.00	20.51
Chicken Caesar Wrap - SR1530 (1 wrap)	10	424.73	21.94	4.73	0.00	587.71	32.34	25.42
Twisted Breadstick - SR2142 (1 breadstick)	15	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY 19-20 Fast - Italy - Week 4 (tier I) 100% whole grain - ServingDate: 01/08/2020								
Classic Hummus Box - SR2143 (1 Box)	5	521.69	25.25	4.22	0.00	897.03	63.21	14.23
Chicken Bruschetta Salad - SR2386 (1 salad)	5	251.40	8.17	3.01	0.00	376.21	14.93	31.50
Chicken Bruschetta Sub, Richs WG - SR2374 (1 sandwich)	5	323.95	9.50	2.51	0.00	454.26	35.36	26.80
Chef Salad - SR2436 (1 salad)	10	231.21	12.59	4.97	0.00	447.65	8.78	21.00
Italian Sub - SR2141 (1 sandwich)	10	333.13	14.39	4.85	0.00	700.14	29.75	23.04
Turkey & Cheddar Submarine Sandwich - SR2139 (1 sandwich)	25	303.19	11.31	3.78	0.00	558.62	30.25	22.79
Ham & Cheddar Submarine Sandwich - SR2140 (1 sandwich)	15	304.94	12.02	3.81	0.00	679.12	29.00	20.51
Chicken Caesar Wrap - SR1530 (1 wrap)	10	424.73	21.94	4.73	0.00	587.71	32.34	25.42
Twisted Breadstick - SR2142 (1 breadstick)	15	172.73	3.27	0.09	0.00	190.34	28.41	6.09
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 Fast - Italy - Week 4 (tier I) 100% whole grain - ServingDate: 01/09/2020								
Classic Hummus Box - SR2143 (1 Box)	5	521.69	25.25	4.22	0.00	897.03	63.21	14.23
Chicken Bruschetta Salad - SR2386 (1 salad)	5	251.40	8.17	3.01	0.00	376.21	14.93	31.50
Chicken Bruschetta Sub, Richs WG - SR2374 (1 sandwich)	5	323.95	9.50	2.51	0.00	454.26	35.36	26.80
Chef Salad - SR2436 (1 salad)	10	231.21	12.59	4.97	0.00	447.65	8.78	21.00
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Turkey & Cheddar Submarine Sandwich - SR2139 (1 sandwich)	25	303.19	11.31	3.78	0.00	558.62	30.25	22.79
Ham & Cheddar Submarine Sandwich - SR2140 (1 sandwich)	15	304.94	12.02	3.81	0.00	679.12	29.00	20.51
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Twisted Breadstick - SR2142 (1 breadstick)	15	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY 19-20 Fast - Italy - Week 4 (tier I) 100% whole grain - ServingDate: 01/10/2020								
Classic Hummus Box - SR2143 (1 Box)	5	521.69	25.25	4.22	0.00	897.03	63.21	14.23
Chicken Bruschetta Salad - SR2386 (1 salad)	5	251.40	8.17	3.01	0.00	376.21	14.93	31.50
Chicken Bruschetta Sub, Richs WG - SR2374 (1 sandwich)	5	323.95	9.50	2.51	0.00	454.26	35.36	26.80
Chef Salad - SR2436 (1 salad)	10	231.21	12.59	4.97	0.00	447.65	8.78	21.00
Italian Sub - SR2141 (1 sandwich)	10	333.13	14.39	4.85	0.00	700.14	29.75	23.04

