

Menu Calendar Nutrient Analysis Report - December, 2022

Site: Guthrie High School
Date: 12/01/2022 - 12/31/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
22-23 PopUp Brand-Twirls :38624 - ServingDate: 12/01/2022								
Twirls- Penne Pasta Bowl - SR3346 (1 bowl)	70	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Twirls- Spaghetti Pasta Bowl, Built-to Order - SR3347 (1 bowl)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fajita Chicken - SR2529 (2/3 c.)	35	123.52	4.05	2.02	0.00	613.57	2.02	18.23
Chicken Meatballs - SR3065 (5 Meatballs)	60	176.64	10.93	3.37	0.00	201.88	5.89	14.30
Roasted Tuscan Vegetables - SR1442 (2 #8 scoop)	5	110.67	0.21	0.04	0.00	227.19	20.99	5.99
Garlic Knot Breadstick - SR1255 (1 roll.)	25	110.63	4.05	0.22	0.00	95.85	15.02	3.23
Penne Pasta - SR2108 (1/2 c.)	70	131.82	1.67	0.08	0.00	187.20	25.77	4.29
Spaghetti Noodles - SR2107 (1/2 c.)	30	131.82	1.67	0.08	0.00	187.20	25.77	4.29
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	30	65.49	4.49	0.33	0.00	72.07	5.40	3.00
Alfredo Cheese Sauce - SR2217 (1/4 c.)	60	100.55	6.56	3.61	0.00	415.29	4.37	6.56
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	25	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Red Pepper Flakes - SR1554 (1/4 tsp.)	5	1.43	0.08	0.01	0.00	0.14	0.25	0.05
Spaghetti Sauce - SR2220 (1/4 c.)	40	32.36	0.25	0.03	0.00	129.82	6.67	1.04
22-23 Friday Favorites Mini PopUp Brand - Steak Fingers :38624 - ServingDate: 12/02/2022								
Chicken Fried Steak Sandwich - OKR1612 (1 sandwich)	25	464.90	20.29	4.57	0.00	595.22	50.31	21.25
Steak Fingers - OKR1223 (4 ea.)	75	320.00	20.00	5.00	0.00	330.00	19.00	16.00

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22-23 Friday Favorites Mini PopUp Brand - Steak Fingers :38624 - ServingDate: 12/02/2022								
Dinner Roll - SR1010 (1 roll.)	75	80.00	1.50	0.00	0.00	65.00	14.00	3.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	30	65.49	4.49	0.33	0.00	72.07	5.40	3.00
Whipped Potatoes - SR1112 (1/2 c.)	75	79.98	1.50	1.00	0.00	102.62	15.00	2.00
Old Fashioned Country Biscuit Gravy - OKR1552 (1/4 c.)	60	42.52	2.43	1.22	0.00	147.42	4.86	0.00
22-23 PopUp Brand-Tater Temptations 1 Day :38625 - ServingDate: 12/05/2022								
Tater Temptation- Broccoli & Cheese (Menu Item & Assembly) - SR3339 (1 potato)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation- Old School - SR3341 (1 potato)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation- Southwest Taco (Menu Item & Assembly) - SR3340 (1 potato)	39	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation- Turkey & Gravy - SR3343 (1 potato)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation- Veggie Chili & Cheese - SR3342 (1 potato)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.)	40	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Rainbow Chili - SR1922 (1 c.)	20	186.09	1.27	0.05	0.00	412.66	36.24	9.41
Beef Taco Filling - SR1528 (3 tbsp.)	39	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Turkey Gravy - SR1022 (3/8 c.)	10	127.75	4.26	0.91	0.00	717.15	4.32	16.35

