

## 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)
<b>SY 19-20 Chopsticks - Monday (tier I) 21% whole grain - ServingDate: 01/06/2020</b>								
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 Sesame Carrots - SR1787 (1/2 c.)	30	130.70	9.59	1.30	0.00	357.51	10.85	1.32
Roasted Broccoli - SR1852 (1/2 c.)	60	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)
<b>SY 19-20 Chopsticks - Tuesday (tier I) 21% whole grain - ServingDate: 01/07/2020</b>								
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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<b>SY 19-20 Chopsticks - Tuesday (tier I) 21% whole grain - ServingDate: 01/07/2020</b>								
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)
<b>SY 19-20 Chopsticks - Wednesday (tier I) 21% whole grain - ServingDate: 01/08/2020</b>								
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)
<b>SY 19-20 Chopsticks - Wednesday (tier I) 21% whole grain - ServingDate: 01/08/2020</b>								
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)
<b>SY 19-20 Chopsticks - Thursday (tier I) 21% whole grain - ServingDate: 01/09/2020</b>								
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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Site: Guthrie High School  
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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 Chopsticks - Friday (tier I) 21% whole grain - ServingDate: 01/10/2020</b>								
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)
<b>SY 19-20 Fiesta M/W/F (tier I) 78% whole grain - ServingDate: 01/13/2020</b>								
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)
<b>SY 19-20 Fiesta M/W/F (tier I) 78% whole grain - ServingDate: 01/13/2020</b>								
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
<b>SY 19-20 Fiesta T/Th (tier I) 78% whole grain - ServingDate: 01/14/2020</b>								
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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<b>SY 19-20 Fiesta T/Th (tier I) 78% whole grain - ServingDate: 01/14/2020</b>								
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
<b>SY 19-20 Fiesta M/W/F (tier I) 78% whole grain - ServingDate: 01/15/2020</b>								
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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<b>SY 19-20 Fiesta M/W/F (tier I) 78% whole grain - ServingDate: 01/15/2020</b>								
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
<b>SY 19-20 Fiesta T/Th (tier I) 78% whole grain - ServingDate: 01/16/2020</b>								
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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<b>SY 19-20 Fiesta T/Th (tier I) 78% whole grain - ServingDate: 01/16/2020</b>								
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
<b>SY 19-20 Fiesta M/W/F (tier I) 78% whole grain - ServingDate: 01/17/2020</b>								
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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<b>SY 19-20 Fiesta M/W/F (tier I) 78% whole grain - ServingDate: 01/17/2020</b>								
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
<b>SY 19-20 - Rockin Ramen (tier I) 0% whole grain - ServingDate: 01/21/2020</b>								
Asian Meatballs - SR1856 (3 Meatballs)	60	170.16	8.53	3.65	0.00	307.89	15.75	9.14
Fajita Chicken - SR1524 (1/3 c.)	120	60.75	2.53	0.76	0.00	293.62	0.51	8.10
Hard Boiled Eggs - SR1837 (1/2 egg)	20	38.75	2.65	0.82	0.00	31.00	0.28	3.15
Spaghetti Noodles - SR2107 (1 c.)	100	263.63	3.35	0.15	0.00	374.46	51.54	8.59

## 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)
<b>SY 19-20 - Rockin Ramen (tier I) 0% whole grain - ServingDate: 01/21/2020</b>								
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.)	50	61.60	3.90	0.87	0.00(M)	1035.93	5.03	1.78
Broth- Pho, Vegetable - SR2211 (1 c.)	50	45.58	1.60	0.23	0.00(M)	61.79	6.88	1.87
O - Cabbage, green, shredded, ready-to-serve - SR2425 (2 tbsp.)	20	2.10	0.01	0.00	0.00	1.51	0.49	0.11
Sliced Mushrooms - SR2424 (2 tbsp.)	20	10.22	0.16	0.02	0.00	2.32	1.51	1.44
Green Onion - SR1946 (2 tbsp.)	20	4.02	0.02	0.00	0.00	2.01	0.92	0.23
Matchstick Carrots - SR1435 (2 tbsp.)	20	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Chilled Corn - SR1033 (2 tbsp.)	20	17.22	0.14	0.02	0.00	0.21	4.10	0.54
<b>SY 19-20 - Rockin Ramen (tier I) 0% whole grain - ServingDate: 01/22/2020</b>								
Asian Meatballs - SR1856 (3 Meatballs)	60	170.16	8.53	3.65	0.00	307.89	15.75	9.14
Fajita Chicken - SR1524 (1/3 c.)	120	60.75	2.53	0.76	0.00	293.62	0.51	8.10
Hard Boiled Eggs - SR1837 (1/2 egg)	20	38.75	2.65	0.82	0.00	31.00	0.28	3.15
Spaghetti Noodles - SR2107 (1 c.)	100	263.63	3.35	0.15	0.00	374.46	51.54	8.59
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.)	50	61.60	3.90	0.87	0.00(M)	1035.93	5.03	1.78
Broth- Pho, Vegetable - SR2211 (1 c.)	50	45.58	1.60	0.23	0.00(M)	61.79	6.88	1.87
O - Cabbage, green, shredded, ready-to-serve - SR2425 (2 tbsp.)	20	2.10	0.01	0.00	0.00	1.51	0.49	0.11