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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 Fast - Italy - Week 4 (tier I) 100% whole grain - ServingDate: 01/10/2020								
Turkey & Cheddar Submarine Sandwich - SR2139 (1 sandwich)	25	303.19	11.31	3.78	0.00	558.62	30.25	22.79
Ham & Cheddar Submarine Sandwich - SR2140 (1 sandwich)	15	304.94	12.02	3.81	0.00	679.12	29.00	20.51
Chicken Caesar Wrap - SR1530 (1 wrap)	10	424.73	21.94	4.73	0.00	587.71	32.34	25.42
Twisted Breadstick - SR2142 (1 breadstick)	15	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY 19-20 Fast - Northeast Asia - Week 1 (tier I) 100% whole grain - ServingDate: 01/13/2020								
Classic Hummus Box - SR2143 (1 Box)	5	521.69	25.25	4.22	0.00	897.03	63.21	14.23
Chef Salad - SR2436 (1 salad)	10	231.21	12.59	4.97	0.00	447.65	8.78	21.00
Sesame Chicken Salad, mixed greens, diced chicken, mozzarella, pineapple roasted vegetables - SR2315 (1 salad)	5	203.13	5.70	2.35	0.00	407.53	16.37	23.34
Sesame Chicken Sub, Richs whole grain - SR2309 (1 sandwich)	5	331.81	9.29	2.40	0.00	674.71	37.36	27.21
Italian Sub - SR2141 (1 sandwich)	10	333.13	14.39	4.85	0.00	700.14	29.75	23.04
Turkey & Cheddar Submarine Sandwich - SR2139 (1 sandwich)	25	303.19	11.31	3.78	0.00	558.62	30.25	22.79
Ham & Cheddar Submarine Sandwich - SR2140 (1 sandwich)	15	304.94	12.02	3.81	0.00	679.12	29.00	20.51
Chicken Caesar Wrap - SR1530 (1 wrap)	10	424.73	21.94	4.73	0.00	587.71	32.34	25.42
Twisted Breadstick - SR2142 (1 breadstick)	15	172.73	3.27	0.09	0.00	190.34	28.41	6.09

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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 Fast - Northeast Asia - Week 1 (tier I) 100% whole grain - ServingDate: 01/13/2020								
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY 19-20 Fast - Northeast Asia - Week 1 (tier I) 100% whole grain - ServingDate: 01/14/2020								
Classic Hummus Box - SR2143 (1 Box)	5	521.69	25.25	4.22	0.00	897.03	63.21	14.23
Chef Salad - SR2436 (1 salad)	10	231.21	12.59	4.97	0.00	447.65	8.78	21.00
Sesame Chicken Salad, mixed greens, diced chicken, mozzarella, pineapple roasted vegetables - SR2315 (1 salad)	5	203.13	5.70	2.35	0.00	407.53	16.37	23.34
Sesame Chicken Sub, Richs whole grain - SR2309 (1 sandwich)	5	331.81	9.29	2.40	0.00	674.71	37.36	27.21
Italian Sub - SR2141 (1 sandwich)	10	333.13	14.39	4.85	0.00	700.14	29.75	23.04
Turkey & Cheddar Submarine Sandwich - SR2139 (1 sandwich)	25	303.19	11.31	3.78	0.00	558.62	30.25	22.79
Ham & Cheddar Submarine Sandwich - SR2140 (1 sandwich)	15	304.94	12.02	3.81	0.00	679.12	29.00	20.51
Chicken Caesar Wrap - SR1530 (1 wrap)	10	424.73	21.94	4.73	0.00	587.71	32.34	25.42
Twisted Breadstick - SR2142 (1 breadstick)	15	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY 19-20 Fast - Northeast Asia - Week 1 (tier I) 100% whole grain - ServingDate: 01/15/2020								
Classic Hummus Box - SR2143 (1 Box)	5	521.69	25.25	4.22	0.00	897.03	63.21	14.23

