

Menu Calendar Nutrient Analysis Report - April, 2023

Site: Guthrie High School
 Date: 04/01/2023 - 04/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
22-23 PopUp Brand-Strutters Day 1_8.8.22 :38622 - ServingDate: 04/03/2023								
Breaded Chicken Tender - SR2504 (3 tenders)	100	263.02	15.17	2.53	0.00	394.54	16.19	15.17
Vegetarian Chick'n Nugget - SR2451 (5 nuggets)	1	228.22	8.88	1.27	0.00	380.36	24.09	17.75
Baked Biscuit - SR1598 (1 biscuit)	1	190.00	9.00	6.00	0.00	310.00	24.00	4.00
Garlic Knot Breadstick - SR1255 (1 roll.)	50	110.63	4.05	0.22	0.00	95.85	15.02	3.23
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Celery Sticks - SR1014 (6 stick.)	50	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Carrot Sticks - SR1606 (6 stick.)	50	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Spiral-cut French Fries - SR2509 (1/2 c.)	85	106.91	5.70	0.71	0.00	256.57	14.25	1.43
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	5	73.60	0.09	0.07	0.01	282.11	18.23	0.17
Hot Sauce - SR3162 (1 tbsp.)	3	3.39	0.09	0.02	0.00	626.53	0.48	0.17
Barbecue Sauce - SR1008 (2 tbsp.)	5	30.00	0.00	0.00	0.00	470.00	7.00	0.00
22-23 PopUp Brand-Strutters Day 2_8.8.22 :38622 - ServingDate: 04/04/2023								
Vegetarian Chick'n Nugget - SR2451 (5 nuggets)	1	228.22	8.88	1.27	0.00	380.36	24.09	17.75
Crispy Chicken Nuggets - SR1367 (5 nugget)	85	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Fajita Chicken - SR2529 (2/3 c.)	15	160.09	8.01	2.29	0.00	480.27	2.29	19.44
Baked Biscuit - SR1598 (1 biscuit)	30	190.00	9.00	6.00	0.00	310.00	24.00	4.00
Toasted Waffle - SR2165 (2 waffle)	20	185.89	6.20	1.55	0.00	371.78	27.88	4.13
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
22-23 PopUp Brand-Strutters Day 2_8.8.22 :38622 - ServingDate: 04/04/2023								
Citrus Glazed Carrots - SR1131 (1/2 c.)	20	60.46	0.78	0.14	0.00	67.70	13.35	0.68
Whipped Potatoes - SR1112 (1/2 c.)	50	79.98	1.50	1.00	0.00	102.62	15.00	2.00
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	5	73.60	0.09	0.07	0.01	282.11	18.23	0.17
Chicken Gravy - SR1589 (1/4 c.)	50	30.37	1.01	0.00	0.00	138.46	4.05	0.71
Hot Sauce - SR3162 (1 tbsp.)	3	3.39	0.09	0.02	0.00	626.53	0.48	0.17
Barbecue Sauce - SR1008 (2 tbsp.)	5	30.00	0.00	0.00	0.00	470.00	7.00	0.00
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	20	105.00	0.00	0.00	0.00	47.50	26.00	0.00
22-23 PopUp Brand-Strutters Day 3_8.8.22 :38622 - ServingDate: 04/05/2023								
Boneless Wings - SR3320 (5 pcs.)	100	201.09	8.80	1.89	0.00	339.34	12.57	17.59
Vegetarian Chick'n Nugget - SR2451 (5 nuggets)	1	228.22	8.88	1.27	0.00	380.36	24.09	17.75
Twisted Breadstick - SR2142 (1 breadstick)	50	172.69	3.27	0.09	0.00	190.34	28.41	6.09
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Celery Sticks - SR1014 (6 stick.)	50	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Carrot Sticks - SR1606 (6 stick.)	50	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Tater Tots - SR1450 (1/2 c.)	85	110.70	6.04	1.01	0.00	311.98	14.09	1.01
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	5	73.60	0.09	0.07	0.01	282.11	18.23	0.17
Hot Sauce - SR3162 (1 tbsp.)	3	3.39	0.09	0.02	0.00	626.53	0.48	0.17
Barbecue Sauce - SR1008 (2 tbsp.)	5	30.00	0.00	0.00	0.00	470.00	7.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
22-23 PopUp Brand-Strutters Day 4_8.8.22 :38622 - ServingDate: 04/06/2023								
Vegetarian Chick'n Nugget - SR2451 (5 nuggets)	1	228.22	8.88	1.27	0.00	380.36	24.09	17.75
Fajita Chicken - SR2529 (2/3 c.)	1	160.09	8.01	2.29	0.00	480.27	2.29	19.44
Popcorn Chicken - SR1413 (12 piece)	100	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Baked Biscuit - SR1598 (1 biscuit)	100	190.00	9.00	6.00	0.00	310.00	24.00	4.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Steamed Corn - SR1034 (1/2 c.)	40	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Whipped Potatoes - SR1112 (1/2 c.)	50	79.98	1.50	1.00	0.00	102.62	15.00	2.00
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	5	73.60	0.09	0.07	0.01	282.11	18.23	0.17
Chicken Gravy - SR1589 (2 tbsp.)	50	15.19	0.51	0.00	0.00	69.23	2.02	0.35
Hot Sauce - SR3162 (1 tbsp.)	3	3.39	0.09	0.02	0.00	626.53	0.48	0.17
Barbecue Sauce - SR1008 (2 tbsp.)	5	30.00	0.00	0.00	0.00	470.00	7.00	0.00
22-23 PopUp Brand-Beale Street, BBQ Day 1_8.15.22 :38623 - ServingDate: 04/10/2023								
Pulled BBQ Sandwich - SR2709 (1 sandwich)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
BBQ Nachos - SR3355 (1 nacho)	35	(M)	(M)	(M)	(M)	(M)	(M)	(M)
BBQ Totchos - SR3321 (1 nacho)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.)	95	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Pulled Pork - SR3327 (2 oz.)	99	92.00	5.00	2.00	0.00	202.00	0.00	11.00
Pulled Turkey - SR1213 (3/8 c.)	1	118.91	3.96	0.99	0.00	693.63	1.98	17.84

