

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:15:40 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 - Nacho - MTO - ServingDate: 09/01/2023								
Beef Taco Filling - SR3906 (3/8 c.)	50	114.07	5.05	1.82	0.00	298.80	5.05	13.12
Tortilla Chips - SR1065 (1 1/2 oz.)	100	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	10	80.64	0.29	0.00	0.00	82.31	13.82	5.18
Cheddar Cheese Sauce - SR1293 (1/4 c.)	60	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Queso Blanco Sauce - SR1068 (1/4 c.)	60	122.00	10.00	5.60	0.00	436.99	1.00	7.00
Fajita Chicken - SR2529 (1/2 c.)	20	120.07	6.00	1.72	0.00	360.21	1.72	14.58
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	75	70.64	0.35	0.02	0.00	84.80	13.73	3.95
Mixed Salad Greens - SR1080 (1 c.)	5	12.85	0.03	0.00	0.00	12.67	2.51	0.94
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	10	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	50	9.05	0.04	0.01	0.00	95.66	1.85	0.31
SY23-24 Taste4 - Nacho - MTO - ServingDate: 09/05/2023								
Beef Taco Filling - SR3906 (3/8 c.)	50	114.07	5.05	1.82	0.00	298.80	5.05	13.12
Tortilla Chips - SR1065 (1 1/2 oz.)	100	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	10	80.64	0.29	0.00	0.00	82.31	13.82	5.18
Cheddar Cheese Sauce - SR1293 (1/4 c.)	60	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Queso Blanco Sauce - SR1068 (1/4 c.)	60	122.00	10.00	5.60	0.00	436.99	1.00	7.00
Fajita Chicken - SR2529 (1/2 c.)	20	120.07	6.00	1.72	0.00	360.21	1.72	14.58
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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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)
SY23-24 Taste4 - Nacho - MTO - ServingDate: 09/05/2023								
Mexican Black Beans - SR1026 (1/2 c.)	75	70.64	0.35	0.02	0.00	84.80	13.73	3.95
Mixed Salad Greens - SR1080 (1 c.)	5	12.85	0.03	0.00	0.00	12.67	2.51	0.94
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	10	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	50	9.05	0.04	0.01	0.00	95.66	1.85	0.31
SY23-24 Taste4 - Nacho - MTO - ServingDate: 09/06/2023								
Beef Taco Filling - SR3906 (3/8 c.)	50	114.07	5.05	1.82	0.00	298.80	5.05	13.12
Tortilla Chips - SR1065 (1 1/2 oz.)	100	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	10	80.64	0.29	0.00	0.00	82.31	13.82	5.18
Cheddar Cheese Sauce - SR1293 (1/4 c.)	60	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Queso Blanco Sauce - SR1068 (1/4 c.)	60	122.00	10.00	5.60	0.00	436.99	1.00	7.00
Fajita Chicken - SR2529 (1/2 c.)	20	120.07	6.00	1.72	0.00	360.21	1.72	14.58
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	75	70.64	0.35	0.02	0.00	84.80	13.73	3.95
Mixed Salad Greens - SR1080 (1 c.)	5	12.85	0.03	0.00	0.00	12.67	2.51	0.94
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	10	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	50	9.05	0.04	0.01	0.00	95.66	1.85	0.31
SY23-24 Taste4 - Nacho - MTO - ServingDate: 09/07/2023								
Beef Taco Filling - SR3906 (3/8 c.)	50	114.07	5.05	1.82	0.00	298.80	5.05	13.12
Tortilla Chips - SR1065 (1 1/2 oz.)	100	206.18	8.84	1.47	0.00	169.36	29.45	2.94

