

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) |
|---|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| SY22-23 Core - FAST-Heat Around The World-Day4 :39389 - ServingDate: 12/01/2022 | | | | | | | | |
| American Style Sub - OKR1838 (1 sandwich) | 1 | 332.58 | 14.02 | 5.65 | 0.00 | 777.33 | 32.81 | 21.65 |
| Jerk Chicken Salad - SR2560 (1 salad) | 5 | 142.59 | 2.64 | 0.07 | 0.01 | 443.72 | 13.18 | 16.28 |
| Jerk Chicken Wrap - SR2559 (1 wrap) | 5 | 288.17 | 6.99 | 0.55 | 0.01 | 646.23 | 35.27 | 18.98 |
| Strawberry Banana Parfait - SR1737 (1 parfait) | 5 | 462.40 | 7.72 | 1.61 | 0.04 | 245.03 | 90.50 | 10.33 |
| Classic Chef Salad - SR1083 (1 salad) | 5 | 266.21 | 14.09 | 5.22 | 0.00 | 642.65 | 9.28 | 26.00 |
| Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich) | 1 | 332.71 | 13.38 | 5.00 | 0.00 | 773.05 | 32.82 | 23.10 |
| Turkey Ham & Cheese Sub - OKR1842 (1 sandwich) | 1 | 332.45 | 14.65 | 6.30 | 0.00 | 781.62 | 32.79 | 20.19 |
| Twisted Breadstick - SR2142 (1 breadstick) | 10 | 172.69 | 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) |
| SY22-23 Core - FAST-Heat Around The World-Day 5 :39389 - ServingDate: 12/02/2022 | | | | | | | | |
| American Style Sub - OKR1838 (1 sandwich) | 10 | 332.58 | 14.02 | 5.65 | 0.00 | 777.33 | 32.81 | 21.65 |
| Chicken Caesar Salad G612, USDA diced - SR3572 (1 salad) | 5 | 164.21 | 6.89 | 1.46 | 0.00 | 396.38 | 10.09 | 15.83 |
| Strawberry Banana Parfait - SR1737 (1 parfait) | 5 | 462.40 | 7.72 | 1.61 | 0.04 | 245.03 | 90.50 | 10.33 |
| Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich) | 10 | 332.71 | 13.38 | 5.00 | 0.00 | 773.05 | 32.82 | 23.10 |
| Turkey Ham & Cheese Sub - OKR1842 (1 sandwich) | 10 | 332.45 | 14.65 | 6.30 | 0.00 | 781.62 | 32.79 | 20.19 |
| Twisted Breadstick - SR2142 (1 breadstick) | 5 | 172.69 | 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) |
|---|-------------|--------------------|---------------|-------------|---------------|-------------|----------|-------------|
| SY22-23 Core - FAST-Heat Around The World-Day 5 :39389 - ServingDate: 12/02/2022 | | | | | | | | |
| Taste4 Extras Bar - SR2401 (1 serv.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| SY22-23 Core - FAST-American Regional D1 :40546 - ServingDate: 12/05/2022 | | | | | | | | |
| American Style Sub - OKR1838 (1 sandwich) | 10 | 332.58 | 14.02 | 5.65 | 0.00 | 777.33 | 32.81 | 21.65 |
| Chef Salad, USDA - OKR1839 (1 salad) | 5 | 164.63 | 8.78 | 3.89 | 0.00 | 405.04 | 6.38 | 15.82 |
| Chilly Philly Salad - SR1816 (1 salad) | 0 | 261.05 | 11.81 | 4.24 | 0.00 | 624.65 | 13.23 | 26.04 |
| Chilly Philly Submarine Sandwich - SR1777 (1 sandwich) | 0 | 392.60 | 14.72 | 4.22 | 0.00 | 780.45 | 36.50 | 29.97 |
| Strawberry Fields Parfait - SR1738 (1 parfait) | 5 | 490.23 | 7.68 | 1.58 | 0.04 | 246.65 | 98.46 | 10.26 |
| Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich) | 10 | 332.71 | 13.38 | 5.00 | 0.00 | 773.05 | 32.82 | 23.10 |
| Turkey Ham & Cheese Sub - OKR1842 (1 sandwich) | 10 | 332.45 | 14.65 | 6.30 | 0.00 | 781.62 | 32.79 | 20.19 |
| Twisted Breadstick - OKR1002 (2 breadstick) | 30 | 160.00 | 2.00 | 0.00 | 0.00 | 190.00 | 28.00 | 6.00 |
| Taste4 Extras Bar - SR2401 (1 serv.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| SY22-23 Core - FAST American Regional-D2 :40546 - ServingDate: 12/06/2022 | | | | | | | | |
| American Style Sub - OKR1838 (1 sandwich) | 10 | 332.58 | 14.02 | 5.65 | 0.00 | 777.33 | 32.81 | 21.65 |
| Buffalo Chicken Salad - SR1956 (1 salad) | 5 | 313.06 | 16.71 | 4.84 | 0.00 | 1476.33 | 22.32 | 18.64 |
| Buffalo Chicken Wrap - SR1953 (1 wrap) | 5 | 487.83 | 22.56 | 7.82 | 0.00 | 1768.20 | 49.24 | 21.28 |
| Large Fajita Chicken Caesar Salad - OKR1575 (1 salad) | 5 | 236.32 | 9.62 | 3.82 | 0.00 | 1056.22 | 12.46 | 25.09 |

Menu Calendar Nutrient Analysis Report - December, 2022

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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) |
|--|-------------|--------------------|---------------|-------------|---------------|-------------|----------|-------------|
| SY22-23 Core - FAST American Regional-D2 :40546 - ServingDate: 12/06/2022 | | | | | | | | |
| Strawberry Fields Parfait - SR1738 (1 parfait) | 5 | 490.23 | 7.68 | 1.58 | 0.04 | 246.65 | 98.46 | 10.26 |
| Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich) | 10 | 332.71 | 13.38 | 5.00 | 0.00 | 773.05 | 32.82 | 23.10 |
| Turkey Ham & Cheese Sub - OKR1842 (1 sandwich) | 10 | 332.45 | 14.65 | 6.30 | 0.00 | 781.62 | 32.79 | 20.19 |
| Twisted Breadstick - OKR1002 (2 breadstick) | 30 | 160.00 | 2.00 | 0.00 | 0.00 | 190.00 | 28.00 | 6.00 |
| Taste4 Extras Bar - SR2401 (1 serv.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Chilled Black Beans - SR2006 (1/2 c.) | 5 | 120.50 | 0.00 | 0.00 | 0.00 | 142.41 | 21.91 | 7.67 |
| SY22-23 Core - FAST-American Regional D3 :40546 - ServingDate: 12/07/2022 | | | | | | | | |
| American Style Sub - OKR1838 (1 sandwich) | 10 | 332.58 | 14.02 | 5.65 | 0.00 | 777.33 | 32.81 | 21.65 |
| Large Crispy Chicken Salad - OKR1461 (1 salad) | 5 | 307.26 | 15.28 | 4.57 | 0.00 | 435.13 | 23.91 | 18.34 |
| Strawberry Fields Parfait - SR1738 (1 parfait) | 5 | 490.23 | 7.68 | 1.58 | 0.04 | 246.65 | 98.46 | 10.26 |
| Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich) | 10 | 332.71 | 13.38 | 5.00 | 0.00 | 773.05 | 32.82 | 23.10 |
| Southwest BBQ Chicken Salad - SR3586 (1 salad) | 0 | 223.49 | 7.25 | 2.20 | 0.00 | 749.21 | 20.29 | 18.43 |
| Southwest BBQ Chicken Sub - SR3587 (1 sandwich) | 0 | 355.03 | 10.21 | 2.19 | 0.00 | 891.76 | 43.40 | 22.62 |
| Turkey Ham & Cheese Sub - OKR1842 (1 sandwich) | 10 | 332.45 | 14.65 | 6.30 | 0.00 | 781.62 | 32.79 | 20.19 |
