

# Menu Calendar Nutrient Analysis Report - May, 2024

Site: Guthrie High School  
 Date: 05/01/2024 - 05/31/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY23-24_T4_Adventure Line_SY23-24 Tater Temptations-PopUp-T4 MTO Daily :42626 - ServingDate: 05/01/2024</b>								
Twisted Breadstick - SR2142 (1 breadstick)	100	172.69	3.27	0.09	0.00	190.34	28.41	6.09
Cheddar Cheese Sauce - SR1293 (1/4 c.)	100	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Rainbow Chili - SR1922 (3/4 c.)	40	139.56	0.95	0.04	0.00	309.49	27.18	7.36
Beef Taco Filling - SR3906 (3 tbsp.)	30	57.03	2.52	0.91	0.00	149.40	2.52	6.56
Turkey Gravy - SR1022 (1/4 c.)	30	97.28	4.05	1.21	0.00	346.96	2.88	11.19
Bacon Crumble - SR1799 (1 tbsp.)	30	70.87	6.08	2.02	0.00	232.87	0.00	4.05
Steamed Broccoli - SR1028 (1/4 c.)	20	13.23	0.06	0.01	0.00	5.57	2.53	1.46
Shredded Yellow Cheddar Cheese - SR3010 (1/4 oz.)	50	22.50	1.50	0.88	0.00	45.00	0.25	2.00
Green Onion - SR1946 (1 tbsp.)	10	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
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Baked Potato - SR1562 (1 potato)	50	172.26	4.66	0.36	0.00	19.32	29.59	3.63
Whipped Potatoes - SR1112 (1/2 c.)	20	79.98	1.50	1.00	0.00	102.62	15.00	2.00
Tater Tots - SR1450 (3/4 c.)	30	166.06	9.06	1.51	0.00	467.98	21.13	1.51
<b>SY23-24_T4_Adventure Line_SY23-24 Tater Temptations-PopUp-T4 MTO Daily :42626 - ServingDate: 05/02/2024</b>								
Twisted Breadstick - SR2142 (1 breadstick)	100	172.69	3.27	0.09	0.00	190.34	28.41	6.09
Cheddar Cheese Sauce - SR1293 (1/4 c.)	100	114.49	9.20	5.01	0.00	423.20	2.04	7.16

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<b>SY23-24_T4_Adventure Line_SY23-24 Tater Temptations-PopUp-T4 MTO Daily :42626 - ServingDate: 05/02/2024</b>								
Rainbow Chili - SR1922 (3/4 c.)	40	139.56	0.95	0.04	0.00	309.49	27.18	7.36
Beef Taco Filling - SR3906 (3 tbsp.)	30	57.03	2.52	0.91	0.00	149.40	2.52	6.56
Turkey Gravy - SR1022 (1/4 c.)	30	97.28	4.05	1.21	0.00	346.96	2.88	11.19
Bacon Crumble - SR1799 (1 tbsp.)	30	70.87	6.08	2.02	0.00	232.87	0.00	4.05
Steamed Broccoli - SR1028 (1/4 c.)	20	13.23	0.06	0.01	0.00	5.57	2.53	1.46
Shredded Yellow Cheddar Cheese - SR3010 (1/4 oz.)	50	22.50	1.50	0.88	0.00	45.00	0.25	2.00
Green Onion - SR1946 (1 tbsp.)	10	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
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Baked Potato - SR1562 (1 potato)	50	172.26	4.66	0.36	0.00	19.32	29.59	3.63
Whipped Potatoes - SR1112 (1/2 c.)	20	79.98	1.50	1.00	0.00	102.62	15.00	2.00
Tater Tots - SR1450 (3/4 c.)	30	166.06	9.06	1.51	0.00	467.98	21.13	1.51
<b>SY23-24_T4_Adventure Line_SY23-24 Taste4 - PopUp - Tater Temptations - Friday Favorites_ Tater Tot Casserole - ServingDate: 05/03/2024</b>								
Tater Tot Casserole - OKR1986 (1 serving)	100	312.77	18.46	7.08	0.00	840.12	22.67	15.16
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)

