

# Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:04:44 PM by Leroy Claborn

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

| Item Name<br>(Serving Size)                                                                                       | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|-------------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>SY23-24<br/>Taste4/FoodiE - Grill<br/>- Composed Week 1<br/>Day 5 :42667 -<br/>ServingDate:<br/>09/01/2023</b> |                |                    |                  |                |                  |                |             |                |
| Bacon Cheeseburger -<br>OKR1347 (1 ea.)                                                                           | 25             | 372.23             | 15.05            | 6.20           | 0.00             | 776.21         | 34.74       | 22.20          |
| Veggie Burger -<br>OKR1984 (1 burger)                                                                             | 5              | 310.00             | 10.00            | 1.00           | 0.00             | 670.00         | 37.00       | 22.00          |
| Cheeseburger -<br>OKR1974 (1 burger)                                                                              | 15             | 355.00             | 13.50            | 5.50           | 0.00             | 585.00         | 35.00       | 20.50          |
| Chicken Burger -<br>OKR1124 (1 burger)                                                                            | 20             | 400.00             | 16.00            | 2.50           | 0.00             | 710.00         | 47.00       | 20.00          |
| Traditional Hamburger -<br>OKR1165 (1 burger)                                                                     | 5              | 300.00             | 9.00             | 3.00           | 0.00             | 450.00         | 34.00       | 18.00          |
| Spicy Chicken Burger -<br>OKR1167 (1 burger)                                                                      | 30             | 390.13             | 15.01            | 2.50           | 0.00             | 620.20         | 46.01       | 19.01          |
| Taste4 Extras Bar -<br>SR2401 (1 serv.)                                                                           | 100            | (M)                | (M)              | (M)            | (M)              | (M)            | (M)         | (M)            |
| Crinkle Cut French Fries<br>- SR2496 (1/2 c.)                                                                     | 75             | 100.75             | 3.92             | 0.56           | 0.00             | 27.99          | 14.55       | 1.12           |
| Mixed Salad Greens -<br>SR1080 (1 c.)                                                                             | 10             | 12.85              | 0.03             | 0.00           | 0.00             | 12.67          | 2.51        | 0.94           |
| Shredded Lettuce -<br>SR1015 (1/4 cup<br>shredd)                                                                  | 10             | 2.52               | 0.03             | 0.00           | 0.00             | 1.80           | 0.54        | 0.16           |
| Sliced Red Onion -<br>SR1986 (2 tbsp.)                                                                            | 10             | 5.62               | 0.01             | 0.01           | 0.00             | 0.56           | 1.31        | 0.15           |
| Jalapeno Pepper Slices -<br>SR1074 (1 tbsp.)                                                                      | 10             | 0.00               | 0.00             | 0.00           | 0.00             | 174.42         | 0.00        | 0.00           |
| Dill Pickle Chips -<br>SR1399 (2 tbsp.)                                                                           | 10             | 0.00               | 0.00             | 0.00           | 0.00             | 255.73         | 0.00        | 0.00           |
| Sliced Red Tomatoes -<br>SR1536 (2 tbsp.)                                                                         | 10             | 4.03               | 0.04             | 0.01           | 0.00             | 1.12           | 0.87        | 0.20           |
| <b>SY23-24<br/>Taste4/FoodiE -<br/>Nacho - MTO :42667<br/>- ServingDate:<br/>09/05/2023</b>                       |                |                    |                  |                |                  |                |             |                |
| Beef Taco Filling -<br>SR3906 (3/8 c.)                                                                            | 50             | 114.07             | 5.05             | 1.82           | 0.00             | 298.80         | 5.05        | 13.12          |
| Tortilla Chips - SR1065<br>(1 1/2 oz.)                                                                            | 100            | 206.18             | 8.84             | 1.47           | 0.00             | 169.36         | 29.45       | 2.94           |
| Vegetarian Refried<br>Beans - SR1070 (1<br>#16 scoop)                                                             | 10             | 80.64              | 0.29             | 0.00           | 0.00             | 82.31          | 13.82       | 5.18           |

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| Item Name<br>(Serving Size)                                                                    | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>SY23-24<br/>Taste4/FoodiE -<br/>Nacho - MTO :42667<br/>- ServingDate:<br/>09/05/2023</b>    |                |                    |                  |                |                  |                |             |                |
| 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 (1/3 c.)                                                               | 20             | 80.05              | 4.00             | 1.14           | 0.00             | 240.14         | 1.14        | 9.72           |
| 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           |
| <b>SY23-24 Pizza-<br/>T4/FoodiE-CORE -<br/>BDs D3 :42644 -<br/>ServingDate:<br/>09/06/2023</b> |                |                    |                  |                |                  |                |             |                |
| Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)                                         | 15             | 290.17             | 11.01            | 6.00           | 0.00             | 500.29         | 28.02       | 19.01          |
| Cheese Pizza - SR2081 (1 slice)                                                                | 40             | 400.00             | 16.00            | 7.00           | 0.00             | 440.00         | 43.00       | 19.00          |
| Pepperoni Pizza - SR2084 (1 slice)                                                             | 35             | 434.67             | 19.20            | 8.20           | 0.00             | 554.67         | 43.19       | 20.60          |
| Supreme Pizza - SR2085 (1 slice)                                                               | 10             | 448.25             | 20.00            | 8.43           | 0.04             | 575.11         | 44.17       | 21.29          |
| Taste4 Extras Bar - SR2401 (1 serv.)                                                           | 100            | (M)                | (M)              | (M)            | (M)              | (M)            | (M)         | (M)            |
| Crispy Panko Broccoli and Cauliflower - SR1227 (1/2 c.)                                        | 35             | 117.06             | 9.12             | 1.22           | 0.01             | 74.45          | 8.23        | 2.44           |
| Garden Side Salad - SR1429 (1 c.)                                                              | 35             | 20.07              | 0.13             | 0.02           | 0.00             | 25.59          | 4.25        | 1.10           |
| Spaghetti Sauce - SR2220 (1/4 c.)                                                              | 15             | 32.36              | 0.25             | 0.03           | 0.00             | 129.82         | 6.67        | 1.04           |