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
22-23 PopUp Brand-Beale Street, BBQ Day 1_8.15.22 :38623 - ServingDate: 04/10/2023								
Whole Wheat Hamburger Bun - SR1651 (1 roll (hamb))	5	150.00	2.00	0.00	0.00	260.00	26.00	6.00
Tortilla Chips - SR1065 (1 1/2 oz.)	50	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Baked Beans - SR1336 (1/2 c.)	10	243.37	0.02	0.01	0.00	581.61	53.65	7.38
Blue Ribbon Slaw - SR1254 (1/2 c.)	10	43.83	0.15	0.03	0.00	114.20	10.36	0.75
Tater Tots - SR1450 (1/2 c.)	75	110.70	6.04	1.01	0.00	311.98	14.09	1.01
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	25	73.60	0.09	0.07	0.01	282.11	18.23	0.17
Carolinian Barbecue Sauce - SR1309 (2 tbsp.)	25	36.69	0.01	0.00	0.00	257.27	9.21	0.04
Barbecue Sauce - SR1008 (2 tbsp.)	50	30.00	0.00	0.00	0.00	470.00	7.00	0.00
22-23 PopUp Brand-Beale Street, BBQ Day 1_8.15.22 :38623 - ServingDate: 04/11/2023								
Pulled BBQ Sandwich - SR2709 (1 sandwich)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
BBQ Nachos - SR3355 (1 nacho)	35	(M)	(M)	(M)	(M)	(M)	(M)	(M)
BBQ Totchos - SR3321 (1 nacho)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.)	95	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Pulled Pork - SR3327 (2 oz.)	99	92.00	5.00	2.00	0.00	202.00	0.00	11.00
Pulled Turkey - SR1213 (3/8 c.)	1	118.91	3.96	0.99	0.00	693.63	1.98	17.84
Whole Wheat Hamburger Bun - SR1651 (1 roll (hamb))	5	150.00	2.00	0.00	0.00	260.00	26.00	6.00