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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)
<b>SY23-24_T4_Adventure Line_SY23-24 Taste4 - PopUp - Tater Temptations - Friday Favorites_ Tater Tot Casserole - ServingDate: 05/03/2024</b>								
Roasted Green Beans - SR1021 (1/2 c.)	45	22.18	0.13	0.04	0.00	43.10	5.11	1.18
<b>SY23-24_T4_Adventure Line_SY23-24 Spice House-PopUp- T4 MTO Daily :42625 - ServingDate: 05/06/2024</b>								
Fried Rice - SR3326 (1 1/3 c.)	30	317.05	4.36	0.68	0.00	660.00	60.08	10.51
Vegetable Lo Mein - SR3864 (1 1/3 c.)	40	342.52	1.84	0.23	0.03	892.91	69.77	10.78
Steamed Brown Rice - SR1098 (1 c.)	30	234.38	2.07	0.00	0.00	4.05	49.63	5.51
Baked Tofu - SR2069 (2 5/8 oz.)	10	255.81	19.29	2.21	0.00	354.81	3.81	22.40
Fajita Chicken - SR2529 (2/3 c.)	20	160.09	8.01	2.29	0.00	480.27	2.29	19.44
Popcorn Chicken - SR1413 (12 piece)	70	254.75	14.40	2.77	0.00	387.66	15.51	15.51
General Tso Sauce - SR1823 (2 tbsp.)	15	113.88	0.09	0.04	0.03	125.57	28.64	0.18
Sweet and Sour Sauce - SR2022 (2 tbsp.)	75	73.08	0.32	0.04	0.00	75.96	17.46	0.11
Teriyaki Sauce - SR2025 (2 tbsp.)	10	92.82	0.35	0.27	0.04	287.82	21.76	0.59
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Sesame Carrots - SR1787 (1/2 c.)	30	130.71	9.59	1.30	0.04	357.54	10.85	1.32
Roasted Broccoli - SR1852 (1/2 c.)	70	65.49	4.49	0.33	0.00	72.07	5.40	3.00

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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)
<b>SY23-24_T4_Adventure Line_SY23-24 Spice House-PopUp- T4 MTO Daily :42625 - ServingDate: 05/07/2024</b>								
Fried Rice - SR3326 (1 1/3 c.)	30	317.05	4.36	0.68	0.00	660.00	60.08	10.51
Vegetable Lo Mein - SR3864 (1 1/3 c.)	40	342.52	1.84	0.23	0.03	892.91	69.77	10.78
Steamed Brown Rice - SR1098 (1 c.)	30	234.38	2.07	0.00	0.00	4.05	49.63	5.51
Baked Tofu - SR2069 (2 5/8 oz.)	10	255.81	19.29	2.21	0.00	354.81	3.81	22.40
Fajita Chicken - SR2529 (2/3 c.)	20	160.09	8.01	2.29	0.00	480.27	2.29	19.44
Popcorn Chicken - SR1413 (12 piece)	70	254.75	14.40	2.77	0.00	387.66	15.51	15.51
General Tso Sauce - SR1823 (2 tbsp.)	15	113.88	0.09	0.04	0.03	125.57	28.64	0.18
Sweet and Sour Sauce - SR2022 (2 tbsp.)	75	73.08	0.32	0.04	0.00	75.96	17.46	0.11
Teriyaki Sauce - SR2025 (2 tbsp.)	10	92.82	0.35	0.27	0.04	287.82	21.76	0.59
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Sesame Carrots - SR1787 (1/2 c.)	30	130.71	9.59	1.30	0.04	357.54	10.85	1.32
Roasted Broccoli - SR1852 (1/2 c.)	70	65.49	4.49	0.33	0.00	72.07	5.40	3.00
<b>SY23-24_T4_Adventure Line_SY23-24 Spice House-PopUp- T4 MTO Daily :42625 - ServingDate: 05/08/2024</b>								
Fried Rice - SR3326 (1 1/3 c.)	30	317.05	4.36	0.68	0.00	660.00	60.08	10.51
Vegetable Lo Mein - SR3864 (1 1/3 c.)	40	342.52	1.84	0.23	0.03	892.91	69.77	10.78
Steamed Brown Rice - SR1098 (1 c.)	30	234.38	2.07	0.00	0.00	4.05	49.63	5.51
Baked Tofu - SR2069 (2 5/8 oz.)	10	255.81	19.29	2.21	0.00	354.81	3.81	22.40

