

Menu Calendar Nutrient Analysis Report - November, 2022

Site: Guthrie High School
Date: 11/01/2022 - 11/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
SY21-22 PopUp Brand- Street Taqueria 1 Day :38627 - ServingDate: 11/01/2022					
Beef Tamale con Queso - SR3352 (1 tamale)	50	204.17	4.64	0.84	361.46
Enchilada Suiza - SR3315 (1 enchilada)	50	346.93	5.40	0.00	760.49
Taco Al Pastor - SR3353 (1 taco)	75	(M)	(M)	(M)	(M)
Aztec Corn Taco - SR3082 (1 taco)	25	(M)	(M)	(M)	(M)
Turkey Al Pastor - SR1259 (1/4 c.)	75	66.31	0.48	0.00	490.61
Aztec Corn - SR3173 (1 #8 scoop)	25	89.92	0.14	0.00	46.29
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	25	45.00	2.00	0.00	105.00
Cilantro Lime Rice - SR2167 (1/4 c.)	25	58.08	0.06	0.00	69.49
Flour Tortilla - SR1066 (2 tortilla)	100	179.97	2.00	0.00	259.96
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)
Vegetarian Refried Beans - SR1070 (1/2 c.)	25	161.28	0.00	0.00	164.61
Fresh Cilantro - SR1265 (1 tsp.)	10	0.08	0.00	0.00	0.15
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.00	0.00	0.17
Salsa Roja - SR1081 (2 tbsp.)	50	9.05	0.01	0.00	96.29
Salsa Verde - SR1282 (2 tbsp.)	25	16.00	0.12	0.00	265.89
Sour Cream - SR1659 (2 tbsp.)	35	60.00	3.50	0.00	15.00
SY21-22 PopUp Brand- Street Taqueria 1 Day :38627 - ServingDate: 11/02/2022					
Beef Tamale con Queso - SR3352 (1 tamale)	50	204.17	4.64	0.84	361.46

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
SY21-22 PopUp Brand- Street Taqueria 1 Day :38627 - ServingDate: 11/02/2022					
Enchilada Suiza - SR3315 (1 enchilada)	50	346.93	5.40	0.00	760.49
Taco Al Pastor - SR3353 (1 taco)	75	(M)	(M)	(M)	(M)
Aztec Corn Taco - SR3082 (1 taco)	25	(M)	(M)	(M)	(M)
Turkey Al Pastor - SR1259 (1/4 c.)	75	66.31	0.48	0.00	490.61
Aztec Corn - SR3173 (1 #8 scoop)	25	89.92	0.14	0.00	46.29
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	25	45.00	2.00	0.00	105.00
Cilantro Lime Rice - SR2167 (1/4 c.)	25	58.08	0.06	0.00	69.49
Flour Tortilla - SR1066 (2 tortilla)	100	179.97	2.00	0.00	259.96
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)
Vegetarian Refried Beans - SR1070 (1/2 c.)	25	161.28	0.00	0.00	164.61
Fresh Cilantro - SR1265 (1 tsp.)	10	0.08	0.00	0.00	0.15
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.00	0.00	0.17
Salsa Roja - SR1081 (2 tbsp.)	50	9.05	0.01	0.00	96.29
Salsa Verde - SR1282 (2 tbsp.)	25	16.00	0.12	0.00	265.89
Sour Cream - SR1659 (2 tbsp.)	35	60.00	3.50	0.00	15.00
SY21-22 PopUp Brand- Street Taqueria 1 Day :38627 - ServingDate: 11/03/2022					
Beef Tamale con Queso - SR3352 (1 tamale)	50	204.17	4.64	0.84	361.46
Enchilada Suiza - SR3315 (1 enchilada)	50	346.93	5.40	0.00	760.49

