

Menu Calendar Nutrient Analysis Report - March, 2020

Site: Guthrie High School
Date: 03/01/2020 - 03/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 - Rockin Ramen (tier 1) 0% whole grain - ServingDate: 03/02/2020								
Asian Meatballs - SR1856 (3 Meatballs)	60	170.16	8.53	3.65	0.00	307.89	15.75	9.14
Fajita Chicken - SR1524 (1/3 c.)	120	60.75	2.53	0.76	0.00	293.62	0.51	8.10
Hard Boiled Eggs - SR1837 (1/2 egg)	20	38.75	2.65	0.82	0.00	31.00	0.28	3.15
Spaghetti Noodles - SR2107 (1 c.)	100	263.63	3.35	0.15	0.00	374.46	51.54	8.59
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.)	50	61.60	3.90	0.87	0.00(M)	446.49	5.03	1.78
Broth- Pho, Vegetable - SR2211 (1 c.)	50	23.83	1.37	0.20	0.00(M)	42.64	2.74	0.32
O - Cabbage, green, shredded, ready-to-serve - SR2425 (2 tbsp.)	20	2.10	0.01	0.00	0.00	1.51	0.49	0.11
Sliced Mushrooms - SR2424 (2 tbsp.)	20	10.22	0.16	0.02	0.00	2.32	1.51	1.44
Green Onion - SR1946 (2 tbsp.)	20	4.02	0.02	0.00	0.00	2.01	0.92	0.23
Matchstick Carrots - SR1435 (2 tbsp.)	20	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Chilled Corn - SR1033 (2 tbsp.)	20	17.22	0.14	0.02	0.00	0.21	4.10	0.54
SY 19-20 - Rockin Ramen (tier 1) 0% whole grain - ServingDate: 03/03/2020								
Asian Meatballs - SR1856 (3 Meatballs)	60	170.16	8.53	3.65	0.00	307.89	15.75	9.14
Fajita Chicken - SR1524 (1/3 c.)	120	60.75	2.53	0.76	0.00	293.62	0.51	8.10
Hard Boiled Eggs - SR1837 (1/2 egg)	20	38.75	2.65	0.82	0.00	31.00	0.28	3.15
Spaghetti Noodles - SR2107 (1 c.)	100	263.63	3.35	0.15	0.00	374.46	51.54	8.59
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)
SY 19-20 - Rockin Ramen (tier I) 0% whole grain - ServingDate: 03/03/2020								
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.)	50	61.60	3.90	0.87	0.00(M)	446.49	5.03	1.78
Broth- Pho, Vegetable - SR2211 (1 c.)	50	23.83	1.37	0.20	0.00(M)	42.64	2.74	0.32
O - Cabbage, green, shredded, ready-to-serve - SR2425 (2 tbsp.)	20	2.10	0.01	0.00	0.00	1.51	0.49	0.11
Sliced Mushrooms - SR2424 (2 tbsp.)	20	10.22	0.16	0.02	0.00	2.32	1.51	1.44
Green Onion - SR1946 (2 tbsp.)	20	4.02	0.02	0.00	0.00	2.01	0.92	0.23
Matchstick Carrots - SR1435 (2 tbsp.)	20	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Chilled Corn - SR1033 (2 tbsp.)	20	17.22	0.14	0.02	0.00	0.21	4.10	0.54
SY 19-20 - Rockin Ramen (tier I) 0% whole grain - ServingDate: 03/04/2020								
Asian Meatballs - SR1856 (3 Meatballs)	60	170.16	8.53	3.65	0.00	307.89	15.75	9.14
Fajita Chicken - SR1524 (1/3 c.)	120	60.75	2.53	0.76	0.00	293.62	0.51	8.10
Hard Boiled Eggs - SR1837 (1/2 egg)	20	38.75	2.65	0.82	0.00	31.00	0.28	3.15
Spaghetti Noodles - SR2107 (1 c.)	100	263.63	3.35	0.15	0.00	374.46	51.54	8.59
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.)	50	61.60	3.90	0.87	0.00(M)	446.49	5.03	1.78
Broth- Pho, Vegetable - SR2211 (1 c.)	50	23.83	1.37	0.20	0.00(M)	42.64	2.74	0.32
O - Cabbage, green, shredded, ready-to-serve - SR2425 (2 tbsp.)	20	2.10	0.01	0.00	0.00	1.51	0.49	0.11
Sliced Mushrooms - SR2424 (2 tbsp.)	20	10.22	0.16	0.02	0.00	2.32	1.51	1.44

