

## 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)
<b>22-23- Taste4 Extras - Heat Around the World- Day4 :38629 - ServingDate: 12/01/2022</b>								
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	30	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Pears - SR3041 (1/2 c.)	30	57.47	0.00	0.00	0.00	4.79	15.33	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	5	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	5	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	5	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Mex Roasted Sweet Potatoes - SR2277 (1/2 c.)	5	151.16	5.77	0.41	0.00	192.30	24.37	1.64
Garden Side Salad - SR1429 (1 c.)	5	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chilled Corn - SR1033 (1/2 c.)	10	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Jalapeno Olive Relish - SR1850 (2 tbsp.)	5	18.03	1.66	0.04	0.00	177.44	1.22	0.06

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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>22-23- Taste4 Extras - Heat Around the World- Day4 :38629 - ServingDate: 12/01/2022</b>								
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.05	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Chipotle Lime Mayonnaise - SR1294 (1 tbsp.)	5	25.08	1.64	0.18	0.00	53.58	2.35	0.54
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	5	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Chipotle Cinnamon Spice Shaker - SR3410 (1/8 tsp.)	5	0.85	0.01	0.00	0.00	30.04	0.19	0.01
Signature Seasoning Spice Shaker - SR3416 (1/8 tsp.)	5	1.14	0.01	0.00	0.00	0.22	0.26	0.04
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

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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>22-23- Taste4 Extras - Heat Around the World- Day5 :38629 - ServingDate: 12/02/2022</b>								
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	30	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	30	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Fresh Oranges - SR1171 (1 small (2-3)	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Pinto Beans - SR2046 (1/2 c.)	5	100.86	0.00	0.00	0.00	141.21	18.16	6.05
Fresh Broccoli Florets - SR1027 (1/2 c.)	5	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	5	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Celery Sticks - SR1014 (6 stick.)	5	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	5	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Mex Roasted Sweet Potatoes - SR2277 (1/2 c.)	5	151.16	5.77	0.41	0.00	192.30	24.37	1.64
Super Side Salad - SR1979 (1 c.)	5	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Jalapeno Olive Relish - SR1850 (2 tbsp.)	5	18.03	1.66	0.04	0.00	177.44	1.22	0.06

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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>22-23- Taste4 Extras - Heat Around the World- Day5 :38629 - ServingDate: 12/02/2022</b>								
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.05	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Chipotle Lime Mayonnaise - SR1294 (1 tbsp.)	5	25.08	1.64	0.18	0.00	53.58	2.35	0.54
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	5	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Chipotle Cinnamon Spice Shaker - SR3410 (1/8 tsp.)	5	0.85	0.01	0.00	0.00	30.04	0.19	0.01
Signature Seasoning Spice Shaker - SR3416 (1/8 tsp.)	5	1.14	0.01	0.00	0.00	0.22	0.26	0.04
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

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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>22-23- Taste4 Extras - American Regional- Day1 :40578 - ServingDate: 12/05/2022</b>								
Unsweetened Applesauce - SR1195 (1/2 c.)	30	55.86	0.15	0.03	0.00	10.49	12.58	0.32
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	30	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Fresh Oranges - SR1171 (1 small (2-3)	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Chilled Black Beans - SR2006 (1/2 c.)	10	120.50	0.00	0.00	0.00	142.41	21.91	7.67
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Elote Corn - SR1677 (1/2 c.)	20	129.48	1.72	0.57	0.02	42.65	28.45	4.71
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16

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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>22-23- Taste4 Extras - American Regional- Day1 :40578 - ServingDate: 12/05/2022</b>								
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Pico de Gallo - SR1073 (2 tbsp.)	15	3.60	0.02	0.00	0.00	36.02	0.78	0.13
Salsa Roja - SR1081 (2 tbsp.)	5	9.05	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	0	17.94	1.20	0.17	0.00	335.54	1.85	0.06
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Signature Seasoning Spice Shaker - SR3416 (1/8 tsp.)	5	1.14	0.01	0.00	0.00	0.22	0.26	0.04
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

