

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:16:19 PM by Leroy Claborn

Site: Guthrie High School
Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24 Taste4 - PopUp - Tater Temptations - Friday Favorites_ Tater Tot Casserole - ServingDate: 09/01/2023								
Tater Tot Casserole - OKR1986 (1 serving)	100	312.77	18.46	7.08	0.00	846.13	22.67	15.16
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.)	45	22.18	0.13	0.04	0.00	43.10	5.11	1.18
SY23-24 Spice House-PopUp- T4 MTO Daily :42625 - ServingDate: 09/05/2023								
Fried Rice - SR3326 (1 1/3 c.)	30	317.05	4.36	0.68	0.00	664.28	60.08	10.51
Vegetable Lo Mein - SR3864 (1 1/3 c.)	40	342.52	1.84	0.23	0.03	892.91	69.77	10.78
Steamed Brown Rice - SR1098 (1 c.)	30	234.38	2.07	0.00	0.00	4.05	49.63	5.51
Baked Tofu - SR2069 (2 5/8 oz.)	10	255.81	19.29	2.21	0.00	354.81	3.81	22.40
Fajita Chicken - SR2529 (2/3 c.)	20	160.09	8.01	2.29	0.00	480.27	2.29	19.44
Popcorn Chicken - SR1413 (12 piece)	70	254.75	14.40	2.77	0.00	387.66	15.51	15.51
General Tso Sauce - SR1823 (2 tbsp.)	15	113.88	0.09	0.04	0.03	125.57	28.64	0.18
Sweet and Sour Sauce - SR2022 (2 tbsp.)	75	73.08	0.32	0.04	0.00	75.96	17.46	0.11
Teriyaki Sauce - SR2025 (2 tbsp.)	10	92.82	0.35	0.27	0.04	287.82	21.76	0.59
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Sesame Carrots - SR1787 (1/2 c.)	30	130.71	9.59	1.30	0.04	357.54	10.85	1.32
Roasted Broccoli - SR1852 (1/2 c.)	70	65.49	4.49	0.33	0.00	72.07	5.40	3.00

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SY23-24 Spice House-PopUp- T4 MTO Daily :42625 - ServingDate: 09/06/2023								
Fried Rice - SR3326 (1 1/3 c.)	30	317.05	4.36	0.68	0.00	664.28	60.08	10.51
Vegetable Lo Mein - SR3864 (1 1/3 c.)	40	342.52	1.84	0.23	0.03	892.91	69.77	10.78
Steamed Brown Rice - SR1098 (1 c.)	30	234.38	2.07	0.00	0.00	4.05	49.63	5.51
Baked Tofu - SR2069 (2 5/8 oz.)	10	255.81	19.29	2.21	0.00	354.81	3.81	22.40
Fajita Chicken - SR2529 (2/3 c.)	20	160.09	8.01	2.29	0.00	480.27	2.29	19.44
Popcorn Chicken - SR1413 (12 piece)	70	254.75	14.40	2.77	0.00	387.66	15.51	15.51
General Tso Sauce - SR1823 (2 tbsp.)	15	113.88	0.09	0.04	0.03	125.57	28.64	0.18
Sweet and Sour Sauce - SR2022 (2 tbsp.)	75	73.08	0.32	0.04	0.00	75.96	17.46	0.11
Teriyaki Sauce - SR2025 (2 tbsp.)	10	92.82	0.35	0.27	0.04	287.82	21.76	0.59
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Sesame Carrots - SR1787 (1/2 c.)	30	130.71	9.59	1.30	0.04	357.54	10.85	1.32
Roasted Broccoli - SR1852 (1/2 c.)	70	65.49	4.49	0.33	0.00	72.07	5.40	3.00
SY23-24 Spice House-PopUp- T4 MTO Daily :42625 - ServingDate: 09/07/2023								
Fried Rice - SR3326 (1 1/3 c.)	30	317.05	4.36	0.68	0.00	664.28	60.08	10.51
Vegetable Lo Mein - SR3864 (1 1/3 c.)	40	342.52	1.84	0.23	0.03	892.91	69.77	10.78
Steamed Brown Rice - SR1098 (1 c.)	30	234.38	2.07	0.00	0.00	4.05	49.63	5.51
Baked Tofu - SR2069 (2 5/8 oz.)	10	255.81	19.29	2.21	0.00	354.81	3.81	22.40
Fajita Chicken - SR2529 (2/3 c.)	20	160.09	8.01	2.29	0.00	480.27	2.29	19.44
Popcorn Chicken - SR1413 (12 piece)	70	254.75	14.40	2.77	0.00	387.66	15.51	15.51