| Twisted Breadstick - OKR1002 (2 breadstick) | 30 | 160.00 | 2.00 | 0.00 | 0.00 | 190.00 | 28.00 | 6.00 |

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) |
|--|-------------|--------------------|---------------|-------------|---------------|-------------|----------|-------------|
| SY22-23 Core - FAST-American Regional D3 :40546 - ServingDate: 12/07/2022 | | | | | | | | |
| Taste4 Extras Bar - SR2401 (1 serv.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| SY22-23 Core - FAST-American Regional D4 :40546 - ServingDate: 12/08/2022 | | | | | | | | |
| American Style Sub - OKR1838 (1 sandwich) | 1 | 332.58 | 14.02 | 5.65 | 0.00 | 777.33 | 32.81 | 21.65 |
| Strawberry Fields Parfait - SR1738 (1 parfait) | 5 | 490.23 | 7.68 | 1.58 | 0.04 | 246.65 | 98.46 | 10.26 |
| Classic Chef Salad - SR1083 (1 salad) | 0 | 266.21 | 14.09 | 5.22 | 0.00 | 642.65 | 9.28 | 26.00 |
| Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich) | 1 | 332.71 | 13.38 | 5.00 | 0.00 | 773.05 | 32.82 | 23.10 |
| Southern style Crispy Chicken Salad - SR1962 (1 salad) | 0 | 390.25 | 22.11 | 6.30 | 0.00 | 636.25 | 24.92 | 23.04 |
| Southern Style Crispy Chicken Wrap - SR1960 (1 wrap) | 0 | 522.55 | 25.61 | 8.83 | 0.00 | 850.26 | 49.09 | 23.35 |
| Turkey Ham & Cheese Sub - OKR1842 (1 sandwich) | 1 | 332.45 | 14.65 | 6.30 | 0.00 | 781.62 | 32.79 | 20.19 |
| Twisted Breadstick - OKR1002 (2 breadstick) | 10 | 160.00 | 2.00 | 0.00 | 0.00 | 190.00 | 28.00 | 6.00 |
| Taste4 Extras Bar - SR2401 (1 serv.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| SY22-23 Core -FAST-American Regional D5 :40546 - ServingDate: 12/09/2022 | | | | | | | | |
| American Style Sub - OKR1838 (1 sandwich) | 10 | 332.58 | 14.02 | 5.65 | 0.00 | 777.33 | 32.81 | 21.65 |
| Large Fajita Chicken Caesar Salad - OKR1575 (1 salad) | 10 | 236.32 | 9.62 | 3.82 | 0.00 | 1056.22 | 12.46 | 25.09 |
| Strawberry Fields Parfait - SR1738 (1 parfait) | 5 | 490.23 | 7.68 | 1.58 | 0.04 | 246.65 | 98.46 | 10.26 |

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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) |
|---|-------------|--------------------|---------------|-------------|---------------|-------------|----------|-------------|
| SY22-23 Core -FAST- American Regional D5 :40546 - ServingDate: 12/09/2022 | | | | | | | | |
| Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich) | 10 | 332.71 | 13.38 | 5.00 | 0.00 | 773.05 | 32.82 | 23.10 |
| Turkey Ham & Cheese Sub - OKR1842 (1 sandwich) | 10 | 332.45 | 14.65 | 6.30 | 0.00 | 781.62 | 32.79 | 20.19 |
| Twisted Breadstick - OKR1002 (2 breadstick) | 10 | 160.00 | 2.00 | 0.00 | 0.00 | 190.00 | 28.00 | 6.00 |
| Taste4 Extras Bar - SR2401 (1 serv.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| SY22-23 Core - FAST- American Regional D1 :40546 - ServingDate: 12/12/2022 | | | | | | | | |
| American Style Sub - OKR1838 (1 sandwich) | 10 | 332.58 | 14.02 | 5.65 | 0.00 | 777.33 | 32.81 | 21.65 |