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<b>22-23- Taste4 Extras - American Regional- Day2 :40578 - ServingDate: 12/06/2022</b>								
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	30	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Fresh Oranges - SR1171 (1 small (2-3)	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fruit Cocktail - SR3023 (1/2 c.)	30	86.67	0.00	0.00	0.00	7.22	21.67	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Elote Corn - SR1677 (1/2 c.)	20	129.48	1.72	0.57	0.02	42.65	28.45	4.71
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Caesar Side Salad - SR1428 (1 c.)	10	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Corn - SR1033 (1/2 c.)	20	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06

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<b>22-23- Taste4 Extras - American Regional- Day2 :40578 - ServingDate: 12/06/2022</b>								
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Pico de Gallo - SR1073 (2 tbsp.)	15	3.60	0.02	0.00	0.00	36.02	0.78	0.13
Salsa Roja - SR1081 (2 tbsp.)	5	9.05	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	0	17.94	1.20	0.17	0.00	335.54	1.85	0.06
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Signature Seasoning Spice Shaker - SR3416 (1/8 tsp.)	5	1.14	0.01	0.00	0.00	0.22	0.26	0.04
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
<b>22-23- Taste4 Extras - American Regional- Day3 :40578 - ServingDate: 12/07/2022</b>								
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29



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<b>22-23- Taste4 Extras - American Regional- Day3 :40578 - ServingDate: 12/07/2022</b>								
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	30	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Fresh Oranges - SR1171 (1 small (2-3)	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR3040 (1/2 c.)	30	59.04	0.00	0.00	0.00	4.92	13.78	0.00
Kidney Beans - SR1036 (1/2 c.)	10	140.65	0.00	0.00	0.00	151.47	25.97	7.57
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Elote Corn - SR1677 (1/2 c.)	20	129.48	1.72	0.57	0.02	42.65	28.45	4.71
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00

## 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)
<b>22-23- Taste4 Extras - American Regional-Day3 :40578 - ServingDate: 12/07/2022</b>								
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Pico de Gallo - SR1073 (1 tbsp.)	15	1.80	0.01	0.00	0.00	18.01	0.39	0.07
Salsa Roja - SR1081 (2 tbsp.)	5	9.05	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	0	17.94	1.20	0.17	0.00	335.54	1.85	0.06
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Signature Seasoning Spice Shaker - SR3416 (1/8 tsp.)	5	1.14	0.01	0.00	0.00	0.22	0.26	0.04
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
<b>22-23- Taste4 Extras - American Regional-Day4 :40578 - ServingDate: 12/08/2022</b>								
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	30	47.62	0.16	0.03	0.00	0.92	12.65	0.24

## 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)
<b>22-23- Taste4 Extras - American Regional- Day4 :40578 - ServingDate: 12/08/2022</b>								
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Pears - SR3041 (1/2 c.)	30	57.47	0.00	0.00	0.00	4.79	15.33	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Elote Corn - SR1677 (1/2 c.)	20	129.48	1.72	0.57	0.02	42.65	28.45	4.71
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Garden Side Salad - SR1429 (1 c.)	10	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chilled Corn - SR1033 (1/2 c.)	20	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00

# 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)
<b>22-23- Taste4 Extras - American Regional-Day4 :40578 - ServingDate: 12/08/2022</b>								
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Pico de Gallo - SR1073 (2 tbsp.)	15	3.60	0.02	0.00	0.00	36.02	0.78	0.13
Salsa Roja - SR1081 (2 tbsp.)	5	9.05	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	0	17.94	1.20	0.17	0.00	335.54	1.85	0.06
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Signature Seasoning Spice Shaker - SR3416 (1/8 tsp.)	5	1.14	0.01	0.00	0.00	0.22	0.26	0.04
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
<b>22-23- Taste4 Extras - American Regional-Day5 :40578 - ServingDate: 12/09/2022</b>								
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	30	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	30	47.62	0.16	0.03	0.00	0.92	12.65	0.24