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22-23 PopUp Brand-Beale Street, BBQ Day 1_8.15.22 :38623 - ServingDate: 04/11/2023								
Tortilla Chips - SR1065 (1 1/2 oz.)	50	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Baked Beans - SR1336 (1/2 c.)	10	243.37	0.02	0.01	0.00	581.61	53.65	7.38
Blue Ribbon Slaw - SR1254 (1/2 c.)	10	43.83	0.15	0.03	0.00	114.20	10.36	0.75
Tater Tots - SR1450 (1/2 c.)	75	110.70	6.04	1.01	0.00	311.98	14.09	1.01
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	25	73.60	0.09	0.07	0.01	282.11	18.23	0.17
Carolinian Barbecue Sauce - SR1309 (2 tbsp.)	25	36.69	0.01	0.00	0.00	257.27	9.21	0.04
Barbecue Sauce - SR1008 (2 tbsp.)	50	30.00	0.00	0.00	0.00	470.00	7.00	0.00
22-23 PopUp Brand-Beale Street, BBQ Day 1_8.15.22 :38623 - ServingDate: 04/12/2023								
Pulled BBQ Sandwich - SR2709 (1 sandwich)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
BBQ Nachos - SR3355 (1 nacho)	35	(M)	(M)	(M)	(M)	(M)	(M)	(M)
BBQ Totchos - SR3321 (1 nacho)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.)	95	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Pulled Pork - SR3327 (2 oz.)	99	92.00	5.00	2.00	0.00	202.00	0.00	11.00
Pulled Turkey - SR1213 (3/8 c.)	1	118.91	3.96	0.99	0.00	693.63	1.98	17.84
Whole Wheat Hamburger Bun - SR1651 (1 roll (hamb))	5	150.00	2.00	0.00	0.00	260.00	26.00	6.00
Tortilla Chips - SR1065 (1 1/2 oz.)	50	206.18	8.84	1.47	0.00	169.36	29.45	2.94