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SY21-22 PopUp Brand- Street Taqueria 1 Day :38627 - ServingDate: 11/03/2022					
Taco Al Pastor - SR3353 (1 taco)	75	(M)	(M)	(M)	(M)
Aztec Corn Taco - SR3082 (1 taco)	25	(M)	(M)	(M)	(M)
Turkey Al Pastor - SR1259 (1/4 c.)	75	66.31	0.48	0.00	490.61
Aztec Corn - SR3173 (1 #8 scoop)	25	89.92	0.14	0.00	46.29
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	25	45.00	2.00	0.00	105.00
Cilantro Lime Rice - SR2167 (1/4 c.)	25	58.08	0.06	0.00	69.49
Flour Tortilla - SR1066 (2 tortilla)	100	179.97	2.00	0.00	259.96
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)
Vegetarian Refried Beans - SR1070 (1/2 c.)	25	161.28	0.00	0.00	164.61
Fresh Cilantro - SR1265 (1 tsp.)	10	0.08	0.00	0.00	0.15
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.00	0.00	0.17
Salsa Roja - SR1081 (2 tbsp.)	50	9.05	0.01	0.00	96.29
Salsa Verde - SR1282 (2 tbsp.)	25	16.00	0.12	0.00	265.89
Sour Cream - SR1659 (2 tbsp.)	35	60.00	3.50	0.00	15.00
22-23 Friday Favorites Mini PopUp Brand - Chicken Fried Chicken - ServingDate: 11/04/2022					
Chicken Breast Filet, Golden Crispy - SR2338 (1 filet)	100	200.00	1.50	0.00	290.00
Dinner Roll - SR1010 (1 roll.)	75	80.00	0.00	0.00	65.00

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22-23 Friday Favorites Mini PopUp Brand - Chicken Fried Chicken - ServingDate: 11/04/2022					
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	30	65.49	0.33	0.00	72.07
Whipped Potatoes - SR1112 (1/2 c.)	75	79.98	1.00	0.00	102.62
Old Fashioned Country Biscuit Gravy - OKR1552 (1/4 c.)	60	42.52	1.22	0.00	147.42
SY21-22 PopUp Brand- Rockin Ramen 1 Day :38628 - ServingDate: 11/07/2022					
Rockin Ramen- Chicken Ramen Bowl, Built-to- Order - SR3345 (1 bowl)	60	(M)	(M)	(M)	(M)
Rockin Ramen- Meatball Ramen Bowl, Built-to- Order - SR3344 (1 bowl)	40	(M)	(M)	(M)	(M)
Hard Boiled Eggs - SR1837 (1/2 egg)	100	38.75	0.82	0.00	31.00
Fajita Chicken - SR2529 (1/3 c.)	60	61.76	1.01	0.00	306.78
Chicken Meatballs - SR3065 (3 Meatballs)	40	105.99	2.02	0.00	121.13
Spaghetti Noodles - SR2107 (1 c.)	100	263.63	0.15	0.00	374.40
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)
O - Cabbage, green, shredded, ready-to- serve - SR2425 (2 tbsp.)	40	2.10	0.00	0.00	1.51
Sliced Mushrooms - SR2424 (2 tbsp.)	20	10.22	0.02	0.00	2.32
Chilled Corn - SR1033 (2 tbsp.)	20	17.22	0.02	0.00	0.21
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.)	40	61.60	0.87	0.00(M)	446.46

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SY21-22 PopUp Brand- Rockin Ramen 1 Day :38628 - ServingDate: 11/07/2022					
Broth- Pho, Vegetable - SR2211 (1 c.)	60	23.83	0.20	0.00(M)	42.63
Fresh Cilantro - SR1265 (1 tsp.)	15	0.08	0.00	0.00	0.15
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.00	0.00	0.17
Green Onion - SR1946 (2 tbsp.)	40	4.02	0.00	0.00	2.01
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	348.83
Matchstick Carrots - SR1435 (2 tbsp.)	30	4.77	0.00	0.00	8.02
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	10	21.09	0.04	0.00	517.39
SY21-22 PopUp Brand- Rockin Ramen 1 Day :38628 - ServingDate: 11/08/2022					
Rockin Ramen- Chicken Ramen Bowl, Built-to- Order - SR3345 (1 bowl)	60	(M)	(M)	(M)	(M)
Rockin Ramen- Meatball Ramen Bowl, Built-to- Order - SR3344 (1 bowl)	40	(M)	(M)	(M)	(M)
Hard Boiled Eggs - SR1837 (1/2 egg)	100	38.75	0.82	0.00	31.00
Fajita Chicken - SR2529 (1/3 c.)	60	61.76	1.01	0.00	306.78
Chicken Meatballs - SR3065 (3 Meatballs)	40	105.99	2.02	0.00	121.13
Spaghetti Noodles - SR2107 (1 c.)	100	263.63	0.15	0.00	374.40
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)
O - Cabbage, green, shredded, ready-to- serve - SR2425 (2 tbsp.)	40	2.10	0.00	0.00	1.51
Sliced Mushrooms - SR2424 (2 tbsp.)	20	10.22	0.02	0.00	2.32