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<b>SY23-24_T4_Adventure Line_SY23-24 Spice House-PopUp- T4 MTO Daily :42625 - ServingDate: 05/08/2024</b>								
Fajita Chicken - SR2529 (2/3 c.)	20	160.09	8.01	2.29	0.00	480.27	2.29	19.44
Popcorn Chicken - SR1413 (12 piece)	70	254.75	14.40	2.77	0.00	387.66	15.51	15.51
General Tso Sauce - SR1823 (2 tbsp.)	15	113.88	0.09	0.04	0.03	125.57	28.64	0.18
Sweet and Sour Sauce - SR2022 (2 tbsp.)	75	73.08	0.32	0.04	0.00	75.96	17.46	0.11
Teriyaki Sauce - SR2025 (2 tbsp.)	10	92.82	0.35	0.27	0.04	287.82	21.76	0.59
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Sesame Carrots - SR1787 (1/2 c.)	30	130.71	9.59	1.30	0.04	357.54	10.85	1.32
Roasted Broccoli - SR1852 (1/2 c.)	70	65.49	4.49	0.33	0.00	72.07	5.40	3.00
<b>SY23-24_T4_Adventure Line_SY23-24 Spice House-PopUp- T4 MTO Daily :42625 - ServingDate: 05/09/2024</b>								
Fried Rice - SR3326 (1 1/3 c.)	30	317.05	4.36	0.68	0.00	660.00	60.08	10.51
Vegetable Lo Mein - SR3864 (1 1/3 c.)	40	342.52	1.84	0.23	0.03	892.91	69.77	10.78
Steamed Brown Rice - SR1098 (1 c.)	30	234.38	2.07	0.00	0.00	4.05	49.63	5.51
Baked Tofu - SR2069 (2 5/8 oz.)	10	255.81	19.29	2.21	0.00	354.81	3.81	22.40
Fajita Chicken - SR2529 (2/3 c.)	20	160.09	8.01	2.29	0.00	480.27	2.29	19.44
Popcorn Chicken - SR1413 (12 piece)	70	254.75	14.40	2.77	0.00	387.66	15.51	15.51
General Tso Sauce - SR1823 (2 tbsp.)	15	113.88	0.09	0.04	0.03	125.57	28.64	0.18
Sweet and Sour Sauce - SR2022 (2 tbsp.)	75	73.08	0.32	0.04	0.00	75.96	17.46	0.11

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<b>SY23-24_T4_Adventure Line_SY23-24 Spice House-PopUp- T4 MTO Daily :42625 - ServingDate: 05/09/2024</b>								
Teriyaki Sauce - SR2025 (2 tbsp.)	10	92.82	0.35	0.27	0.04	287.82	21.76	0.59
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Sesame Carrots - SR1787 (1/2 c.)	30	130.71	9.59	1.30	0.04	357.54	10.85	1.32
Roasted Broccoli - SR1852 (1/2 c.)	70	65.49	4.49	0.33	0.00	72.07	5.40	3.00
<b>SY23-24_T4_Adventure Line_SY23-24 Taste4 - PopUp - Spice House - Friday Favorites_Chicken Fried Steak - ServingDate: 05/10/2024</b>								
Chicken Fried Steak, Advance Pierre with mashed potatoes and pepper gravy - OKR1993 (1 patty)	100	502.67	18.46	4.68	0.00	1659.19	58.76	24.91
Dinner Roll - SR1010 (1 roll.)	100	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)
Seasoned Carrot Coins - SR1017 (1/2 c.)	35	73.94	5.10	0.43	0.00	180.00	7.47	0.61
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.)	75	32.40	0.00	0.00	0.00	228.41	6.48	1.62