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SY 19-20 Fast - Northeast Asia - Week 1 (tier I) 100% whole grain - ServingDate: 01/15/2020								
Chef Salad - SR2436 (1 salad)	10	231.21	12.59	4.97	0.00	447.65	8.78	21.00
Sesame Chicken Salad, mixed greens, diced chicken, mozzarella, pineapple roasted vegetables - SR2315 (1 salad)	5	203.13	5.70	2.35	0.00	407.53	16.37	23.34
Sesame Chicken Sub, Richs whole grain - SR2309 (1 sandwich)	5	331.81	9.29	2.40	0.00	674.71	37.36	27.21
Italian Sub - SR2141 (1 sandwich)	10	333.13	14.39	4.85	0.00	700.14	29.75	23.04
Turkey & Cheddar Submarine Sandwich - SR2139 (1 sandwich)	25	303.19	11.31	3.78	0.00	558.62	30.25	22.79
Ham & Cheddar Submarine Sandwich - SR2140 (1 sandwich)	15	304.94	12.02	3.81	0.00	679.12	29.00	20.51
Chicken Caesar Wrap - SR1530 (1 wrap)	10	424.73	21.94	4.73	0.00	587.71	32.34	25.42
Twisted Breadstick - SR2142 (1 breadstick)	15	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY 19-20 Fast - Northeast Asia - Week 1 (tier I) 100% whole grain - ServingDate: 01/16/2020								
Classic Hummus Box - SR2143 (1 Box)	5	521.69	25.25	4.22	0.00	897.03	63.21	14.23
Chef Salad - SR2436 (1 salad)	10	231.21	12.59	4.97	0.00	447.65	8.78	21.00
Sesame Chicken Salad, mixed greens, diced chicken, mozzarella, pineapple roasted vegetables - SR2315 (1 salad)	5	203.13	5.70	2.35	0.00	407.53	16.37	23.34
Sesame Chicken Sub, Richs whole grain - SR2309 (1 sandwich)	5	331.81	9.29	2.40	0.00	674.71	37.36	27.21

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SY 19-20 Fast - Northeast Asia - Week 1 (tier I) 100% whole grain - ServingDate: 01/16/2020								
Italian Sub - SR2141 (1 sandwich)	10	333.13	14.39	4.85	0.00	700.14	29.75	23.04
Turkey & Cheddar Submarine Sandwich - SR2139 (1 sandwich)	25	303.19	11.31	3.78	0.00	558.62	30.25	22.79
Ham & Cheddar Submarine Sandwich - SR2140 (1 sandwich)	15	304.94	12.02	3.81	0.00	679.12	29.00	20.51
Chicken Caesar Wrap - SR1530 (1 wrap)	10	424.73	21.94	4.73	0.00	587.71	32.34	25.42
Twisted Breadstick - SR2142 (1 breadstick)	15	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY 19-20 Fast - Northeast Asia - Week 1 (tier I) 100% whole grain - ServingDate: 01/17/2020								
Classic Hummus Box - SR2143 (1 Box)	5	521.69	25.25	4.22	0.00	897.03	63.21	14.23
Chef Salad - SR2436 (1 salad)	10	231.21	12.59	4.97	0.00	447.65	8.78	21.00
Sesame Chicken Salad, mixed greens, diced chicken, mozzarella, pineapple roasted vegetables - SR2315 (1 salad)	5	203.13	5.70	2.35	0.00	407.53	16.37	23.34
Sesame Chicken Sub, Ricks whole grain - SR2309 (1 sandwich)	5	331.81	9.29	2.40	0.00	674.71	37.36	27.21
Italian Sub - SR2141 (1 sandwich)	10	333.13	14.39	4.85	0.00	700.14	29.75	23.04
Turkey & Cheddar Submarine Sandwich - SR2139 (1 sandwich)	25	303.19	11.31	3.78	0.00	558.62	30.25	22.79
Ham & Cheddar Submarine Sandwich - SR2140 (1 sandwich)	15	304.94	12.02	3.81	0.00	679.12	29.00	20.51
Chicken Caesar Wrap - SR1530 (1 wrap)	10	424.73	21.94	4.73	0.00	587.71	32.34	25.42

