

Menu Calendar Nutrient Analysis Report - May, 2022

Site: Guthrie High School
Date: 05/01/2022 - 05/31/2022

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- Taste4 Extras - Regional American- Day1 :37263 - ServingDate: 05/02/2022								
Small Apples - OKR1780 (1 small (2- 3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Unsweetened Applesauce - SR1195 (1/2 c.)	30	55.86	0.15	0.03	0.00	10.49	12.58	0.32
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	0	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06

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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)
SY21-22- Taste4 Extras - Regional American- Day1 :37263 - ServingDate: 05/02/2022								
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.14	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	5	17.92	1.20	0.17	0.00	335.54	1.85	0.06
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.54	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
SY21-22- Taste4 Extras - Regional American- Day2 :37263 - ServingDate: 05/03/2022								
Small Apples - OKR1780 (1 small (2- 3)	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39

Menu Calendar Nutrient Analysis Report - May, 2022

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Date: 05/01/2022 - 05/31/2022

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- Taste4 Extras - Regional American- Day2 :37263 - ServingDate: 05/03/2022								
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fruit Cocktail - SR3023 (1/2 c.)	30	86.67	0.00	0.00	0.00	7.22	21.67	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	5	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Caesar Side Salad - SR1428 (1 c.)	10	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Corn - SR1033 (1/2 c.)	20	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	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)
SY21-22- Taste4 Extras - Regional American- Day2 :37263 - ServingDate: 05/03/2022								
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.14	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	5	17.92	1.20	0.17	0.00	335.54	1.85	0.06
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.54	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
SY21-22- Taste4 Extras - Regional American- Day3 :37263 - ServingDate: 05/04/2022								
Small Apples - OKR1780 (1 small (2-3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29

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SY21-22- Taste4 Extras - Regional American- Day3 :37263 - ServingDate: 05/04/2022								
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR3040 (1/2 c.)	30	59.04	0.00	0.00	0.00	4.92	13.78	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	5	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00

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SY21-22- Taste4 Extras - Regional American- Day3 :37263 - ServingDate: 05/04/2022								
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.14	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	5	17.92	1.20	0.17	0.00	335.54	1.85	0.06
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.54	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
SY21-22- Taste4 Extras - Regional American- Day4 :37263 - ServingDate: 05/05/2022								
Small Apples - OKR1780 (1 small (2-3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90

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SY21-22- Taste4 Extras - Regional American- Day4 :37263 - ServingDate: 05/05/2022								
Diced Pears - SR3041 (1/2 c.)	30	57.47	0.00	0.00	0.00	4.79	15.33	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	5	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Garden Side Salad - SR1429 (1 c.)	10	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chilled Corn - SR1033 (1/2 c.)	20	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00

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SY21-22- Taste4 Extras - Regional American- Day4 :37263 - ServingDate: 05/05/2022								
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.14	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	5	17.92	1.20	0.17	0.00	335.54	1.85	0.06
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.54	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
SY21-22- Taste4 Extras - Regional American- Day5 :37263 - ServingDate: 05/06/2022								
Small Apples - OKR1780 (1 small (2-3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	30	63.20	0.00	0.00	0.00	0.00	16.43	0.00

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SY21-22- Taste4 Extras - Regional American- Day5 :37263 - ServingDate: 05/06/2022								
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	5	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16

Menu Calendar Nutrient Analysis Report - May, 2022

Site: Guthrie High School
Date: 05/01/2022 - 05/31/2022

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- Taste4 Extras - Regional American- Day5 :37263 - ServingDate: 05/06/2022								
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.14	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	5	17.92	1.20	0.17	0.00	335.54	1.85	0.06
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.54	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
SY21-22- Taste4 Extras - Regional American- Day1 :37263 - ServingDate: 05/09/2022								
Small Apples - OKR1780 (1 small (2-3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Unsweetened Applesauce - SR1195 (1/2 c.)	30	55.86	0.15	0.03	0.00	10.49	12.58	0.32
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90

Menu Calendar Nutrient Analysis Report - May, 2022

Site: Guthrie High School

Date: 05/01/2022 - 05/31/2022

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- Taste4 Extras - Regional American- Day1 :37263 - ServingDate: 05/09/2022								
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	0	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24

Menu Calendar Nutrient Analysis Report - May, 2022

Site: Guthrie High School
 Date: 05/01/2022 - 05/31/2022

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- Taste4 Extras - Regional American- Day1 :37263 - ServingDate: 05/09/2022								
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.14	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	5	17.92	1.20	0.17	0.00	335.54	1.85	0.06
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.54	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
SY21-22- Taste4 Extras - Regional American- Day2 :37263 - ServingDate: 05/10/2022								
Small Apples - OKR1780 (1 small (2-3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fruit Cocktail - SR3023 (1/2 c.)	30	86.67	0.00	0.00	0.00	7.22	21.67	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90