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SY23-24 Spice House-PopUp- T4 MTO Daily :42625 - ServingDate: 09/07/2023								
General Tso Sauce - SR1823 (2 tbsp.)	15	113.88	0.09	0.04	0.03	125.57	28.64	0.18
Sweet and Sour Sauce - SR2022 (2 tbsp.)	75	73.08	0.32	0.04	0.00	75.96	17.46	0.11
Teriyaki Sauce - SR2025 (2 tbsp.)	10	92.82	0.35	0.27	0.04	287.82	21.76	0.59
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Sesame Carrots - SR1787 (1/2 c.)	30	130.71	9.59	1.30	0.04	357.54	10.85	1.32
Roasted Broccoli - SR1852 (1/2 c.)	70	65.49	4.49	0.33	0.00	72.07	5.40	3.00
SY23-24 Taste4 - PopUp - Spice House - Friday Favorites_Chicken Fried Steak - ServingDate: 09/08/2023								
Chicken Fried Steak, Advance Pierre with mashed potatoes and pepper gravy - OKR1993 (1 patty)	100	561.74	32.63	11.77	0.00	1186.69	49.31	15.46
Dinner Roll - SR1010 (1 roll.)	100	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)
Seasoned Carrot Coins - SR1017 (1/2 c.)	35	73.94	5.10	0.43	0.00	180.00	7.47	0.61
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.)	75	42.52	2.43	1.22	0.00	147.42	4.86	0.00
SY23-24 Rockin Ramen-PopUp- T4 MTO Daily :42627 - ServingDate: 09/11/2023								
Yakisoba Noodles - SR3439 (1 c.)	100	250.03	1.50	0.00	0.00	250.39	49.01	9.00

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SY23-24 Rockin Ramen-PopUp- T4 MTO Daily :42627 - ServingDate: 09/11/2023								
Fajita Chicken - SR2529 (1/3 c.)	80	80.05	4.00	1.14	0.00	240.14	1.14	9.72
Hard Boiled Egg - SR3322 (1 egg)	70	70.00	5.00	1.50	0.00	55.00	1.00	6.00
Chicken Meatballs - SR3065 (3 Meatballs)	50	105.99	6.56	2.02	0.00	121.13	3.53	8.58
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.)	40	61.52	3.81	0.83	0.00(M)	537.18	5.32	1.72
Broth- Pho, Vegetable - SR2211 (1 c.)	60	23.82	1.37	0.20	0.00(M)	47.17	2.78	0.32
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fresh Cilantro - SR1265 (1 tsp.)	20	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Lime Wedges - SR1283 (2 slice or w)	20	2.51	0.02	0.00	0.00	0.17	0.88	0.06
O - Cabbage, green, shredded, ready-to- serve - SR2425 (2 tbsp.)	40	2.10	0.01	0.00	0.00	1.51	0.49	0.11
Sliced Mushrooms - SR2424 (2 tbsp.)	40	10.22	0.16	0.02	0.00	2.32	1.51	1.39
Green Onion - SR1946 (2 tbsp.)	40	4.02	0.02	0.00	0.00	2.01	0.92	0.23
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	30	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Matchstick Carrots - SR1435 (2 tbsp.)	40	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	40	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Chilled Corn - SR1033 (2 tbsp.)	30	17.22	0.14	0.02	0.00	0.21	4.10	0.54
SY23-24 Rockin Ramen-PopUp- T4 MTO Daily :42627 - ServingDate: 09/12/2023								
Yakisoba Noodles - SR3439 (1 c.)	100	250.03	1.50	0.00	0.00	250.39	49.01	9.00
Fajita Chicken - SR2529 (1/3 c.)	80	80.05	4.00	1.14	0.00	240.14	1.14	9.72

