

Menu Calendar Nutrient Analysis Report - December, 2021

Site: Guthrie High School
Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
21-22 - Pizza - Mediterranean Day 3 :37157 - ServingDate: 12/01/2021								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.55	12.23	6.13	0.00	615.08	35.32	19.39
Pepperoni Pizza - SR1443 (1 slice)	32	364.14	15.15	7.22	0.00	719.57	35.32	20.84
Greek Turkey Pizza, 8- cut, Richs WG - SR2351 (1 slice)	8	365.34	14.20	4.31	0.00	698.04	39.92	20.20
Spaghetti Sauce - SR2220 (1/2 c.)	23	64.64	0.52	0.10	0.01	497.86	12.94	2.16
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
21-22 - Pizza - Mediterranean Day 4 :37157 - ServingDate: 12/02/2021								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.55	12.23	6.13	0.00	615.08	35.32	19.39
Balsamic Chicken Pizza, 8-cut, Richs WG - SR2349 (1 slice)	8	320.24	10.23	4.16	0.00	537.12	35.95	21.00
Hawaiian Pizza - OKR1879 (1 slice)	16	337.38	10.58	4.92	0.00	749.70	39.10	22.36
Spaghetti Sauce - SR2220 (1/2 c.)	23	64.64	0.52	0.10	0.01	497.86	12.94	2.16
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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21-22 - Pizza - Mediterranean W4D5 :37157 - ServingDate: 12/03/2021								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	16	332.55	12.23	6.13	0.00	615.08	35.32	19.39
Pepperoni Pizza - SR1443 (1 slice)	32	364.14	15.15	7.22	0.00	719.57	35.32	20.84
Supreme Pizza - SR1478 (1 slice)	16	357.84	13.73	5.33	0.00	879.27	35.25	23.88
Spaghetti Sauce - SR2220 (1/2 c.)	23	64.64	0.52	0.10	0.01	497.86	12.94	2.16
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
21-22 - Pizza - Regional American Day 1 :37255 - ServingDate: 12/06/2021								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.55	12.23	6.13	0.00	615.08	35.32	19.39
Pepperoni Pizza - SR1443 (1 slice)	32	364.14	15.15	7.22	0.00	719.57	35.32	20.84
Chilly Philly Pizza - SR1895 (1 slice)	16	346.17	11.67	4.48	0.00	727.85	35.26	24.72
Spaghetti Sauce - SR2220 (1/2 c.)	22	64.64	0.52	0.10	0.01	497.86	12.94	2.16
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
21-22 - Pizza - Regional American Day 2 :37255 - ServingDate: 12/07/2021								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01

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21-22 - Pizza - Regional American Day 2 :37255 - ServingDate: 12/07/2021								
Cheese Pizza - SR1441 (1 slice)	32	332.55	12.23	6.13	0.00	615.08	35.32	19.39
Sausage Pizza - SR1474 (1 slice)	16	396.76	17.63	8.11	0.10	803.35	36.18	22.38
Buffalo Chicken Pizza - SR1957 (1 slice)	16	383.93	15.14	5.43	0.00	1130.79	40.39	21.05
Spaghetti Sauce - SR2220 (1/2 c.)	50	64.64	0.52	0.10	0.01	497.86	12.94	2.16
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
21-22 - Pizza - Regional American Day 3 :37255 - ServingDate: 12/08/2021								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.55	12.23	6.13	0.00	615.08	35.32	19.39
Pepperoni Pizza - SR1443 (1 slice)	32	364.14	15.15	7.22	0.00	719.57	35.32	20.84
Southwest BBQ Chicken Pizza - SR1959 (1 slice)	8	354.69	10.88	4.76	0.00	854.06	39.46	24.35
Spaghetti Sauce - SR2220 (1/2 c.)	23	64.64	0.52	0.10	0.01	497.86	12.94	2.16
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
21-22 - Pizza - Regional American Day 4 :37255 - ServingDate: 12/09/2021								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.55	12.23	6.13	0.00	615.08	35.32	19.39