## 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)
<b>22-23- Taste4 Extras - American Regional- Day5 :40578 - ServingDate: 12/09/2022</b>								
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Pinto Beans - SR2046 (1/2 c.)	10	100.86	0.00	0.00	0.00	141.21	18.16	6.05
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Elote Corn - SR1677 (1/2 c.)	20	129.48	1.72	0.57	0.02	42.65	28.45	4.71
Celery Sticks - SR1014 (6 stick.)	20	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	20	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16

## 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)
<b>22-23- Taste4 Extras - American Regional-Day5 :40578 - ServingDate: 12/09/2022</b>								
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Pico de Gallo - SR1073 (2 tbsp.)	15	3.60	0.02	0.00	0.00	36.02	0.78	0.13
Salsa Roja - SR1081 (2 tbsp.)	5	9.05	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	0	17.94	1.20	0.17	0.00	335.54	1.85	0.06
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Signature Seasoning Spice Shaker - SR3416 (1/8 tsp.)	5	1.14	0.01	0.00	0.00	0.22	0.26	0.04
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
<b>22-23- Taste4 Extras - American Regional-Day1 :40578 - ServingDate: 12/12/2022</b>								
Unsweetened Applesauce - SR1195 (1/2 c.)	30	55.86	0.15	0.03	0.00	10.49	12.58	0.32
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	30	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90

## 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)
<b>22-23- Taste4 Extras - American Regional-Day1 :40578 - ServingDate: 12/12/2022</b>								
Chilled Black Beans - SR2006 (1/2 c.)	10	120.50	0.00	0.00	0.00	142.41	21.91	7.67
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Elote Corn - SR1677 (1/2 c.)	20	129.48	1.72	0.57	0.02	42.65	28.45	4.71
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24

## 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)
<b>22-23- Taste4 Extras - American Regional-Day1 :40578 - ServingDate: 12/12/2022</b>								
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Pico de Gallo - SR1073 (2 tbsp.)	15	3.60	0.02	0.00	0.00	36.02	0.78	0.13
Salsa Roja - SR1081 (2 tbsp.)	5	9.05	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	0	17.94	1.20	0.17	0.00	335.54	1.85	0.06
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Signature Seasoning Spice Shaker - SR3416 (1/8 tsp.)	5	1.14	0.01	0.00	0.00	0.22	0.26	0.04
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
<b>22-23- Taste4 Extras - American Regional-Day2 :40578 - ServingDate: 12/13/2022</b>								
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	30	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fruit Cocktail - SR3023 (1/2 c.)	30	86.67	0.00	0.00	0.00	7.22	21.67	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90



## 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)
<b>22-23- Taste4 Extras - American Regional-Day2 :40578 - ServingDate: 12/13/2022</b>								
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Elote Corn - SR1677 (1/2 c.)	20	129.48	1.72	0.57	0.02	42.65	28.45	4.71
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Caesar Side Salad - SR1428 (1 c.)	10	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Corn - SR1033 (1/2 c.)	20	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24

## 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)
<b>22-23- Taste4 Extras - American Regional-Day2 :40578 - ServingDate: 12/13/2022</b>								
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Pico de Gallo - SR1073 (2 tbsp.)	15	3.60	0.02	0.00	0.00	36.02	0.78	0.13
Salsa Roja - SR1081 (2 tbsp.)	5	9.05	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	0	17.94	1.20	0.17	0.00	335.54	1.85	0.06
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Signature Seasoning Spice Shaker - SR3416 (1/8 tsp.)	5	1.14	0.01	0.00	0.00	0.22	0.26	0.04
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
<b>22-23- Taste4 Extras - American Regional-Day3 :40578 - ServingDate: 12/14/2022</b>								
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	30	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR3040 (1/2 c.)	30	59.04	0.00	0.00	0.00	4.92	13.78	0.00
Kidney Beans - SR1036 (1/2 c.)	10	140.65	0.00	0.00	0.00	151.47	25.97	7.57

