

Menu Calendar Nutrient Analysis Report - March, 2023

Site: Guthrie High School
 Date: 03/01/2023 - 03/31/2023

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: 03/01/2023								
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	131.82	1.67	0.08	0.00	187.20	25.77	4.29
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-Twirls :38624 - ServingDate: 03/02/2023								
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

Menu Calendar Nutrient Analysis Report - March, 2023

Site: Guthrie High School
 Date: 03/01/2023 - 03/31/2023

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: 03/02/2023								
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	131.82	1.67	0.08	0.00	187.20	25.77	4.29
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 Lasagna Friday Favorite :38628 - ServingDate: 03/03/2023								
Scratch Beef Lasagna - OKR1603 (1 ea.)	100	314.20	10.81	5.45	0.00	673.11	35.71	18.24
Breadstick - SR1044 (1 breadstick)	100	80.00	1.00	0.00	0.00	95.00	14.00	3.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mixed Garden Vegetables - SR1583 (1/2 c.)	50	52.99	0.47	0.08	0.00	99.20	11.21	2.30

Menu Calendar Nutrient Analysis Report - March, 2023

Site: Guthrie High School
 Date: 03/01/2023 - 03/31/2023

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: 03/06/2023								
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 - March, 2023

Site: Guthrie High School
 Date: 03/01/2023 - 03/31/2023

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: 03/06/2023								
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: 03/07/2023								
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 - March, 2023

Site: Guthrie High School
 Date: 03/01/2023 - 03/31/2023

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: 03/07/2023								
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: 03/08/2023								
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 - March, 2023

Site: Guthrie High School
 Date: 03/01/2023 - 03/31/2023

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: 03/08/2023								
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 Temptations 1 Day :38625 - ServingDate: 03/09/2023								
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)

Menu Calendar Nutrient Analysis Report - March, 2023

Site: Guthrie High School
 Date: 03/01/2023 - 03/31/2023

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: 03/09/2023								
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
22-23 PopUp Brand-Tater Tot Casserole - ServingDate: 03/10/2023								
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

Menu Calendar Nutrient Analysis Report - March, 2023

Site: Guthrie High School
 Date: 03/01/2023 - 03/31/2023

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-Chopsticks 1 Day :40543 - Serving Date: 03/20/2023								
Chopsticks- Fried Rice Bowl - SR3338 (1 bowl)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chopsticks- Noodle Bowl - SR3336 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chopsticks- Rice Bowl - SR3337 (1 bowl)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
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.)	15	160.09	8.01	2.29	0.00	480.27	2.29	19.44
Popcorn Chicken - SR1413 (12 piece)	65	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Teriyaki Beef Dippers - SR1714 (4 piece)	20	152.65	9.16	4.07	0.51	417.25	7.12	12.21
Oven Fried Rice - SR1382 (2/3 c.)	60	156.08	1.64	0.23	0.00	330.02	30.65	5.05
Vegetable Lo Mein - SR1770 (2/3 c.)	25	141.56	1.58	0.22	0.00	533.50	30.28	4.39
Steamed Brown Rice - SR1098 (1/2 c.)	15	117.19	0.69	0.00	0.00	2.02	25.51	2.76
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Sesame Carrots - SR1787 (1/2 c.)	40	130.71	9.59	1.30	0.04	357.54	10.85	1.32
Roasted Broccoli - SR1852 (1/2 c.)	60	65.49	4.49	0.33	0.00	72.07	5.40	3.00
General Tso Sauce - SR1823 (2 tbsp.)	40	110.93	0.05	0.01	0.00	125.86	28.49	0.05
Sweet and Sour Sauce - SR2022 (2 tbsp.)	45	70.00	0.00	0.00	0.00	75.00	18.00	0.00
Teriyaki Sauce - SR2025 (2 tbsp.)	15	90.00	0.00	0.00	0.00	290.00	22.00	1.00

