

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)
SY22-23 Core - FAST-Heat Around The World-Day2 :38612 - ServingDate: 11/01/2022					
American Style Sub - OKR1838 (1 sandwich)	10	332.58	5.65	0.00	777.33
Buffalo Chicken Wrap - SR1953 (1 wrap)	5	487.83	7.82	0.00	1768.20
Large Fajita Chicken Caesar Salad - OKR1575 (1 salad)	5	236.32	3.82	0.00	1056.22
Blueberry Patch Parfait - SR1733 (1 parfait)	5	409.05 (M)	1.57(M)	0.04(M)	234.58 (M)
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	5.00	0.00	773.05
Spicy Muffaletta Salad, mixed greens, turkey, ham, jalapeno olive relish, USDA - OKR1884 (1 salad)	5	194.66	3.76	0.00	704.29
Spicy Muffaletta Sub, Richs WG, turkey, ham, jalapeno olive relish, USDA - OKR1882 (1 sandwich)	5	323.94	3.70	0.00	1018.49
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	6.30	0.00	781.62
Twisted Breadstick - SR2142 (1 breadstick)	0	172.69	0.09	0.00	190.34
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)
SY22-23 Core - FAST-Heat Around The World-Day3 :38612 - ServingDate: 11/02/2022					
American Style Sub - OKR1838 (1 sandwich)	10	332.58	5.65	0.00	777.33
Large Crispy Chicken Salad - OKR1461 (1 salad)	5	307.26	4.57	0.00	435.13
Jalapeno Lime Chicken Salad - OKR1383 (1 salad)	5	200.63	4.14	0.01	732.52

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
SY22-23 Core - FAST-Heat Around The World-Day3 :38612 - ServingDate: 11/02/2022					
Jalapeno Lime Chicken Wrap - OKR1384 (1 wrap)	5	375.32	7.12	0.01	1010.98
Blueberry Patch Parfait - SR1733 (1 parfait)	5	409.05 (M)	1.57(M)	0.04(M)	234.58 (M)
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	5.00	0.00	773.05
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	6.30	0.00	781.62
Twisted Breadstick - SR2142 (1 breadstick)	10	172.69	0.09	0.00	190.34
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)
SY22-23 Core - FAST-Heat Around The World-Day4 :38612 - ServingDate: 11/03/2022					
American Style Sub - OKR1838 (1 sandwich)	1	332.58	5.65	0.00	777.33
Jerk Chicken Salad - SR2560 (1 salad)	5	142.59	0.07	0.01	443.72
Jerk Chicken Wrap - SR2559 (1 wrap)	5	288.17	0.55	0.01	646.23
Blueberry Patch Parfait - SR1733 (1 parfait)	5	409.05 (M)	1.57(M)	0.04(M)	234.58 (M)
Chef Salad - SR2436 (1 salad)	5	266.21	5.22	0.00	597.65
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	1	332.71	5.00	0.00	773.05
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	1	332.45	6.30	0.00	781.62
Twisted Breadstick - SR2142 (1 breadstick)	0	172.69	0.09	0.00	190.34
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
SY22-23 Core - FAST-Heat Around The World- Day 5 :38612 - ServingDate: 11/04/2022					
American Style Sub - OKR1838 (1 sandwich)	10	332.58	5.65	0.00	777.33
Chicken Caesar Salad G612, USDA diced - SR3572 (1 salad)	5	164.21	1.46	0.00	396.38
Blueberry Patch Parfait - SR1733 (1 parfait)	5	409.05 (M)	1.57(M)	0.04(M)	234.58 (M)
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	5.00	0.00	773.05
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	6.30	0.00	781.62
Twisted Breadstick - SR2142 (1 breadstick)	5	172.69	0.09	0.00	190.34
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)
SY22-23 Core - FAST-Heat Around The World-Day1 :38613 - ServingDate: 11/07/2022					
American Style Sub - OKR1838 (1 sandwich)	10	332.58	5.65	0.00	777.33
Blazing Hot Chicken Salad - SR2564 (1 salad)	5	172.26	2.55	0.00	886.48
Blazing Hot Chicken Sub - SR2565 (1 sandwich)	5	304.39	2.54	0.00	856.57
Chef Salad, USDA - OKR1839 (1 salad)	5	164.63	3.89	0.00	405.04
Double Berry Parfait - SR1602 (1 parfait)	5	450.54 (M)	1.57(M)	0.04(M)	236.08 (M)
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	5.00	0.00	773.05
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	6.30	0.00	781.62
Twisted Breadstick - SR2142 (1 breadstick)	10	172.69	0.09	0.00	190.34