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22-23 PopUp Brand-Tater Temptations 1 Day :38625 - ServingDate: 12/05/2022								
Shredded Yellow Cheddar Cheese - SR3010 (1 oz.)	60	90.00	6.00	4.00	0.00	210.00	1.00	7.00
Dinner Roll - SR1009 (1 roll.)	100	160.00	3.00	0.00	0.00	135.00	29.00	7.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Baked Potato - SR1562 (1 potato)	15	172.26	4.66	0.36	0.00	19.32	29.59	3.63
Whipped Potatoes - SR1112 (1/2 c.)	10	79.98	1.50	1.00	0.00	102.62	15.00	2.00
Tater Tots - SR1450 (3/4 c.)	75	166.06	9.06	1.51	0.00	467.98	21.13	1.51
Bacon Crumble - SR1799 (1 tbsp.)	1	35.05	3.00	1.00	0.00	115.18	0.00	2.00
Steamed Broccoli - SR1028 (1/2 c.)	15	26.46	0.11	0.02	0.00	11.13	5.06	2.93
Green Onion - SR1946 (1 tbsp.)	5	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Sour Cream - SR1659 (2 tbsp.)	10	60.00	5.00	3.50	0.00	15.00	1.00	1.00
22-23 PopUp Brand-Tater Temptations 1 Day :38625 - ServingDate: 12/06/2022								
Tater Temptation-Broccoli & Cheese (Menu Item & Assembly) - SR3339 (1 potato)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation- Old School - SR3341 (1 potato)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation-Southwest Taco (Menu Item & Assembly) - SR3340 (1 potato)	39	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation-Turkey & Gravy - SR3343 (1 potato)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation-Veggie Chili & Cheese - SR3342 (1 potato)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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22-23 PopUp Brand-Tater Temptations 1 Day :38625 - ServingDate: 12/06/2022								
Cheddar Cheese Sauce - SR1293 (1/4 c.)	40	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Rainbow Chili - SR1922 (1 c.)	20	186.09	1.27	0.05	0.00	412.66	36.24	9.41
Beef Taco Filling - SR1528 (3 tbsp.)	39	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Turkey Gravy - SR1022 (3/8 c.)	10	127.75	4.26	0.91	0.00	717.15	4.32	16.35
Shredded Yellow Cheddar Cheese - SR3010 (1 oz.)	60	90.00	6.00	4.00	0.00	210.00	1.00	7.00
Dinner Roll - SR1009 (1 roll.)	100	160.00	3.00	0.00	0.00	135.00	29.00	7.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Baked Potato - SR1562 (1 potato)	15	172.26	4.66	0.36	0.00	19.32	29.59	3.63
Whipped Potatoes - SR1112 (1/2 c.)	10	79.98	1.50	1.00	0.00	102.62	15.00	2.00
Tater Tots - SR1450 (3/4 c.)	75	166.06	9.06	1.51	0.00	467.98	21.13	1.51
Bacon Crumble - SR1799 (1 tbsp.)	1	35.05	3.00	1.00	0.00	115.18	0.00	2.00
Steamed Broccoli - SR1028 (1/2 c.)	15	26.46	0.11	0.02	0.00	11.13	5.06	2.93
Green Onion - SR1946 (1 tbsp.)	5	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Sour Cream - SR1659 (2 tbsp.)	10	60.00	5.00	3.50	0.00	15.00	1.00	1.00
22-23 PopUp Brand-Tater Temptations 1 Day :38625 - ServingDate: 12/07/2022								
Tater Temptation- Broccoli & Cheese (Menu Item & Assembly) - SR3339 (1 potato)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation- Old School - SR3341 (1 potato)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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22-23 PopUp Brand-Tater Temptations 1 Day :38625 - ServingDate: 12/07/2022								
Tater Temptation-Southwest Taco (Menu Item & Assembly) - SR3340 (1 potato)	39	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation-Turkey & Gravy - SR3343 (1 potato)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation-Veggie Chili & Cheese - SR3342 (1 potato)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.)	40	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Rainbow Chili - SR1922 (1 c.)	20	186.09	1.27	0.05	0.00	412.66	36.24	9.41
Beef Taco Filling - SR1528 (3 tbsp.)	39	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Turkey Gravy - SR1022 (3/8 c.)	10	127.75	4.26	0.91	0.00	717.15	4.32	16.35
Shredded Yellow Cheddar Cheese - SR3010 (1 oz.)	60	90.00	6.00	4.00	0.00	210.00	1.00	7.00
Dinner Roll - SR1009 (1 roll.)	100	160.00	3.00	0.00	0.00	135.00	29.00	7.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Baked Potato - SR1562 (1 potato)	15	172.26	4.66	0.36	0.00	19.32	29.59	3.63
Whipped Potatoes - SR1112 (1/2 c.)	10	79.98	1.50	1.00	0.00	102.62	15.00	2.00
Tater Tots - SR1450 (3/4 c.)	75	166.06	9.06	1.51	0.00	467.98	21.13	1.51
Bacon Crumble - SR1799 (1 tbsp.)	1	35.05	3.00	1.00	0.00	115.18	0.00	2.00
Steamed Broccoli - SR1028 (1/2 c.)	15	26.46	0.11	0.02	0.00	11.13	5.06	2.93
Green Onion - SR1946 (1 tbsp.)	5	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Sour Cream - SR1659 (2 tbsp.)	10	60.00	5.00	3.50	0.00	15.00	1.00	1.00

