

# 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 - Grill - Heat W4D4 :38601 - ServingDate: 12/01/2022</b>								
Cheeseburger - SR2646 (1 burger)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Patty Sandwich - SR2645 (1 burger)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chili Cheese Hot Dog - OKR1086 (1 serving)	10	377.27	15.79	5.01	0.00	713.74	40.23	19.14
Hamburger - SR2660 (1 burger)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Chicken Sandwich - SR2651 (1 sandwich)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Veggie Burger - SR2996 (1 burger)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	30	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Hot & Spicy Chicken Patty - SR2137 (1 patty)	30	230.00	13.00	2.50	0.00	350.00	15.00	13.00
Breaded Chicken Patty - SR2186 (1 patty)	25	240.00	14.00	2.50	0.00	440.00	16.00	14.00
Grillers Prime Veggie Burger - SR3551 (1 patty)	5	150.00	8.00	1.00	0.00	400.00	6.00	16.00
Cheddar Cheese Slice - SR2132 (1/2 oz.)	34	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Swiss Cheese Slice - SR2134 (1/2 oz.)	1	50.00	4.00	2.50	0.00	30.00	0.50	4.00
Bimbo Bun - OKR1738 (1 roll (hamb))	100	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sweet Potato Fries - SR2043 (1/2 c.)	15	162.34	7.10	1.01	0.00	192.78	25.37	1.01
Baked French Fries - SR1444 (1/2 c.)	50	90.40	2.51	0.00	0.00	30.13	16.07	1.00
Jalapeno Olive Relish - SR1850 (1/4 c.)	10	36.06	3.31	0.09	0.00	354.89	2.43	0.12
<b>22-23 - Grill - Heat W4D5 :38601 - ServingDate: 12/02/2022</b>								
Cheeseburger - SR2646 (1 burger)	25	(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)
<b>22-23 - Grill - Heat W4D5 :38601 - ServingDate: 12/02/2022</b>								
Chicken Patty Sandwich - SR2645 (1 burger)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger - SR2660 (1 burger)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Italian Meatball Sandwich - SR2720 (1 sandwich)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Chicken Sandwich - SR2651 (1 sandwich)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Veggie Burger - SR2996 (1 burger)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	30	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Hot & Spicy Chicken Patty - SR2137 (1 patty)	30	230.00	13.00	2.50	0.00	350.00	15.00	13.00
Breaded Chicken Patty - SR2186 (1 patty)	25	240.00	14.00	2.50	0.00	440.00	16.00	14.00
Chicken Meatball Sauce - SR3066 (5 Meatballs)	10	223.16	11.29	3.40	0.00	388.49	15.48	15.79
Grillers Prime Veggie Burger - SR3551 (1 patty)	5	150.00	8.00	1.00	0.00	400.00	6.00	16.00
Shredded Mozzarella Cheese - SR1989 (1/2 oz.)	10	40.50	2.53	1.52	0.00	91.12	1.01	3.04
Cheddar Cheese Slice - SR2132 (1/2 oz.)	26	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Swiss Cheese Slice - SR2134 (1/2 oz.)	3	50.00	4.00	2.50	0.00	30.00	0.50	4.00
Bimbo Bun - OKR1738 (1 roll (hamb))	100	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Top Mini Sub Roll - SR1995 (1 roll (smal))	10	162.71	3.05	0.00	0.00	183.05	29.49	6.10
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sweet Potato Fries - SR2043 (1/2 c.)	15	162.34	7.10	1.01	0.00	192.78	25.37	1.01
Baked French Fries - SR1444 (1/2 c.)	50	90.40	2.51	0.00	0.00	30.13	16.07	1.00
Jalapeno Olive Relish - SR1850 (1/4 c.)	10	36.06	3.31	0.09	0.00	354.89	2.43	0.12