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
SY21-22 PopUp Brand- Rockin Ramen 1 Day :38628 - ServingDate: 11/08/2022					
Chilled Corn - SR1033 (2 tbsp.)	20	17.22	0.02	0.00	0.21
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.)	40	61.60	0.87	0.00(M)	446.46
Broth- Pho, Vegetable - SR2211 (1 c.)	60	23.83	0.20	0.00(M)	42.63
Fresh Cilantro - SR1265 (1 tsp.)	15	0.08	0.00	0.00	0.15
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.00	0.00	0.17
Green Onion - SR1946 (2 tbsp.)	40	4.02	0.00	0.00	2.01
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	348.83
Matchstick Carrots - SR1435 (2 tbsp.)	30	4.77	0.00	0.00	8.02
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	10	21.09	0.04	0.00	517.39
SY21-22 PopUp Brand- Rockin Ramen 1 Day :38628 - ServingDate: 11/09/2022					
Rockin Ramen- Chicken Ramen Bowl, Built-to- Order - SR3345 (1 bowl)	60	(M)	(M)	(M)	(M)
Rockin Ramen- Meatball Ramen Bowl, Built-to- Order - SR3344 (1 bowl)	40	(M)	(M)	(M)	(M)
Hard Boiled Eggs - SR1837 (1/2 egg)	100	38.75	0.82	0.00	31.00
Fajita Chicken - SR2529 (1/3 c.)	60	61.76	1.01	0.00	306.78
Chicken Meatballs - SR3065 (3 Meatballs)	40	105.99	2.02	0.00	121.13
Spaghetti Noodles - SR2107 (1 c.)	100	263.63	0.15	0.00	374.40
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)

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SY21-22 PopUp Brand- Rockin Ramen 1 Day :38628 - ServingDate: 11/09/2022					
O - Cabbage, green, shredded, ready-to-serve - SR2425 (2 tbsp.)	40	2.10	0.00	0.00	1.51
Sliced Mushrooms - SR2424 (2 tbsp.)	20	10.22	0.02	0.00	2.32
Chilled Corn - SR1033 (2 tbsp.)	20	17.22	0.02	0.00	0.21
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.)	40	61.60	0.87	0.00(M)	446.46
Broth- Pho, Vegetable - SR2211 (1 c.)	60	23.83	0.20	0.00(M)	42.63
Fresh Cilantro - SR1265 (1 tsp.)	15	0.08	0.00	0.00	0.15
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.00	0.00	0.17
Green Onion - SR1946 (2 tbsp.)	40	4.02	0.00	0.00	2.01
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	348.83
Matchstick Carrots - SR1435 (2 tbsp.)	30	4.77	0.00	0.00	8.02
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	10	21.09	0.04	0.00	517.39
SY21-22 PopUp Brand- Rockin Ramen 1 Day :38628 - ServingDate: 11/10/2022					
Rockin Ramen- Chicken Ramen Bowl, Built-to-Order - SR3345 (1 bowl)	60	(M)	(M)	(M)	(M)
Rockin Ramen- Meatball Ramen Bowl, Built-to-Order - SR3344 (1 bowl)	40	(M)	(M)	(M)	(M)
Hard Boiled Eggs - SR1837 (1/2 egg)	100	38.75	0.82	0.00	31.00
Fajita Chicken - SR2529 (1/3 c.)	60	61.76	1.01	0.00	306.78