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22-23 PopUp Brand-Tater Temptations 1 Day :38625 - ServingDate: 12/08/2022								
Tater Temptation- Broccoli & Cheese (Menu Item & Assembly) - SR3339 (1 potato)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation- Old School - SR3341 (1 potato)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation- Southwest Taco (Menu Item & Assembly) - SR3340 (1 potato)	39	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation- Turkey & Gravy - SR3343 (1 potato)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation- Veggie Chili & Cheese - SR3342 (1 potato)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.)	40	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Rainbow Chili - SR1922 (1 c.)	20	186.09	1.27	0.05	0.00	412.66	36.24	9.41
Beef Taco Filling - SR1528 (3 tbsp.)	39	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Turkey Gravy - SR1022 (3/8 c.)	10	127.75	4.26	0.91	0.00	717.15	4.32	16.35
Shredded Yellow Cheddar Cheese - SR3010 (1 oz.)	60	90.00	6.00	4.00	0.00	210.00	1.00	7.00
Dinner Roll - SR1009 (1 roll.)	100	160.00	3.00	0.00	0.00	135.00	29.00	7.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Baked Potato - SR1562 (1 potato)	15	172.26	4.66	0.36	0.00	19.32	29.59	3.63
Whipped Potatoes - SR1112 (1/2 c.)	10	79.98	1.50	1.00	0.00	102.62	15.00	2.00
Tater Tots - SR1450 (3/4 c.)	75	166.06	9.06	1.51	0.00	467.98	21.13	1.51
Bacon Crumble - SR1799 (1 tbsp.)	1	35.05	3.00	1.00	0.00	115.18	0.00	2.00
Steamed Broccoli - SR1028 (1/2 c.)	15	26.46	0.11	0.02	0.00	11.13	5.06	2.93

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22-23 PopUp Brand-Tater Temptations 1 Day :38625 - ServingDate: 12/08/2022								
Green Onion - SR1946 (1 tbsp.)	5	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Sour Cream - SR1659 (2 tbsp.)	10	60.00	5.00	3.50	0.00	15.00	1.00	1.00
22-23 PopUp Brand-Tater Tot Casserole - ServingDate: 12/09/2022								
Tater Tot Casserole - OKR1621 (1 serving)	100	290.63	17.27	6.11	0.00	1003.19	20.29	14.15
Dinner Roll - SR1009 (1 roll.)	100	160.00	3.00	0.00	0.00	135.00	29.00	7.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Green Beans - SR1021 (1/2 c.)	80	22.18	0.13	0.04	0.00	43.10	5.11	1.18
22-23 PopUp Brand-Chopsticks 1 Day :40543 - ServingDate: 12/12/2022								
Chopsticks- Fried Rice Bowl - SR3338 (1 bowl)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chopsticks- Noodle Bowl - SR3336 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chopsticks- Rice Bowl - SR3337 (1 bowl)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Chick'n Nugget - SR2451 (5 nuggets)	1	228.22	8.88	1.27	0.00	380.36	24.09	17.75
Fajita Chicken - SR2529 (2/3 c.)	15	123.52	4.05	2.02	0.00	613.57	2.02	18.23
Popcorn Chicken - SR1413 (12 piece)	65	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Teriyaki Beef Dippers - SR1714 (4 piece)	20	152.65	9.16	4.07	0.51	417.25	7.12	12.21
Oven Fried Rice - SR1382 (2/3 c.)	60	150.72	1.32	0.23	0.00	313.95	30.65	5.05
Vegetable Lo Mein - SR1770 (2/3 c.)	25	141.56	1.58	0.22	0.00	533.50	30.28	4.39