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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)
SY 19-20 - Rockin Ramen (tier I) 0% whole grain - ServingDate: 03/04/2020								
Green Onion - SR1946 (2 tbsp.)	20	4.02	0.02	0.00	0.00	2.01	0.92	0.23
Matchstick Carrots - SR1435 (2 tbsp.)	20	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Chilled Corn - SR1033 (2 tbsp.)	20	17.22	0.14	0.02	0.00	0.21	4.10	0.54
SY 19-20 - Rockin Ramen (tier I) 0% whole grain - ServingDate: 03/05/2020								
Asian Meatballs - SR1856 (3 Meatballs)	60	170.16	8.53	3.65	0.00	307.89	15.75	9.14
Fajita Chicken - SR1524 (1/3 c.)	120	60.75	2.53	0.76	0.00	293.62	0.51	8.10
Hard Boiled Eggs - SR1837 (1/2 egg)	20	38.75	2.65	0.82	0.00	31.00	0.28	3.15
Spaghetti Noodles - SR2107 (1 c.)	100	263.63	3.35	0.15	0.00	374.46	51.54	8.59
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.)	50	61.60	3.90	0.87	0.00(M)	446.49	5.03	1.78
Broth- Pho, Vegetable - SR2211 (1 c.)	50	23.83	1.37	0.20	0.00(M)	42.64	2.74	0.32
O - Cabbage, green, shredded, ready-to- serve - SR2425 (2 tbsp.)	20	2.10	0.01	0.00	0.00	1.51	0.49	0.11
Sliced Mushrooms - SR2424 (2 tbsp.)	20	10.22	0.16	0.02	0.00	2.32	1.51	1.44
Green Onion - SR1946 (2 tbsp.)	20	4.02	0.02	0.00	0.00	2.01	0.92	0.23
Matchstick Carrots - SR1435 (2 tbsp.)	20	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Chilled Corn - SR1033 (2 tbsp.)	20	17.22	0.14	0.02	0.00	0.21	4.10	0.54

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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)
SY 19-20 - Rockin Ramen (tier I) 0% whole grain - ServingDate: 03/06/2020								
Asian Meatballs - SR1856 (3 Meatballs)	60	170.16	8.53	3.65	0.00	307.89	15.75	9.14
Fajita Chicken - SR1524 (1/3 c.)	120	60.75	2.53	0.76	0.00	293.62	0.51	8.10
Hard Boiled Eggs - SR1837 (1/2 egg)	20	38.75	2.65	0.82	0.00	31.00	0.28	3.15
Spaghetti Noodles - SR2107 (1 c.)	100	263.63	3.35	0.15	0.00	374.46	51.54	8.59
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.)	50	61.60	3.90	0.87	0.00(M)	446.49	5.03	1.78
Broth- Pho, Vegetable - SR2211 (1 c.)	50	23.83	1.37	0.20	0.00(M)	42.64	2.74	0.32
O - Cabbage, green, shredded, ready-to-serve - SR2425 (2 tbsp.)	20	2.10	0.01	0.00	0.00	1.51	0.49	0.11
Sliced Mushrooms - SR2424 (2 tbsp.)	20	10.22	0.16	0.02	0.00	2.32	1.51	1.44
Green Onion - SR1946 (2 tbsp.)	20	4.02	0.02	0.00	0.00	2.01	0.92	0.23
Matchstick Carrots - SR1435 (2 tbsp.)	20	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Chilled Corn - SR1033 (2 tbsp.)	20	17.22	0.14	0.02	0.00	0.21	4.10	0.54
SY 19-20 Fiesta M/W/F (tier I) 78% whole grain - ServingDate: 03/09/2020								
Built-to-Order Fiesta - SR2028 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	10	80.64	0.29	0.00	0.00	79.43	14.40	5.18
Cheddar Cheese Sauce - SR1293 (1/4 c.)	85	110.40	8.18	4.70	0.00	421.15	2.04	7.16
Shredded Cheddar Cheese - SR1537 (1 oz.)	15	110.00	9.00	5.00	0.00	180.00	0.00	6.00