| Chef Salad, USDA - OKR1839 (1 salad) | 5 | 164.63 | 8.78 | 3.89 | 0.00 | 405.04 | 6.38 | 15.82 |
| Chilly Philly Salad - SR1816 (1 salad) | 0 | 261.05 | 11.81 | 4.24 | 0.00 | 624.65 | 13.23 | 26.04 |
| Chilly Philly Submarine Sandwich - SR1777 (1 sandwich) | 0 | 392.60 | 14.72 | 4.22 | 0.00 | 780.45 | 36.50 | 29.97 |
| Strawberry Fields Parfait - SR1738 (1 parfait) | 5 | 490.23 | 7.68 | 1.58 | 0.04 | 246.65 | 98.46 | 10.26 |
| Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich) | 10 | 332.71 | 13.38 | 5.00 | 0.00 | 773.05 | 32.82 | 23.10 |
| Turkey Ham & Cheese Sub - OKR1842 (1 sandwich) | 10 | 332.45 | 14.65 | 6.30 | 0.00 | 781.62 | 32.79 | 20.19 |
| Twisted Breadstick - OKR1002 (2 breadstick) | 30 | 160.00 | 2.00 | 0.00 | 0.00 | 190.00 | 28.00 | 6.00 |
| 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) |
|--|-------------|--------------------|---------------|-------------|---------------|-------------|----------|-------------|
| SY22-23 Core - FAST American Regional-D2 :40546 - ServingDate: 12/13/2022 | | | | | | | | |
| American Style Sub - OKR1838 (1 sandwich) | 10 | 332.58 | 14.02 | 5.65 | 0.00 | 777.33 | 32.81 | 21.65 |
| Buffalo Chicken Salad - SR1956 (1 salad) | 5 | 313.06 | 16.71 | 4.84 | 0.00 | 1476.33 | 22.32 | 18.64 |
| Buffalo Chicken Wrap - SR1953 (1 wrap) | 5 | 487.83 | 22.56 | 7.82 | 0.00 | 1768.20 | 49.24 | 21.28 |
| Large Fajita Chicken Caesar Salad - OKR1575 (1 salad) | 5 | 236.32 | 9.62 | 3.82 | 0.00 | 1056.22 | 12.46 | 25.09 |
| Strawberry Fields Parfait - SR1738 (1 parfait) | 5 | 490.23 | 7.68 | 1.58 | 0.04 | 246.65 | 98.46 | 10.26 |
| Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich) | 10 | 332.71 | 13.38 | 5.00 | 0.00 | 773.05 | 32.82 | 23.10 |
| Turkey Ham & Cheese Sub - OKR1842 (1 sandwich) | 10 | 332.45 | 14.65 | 6.30 | 0.00 | 781.62 | 32.79 | 20.19 |
| Twisted Breadstick - OKR1002 (2 breadstick) | 30 | 160.00 | 2.00 | 0.00 | 0.00 | 190.00 | 28.00 | 6.00 |
| Taste4 Extras Bar - SR2401 (1 serv.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Chilled Black Beans - SR2006 (1/2 c.) | 5 | 120.50 | 0.00 | 0.00 | 0.00 | 142.41 | 21.91 | 7.67 |
| SY22-23 Core - FAST American Regional D3 :40546 - ServingDate: 12/14/2022 | | | | | | | | |
| American Style Sub - OKR1838 (1 sandwich) | 10 | 332.58 | 14.02 | 5.65 | 0.00 | 777.33 | 32.81 | 21.65 |
| Large Crispy Chicken Salad - OKR1461 (1 salad) | 5 | 307.26 | 15.28 | 4.57 | 0.00 | 435.13 | 23.91 | 18.34 |
| Strawberry Fields Parfait - SR1738 (1 parfait) | 5 | 490.23 | 7.68 | 1.58 | 0.04 | 246.65 | 98.46 | 10.26 |
| Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich) | 10 | 332.71 | 13.38 | 5.00 | 0.00 | 773.05 | 32.82 | 23.10 |
| Southwest BBQ Chicken Salad - SR3586 (1 salad) | 0 | 223.49 | 7.25 | 2.20 | 0.00 | 749.21 | 20.29 | 18.43 |

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) |