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SY23-24 Rockin Ramen-PopUp- T4 MTO Daily :42627 - ServingDate: 09/12/2023								
Hard Boiled Egg - SR3322 (1 egg)	70	70.00	5.00	1.50	0.00	55.00	1.00	6.00
Chicken Meatballs - SR3065 (3 Meatballs)	50	105.99	6.56	2.02	0.00	121.13	3.53	8.58
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.)	40	61.52	3.81	0.83	0.00(M)	537.18	5.32	1.72
Broth- Pho, Vegetable - SR2211 (1 c.)	60	23.82	1.37	0.20	0.00(M)	47.17	2.78	0.32
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fresh Cilantro - SR1265 (1 tsp.)	20	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Lime Wedges - SR1283 (2 slice or w)	20	2.51	0.02	0.00	0.00	0.17	0.88	0.06
O - Cabbage, green, shredded, ready-to- serve - SR2425 (2 tbsp.)	40	2.10	0.01	0.00	0.00	1.51	0.49	0.11
Sliced Mushrooms - SR2424 (2 tbsp.)	40	10.22	0.16	0.02	0.00	2.32	1.51	1.39
Green Onion - SR1946 (2 tbsp.)	40	4.02	0.02	0.00	0.00	2.01	0.92	0.23
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	30	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Matchstick Carrots - SR1435 (2 tbsp.)	40	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	40	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Chilled Corn - SR1033 (2 tbsp.)	30	17.22	0.14	0.02	0.00	0.21	4.10	0.54
SY23-24 Rockin Ramen-PopUp- T4 MTO Daily :42627 - ServingDate: 09/13/2023								
Yakisoba Noodles - SR3439 (1 c.)	100	250.03	1.50	0.00	0.00	250.39	49.01	9.00
Fajita Chicken - SR2529 (1/3 c.)	80	80.05	4.00	1.14	0.00	240.14	1.14	9.72
Hard Boiled Egg - SR3322 (1 egg)	70	70.00	5.00	1.50	0.00	55.00	1.00	6.00

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SY23-24 Rockin Ramen-PopUp- T4 MTO Daily :42627 - ServingDate: 09/13/2023								
Chicken Meatballs - SR3065 (3 Meatballs)	50	105.99	6.56	2.02	0.00	121.13	3.53	8.58
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.)	40	61.52	3.81	0.83	0.00(M)	537.18	5.32	1.72
Broth- Pho, Vegetable - SR2211 (1 c.)	60	23.82	1.37	0.20	0.00(M)	47.17	2.78	0.32
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fresh Cilantro - SR1265 (1 tsp.)	20	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Lime Wedges - SR1283 (2 slice or w)	20	2.51	0.02	0.00	0.00	0.17	0.88	0.06
O - Cabbage, green, shredded, ready-to- serve - SR2425 (2 tbsp.)	40	2.10	0.01	0.00	0.00	1.51	0.49	0.11
Sliced Mushrooms - SR2424 (2 tbsp.)	40	10.22	0.16	0.02	0.00	2.32	1.51	1.39
Green Onion - SR1946 (2 tbsp.)	40	4.02	0.02	0.00	0.00	2.01	0.92	0.23
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	30	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Matchstick Carrots - SR1435 (2 tbsp.)	40	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	40	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Chilled Corn - SR1033 (2 tbsp.)	30	17.22	0.14	0.02	0.00	0.21	4.10	0.54
SY23-24 Rockin Ramen-PopUp- T4 MTO Daily :42627 - ServingDate: 09/14/2023								
Yakisoba Noodles - SR3439 (1 c.)	100	250.03	1.50	0.00	0.00	250.39	49.01	9.00
Fajita Chicken - SR2529 (1/3 c.)	80	80.05	4.00	1.14	0.00	240.14	1.14	9.72
Hard Boiled Egg - SR3322 (1 egg)	70	70.00	5.00	1.50	0.00	55.00	1.00	6.00
Chicken Meatballs - SR3065 (3 Meatballs)	50	105.99	6.56	2.02	0.00	121.13	3.53	8.58