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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)
SY23-24 Taste4 - Nacho - MTO - ServingDate: 09/07/2023								
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	10	80.64	0.29	0.00	0.00	82.31	13.82	5.18
Cheddar Cheese Sauce - SR1293 (1/4 c.)	60	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Queso Blanco Sauce - SR1068 (1/4 c.)	60	122.00	10.00	5.60	0.00	436.99	1.00	7.00
Fajita Chicken - SR2529 (1/2 c.)	20	120.07	6.00	1.72	0.00	360.21	1.72	14.58
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	75	70.64	0.35	0.02	0.00	84.80	13.73	3.95
Mixed Salad Greens - SR1080 (1 c.)	5	12.85	0.03	0.00	0.00	12.67	2.51	0.94
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	10	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	50	9.05	0.04	0.01	0.00	95.66	1.85	0.31
SY23-24 Taste4 - Nacho - MTO - ServingDate: 09/08/2023								
Beef Taco Filling - SR3906 (3/8 c.)	50	114.07	5.05	1.82	0.00	298.80	5.05	13.12
Tortilla Chips - SR1065 (1 1/2 oz.)	100	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	10	80.64	0.29	0.00	0.00	82.31	13.82	5.18
Cheddar Cheese Sauce - SR1293 (1/4 c.)	60	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Queso Blanco Sauce - SR1068 (1/4 c.)	60	122.00	10.00	5.60	0.00	436.99	1.00	7.00
Fajita Chicken - SR2529 (1/2 c.)	20	120.07	6.00	1.72	0.00	360.21	1.72	14.58
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	75	70.64	0.35	0.02	0.00	84.80	13.73	3.95
Mixed Salad Greens - SR1080 (1 c.)	5	12.85	0.03	0.00	0.00	12.67	2.51	0.94

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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)
SY23-24 Taste4 - Nacho - MTO - ServingDate: 09/08/2023								
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	10	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	50	9.05	0.04	0.01	0.00	95.66	1.85	0.31
SY23-24 Taste4 - Nacho - MTO - ServingDate: 09/11/2023								
Beef Taco Filling - SR3906 (3/8 c.)	50	114.07	5.05	1.82	0.00	298.80	5.05	13.12
Tortilla Chips - SR1065 (1 1/2 oz.)	100	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	10	80.64	0.29	0.00	0.00	82.31	13.82	5.18
Cheddar Cheese Sauce - SR1293 (1/4 c.)	60	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Queso Blanco Sauce - SR1068 (1/4 c.)	60	122.00	10.00	5.60	0.00	436.99	1.00	7.00
Fajita Chicken - SR2529 (1/2 c.)	20	120.07	6.00	1.72	0.00	360.21	1.72	14.58
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	75	70.64	0.35	0.02	0.00	84.80	13.73	3.95
Mixed Salad Greens - SR1080 (1 c.)	5	12.85	0.03	0.00	0.00	12.67	2.51	0.94
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	10	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	50	9.05	0.04	0.01	0.00	95.66	1.85	0.31
SY23-24 Taste4 - Nacho - MTO - ServingDate: 09/12/2023								
Beef Taco Filling - SR3906 (3/8 c.)	50	114.07	5.05	1.82	0.00	298.80	5.05	13.12
Tortilla Chips - SR1065 (1 1/2 oz.)	100	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	10	80.64	0.29	0.00	0.00	82.31	13.82	5.18
Cheddar Cheese Sauce - SR1293 (1/4 c.)	60	114.49	9.20	5.01	0.00	423.20	2.04	7.16

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SY23-24 Taste4 - Nacho - MTO - ServingDate: 09/12/2023								
Queso Blanco Sauce - SR1068 (1/4 c.)	60	122.00	10.00	5.60	0.00	436.99	1.00	7.00
Fajita Chicken - SR2529 (1/2 c.)	20	120.07	6.00	1.72	0.00	360.21	1.72	14.58
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	75	70.64	0.35	0.02	0.00	84.80	13.73	3.95
Mixed Salad Greens - SR1080 (1 c.)	5	12.85	0.03	0.00	0.00	12.67	2.51	0.94
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	10	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	50	9.05	0.04	0.01	0.00	95.66	1.85	0.31
SY23-24 Taste4 - Nacho - MTO - ServingDate: 09/13/2023								
Beef Taco Filling - SR3906 (3/8 c.)	50	114.07	5.05	1.82	0.00	298.80	5.05	13.12
Tortilla Chips - SR1065 (1 1/2 oz.)	100	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	10	80.64	0.29	0.00	0.00	82.31	13.82	5.18
Cheddar Cheese Sauce - SR1293 (1/4 c.)	60	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Queso Blanco Sauce - SR1068 (1/4 c.)	60	122.00	10.00	5.60	0.00	436.99	1.00	7.00
Fajita Chicken - SR2529 (1/2 c.)	20	120.07	6.00	1.72	0.00	360.21	1.72	14.58
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	75	70.64	0.35	0.02	0.00	84.80	13.73	3.95
Mixed Salad Greens - SR1080 (1 c.)	5	12.85	0.03	0.00	0.00	12.67	2.51	0.94
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	10	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	50	9.05	0.04	0.01	0.00	95.66	1.85	0.31