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<b>SY23-24_T4_Adventure Line_SY23-24 Taqueria Bowls-PopUp- T4 MTO :43215 - ServingDate: 05/13/2024</b>								
Cilantro Lime Rice - SR1232 (1 1/4 c.)	50	290.42	6.22	0.31	0.00	347.44	54.57	6.13
Tortilla Chips - SR1065 (1 1/2 oz.)	50	154.64	6.63	1.10	0.00	127.02	22.09	2.21
Mexican Tinga Chicken - SR2604 (1/2 c.)	50	104.94	2.50	0.02	0.00	185.20	3.95	15.02
Beef Taco Filling - SR3906 (3/8 c.)	50	114.07	5.05	1.82	0.00	298.80	5.05	13.12
Shredded Yellow Cheddar Cheese - SR3010 (1/4 oz.)	30	22.50	1.50	0.88	0.00	45.00	0.25	2.00
Mex Zucchini - SR1697 (1/4 c.)	10	73.65	7.26	0.56	0.00	85.74	2.54	0.86
Pinto Beans - SR1032 (1/4 c.)	10	63.40	0.00	0.00	0.00	80.69	10.95	4.03
Mex Roasted Sweet Potatoes - SR2277 (1/4 c.)	10	75.58	2.89	0.20	0.00	96.15	12.18	0.82
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Salsa Roja - SR1081 (2 tbsp.)	20	8.60	0.04	0.01	0.00	72.88	1.78	0.30
<b>SY23-24_T4_Adventure Line_SY23-24 Taqueria Classic Wraps-PopUp- T4 MTO :43215 - ServingDate: 05/14/2024</b>								
Flour Tortilla - SR1177 (1 tortilla)	100	210.00	6.00	3.00	0.00	319.99	34.00	5.00
Cilantro Lime Rice - SR1232 (1/4 c.)	75	58.08	1.24	0.06	0.00	69.49	10.91	1.23
Mexican Tinga Chicken - SR2604 (1/2 c.)	50	104.94	2.50	0.02	0.00	185.20	3.95	15.02
Beef Taco Filling - SR3906 (3/8 c.)	50	114.07	5.05	1.82	0.00	298.80	5.05	13.12
Black Beans - SR3362 (1/4 c.)	10	62.70	0.26	0.00	0.00	73.15	12.02	3.66

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<b>SY23-24_T4_Adventure Line_SY23-24 Taqueria Classic Wraps-PopUp- T4 MTO :43215 - ServingDate: 05/14/2024</b>								
Shredded Yellow Cheddar Cheese - SR3010 (1/4 oz.)	30	22.50	1.50	0.88	0.00	45.00	0.25	2.00
Mex Zucchini - SR1697 (1/4 c.)	10	73.65	7.26	0.56	0.00	85.74	2.54	0.86
Mex Roasted Sweet Potatoes - SR2277 (1/4 c.)	10	75.58	2.89	0.20	0.00	96.15	12.18	0.82
Salsa Roja - SR1081 (2 tbsp.)	20	8.60	0.04	0.01	0.00	72.88	1.78	0.30
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>SY23-24_T4_Adventure Line_SY23-24 Taqueria Comfort-PopUp- T4 MTO :43215 - ServingDate: 05/15/2024</b>								
Bean and Cheese Enchilada - SR3488 (2 enchilada)	50	386.27	11.43	5.41	0.00	689.50	51.02	17.43
Enchilada Suiza - OKR1971 (1 enchilada)	50	414.41	19.71	9.89	0.00	994.44	38.63	20.14
Cilantro Lime Rice - SR1232 (1/4 c.)	75	58.08	1.24	0.06	0.00	69.49	10.91	1.23
Salsa Roja - SR1081 (2 tbsp.)	20	8.60	0.04	0.01	0.00	72.88	1.78	0.30
Sour Cream - SR1659 (2 tbsp.)	10	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Black Beans - SR3362 (1/2 c.)	10	125.39	0.52	0.00	0.00	146.29	24.03	7.32
Mex Zucchini - SR1697 (1/2 c.)	10	147.29	14.53	1.11	0.00	171.47	5.08	1.72
Mex Roasted Sweet Potatoes - SR2277 (1/2 c.)	10	151.16	5.77	0.41	0.00	192.30	24.37	1.64