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22-23 PopUp Brand- Chopsticks 1 Day :40543 - ServingDate: 12/12/2022								
Steamed Brown Rice - SR1098 (1/2 c.)	15	117.19	0.69	0.00	0.00	2.02	25.51	2.76
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Sesame Carrots - SR1787 (1/2 c.)	40	130.71	9.59	1.30	0.04	357.54	10.85	1.32
Roasted Broccoli - SR1852 (1/2 c.)	60	65.49	4.49	0.33	0.00	72.07	5.40	3.00
General Tso Sauce - SR1823 (2 tbsp.)	40	110.93	0.05	0.01	0.00	125.86	28.49	0.05
Sweet and Sour Sauce - SR2022 (2 tbsp.)	45	70.00	0.00	0.00	0.00	75.00	18.00	0.00
Teriyaki Sauce - SR2025 (2 tbsp.)	15	90.00	0.00	0.00	0.00	290.00	22.00	1.00
22-23 PopUp Brand- Chopsticks 1 Day :38626 - ServingDate: 12/13/2022								
Chopsticks- Fried Rice Bowl - SR3338 (1 bowl)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chopsticks- Noodle Bowl - SR3336 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chopsticks- Rice Bowl - SR3337 (1 bowl)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Chick'n Nugget - SR2451 (5 nuggets)	1	228.22	8.88	1.27	0.00	380.36	24.09	17.75
Fajita Chicken - SR2529 (2/3 c.)	15	123.52	4.05	2.02	0.00	613.57	2.02	18.23
Popcorn Chicken - SR1413 (12 piece)	65	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Teriyaki Beef Dippers - SR1714 (4 piece)	20	152.65	9.16	4.07	0.51	417.25	7.12	12.21
Oven Fried Rice - SR1382 (2/3 c.)	60	150.72	1.32	0.23	0.00	313.95	30.65	5.05
Vegetable Lo Mein - SR1770 (2/3 c.)	25	141.56	1.58	0.22	0.00	533.50	30.28	4.39
Steamed Brown Rice - SR1098 (1/2 c.)	15	117.19	0.69	0.00	0.00	2.02	25.51	2.76