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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)
SY23-24 Taste4 - Nacho - MTO - ServingDate: 09/14/2023								
Beef Taco Filling - SR3906 (3/8 c.)	50	114.07	5.05	1.82	0.00	298.80	5.05	13.12
Tortilla Chips - SR1065 (1 1/2 oz.)	100	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	10	80.64	0.29	0.00	0.00	82.31	13.82	5.18
Cheddar Cheese Sauce - SR1293 (1/4 c.)	60	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Queso Blanco Sauce - SR1068 (1/4 c.)	60	122.00	10.00	5.60	0.00	436.99	1.00	7.00
Fajita Chicken - SR2529 (1/2 c.)	20	120.07	6.00	1.72	0.00	360.21	1.72	14.58
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	75	70.64	0.35	0.02	0.00	84.80	13.73	3.95
Mixed Salad Greens - SR1080 (1 c.)	5	12.85	0.03	0.00	0.00	12.67	2.51	0.94
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	10	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	50	9.05	0.04	0.01	0.00	95.66	1.85	0.31
SY23-24 Taste4 - Nacho - MTO - ServingDate: 09/15/2023								
Beef Taco Filling - SR3906 (3/8 c.)	50	114.07	5.05	1.82	0.00	298.80	5.05	13.12
Tortilla Chips - SR1065 (1 1/2 oz.)	100	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	10	80.64	0.29	0.00	0.00	82.31	13.82	5.18
Cheddar Cheese Sauce - SR1293 (1/4 c.)	60	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Queso Blanco Sauce - SR1068 (1/4 c.)	60	122.00	10.00	5.60	0.00	436.99	1.00	7.00
Fajita Chicken - SR2529 (1/2 c.)	20	120.07	6.00	1.72	0.00	360.21	1.72	14.58
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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SY23-24 Taste4 - Nacho - MTO - ServingDate: 09/15/2023								
Mexican Black Beans - SR1026 (1/2 c.)	75	70.64	0.35	0.02	0.00	84.80	13.73	3.95
Mixed Salad Greens - SR1080 (1 c.)	5	12.85	0.03	0.00	0.00	12.67	2.51	0.94
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	10	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	50	9.05	0.04	0.01	0.00	95.66	1.85	0.31
SY23-24 Taste4 - Nacho - MTO - 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
Tortilla Chips - SR1065 (1 1/2 oz.)	100	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	10	80.64	0.29	0.00	0.00	82.31	13.82	5.18
Cheddar Cheese Sauce - SR1293 (1/4 c.)	60	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Queso Blanco Sauce - SR1068 (1/4 c.)	60	122.00	10.00	5.60	0.00	436.99	1.00	7.00
Fajita Chicken - SR2529 (1/2 c.)	20	120.07	6.00	1.72	0.00	360.21	1.72	14.58
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	75	70.64	0.35	0.02	0.00	84.80	13.73	3.95
Mixed Salad Greens - SR1080 (1 c.)	5	12.85	0.03	0.00	0.00	12.67	2.51	0.94
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	10	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	50	9.05	0.04	0.01	0.00	95.66	1.85	0.31
SY23-24 Taste4 - Nacho - MTO - ServingDate: 09/20/2023								
Beef Taco Filling - SR3906 (3/8 c.)	50	114.07	5.05	1.82	0.00	298.80	5.05	13.12
Tortilla Chips - SR1065 (1 1/2 oz.)	100	206.18	8.84	1.47	0.00	169.36	29.45	2.94