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22-23 PopUp Brand-Beale Street, BBQ Day 1_8.15.22 :38623 - ServingDate: 04/12/2023								
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Baked Beans - SR1336 (1/2 c.)	10	243.37	0.02	0.01	0.00	581.61	53.65	7.38
Blue Ribbon Slaw - SR1254 (1/2 c.)	10	43.83	0.15	0.03	0.00	114.20	10.36	0.75
Tater Tots - SR1450 (1/2 c.)	75	110.70	6.04	1.01	0.00	311.98	14.09	1.01
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	25	73.60	0.09	0.07	0.01	282.11	18.23	0.17
Carolinian Barbecue Sauce - SR1309 (2 tbsp.)	25	36.69	0.01	0.00	0.00	257.27	9.21	0.04
Barbecue Sauce - SR1008 (2 tbsp.)	50	30.00	0.00	0.00	0.00	470.00	7.00	0.00
22-23 PopUp Brand-Beale Street, BBQ Day 1_8.15.22 :38623 - ServingDate: 04/13/2023								
Pulled BBQ Sandwich - SR2709 (1 sandwich)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
BBQ Nachos - SR3355 (1 nacho)	35	(M)	(M)	(M)	(M)	(M)	(M)	(M)
BBQ Totchos - SR3321 (1 nacho)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.)	95	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Pulled Pork - SR3327 (2 oz.)	99	92.00	5.00	2.00	0.00	202.00	0.00	11.00
Pulled Turkey - SR1213 (3/8 c.)	1	118.91	3.96	0.99	0.00	693.63	1.98	17.84
Whole Wheat Hamburger Bun - SR1651 (1 roll (hamb))	5	150.00	2.00	0.00	0.00	260.00	26.00	6.00
Tortilla Chips - SR1065 (1 1/2 oz.)	50	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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22-23 PopUp Brand- Beale Street, BBQ Day 1_8.15.22 :38623 - ServingDate: 04/13/2023								
Vegetarian Baked Beans - SR1336 (1/2 c.)	10	243.37	0.02	0.01	0.00	581.61	53.65	7.38
Blue Ribbon Slaw - SR1254 (1/2 c.)	10	43.83	0.15	0.03	0.00	114.20	10.36	0.75
Tater Tots - SR1450 (1/2 c.)	75	110.70	6.04	1.01	0.00	311.98	14.09	1.01
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	25	73.60	0.09	0.07	0.01	282.11	18.23	0.17
Carolinian Barbecue Sauce - SR1309 (2 tbsp.)	25	36.69	0.01	0.00	0.00	257.27	9.21	0.04
Barbecue Sauce - SR1008 (2 tbsp.)	50	30.00	0.00	0.00	0.00	470.00	7.00	0.00
Canal Street Mac Attack- Monday/Wednesday /Friday - ServingDate: 04/14/2023								
Alfredo Macaroni - SR1422 (1 c.)	30	350.96	12.47	5.48	0.00	1034.02	49.30	16.55
Cheddar Macaroni - SR1549 (1 c.)	70	444.30	23.85	11.83	0.00	1357.99	42.11	22.85
BBQ Pulled Turkey - SR1212 (3/8 c.)	40	150.75	4.03	1.01	0.00	1174.36	9.01	18.11
Roasted Tuscan Vegetables - SR1442 (1/2 c.)	20	55.38	0.11	0.02	0.00	113.60	10.50	3.00
Cinnamon Breadstick - SR1455 (1 roll.)	100	93.38	1.69	0.28	0.00	102.38	15.88	3.01
Banana - SR1166 (1 medium (7"))	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Crispy Whole Apple - SR1161 (1 extra smal)	25	47.79	0.16	0.03	0.00	0.92	12.69	0.24
Fresh Oranges - SR1171 (1 small (2-3)	25	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Celery Sticks - SR1014 (6 stick.)	25	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Carrot Sticks - SR1606 (6 stick.)	25	24.80	0.14	0.02	0.00	41.73	5.79	0.56

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Canal Street Mac Attack- Monday/Wednesday /Friday - ServingDate: 04/14/2023								
Super Salad - SR1257 (1 salad)	15	58.25	0.30	0.04	0.00	44.24	11.72	2.95
Chocolate1% Milk - OKR1062 (8 oz.)	30	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	30	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	30	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Crumb Topping - SR1311 (1 tbsp.)	40	25.16	1.17	0.08	0.00	4.68	3.33	0.42
Homemade Dill Pickle Relish - SR1403 (2 tbsp.)	10	3.43	0.02	0.00	0.00	128.38	0.74	0.12
Tuscan Salad - SR1445 (2 tbsp.)	10	9.00	0.38	0.01	0.00	82.12	1.49	0.18
22-23 PopUp Brand-Twirls :38624 - ServingDate: 04/17/2023								
Twirls- Penne Pasta Bowl - SR3346 (1 bowl)	70	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Twirls- Spaghetti Pasta Bowl, Built-to Order - SR3347 (1 bowl)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fajita Chicken - SR2529 (2/3 c.)	35	160.09	8.01	2.29	0.00	480.27	2.29	19.44
Chicken Meatballs - SR3065 (5 Meatballs)	60	176.64	10.93	3.37	0.00	201.88	5.89	14.30
Roasted Tuscan Vegetables - SR1442 (2 #8 scoop)	5	110.75	0.21	0.04	0.00	227.20	21.00	6.00
Garlic Knot Breadstick - SR1255 (1 roll.)	25	110.63	4.05	0.22	0.00	95.85	15.02	3.23
Penne Pasta - SR2108 (1/2 c.)	70	131.08	1.71	0.21	0.00	187.54	25.60	4.33
Spaghetti Noodles - SR2107 (1/2 c.)	30	131.82	1.67	0.08	0.00	187.20	25.77	4.29
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	30	65.49	4.49	0.33	0.00	72.07	5.40	3.00