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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 - Grill - American Regional W1D1 :40570 - ServingDate: 12/05/2022</b>								
Buffalo Chicken Sandwich or Wrap - SR2982 (1 sandwich o)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheeseburger - SR2646 (1 burger)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Patty Sandwich - SR2645 (1 burger)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger - SR2660 (1 burger)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Chicken Sandwich - SR2651 (1 sandwich)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Veggie Burger - SR2996 (1 burger)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	30	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Buffalo Chicken - SR3452 (1/4 c.)	10	78.78	2.17	0.04	0.00	1309.07	0.96	12.35
Hot & Spicy Chicken Patty - SR2137 (1 patty)	30	230.00	13.00	2.50	0.00	350.00	15.00	13.00
Breaded Chicken Patty - SR2186 (1 patty)	29	240.00	14.00	2.50	0.00	440.00	16.00	14.00
Grillers Prime Veggie Burger - SR3551 (1 patty)	5	150.00	8.00	1.00	0.00	400.00	6.00	16.00
Mozzarella Cheese - SR3098 (1/2 oz.)	2	40.50	2.53	1.52	0.00	81.00	1.01	3.54
Cheddar Cheese Slice - SR2132 (1/2 oz.)	1	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Swiss Cheese Slice - SR2134 (1/2 oz.)	2	50.00	4.00	2.50	0.00	30.00	0.50	4.00
Bimbo Bun - OKR1738 (1 roll (hamb))	103	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sweet Potato Fries - SR2043 (1/2 c.)	15	162.34	7.10	1.01	0.00	192.78	25.37	1.01
Roasted Peppers and Onions Blend - SR1952 (1/4 c.)	0	34.82	2.09	0.18	0.00	44.27	4.12	0.61
Baked French Fries - SR1444 (1/2 c.)	50	90.40	2.51	0.00	0.00	30.13	16.07	1.00

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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 - Grill - American Regional W1D2 :40570 - ServingDate: 12/06/2022</b>								
Cheeseburger - SR2646 (1 burger)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Patty Sandwich - SR2645 (1 burger)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger - SR2660 (1 burger)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sloppy Joe Sandwich - SR2950 (1 sandwich)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Chicken Sandwich - SR2651 (1 sandwich)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Veggie Burger - SR2996 (1 burger)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	32	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Hot & Spicy Chicken Patty - SR2137 (1 patty)	30	230.00	13.00	2.50	0.00	350.00	15.00	13.00
Breaded Chicken Patty - SR2186 (1 patty)	25	240.00	14.00	2.50	0.00	440.00	16.00	14.00
Sloppy Joe Mix - SR1576 (2/3 c.)	5	184.11	8.21	3.57	0.00	858.24	14.14	13.93
Grillers Prime Veggie Burger - SR3551 (1 patty)	10	150.00	8.00	1.00	0.00	400.00	6.00	16.00
Cheddar Cheese Slice - SR2132 (1/2 oz.)	26	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Swiss Cheese Slice - SR2134 (1/2 oz.)	1	50.00	4.00	2.50	0.00	30.00	0.50	4.00
Bimbo Bun - OKR1738 (1 roll (hamb))	102	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sweet Potato Fries - SR2043 (1/2 c.)	15	162.34	7.10	1.01	0.00	192.78	25.37	1.01
Roasted Peppers and Onions Blend - SR1952 (1/4 c.)	0	34.82	2.09	0.18	0.00	44.27	4.12	0.61
Baked French Fries - SR1444 (1/2 c.)	50	90.40	2.51	0.00	0.00	30.13	16.07	1.00

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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 - Grill - American Regional W1D3 :40570 - ServingDate: 12/07/2022</b>								
Cheeseburger - SR2646 (1 burger)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Patty Sandwich - SR2645 (1 burger)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger - SR2660 (1 burger)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Parmesan Burger - SR3278 (1 burger)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Chicken Sandwich - SR2651 (1 sandwich)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Veggie Burger - SR2996 (1 burger)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	30	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Hot & Spicy Chicken Patty - SR2137 (1 patty)	30	230.00	13.00	2.50	0.00	350.00	15.00	13.00
Breaded Chicken Patty - SR2186 (1 patty)	35	240.00	14.00	2.50	0.00	440.00	16.00	14.00
Grillers Prime Veggie Burger - SR3551 (1 patty)	5	150.00	8.00	1.00	0.00	400.00	6.00	16.00
Mozzarella Cheese - SR3098 (1/2 oz.)	15	40.50	2.53	1.52	0.00	81.00	1.01	3.54
Cheddar Cheese Slice - SR2132 (1/2 oz.)	25	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Swiss Cheese Slice - SR2134 (1/2 oz.)	2	50.00	4.00	2.50	0.00	30.00	0.50	4.00
Bimbo Bun - OKR1738 (1 roll (hamb))	89	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sweet Potato Fries - SR2043 (1/2 c.)	15	162.34	7.10	1.01	0.00	192.78	25.37	1.01
Roasted Peppers and Onions Blend - SR1952 (1/4 c.)	0	34.82	2.09	0.18	0.00	44.27	4.12	0.61
Baked French Fries - SR1444 (1/2 c.)	50	90.40	2.51	0.00	0.00	30.13	16.07	1.00
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	10	7.49	0.17	0.03	0.00	130.30	1.45	0.26