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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)
SY23-24 Taste4 - Nacho - MTO - ServingDate: 09/20/2023								
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	10	80.64	0.29	0.00	0.00	82.31	13.82	5.18
Cheddar Cheese Sauce - SR1293 (1/4 c.)	60	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Queso Blanco Sauce - SR1068 (1/4 c.)	60	122.00	10.00	5.60	0.00	436.99	1.00	7.00
Fajita Chicken - SR2529 (1/2 c.)	20	120.07	6.00	1.72	0.00	360.21	1.72	14.58
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	75	70.64	0.35	0.02	0.00	84.80	13.73	3.95
Mixed Salad Greens - SR1080 (1 c.)	5	12.85	0.03	0.00	0.00	12.67	2.51	0.94
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	10	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	50	9.05	0.04	0.01	0.00	95.66	1.85	0.31
SY23-24 Taste4 - Nacho - MTO - ServingDate: 09/21/2023								
Beef Taco Filling - SR3906 (3/8 c.)	50	114.07	5.05	1.82	0.00	298.80	5.05	13.12
Tortilla Chips - SR1065 (1 1/2 oz.)	100	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	10	80.64	0.29	0.00	0.00	82.31	13.82	5.18
Cheddar Cheese Sauce - SR1293 (1/4 c.)	60	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Queso Blanco Sauce - SR1068 (1/4 c.)	60	122.00	10.00	5.60	0.00	436.99	1.00	7.00
Fajita Chicken - SR2529 (1/2 c.)	20	120.07	6.00	1.72	0.00	360.21	1.72	14.58
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	75	70.64	0.35	0.02	0.00	84.80	13.73	3.95
Mixed Salad Greens - SR1080 (1 c.)	5	12.85	0.03	0.00	0.00	12.67	2.51	0.94

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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 - Nacho - MTO - ServingDate: 09/21/2023								
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	10	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	50	9.05	0.04	0.01	0.00	95.66	1.85	0.31
SY23-24 Taste4 - Nacho - MTO - ServingDate: 09/22/2023								
Beef Taco Filling - SR3906 (3/8 c.)	50	114.07	5.05	1.82	0.00	298.80	5.05	13.12
Tortilla Chips - SR1065 (1 1/2 oz.)	100	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	10	80.64	0.29	0.00	0.00	82.31	13.82	5.18
Cheddar Cheese Sauce - SR1293 (1/4 c.)	60	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Queso Blanco Sauce - SR1068 (1/4 c.)	60	122.00	10.00	5.60	0.00	436.99	1.00	7.00
Fajita Chicken - SR2529 (1/2 c.)	20	120.07	6.00	1.72	0.00	360.21	1.72	14.58
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	75	70.64	0.35	0.02	0.00	84.80	13.73	3.95
Mixed Salad Greens - SR1080 (1 c.)	5	12.85	0.03	0.00	0.00	12.67	2.51	0.94
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	10	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	50	9.05	0.04	0.01	0.00	95.66	1.85	0.31
SY23-24 Taste4 - Nacho - MTO - ServingDate: 09/25/2023								
Beef Taco Filling - SR3906 (3/8 c.)	50	114.07	5.05	1.82	0.00	298.80	5.05	13.12
Tortilla Chips - SR1065 (1 1/2 oz.)	100	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	10	80.64	0.29	0.00	0.00	82.31	13.82	5.18
Cheddar Cheese Sauce - SR1293 (1/4 c.)	60	114.49	9.20	5.01	0.00	423.20	2.04	7.16

Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:15:40 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 - Nacho - MTO - ServingDate: 09/25/2023								
Queso Blanco Sauce - SR1068 (1/4 c.)	60	122.00	10.00	5.60	0.00	436.99	1.00	7.00
Fajita Chicken - SR2529 (1/2 c.)	20	120.07	6.00	1.72	0.00	360.21	1.72	14.58
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	75	70.64	0.35	0.02	0.00	84.80	13.73	3.95
Mixed Salad Greens - SR1080 (1 c.)	5	12.85	0.03	0.00	0.00	12.67	2.51	0.94
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	10	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	50	9.05	0.04	0.01	0.00	95.66	1.85	0.31
SY23-24 Taste4 - Nacho - MTO - ServingDate: 09/26/2023								
Beef Taco Filling - SR3906 (3/8 c.)	50	114.07	5.05	1.82	0.00	298.80	5.05	13.12
Tortilla Chips - SR1065 (1 1/2 oz.)	100	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	10	80.64	0.29	0.00	0.00	82.31	13.82	5.18
Cheddar Cheese Sauce - SR1293 (1/4 c.)	60	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Queso Blanco Sauce - SR1068 (1/4 c.)	60	122.00	10.00	5.60	0.00	436.99	1.00	7.00
Fajita Chicken - SR2529 (1/2 c.)	20	120.07	6.00	1.72	0.00	360.21	1.72	14.58
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	75	70.64	0.35	0.02	0.00	84.80	13.73	3.95
Mixed Salad Greens - SR1080 (1 c.)	5	12.85	0.03	0.00	0.00	12.67	2.51	0.94
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	10	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	50	9.05	0.04	0.01	0.00	95.66	1.85	0.31