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| Item Name<br>(Serving Size)                                                                                       | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|-------------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>SY23-24<br/>Taste4/FoodiE -<br/>Nacho - MTO :42667<br/>- ServingDate:<br/>09/07/2023</b>                       |                |                    |                  |                |                  |                |             |                |
| Beef Taco Filling -<br>SR3906 (3/8 c.)                                                                            | 50             | 114.07             | 5.05             | 1.82           | 0.00             | 298.80         | 5.05        | 13.12          |
| Tortilla Chips - SR1065<br>(1 1/2 oz.)                                                                            | 100            | 206.18             | 8.84             | 1.47           | 0.00             | 169.36         | 29.45       | 2.94           |
| Vegetarian Refried<br>Beans - SR1070 (1<br>#16 scoop)                                                             | 10             | 80.64              | 0.29             | 0.00           | 0.00             | 82.31          | 13.82       | 5.18           |
| Cheddar Cheese Sauce<br>- SR1293 (1/4 c.)                                                                         | 60             | 114.49             | 9.20             | 5.01           | 0.00             | 423.20         | 2.04        | 7.16           |
| Queso Blanco Sauce -<br>SR1068 (1/4 c.)                                                                           | 60             | 122.00             | 10.00            | 5.60           | 0.00             | 436.99         | 1.00        | 7.00           |
| Fajita Chicken - SR2529<br>(1/3 c.)                                                                               | 20             | 80.05              | 4.00             | 1.14           | 0.00             | 240.14         | 1.14        | 9.72           |
| Taste4 Extras Bar -<br>SR2401 (1 serv.)                                                                           | 100            | (M)                | (M)              | (M)            | (M)              | (M)            | (M)         | (M)            |
| Mexican Black Beans -<br>SR1026 (1/2 c.)                                                                          | 75             | 70.64              | 0.35             | 0.02           | 0.00             | 84.80          | 13.73       | 3.95           |
| Mixed Salad Greens -<br>SR1080 (1 c.)                                                                             | 5              | 12.85              | 0.03             | 0.00           | 0.00             | 12.67          | 2.51        | 0.94           |
| Jalapeno Pepper Slices -<br>SR1074 (1 tbsp.)                                                                      | 10             | 0.00               | 0.00             | 0.00           | 0.00             | 174.42         | 0.00        | 0.00           |
| Salsa Roja - SR1081 (2<br>tbsp.)                                                                                  | 50             | 9.05               | 0.04             | 0.01           | 0.00             | 95.66          | 1.85        | 0.31           |
| <b>SY23-24<br/>Taste4/FoodiE - Grill<br/>- Composed Week 1<br/>Day 5 :42667 -<br/>ServingDate:<br/>09/08/2023</b> |                |                    |                  |                |                  |                |             |                |
| Bacon Cheeseburger -<br>OKR1347 (1 ea.)                                                                           | 25             | 372.23             | 15.05            | 6.20           | 0.00             | 776.21         | 34.74       | 22.20          |
| Veggie Burger -<br>OKR1984 (1 burger)                                                                             | 5              | 310.00             | 10.00            | 1.00           | 0.00             | 670.00         | 37.00       | 22.00          |
| Cheeseburger -<br>OKR1974 (1 burger)                                                                              | 15             | 355.00             | 13.50            | 5.50           | 0.00             | 585.00         | 35.00       | 20.50          |
| Chicken Burger -<br>OKR1124 (1 burger)                                                                            | 20             | 400.00             | 16.00            | 2.50           | 0.00             | 710.00         | 47.00       | 20.00          |
| Traditional Hamburger -<br>OKR1165 (1 burger)                                                                     | 5              | 300.00             | 9.00             | 3.00           | 0.00             | 450.00         | 34.00       | 18.00          |
| Spicy Chicken Burger -<br>OKR1167 (1 burger)                                                                      | 30             | 390.13             | 15.01            | 2.50           | 0.00             | 620.20         | 46.01       | 19.01          |
| Taste4 Extras Bar -<br>SR2401 (1 serv.)                                                                           | 100            | (M)                | (M)              | (M)            | (M)              | (M)            | (M)         | (M)            |