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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)
SY 19-20 Fiesta M/W/F (tier I) 78% whole grain - ServingDate: 03/09/2020								
Beef Taco Filling - SR1528 (3 tbsp.)	45	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Turkey Carnitas - SR1262 (1/4 c.)	45	75.72	3.50	0.59	0.00	484.12	2.67	8.41
Cilantro Lime Rice - SR2167 (1 1/4 c.)	5	290.18	5.50	0.31	0.00	346.80	56.00	6.12
Taco Salad Bowl - SR1657 (1 bowl)	5	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Tortilla Chips - SR1065 (1 1/2 oz.)	80	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Flour Tortilla - SR1177 (1 tortilla)	5	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Flour Tortilla - SR1066 (2 tortilla)	5	180.00	5.00	0.00	0.00	220.00	28.00	6.00
Variety of Fruits - SR1978 (1 serving)	140	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Aztec Corn - SR1434 (1/2 c.)	50	77.15	1.49	0.14	0.00	32.91	14.91	2.80
Variety of Vegetables - SR1977 (1 serving)	80	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Homemade Salsa - SR1007 (2 tbsp.)	40	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	40	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Sour Cream - SR1659 (2 tbsp.)	60	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 19-20 Fiesta T/Th (tier I) 78% whole grain - ServingDate: 03/10/2020								
Built-to-Order Fiesta - SR2028 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mexican Black Beans - SR1026 (1 #12 scoop)	10	39.36	0.04	0.01	0.00	48.57	7.33	2.38
Cheddar Cheese Sauce - SR1293 (1/4 c.)	85	110.40	8.18	4.70	0.00	421.15	2.04	7.16
Shredded Cheddar Cheese - SR1537 (1 oz.)	15	110.00	9.00	5.00	0.00	180.00	0.00	6.00

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SY 19-20 Fiesta T/Th (tier I) 78% whole grain - ServingDate: 03/10/2020								
Fajita Chicken - SR1524 (1/3 c.)	45	60.75	2.53	0.76	0.00	293.62	0.51	8.10
Beef Taco Filling - SR1528 (3 tbsp.)	45	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Cilantro Lime Rice - SR2167 (1 1/4 c.)	5	290.18	5.50	0.31	0.00	346.80	56.00	6.12
Taco Salad Bowl - SR1657 (1 bowl)	5	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Tortilla Chips - SR1065 (1 1/2 oz.)	80	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Flour Tortilla - SR1177 (1 tortilla)	5	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Flour Tortilla - SR1066 (2 tortilla)	5	180.00	5.00	0.00	0.00	220.00	28.00	6.00
Variety of Fruits - SR1978 (1 serving)	140	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Aztec Corn - SR1434 (1/2 c.)	40	77.15	1.49	0.14	0.00	32.91	14.91	2.80
Variety of Vegetables - SR1977 (1 serving)	80	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Homemade Salsa - SR1007 (2 tbsp.)	30	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	30	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Sour Cream - SR1659 (2 tbsp.)	60	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 19-20 Fiesta M/W/F (tier I) 78% whole grain - ServingDate: 03/11/2020								
Built-to-Order Fiesta - SR2028 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	10	80.64	0.29	0.00	0.00	79.43	14.40	5.18
Cheddar Cheese Sauce - SR1293 (1/4 c.)	85	110.40	8.18	4.70	0.00	421.15	2.04	7.16
Shredded Cheddar Cheese - SR1537 (1 oz.)	15	110.00	9.00	5.00	0.00	180.00	0.00	6.00