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
SY21-22 PopUp Brand- Rockin Ramen 1 Day :38628 - ServingDate: 11/10/2022					
Chicken Meatballs - SR3065 (3 Meatballs)	40	105.99	2.02	0.00	121.13
Spaghetti Noodles - SR2107 (1 c.)	100	263.63	0.15	0.00	374.40
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)
O - Cabbage, green, shredded, ready-to-serve - SR2425 (2 tbsp.)	40	2.10	0.00	0.00	1.51
Sliced Mushrooms - SR2424 (2 tbsp.)	20	10.22	0.02	0.00	2.32
Chilled Corn - SR1033 (2 tbsp.)	20	17.22	0.02	0.00	0.21
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.)	40	61.60	0.87	0.00(M)	446.46
Broth- Pho, Vegetable - SR2211 (1 c.)	60	23.83	0.20	0.00(M)	42.63
Fresh Cilantro - SR1265 (1 tsp.)	15	0.08	0.00	0.00	0.15
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.00	0.00	0.17
Green Onion - SR1946 (2 tbsp.)	40	4.02	0.00	0.00	2.01
Jalapeno Pepper Slices - SR1074 (2 tbsp.)	10	0.00	0.00	0.00	348.83
Matchstick Carrots - SR1435 (2 tbsp.)	30	4.77	0.00	0.00	8.02
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	10	21.09	0.04	0.00	517.39
22-23 Lasagna Friday Favorite :38628 - ServingDate: 11/11/2022					
Scratch Beef Lasagna - OKR1603 (1 ea.)	100	314.20	5.45	0.00	673.11
Breadstick - SR1044 (1 breadstick)	100	80.00	0.00	0.00	95.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)

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22-23 Lasagna Friday Favorite :38628 - ServingDate: 11/11/2022					
Mixed Garden Vegetables - SR1583 (1/2 c.)	50	52.99	0.08	0.00	99.20
22-23 PopUp Brand- Strutters Day 1_8.8.22 :38622 - ServingDate: 11/14/2022					
Breaded Chicken Tender - SR2504 (3 tenders)	100	260.00	2.50	0.00	390.00
Vegetarian Chick'n Nugget - SR2451 (5 nuggets)	1	228.22	1.27	0.00	380.36
Baked Biscuit - SR1598 (1 biscuit)	1	190.00	6.00	0.00	310.00
Garlic Knot Breadstick - SR1255 (1 roll.)	50	110.63	0.22	0.00	95.85
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)
Celery Sticks - SR1014 (6 stick.)	50	10.34	0.03	0.00	51.71
Carrot Sticks - SR1606 (6 stick.)	50	24.80	0.02	0.00	41.73
Spiral-cut French Fries - SR2509 (1/2 c.)	85	106.91	0.71	0.00	256.57
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	5	72.90	0.00	0.00	282.65
Hot Sauce - SR3162 (1 tbsp.)	3	3.39	0.02	0.00	626.53
Barbecue Sauce - SR1008 (2 tbsp.)	5	30.00	0.00	0.00	470.00
22-23 PopUp Brand- Strutters Day 2_8.8.22 :38622 - ServingDate: 11/15/2022					
Vegetarian Chick'n Nugget - SR2451 (5 nuggets)	1	228.22	1.27	0.00	380.36
Crispy Chicken Nuggets - SR1367 (5 nugget)	85	239.93	2.50	0.00	439.88
Fajita Chicken - SR2529 (2/3 c.)	15	123.52	2.02	0.00	613.57