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| Item Name<br>(Serving Size)                                                                                       | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|-------------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>SY23-24<br/>Taste4/FoodiE - Grill<br/>- Composed Week 1<br/>Day 5 :42667 -<br/>ServingDate:<br/>09/08/2023</b> |                |                    |                  |                |                  |                |             |                |
| Crinkle Cut French Fries - SR2496 (1/2 c.)                                                                        | 75             | 100.75             | 3.92             | 0.56           | 0.00             | 27.99          | 14.55       | 1.12           |
| Mixed Salad Greens - SR1080 (1 c.)                                                                                | 10             | 12.85              | 0.03             | 0.00           | 0.00             | 12.67          | 2.51        | 0.94           |
| Shredded Lettuce - SR1015 (1/4 cup shredd)                                                                        | 10             | 2.52               | 0.03             | 0.00           | 0.00             | 1.80           | 0.54        | 0.16           |
| Sliced Red Onion - SR1986 (2 tbsp.)                                                                               | 10             | 5.62               | 0.01             | 0.01           | 0.00             | 0.56           | 1.31        | 0.15           |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.)                                                                         | 10             | 0.00               | 0.00             | 0.00           | 0.00             | 174.42         | 0.00        | 0.00           |
| Dill Pickle Chips - SR1399 (2 tbsp.)                                                                              | 10             | 0.00               | 0.00             | 0.00           | 0.00             | 255.73         | 0.00        | 0.00           |
| Sliced Red Tomatoes - SR1536 (2 tbsp.)                                                                            | 10             | 4.03               | 0.04             | 0.01           | 0.00             | 1.12           | 0.87        | 0.20           |
| <b>SY23-24<br/>Taste4/FoodiE - Grill<br/>- Composed Week 1<br/>Day 1 :42667 -<br/>ServingDate:<br/>09/11/2023</b> |                |                    |                  |                |                  |                |             |                |
| Veggie Burger - OKR1984 (1 burger)                                                                                | 5              | 310.00             | 10.00            | 1.00           | 0.00             | 670.00         | 37.00       | 22.00          |
| Cheeseburger - OKR1974 (1 burger)                                                                                 | 25             | 355.00             | 13.50            | 5.50           | 0.00             | 585.00         | 35.00       | 20.50          |
| Chicken Burger - OKR1124 (1 burger)                                                                               | 25             | 400.00             | 16.00            | 2.50           | 0.00             | 710.00         | 47.00       | 20.00          |
| Grilled Cheese Sandwich - OKR1970 (1 sandwich)                                                                    | 10             | 380.00             | 20.00            | 10.00          | 0.00             | 769.99         | 34.00       | 16.00          |
| Traditional Hamburger - OKR1165 (1 burger)                                                                        | 5              | 300.00             | 9.00             | 3.00           | 0.00             | 450.00         | 34.00       | 18.00          |
| Spicy Chicken Burger - OKR1167 (1 burger)                                                                         | 30             | 390.13             | 15.01            | 2.50           | 0.00             | 620.20         | 46.01       | 19.01          |
| Taste4 Extras Bar - SR2401 (1 serv.)                                                                              | 100            | (M)                | (M)              | (M)            | (M)              | (M)            | (M)         | (M)            |
| Crinkle Cut French Fries - SR2496 (1/2 c.)                                                                        | 75             | 100.75             | 3.92             | 0.56           | 0.00             | 27.99          | 14.55       | 1.12           |
| 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<br>(Serving Size)                                                                                       | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|-------------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>SY23-24<br/>Taste4/FoodiE - Grill<br/>- Composed Week 1<br/>Day 1 :42667 -<br/>ServingDate:<br/>09/11/2023</b> |                |                    |                  |                |                  |                |             |                |
| Shredded Lettuce -<br>SR1015 (1/4 cup<br>shredd)                                                                  | 10             | 2.52               | 0.03             | 0.00           | 0.00             | 1.80           | 0.54        | 0.16           |
| Sliced Red Onion -<br>SR1986 (2 tbsp.)                                                                            | 10             | 5.62               | 0.01             | 0.01           | 0.00             | 0.56           | 1.31        | 0.15           |
| Jalapeno Pepper Slices -<br>SR1074 (1 tbsp.)                                                                      | 10             | 0.00               | 0.00             | 0.00           | 0.00             | 174.42         | 0.00        | 0.00           |
| Dill Pickle Chips -<br>SR1399 (2 tbsp.)                                                                           | 10             | 0.00               | 0.00             | 0.00           | 0.00             | 255.73         | 0.00        | 0.00           |
| <b>SY23-24<br/>Taste4/FoodiE -<br/>Nacho - MTO :42667<br/>- ServingDate:<br/>09/12/2023</b>                       |                |                    |                  |                |                  |                |             |                |
| Beef Taco Filling -<br>SR3906 (3/8 c.)                                                                            | 50             | 114.07             | 5.05             | 1.82           | 0.00             | 298.80         | 5.05        | 13.12          |
| Tortilla Chips - SR1065<br>(1 1/2 oz.)                                                                            | 100            | 206.18             | 8.84             | 1.47           | 0.00             | 169.36         | 29.45       | 2.94           |
| Vegetarian Refried<br>Beans - SR1070 (1<br>#16 scoop)                                                             | 10             | 80.64              | 0.29             | 0.00           | 0.00             | 82.31          | 13.82       | 5.18           |
| Cheddar Cheese Sauce<br>- SR1293 (1/4 c.)                                                                         | 60             | 114.49             | 9.20             | 5.01           | 0.00             | 423.20         | 2.04        | 7.16           |
| Queso Blanco Sauce -<br>SR1068 (1/4 c.)                                                                           | 60             | 122.00             | 10.00            | 5.60           | 0.00             | 436.99         | 1.00        | 7.00           |
| Fajita Chicken - SR2529<br>(1/3 c.)                                                                               | 20             | 80.05              | 4.00             | 1.14           | 0.00             | 240.14         | 1.14        | 9.72           |
| Taste4 Extras Bar -<br>SR2401 (1 serv.)                                                                           | 100            | (M)                | (M)              | (M)            | (M)              | (M)            | (M)         | (M)            |
| Mexican Black Beans -<br>SR1026 (1/2 c.)                                                                          | 75             | 70.64              | 0.35             | 0.02           | 0.00             | 84.80          | 13.73       | 3.95           |
| Mixed Salad Greens -<br>SR1080 (1 c.)                                                                             | 5              | 12.85              | 0.03             | 0.00           | 0.00             | 12.67          | 2.51        | 0.94           |
| Jalapeno Pepper Slices -<br>SR1074 (1 tbsp.)                                                                      | 10             | 0.00               | 0.00             | 0.00           | 0.00             | 174.42         | 0.00        | 0.00           |
| Salsa Roja - SR1081 (2<br>tbsp.)                                                                                  | 50             | 9.05               | 0.04             | 0.01           | 0.00             | 95.66          | 1.85        | 0.31           |