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SY 19-20 Fiesta M/W/F (tier I) 78% whole grain - ServingDate: 03/11/2020								
Beef Taco Filling - SR1528 (3 tbsp.)	45	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Turkey Carnitas - SR1262 (1/4 c.)	45	75.72	3.50	0.59	0.00	484.12	2.67	8.41
Cilantro Lime Rice - SR2167 (1 1/4 c.)	5	290.18	5.50	0.31	0.00	346.80	56.00	6.12
Taco Salad Bowl - SR1657 (1 bowl)	5	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Tortilla Chips - SR1065 (1 1/2 oz.)	80	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Flour Tortilla - SR1177 (1 tortilla)	5	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Flour Tortilla - SR1066 (2 tortilla)	5	180.00	5.00	0.00	0.00	220.00	28.00	6.00
Variety of Fruits - SR1978 (1 serving)	140	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Aztec Corn - SR1434 (1/2 c.)	50	77.15	1.49	0.14	0.00	32.91	14.91	2.80
Variety of Vegetables - SR1977 (1 serving)	80	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Homemade Salsa - SR1007 (2 tbsp.)	40	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	40	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Sour Cream - SR1659 (2 tbsp.)	60	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 19-20 Fiesta T/Th (tier I) 78% whole grain - ServingDate: 03/12/2020								
Built-to-Order Fiesta - SR2028 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mexican Black Beans - SR1026 (1 #12 scoop)	10	39.36	0.04	0.01	0.00	48.57	7.33	2.38
Cheddar Cheese Sauce - SR1293 (1/4 c.)	85	110.40	8.18	4.70	0.00	421.15	2.04	7.16
Shredded Cheddar Cheese - SR1537 (1 oz.)	15	110.00	9.00	5.00	0.00	180.00	0.00	6.00

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SY 19-20 Fiesta T/Th (tier I) 78% whole grain - ServingDate: 03/12/2020								
Fajita Chicken - SR1524 (1/3 c.)	45	60.75	2.53	0.76	0.00	293.62	0.51	8.10
Beef Taco Filling - SR1528 (3 tbsp.)	45	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Cilantro Lime Rice - SR2167 (1 1/4 c.)	5	290.18	5.50	0.31	0.00	346.80	56.00	6.12
Taco Salad Bowl - SR1657 (1 bowl)	5	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Tortilla Chips - SR1065 (1 1/2 oz.)	80	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Flour Tortilla - SR1177 (1 tortilla)	5	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Flour Tortilla - SR1066 (2 tortilla)	5	180.00	5.00	0.00	0.00	220.00	28.00	6.00
Variety of Fruits - SR1978 (1 serving)	140	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Aztec Corn - SR1434 (1/2 c.)	40	77.15	1.49	0.14	0.00	32.91	14.91	2.80
Variety of Vegetables - SR1977 (1 serving)	80	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Homemade Salsa - SR1007 (2 tbsp.)	30	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	30	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Sour Cream - SR1659 (2 tbsp.)	60	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 19-20 Fiesta M/W/F (tier I) 78% whole grain - ServingDate: 03/13/2020								
Built-to-Order Fiesta - SR2028 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	10	80.64	0.29	0.00	0.00	79.43	14.40	5.18
Cheddar Cheese Sauce - SR1293 (1/4 c.)	85	110.40	8.18	4.70	0.00	421.15	2.04	7.16
Shredded Cheddar Cheese - SR1537 (1 oz.)	15	110.00	9.00	5.00	0.00	180.00	0.00	6.00

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SY 19-20 Fiesta M/W/F (tier I) 78% whole grain - ServingDate: 03/13/2020								
Beef Taco Filling - SR1528 (3 tbsp.)	45	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Turkey Carnitas - SR1262 (1/4 c.)	45	75.72	3.50	0.59	0.00	484.12	2.67	8.41
Cilantro Lime Rice - SR2167 (1 1/4 c.)	5	290.18	5.50	0.31	0.00	346.80	56.00	6.12
Taco Salad Bowl - SR1657 (1 bowl)	5	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Tortilla Chips - SR1065 (1 1/2 oz.)	80	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Flour Tortilla - SR1177 (1 tortilla)	5	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Flour Tortilla - SR1066 (2 tortilla)	5	180.00	5.00	0.00	0.00	220.00	28.00	6.00
Variety of Fruits - SR1978 (1 serving)	140	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Aztec Corn - SR1434 (1/2 c.)	50	77.15	1.49	0.14	0.00	32.91	14.91	2.80
Variety of Vegetables - SR1977 (1 serving)	80	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Homemade Salsa - SR1007 (2 tbsp.)	40	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	40	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Sour Cream - SR1659 (2 tbsp.)	60	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 19-20 Fiesta M/W/F (tier I) 78% whole grain - ServingDate: 03/23/2020								
Built-to-Order Fiesta - SR2028 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	10	80.64	0.29	0.00	0.00	79.43	14.40	5.18
Cheddar Cheese Sauce - SR1293 (1/4 c.)	85	110.40	8.18	4.70	0.00	421.15	2.04	7.16
Shredded Cheddar Cheese - SR1537 (1 oz.)	15	110.00	9.00	5.00	0.00	180.00	0.00	6.00