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22-23 PopUp Brand-Twirls :38624 - ServingDate: 04/17/2023								
Alfredo Cheese Sauce - SR2217 (1/4 c.)	60	100.55	6.56	3.61	0.00	415.29	4.37	6.56
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	25	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Red Pepper Flakes - SR1554 (1/4 tsp.)	5	1.43	0.08	0.01	0.00	0.14	0.25	0.05
Spaghetti Sauce - SR2220 (1/4 c.)	40	32.36	0.25	0.03	0.00	129.82	6.67	1.04
22-23 PopUp Brand-Twirls :38624 - ServingDate: 04/18/2023								
Twirls- Penne Pasta Bowl - SR3346 (1 bowl)	70	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Twirls- Spaghetti Pasta Bowl, Built-to Order - SR3347 (1 bowl)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fajita Chicken - SR2529 (2/3 c.)	35	160.09	8.01	2.29	0.00	480.27	2.29	19.44
Chicken Meatballs - SR3065 (5 Meatballs)	60	176.64	10.93	3.37	0.00	201.88	5.89	14.30
Roasted Tuscan Vegetables - SR1442 (2 #8 scoop)	5	110.75	0.21	0.04	0.00	227.20	21.00	6.00
Garlic Knot Breadstick - SR1255 (1 roll.)	25	110.63	4.05	0.22	0.00	95.85	15.02	3.23
Penne Pasta - SR2108 (1/2 c.)	70	131.08	1.71	0.21	0.00	187.54	25.60	4.33
Spaghetti Noodles - SR2107 (1/2 c.)	30	131.82	1.67	0.08	0.00	187.20	25.77	4.29
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	30	65.49	4.49	0.33	0.00	72.07	5.40	3.00
Alfredo Cheese Sauce - SR2217 (1/4 c.)	60	100.55	6.56	3.61	0.00	415.29	4.37	6.56
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	25	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Red Pepper Flakes - SR1554 (1/4 tsp.)	5	1.43	0.08	0.01	0.00	0.14	0.25	0.05

Menu Calendar Nutrient Analysis Report - April, 2023

Site: Guthrie High School
 Date: 04/01/2023 - 04/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
22-23 PopUp Brand-Twirls :38624 - ServingDate: 04/18/2023								
Spaghetti Sauce - SR2220 (1/4 c.)	40	32.36	0.25	0.03	0.00	129.82	6.67	1.04
22-23 PopUp Brand-Twirls :38624 - ServingDate: 04/19/2023								
Twirls- Penne Pasta Bowl - SR3346 (1 bowl)	70	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Twirls- Spaghetti Pasta Bowl, Built-to Order - SR3347 (1 bowl)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fajita Chicken - SR2529 (2/3 c.)	35	160.09	8.01	2.29	0.00	480.27	2.29	19.44
Chicken Meatballs - SR3065 (5 Meatballs)	60	176.64	10.93	3.37	0.00	201.88	5.89	14.30
Roasted Tuscan Vegetables - SR1442 (2 #8 scoop)	5	110.75	0.21	0.04	0.00	227.20	21.00	6.00
Garlic Knot Breadstick - SR1255 (1 roll.)	25	110.63	4.05	0.22	0.00	95.85	15.02	3.23
Penne Pasta - SR2108 (1/2 c.)	70	131.08	1.71	0.21	0.00	187.54	25.60	4.33
Spaghetti Noodles - SR2107 (1/2 c.)	30	131.82	1.67	0.08	0.00	187.20	25.77	4.29
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	30	65.49	4.49	0.33	0.00	72.07	5.40	3.00
Alfredo Cheese Sauce - SR2217 (1/4 c.)	60	100.55	6.56	3.61	0.00	415.29	4.37	6.56
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	25	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Red Pepper Flakes - SR1554 (1/4 tsp.)	5	1.43	0.08	0.01	0.00	0.14	0.25	0.05
Spaghetti Sauce - SR2220 (1/4 c.)	40	32.36	0.25	0.03	0.00	129.82	6.67	1.04