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| Item Name<br>(Serving Size)                                                   | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|-------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>SY23-24 Pizza-T4/FoodiE-CORE - BDs D3 :42644 - ServingDate: 09/13/2023</b> |                |                    |                  |                |                  |                |             |                |
| Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)                        | 15             | 290.17             | 11.01            | 6.00           | 0.00             | 500.29         | 28.02       | 19.01          |
| Cheese Pizza - SR2081 (1 slice)                                               | 40             | 400.00             | 16.00            | 7.00           | 0.00             | 440.00         | 43.00       | 19.00          |
| Pepperoni Pizza - SR2084 (1 slice)                                            | 35             | 434.67             | 19.20            | 8.20           | 0.00             | 554.67         | 43.19       | 20.60          |
| Supreme Pizza - SR2085 (1 slice)                                              | 10             | 448.25             | 20.00            | 8.43           | 0.04             | 575.11         | 44.17       | 21.29          |
| Taste4 Extras Bar - SR2401 (1 serv.)                                          | 100            | (M)                | (M)              | (M)            | (M)              | (M)            | (M)         | (M)            |
| Crispy Panko Broccoli and Cauliflower - SR1227 (1/2 c.)                       | 35             | 117.06             | 9.12             | 1.22           | 0.01             | 74.45          | 8.23        | 2.44           |
| Garden Side Salad - SR1429 (1 c.)                                             | 35             | 20.07              | 0.13             | 0.02           | 0.00             | 25.59          | 4.25        | 1.10           |
| Spaghetti Sauce - SR2220 (1/4 c.)                                             | 15             | 32.36              | 0.25             | 0.03           | 0.00             | 129.82         | 6.67        | 1.04           |
| <b>SY23-24 Taste4/FoodiE - Nacho - MTO :42667 - ServingDate: 09/14/2023</b>   |                |                    |                  |                |                  |                |             |                |
| 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 (1/3 c.)                                              | 20             | 80.05              | 4.00             | 1.14           | 0.00             | 240.14         | 1.14        | 9.72           |
| 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<br>(Serving Size)                                                                                       | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|-------------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>SY23-24<br/>Taste4/FoodiE -<br/>Nacho - MTO :42667<br/>- ServingDate:<br/>09/14/2023</b>                       |                |                    |                  |                |                  |                |             |                |
| Jalapeno Pepper Slices -<br>SR1074 (1 tbsp.)                                                                      | 10             | 0.00               | 0.00             | 0.00           | 0.00             | 174.42         | 0.00        | 0.00           |
| Salsa Roja - SR1081 (2<br>tbsp.)                                                                                  | 50             | 9.05               | 0.04             | 0.01           | 0.00             | 95.66          | 1.85        | 0.31           |
| <b>SY23-24<br/>Taste4/FoodiE - Grill<br/>- Composed Week 1<br/>Day 5 :42667 -<br/>ServingDate:<br/>09/15/2023</b> |                |                    |                  |                |                  |                |             |                |
| Bacon Cheeseburger -<br>OKR1347 (1 ea.)                                                                           | 25             | 372.23             | 15.05            | 6.20           | 0.00             | 776.21         | 34.74       | 22.20          |
| Veggie Burger -<br>OKR1984 (1 burger)                                                                             | 5              | 310.00             | 10.00            | 1.00           | 0.00             | 670.00         | 37.00       | 22.00          |
| Cheeseburger -<br>OKR1974 (1 burger)                                                                              | 15             | 355.00             | 13.50            | 5.50           | 0.00             | 585.00         | 35.00       | 20.50          |
| Chicken Burger -<br>OKR1124 (1 burger)                                                                            | 20             | 400.00             | 16.00            | 2.50           | 0.00             | 710.00         | 47.00       | 20.00          |
| Traditional Hamburger -<br>OKR1165 (1 burger)                                                                     | 5              | 300.00             | 9.00             | 3.00           | 0.00             | 450.00         | 34.00       | 18.00          |
| Spicy Chicken Burger -<br>OKR1167 (1 burger)                                                                      | 30             | 390.13             | 15.01            | 2.50           | 0.00             | 620.20         | 46.01       | 19.01          |
| Taste4 Extras Bar -<br>SR2401 (1 serv.)                                                                           | 100            | (M)                | (M)              | (M)            | (M)              | (M)            | (M)         | (M)            |
| Crinkle Cut French Fries<br>- SR2496 (1/2 c.)                                                                     | 75             | 100.75             | 3.92             | 0.56           | 0.00             | 27.99          | 14.55       | 1.12           |
| Mixed Salad Greens -<br>SR1080 (1 c.)                                                                             | 10             | 12.85              | 0.03             | 0.00           | 0.00             | 12.67          | 2.51        | 0.94           |
| Shredded Lettuce -<br>SR1015 (1/4 cup<br>shredd)                                                                  | 10             | 2.52               | 0.03             | 0.00           | 0.00             | 1.80           | 0.54        | 0.16           |
| Sliced Red Onion -<br>SR1986 (2 tbsp.)                                                                            | 10             | 5.62               | 0.01             | 0.01           | 0.00             | 0.56           | 1.31        | 0.15           |
| Jalapeno Pepper Slices -<br>SR1074 (1 tbsp.)                                                                      | 10             | 0.00               | 0.00             | 0.00           | 0.00             | 174.42         | 0.00        | 0.00           |
| Dill Pickle Chips -<br>SR1399 (2 tbsp.)                                                                           | 10             | 0.00               | 0.00             | 0.00           | 0.00             | 255.73         | 0.00        | 0.00           |
| Sliced Red Tomatoes -<br>SR1536 (2 tbsp.)                                                                         | 10             | 4.03               | 0.04             | 0.01           | 0.00             | 1.12           | 0.87        | 0.20           |

# Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:04:44 PM by Leroy Claborn

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

| Item Name<br>(Serving Size)                                                                    | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>SY23-24<br/>Taste4/FoodiE -<br/>Nacho - MTO :42667<br/>- ServingDate:<br/>09/19/2023</b>    |                |                    |                  |                |                  |                |             |                |
| Beef Taco Filling -<br>SR3906 (3/8 c.)                                                         | 50             | 114.07             | 5.05             | 1.82           | 0.00             | 298.80         | 5.05        | 13.12          |
| Tortilla Chips - SR1065<br>(1 1/2 oz.)                                                         | 100            | 206.18             | 8.84             | 1.47           | 0.00             | 169.36         | 29.45       | 2.94           |
| Vegetarian Refried<br>Beans - SR1070 (1<br>#16 scoop)                                          | 10             | 80.64              | 0.29             | 0.00           | 0.00             | 82.31          | 13.82       | 5.18           |
| Cheddar Cheese Sauce<br>- SR1293 (1/4 c.)                                                      | 60             | 114.49             | 9.20             | 5.01           | 0.00             | 423.20         | 2.04        | 7.16           |
| Queso Blanco Sauce -<br>SR1068 (1/4 c.)                                                        | 60             | 122.00             | 10.00            | 5.60           | 0.00             | 436.99         | 1.00        | 7.00           |
| Fajita Chicken - SR2529<br>(1/3 c.)                                                            | 20             | 80.05              | 4.00             | 1.14           | 0.00             | 240.14         | 1.14        | 9.72           |
| Taste4 Extras Bar -<br>SR2401 (1 serv.)                                                        | 100            | (M)                | (M)              | (M)            | (M)              | (M)            | (M)         | (M)            |
| Mexican Black Beans -<br>SR1026 (1/2 c.)                                                       | 75             | 70.64              | 0.35             | 0.02           | 0.00             | 84.80          | 13.73       | 3.95           |
| Mixed Salad Greens -<br>SR1080 (1 c.)                                                          | 5              | 12.85              | 0.03             | 0.00           | 0.00             | 12.67          | 2.51        | 0.94           |
| Jalapeno Pepper Slices -<br>SR1074 (1 tbsp.)                                                   | 10             | 0.00               | 0.00             | 0.00           | 0.00             | 174.42         | 0.00        | 0.00           |
| Salsa Roja - SR1081 (2<br>tbsp.)                                                               | 50             | 9.05               | 0.04             | 0.01           | 0.00             | 95.66          | 1.85        | 0.31           |
| <b>SY23-24 Pizza-<br/>T4/FoodiE-CORE -<br/>BDs D3 :42644 -<br/>ServingDate:<br/>09/20/2023</b> |                |                    |                  |                |                  |                |             |                |
| Mozzarella Stuffed<br>Breadsticks - SR1625<br>(2 breadstick)                                   | 15             | 290.17             | 11.01            | 6.00           | 0.00             | 500.29         | 28.02       | 19.01          |
| Cheese Pizza - SR2081<br>(1 slice)                                                             | 40             | 400.00             | 16.00            | 7.00           | 0.00             | 440.00         | 43.00       | 19.00          |
| Pepperoni Pizza -<br>SR2084 (1 slice)                                                          | 35             | 434.67             | 19.20            | 8.20           | 0.00             | 554.67         | 43.19       | 20.60          |
| Supreme Pizza -<br>SR2085 (1 slice)                                                            | 10             | 448.25             | 20.00            | 8.43           | 0.04             | 575.11         | 44.17       | 21.29          |
| Taste4 Extras Bar -<br>SR2401 (1 serv.)                                                        | 100            | (M)                | (M)              | (M)            | (M)              | (M)            | (M)         | (M)            |
| Crispy Panko Broccoli<br>and Cauliflower -<br>SR1227 (1/2 c.)                                  | 35             | 117.06             | 9.12             | 1.22           | 0.01             | 74.45          | 8.23        | 2.44           |

# Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:04:44 PM by Leroy Claborn

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

| Item Name<br>(Serving Size)                                                                   | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|-----------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>SY23-24 Pizza-T4/FoodiE-CORE - BDs D3 :42644 - ServingDate: 09/20/2023</b>                 |                |                    |                  |                |                  |                |             |                |
| Garden Side Salad - SR1429 (1 c.)                                                             | 35             | 20.07              | 0.13             | 0.02           | 0.00             | 25.59          | 4.25        | 1.10           |
| Spaghetti Sauce - SR2220 (1/4 c.)                                                             | 15             | 32.36              | 0.25             | 0.03           | 0.00             | 129.82         | 6.67        | 1.04           |
| <b>SY23-24 Taste4/FoodiE - Nacho - MTO :42667 - ServingDate: 09/21/2023</b>                   |                |                    |                  |                |                  |                |             |                |
| 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 (1/3 c.)                                                              | 20             | 80.05              | 4.00             | 1.14           | 0.00             | 240.14         | 1.14        | 9.72           |
| 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           |
| <b>SY23-24 Taste4/FoodiE - Grill - Composed Week 1 Day 5 :42667 - ServingDate: 09/22/2023</b> |                |                    |                  |                |                  |                |             |                |
| Bacon Cheeseburger - OKR1347 (1 ea.)                                                          | 25             | 372.23             | 15.05            | 6.20           | 0.00             | 776.21         | 34.74       | 22.20          |
| Veggie Burger - OKR1984 (1 burger)                                                            | 5              | 310.00             | 10.00            | 1.00           | 0.00             | 670.00         | 37.00       | 22.00          |

# Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:04:44 PM by Leroy Claborn

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

| Item Name<br>(Serving Size)                                                                                       | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|-------------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>SY23-24<br/>Taste4/FoodiE - Grill<br/>- Composed Week 1<br/>Day 5 :42667 -<br/>ServingDate:<br/>09/22/2023</b> |                |                    |                  |                |                  |                |             |                |
| Cheeseburger -<br>OKR1974 (1 burger)                                                                              | 15             | 355.00             | 13.50            | 5.50           | 0.00             | 585.00         | 35.00       | 20.50          |
| Chicken Burger -<br>OKR1124 (1 burger)                                                                            | 20             | 400.00             | 16.00            | 2.50           | 0.00             | 710.00         | 47.00       | 20.00          |
| Traditional Hamburger -<br>OKR1165 (1 burger)                                                                     | 5              | 300.00             | 9.00             | 3.00           | 0.00             | 450.00         | 34.00       | 18.00          |
| Spicy Chicken Burger -<br>OKR1167 (1 burger)                                                                      | 30             | 390.13             | 15.01            | 2.50           | 0.00             | 620.20         | 46.01       | 19.01          |
| Taste4 Extras Bar -<br>SR2401 (1 serv.)                                                                           | 100            | (M)                | (M)              | (M)            | (M)              | (M)            | (M)         | (M)            |
| Crinkle Cut French Fries<br>- SR2496 (1/2 c.)                                                                     | 75             | 100.75             | 3.92             | 0.56           | 0.00             | 27.99          | 14.55       | 1.12           |
| Mixed Salad Greens -<br>SR1080 (1 c.)                                                                             | 10             | 12.85              | 0.03             | 0.00           | 0.00             | 12.67          | 2.51        | 0.94           |
| Shredded Lettuce -<br>SR1015 (1/4 cup<br>shredd)                                                                  | 10             | 2.52               | 0.03             | 0.00           | 0.00             | 1.80           | 0.54        | 0.16           |
| Sliced Red Onion -<br>SR1986 (2 tbsp.)                                                                            | 10             | 5.62               | 0.01             | 0.01           | 0.00             | 0.56           | 1.31        | 0.15           |
| Jalapeno Pepper Slices -<br>SR1074 (1 tbsp.)                                                                      | 10             | 0.00               | 0.00             | 0.00           | 0.00             | 174.42         | 0.00        | 0.00           |
| Dill Pickle Chips -<br>SR1399 (2 tbsp.)                                                                           | 10             | 0.00               | 0.00             | 0.00           | 0.00             | 255.73         | 0.00        | 0.00           |
| Sliced Red Tomatoes -<br>SR1536 (2 tbsp.)                                                                         | 10             | 4.03               | 0.04             | 0.01           | 0.00             | 1.12           | 0.87        | 0.20           |
| <b>SY23-24<br/>Taste4/FoodiE - Grill<br/>- Composed Week 1<br/>Day 1 :42667 -<br/>ServingDate:<br/>09/25/2023</b> |                |                    |                  |                |                  |                |             |                |
| Veggie Burger -<br>OKR1984 (1 burger)                                                                             | 5              | 310.00             | 10.00            | 1.00           | 0.00             | 670.00         | 37.00       | 22.00          |
| Cheeseburger -<br>OKR1974 (1 burger)                                                                              | 25             | 355.00             | 13.50            | 5.50           | 0.00             | 585.00         | 35.00       | 20.50          |
| Chicken Burger -<br>OKR1124 (1 burger)                                                                            | 25             | 400.00             | 16.00            | 2.50           | 0.00             | 710.00         | 47.00       | 20.00          |
| Grilled Cheese<br>Sandwich - OKR1970 (1<br>sandwich)                                                              | 10             | 380.00             | 20.00            | 10.00          | 0.00             | 769.99         | 34.00       | 16.00          |
| Traditional Hamburger -<br>OKR1165 (1 burger)                                                                     | 5              | 300.00             | 9.00             | 3.00           | 0.00             | 450.00         | 34.00       | 18.00          |

# Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:04:44 PM by Leroy Claborn

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

| Item Name<br>(Serving Size)                                                                                      | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|------------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>SY23-24<br/>Taste4/FoodiE - Grill<br/>- Composd Week 1<br/>Day 1 :42667 -<br/>ServingDate:<br/>09/25/2023</b> |                |                    |                  |                |                  |                |             |                |
| Spicy Chicken Burger -<br>OKR1167 (1 burger)                                                                     | 30             | 390.13             | 15.01            | 2.50           | 0.00             | 620.20         | 46.01       | 19.01          |
| Taste4 Extras Bar -<br>SR2401 (1 serv.)                                                                          | 100            | (M)                | (M)              | (M)            | (M)              | (M)            | (M)         | (M)            |
| Crinkle Cut French Fries<br>- SR2496 (1/2 c.)                                                                    | 75             | 100.75             | 3.92             | 0.56           | 0.00             | 27.99          | 14.55       | 1.12           |
| Mixed Salad Greens -<br>SR1080 (1 c.)                                                                            | 5              | 12.85              | 0.03             | 0.00           | 0.00             | 12.67          | 2.51        | 0.94           |
| Shredded Lettuce -<br>SR1015 (1/4 cup<br>shredd)                                                                 | 10             | 2.52               | 0.03             | 0.00           | 0.00             | 1.80           | 0.54        | 0.16           |
| Sliced Red Onion -<br>SR1986 (2 tbsp.)                                                                           | 10             | 5.62               | 0.01             | 0.01           | 0.00             | 0.56           | 1.31        | 0.15           |
| Jalapeno Pepper Slices -<br>SR1074 (1 tbsp.)                                                                     | 10             | 0.00               | 0.00             | 0.00           | 0.00             | 174.42         | 0.00        | 0.00           |
| Dill Pickle Chips -<br>SR1399 (2 tbsp.)                                                                          | 10             | 0.00               | 0.00             | 0.00           | 0.00             | 255.73         | 0.00        | 0.00           |
| <b>SY23-24<br/>Taste4/FoodiE -<br/>Nacho - MTO :42667<br/>- ServingDate:<br/>09/26/2023</b>                      |                |                    |                  |                |                  |                |             |                |
| Beef Taco Filling -<br>SR3906 (3/8 c.)                                                                           | 50             | 114.07             | 5.05             | 1.82           | 0.00             | 298.80         | 5.05        | 13.12          |
| Tortilla Chips - SR1065<br>(1 1/2 oz.)                                                                           | 100            | 206.18             | 8.84             | 1.47           | 0.00             | 169.36         | 29.45       | 2.94           |
| Vegetarian Refried<br>Beans - SR1070 (1<br>#16 scoop)                                                            | 10             | 80.64              | 0.29             | 0.00           | 0.00             | 82.31          | 13.82       | 5.18           |
| Cheddar Cheese Sauce<br>- SR1293 (1/4 c.)                                                                        | 60             | 114.49             | 9.20             | 5.01           | 0.00             | 423.20         | 2.04        | 7.16           |
| Queso Blanco Sauce -<br>SR1068 (1/4 c.)                                                                          | 60             | 122.00             | 10.00            | 5.60           | 0.00             | 436.99         | 1.00        | 7.00           |
| Fajita Chicken - SR2529<br>(1/3 c.)                                                                              | 20             | 80.05              | 4.00             | 1.14           | 0.00             | 240.14         | 1.14        | 9.72           |
| Taste4 Extras Bar -<br>SR2401 (1 serv.)                                                                          | 100            | (M)                | (M)              | (M)            | (M)              | (M)            | (M)         | (M)            |
| Mexican Black Beans -<br>SR1026 (1/2 c.)                                                                         | 75             | 70.64              | 0.35             | 0.02           | 0.00             | 84.80          | 13.73       | 3.95           |
| Mixed Salad Greens -<br>SR1080 (1 c.)                                                                            | 5              | 12.85              | 0.03             | 0.00           | 0.00             | 12.67          | 2.51        | 0.94           |

# Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:04:44 PM by Leroy Claborn

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

| Item Name<br>(Serving Size)                                                                    | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>SY23-24<br/>Taste4/FoodiE -<br/>Nacho - MTO :42667<br/>- ServingDate:<br/>09/26/2023</b>    |                |                    |                  |                |                  |                |             |                |
| Jalapeno Pepper Slices -<br>SR1074 (1 tbsp.)                                                   | 10             | 0.00               | 0.00             | 0.00           | 0.00             | 174.42         | 0.00        | 0.00           |
| Salsa Roja - SR1081 (2<br>tbsp.)                                                               | 50             | 9.05               | 0.04             | 0.01           | 0.00             | 95.66          | 1.85        | 0.31           |
| <b>SY23-24 Pizza-<br/>T4/FoodiE-CORE -<br/>BDs D3 :42644 -<br/>ServingDate:<br/>09/27/2023</b> |                |                    |                  |                |                  |                |             |                |
| Mozzarella Stuffed<br>Breadsticks - SR1625<br>(2 breadstick)                                   | 15             | 290.17             | 11.01            | 6.00           | 0.00             | 500.29         | 28.02       | 19.01          |
| Cheese Pizza - SR2081<br>(1 slice)                                                             | 40             | 400.00             | 16.00            | 7.00           | 0.00             | 440.00         | 43.00       | 19.00          |
| Pepperoni Pizza -<br>SR2084 (1 slice)                                                          | 35             | 434.67             | 19.20            | 8.20           | 0.00             | 554.67         | 43.19       | 20.60          |
| Supreme Pizza -<br>SR2085 (1 slice)                                                            | 10             | 448.25             | 20.00            | 8.43           | 0.04             | 575.11         | 44.17       | 21.29          |
| Taste4 Extras Bar -<br>SR2401 (1 serv.)                                                        | 100            | (M)                | (M)              | (M)            | (M)              | (M)            | (M)         | (M)            |
| Crispy Panko Broccoli<br>and Cauliflower -<br>SR1227 (1/2 c.)                                  | 35             | 117.06             | 9.12             | 1.22           | 0.01             | 74.45          | 8.23        | 2.44           |
| Garden Side Salad -<br>SR1429 (1 c.)                                                           | 35             | 20.07              | 0.13             | 0.02           | 0.00             | 25.59          | 4.25        | 1.10           |
| Spaghetti Sauce -<br>SR2220 (1/4 c.)                                                           | 15             | 32.36              | 0.25             | 0.03           | 0.00             | 129.82         | 6.67        | 1.04           |
| <b>SY23-24<br/>Taste4/FoodiE -<br/>Nacho - MTO :42667<br/>- ServingDate:<br/>09/28/2023</b>    |                |                    |                  |                |                  |                |             |                |
| Beef Taco Filling -<br>SR3906 (3/8 c.)                                                         | 50             | 114.07             | 5.05             | 1.82           | 0.00             | 298.80         | 5.05        | 13.12          |
| Tortilla Chips - SR1065<br>(1 1/2 oz.)                                                         | 100            | 206.18             | 8.84             | 1.47           | 0.00             | 169.36         | 29.45       | 2.94           |
| Vegetarian Refried<br>Beans - SR1070 (1<br>#16 scoop)                                          | 10             | 80.64              | 0.29             | 0.00           | 0.00             | 82.31          | 13.82       | 5.18           |
| Cheddar Cheese Sauce<br>- SR1293 (1/4 c.)                                                      | 60             | 114.49             | 9.20             | 5.01           | 0.00             | 423.20         | 2.04        | 7.16           |
| Queso Blanco Sauce -<br>SR1068 (1/4 c.)                                                        | 60             | 122.00             | 10.00            | 5.60           | 0.00             | 436.99         | 1.00        | 7.00           |