Menu Calendar Nutrient Analysis Report - March, 2020

Site: Guthrie High School
Date: 03/01/2020 - 03/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Fiesta M/W/F (tier I) 78% whole grain - ServingDate: 03/23/2020								
Beef Taco Filling - SR1528 (3 tbsp.)	45	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Turkey Carnitas - SR1262 (1/4 c.)	45	75.72	3.50	0.59	0.00	484.12	2.67	8.41
Cilantro Lime Rice - SR2167 (1 1/4 c.)	5	290.18	5.50	0.31	0.00	346.80	56.00	6.12
Taco Salad Bowl - SR1657 (1 bowl)	5	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Tortilla Chips - SR1065 (1 1/2 oz.)	80	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Flour Tortilla - SR1177 (1 tortilla)	5	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Flour Tortilla - SR1066 (2 tortilla)	5	180.00	5.00	0.00	0.00	220.00	28.00	6.00
Variety of Fruits - SR1978 (1 serving)	140	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Aztec Corn - SR1434 (1/2 c.)	50	77.15	1.49	0.14	0.00	32.91	14.91	2.80
Variety of Vegetables - SR1977 (1 serving)	80	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Homemade Salsa - SR1007 (2 tbsp.)	40	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	40	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Sour Cream - SR1659 (2 tbsp.)	60	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 19-20 Fiesta T/Th (tier I) 78% whole grain - ServingDate: 03/24/2020								
Built-to-Order Fiesta - SR2028 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mexican Black Beans - SR1026 (1 #12 scoop)	10	39.36	0.04	0.01	0.00	48.57	7.33	2.38
Cheddar Cheese Sauce - SR1293 (1/4 c.)	85	110.40	8.18	4.70	0.00	421.15	2.04	7.16
Shredded Cheddar Cheese - SR1537 (1 oz.)	15	110.00	9.00	5.00	0.00	180.00	0.00	6.00

Menu Calendar Nutrient Analysis Report - March, 2020

Site: Guthrie High School

Date: 03/01/2020 - 03/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Fiesta T/Th (tier I) 78% whole grain - ServingDate: 03/24/2020								
Fajita Chicken - SR1524 (1/3 c.)	45	60.75	2.53	0.76	0.00	293.62	0.51	8.10
Beef Taco Filling - SR1528 (3 tbsp.)	45	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Cilantro Lime Rice - SR2167 (1 1/4 c.)	5	290.18	5.50	0.31	0.00	346.80	56.00	6.12
Taco Salad Bowl - SR1657 (1 bowl)	5	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Tortilla Chips - SR1065 (1 1/2 oz.)	80	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Flour Tortilla - SR1177 (1 tortilla)	5	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Flour Tortilla - SR1066 (2 tortilla)	5	180.00	5.00	0.00	0.00	220.00	28.00	6.00
Variety of Fruits - SR1978 (1 serving)	140	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Aztec Corn - SR1434 (1/2 c.)	40	77.15	1.49	0.14	0.00	32.91	14.91	2.80
Variety of Vegetables - SR1977 (1 serving)	80	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Homemade Salsa - SR1007 (2 tbsp.)	30	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	30	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Sour Cream - SR1659 (2 tbsp.)	60	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 19-20 Fiesta M/W/F (tier I) 78% whole grain - ServingDate: 03/25/2020								
Built-to-Order Fiesta - SR2028 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	10	80.64	0.29	0.00	0.00	79.43	14.40	5.18
Cheddar Cheese Sauce - SR1293 (1/4 c.)	85	110.40	8.18	4.70	0.00	421.15	2.04	7.16
Shredded Cheddar Cheese - SR1537 (1 oz.)	15	110.00	9.00	5.00	0.00	180.00	0.00	6.00