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SY23-24 Rockin Ramen-PopUp- T4 MTO Daily :42627 - ServingDate: 09/14/2023								
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.)	40	61.52	3.81	0.83	0.00(M)	537.18	5.32	1.72
Broth- Pho, Vegetable - SR2211 (1 c.)	60	23.82	1.37	0.20	0.00(M)	47.17	2.78	0.32
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fresh Cilantro - SR1265 (1 tsp.)	20	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Lime Wedges - SR1283 (2 slice or w)	20	2.51	0.02	0.00	0.00	0.17	0.88	0.06
O - Cabbage, green, shredded, ready-to- serve - SR2425 (2 tbsp.)	40	2.10	0.01	0.00	0.00	1.51	0.49	0.11
Sliced Mushrooms - SR2424 (2 tbsp.)	40	10.22	0.16	0.02	0.00	2.32	1.51	1.39
Green Onion - SR1946 (2 tbsp.)	40	4.02	0.02	0.00	0.00	2.01	0.92	0.23
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	30	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Matchstick Carrots - SR1435 (2 tbsp.)	40	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	40	21.09	0.09	0.04	0.00	517.39	4.70	0.37
Chilled Corn - SR1033 (2 tbsp.)	30	17.22	0.14	0.02	0.00	0.21	4.10	0.54
SY23-24 Taste4 - PopUp - Rockin Ramen - Friday Favorites_Beef Lasagna - ServingDate: 09/15/2023								
Classic Beef Lasagna - OKR1981 (1 ea.)	100	312.75	10.63	5.56	0.00	571.33	36.39	17.59
Breadstick - SR1044 (1 breadstick)	100	80.00	1.00	0.00	0.00	95.00	14.00	3.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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SY23-24 Taste4 - PopUp - Rockin Ramen - Friday Favorites_Beef Lasagna - ServingDate: 09/15/2023								
Roasted Summer Squash - SR1523 (1/2 c.)	30	34.33	2.14	0.18	0.00	42.19	3.28	0.85
SY23-24 Taqueria Classic Wraps- PopUp- T4 MTO :43215 - ServingDate: 09/19/2023								
Beef Taco Filling - SR3906 (3/8 c.)	50	114.07	5.05	1.82	0.00	298.80	5.05	13.12
Flour Tortilla - SR1177 (1 tortilla)	100	210.00	6.00	3.00	0.00	319.99	34.00	5.00
Cilantro Lime Rice - SR1232 (1/4 c.)	75	58.08	1.24	0.06	0.00	69.49	10.91	1.23
Mexican Tinga Chicken - SR2604 (1/2 c.)	50	105.66	2.50	0.02	0.00	221.65	4.06	15.04
Black Beans - SR3362 (1/4 c.)	10	62.70	0.26	0.00	0.00	73.15	12.02	3.66
Shredded Yellow Cheddar Cheese - SR3010 (1/4 oz.)	30	22.50	1.50	0.88	0.00	45.00	0.25	2.00
Mex Zucchini - SR1697 (1/4 c.)	10	73.65	7.26	0.56	0.00	85.74	2.54	0.86
Mex Roasted Sweet Potatoes - SR2277 (1/4 c.)	10	75.58	2.89	0.20	0.00	96.15	12.18	0.82
Salsa Roja - SR1081 (2 tbsp.)	20	9.05	0.04	0.01	0.00	95.66	1.85	0.31
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY23-24 Taqueria Comfort-PopUp- T4 MTO :43215 - ServingDate: 09/20/2023								
Bean and Cheese Enchilada - SR3488 (1 enchilada)	50	197.45	5.89	2.71	0.00	380.74	26.20	8.71
Enchilada Suiza - OKR1971 (1 enchilada)	50	414.64	19.71	9.89	0.00	1010.62	38.67	20.15