Menu Calendar Nutrient Analysis Report - March, 2023

Site: Guthrie High School
 Date: 03/01/2023 - 03/31/2023

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-Chopsticks 1 Day :38626 - ServingDate: 03/21/2023								
Chopsticks- Fried Rice Bowl - SR3338 (1 bowl)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chopsticks- Noodle Bowl - SR3336 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chopsticks- Rice Bowl - SR3337 (1 bowl)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
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.)	15	160.09	8.01	2.29	0.00	480.27	2.29	19.44
Popcorn Chicken - SR1413 (12 piece)	65	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Teriyaki Beef Dippers - SR1714 (4 piece)	20	152.65	9.16	4.07	0.51	417.25	7.12	12.21
Oven Fried Rice - SR1382 (2/3 c.)	60	156.08	1.64	0.23	0.00	330.02	30.65	5.05
Vegetable Lo Mein - SR1770 (2/3 c.)	25	141.56	1.58	0.22	0.00	533.50	30.28	4.39
Steamed Brown Rice - SR1098 (1/2 c.)	15	117.19	0.69	0.00	0.00	2.02	25.51	2.76
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Sesame Carrots - SR1787 (1/2 c.)	40	130.71	9.59	1.30	0.04	357.54	10.85	1.32
Roasted Broccoli - SR1852 (1/2 c.)	60	65.49	4.49	0.33	0.00	72.07	5.40	3.00
General Tso Sauce - SR1823 (2 tbsp.)	40	110.93	0.05	0.01	0.00	125.86	28.49	0.05
Sweet and Sour Sauce - SR2022 (2 tbsp.)	45	70.00	0.00	0.00	0.00	75.00	18.00	0.00
Teriyaki Sauce - SR2025 (2 tbsp.)	15	90.00	0.00	0.00	0.00	290.00	22.00	1.00

Menu Calendar Nutrient Analysis Report - March, 2023

Site: Guthrie High School
 Date: 03/01/2023 - 03/31/2023

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-Chopsticks 1 Day :40543 - ServingDate: 03/22/2023								
Chopsticks- Fried Rice Bowl - SR3338 (1 bowl)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chopsticks- Noodle Bowl - SR3336 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chopsticks- Rice Bowl - SR3337 (1 bowl)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
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.)	15	160.09	8.01	2.29	0.00	480.27	2.29	19.44
Popcorn Chicken - SR1413 (12 piece)	65	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Teriyaki Beef Dippers - SR1714 (4 piece)	20	152.65	9.16	4.07	0.51	417.25	7.12	12.21
Oven Fried Rice - SR1382 (2/3 c.)	60	156.08	1.64	0.23	0.00	330.02	30.65	5.05
Vegetable Lo Mein - SR1770 (2/3 c.)	25	141.56	1.58	0.22	0.00	533.50	30.28	4.39
Steamed Brown Rice - SR1098 (1/2 c.)	15	117.19	0.69	0.00	0.00	2.02	25.51	2.76
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Sesame Carrots - SR1787 (1/2 c.)	40	130.71	9.59	1.30	0.04	357.54	10.85	1.32
Roasted Broccoli - SR1852 (1/2 c.)	60	65.49	4.49	0.33	0.00	72.07	5.40	3.00
General Tso Sauce - SR1823 (2 tbsp.)	40	110.93	0.05	0.01	0.00	125.86	28.49	0.05
Sweet and Sour Sauce - SR2022 (2 tbsp.)	45	70.00	0.00	0.00	0.00	75.00	18.00	0.00
Teriyaki Sauce - SR2025 (2 tbsp.)	15	90.00	0.00	0.00	0.00	290.00	22.00	1.00

Menu Calendar Nutrient Analysis Report - March, 2023

Site: Guthrie High School
 Date: 03/01/2023 - 03/31/2023

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-Chopsticks 1 Day :40543 - Serving Date: 03/23/2023								
Chopsticks- Fried Rice Bowl - SR3338 (1 bowl)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chopsticks- Noodle Bowl - SR3336 (1 bowl)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chopsticks- Rice Bowl - SR3337 (1 bowl)	15	(M)	(M)	(M)	(M)	(M)	(M)	(M)
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.)	15	160.09	8.01	2.29	0.00	480.27	2.29	19.44
Popcorn Chicken - SR1413 (12 piece)	65	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Teriyaki Beef Dippers - SR1714 (4 piece)	20	152.65	9.16	4.07	0.51	417.25	7.12	12.21
Oven Fried Rice - SR1382 (2/3 c.)	60	156.08	1.64	0.23	0.00	330.02	30.65	5.05
Vegetable Lo Mein - SR1770 (2/3 c.)	25	141.56	1.58	0.22	0.00	533.50	30.28	4.39
Steamed Brown Rice - SR1098 (1/2 c.)	15	117.19	0.69	0.00	0.00	2.02	25.51	2.76
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Sesame Carrots - SR1787 (1/2 c.)	40	130.71	9.59	1.30	0.04	357.54	10.85	1.32
Roasted Broccoli - SR1852 (1/2 c.)	60	65.49	4.49	0.33	0.00	72.07	5.40	3.00
General Tso Sauce - SR1823 (2 tbsp.)	40	110.93	0.05	0.01	0.00	125.86	28.49	0.05
Sweet and Sour Sauce - SR2022 (2 tbsp.)	45	70.00	0.00	0.00	0.00	75.00	18.00	0.00
Teriyaki Sauce - SR2025 (2 tbsp.)	15	90.00	0.00	0.00	0.00	290.00	22.00	1.00