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SY 19-20 Fast - Northeast Asia - Week 1 (tier I) 100% whole grain - ServingDate: 01/17/2020								
Twisted Breadstick - SR2142 (1 breadstick)	15	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY 19-20 Fast - Northeast Asia - Week 2 (tier I) 100% whole grain - ServingDate: 01/21/2020								
Classic Hummus Box - SR2143 (1 Box)	5	521.69	25.25	4.22	0.00	897.03	63.21	14.23
Korean BBQ Chicken Salad, mixed greens, diced chicken, mozzarella - SR2322 (1 salad)	5	248.10	8.36	2.91	0.00	705.93	19.49	24.63
Korean BBQ Chicken Sub, Richs WG - SR2321 (1 sandwich)	5	358.83	11.11	2.88	0.00	952.73	38.52	28.08
Chef Salad - SR2436 (1 salad)	10	231.21	12.59	4.97	0.00	447.65	8.78	21.00
Italian Sub - SR2141 (1 sandwich)	10	333.13	14.39	4.85	0.00	700.14	29.75	23.04
Turkey & Cheddar Submarine Sandwich - SR2139 (1 sandwich)	25	303.19	11.31	3.78	0.00	558.62	30.25	22.79
Ham & Cheddar Submarine Sandwich - SR2140 (1 sandwich)	15	304.94	12.02	3.81	0.00	679.12	29.00	20.51
Chicken Caesar Wrap - SR1530 (1 wrap)	10	424.73	21.94	4.73	0.00	587.71	32.34	25.42
Twisted Breadstick - SR2142 (1 breadstick)	15	172.73	3.27	0.09	0.00	190.34	28.41	6.09
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 Fast - Northeast Asia - Week 2 (tier I) 100% whole grain - ServingDate: 01/22/2020								
Classic Hummus Box - SR2143 (1 Box)	5	521.69	25.25	4.22	0.00	897.03	63.21	14.23
Korean BBQ Chicken Salad, mixed greens, diced chicken, mozzarella - SR2322 (1 salad)	5	248.10	8.36	2.91	0.00	705.93	19.49	24.63
Korean BBQ Chicken Sub, Richs WG - SR2321 (1 sandwich)	5	358.83	11.11	2.88	0.00	952.73	38.52	28.08
Chef Salad - SR2436 (1 salad)	10	231.21	12.59	4.97	0.00	447.65	8.78	21.00
Italian Sub - SR2141 (1 sandwich)	10	333.13	14.39	4.85	0.00	700.14	29.75	23.04
Turkey & Cheddar Submarine Sandwich - SR2139 (1 sandwich)	25	303.19	11.31	3.78	0.00	558.62	30.25	22.79
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Twisted Breadstick - SR2142 (1 breadstick)	15	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY 19-20 Fast - Northeast Asia - Week 2 (tier I) 100% whole grain - ServingDate: 01/23/2020								
Classic Hummus Box - SR2143 (1 Box)	5	521.69	25.25	4.22	0.00	897.03	63.21	14.23
Korean BBQ Chicken Salad, mixed greens, diced chicken, mozzarella - SR2322 (1 salad)	5	248.10	8.36	2.91	0.00	705.93	19.49	24.63
Korean BBQ Chicken Sub, Richs WG - SR2321 (1 sandwich)	5	358.83	11.11	2.88	0.00	952.73	38.52	28.08