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SY23-24 Taqueria Comfort-PopUp- T4 MTO :43215 - ServingDate: 09/20/2023								
Cilantro Lime Rice - SR1232 (1/4 c.)	75	58.08	1.24	0.06	0.00	69.49	10.91	1.23
Salsa Roja - SR1081 (2 tbsp.)	20	9.05	0.04	0.01	0.00	95.66	1.85	0.31
Sour Cream - SR1659 (2 tbsp.)	10	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Black Beans - SR3362 (1/2 c.)	10	125.39	0.52	0.00	0.00	146.29	24.03	7.32
Mex Zucchini - SR1697 (1/2 c.)	10	147.29	14.53	1.11	0.00	171.47	5.08	1.72
Mex Roasted Sweet Potatoes - SR2277 (1/2 c.)	10	151.16	5.77	0.41	0.00	192.30	24.37	1.64
SY23-24 Taqueria Street Tacos-PopUp- T4 MTO :43215 - ServingDate: 09/21/2023								
Flour Tortilla - SR1066 (2 tortilla)	100	179.97	5.00	2.00	0.00	259.96	28.00	4.00
Vegetarian Refried Beans - SR1070 (1 #8 scoop)	20	161.28	0.58	0.00	0.00	164.61	27.65	10.37
Turkey Al Pastor - SR1259 (1/2 c.)	40	151.10	5.83	1.89	0.00	776.87	6.78	17.04
Carnitas - SR3328 (2 oz.)	40	89.47	3.48	0.17	0.00	240.33	2.27	10.80
Shredded Yellow Cheddar Cheese - SR3010 (1/4 oz.)	30	22.50	1.50	0.88	0.00	45.00	0.25	2.00
Diced Yellow Onion - SR1264 (2 tbsp.)	10	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Salsa Roja - SR1081 (2 tbsp.)	20	9.05	0.04	0.01	0.00	95.66	1.85	0.31
Sour Cream - SR1659 (2 tbsp.)	10	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Black Beans - SR3362 (1/4 c.)	10	62.70	0.26	0.00	0.00	73.15	12.02	3.66

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Site: Guthrie High School
Date: 09/01/2023 - 09/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24 Taqueria Street Tacos-PopUp- T4 MTO :43215 - ServingDate: 09/21/2023								
Mex Zucchini - SR1697 (1/4 c.)	10	73.65	7.26	0.56	0.00	85.74	2.54	0.86
Mex Roasted Sweet Potatoes - SR2277 (1/4 c.)	10	75.58	2.89	0.20	0.00	96.15	12.18	0.82
SY23-24 Friday Favorites Popcorn Chicken Bowls :40543 - ServingDate: 09/22/2023								
Garlic Knot Breadstick - SR1255 (1 roll.)	100	110.63	4.05	0.22	0.00	95.85	15.02	3.23
Popcorn Chicken - SR1413 (12 piece)	100	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Roasted Broccoli - SR1852 (1/2 c.)	30	65.49	4.49	0.33	0.00	72.07	5.40	3.00
Steamed Corn - SR1034 (1/2 c.)	25	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Whipped Potatoes - SR1112 (1/2 c.)	100	79.98	1.50	1.00	0.00	102.62	15.00	2.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Old Fashioned Country Biscuit Gravy - OKR1552 (1/4 c.)	70	42.52	2.43	1.22	0.00	147.42	4.86	0.00
SY23-24 Strutters Tenders-PopUp- T4 MTO :42623 - ServingDate: 09/25/2023								
Garlic Knot Breadstick - SR1255 (2 roll.)	100	221.25	8.11	0.45	0.00	191.69	30.03	6.45
Breaded Chicken Tender - SR2504 (3 tenders)	90	263.02	15.17	2.53	0.00	394.54	16.19	15.17
Fajita Chicken - SR2529 (2/3 c.)	10	160.09	8.01	2.29	0.00	480.27	2.29	19.44
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Crinkle Cut French Fries - SR2496 (1/2 c.)	65	100.75	3.92	0.56	0.00	27.99	14.55	1.12
Celery Sticks - SR1014 (6 stick.)	15	10.34	0.11	0.03	0.00	51.71	1.92	0.45