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22-23 PopUp Brand- Strutters Day 2_8.8.22 :38622 - ServingDate: 11/15/2022					
Baked Biscuit - SR1598 (1 biscuit)	30	190.00	6.00	0.00	310.00
Toasted Waffle - SR2165 (2 waffle)	20	185.89	1.55	0.00	371.78
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)
Citrus Glazed Carrots - SR1131 (1/2 c.)	20	60.46	0.14	0.00	67.70
Whipped Potatoes - SR1112 (1/2 c.)	50	79.98	1.00	0.00	102.62
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	5	72.90	0.00	0.00	282.65
Chicken Gravy - SR1589 (1/4 c.)	50	30.37	0.00	0.00	133.39
Hot Sauce - SR3162 (1 tbsp.)	3	3.39	0.02	0.00	626.53
Barbecue Sauce - SR1008 (2 tbsp.)	5	30.00	0.00	0.00	470.00
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	20	105.00	0.00	0.00	47.50
22-23 PopUp Brand- Strutters Day 3_8.8.22 :38622 - ServingDate: 11/16/2022					
Boneless Wings - SR3320 (5 pcs.)	100	201.09	1.89	0.00	339.34
Vegetarian Chick'n Nugget - SR2451 (5 nuggets)	1	228.22	1.27	0.00	380.36
Twisted Breadstick - SR2142 (1 breadstick)	50	172.69	0.09	0.00	190.34
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)
Celery Sticks - SR1014 (6 stick.)	50	10.34	0.03	0.00	51.71
Carrot Sticks - SR1606 (6 stick.)	50	24.80	0.02	0.00	41.73
Tater Tots - SR1450 (1/2 c.)	85	110.70	1.01	0.00	311.98

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22-23 PopUp Brand-Strutters Day 3_8.8.22 :38622 - ServingDate: 11/16/2022					
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	5	72.90	0.00	0.00	282.65
Hot Sauce - SR3162 (1 tbsp.)	3	3.39	0.02	0.00	626.53
Barbecue Sauce - SR1008 (2 tbsp.)	5	30.00	0.00	0.00	470.00
22-23 PopUp Brand-Strutters Day 4_8.8.22 :38622 - ServingDate: 11/17/2022					
Vegetarian Chick'n Nugget - SR2451 (5 nuggets)	1	228.22	1.27	0.00	380.36
Fajita Chicken - SR2529 (2/3 c.)	1	123.52	2.02	0.00	613.57
Popcorn Chicken - SR1413 (12 piece)	100	254.75	2.77	0.00	387.66
Baked Biscuit - SR1598 (1 biscuit)	100	190.00	6.00	0.00	310.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)
Steamed Corn - SR1034 (1/2 c.)	40	68.89	0.09	0.00	0.85
Whipped Potatoes - SR1112 (1/2 c.)	50	79.98	1.00	0.00	102.62
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	5	72.90	0.00	0.00	282.65
Chicken Gravy - SR1589 (2 tbsp.)	50	15.19	0.00	0.00	66.70
Hot Sauce - SR3162 (1 tbsp.)	3	3.39	0.02	0.00	626.53
Barbecue Sauce - SR1008 (2 tbsp.)	5	30.00	0.00	0.00	470.00
22-23 Frito Chili Pie Friday Favorite - ServingDate: 11/18/2022					
Beef Chili Frito Pie - OKR1870 (1 ea.)	100	498.74	6.55	0.00	939.30

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22-23 Frito Chili Pie Friday Favorite - ServingDate: 11/18/2022					
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)
Variety of Fruits - SR1978 (1 serving)	140	0.00	0.00	0.00	0.00
Mixed Garden Vegetables - SR1583 (1/2 c.)	50	52.99	0.08	0.00	99.20
22-23 PopUp Brand- Twirls :38624 - ServingDate: 11/28/2022					
Twirls- Penne Pasta Bowl - SR3346 (1 bowl)	70	(M)	(M)	(M)	(M)
Twirls- Spaghetti Pasta Bowl, Built-to Order - SR3347 (1 bowl)	30	(M)	(M)	(M)	(M)
Fajita Chicken - SR2529 (2/3 c.)	35	123.52	2.02	0.00	613.57
Chicken Meatballs - SR3065 (5 Meatballs)	60	176.64	3.37	0.00	201.88
Roasted Tuscan Vegetables - SR1442 (2 #8 scoop)	5	110.67	0.04	0.00	227.19
Garlic Knot Breadstick - SR1255 (1 roll.)	25	110.63	0.22	0.00	95.85
Penne Pasta - SR2108 (1/2 c.)	70	131.82	0.08	0.00	187.20
Spaghetti Noodles - SR2107 (1/2 c.)	30	131.82	0.08	0.00	187.20
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	30	65.49	0.33	0.00	72.07
Alfredo Cheese Sauce - SR2217 (1/4 c.)	60	100.55	3.61	0.00	415.29
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	25	3.33	0.17	0.00	15.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	5	1.43	0.01	0.00	0.14
Spaghetti Sauce - SR2220 (1/4 c.)	40	32.36	0.03	0.00	129.82

