

Menu Calendar Nutrient Analysis Report - December, 2022

Site: Guthrie High School
Date: 12/01/2022 - 12/31/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
22-23 - Pizza - Heat Around the World Day 4 :38593 - ServingDate: 12/01/2022								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.53	12.23	6.13	0.00	615.08	35.32	19.39
Hawaiian Pizza - OKR1879 (1 slice)	16	337.37	10.58	4.92	0.00	749.70	39.10	22.36
Jerk Chicken Pizza - OKR1878 (1 slice)	30	317.50	9.66	3.91	0.00	675.57	36.87	19.98
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	22	7.49	0.17	0.03	0.00	130.30	1.45	0.26
22-23 - Pizza - Heat Around the World W4 Day 5 :38596 - ServingDate: 12/02/2022								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.53	12.23	6.13	0.00	615.08	35.32	19.39
Garden Alfredo Pizza - SR1400 (1 slice)	22	367.66	14.46	7.45	0.00	745.63	37.78	21.75
Pepperoni Pizza - SR1443 (1 slice)	32	364.12	15.15	7.22	0.00	719.57	35.32	20.84
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	22	7.49	0.17	0.03	0.00	130.30	1.45	0.26
22-23 - Pizza - American Regional Day 1 :40574 - ServingDate: 12/05/2022								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01

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22-23 - Pizza - American Regional Day 1 :40574 - ServingDate: 12/05/2022								
Cheese Pizza - SR1441 (1 slice)	32	332.53	12.23	6.13	0.00	615.08	35.32	19.39
Chilly Philly Pizza - SR1895 (1 slice)	8	346.16	11.67	4.48	0.00	727.85	35.26	24.72
Pepperoni Pizza - SR1443 (1 slice)	32	364.12	15.15	7.22	0.00	719.57	35.32	20.84
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	22	7.49	0.17	0.03	0.00	130.30	1.45	0.26
22-23 - Pizza - American Regional Day 2 :40574 - ServingDate: 12/06/2022								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Buffalo Chicken Pizza - SR1957 (1 slice)	8	383.91	15.14	5.43	0.00	1130.79	40.39	21.05
Cheese Pizza - SR1441 (1 slice)	32	332.53	12.23	6.13	0.00	615.08	35.32	19.39
Sausage Pizza - SR1474 (1 slice)	16	396.76	17.63	8.11	0.10	803.35	36.18	22.38
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	22	7.49	0.17	0.03	0.00	130.30	1.45	0.26
22-23 - Pizza - American Regional Day 3 :40574 - ServingDate: 12/07/2022								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.53	12.23	6.13	0.00	615.08	35.32	19.39

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22-23 - Pizza - American Regional Day 3 :40574 - ServingDate: 12/07/2022								
Pepperoni Pizza - SR1443 (1 slice)	32	364.12	15.15	7.22	0.00	719.57	35.32	20.84
Southwest BBQ Chicken Pizza - SR1959 (1 slice)	8	354.67	10.88	4.76	0.00	854.06	39.46	24.35
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	0	7.49	0.17	0.03	0.00	130.30	1.45	0.26
22-23 - Pizza - American Regional Day 4 :40574 - ServingDate: 12/08/2022								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.53	12.23	6.13	0.00	615.08	35.32	19.39
Hawaiian Pizza - OKR1879 (1 slice)	16	337.37	10.58	4.92	0.00	749.70	39.10	22.36
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	22	7.49	0.17	0.03	0.00	130.30	1.45	0.26
22-23 - Pizza - American Regional W1 Day 5 :40574 - ServingDate: 12/09/2022								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.53	12.23	6.13	0.00	615.08	35.32	19.39
Meatlover's Pizza - SR1402 (1 slice)	16	418.86	19.33	8.76	0.07	903.88	35.78	24.63
Pepperoni Pizza - SR1443 (1 slice)	32	364.12	15.15	7.22	0.00	719.57	35.32	20.84

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22-23 - Pizza - American Regional W1 Day 5 :40574 - ServingDate: 12/09/2022								
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	22	7.49	0.17	0.03	0.00	130.30	1.45	0.26
22-23 - Pizza - American Regional Day 1 :40575 - ServingDate: 12/12/2022								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.53	12.23	6.13	0.00	615.08	35.32	19.39
Chilly Philly Pizza - SR1895 (1 slice)	8	346.16	11.67	4.48	0.00	727.85	35.26	24.72
Pepperoni Pizza - SR1443 (1 slice)	32	364.12	15.15	7.22	0.00	719.57	35.32	20.84
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	22	7.49	0.17	0.03	0.00	130.30	1.45	0.26
22-23 - Pizza - American Regional Day 2 :40575 - ServingDate: 12/13/2022								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Buffalo Chicken Pizza - SR1957 (1 slice)	8	383.91	15.14	5.43	0.00	1130.79	40.39	21.05
Cheese Pizza - SR1441 (1 slice)	32	332.53	12.23	6.13	0.00	615.08	35.32	19.39
Sausage Pizza - SR1474 (1 slice)	16	396.76	17.63	8.11	0.10	803.35	36.18	22.38
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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22-23 - Pizza - American Regional Day 2 :40575 - ServingDate: 12/13/2022								
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	22	7.49	0.17	0.03	0.00	130.30	1.45	0.26
22-23 - Pizza - American Regional Day 3 :40575 - ServingDate: 12/14/2022								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.53	12.23	6.13	0.00	615.08	35.32	19.39
Pepperoni Pizza - SR1443 (1 slice)	32	364.12	15.15	7.22	0.00	719.57	35.32	20.84
Southwest BBQ Chicken Pizza - SR1959 (1 slice)	8	354.67	10.88	4.76	0.00	854.06	39.46	24.35
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	0	7.49	0.17	0.03	0.00	130.30	1.45	0.26
22-23 - Pizza - American Regional Day 4 :40575 - ServingDate: 12/15/2022								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Cheese Pizza - SR1441 (1 slice)	32	332.53	12.23	6.13	0.00	615.08	35.32	19.39
Hawaiian Pizza - OKR1879 (1 slice)	16	337.37	10.58	4.92	0.00	749.70	39.10	22.36
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	22	7.49	0.17	0.03	0.00	130.30	1.45	0.26

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22-23 - Pizza - American Regional W2 Day 5 :40575 - ServingDate: 12/16/2022								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	22	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Buffalo Chicken Pizza - SR1957 (1 slice)	8	383.91	15.14	5.43	0.00	1130.79	40.39	21.05
Cheese Pizza - SR1441 (1 slice)	32	332.53	12.23	6.13	0.00	615.08	35.32	19.39
Pepperoni Pizza - SR1443 (1 slice)	32	364.12	15.15	7.22	0.00	719.57	35.32	20.84
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Toasted Garlic Caesar Salad - SR2130 (1 c.)	50	176.98	16.04	3.29	0.00	325.67	6.78	3.18
Side of Pizza Sauce - OKR1569 (1 fl. oz.)	22	7.49	0.17	0.03	0.00	130.30	1.45	0.26

Legend

(M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch
Site Group: Taste4
Menu Line: T4-Pizza (tier I)
Serving Group: 9-12
Nutrients Option: Expanded

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