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<b>SY23-24_T4_Adventure Line_SY23-24 Taqueria Street Tacos-PopUp- T4 MTO :43215 - ServingDate: 05/16/2024</b>								
Flour Tortilla - SR1066 (2 tortilla)	100	179.97	5.00	2.00	0.00	259.96	28.00	4.00
Vegetarian Refried Beans - SR1070 (1 #8 scoop)	20	161.28	0.58	0.00	0.00	164.61	27.65	10.37
Turkey Al Pastor - SR1259 (1/2 c.)	40	155.31	5.83	1.89	0.00	776.78	7.98	17.04
Carnitas - SR3328 (1/2 c.)	40	221.41	7.15	0.26	0.00	414.67	3.47	30.90
Shredded Yellow Cheddar Cheese - SR3010 (1/4 oz.)	30	22.50	1.50	0.88	0.00	45.00	0.25	2.00
Diced Yellow Onion - SR1264 (2 tbsp.)	10	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Salsa Roja - SR1081 (2 tbsp.)	20	8.60	0.04	0.01	0.00	72.88	1.78	0.30
Sour Cream - SR1659 (2 tbsp.)	10	60.00	5.00	3.50	0.00	15.00	1.00	1.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Black Beans - SR3362 (1/4 c.)	10	62.70	0.26	0.00	0.00	73.15	12.02	3.66
Mex Zucchini - SR1697 (1/4 c.)	10	73.65	7.26	0.56	0.00	85.74	2.54	0.86
Mex Roasted Sweet Potatoes - SR2277 (1/4 c.)	10	75.58	2.89	0.20	0.00	96.15	12.18	0.82
<b>SY23-24_T4_Adventure Line_SY23-24 Friday Favorites Popcorn Chicken Bowls :40543 - ServingDate: 05/17/2024</b>								
Garlic Knot Breadstick - SR1255 (1 roll.)	100	110.63	4.05	0.22	0.00	95.85	15.02	3.23
Popcorn Chicken - SR1413 (12 piece)	100	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Roasted Broccoli - SR1852 (1/2 c.)	30	65.49	4.49	0.33	0.00	72.07	5.40	3.00

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<b>SY23-24_T4_Adventure Line_SY23-24 Friday Favorites Popcorn Chicken Bowls :40543 - ServingDate: 05/17/2024</b>								
Steamed Corn - SR1034 (1/2 c.)	25	69.49	1.04	0.00	0.00	1.04	16.59	2.07
Whipped Potatoes - SR1112 (1/2 c.)	100	79.98	1.50	1.00	0.00	102.62	15.00	2.00
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Old Fashioned Country Biscuit Gravy - OKR1552 (1/4 c.)	70	32.40	0.00	0.00	0.00	228.41	6.48	1.62
<b>SY23-24_T4_Adventure Line_SY23-24 Rockin Ramen-PopUp- T4 MTO Daily :42627 - ServingDate: 05/20/2024</b>								
Yakisoba Noodles - SR3439 (1 c.)	100	250.03	1.50	0.00	0.00	250.39	49.01	9.00
Fajita Chicken - SR2529 (1/3 c.)	80	80.05	4.00	1.14	0.00	240.14	1.14	9.72
Hard Boiled Egg - SR3322 (1 egg)	70	70.00	5.00	1.50	0.00	55.00	1.00	6.00
Chicken Meatballs - SR3065 (3 Meatballs)	50	105.99	6.56	2.02	0.00	121.13	3.53	8.58
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.)	40	61.52	3.81	0.83	0.00(M)	537.18	5.32	1.72
Broth- Pho, Vegetable - SR2211 (1 c.)	60	23.82	1.37	0.20	0.00(M)	47.17	2.78	0.32
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fresh Cilantro - SR1265 (1 tsp.)	20	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Lime Wedges - SR1283 (2 slice or w)	20	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Shredded Cabbage - SR2425 (2 tbsp.)	40	2.10	0.01	0.00	0.00	1.51	0.49	0.11
Sliced Mushrooms - SR2424 (2 tbsp.)	40	10.22	0.16	0.02	0.00	2.32	1.51	1.39

# Menu Calendar Nutrient Analysis Report - May, 2024

Site: Guthrie High School  
 Date: 05/01/2024 - 05/31/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY23-24_T4_Adventure Line_SY23-24 Rockin Ramen-PopUp- T4 MTO Daily :42627 - ServingDate: 05/20/2024</b>								
Green Onion - SR1946 (2 tbsp.)	40	4.02	0.02	0.00	0.00	2.01	0.92	0.23
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	30	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Matchstick Carrots - SR1435 (2 tbsp.)	40	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	40	20.38	0.11	0.04	0.00	201.99	4.52	0.37
Chilled Corn - SR1033 (2 tbsp.)	30	17.37	0.26	0.00	0.00	0.26	4.15	0.52
<b>SY23-24_T4_Adventure Line_SY23-24 Rockin Ramen-PopUp- T4 MTO Daily :42627 - ServingDate: 05/21/2024</b>								
Yakisoba Noodles - SR3439 (1 c.)	100	250.03	1.50	0.00	0.00	250.39	49.01	9.00
Fajita Chicken - SR2529 (1/3 c.)	80	80.05	4.00	1.14	0.00	240.14	1.14	9.72
Hard Boiled Egg - SR3322 (1 egg)	70	70.00	5.00	1.50	0.00	55.00	1.00	6.00
Chicken Meatballs - SR3065 (3 Meatballs)	50	105.99	6.56	2.02	0.00	121.13	3.53	8.58
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.)	40	61.52	3.81	0.83	0.00(M)	537.18	5.32	1.72
Broth- Pho, Vegetable - SR2211 (1 c.)	60	23.82	1.37	0.20	0.00(M)	47.17	2.78	0.32
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fresh Cilantro - SR1265 (1 tsp.)	20	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Lime Wedges - SR1283 (2 slice or w)	20	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Shredded Cabbage - SR2425 (2 tbsp.)	40	2.10	0.01	0.00	0.00	1.51	0.49	0.11
Sliced Mushrooms - SR2424 (2 tbsp.)	40	10.22	0.16	0.02	0.00	2.32	1.51	1.39