## 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)
<b>SY 19-20 - Rockin Ramen (tier I) 0% whole grain - ServingDate: 01/22/2020</b>								
Sliced Mushrooms - SR2424 (2 tbsp.)	20	10.22	0.16	0.02	0.00	2.32	1.51	1.44
Green Onion - SR1946 (2 tbsp.)	20	4.02	0.02	0.00	0.00	2.01	0.92	0.23
Matchstick Carrots - SR1435 (2 tbsp.)	20	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Chilled Corn - SR1033 (2 tbsp.)	20	17.22	0.14	0.02	0.00	0.21	4.10	0.54
<b>SY 19-20 - Rockin Ramen (tier I) 0% whole grain - ServingDate: 01/23/2020</b>								
Asian Meatballs - SR1856 (3 Meatballs)	60	170.16	8.53	3.65	0.00	307.89	15.75	9.14
Fajita Chicken - SR1524 (1/3 c.)	120	60.75	2.53	0.76	0.00	293.62	0.51	8.10
Hard Boiled Eggs - SR1837 (1/2 egg)	20	38.75	2.65	0.82	0.00	31.00	0.28	3.15
Spaghetti Noodles - SR2107 (1 c.)	100	263.63	3.35	0.15	0.00	374.46	51.54	8.59
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.)	50	61.60	3.90	0.87	0.00(M)	1035.93	5.03	1.78
Broth- Pho, Vegetable - SR2211 (1 c.)	50	45.58	1.60	0.23	0.00(M)	61.79	6.88	1.87
O - Cabbage, green, shredded, ready-to-serve - SR2425 (2 tbsp.)	20	2.10	0.01	0.00	0.00	1.51	0.49	0.11
Sliced Mushrooms - SR2424 (2 tbsp.)	20	10.22	0.16	0.02	0.00	2.32	1.51	1.44
Green Onion - SR1946 (2 tbsp.)	20	4.02	0.02	0.00	0.00	2.01	0.92	0.23
Matchstick Carrots - SR1435 (2 tbsp.)	20	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Chilled Corn - SR1033 (2 tbsp.)	20	17.22	0.14	0.02	0.00	0.21	4.10	0.54

## 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)
<b>SY 19-20 - Rockin Ramen (tier I) 0% whole grain - ServingDate: 01/24/2020</b>								
Asian Meatballs - SR1856 (3 Meatballs)	60	170.16	8.53	3.65	0.00	307.89	15.75	9.14
Fajita Chicken - SR1524 (1/3 c.)	120	60.75	2.53	0.76	0.00	293.62	0.51	8.10
Hard Boiled Eggs - SR1837 (1/2 egg)	20	38.75	2.65	0.82	0.00	31.00	0.28	3.15
Spaghetti Noodles - SR2107 (1 c.)	100	263.63	3.35	0.15	0.00	374.46	51.54	8.59
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.)	50	61.60	3.90	0.87	0.00(M)	1035.93	5.03	1.78
Broth- Pho, Vegetable - SR2211 (1 c.)	50	45.58	1.60	0.23	0.00(M)	61.79	6.88	1.87
O - Cabbage, green, shredded, ready-to-serve - SR2425 (2 tbsp.)	20	2.10	0.01	0.00	0.00	1.51	0.49	0.11
Sliced Mushrooms - SR2424 (2 tbsp.)	20	10.22	0.16	0.02	0.00	2.32	1.51	1.44
Green Onion - SR1946 (2 tbsp.)	20	4.02	0.02	0.00	0.00	2.01	0.92	0.23
Matchstick Carrots - SR1435 (2 tbsp.)	20	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Chilled Corn - SR1033 (2 tbsp.)	20	17.22	0.14	0.02	0.00	0.21	4.10	0.54
<b>SY 19-20 Fiesta M/W/F (tier I) 78% whole grain - ServingDate: 01/27/2020</b>								
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

## 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)
<b>SY 19-20 Fiesta M/W/F (tier I) 78% whole grain - ServingDate: 01/27/2020</b>								
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
<b>SY 19-20 Fiesta T/Th (tier I) 78% whole grain - ServingDate: 01/28/2020</b>								
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

## 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)
<b>SY 19-20 Fiesta T/Th (tier I) 78% whole grain - ServingDate: 01/28/2020</b>								
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
<b>SY 19-20 Fiesta M/W/F (tier I) 78% whole grain - ServingDate: 01/29/2020</b>								
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

## 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)
<b>SY 19-20 Fiesta M/W/F (tier I) 78% whole grain - ServingDate: 01/29/2020</b>								
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
<b>SY 19-20 Fiesta T/Th (tier I) 78% whole grain - ServingDate: 01/30/2020</b>								
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

## 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)
<b>SY 19-20 Fiesta T/Th (tier I) 78% whole grain - ServingDate: 01/30/2020</b>								
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
<b>SY 19-20 Fiesta M/W/F (tier I) 78% whole grain - ServingDate: 01/31/2020</b>								
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

## 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)
<b>SY 19-20 Fiesta M/W/F (tier I) 78% whole grain - ServingDate: 01/31/2020</b>								
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

**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.