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21-22 - Pizza - Regional American Day 4 :37255 - ServingDate: 12/09/2021								
Cheeseburger Pizza - OKR1874 (1 slice)	16	410.92	18.55	9.12	0.00	831.66	36.07	23.15
Hawaiian Pizza - OKR1879 (1 slice)	16	337.38	10.58	4.92	0.00	749.70	39.10	22.36
Spaghetti Sauce - SR2220 (1/2 c.)	23	64.64	0.52	0.10	0.01	497.86	12.94	2.16
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
21-22 - Pizza - Regional American W1D5 :37255 - ServingDate: 12/10/2021								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.55	12.23	6.13	0.00	615.08	35.32	19.39
Pepperoni Pizza - SR1443 (1 slice)	32	364.14	15.15	7.22	0.00	719.57	35.32	20.84
Meatlover's Pizza - SR1402 (1 slice)	16	418.86	19.33	8.76	0.07	903.88	35.78	24.63
Spaghetti Sauce - SR2220 (1/2 c.)	23	64.64	0.52	0.10	0.01	497.86	12.94	2.16
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
21-22 - Pizza - Regional American Day 1 :37261 - ServingDate: 12/13/2021								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.55	12.23	6.13	0.00	615.08	35.32	19.39
Pepperoni Pizza - SR1443 (1 slice)	32	364.14	15.15	7.22	0.00	719.57	35.32	20.84

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21-22 - Pizza - Regional American Day 1 :37261 - ServingDate: 12/13/2021								
Chilly Philly Pizza - SR1895 (1 slice)	16	346.17	11.67	4.48	0.00	727.85	35.26	24.72
Spaghetti Sauce - SR2220 (1/2 c.)	22	64.64	0.52	0.10	0.01	497.86	12.94	2.16
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
21-22 - Pizza - Regional American Day 2 :37261 - ServingDate: 12/14/2021								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.55	12.23	6.13	0.00	615.08	35.32	19.39
Sausage Pizza - SR1474 (1 slice)	16	396.76	17.63	8.11	0.10	803.35	36.18	22.38
Buffalo Chicken Pizza - SR1957 (1 slice)	16	383.93	15.14	5.43	0.00	1130.79	40.39	21.05
Spaghetti Sauce - SR2220 (1/2 c.)	50	64.64	0.52	0.10	0.01	497.86	12.94	2.16
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
21-22 - Pizza - Regional American Day 3 :37261 - ServingDate: 12/15/2021								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.55	12.23	6.13	0.00	615.08	35.32	19.39
Pepperoni Pizza - SR1443 (1 slice)	32	364.14	15.15	7.22	0.00	719.57	35.32	20.84
Southwest BBQ Chicken Pizza - SR1959 (1 slice)	8	354.69	10.88	4.76	0.00	854.06	39.46	24.35

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21-22 - Pizza - Regional American Day 3 :37261 - ServingDate: 12/15/2021								
Spaghetti Sauce - SR2220 (1/2 c.)	23	64.64	0.52	0.10	0.01	497.86	12.94	2.16
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
21-22 - Pizza - Regional American Day 4 :37261 - ServingDate: 12/16/2021								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.55	12.23	6.13	0.00	615.08	35.32	19.39
Cheeseburger Pizza - OKR1874 (1 slice)	16	410.92	18.55	9.12	0.00	831.66	36.07	23.15
Hawaiian Pizza - OKR1879 (1 slice)	16	337.38	10.58	4.92	0.00	749.70	39.10	22.36
Spaghetti Sauce - SR2220 (1/2 c.)	23	64.64	0.52	0.10	0.01	497.86	12.94	2.16
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
21-22 - Pizza - Regional American W2D5 :37261 - ServingDate: 12/17/2021								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.55	12.23	6.13	0.00	615.08	35.32	19.39
Pepperoni Pizza - SR1443 (1 slice)	32	364.14	15.15	7.22	0.00	719.57	35.32	20.84
Chicken Bacon and Ranch Pizza - OKR1873 (1 slice)	16	366.67	13.72	5.26	0.00	783.04	36.79	22.95
Spaghetti Sauce - SR2220 (1/2 c.)	23	64.64	0.52	0.10	0.01	497.86	12.94	2.16

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21-22 - Pizza - Regional American W2D5 :37261 - ServingDate: 12/17/2021								
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
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-Pizza (tier I)
 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.