# Menu Calendar Nutrient Analysis Report - May, 2024

Site: Guthrie High School  
 Date: 05/01/2024 - 05/31/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY23-24_T4_Adventure Line_SY23-24 Rockin Ramen-PopUp- T4 MTO Daily :42627 - ServingDate: 05/21/2024</b>								
Green Onion - SR1946 (2 tbsp.)	40	4.02	0.02	0.00	0.00	2.01	0.92	0.23
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	30	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Matchstick Carrots - SR1435 (2 tbsp.)	40	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	40	20.38	0.11	0.04	0.00	201.99	4.52	0.37
Chilled Corn - SR1033 (2 tbsp.)	30	17.37	0.26	0.00	0.00	0.26	4.15	0.52
<b>SY23-24_T4_Adventure Line_SY23-24 Rockin Ramen-PopUp- T4 MTO Daily :42627 - ServingDate: 05/22/2024</b>								
Yakisoba Noodles - SR3439 (1 c.)	100	250.03	1.50	0.00	0.00	250.39	49.01	9.00
Fajita Chicken - SR2529 (1/3 c.)	80	80.05	4.00	1.14	0.00	240.14	1.14	9.72
Hard Boiled Egg - SR3322 (1 egg)	70	70.00	5.00	1.50	0.00	55.00	1.00	6.00
Chicken Meatballs - SR3065 (3 Meatballs)	50	105.99	6.56	2.02	0.00	121.13	3.53	8.58
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.)	40	61.52	3.81	0.83	0.00(M)	537.18	5.32	1.72
Broth- Pho, Vegetable - SR2211 (1 c.)	60	23.82	1.37	0.20	0.00(M)	47.17	2.78	0.32
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fresh Cilantro - SR1265 (1 tsp.)	20	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Lime Wedges - SR1283 (2 slice or w)	20	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Shredded Cabbage - SR2425 (2 tbsp.)	40	2.10	0.01	0.00	0.00	1.51	0.49	0.11
Sliced Mushrooms - SR2424 (2 tbsp.)	40	10.22	0.16	0.02	0.00	2.32	1.51	1.39

## Menu Calendar Nutrient Analysis Report - May, 2024

Site: Guthrie High School

Date: 05/01/2024 - 05/31/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY23- 24_T4_Adventure Line_SY23-24 Rockin Ramen-PopUp- T4 MTO Daily :42627 - ServingDate: 05/22/2024</b>								
Green Onion - SR1946 (2 tbsp.)	40	4.02	0.02	0.00	0.00	2.01	0.92	0.23
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	30	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Matchstick Carrots - SR1435 (2 tbsp.)	40	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	40	20.38	0.11	0.04	0.00	201.99	4.52	0.37
Chilled Corn - SR1033 (2 tbsp.)	30	17.37	0.26	0.00	0.00	0.26	4.15	0.52
<b>SY23- 24_T4_Adventure Line_SY23-24 Rockin Ramen-PopUp- T4 MTO Daily :42627 - ServingDate: 05/23/2024</b>								
Yakisoba Noodles - SR3439 (1 c.)	100	250.03	1.50	0.00	0.00	250.39	49.01	9.00
Fajita Chicken - SR2529 (1/3 c.)	80	80.05	4.00	1.14	0.00	240.14	1.14	9.72
Hard Boiled Egg - SR3322 (1 egg)	70	70.00	5.00	1.50	0.00	55.00	1.00	6.00
Chicken Meatballs - SR3065 (3 Meatballs)	50	105.99	6.56	2.02	0.00	121.13	3.53	8.58
Broth, Shoyu Ramen, Chicken - SR2311 (1 c.)	40	61.52	3.81	0.83	0.00(M)	537.18	5.32	1.72
Broth- Pho, Vegetable - SR2211 (1 c.)	60	23.82	1.37	0.20	0.00(M)	47.17	2.78	0.32
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fresh Cilantro - SR1265 (1 tsp.)	20	0.08	0.00	0.00	0.00	0.15	0.01	0.01
Lime Wedges - SR1283 (2 slice or w)	20	2.51	0.02	0.00	0.00	0.17	0.88	0.06
Shredded Cabbage - SR2425 (2 tbsp.)	40	2.10	0.01	0.00	0.00	1.51	0.49	0.11
Sliced Mushrooms - SR2424 (2 tbsp.)	40	10.22	0.16	0.02	0.00	2.32	1.51	1.39