|--|-------------|--------------------|---------------|-------------|---------------|-------------|----------|-------------|
| SY22-23 Core - FAST-American Regional D3 :40546 - ServingDate: 12/14/2022 | | | | | | | | |
| Southwest BBQ Chicken Sub - SR3587 (1 sandwich) | 0 | 355.03 | 10.21 | 2.19 | 0.00 | 891.76 | 43.40 | 22.62 |
| Turkey Ham & Cheese Sub - OKR1842 (1 sandwich) | 10 | 332.45 | 14.65 | 6.30 | 0.00 | 781.62 | 32.79 | 20.19 |
| Twisted Breadstick - OKR1002 (2 breadstick) | 30 | 160.00 | 2.00 | 0.00 | 0.00 | 190.00 | 28.00 | 6.00 |
| Taste4 Extras Bar - SR2401 (1 serv.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| SY22-23 Core - FAST-American Regional D4 :40546 - ServingDate: 12/15/2022 | | | | | | | | |
| American Style Sub - OKR1838 (1 sandwich) | 1 | 332.58 | 14.02 | 5.65 | 0.00 | 777.33 | 32.81 | 21.65 |
| Strawberry Fields Parfait - SR1738 (1 parfait) | 5 | 490.23 | 7.68 | 1.58 | 0.04 | 246.65 | 98.46 | 10.26 |
| Classic Chef Salad - SR1083 (1 salad) | 0 | 266.21 | 14.09 | 5.22 | 0.00 | 642.65 | 9.28 | 26.00 |
| Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich) | 1 | 332.71 | 13.38 | 5.00 | 0.00 | 773.05 | 32.82 | 23.10 |
| Southern style Crispy Chicken Salad - SR1962 (1 salad) | 0 | 390.25 | 22.11 | 6.30 | 0.00 | 636.25 | 24.92 | 23.04 |
| Southern Style Crispy Chicken Wrap - SR1960 (1 wrap) | 0 | 522.55 | 25.61 | 8.83 | 0.00 | 850.26 | 49.09 | 23.35 |
| Turkey Ham & Cheese Sub - OKR1842 (1 sandwich) | 1 | 332.45 | 14.65 | 6.30 | 0.00 | 781.62 | 32.79 | 20.19 |
| Twisted Breadstick - OKR1002 (2 breadstick) | 10 | 160.00 | 2.00 | 0.00 | 0.00 | 190.00 | 28.00 | 6.00 |
| Taste4 Extras Bar - SR2401 (1 serv.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |

Menu Calendar Nutrient Analysis Report - December, 2022

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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) |
|--|-------------|--------------------|---------------|-------------|---------------|-------------|----------|-------------|
| SY22-23 Core -FAST- American Regional D5 :40546 - ServingDate: 12/16/2022 | | | | | | | | |
| American Style Sub - OKR1838 (1 sandwich) | 10 | 332.58 | 14.02 | 5.65 | 0.00 | 777.33 | 32.81 | 21.65 |
| Large Fajita Chicken Caesar Salad - OKR1575 (1 salad) | 10 | 236.32 | 9.62 | 3.82 | 0.00 | 1056.22 | 12.46 | 25.09 |
| Strawberry Fields Parfait - SR1738 (1 parfait) | 5 | 490.23 | 7.68 | 1.58 | 0.04 | 246.65 | 98.46 | 10.26 |
| Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich) | 10 | 332.71 | 13.38 | 5.00 | 0.00 | 773.05 | 32.82 | 23.10 |
| Turkey Ham & Cheese Sub - OKR1842 (1 sandwich) | 10 | 332.45 | 14.65 | 6.30 | 0.00 | 781.62 | 32.79 | 20.19 |
| Twisted Breadstick - OKR1002 (2 breadstick) | 10 | 160.00 | 2.00 | 0.00 | 0.00 | 190.00 | 28.00 | 6.00 |
| 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.