Menu Calendar Nutrient Analysis Report - November, 2022

Site: Guthrie High School
Date: 11/01/2022 - 11/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
22-23 PopUp Brand-Twirls :38624 - ServingDate: 11/29/2022					
Twirls- Penne Pasta Bowl - SR3346 (1 bowl)	70	(M)	(M)	(M)	(M)
Twirls- Spaghetti Pasta Bowl, Built-to Order - SR3347 (1 bowl)	30	(M)	(M)	(M)	(M)
Fajita Chicken - SR2529 (2/3 c.)	35	123.52	2.02	0.00	613.57
Chicken Meatballs - SR3065 (5 Meatballs)	60	176.64	3.37	0.00	201.88
Roasted Tuscan Vegetables - SR1442 (2 #8 scoop)	5	110.67	0.04	0.00	227.19
Garlic Knot Breadstick - SR1255 (1 roll.)	25	110.63	0.22	0.00	95.85
Penne Pasta - SR2108 (1/2 c.)	70	131.82	0.08	0.00	187.20
Spaghetti Noodles - SR2107 (1/2 c.)	30	131.82	0.08	0.00	187.20
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	30	65.49	0.33	0.00	72.07
Alfredo Cheese Sauce - SR2217 (1/4 c.)	60	100.55	3.61	0.00	415.29
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	25	3.33	0.17	0.00	15.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	5	1.43	0.01	0.00	0.14
Spaghetti Sauce - SR2220 (1/4 c.)	40	32.36	0.03	0.00	129.82
22-23 PopUp Brand-Twirls :38624 - ServingDate: 11/30/2022					
Twirls- Penne Pasta Bowl - SR3346 (1 bowl)	70	(M)	(M)	(M)	(M)
Twirls- Spaghetti Pasta Bowl, Built-to Order - SR3347 (1 bowl)	30	(M)	(M)	(M)	(M)
Fajita Chicken - SR2529 (2/3 c.)	35	123.52	2.02	0.00	613.57

Menu Calendar Nutrient Analysis Report - November, 2022

Site: Guthrie High School
Date: 11/01/2022 - 11/30/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
22-23 PopUp Brand-Twirls :38624 - ServingDate: 11/30/2022					
Chicken Meatballs - SR3065 (5 Meatballs)	60	176.64	3.37	0.00	201.88
Roasted Tuscan Vegetables - SR1442 (2 #8 scoop)	5	110.67	0.04	0.00	227.19
Garlic Knot Breadstick - SR1255 (1 roll.)	25	110.63	0.22	0.00	95.85
Penne Pasta - SR2108 (1/2 c.)	70	131.82	0.08	0.00	187.20
Spaghetti Noodles - SR2107 (1/2 c.)	30	131.82	0.08	0.00	187.20
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	30	65.49	0.33	0.00	72.07
Alfredo Cheese Sauce - SR2217 (1/4 c.)	60	100.55	3.61	0.00	415.29
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	25	3.33	0.17	0.00	15.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	5	1.43	0.01	0.00	0.14
Spaghetti Sauce - SR2220 (1/4 c.)	40	32.36	0.03	0.00	129.82

Legend

(M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch
Site Group: Taste4
Menu Line: T4-Adventure (1)
Serving Group: 9-12
Nutrients Option: Simplified

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.