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Chef Salad - SR2436 (1 salad)	10	231.21	12.59	4.97	0.00	447.65	8.78	21.00
Italian Sub - SR2141 (1 sandwich)	10	333.13	14.39	4.85	0.00	700.14	29.75	23.04
Turkey & Cheddar Submarine Sandwich - SR2139 (1 sandwich)	25	303.19	11.31	3.78	0.00	558.62	30.25	22.79
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Twisted Breadstick - SR2142 (1 breadstick)	15	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY 19-20 Fast - Northeast Asia - Week 2 (tier I) 100% whole grain - ServingDate: 01/24/2020								
Classic Hummus Box - SR2143 (1 Box)	5	521.69	25.25	4.22	0.00	897.03	63.21	14.23
Korean BBQ Chicken Salad, mixed greens, diced chicken, mozzarella - SR2322 (1 salad)	5	248.10	8.36	2.91	0.00	705.93	19.49	24.63
Korean BBQ Chicken Sub, Richs WG - SR2321 (1 sandwich)	5	358.83	11.11	2.88	0.00	952.73	38.52	28.08
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Turkey & Cheddar Submarine Sandwich - SR2139 (1 sandwich)	25	303.19	11.31	3.78	0.00	558.62	30.25	22.79
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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 Fast - Northeast Asia - Week 2 (tier I) 100% whole grain - ServingDate: 01/24/2020								
Chicken Caesar Wrap - SR1530 (1 wrap)	10	424.73	21.94	4.73	0.00	587.71	32.34	25.42
Twisted Breadstick - SR2142 (1 breadstick)	15	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY 19-20 Fast - Northeast Asia - Week 3 (tier I) 100% whole grain - ServingDate: 01/27/2020								
Classic Hummus Box - SR2143 (1 Box)	5	521.69	25.25	4.22	0.00	897.03	63.21	14.23
Chef Salad - SR2436 (1 salad)	10	231.21	12.59	4.97	0.00	447.65	8.78	21.00
Italian Sub - SR2141 (1 sandwich)	10	333.13	14.39	4.85	0.00	700.14	29.75	23.04
Turkey & Cheddar Submarine Sandwich - SR2139 (1 sandwich)	25	303.19	11.31	3.78	0.00	558.62	30.25	22.79
Ham & Cheddar Submarine Sandwich - SR2140 (1 sandwich)	15	304.94	12.02	3.81	0.00	679.12	29.00	20.51
Teriyaki Chicken Salad - SR1883 (1 salad)	5	207.87	5.24	1.55	0.00	776.76	20.55	19.03
Teriyaki Chicken Submarine Sandwich, WG - SR1882 (1 sandwich)	5	342.83	8.19	1.54	0.00	1041.75	44.69	23.19
Chicken Caesar Wrap - SR1530 (1 wrap)	10	424.73	21.94	4.73	0.00	587.71	32.34	25.42
Twisted Breadstick - SR2142 (1 breadstick)	15	172.73	3.27	0.09	0.00	190.34	28.41	6.09
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 Fast - Northeast Asia - Week 3 (tier I) 100% whole grain - ServingDate: 01/28/2020								
Classic Hummus Box - SR2143 (1 Box)	5	521.69	25.25	4.22	0.00	897.03	63.21	14.23
Chef Salad - SR2436 (1 salad)	10	231.21	12.59	4.97	0.00	447.65	8.78	21.00
Italian Sub - SR2141 (1 sandwich)	10	333.13	14.39	4.85	0.00	700.14	29.75	23.04
Turkey & Cheddar Submarine Sandwich - SR2139 (1 sandwich)	25	303.19	11.31	3.78	0.00	558.62	30.25	22.79
Ham & Cheddar Submarine Sandwich - SR2140 (1 sandwich)	15	304.94	12.02	3.81	0.00	679.12	29.00	20.51
Teriyaki Chicken Salad - SR1883 (1 salad)	5	207.87	5.24	1.55	0.00	776.76	20.55	19.03
Teriyaki Chicken Submarine Sandwich, WG - SR1882 (1 sandwich)	5	342.83	8.19	1.54	0.00	1041.75	44.69	23.19
Chicken Caesar Wrap - SR1530 (1 wrap)	10	424.73	21.94	4.73	0.00	587.71	32.34	25.42
Twisted Breadstick - SR2142 (1 breadstick)	15	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY 19-20 Fast - Northeast Asia - Week 3 (tier I) 100% whole grain - ServingDate: 01/29/2020								
Classic Hummus Box - SR2143 (1 Box)	5	521.69	25.25	4.22	0.00	897.03	63.21	14.23
Chef Salad - SR2436 (1 salad)	10	231.21	12.59	4.97	0.00	447.65	8.78	21.00
Italian Sub - SR2141 (1 sandwich)	10	333.13	14.39	4.85	0.00	700.14	29.75	23.04
Turkey & Cheddar Submarine Sandwich - SR2139 (1 sandwich)	25	303.19	11.31	3.78	0.00	558.62	30.25	22.79
Ham & Cheddar Submarine Sandwich - SR2140 (1 sandwich)	15	304.94	12.02	3.81	0.00	679.12	29.00	20.51