# Menu Calendar Nutrient Analysis Report - September, 2023

Generated on: 8/20/2023 2:04:44 PM by Leroy Claborn

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

| Item Name<br>(Serving Size)                                                                                       | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|-------------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>SY23-24<br/>Taste4/FoodiE -<br/>Nacho - MTO :42667<br/>- ServingDate:<br/>09/28/2023</b>                       |                |                    |                  |                |                  |                |             |                |
| Fajita Chicken - SR2529<br>(1/3 c.)                                                                               | 20             | 80.05              | 4.00             | 1.14           | 0.00             | 240.14         | 1.14        | 9.72           |
| Taste4 Extras Bar -<br>SR2401 (1 serv.)                                                                           | 100            | (M)                | (M)              | (M)            | (M)              | (M)            | (M)         | (M)            |
| Mexican Black Beans -<br>SR1026 (1/2 c.)                                                                          | 75             | 70.64              | 0.35             | 0.02           | 0.00             | 84.80          | 13.73       | 3.95           |
| Mixed Salad Greens -<br>SR1080 (1 c.)                                                                             | 5              | 12.85              | 0.03             | 0.00           | 0.00             | 12.67          | 2.51        | 0.94           |
| Jalapeno Pepper Slices -<br>SR1074 (1 tbsp.)                                                                      | 10             | 0.00               | 0.00             | 0.00           | 0.00             | 174.42         | 0.00        | 0.00           |
| Salsa Roja - SR1081 (2<br>tbsp.)                                                                                  | 50             | 9.05               | 0.04             | 0.01           | 0.00             | 95.66          | 1.85        | 0.31           |
| <b>SY23-24<br/>Taste4/FoodiE - Grill<br/>- Composed Week 1<br/>Day 5 :42667 -<br/>ServingDate:<br/>09/29/2023</b> |                |                    |                  |                |                  |                |             |                |
| Bacon Cheeseburger -<br>OKR1347 (1 ea.)                                                                           | 25             | 372.23             | 15.05            | 6.20           | 0.00             | 776.21         | 34.74       | 22.20          |
| Veggie Burger -<br>OKR1984 (1 burger)                                                                             | 5              | 310.00             | 10.00            | 1.00           | 0.00             | 670.00         | 37.00       | 22.00          |
| Cheeseburger -<br>OKR1974 (1 burger)                                                                              | 15             | 355.00             | 13.50            | 5.50           | 0.00             | 585.00         | 35.00       | 20.50          |
| Chicken Burger -<br>OKR1124 (1 burger)                                                                            | 20             | 400.00             | 16.00            | 2.50           | 0.00             | 710.00         | 47.00       | 20.00          |
| Traditional Hamburger -<br>OKR1165 (1 burger)                                                                     | 5              | 300.00             | 9.00             | 3.00           | 0.00             | 450.00         | 34.00       | 18.00          |
| Spicy Chicken Burger -<br>OKR1167 (1 burger)                                                                      | 30             | 390.13             | 15.01            | 2.50           | 0.00             | 620.20         | 46.01       | 19.01          |
| Taste4 Extras Bar -<br>SR2401 (1 serv.)                                                                           | 100            | (M)                | (M)              | (M)            | (M)              | (M)            | (M)         | (M)            |
| Crinkle Cut French Fries<br>- SR2496 (1/2 c.)                                                                     | 75             | 100.75             | 3.92             | 0.56           | 0.00             | 27.99          | 14.55       | 1.12           |
| Mixed Salad Greens -<br>SR1080 (1 c.)                                                                             | 10             | 12.85              | 0.03             | 0.00           | 0.00             | 12.67          | 2.51        | 0.94           |
| Shredded Lettuce -<br>SR1015 (1/4 cup<br>shredd)                                                                  | 10             | 2.52               | 0.03             | 0.00           | 0.00             | 1.80           | 0.54        | 0.16           |
| Sliced Red Onion -<br>SR1986 (2 tbsp.)                                                                            | 10             | 5.62               | 0.01             | 0.01           | 0.00             | 0.56           | 1.31        | 0.15           |
| Jalapeno Pepper Slices -<br>SR1074 (1 tbsp.)                                                                      | 10             | 0.00               | 0.00             | 0.00           | 0.00             | 174.42         | 0.00        | 0.00           |

# Menu Calendar Nutrient Analysis Report - September, 2023

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

| Item Name<br>(Serving Size)                                                                           | Planned Qty | Calories<br>(Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|-------------------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-------------|----------|-------------|
| SY23-24<br>Taste4/FoodiE - Grill<br>- Composed Week 1<br>Day 5 :42667 -<br>ServingDate:<br>09/29/2023 |             |                    |               |             |               |             |          |             |
| Dill Pickle Chips -<br>SR1399 (2 tbsp.)                                                               | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 255.73      | 0.00     | 0.00        |
| Sliced Red Tomatoes -<br>SR1536 (2 tbsp.)                                                             | 10          | 4.03               | 0.04          | 0.01        | 0.00          | 1.12        | 0.87     | 0.20        |

**Legend**  
(M) - Missing Nutrient Values

**Report Selections**  
Meal Type: Lunch  
Site Group: FoodiE Cafe  
Menu Line: FE-Everyday Selects (Grill/Nacho/Pizza conv)  
Serving Group: 6-8  
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.