Menu Calendar Nutrient Analysis Report - April, 2023

Site: Guthrie High School
Date: 04/01/2023 - 04/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
22-23 PopUp Brand-Twirls :38624 - ServingDate: 04/20/2023								
Twirls- Penne Pasta Bowl - SR3346 (1 bowl)	70	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Twirls- Spaghetti Pasta Bowl, Built-to Order - SR3347 (1 bowl)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fajita Chicken - SR2529 (2/3 c.)	35	160.09	8.01	2.29	0.00	480.27	2.29	19.44
Chicken Meatballs - SR3065 (5 Meatballs)	60	176.64	10.93	3.37	0.00	201.88	5.89	14.30
Roasted Tuscan Vegetables - SR1442 (2 #8 scoop)	5	110.75	0.21	0.04	0.00	227.20	21.00	6.00
Garlic Knot Breadstick - SR1255 (1 roll.)	25	110.63	4.05	0.22	0.00	95.85	15.02	3.23
Penne Pasta - SR2108 (1/2 c.)	70	131.08	1.71	0.21	0.00	187.54	25.60	4.33
Spaghetti Noodles - SR2107 (1/2 c.)	30	131.82	1.67	0.08	0.00	187.20	25.77	4.29
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	30	65.49	4.49	0.33	0.00	72.07	5.40	3.00
Alfredo Cheese Sauce - SR2217 (1/4 c.)	60	100.55	6.56	3.61	0.00	415.29	4.37	6.56
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	25	3.33	0.25	0.17	0.00	15.00	0.17	0.17
Red Pepper Flakes - SR1554 (1/4 tsp.)	5	1.43	0.08	0.01	0.00	0.14	0.25	0.05
Spaghetti Sauce - SR2220 (1/4 c.)	40	32.36	0.25	0.03	0.00	129.82	6.67	1.04
22-23 PopUp Brand-Tater Temptations 1 Day :38625 - ServingDate: 04/24/2023								
Tater Temptation- Broccoli & Cheese (Menu Item & Assembly) - SR3339 (1 potato)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - April, 2023

Site: Guthrie High School
 Date: 04/01/2023 - 04/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
22-23 PopUp Brand-Tater Temptations 1 Day :38625 - ServingDate: 04/24/2023								
Tater Temptation- Old School - SR3341 (1 potato)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation-Southwest Taco (Menu Item & Assembly) - SR3340 (1 potato)	39	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation-Turkey & Gravy - SR3343 (1 potato)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation-Veggie Chili & Cheese - SR3342 (1 potato)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.)	40	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Rainbow Chili - SR1922 (1 c.)	20	186.09	1.27	0.05	0.00	412.66	36.24	9.41
Beef Taco Filling - SR1528 (3 tbsp.)	39	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Turkey Gravy - SR1022 (3/8 c.)	10	127.75	4.26	0.91	0.00	720.27	4.32	16.79
Shredded Yellow Cheddar Cheese - SR3010 (1 oz.)	60	90.00	6.00	4.00	0.00	210.00	1.00	7.00
Dinner Roll - SR1009 (1 roll.)	100	160.00	3.00	0.00	0.00	135.00	29.00	7.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Baked Potato - SR1562 (1 potato)	15	172.26	4.66	0.36	0.00	19.32	29.59	3.63
Whipped Potatoes - SR1112 (1/2 c.)	10	79.98	1.50	1.00	0.00	102.62	15.00	2.00
Tater Tots - SR1450 (3/4 c.)	75	166.06	9.06	1.51	0.00	467.98	21.13	1.51
Bacon Crumble - SR1799 (1 tbsp.)	1	35.05	3.00	1.00	0.00	115.18	0.00	2.00
Steamed Broccoli - SR1028 (1/2 c.)	15	26.46	0.11	0.02	0.00	11.13	5.06	2.93
Green Onion - SR1946 (1 tbsp.)	5	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Sour Cream - SR1659 (2 tbsp.)	10	60.00	5.00	3.50	0.00	15.00	1.00	1.00