Menu Calendar Nutrient Analysis Report - March, 2023

Site: Guthrie High School
 Date: 03/01/2023 - 03/31/2023

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 Friday Favorites Mini PopUp Brand- Popcorn Chicken Bowls :40543 - ServingDate: 03/24/2023								
Popcorn Chicken Potato Bowl - SR2675 (1 bowl)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Popcorn Chicken - SR1413 (12 piece)	100	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Garlic Knot Breadstick - SR1255 (1 roll.)	100	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)
Roasted Broccoli - SR1852 (1/2 c.)	30	65.49	4.49	0.33	0.00	72.07	5.40	3.00
Steamed Corn - SR1034 (1/4 c.)	25	34.44	0.28	0.04	0.00	0.42	8.21	1.08
Whipped Potatoes - SR1112 (1/2 c.)	100	79.98	1.50	1.00	0.00	102.62	15.00	2.00
Old Fashioned Country Biscuit Gravy - OKR1552 (1/4 c.)	50	42.52	2.43	1.22	0.00	147.42	4.86	0.00
SY21-22 PopUp Brand- Street Taqueria 1 Day :38627 - ServingDate: 03/27/2023								
Beef Tamale con Queso - SR3352 (1 tamale)	50	204.17	13.93	4.64	0.84	361.46	11.22	9.21
Enchilada Suiza - SR3315 (1 enchilada)	50	172.74	6.22	2.56	0.00	382.42	18.16	9.18
Taco Al Pastor - SR3353 (1 taco)	75	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Aztec Corn Taco - SR3082 (1 taco)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Turkey Al Pastor - SR1259 (1/4 c.)	75	66.31	1.99	0.48	0.00	490.61	3.39	8.49
Aztec Corn - SR3173 (1 #8 scoop)	25	89.92	1.48	0.14	0.00	46.29	17.23	3.54
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	25	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Cilantro Lime Rice - SR2167 (1/4 c.)	25	58.08	1.10	0.06	0.00	69.49	11.19	1.23

Menu Calendar Nutrient Analysis Report - March, 2023

Site: Guthrie High School
 Date: 03/01/2023 - 03/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 PopUp Brand- Street Taqueria 1 Day :38627 - ServingDate: 03/27/2023								
Flour Tortilla - SR1066 (2 tortilla)	100	179.97	5.00	2.00	0.00	259.96	28.00	4.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Refried Beans - SR1070 (1/2 c.)	25	161.28	0.58	0.00	0.00	164.61	27.65	10.37
Fresh Cilantro - SR1265 (1 tsp.)	10	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Salsa Roja - SR1081 (2 tbsp.)	50	9.05	0.04	0.01	0.00	96.29	1.85	0.28
Salsa Verde - SR1282 (2 tbsp.)	25	19.50	1.39	0.19	0.00	265.45	1.89	0.37
Sour Cream - SR1659 (2 tbsp.)	35	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY21-22 PopUp Brand- Street Taqueria 1 Day :38627 - ServingDate: 03/28/2023								
Beef Tamale con Queso - SR3352 (1 tamale)	50	204.17	13.93	4.64	0.84	361.46	11.22	9.21
Enchilada Suiza - SR3315 (1 enchilada)	50	172.74	6.22	2.56	0.00	382.42	18.16	9.18
Taco Al Pastor - SR3353 (1 taco)	75	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Aztec Corn Taco - SR3082 (1 taco)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Turkey Al Pastor - SR1259 (1/4 c.)	75	66.31	1.99	0.48	0.00	490.61	3.39	8.49
Aztec Corn - SR3173 (1 #8 scoop)	25	89.92	1.48	0.14	0.00	46.29	17.23	3.54
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	25	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Cilantro Lime Rice - SR2167 (1/4 c.)	25	58.08	1.10	0.06	0.00	69.49	11.19	1.23
Flour Tortilla - SR1066 (2 tortilla)	100	179.97	5.00	2.00	0.00	259.96	28.00	4.00