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22-23 PopUp Brand- Chopsticks 1 Day :38626 - ServingDate: 12/13/2022								
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Sesame Carrots - SR1787 (1/2 c.)	40	130.71	9.59	1.30	0.04	357.54	10.85	1.32
Roasted Broccoli - SR1852 (1/2 c.)	60	65.49	4.49	0.33	0.00	72.07	5.40	3.00
General Tso Sauce - SR1823 (2 tbsp.)	40	110.93	0.05	0.01	0.00	125.86	28.49	0.05
Sweet and Sour Sauce - SR2022 (2 tbsp.)	45	70.00	0.00	0.00	0.00	75.00	18.00	0.00
Teriyaki Sauce - SR2025 (2 tbsp.)	15	90.00	0.00	0.00	0.00	290.00	22.00	1.00
22-23 PopUp Brand- Chopsticks 1 Day :40543 - ServingDate: 12/14/2022								
Chopsticks- Fried Rice Bowl - SR3338 (1 bowl)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chopsticks- Noodle Bowl - SR3336 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chopsticks- Rice Bowl - SR3337 (1 bowl)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Chick'n Nugget - SR2451 (5 nuggets)	1	228.22	8.88	1.27	0.00	380.36	24.09	17.75
Fajita Chicken - SR2529 (2/3 c.)	15	123.52	4.05	2.02	0.00	613.57	2.02	18.23
Popcorn Chicken - SR1413 (12 piece)	65	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Teriyaki Beef Dippers - SR1714 (4 piece)	20	152.65	9.16	4.07	0.51	417.25	7.12	12.21
Oven Fried Rice - SR1382 (2/3 c.)	60	150.72	1.32	0.23	0.00	313.95	30.65	5.05
Vegetable Lo Mein - SR1770 (2/3 c.)	25	141.56	1.58	0.22	0.00	533.50	30.28	4.39
Steamed Brown Rice - SR1098 (1/2 c.)	15	117.19	0.69	0.00	0.00	2.02	25.51	2.76
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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Site: Guthrie High School
Date: 12/01/2022 - 12/31/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
22-23 PopUp Brand- Chopsticks 1 Day :40543 - ServingDate: 12/14/2022								
Roasted Sesame Carrots - SR1787 (1/2 c.)	40	130.71	9.59	1.30	0.04	357.54	10.85	1.32
Roasted Broccoli - SR1852 (1/2 c.)	60	65.49	4.49	0.33	0.00	72.07	5.40	3.00
General Tso Sauce - SR1823 (2 tbsp.)	40	110.93	0.05	0.01	0.00	125.86	28.49	0.05
Sweet and Sour Sauce - SR2022 (2 tbsp.)	45	70.00	0.00	0.00	0.00	75.00	18.00	0.00
Teriyaki Sauce - SR2025 (2 tbsp.)	15	90.00	0.00	0.00	0.00	290.00	22.00	1.00
22-23 PopUp Brand- Chopsticks 1 Day :40543 - ServingDate: 12/15/2022								
Chopsticks- Fried Rice Bowl - SR3338 (1 bowl)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chopsticks- Noodle Bowl - SR3336 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chopsticks- Rice Bowl - SR3337 (1 bowl)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Chick'n Nugget - SR2451 (5 nuggets)	1	228.22	8.88	1.27	0.00	380.36	24.09	17.75
Fajita Chicken - SR2529 (2/3 c.)	15	123.52	4.05	2.02	0.00	613.57	2.02	18.23
Popcorn Chicken - SR1413 (12 piece)	65	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Teriyaki Beef Dippers - SR1714 (4 piece)	20	152.65	9.16	4.07	0.51	417.25	7.12	12.21
Oven Fried Rice - SR1382 (2/3 c.)	60	150.72	1.32	0.23	0.00	313.95	30.65	5.05
Vegetable Lo Mein - SR1770 (2/3 c.)	25	141.56	1.58	0.22	0.00	533.50	30.28	4.39
Steamed Brown Rice - SR1098 (1/2 c.)	15	117.19	0.69	0.00	0.00	2.02	25.51	2.76
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - December, 2022

Site: Guthrie High School
Date: 12/01/2022 - 12/31/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
22-23 PopUp Brand- Chopsticks 1 Day :40543 - ServingDate: 12/15/2022								
Roasted Sesame Carrots - SR1787 (1/2 c.)	40	130.71	9.59	1.30	0.04	357.54	10.85	1.32
Roasted Broccoli - SR1852 (1/2 c.)	60	65.49	4.49	0.33	0.00	72.07	5.40	3.00
General Tso Sauce - SR1823 (2 tbsp.)	40	110.93	0.05	0.01	0.00	125.86	28.49	0.05
Sweet and Sour Sauce - SR2022 (2 tbsp.)	45	70.00	0.00	0.00	0.00	75.00	18.00	0.00
Teriyaki Sauce - SR2025 (2 tbsp.)	15	90.00	0.00	0.00	0.00	290.00	22.00	1.00
22-23 Friday Favorites Mini PopUp Brand- Popcorn Chicken Bowls :40543 - ServingDate: 12/16/2022								
Popcorn Chicken Potato Bowl - SR2675 (1 bowl)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Popcorn Chicken - SR1413 (12 piece)	100	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Garlic Knot Breadstick - SR1255 (1 roll.)	100	110.63	4.05	0.22	0.00	95.85	15.02	3.23
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	30	65.49	4.49	0.33	0.00	72.07	5.40	3.00
Steamed Corn - SR1034 (1/4 c.)	25	34.44	0.28	0.04	0.00	0.42	8.21	1.08
Whipped Potatoes - SR1112 (1/2 c.)	100	79.98	1.50	1.00	0.00	102.62	15.00	2.00
Old Fashioned Country Biscuit Gravy - OKR1552 (1/4 c.)	50	42.52	2.43	1.22	0.00	147.42	4.86	0.00

Legend

(M) - Missing Nutrient Values

Menu Calendar Nutrient Analysis Report - December, 2022

Site: Guthrie High School
Date: 12/01/2022 - 12/31/2022

Report Selections

Meal Type: Lunch
Site Group: Taste4
Menu Line: T4-Adventure (1)
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.