Menu Calendar Nutrient Analysis Report - April, 2023

Site: Guthrie High School
 Date: 04/01/2023 - 04/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
22-23 PopUp Brand-Tater Temptations 1 Day :38625 - ServingDate: 04/25/2023								
Tater Temptation- Broccoli & Cheese (Menu Item & Assembly) - SR3339 (1 potato)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation- Old School - SR3341 (1 potato)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation- Southwest Taco (Menu Item & Assembly) - SR3340 (1 potato)	39	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation- Turkey & Gravy - SR3343 (1 potato)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation- Veggie Chili & Cheese - SR3342 (1 potato)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.)	40	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Rainbow Chili - SR1922 (1 c.)	20	186.09	1.27	0.05	0.00	412.66	36.24	9.41
Beef Taco Filling - SR1528 (3 tbsp.)	39	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Turkey Gravy - SR1022 (3/8 c.)	10	127.75	4.26	0.91	0.00	720.27	4.32	16.79
Shredded Yellow Cheddar Cheese - SR3010 (1 oz.)	60	90.00	6.00	4.00	0.00	210.00	1.00	7.00
Dinner Roll - SR1009 (1 roll.)	100	160.00	3.00	0.00	0.00	135.00	29.00	7.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Baked Potato - SR1562 (1 potato)	15	172.26	4.66	0.36	0.00	19.32	29.59	3.63
Whipped Potatoes - SR1112 (1/2 c.)	10	79.98	1.50	1.00	0.00	102.62	15.00	2.00
Tater Tots - SR1450 (3/4 c.)	75	166.06	9.06	1.51	0.00	467.98	21.13	1.51
Bacon Crumble - SR1799 (1 tbsp.)	1	35.05	3.00	1.00	0.00	115.18	0.00	2.00
Steamed Broccoli - SR1028 (1/2 c.)	15	26.46	0.11	0.02	0.00	11.13	5.06	2.93

Menu Calendar Nutrient Analysis Report - April, 2023

Site: Guthrie High School
 Date: 04/01/2023 - 04/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
22-23 PopUp Brand-Tater Temptations 1 Day :38625 - ServingDate: 04/25/2023								
Green Onion - SR1946 (1 tbsp.)	5	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Sour Cream - SR1659 (2 tbsp.)	10	60.00	5.00	3.50	0.00	15.00	1.00	1.00
22-23 PopUp Brand-Tater Temptations 1 Day :38625 - ServingDate: 04/26/2023								
Tater Temptation- Broccoli & Cheese (Menu Item & Assembly) - SR3339 (1 potato)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation- Old School - SR3341 (1 potato)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation- Southwest Taco (Menu Item & Assembly) - SR3340 (1 potato)	39	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation- Turkey & Gravy - SR3343 (1 potato)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation- Veggie Chili & Cheese - SR3342 (1 potato)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.)	40	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Rainbow Chili - SR1922 (1 c.)	20	186.09	1.27	0.05	0.00	412.66	36.24	9.41
Beef Taco Filling - SR1528 (3 tbsp.)	39	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Turkey Gravy - SR1022 (3/8 c.)	10	127.75	4.26	0.91	0.00	720.27	4.32	16.79
Shredded Yellow Cheddar Cheese - SR3010 (1 oz.)	60	90.00	6.00	4.00	0.00	210.00	1.00	7.00
Dinner Roll - SR1009 (1 roll.)	100	160.00	3.00	0.00	0.00	135.00	29.00	7.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Baked Potato - SR1562 (1 potato)	15	172.26	4.66	0.36	0.00	19.32	29.59	3.63