Menu Calendar Nutrient Analysis Report - May, 2022

Site: Guthrie High School
Date: 05/01/2022 - 05/31/2022

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- Taste4 Extras - Regional American- Day2 :37263 - ServingDate: 05/10/2022								
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	5	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Caesar Side Salad - SR1428 (1 c.)	10	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Corn - SR1033 (1/2 c.)	20	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24

Menu Calendar Nutrient Analysis Report - May, 2022

Site: Guthrie High School
Date: 05/01/2022 - 05/31/2022

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- Taste4 Extras - Regional American- Day2 :37263 - ServingDate: 05/10/2022								
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.14	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	5	17.92	1.20	0.17	0.00	335.54	1.85	0.06
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.54	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
SY21-22- Taste4 Extras - Regional American- Day3 :37263 - ServingDate: 05/11/2022								
Small Apples - OKR1780 (1 small (2-3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR3040 (1/2 c.)	30	59.04	0.00	0.00	0.00	4.92	13.78	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90

Menu Calendar Nutrient Analysis Report - May, 2022

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Date: 05/01/2022 - 05/31/2022

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- Taste4 Extras - Regional American- Day3 :37263 - ServingDate: 05/11/2022								
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	5	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07

Menu Calendar Nutrient Analysis Report - May, 2022

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)
SY21-22- Taste4 Extras - Regional American- Day3 :37263 - ServingDate: 05/11/2022								
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.14	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	5	17.92	1.20	0.17	0.00	335.54	1.85	0.06
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.54	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
SY21-22- Taste4 Extras - Regional American- Day4 :37263 - ServingDate: 05/12/2022								
Small Apples - OKR1780 (1 small (2-3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Pears - SR3041 (1/2 c.)	30	57.47	0.00	0.00	0.00	4.79	15.33	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	5	31.94	1.60	0.03	0.00	122.00	4.87	0.85

Menu Calendar Nutrient Analysis Report - May, 2022

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Date: 05/01/2022 - 05/31/2022

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- Taste4 Extras - Regional American- Day4 :37263 - ServingDate: 05/12/2022								
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Garden Side Salad - SR1429 (1 c.)	10	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chilled Corn - SR1033 (1/2 c.)	20	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00

Menu Calendar Nutrient Analysis Report - May, 2022

Site: Guthrie High School
Date: 05/01/2022 - 05/31/2022

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- Taste4 Extras - Regional American- Day4 :37263 - ServingDate: 05/12/2022								
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.14	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	5	17.92	1.20	0.17	0.00	335.54	1.85	0.06
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.54	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
SY21-22- Taste4 Extras - Regional American- Day5 :37263 - ServingDate: 05/13/2022								
Small Apples - OKR1780 (1 small (2-3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	30	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	5	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45

Menu Calendar Nutrient Analysis Report - May, 2022

Site: Guthrie High School
Date: 05/01/2022 - 05/31/2022

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- Taste4 Extras - Regional American- Day5 :37263 - ServingDate: 05/13/2022								
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.14	0.04	0.01	0.00	96.29	1.85	0.28

Menu Calendar Nutrient Analysis Report - May, 2022

Site: Guthrie High School
Date: 05/01/2022 - 05/31/2022

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- Taste4 Extras - Regional American- Day5 :37263 - ServingDate: 05/13/2022								
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	5	17.92	1.20	0.17	0.00	335.54	1.85	0.06
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.54	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
SY21-22- Taste4 Extras - Regional American- Day1 :37263 - ServingDate: 05/16/2022								
Small Apples - OKR1780 (1 small (2-3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Unsweetened Applesauce - SR1195 (1/2 c.)	30	55.86	0.15	0.03	0.00	10.49	12.58	0.32
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	0	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40

Menu Calendar Nutrient Analysis Report - May, 2022

Site: Guthrie High School
Date: 05/01/2022 - 05/31/2022

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- Taste4 Extras - Regional American- Day1 :37263 - ServingDate: 05/16/2022								
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.14	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26

Menu Calendar Nutrient Analysis Report - May, 2022

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 Date: 05/01/2022 - 05/31/2022

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- Taste4 Extras - Regional American- Day1 :37263 - ServingDate: 05/16/2022								
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	5	17.92	1.20	0.17	0.00	335.54	1.85	0.06
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.54	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
SY21-22- Taste4 Extras - Regional American- Day2 :37263 - ServingDate: 05/17/2022								
Small Apples - OKR1780 (1 small (2-3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fruit Cocktail - SR3023 (1/2 c.)	30	86.67	0.00	0.00	0.00	7.22	21.67	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	5	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Caesar Side Salad - SR1428 (1 c.)	10	169.83	15.80	3.27	0.00	325.07	5.61	2.95