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
SY22-23 Core - FAST-Heat Around The World-Day1 :38613 - ServingDate: 11/07/2022					
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)
SY22-23 Core - FAST-Heat Around The World-Day2 :38613 - ServingDate: 11/08/2022					
American Style Sub - OKR1838 (1 sandwich)	10	332.58	5.65	0.00	777.33
Buffalo Chicken Wrap - SR1953 (1 wrap)	5	487.83	7.82	0.00	1768.20
Large Fajita Chicken Caesar Salad - OKR1575 (1 salad)	5	236.32	3.82	0.00	1056.22
Double Berry Parfait - SR1602 (1 parfait)	5	450.54 (M)	1.57(M)	0.04(M)	236.08 (M)
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	5.00	0.00	773.05
Spicy Muffaletta Salad, mixed greens, turkey, ham, jalapeno olive relish, USDA - OKR1884 (1 salad)	5	194.66	3.76	0.00	704.29
Spicy Muffaletta Sub, Richs WG, turkey, ham, jalapeno olive relish, USDA - OKR1882 (1 sandwich)	5	323.94	3.70	0.00	1018.49
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	6.30	0.00	781.62
Twisted Breadstick - SR2142 (1 breadstick)	10	172.69	0.09	0.00	190.34
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)
SY22-23 Core - FAST-Heat Around The World-Day3 :38613 - ServingDate: 11/09/2022					
American Style Sub - OKR1838 (1 sandwich)	10	332.58	5.65	0.00	777.33

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
SY22-23 Core - FAST-Heat Around The World-Day3 :38613 - ServingDate: 11/09/2022					
Large Crispy Chicken Salad - OKR1461 (1 salad)	5	307.26	4.57	0.00	435.13
Jalapeno Lime Chicken Salad - OKR1383 (1 salad)	5	200.63	4.14	0.01	732.52
Jalapeno Lime Chicken Wrap - OKR1384 (1 wrap)	5	375.32	7.12	0.01	1010.98
Double Berry Parfait - SR1602 (1 parfait)	5	450.54 (M)	1.57(M)	0.04(M)	236.08 (M)
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	5.00	0.00	773.05
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	6.30	0.00	781.62
Twisted Breadstick - SR2142 (1 breadstick)	10	172.69	0.09	0.00	190.34
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)
SY22-23 Core - FAST-Heat Around The World-Day4 :38613 - ServingDate: 11/10/2022					
American Style Sub - OKR1838 (1 sandwich)	1	332.58	5.65	0.00	777.33
Jerk Chicken Salad - SR2560 (1 salad)	5	142.59	0.07	0.01	443.72
Jerk Chicken Wrap - SR2559 (1 wrap)	5	288.17	0.55	0.01	646.23
Double Berry Parfait - SR1602 (1 parfait)	5	450.54 (M)	1.57(M)	0.04(M)	236.08 (M)
Classic Chef Salad - SR1083 (1 salad)	5	266.21	5.22	0.00	642.65
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	1	332.71	5.00	0.00	773.05
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	1	332.45	6.30	0.00	781.62