Menu Calendar Nutrient Analysis Report - March, 2020

Site: Guthrie High School

Date: 03/01/2020 - 03/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Fiesta M/W/F (tier I) 78% whole grain - ServingDate: 03/25/2020								
Beef Taco Filling - SR1528 (3 tbsp.)	45	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Turkey Carnitas - SR1262 (1/4 c.)	45	75.72	3.50	0.59	0.00	484.12	2.67	8.41
Cilantro Lime Rice - SR2167 (1 1/4 c.)	5	290.18	5.50	0.31	0.00	346.80	56.00	6.12
Taco Salad Bowl - SR1657 (1 bowl)	5	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Tortilla Chips - SR1065 (1 1/2 oz.)	80	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Flour Tortilla - SR1177 (1 tortilla)	5	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Flour Tortilla - SR1066 (2 tortilla)	5	180.00	5.00	0.00	0.00	220.00	28.00	6.00
Variety of Fruits - SR1978 (1 serving)	140	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Aztec Corn - SR1434 (1/2 c.)	50	77.15	1.49	0.14	0.00	32.91	14.91	2.80
Variety of Vegetables - SR1977 (1 serving)	80	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Homemade Salsa - SR1007 (2 tbsp.)	40	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	40	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Sour Cream - SR1659 (2 tbsp.)	60	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 19-20 Fiesta T/Th (tier I) 78% whole grain - ServingDate: 03/26/2020								
Built-to-Order Fiesta - SR2028 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mexican Black Beans - SR1026 (1 #12 scoop)	10	39.36	0.04	0.01	0.00	48.57	7.33	2.38
Cheddar Cheese Sauce - SR1293 (1/4 c.)	85	110.40	8.18	4.70	0.00	421.15	2.04	7.16
Shredded Cheddar Cheese - SR1537 (1 oz.)	15	110.00	9.00	5.00	0.00	180.00	0.00	6.00

Menu Calendar Nutrient Analysis Report - March, 2020

Site: Guthrie High School
Date: 03/01/2020 - 03/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Fiesta T/Th (tier I) 78% whole grain - ServingDate: 03/26/2020								
Fajita Chicken - SR1524 (1/3 c.)	45	60.75	2.53	0.76	0.00	293.62	0.51	8.10
Beef Taco Filling - SR1528 (3 tbsp.)	45	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Cilantro Lime Rice - SR2167 (1 1/4 c.)	5	290.18	5.50	0.31	0.00	346.80	56.00	6.12
Taco Salad Bowl - SR1657 (1 bowl)	5	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Tortilla Chips - SR1065 (1 1/2 oz.)	80	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Flour Tortilla - SR1177 (1 tortilla)	5	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Flour Tortilla - SR1066 (2 tortilla)	5	180.00	5.00	0.00	0.00	220.00	28.00	6.00
Variety of Fruits - SR1978 (1 serving)	140	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Aztec Corn - SR1434 (1/2 c.)	40	77.15	1.49	0.14	0.00	32.91	14.91	2.80
Variety of Vegetables - SR1977 (1 serving)	80	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Homemade Salsa - SR1007 (2 tbsp.)	30	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	30	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Sour Cream - SR1659 (2 tbsp.)	60	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 19-20 Fiesta M/W/F (tier I) 78% whole grain - ServingDate: 03/27/2020								
Built-to-Order Fiesta - SR2028 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vegetarian Refried Beans - SR1070 (1 #16 scoop)	10	80.64	0.29	0.00	0.00	79.43	14.40	5.18
Cheddar Cheese Sauce - SR1293 (1/4 c.)	85	110.40	8.18	4.70	0.00	421.15	2.04	7.16
Shredded Cheddar Cheese - SR1537 (1 oz.)	15	110.00	9.00	5.00	0.00	180.00	0.00	6.00