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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)
<b>22-23 - Grill - American Regional W1D4 :40570 - ServingDate: 12/08/2022</b>								
Cheeseburger - SR2646 (1 burger)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Patty Sandwich - SR2645 (1 burger)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Classic Grilled Cheese Sandwich - SR2647 (1 sandwich)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger - SR2660 (1 burger)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Chicken Sandwich - SR2651 (1 sandwich)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Veggie Burger - SR2996 (1 burger)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	30	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Hot & Spicy Chicken Patty - SR2137 (1 patty)	30	230.00	13.00	2.50	0.00	350.00	15.00	13.00
Breaded Chicken Patty - SR2186 (1 patty)	25	240.00	14.00	2.50	0.00	440.00	16.00	14.00
Toasted Cheese Sandwich - OKR1220 (1 sandwich)	10	342.25	18.20	10.13	0.00	1161.50	32.02	16.13
Grillers Prime Veggie Burger - SR3551 (1 patty)	5	150.00	8.00	1.00	0.00	400.00	6.00	16.00
Cheddar Cheese Slice - SR2132 (1/2 oz.)	34	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Swiss Cheese Slice - SR2134 (1/2 oz.)	1	50.00	4.00	2.50	0.00	30.00	0.50	4.00
Bimbo Bun - OKR1738 (1 roll (hamb))	89	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sweet Potato Fries - SR2043 (1/2 c.)	15	162.34	7.10	1.01	0.00	192.78	25.37	1.01
Roasted Peppers and Onions Blend - SR1952 (1/4 c.)	0	34.82	2.09	0.18	0.00	44.27	4.12	0.61
Baked French Fries - SR1444 (1/2 c.)	50	90.40	2.51	0.00	0.00	30.13	16.07	1.00

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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 - Grill - American Regional W1D5 :40570 - ServingDate: 12/09/2022</b>								
Buffalo Chicken Sandwich or Wrap - SR2982 (1 sandwich o)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheeseburger - SR2646 (1 burger)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Patty Sandwich - SR2645 (1 burger)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger - SR2660 (1 burger)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Chicken Sandwich - SR2651 (1 sandwich)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Veggie Burger - SR2996 (1 burger)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	30	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Buffalo Chicken - SR3452 (1/4 c.)	10	78.78	2.17	0.04	0.00	1309.07	0.96	12.35
Hot & Spicy Chicken Patty - SR2137 (1 patty)	30	230.00	13.00	2.50	0.00	350.00	15.00	13.00
Breaded Chicken Patty - SR2186 (1 patty)	25	240.00	14.00	2.50	0.00	440.00	16.00	14.00
Grillers Prime Veggie Burger - SR3551 (1 patty)	5	150.00	8.00	1.00	0.00	400.00	6.00	16.00
Cheddar Cheese Slice - SR2132 (1/2 oz.)	40	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Swiss Cheese Slice - SR2134 (1/2 oz.)	3	50.00	4.00	2.50	0.00	30.00	0.50	4.00
Bimbo Bun - OKR1738 (1 roll (hamb))	109	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sweet Potato Fries - SR2043 (1/2 c.)	15	162.34	7.10	1.01	0.00	192.78	25.37	1.01
Roasted Peppers and Onions Blend - SR1952 (1/4 c.)	0	34.82	2.09	0.18	0.00	44.27	4.12	0.61
Baked French Fries - SR1444 (1/2 c.)	50	90.40	2.51	0.00	0.00	30.13	16.07	1.00