Menu Calendar Nutrient Analysis Report - May, 2022

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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)
SY21-22- Taste4 Extras - Regional American- Day2 :37263 - ServingDate: 05/17/2022								
Chilled Corn - SR1033 (1/2 c.)	20	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.14	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35

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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)
SY21-22- Taste4 Extras - Regional American- Day2 :37263 - ServingDate: 05/17/2022								
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	5	17.92	1.20	0.17	0.00	335.54	1.85	0.06
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.54	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
SY21-22- Taste4 Extras - Regional American- Day3 :37263 - ServingDate: 05/18/2022								
Small Apples - OKR1780 (1 small (2- 3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR3040 (1/2 c.)	30	59.04	0.00	0.00	0.00	4.92	13.78	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	5	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00

Menu Calendar Nutrient Analysis Report - May, 2022

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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)
SY21-22- Taste4 Extras - Regional American- Day3 :37263 - ServingDate: 05/18/2022								
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.14	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	5	17.92	1.20	0.17	0.00	335.54	1.85	0.06
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.54	2.35	0.32	0.00	61.46	1.97	0.79

Menu Calendar Nutrient Analysis Report - May, 2022

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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)
SY21-22- Taste4 Extras - Regional American- Day3 :37263 - ServingDate: 05/18/2022								
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
SY21-22- Taste4 Extras - Regional American- Day4 :37263 - ServingDate: 05/19/2022								
Small Apples - OKR1780 (1 small (2-3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Pears - SR3041 (1/2 c.)	30	57.47	0.00	0.00	0.00	4.79	15.33	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	5	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Garden Side Salad - SR1429 (1 c.)	10	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chilled Corn - SR1033 (1/2 c.)	20	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61

Menu Calendar Nutrient Analysis Report - May, 2022

Site: Guthrie High School
Date: 05/01/2022 - 05/31/2022

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- Taste4 Extras - Regional American- Day4 :37263 - ServingDate: 05/19/2022								
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.14	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	5	17.92	1.20	0.17	0.00	335.54	1.85	0.06
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.54	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00

Menu Calendar Nutrient Analysis Report - May, 2022

Site: Guthrie High School

Date: 05/01/2022 - 05/31/2022

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- Taste4 Extras - Regional American- Day4 :37263 - ServingDate: 05/19/2022								
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
SY21-22- Taste4 Extras - Regional American- Day5 :37263 - ServingDate: 05/20/2022								
Small Apples - OKR1780 (1 small (2- 3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	30	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	5	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01

Menu Calendar Nutrient Analysis Report - May, 2022

Site: Guthrie High School
 Date: 05/01/2022 - 05/31/2022

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- Taste4 Extras - Regional American- Day5 :37263 - ServingDate: 05/20/2022								
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.14	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	5	17.92	1.20	0.17	0.00	335.54	1.85	0.06
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.54	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20

Menu Calendar Nutrient Analysis Report - May, 2022

Site: Guthrie High School
 Date: 05/01/2022 - 05/31/2022

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- Taste4 Extras - Regional American- Day1 :37263 - ServingDate: 05/23/2022								
Small Apples - OKR1780 (1 small (2-3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Unsweetened Applesauce - SR1195 (1/2 c.)	30	55.86	0.15	0.03	0.00	10.49	12.58	0.32
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	0	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06

Menu Calendar Nutrient Analysis Report - May, 2022

Site: Guthrie High School
Date: 05/01/2022 - 05/31/2022

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- Taste4 Extras - Regional American- Day1 :37263 - ServingDate: 05/23/2022								
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.14	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	5	17.92	1.20	0.17	0.00	335.54	1.85	0.06
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.54	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
SY21-22- Taste4 Extras - Regional American- Day2 :37263 - ServingDate: 05/24/2022								
Small Apples - OKR1780 (1 small (2-3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39

Menu Calendar Nutrient Analysis Report - May, 2022

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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)
SY21-22- Taste4 Extras - Regional American- Day2 :37263 - ServingDate: 05/24/2022								
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fruit Cocktail - SR3023 (1/2 c.)	30	86.67	0.00	0.00	0.00	7.22	21.67	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	5	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Caesar Side Salad - SR1428 (1 c.)	10	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Corn - SR1033 (1/2 c.)	20	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00

Menu Calendar Nutrient Analysis Report - May, 2022

Site: Guthrie High School
Date: 05/01/2022 - 05/31/2022

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- Taste4 Extras - Regional American- Day2 :37263 - ServingDate: 05/24/2022								
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.14	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	5	17.92	1.20	0.17	0.00	335.54	1.85	0.06
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.54	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
SY21-22- Taste4 Extras - Regional American- Day3 :37263 - ServingDate: 05/25/2022								
Small Apples - OKR1780 (1 small (2-3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29