Menu Calendar Nutrient Analysis Report - March, 2020

Site: Guthrie High School

Date: 03/01/2020 - 03/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Fiesta M/W/F (tier I) 78% whole grain - ServingDate: 03/27/2020								
Beef Taco Filling - SR1528 (3 tbsp.)	45	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Turkey Carnitas - SR1262 (1/4 c.)	45	75.72	3.50	0.59	0.00	484.12	2.67	8.41
Cilantro Lime Rice - SR2167 (1 1/4 c.)	5	290.18	5.50	0.31	0.00	346.80	56.00	6.12
Taco Salad Bowl - SR1657 (1 bowl)	5	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Tortilla Chips - SR1065 (1 1/2 oz.)	80	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Flour Tortilla - SR1177 (1 tortilla)	5	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Flour Tortilla - SR1066 (2 tortilla)	5	180.00	5.00	0.00	0.00	220.00	28.00	6.00
Variety of Fruits - SR1978 (1 serving)	140	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Aztec Corn - SR1434 (1/2 c.)	50	77.15	1.49	0.14	0.00	32.91	14.91	2.80
Variety of Vegetables - SR1977 (1 serving)	80	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Homemade Salsa - SR1007 (2 tbsp.)	40	11.78	0.14	0.01	0.00	58.64	2.35	0.48
Salsa Verde - SR1282 (2 tbsp.)	40	15.95	0.97	0.12	0.00	265.77	1.99	0.35
Sour Cream - SR1659 (2 tbsp.)	60	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 19-20 Chopsticks - Monday (tier I) 21% whole grain - ServingDate: 03/30/2020								
Built-to-Order Chopsticks - SR2027 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Teriyaki Beef Stir Fry - SR1853 (4 piece)	50	294.98	12.66	3.94	0.00	731.85	31.43	14.21
Sweet and Sour Chicken popcorn - SR1821 (12 piece)	50	368.38	17.02	3.04	0.00	450.02	38.48	16.43

Menu Calendar Nutrient Analysis Report - March, 2020

Site: Guthrie High School

Date: 03/01/2020 - 03/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Chopsticks - Monday (tier I) 21% whole grain - ServingDate: 03/30/2020								
Fried Rice, oven, white rice, scrambled eggs, soy sauce, onions, carrots, peas - SR2174 (1 1/3 c.)	25	342.82	2.88	0.47	0.00	628.63	70.30	11.07
Vegetable Lo Mein - SR2116 (1 1/3 c.)	25	353.86	3.41	0.16	0.00	1018.72	72.50	10.71
Steamed Rice - SR2109 (1 c.)	50	275.74	1.62	0.00	0.00	4.78	60.02	6.49
Variety of Fruits - SR1978 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Roasted Sesame Carrots - SR1787 (1/2 c.)	30	130.70	9.59	1.30	0.00	357.51	10.85	1.32
Roasted Broccoli - SR1852 (1/2 c.)	60	65.49	4.49	0.33	0.00	72.06	5.40	3.00
Variety of Vegetables - SR1977 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY 19-20 Chopsticks - Tuesday (tier I) 21% whole grain - ServingDate: 03/31/2020								
Built-to-Order Chopsticks - SR2027 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
General Tso Chicken popcorn - SR1824 (12 piece)	40	404.83	19.60	3.21	0.00	497.45	41.69	17.32
Sweet and Sour Chicken popcorn - SR1821 (12 piece)	60	368.38	17.02	3.04	0.00	450.02	38.48	16.43
Fried Rice, oven, white rice, scrambled eggs, soy sauce, onions, carrots, peas - SR2174 (1 1/3 c.)	25	342.82	2.88	0.47	0.00	628.63	70.30	11.07
Vegetable Lo Mein - SR2116 (1 1/3 c.)	25	353.86	3.41	0.16	0.00	1018.72	72.50	10.71
Steamed Rice - SR2109 (1 c.)	50	275.74	1.62	0.00	0.00	4.78	60.02	6.49

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Date: 03/01/2020 - 03/31/2020

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY 19-20 Chopsticks - Tuesday (tier I) 21% whole grain - ServingDate: 03/31/2020								
Variety of Fruits - SR1978 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Steamed Broccoli - SR1028 (1/2 c.)	60	26.46	0.11	0.02	0.00	11.13	5.06	2.93
Roasted Sesame Carrots - SR1787 (1/2 c.)	30	130.70	9.59	1.30	0.00	357.51	10.85	1.32
Variety of Vegetables - SR1977 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)

Legend

(M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch

Site Group: Taste4

Menu Line: T4-Global

Serving Group: 9-12

Nutrients Option: Expanded

Please be advised that our menu items may contain allergens or may have come in contact with items containing allergens. In addition, food manufacturers may change their formulation or manner of processing without our knowledge. Sodexo therefore cannot guarantee the accuracy of nutrition information. Ingredient and nutrition content of foods may vary due to changes in product formulation, recipe substitutions, portion size and other factors. The nutrition analyses provided are approximations only. Sodexo assumes no liability for any adverse reactions that may occur in the school cafeteria. We encourage all food allergic individuals to first inform the school nurse of allergy/intolerance and then work with our staff to plan a menu.