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<b>22-23- Grill - American Regional W2D1 :40571 - ServingDate: 12/12/2022</b>								
Cheeseburger - SR2646 (1 burger)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Patty Sandwich - SR2645 (1 burger)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cordon Blue Burger Sandwich - SR3279 (1 burger)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger - SR2660 (1 burger)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Chicken Sandwich - SR2651 (1 sandwich)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Veggie Burger - SR2996 (1 burger)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	30	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Hot & Spicy Chicken Patty - SR2137 (1 patty)	30	230.00	13.00	2.50	0.00	350.00	15.00	13.00
Breaded Chicken Patty - SR2186 (1 patty)	35	240.00	14.00	2.50	0.00	440.00	16.00	14.00
Grillers Prime Veggie Burger - SR3551 (1 patty)	5	150.00	8.00	1.00	0.00	400.00	6.00	16.00
Cheddar Cheese Slice - SR2132 (1/2 oz.)	1	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Swiss Cheese Slice - SR2134 (1/2 oz.)	10	50.00	4.00	2.50	0.00	30.00	0.50	4.00
Sliced Turkey Ham - SR1287 (3 slice)	10	75.00	3.75	1.13	0.00	359.99	0.00	10.50
Bimbo Bun - OKR1738 (1 roll (hamb))	100	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sweet Potato Fries - SR2043 (1/2 c.)	15	162.34	7.10	1.01	0.00	192.78	25.37	1.01
Roasted Peppers and Onions Blend - SR1952 (1/4 c.)	0	34.82	2.09	0.18	0.00	44.27	4.12	0.61
Baked French Fries - SR1444 (1/2 c.)	50	90.40	2.51	0.00	0.00	30.13	16.07	1.00



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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 - Grill - American Regional W2D2 :40571 - ServingDate: 12/13/2022</b>								
Cheeseburger - SR2646 (1 burger)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Patty Sandwich - SR2645 (1 burger)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger - SR2660 (1 burger)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mushroom and Swiss Burger - SR3276 (1 burger)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Chicken Sandwich - SR2651 (1 sandwich)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Veggie Burger - SR2996 (1 burger)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	35	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Hot & Spicy Chicken Patty - SR2137 (1 patty)	30	230.00	13.00	2.50	0.00	350.00	15.00	13.00
Breaded Chicken Patty - SR2186 (1 patty)	25	240.00	14.00	2.50	0.00	440.00	16.00	14.00
Grillers Prime Veggie Burger - SR3551 (1 patty)	10	150.00	8.00	1.00	0.00	400.00	6.00	16.00
Cheddar Cheese Slice - SR2132 (1/2 oz.)	35	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Swiss Cheese Slice - SR2134 (1/2 oz.)	5	50.00	4.00	2.50	0.00	30.00	0.50	4.00
Bimbo Bun - OKR1738 (1 roll (hamb))	100	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sweet Potato Fries - SR2043 (1/2 c.)	15	162.34	7.10	1.01	0.00	192.78	25.37	1.01
Roasted Peppers and Onions Blend - SR1952 (1/4 c.)	0	34.82	2.09	0.18	0.00	44.27	4.12	0.61
Roasted Mushrooms - SR1843 (1/2 c.)	5	103.47	9.70	0.72	0.00	5.33	3.48	3.30
Baked French Fries - SR1444 (1/2 c.)	50	90.40	2.51	0.00	0.00	30.13	16.07	1.00

## 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 - Grill - American Regional W2D3 :40571 - ServingDate: 12/14/2022</b>								
Buffalo Chicken Sandwich or Wrap - SR2982 (1 sandwich o)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheeseburger - SR2646 (1 burger)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Patty Sandwich - SR2645 (1 burger)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger - SR2660 (1 burger)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Chicken Sandwich - SR2651 (1 sandwich)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Veggie Burger - SR2996 (1 burger)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	30	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Buffalo Chicken - SR3452 (1/4 c.)	5	78.78	2.17	0.04	0.00	1309.07	0.96	12.35
Hot & Spicy Chicken Patty - SR2137 (1 patty)	30	230.00	13.00	2.50	0.00	350.00	15.00	13.00
Breaded Chicken Patty - SR2186 (1 patty)	28	240.00	14.00	2.50	0.00	440.00	16.00	14.00
Grillers Prime Veggie Burger - SR3551 (1 patty)	10	150.00	8.00	1.00	0.00	400.00	6.00	16.00
Cheddar Cheese Slice - SR2132 (1/2 oz.)	25	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Swiss Cheese Slice - SR2134 (1/2 oz.)	2	50.00	4.00	2.50	0.00	30.00	0.50	4.00
Bimbo Bun - OKR1738 (1 roll (hamb))	100	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sweet Potato Fries - SR2043 (1/2 c.)	25	162.34	7.10	1.01	0.00	192.78	25.37	1.01
Roasted Peppers and Onions Blend - SR1952 (1/4 c.)	0	34.82	2.09	0.18	0.00	44.27	4.12	0.61
Baked French Fries - SR1444 (1/2 c.)	50	90.40	2.51	0.00	0.00	30.13	16.07	1.00