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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 Taste4 - Nacho - MTO - ServingDate: 09/27/2023								
Beef Taco Filling - SR3906 (3/8 c.)	50	114.07	5.05	1.82	0.00	298.80	5.05	13.12
Tortilla Chips - SR1065 (1 1/2 oz.)	100	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	10	80.64	0.29	0.00	0.00	82.31	13.82	5.18
Cheddar Cheese Sauce - SR1293 (1/4 c.)	60	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Queso Blanco Sauce - SR1068 (1/4 c.)	60	122.00	10.00	5.60	0.00	436.99	1.00	7.00
Fajita Chicken - SR2529 (1/2 c.)	20	120.07	6.00	1.72	0.00	360.21	1.72	14.58
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	75	70.64	0.35	0.02	0.00	84.80	13.73	3.95
Mixed Salad Greens - SR1080 (1 c.)	5	12.85	0.03	0.00	0.00	12.67	2.51	0.94
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	10	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	50	9.05	0.04	0.01	0.00	95.66	1.85	0.31
SY23-24 Taste4 - Nacho - MTO - ServingDate: 09/28/2023								
Beef Taco Filling - SR3906 (3/8 c.)	50	114.07	5.05	1.82	0.00	298.80	5.05	13.12
Tortilla Chips - SR1065 (1 1/2 oz.)	100	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	10	80.64	0.29	0.00	0.00	82.31	13.82	5.18
Cheddar Cheese Sauce - SR1293 (1/4 c.)	60	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Queso Blanco Sauce - SR1068 (1/4 c.)	60	122.00	10.00	5.60	0.00	436.99	1.00	7.00
Fajita Chicken - SR2529 (1/2 c.)	20	120.07	6.00	1.72	0.00	360.21	1.72	14.58
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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Site: Guthrie High School
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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY23-24 Taste4 - Nacho - MTO - ServingDate: 09/28/2023								
Mexican Black Beans - SR1026 (1/2 c.)	75	70.64	0.35	0.02	0.00	84.80	13.73	3.95
Mixed Salad Greens - SR1080 (1 c.)	5	12.85	0.03	0.00	0.00	12.67	2.51	0.94
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	10	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	50	9.05	0.04	0.01	0.00	95.66	1.85	0.31
SY23-24 Taste4 - Nacho - MTO - ServingDate: 09/29/2023								
Beef Taco Filling - SR3906 (3/8 c.)	50	114.07	5.05	1.82	0.00	298.80	5.05	13.12
Tortilla Chips - SR1065 (1 1/2 oz.)	100	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	10	80.64	0.29	0.00	0.00	82.31	13.82	5.18
Cheddar Cheese Sauce - SR1293 (1/4 c.)	60	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Queso Blanco Sauce - SR1068 (1/4 c.)	60	122.00	10.00	5.60	0.00	436.99	1.00	7.00
Fajita Chicken - SR2529 (1/2 c.)	20	120.07	6.00	1.72	0.00	360.21	1.72	14.58
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mexican Black Beans - SR1026 (1/2 c.)	75	70.64	0.35	0.02	0.00	84.80	13.73	3.95
Mixed Salad Greens - SR1080 (1 c.)	5	12.85	0.03	0.00	0.00	12.67	2.51	0.94
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	10	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	50	9.05	0.04	0.01	0.00	95.66	1.85	0.31

Legend
(M) - Missing Nutrient Values

Menu Calendar Nutrient Analysis Report - September, 2023

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

Report Selections

Meal Type: Lunch
Site Group: Taste4
Menu Line: T4-Mexico/Fiesta/Nacho
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.