# Menu Calendar Nutrient Analysis Report - May, 2024

Site: Guthrie High School  
 Date: 05/01/2024 - 05/31/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY23-24_T4_Adventure Line_SY23-24 Rockin Ramen-PopUp- T4 MTO Daily :42627 - ServingDate: 05/23/2024</b>								
Green Onion - SR1946 (2 tbsp.)	40	4.02	0.02	0.00	0.00	2.01	0.92	0.23
Freshly Sliced Jalapeno Peppers - SR2210 (1 tbsp.)	30	2.08	0.03	0.01	0.00	0.21	0.47	0.07
Matchstick Carrots - SR1435 (2 tbsp.)	40	4.77	0.03	0.00	0.00	8.02	1.11	0.11
Sriracha Hot Chili Sauce - SR2209 (1 tbsp.)	40	20.38	0.11	0.04	0.00	201.99	4.52	0.37
Chilled Corn - SR1033 (2 tbsp.)	30	17.37	0.26	0.00	0.00	0.26	4.15	0.52
<b>SY23-24_T4_Adventure Line_SY23-24 Taste4 - PopUp - Rockin Ramen - Friday Favorites_Beef Lasagna - ServingDate: 05/24/2024</b>								
Classic Beef Lasagna - OKR1981 (1 ea.)	100	310.91	10.57	5.56	0.00	571.33	36.41	17.67
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)
Roasted Summer Squash - SR1523 (1/2 c.)	30	34.33	2.14	0.18	0.00	42.19	3.28	0.85
<b>SY23-24_T4_Adventure Line_SY23-24 Strutters Tenders-PopUp- T4 MTO :42623 - ServingDate: 05/27/2024</b>								
Garlic Knot Breadstick - SR1255 (2 roll.)	100	221.25	8.11	0.45	0.00	191.69	30.03	6.45
Breaded Chicken Tender - SR2504 (3 tenders)	90	263.02	15.17	2.53	0.00	394.54	16.19	15.17

## Menu Calendar Nutrient Analysis Report - May, 2024

Site: Guthrie High School  
Date: 05/01/2024 - 05/31/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY23-24_T4_Adventure Line_SY23-24 Strutters Tenders-PopUp- T4 MTO :42623 - ServingDate: 05/27/2024</b>								
Fajita Chicken - SR2529 (2/3 c.)	10	160.09	8.01	2.29	0.00	480.27	2.29	19.44
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Crinkle Cut French Fries - SR2496 (1/2 c.)	65	100.75	3.92	0.56	0.00	27.99	14.55	1.12
Celery Sticks - SR1014 (6 stick.)	15	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	20	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	10	73.57	0.09	0.07	0.01	292.30	18.22	0.17
Hot Sauce - SR3162 (1 tbsp.)	20	3.39	0.09	0.02	0.00	626.53	0.48	0.17
Barbecue Sauce - SR1008 (2 tbsp.)	20	30.28	0.00	0.00	0.00	474.42	7.07	0.00
<b>SY23-24_T4_Adventure Line_SY23-24 Strutters Chicken&amp;Waffles-PopUp- T4 MTO :42623 - ServingDate: 05/28/2024</b>								
Toasted Waffle - SR2165 (2 waffle)	100	185.89	5.16	1.03	0.00	340.80	30.98	4.13
Breaded Drumstick - SR3363 (1 pcs.)	90	341.62	20.19	4.66	0.00	823.00	9.32	29.50
Fajita Chicken - SR2529 (2/3 c.)	10	160.09	8.01	2.29	0.00	480.27	2.29	19.44
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Apple Glazed Baby Carrots - SR3683 (1/2 c.)	60	58.31	0.81	0.31	0.00	71.53	12.33	0.56
Blue Ribbon Slaw - SR1254 (1/2 c.)	40	41.82	0.15	0.03	0.00	113.85	10.28	0.76
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	100	105.00	0.00	0.00	0.00	47.50	26.00	0.00