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 Fast - Northeast Asia - Week 3 (tier I) 100% whole grain - ServingDate: 01/29/2020								
Teriyaki Chicken Salad - SR1883 (1 salad)	5	207.87	5.24	1.55	0.00	776.76	20.55	19.03
Teriyaki Chicken Submarine Sandwich, WG - SR1882 (1 sandwich)	5	342.83	8.19	1.54	0.00	1041.75	44.69	23.19
Chicken Caesar Wrap - SR1530 (1 wrap)	10	424.73	21.94	4.73	0.00	587.71	32.34	25.42
Twisted Breadstick - SR2142 (1 breadstick)	15	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY 19-20 Fast - Northeast Asia - Week 3 (tier I) 100% whole grain - ServingDate: 01/30/2020								
Classic Hummus Box - SR2143 (1 Box)	5	521.69	25.25	4.22	0.00	897.03	63.21	14.23
Chef Salad - SR2436 (1 salad)	10	231.21	12.59	4.97	0.00	447.65	8.78	21.00
Italian Sub - SR2141 (1 sandwich)	10	333.13	14.39	4.85	0.00	700.14	29.75	23.04
Turkey & Cheddar Submarine Sandwich - SR2139 (1 sandwich)	25	303.19	11.31	3.78	0.00	558.62	30.25	22.79
Ham & Cheddar Submarine Sandwich - SR2140 (1 sandwich)	15	304.94	12.02	3.81	0.00	679.12	29.00	20.51
Teriyaki Chicken Salad - SR1883 (1 salad)	5	207.87	5.24	1.55	0.00	776.76	20.55	19.03
Teriyaki Chicken Submarine Sandwich, WG - SR1882 (1 sandwich)	5	342.83	8.19	1.54	0.00	1041.75	44.69	23.19
Chicken Caesar Wrap - SR1530 (1 wrap)	10	424.73	21.94	4.73	0.00	587.71	32.34	25.42
Twisted Breadstick - SR2142 (1 breadstick)	15	172.73	3.27	0.09	0.00	190.34	28.41	6.09
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 Fast - Northeast Asia - Week 3 (tier I) 100% whole grain - ServingDate: 01/31/2020								
Classic Hummus Box - SR2143 (1 Box)	5	521.69	25.25	4.22	0.00	897.03	63.21	14.23
Chef Salad - SR2436 (1 salad)	10	231.21	12.59	4.97	0.00	447.65	8.78	21.00
Italian Sub - SR2141 (1 sandwich)	10	333.13	14.39	4.85	0.00	700.14	29.75	23.04
Turkey & Cheddar Submarine Sandwich - SR2139 (1 sandwich)	25	303.19	11.31	3.78	0.00	558.62	30.25	22.79
Ham & Cheddar Submarine Sandwich - SR2140 (1 sandwich)	15	304.94	12.02	3.81	0.00	679.12	29.00	20.51
Teriyaki Chicken Salad - SR1883 (1 salad)	5	207.87	5.24	1.55	0.00	776.76	20.55	19.03
Teriyaki Chicken Submarine Sandwich, WG - SR1882 (1 sandwich)	5	342.83	8.19	1.54	0.00	1041.75	44.69	23.19
Chicken Caesar Wrap - SR1530 (1 wrap)	10	424.73	21.94	4.73	0.00	587.71	32.34	25.42
Twisted Breadstick - SR2142 (1 breadstick)	15	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)

Legend

(M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch

Site Group: Taste4

Menu Line: T4-Fast (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.