## 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 - Grill - American Regional W2D4 :40571 - ServingDate: 12/15/2022</b>								
Cheeseburger - SR2646 (1 burger)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Patty Sandwich - SR2645 (1 burger)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Corn Dog - SR1023 (1 corn dog)	10	240.00	9.00	2.50	0.00	470.00	30.00	9.00
Hamburger - SR2660 (1 burger)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Chicken Sandwich - SR2651 (1 sandwich)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Veggie Burger - SR2996 (1 burger)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	30	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Hot & Spicy Chicken Patty - SR2137 (1 patty)	30	230.00	13.00	2.50	0.00	350.00	15.00	13.00
Breaded Chicken Patty - SR2186 (1 patty)	25	240.00	14.00	2.50	0.00	440.00	16.00	14.00
Grillers Prime Veggie Burger - SR3551 (1 patty)	5	150.00	8.00	1.00	0.00	400.00	6.00	16.00
Cheddar Cheese Slice - SR2132 (1/2 oz.)	25	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Swiss Cheese Slice - SR2134 (1/2 oz.)	5	50.00	4.00	2.50	0.00	30.00	0.50	4.00
Bimbo Bun - OKR1738 (1 roll (hamb))	90	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sweet Potato Fries - SR2043 (1/2 c.)	25	162.34	7.10	1.01	0.00	192.78	25.37	1.01
Roasted Peppers and Onions Blend - SR1952 (1/4 c.)	0	34.82	2.09	0.18	0.00	44.27	4.12	0.61
Baked French Fries - SR1444 (1/2 c.)	50	90.40	2.51	0.00	0.00	30.13	16.07	1.00

## 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 - Grill - American Regional W2D5 :40571 - ServingDate: 12/16/2022</b>								
Bacon Burger - SR3277 (1 burger)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheeseburger - SR2646 (1 burger)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Patty Sandwich - SR2645 (1 burger)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger - SR2660 (1 burger)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Spicy Chicken Sandwich - SR2651 (1 sandwich)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Veggie Burger - SR2996 (1 burger)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Hamburger Patty - SR1652 (1 patty)	40	140.00	7.00	3.00	0.00	180.00	3.00	12.00
Hot & Spicy Chicken Patty - SR2137 (1 patty)	30	230.00	13.00	2.50	0.00	350.00	15.00	13.00
Breaded Chicken Patty - SR2186 (1 patty)	25	240.00	14.00	2.50	0.00	440.00	16.00	14.00
Grillers Prime Veggie Burger - SR3551 (1 patty)	5	150.00	8.00	1.00	0.00	400.00	6.00	16.00
Cheddar Cheese Slice - SR2132 (1/2 oz.)	45	55.69	4.56	2.53	0.00	91.12	0.00	3.04
Swiss Cheese Slice - SR2134 (1/2 oz.)	5	50.00	4.00	2.50	0.00	30.00	0.50	4.00
Bimbo Bun - OKR1738 (1 roll (hamb))	100	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sweet Potato Fries - SR2043 (1/2 c.)	15	162.34	7.10	1.01	0.00	192.78	25.37	1.01
Roasted Peppers and Onions Blend - SR1952 (1/4 c.)	0	34.82	2.09	0.18	0.00	44.27	4.12	0.61
Baked French Fries - SR1444 (1/2 c.)	50	90.40	2.51	0.00	0.00	30.13	16.07	1.00
Bacon Slices - SR1982 (1 slice)	10	25.14	2.15	0.72	0.00	100.56	0.00	1.80

**Legend**

(M) - Missing Nutrient Values

# Menu Calendar Nutrient Analysis Report - December, 2022

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

**Report Selections**

Meal Type: Lunch  
Site Group: Taste4  
Menu Line: T4-Grill (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.