## 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)
<b>22-23- Taste4 Extras - American Regional- Day3 :40578 - ServingDate: 12/14/2022</b>								
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Elote Corn - SR1677 (1/2 c.)	20	129.48	1.72	0.57	0.02	42.65	28.45	4.71
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24

## 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)
<b>22-23- Taste4 Extras - American Regional- Day3 :40578 - ServingDate: 12/14/2022</b>								
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Pico de Gallo - SR1073 (1 tbsp.)	15	1.80	0.01	0.00	0.00	18.01	0.39	0.07
Salsa Roja - SR1081 (2 tbsp.)	5	9.05	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	0	17.94	1.20	0.17	0.00	335.54	1.85	0.06
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Signature Seasoning Spice Shaker - SR3416 (1/8 tsp.)	5	1.14	0.01	0.00	0.00	0.22	0.26	0.04
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
<b>22-23- Taste4 Extras - American Regional- Day4 :40578 - ServingDate: 12/15/2022</b>								
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	30	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Fresh Oranges - SR1171 (1 small (2-3)	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Pears - SR3041 (1/2 c.)	30	57.47	0.00	0.00	0.00	4.79	15.33	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90

## 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)
<b>22-23- Taste4 Extras - American Regional-Day4 :40578 - ServingDate: 12/15/2022</b>								
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Elote Corn - SR1677 (1/2 c.)	20	129.48	1.72	0.57	0.02	42.65	28.45	4.71
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Garden Side Salad - SR1429 (1 c.)	10	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chilled Corn - SR1033 (1/2 c.)	20	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24

## 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)
<b>22-23- Taste4 Extras - American Regional- Day4 :40578 - ServingDate: 12/15/2022</b>								
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Pico de Gallo - SR1073 (2 tbsp.)	15	3.60	0.02	0.00	0.00	36.02	0.78	0.13
Salsa Roja - SR1081 (2 tbsp.)	5	9.05	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	0	17.94	1.20	0.17	0.00	335.54	1.85	0.06
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Signature Seasoning Spice Shaker - SR3416 (1/8 tsp.)	5	1.14	0.01	0.00	0.00	0.22	0.26	0.04
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
<b>22-23- Taste4 Extras - American Regional- Day5 :40578 - ServingDate: 12/16/2022</b>								
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	30	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	30	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Fresh Oranges - SR1171 (1 small (2-3)	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Pinto Beans - SR2046 (1/2 c.)	10	100.86	0.00	0.00	0.00	141.21	18.16	6.05

## 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)
<b>22-23- Taste4 Extras - American Regional- Day5 :40578 - ServingDate: 12/16/2022</b>								
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Elote Corn - SR1677 (1/2 c.)	20	129.48	1.72	0.57	0.02	42.65	28.45	4.71
Celery Sticks - SR1014 (6 stick.)	20	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	20	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24

## 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)
<b>22-23- Taste4 Extras - American Regional- Day5 :40578 - ServingDate: 12/16/2022</b>								
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Pico de Gallo - SR1073 (2 tbsp.)	15	3.60	0.02	0.00	0.00	36.02	0.78	0.13
Salsa Roja - SR1081 (2 tbsp.)	5	9.05	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	0	17.94	1.20	0.17	0.00	335.54	1.85	0.06
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Signature Seasoning Spice Shaker - SR3416 (1/8 tsp.)	5	1.14	0.01	0.00	0.00	0.22	0.26	0.04
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

**Legend**

(M) - Missing Nutrient Values

**Report Selections**

Meal Type: Lunch

Site Group: Taste4

Menu Line: T4-Extras Bar (Garden, Milk, Condiments)

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.