## Menu Calendar Nutrient Analysis Report - May, 2024

Site: Guthrie High School  
Date: 05/01/2024 - 05/31/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY23-24_T4_Adventure Line_SY23-24 Strutters Tenders-PopUp- T4 MTO :42623 - ServingDate: 05/29/2024</b>								
Garlic Knot Breadstick - SR1255 (2 roll.)	100	221.25	8.11	0.45	0.00	191.69	30.03	6.45
Breaded Chicken Tender - SR2504 (3 tenders)	90	263.02	15.17	2.53	0.00	394.54	16.19	15.17
Fajita Chicken - SR2529 (2/3 c.)	10	160.09	8.01	2.29	0.00	480.27	2.29	19.44
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Crinkle Cut French Fries - SR2496 (1/2 c.)	65	100.75	3.92	0.56	0.00	27.99	14.55	1.12
Celery Sticks - SR1014 (6 stick.)	15	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Baby Carrots - SR1016 (1/2 c.)	20	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Asian Sweet Chili Barbecue Sauce - SR1242 (2 tbsp.)	10	73.57	0.09	0.07	0.01	292.30	18.22	0.17
Hot Sauce - SR3162 (1 tbsp.)	20	3.39	0.09	0.02	0.00	626.53	0.48	0.17
Barbecue Sauce - SR1008 (2 tbsp.)	20	30.28	0.00	0.00	0.00	474.42	7.07	0.00
<b>SY23-24_T4_Adventure Line_SY23-24 Strutters Popcorn Chicken Bowl-PopUp- T4 MTO :42623 - ServingDate: 05/30/2024</b>								
Baked Biscuit - SR1598 (1 biscuit)	100	190.00	9.00	6.00	0.00	310.00	24.00	4.00
Fajita Chicken - SR2529 (2/3 c.)	10	160.09	8.01	2.29	0.00	480.27	2.29	19.44
Popcorn Chicken - SR1413 (12 piece)	90	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Blue Ribbon Slaw - SR1254 (1/2 c.)	30	41.82	0.15	0.03	0.00	113.85	10.28	0.76



# Menu Calendar Nutrient Analysis Report - May, 2024

Site: Guthrie High School  
 Date: 05/01/2024 - 05/31/2024

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY23-24_T4_Adventure Line_SY23-24 Strutters Popcorn Chicken Bowl-PopUp-T4 MTO :42623 - ServingDate: 05/30/2024</b>								
Green Beans, Low Country Green Beans - SR2616 (1/2 c.)	50	68.15	4.70	0.64	0.00	347.50	5.67	2.04
Whipped Potatoes - SR1112 (1/2 c.)	90	79.98	1.50	1.00	0.00	102.62	15.00	2.00
Chicken Gravy - SR1589 (1/4 c.)	50	30.37	1.01	0.00	0.00	138.46	4.05	0.71
Gravy, Pepper (Country, Biscuit) - SR2091 (1/4 c.)	50	43.66	2.37	1.18	0.00	168.13	4.98	0.37
<b>SY23-24_T4_Adventure Line_SY23-24 Taste4 - PopUp - Strutters - Friday Favorites_Frito Chili Pie Day 5 - ServingDate: 05/31/2024</b>								
Chili Frito Pie - OKR1976 (1 ea.)	100	497.42	23.96	6.72	0.00	803.88	54.07	19.29
Taste4 Extras Bar - SR2401 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mixed Garden Vegetables - SR1583 (1/2 c.)	35	53.72	0.56	0.06	0.00	91.09	11.41	2.25

**Legend**  
 (M) - Missing Nutrient Values

**Report Selections**  
 Meal Type: Lunch  
 Site Group: Taste4  
 Menu Line: T4-Adventure  
 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.