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
SY22-23 Core - FAST-Heat Around The World-Day4 :38613 - ServingDate: 11/10/2022					
Twisted Breadstick - SR2142 (1 breadstick)	10	172.69	0.09	0.00	190.34
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)
SY22-23 Core - FAST-Heat Around The World-Day 5 :38613 - ServingDate: 11/11/2022					
American Style Sub - OKR1838 (1 sandwich)	10	332.58	5.65	0.00	777.33
Chicken Caesar Salad G612, USDA diced - SR3572 (1 salad)	5	164.21	1.46	0.00	396.38
Double Berry Parfait - SR1602 (1 parfait)	5	450.54 (M)	1.57(M)	0.04(M)	236.08 (M)
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	5.00	0.00	773.05
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	6.30	0.00	781.62
Twisted Breadstick - SR2142 (1 breadstick)	5	172.69	0.09	0.00	190.34
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)
SY22-23 Core - FAST-Heat Around The World-Day1 :39388 - ServingDate: 11/14/2022					
American Style Sub - OKR1838 (1 sandwich)	10	332.58	5.65	0.00	777.33
Blazing Hot Chicken Salad - SR2564 (1 salad)	5	172.26	2.55	0.00	886.48
Blazing Hot Chicken Sub - SR2565 (1 sandwich)	5	304.39	2.54	0.00	856.57
Chef Salad, USDA - OKR1839 (1 salad)	5	164.63	3.89	0.00	405.04
Strawberry Fields Parfait - SR1738 (1 parfait)	5	490.23 (M)	1.58(M)	0.04(M)	246.65 (M)

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SY22-23 Core - FAST-Heat Around The World-Day1 :39388 - ServingDate: 11/14/2022					
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	5.00	0.00	773.05
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	6.30	0.00	781.62
Twisted Breadstick - SR2142 (1 breadstick)	10	172.69	0.09	0.00	190.34
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)
SY22-23 Core - FAST-Heat Around The World-Day2 :39388 - ServingDate: 11/15/2022					
American Style Sub - OKR1838 (1 sandwich)	10	332.58	5.65	0.00	777.33
Buffalo Chicken Wrap - SR1953 (1 wrap)	5	487.83	7.82	0.00	1768.20
Large Fajita Chicken Caesar Salad - OKR1575 (1 salad)	5	236.32	3.82	0.00	1056.22
Strawberry Fields Parfait - SR1738 (1 parfait)	5	490.23 (M)	1.58(M)	0.04(M)	246.65 (M)
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	5.00	0.00	773.05
Spicy Muffaletta Salad, mixed greens, turkey, ham, jalapeno olive relish, USDA - OKR1884 (1 salad)	5	194.66	3.76	0.00	704.29
Spicy Muffaletta Sub, Richs WG, turkey, ham, jalapeno olive relish, USDA - OKR1882 (1 sandwich)	5	323.94	3.70	0.00	1018.49
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	6.30	0.00	781.62
Twisted Breadstick - SR2142 (1 breadstick)	10	172.69	0.09	0.00	190.34

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
SY22-23 Core - FAST-Heat Around The World-Day2 :39388 - ServingDate: 11/15/2022					
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)
SY22-23 Core - FAST-Heat Around The World-Day3 :39388 - ServingDate: 11/16/2022					
American Style Sub - OKR1838 (1 sandwich)	10	332.58	5.65	0.00	777.33
Large Crispy Chicken Salad - OKR1461 (1 salad)	5	307.26	4.57	0.00	435.13
Jalapeno Lime Chicken Salad - OKR1383 (1 salad)	5	200.63	4.14	0.01	732.52
Jalapeno Lime Chicken Wrap - OKR1384 (1 wrap)	5	375.32	7.12	0.01	1010.98
Strawberry Fields Parfait - SR1738 (1 parfait)	5	490.23 (M)	1.58(M)	0.04(M)	246.65 (M)
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	5.00	0.00	773.05
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	6.30	0.00	781.62
Twisted Breadstick - SR2142 (1 breadstick)	10	172.69	0.09	0.00	190.34
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)
SY22-23 Core - FAST-Heat Around The World-Day4 :39388 - ServingDate: 11/17/2022					
American Style Sub - OKR1838 (1 sandwich)	1	332.58	5.65	0.00	777.33
Jerk Chicken Salad - SR2560 (1 salad)	5	142.59	0.07	0.01	443.72
Jerk Chicken Wrap - SR2559 (1 wrap)	5	288.17	0.55	0.01	646.23