Menu Calendar Nutrient Analysis Report - March, 2023

Site: Guthrie High School
 Date: 03/01/2023 - 03/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 PopUp Brand- Street Taqueria 1 Day :38627 - ServingDate: 03/28/2023								
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Refried Beans - SR1070 (1/2 c.)	25	161.28	0.58	0.00	0.00	164.61	27.65	10.37
Fresh Cilantro - SR1265 (1 tsp.)	10	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Salsa Roja - SR1081 (2 tbsp.)	50	9.05	0.04	0.01	0.00	96.29	1.85	0.28
Salsa Verde - SR1282 (2 tbsp.)	25	19.50	1.39	0.19	0.00	265.45	1.89	0.37
Sour Cream - SR1659 (2 tbsp.)	35	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY21-22 PopUp Brand- Street Taqueria 1 Day :38627 - ServingDate: 03/29/2023								
Beef Tamale con Queso - SR3352 (1 tamale)	50	204.17	13.93	4.64	0.84	361.46	11.22	9.21
Enchilada Suiza - SR3315 (1 enchilada)	50	172.74	6.22	2.56	0.00	382.42	18.16	9.18
Taco Al Pastor - SR3353 (1 taco)	75	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Aztec Corn Taco - SR3082 (1 taco)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Turkey Al Pastor - SR1259 (1/4 c.)	75	66.31	1.99	0.48	0.00	490.61	3.39	8.49
Aztec Corn - SR3173 (1 #8 scoop)	25	89.92	1.48	0.14	0.00	46.29	17.23	3.54
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	25	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Cilantro Lime Rice - SR2167 (1/4 c.)	25	58.08	1.10	0.06	0.00	69.49	11.19	1.23
Flour Tortilla - SR1066 (2 tortilla)	100	179.97	5.00	2.00	0.00	259.96	28.00	4.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - March, 2023

Site: Guthrie High School
 Date: 03/01/2023 - 03/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 PopUp Brand- Street Taqueria 1 Day :38627 - ServingDate: 03/29/2023								
Vegetarian Refried Beans - SR1070 (1/2 c.)	25	161.28	0.58	0.00	0.00	164.61	27.65	10.37
Fresh Cilantro - SR1265 (1 tsp.)	10	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Salsa Roja - SR1081 (2 tbsp.)	50	9.05	0.04	0.01	0.00	96.29	1.85	0.28
Salsa Verde - SR1282 (2 tbsp.)	25	19.50	1.39	0.19	0.00	265.45	1.89	0.37
Sour Cream - SR1659 (2 tbsp.)	35	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY21-22 PopUp Brand- Street Taqueria 1 Day :38627 - ServingDate: 03/30/2023								
Beef Tamale con Queso - SR3352 (1 tamale)	50	204.17	13.93	4.64	0.84	361.46	11.22	9.21
Enchilada Suiza - SR3315 (1 enchilada)	50	172.74	6.22	2.56	0.00	382.42	18.16	9.18
Taco Al Pastor - SR3353 (1 taco)	75	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Aztec Corn Taco - SR3082 (1 taco)	25	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Turkey Al Pastor - SR1259 (1/4 c.)	75	66.31	1.99	0.48	0.00	490.61	3.39	8.49
Aztec Corn - SR3173 (1 #8 scoop)	25	89.92	1.48	0.14	0.00	46.29	17.23	3.54
Shredded Yellow Cheddar Cheese - SR3010 (1/2 oz.)	25	45.00	3.00	2.00	0.00	105.00	0.50	3.50
Cilantro Lime Rice - SR2167 (1/4 c.)	25	58.08	1.10	0.06	0.00	69.49	11.19	1.23
Flour Tortilla - SR1066 (2 tortilla)	100	179.97	5.00	2.00	0.00	259.96	28.00	4.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - March, 2023

Site: Guthrie High School
 Date: 03/01/2023 - 03/31/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 PopUp Brand- Street Taqueria 1 Day :38627 - ServingDate: 03/30/2023								
Vegetarian Refried Beans - SR1070 (1/2 c.)	25	161.28	0.58	0.00	0.00	164.61	27.65	10.37
Fresh Cilantro - SR1265 (1 tsp.)	10	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Salsa Roja - SR1081 (2 tbsp.)	50	9.05	0.04	0.01	0.00	96.29	1.85	0.28
Salsa Verde - SR1282 (2 tbsp.)	25	19.50	1.39	0.19	0.00	265.45	1.89	0.37
Sour Cream - SR1659 (2 tbsp.)	35	60.00	5.00	3.50	0.00	15.00	1.00	1.00
22-23 Friday Favorites Mini PopUp Brand - Chicken Tenders :39687 - ServingDate: 03/31/2023								
Breaded Chicken Tender - SR2504 (3 tenders)	100	263.02	15.17	2.53	0.00	394.54	16.19	15.17
Dinner Roll - SR1010 (1 roll.)	75	80.00	1.50	0.00	0.00	65.00	14.00	3.00
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
Whipped Potatoes - SR1112 (1/2 c.)	75	79.98	1.50	1.00	0.00	102.62	15.00	2.00
Old Fashioned Country Biscuit Gravy - OKR1552 (1/4 c.)	60	42.52	2.43	1.22	0.00	147.42	4.86	0.00

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 - March, 2023

Site: Guthrie High School
Date: 03/01/2023 - 03/31/2023

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.