Menu Calendar Nutrient Analysis Report - May, 2022

Site: Guthrie High School
Date: 05/01/2022 - 05/31/2022

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- Taste4 Extras - Regional American- Day3 :37263 - ServingDate: 05/25/2022								
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR3040 (1/2 c.)	30	59.04	0.00	0.00	0.00	4.92	13.78	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	5	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00

Menu Calendar Nutrient Analysis Report - May, 2022

Site: Guthrie High School
Date: 05/01/2022 - 05/31/2022

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- Taste4 Extras - Regional American- Day3 :37263 - ServingDate: 05/25/2022								
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.14	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	5	17.92	1.20	0.17	0.00	335.54	1.85	0.06
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.54	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
SY21-22- Taste4 Extras - Regional American- Day4 :37263 - ServingDate: 05/26/2022								
Small Apples - OKR1780 (1 small (2-3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90

Menu Calendar Nutrient Analysis Report - May, 2022

Site: Guthrie High School
Date: 05/01/2022 - 05/31/2022

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- Taste4 Extras - Regional American- Day4 :37263 - ServingDate: 05/26/2022								
Diced Pears - SR3041 (1/2 c.)	30	57.47	0.00	0.00	0.00	4.79	15.33	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	5	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	10	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Garden Side Salad - SR1429 (1 c.)	10	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chilled Corn - SR1033 (1/2 c.)	20	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00

Menu Calendar Nutrient Analysis Report - May, 2022

Site: Guthrie High School
Date: 05/01/2022 - 05/31/2022

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- Taste4 Extras - Regional American- Day4 :37263 - ServingDate: 05/26/2022								
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.14	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	5	17.92	1.20	0.17	0.00	335.54	1.85	0.06
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.54	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	1.12	0.87	0.20
SY21-22- Taste4 Extras - Regional American- Day5 :37263 - ServingDate: 05/27/2022								
Small Apples - OKR1780 (1 small (2-3))	30	77.48	0.25	0.04	0.00	1.49	20.58	0.39
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Pineapple Tidbits - SR1495 (1/2 c.)	30	63.20	0.00	0.00	0.00	0.00	16.43	0.00

Menu Calendar Nutrient Analysis Report - May, 2022

Site: Guthrie High School

Date: 05/01/2022 - 05/31/2022

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- Taste4 Extras - Regional American- Day5 :37263 - ServingDate: 05/27/2022								
Fresh Oranges - SR1171 (1 small (2-3))	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Spinach - SR1980 (1 c.)	10	16.30	0.28	0.04	0.00	55.99	2.57	2.03
Italian Salad - SR1973 (1/2 c.)	5	31.94	1.60	0.03	0.00	122.00	4.87	0.85
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Cucumber Coins - SR1013 (1/2 c.)	10	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Carrot Sticks - SR1606 (6 stick.)	20	24.80	0.14	0.02	0.00	41.73	5.79	0.56
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate1% Milk - OKR1062 (8 oz.)	80	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	10	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Fresh Cilantro - SR1265 (1 tsp.)	5	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Ranch Dressing - SR1931 (1 pump)	50	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Roasted Garlic Caesar Dressing - SR1764 (1 tbsp.)	5	68.58	7.12	1.26	0.00	105.30	1.09	0.61
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Lime Wedges - SR1283 (2 slice or w)	5	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	15	2.52	0.03	0.00	0.00	1.80	0.54	0.16

Menu Calendar Nutrient Analysis Report - May, 2022

Generated on: 4/4/2022 4:26:49 PM by Janette Freyre

Site: Guthrie High School
Date: 05/01/2022 - 05/31/2022

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- Taste4 Extras - Regional American- Day5 :37263 - ServingDate: 05/27/2022								
Diced Red Onion - SR1447 (2 tbsp.)	5	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	5	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	20	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Salsa Roja - SR1081 (2 tbsp.)	5	9.14	0.04	0.01	0.00	96.29	1.85	0.28
Homemade Salsa - SR1007 (2 tbsp.)	15	7.38	0.03	0.01	0.00	78.67	1.55	0.26
Salsa Verde - SR1282 (2 tbsp.)	5	16.00	0.97	0.12	0.00	265.89	1.98	0.35
Buffalo Ranch Sauce - SR1453 (1 tbsp.)	5	17.92	1.20	0.17	0.00	335.54	1.85	0.06
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	5	30.54	2.35	0.32	0.00	61.46	1.97	0.79
Sour Cream - SR1659 (2 tbsp.)	5	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Sliced Red Tomatoes - 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: Taste4
Menu Line: T4-Extras Bar (Garden, Milk, Condiments)
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.