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SY23-24 Strutters Tenders-PopUp- T4 MTO :42623 - ServingDate: 09/25/2023								
Baby Carrots - SR1016 (1/2 c.)	20	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	10	73.60	0.09	0.07	0.01	305.44	18.23	0.17
Hot Sauce - SR3162 (1 tbsp.)	20	3.39	0.09	0.02	0.00	626.53	0.48	0.17
Barbecue Sauce - SR1008 (2 tbsp.)	20	30.00	0.00	0.00	0.00	470.00	7.00	0.00
SY23-24 Strutters Chicken&Waffles- PopUp- T4 MTO :42623 - ServingDate: 09/26/2023								
Toasted Waffle - SR2165 (2 waffle)	100	185.89	6.20	1.55	0.00	371.78	27.88	4.13
Breaded Drumstick - SR3363 (1 pcs.)	90	220.00	13.00	3.00	0.00	530.00	6.00	19.00
Fajita Chicken - SR2529 (2/3 c.)	10	160.09	8.01	2.29	0.00	480.27	2.29	19.44
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple Glazed Baby Carrots - SR3683 (1/2 c.)	60	58.31	0.81	0.31	0.00	68.19	12.33	0.56
Blue Ribbon Slaw - SR1254 (1/2 c.)	40	43.83	0.15	0.03	0.00	114.20	10.36	0.75
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	100	105.00	0.00	0.00	0.00	47.50	26.00	0.00
SY23-24 Strutters Tenders-PopUp- T4 MTO :42623 - ServingDate: 09/27/2023								
Garlic Knot Breadstick - SR1255 (2 roll.)	100	221.25	8.11	0.45	0.00	191.69	30.03	6.45
Breaded Chicken Tender - SR2504 (3 tenders)	90	263.02	15.17	2.53	0.00	394.54	16.19	15.17
Fajita Chicken - SR2529 (2/3 c.)	10	160.09	8.01	2.29	0.00	480.27	2.29	19.44
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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SY23-24 Strutters Tenders-PopUp- T4 MTO :42623 - ServingDate: 09/27/2023								
Crinkle Cut French Fries - SR2496 (1/2 c.)	65	100.75	3.92	0.56	0.00	27.99	14.55	1.12
Celery Sticks - SR1014 (6 stick.)	15	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	20	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	10	73.60	0.09	0.07	0.01	305.44	18.23	0.17
Hot Sauce - SR3162 (1 tbsp.)	20	3.39	0.09	0.02	0.00	626.53	0.48	0.17
Barbecue Sauce - SR1008 (2 tbsp.)	20	30.00	0.00	0.00	0.00	470.00	7.00	0.00
SY23-24 Strutters Popcorn Chicken Bowl-PopUp- T4 MTO :42623 - ServingDate: 09/28/2023								
Baked Biscuit - SR1598 (1 biscuit)	100	190.00	9.00	6.00	0.00	310.00	24.00	4.00
Fajita Chicken - SR2529 (2/3 c.)	10	160.09	8.01	2.29	0.00	480.27	2.29	19.44
Popcorn Chicken - SR1413 (12 piece)	90	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Blue Ribbon Slaw - SR1254 (1/2 c.)	30	43.83	0.15	0.03	0.00	114.20	10.36	0.75
Green Beans, Low Country Green Beans - SR2616 (1/2 c.)	50	68.15	4.70	0.64	0.00	347.50	5.67	2.04
Whipped Potatoes - SR1112 (1/2 c.)	90	79.98	1.50	1.00	0.00	102.62	15.00	2.00
Chicken Gravy - SR1589 (1/4 c.)	50	30.37	1.01	0.00	0.00	138.46	4.05	0.71
Gravy, Pepper (Country, Biscuit) - SR2091 (1/4 c.)	50	43.66	2.37	1.18	0.00	168.13	4.98	0.37

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SY23-24 Taste4 - PopUp - Strutters - Friday Favorites_Frito Chili Pie Day 5 - ServingDate: 09/29/2023								
Chili Frito Pie - OKR1976 (1 ea.)	100	497.42	23.96	6.72	0.00	803.88	54.07	19.29
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mixed Garden Vegetables - SR1583 (1/2 c.)	35	53.56	0.44	0.08	0.00	91.04	11.37	2.28

Legend
(M) - Missing Nutrient Values

Report Selections
Meal Type: Lunch
Site Group: Taste4
Menu Line: T4-Adventure
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.