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
SY22-23 Core - FAST-Heat Around The World-Day4 :39388 - ServingDate: 11/17/2022					
Strawberry Fields Parfait - SR1738 (1 parfait)	5	490.23 (M)	1.58(M)	0.04(M)	246.65 (M)
Classic Chef Salad - SR1083 (1 salad)	5	266.21	5.22	0.00	642.65
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	1	332.71	5.00	0.00	773.05
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	1	332.45	6.30	0.00	781.62
Twisted Breadstick - SR2142 (1 breadstick)	10	172.69	0.09	0.00	190.34
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)
SY22-23 Core - FAST-Heat Around The World-Day 5 :39388 - ServingDate: 11/18/2022					
American Style Sub - OKR1838 (1 sandwich)	10	332.58	5.65	0.00	777.33
Chicken Caesar Salad G612, USDA diced - SR3572 (1 salad)	5	164.21	1.46	0.00	396.38
Strawberry Fields Parfait - SR1738 (1 parfait)	5	490.23 (M)	1.58(M)	0.04(M)	246.65 (M)
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	5.00	0.00	773.05
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	6.30	0.00	781.62
Twisted Breadstick - SR2142 (1 breadstick)	5	172.69	0.09	0.00	190.34
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
SY22-23 Core - FAST-Heat Around The World-Day1 :39389 - ServingDate: 11/28/2022					
American Style Sub - OKR1838 (1 sandwich)	10	332.58	5.65	0.00	777.33
Blazing Hot Chicken Salad - SR2564 (1 salad)	5	172.26	2.55	0.00	886.48
Blazing Hot Chicken Sub - SR2565 (1 sandwich)	5	304.39	2.54	0.00	856.57
Chef Salad, USDA - OKR1839 (1 salad)	5	164.63	3.89	0.00	405.04
Strawberry Banana Parfait - SR1737 (1 parfait)	5	462.40 (M)	1.61(M)	0.04(M)	245.03 (M)
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	5.00	0.00	773.05
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	6.30	0.00	781.62
Twisted Breadstick - SR2142 (1 breadstick)	10	172.69	0.09	0.00	190.34
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)
SY22-23 Core - FAST-Heat Around The World-Day2 :39389 - ServingDate: 11/29/2022					
American Style Sub - OKR1838 (1 sandwich)	10	332.58	5.65	0.00	777.33
Buffalo Chicken Wrap - SR1953 (1 wrap)	5	487.83	7.82	0.00	1768.20
Large Fajita Chicken Caesar Salad - OKR1575 (1 salad)	5	236.32	3.82	0.00	1056.22
Strawberry Banana Parfait - SR1737 (1 parfait)	5	462.40 (M)	1.61(M)	0.04(M)	245.03 (M)
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	5.00	0.00	773.05

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
SY22-23 Core - FAST-Heat Around The World-Day2 :39389 - ServingDate: 11/29/2022					
Spicy Muffaletta Salad, mixed greens, turkey, ham, jalapeno olive relish, USDA - OKR1884 (1 salad)	5	194.66	3.76	0.00	704.29
Spicy Muffaletta Sub, Richs WG, turkey, ham, jalapeno olive relish, USDA - OKR1882 (1 sandwich)	5	323.94	3.70	0.00	1018.49
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	6.30	0.00	781.62
Twisted Breadstick - SR2142 (1 breadstick)	10	172.69	0.09	0.00	190.34
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)
SY22-23 Core - FAST-Heat Around The World-Day3 :39389 - ServingDate: 11/30/2022					
American Style Sub - OKR1838 (1 sandwich)	10	332.58	5.65	0.00	777.33
Large Crispy Chicken Salad - OKR1461 (1 salad)	5	307.26	4.57	0.00	435.13
Jalapeno Lime Chicken Salad - OKR1383 (1 salad)	5	200.63	4.14	0.01	732.52
Jalapeno Lime Chicken Wrap - OKR1384 (1 wrap)	5	375.32	7.12	0.01	1010.98
Strawberry Banana Parfait - SR1737 (1 parfait)	5	462.40 (M)	1.61(M)	0.04(M)	245.03 (M)
Smoked Turkey & Cheese Sub - OKR1837 (1 sandwich)	10	332.71	5.00	0.00	773.05
Turkey Ham & Cheese Sub - OKR1842 (1 sandwich)	10	332.45	6.30	0.00	781.62
Twisted Breadstick - SR2142 (1 breadstick)	10	172.69	0.09	0.00	190.34

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
SY22-23 Core - FAST-Heat Around The World-Day3 :39389 - ServingDate: 11/30/2022					
Taste4 Extras Bar - SR2401 (1 serv.)	100	(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: 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.