Menu Calendar Nutrient Analysis Report - April, 2023

Site: Guthrie High School
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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
22-23 PopUp Brand-Tater Temptations 1 Day :38625 - ServingDate: 04/26/2023								
Whipped Potatoes - SR1112 (1/2 c.)	10	79.98	1.50	1.00	0.00	102.62	15.00	2.00
Tater Tots - SR1450 (3/4 c.)	75	166.06	9.06	1.51	0.00	467.98	21.13	1.51
Bacon Crumble - SR1799 (1 tbsp.)	1	35.05	3.00	1.00	0.00	115.18	0.00	2.00
Steamed Broccoli - SR1028 (1/2 c.)	15	26.46	0.11	0.02	0.00	11.13	5.06	2.93
Green Onion - SR1946 (1 tbsp.)	5	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Sour Cream - SR1659 (2 tbsp.)	10	60.00	5.00	3.50	0.00	15.00	1.00	1.00
22-23 PopUp Brand-Tater Temptations 1 Day :38625 - ServingDate: 04/27/2023								
Tater Temptation- Broccoli & Cheese (Menu Item & Assembly) - SR3339 (1 potato)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation- Old School - SR3341 (1 potato)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation- Southwest Taco (Menu Item & Assembly) - SR3340 (1 potato)	39	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation- Turkey & Gravy - SR3343 (1 potato)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tater Temptation- Veggie Chili & Cheese - SR3342 (1 potato)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheddar Cheese Sauce - SR1293 (1/4 c.)	40	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Rainbow Chili - SR1922 (1 c.)	20	186.09	1.27	0.05	0.00	412.66	36.24	9.41
Beef Taco Filling - SR1528 (3 tbsp.)	39	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Turkey Gravy - SR1022 (3/8 c.)	10	127.75	4.26	0.91	0.00	720.27	4.32	16.79

Menu Calendar Nutrient Analysis Report - April, 2023

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 Date: 04/01/2023 - 04/30/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
22-23 PopUp Brand-Tater Temptations 1 Day :38625 - ServingDate: 04/27/2023								
Shredded Yellow Cheddar Cheese - SR3010 (1 oz.)	60	90.00	6.00	4.00	0.00	210.00	1.00	7.00
Dinner Roll - SR1009 (1 roll.)	100	160.00	3.00	0.00	0.00	135.00	29.00	7.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Baked Potato - SR1562 (1 potato)	15	172.26	4.66	0.36	0.00	19.32	29.59	3.63
Whipped Potatoes - SR1112 (1/2 c.)	10	79.98	1.50	1.00	0.00	102.62	15.00	2.00
Tater Tots - SR1450 (3/4 c.)	75	166.06	9.06	1.51	0.00	467.98	21.13	1.51
Bacon Crumble - SR1799 (1 tbsp.)	1	35.05	3.00	1.00	0.00	115.18	0.00	2.00
Steamed Broccoli - SR1028 (1/2 c.)	15	26.46	0.11	0.02	0.00	11.13	5.06	2.93
Green Onion - SR1946 (1 tbsp.)	5	2.01	0.01	0.00	0.00	1.00	0.46	0.12
Sour Cream - SR1659 (2 tbsp.)	10	60.00	5.00	3.50	0.00	15.00	1.00	1.00
22-23 PopUp Brand-Tater Tot Casserole - ServingDate: 04/28/2023								
Tater Tot Casserole - OKR1621 (1 serving)	100	290.63	17.27	6.11	0.00	1003.19	20.29	14.15
Dinner Roll - SR1009 (1 roll.)	100	160.00	3.00	0.00	0.00	135.00	29.00	7.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Green Beans - SR1021 (1/2 c.)	80	22.18	0.13	0.04	0.00	43.10	5.11	1.18

Legend
 (M) - Missing Nutrient Values

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

Menu Calendar Nutrient Analysis Report - April, 2023

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Date: 04/01/2023 - 04/30/2023

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.