

# Nutrient Detail Report

Organization: Garden Grove USD  
Session: 2024-2025 School Year  
Menu: 2024-2025 Elementary Lunch Menu  
Number Source: Planned  
Dates: 11-01-2024 to 11-22-2024

## Nutrient Summary

Date(s): 11-01-2024 to 11-22-2024

Nutrient	Menu Average	% of Calories	Target	Pass / Fail	Shortfall / Overage	Notes / Errors
Calories (kcal)	629.941		600 min / 650 max	Pass		
Protein (g)	26.280*	16.687%				
Total Fat (g)	18.346*	26.212%				
Saturated Fat (g)	5.548*	7.927%	< 10%	Pass		
Trans Fat (g)	0.032*					
Carbohydrates (g)	91.532	58.121%				
Cholesterol (mg)	45.465*					
Sodium (mg)	915.175		≤ 1110	Pass		
Potassium (mg)	351.117*					
Fiber (g)	5.436*					
Sugars (g)	54.462*					
Added Sugars (g)	2.950*	1.873%				
Iron (g)	2.485*					
Calcium (mg)	466.264*					
Vitamin A (IU)	1,789.183*					
Vitamin C (mg)	30.914*					
Vitamin D (mcg)	0.758*					

\* Indicates missing Nutrient Information.  
WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

## Menu Detail

Date: 11-01-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	92.500	21.479
Yami Yogurt w/ Protein Granola & Goldfish Crackers 2M/2G	1586497	1 serving	2000	370.000	54.000
Pizza, Cheese, French Bread, Tony's 2M/2G	78719	1 each	2000	350.000	35.000
Pizza, Pepperoni, French Bread, Tony's 2M/2G	1227496	1 serving	16000	350.000	35.000
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	8.077
Beans, Garbanzo, Canned, 1/2 cup	79028	0.5 cup	1000	105.000	16.992
Fruit					
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	20000	60.000	14.000
Dried Fruit, Assorted	78632	1 each	5000	112.500	28.000
Orange Slices, 1/2 cup	78889	0.5 cup	5000	42.300	10.575
Milk					
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	1 each	16000	120.000	23.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Total			20000		
Weighted Daily Average				595.009	85.926
% of Calories					57.765%

\* Indicates missing Nutrient Information.  
WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

## Menu Detail

Date: 11-04-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	92.500	21.479
Yami Yogurt w/ Protein Granola & Goldfish Crackers 2M/2G	1586497	1 serving	2000	370.000	54.000
Pork Sausage Patties (2) w/ Belgian Waffle (1) 2M/2G	1167453	1 serving/ 2 sausage patties + 1 waffle	14000	550.000	34.000
Tortilla Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds 2M/2G	83060	1 serving	4000	560.000	44.000
Vegetables					

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	8.077
Corn, Yellow, Canned 1/2 cup	78932	1/2 cup	3000	52.480	11.152
Fruit					
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	15000	60.000	14.000
Dried Fruit, Assorted	78632	1 each	1000	112.500	28.000
Mixed Fruit, Canned 1/2 cup	78845	1/2 cup	4000	59.989	14.994
Milk					
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	1 each	8000	120.000	23.000
Misc.					
Ketchup	78887	1 tablespoon	1000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	3000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Syrup Cup	78716	1 each	10000	120.000	30.000
Total			20000		
Weighted Daily Average				751.843	84.619
% of Calories					45.02%

\* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

## Menu Detail

Date: 11-05-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	92.500	21.479
Yami Yogurt w/ Protein Granola & Goldfish Crackers 2M/2G	1586497	1 serving	2000	370.000	54.000
Chicken Tenders, 4 pcs (Secondary) 2.25M/2G	78711	1 serving/4 pcs	14000	300.000	20.000
Sandwich, Grilled Cheese (ES Foods) 2M/2G	1586505	1 each	4000	360.000	31.000
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	8.077
Jicama sticks, raw, 1/2 cup	78994	0.5 cup	5000	23.000	5.500
Fruit					
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	15000	60.000	14.000
Dried Fruit, Assorted	78632	1 each	1000	112.500	28.000
Banana, Fresh	78890	1 each	5000	89.890	23.068
Desserts					
Cookies, Presidents 1G	80281	1 package	15000	117.308	21.507
Milk					
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	1 each	8000	120.000	23.000
Misc.					
Ketchup	78887	1 tablespoon	1000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Total			20000		
Weighted Daily Average				575.887	75.905
% of Calories					52.722%

\* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

## Menu Detail

Date: 11-06-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	92.500	21.479
Yami Yogurt w/ Protein Granola & Goldfish Crackers 2M/2G	1586497	1 serving	2000	370.000	54.000
Hamburger (2.25 oz) w/ 4" Knot Bun 2M/2G	79057	1 serving	18000	278.000	32.500
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	8.077
Broccoli, raw, 1/2 cup	80769	0.5 cup	1000	15.470	3.021
Lettuce, Iceberg, Shredded, 1/2 cup	79088	0.5 cup	5000	5.040	1.069
Fruit					
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	15000	60.000	14.000
Dried Fruit, Assorted	78632	1 each	1000	112.500	28.000
Apple, Fresh	78919	1 each	5000	52.520	13.948
Grains					
Baked Doritos (Cool Ranch Flavor) 1.5G	1167452	1 package	15000	130.000	19.000
Milk					
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	16.000

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	1 each	8000	120.000	23.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	3000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Cheese Slice 0.5M	79062	1 slice	12000	55.686	1.012
Pickles	78984	1 serving	5000	1.667	0.000
Total			20000		
Weighted Daily Average				572.665	80.56
% of Calories					56.271%

\* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

## Menu Detail

Date: 11-07-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	92.500	21.479
Yami Yogurt w/ Protein Granola & Goldfish Crackers 2M/2G	1586497	1 serving	2000	370.000	54.000
Cheese Pizza Crunchers, 4 pcs 2M/2.5G	1323919	1 serving/4 pcs	18000	420.000	41.000
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	8.077
Fruit					
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	20000	60.000	14.000
Dried Fruit, Assorted	78632	1 each	5000	112.500	28.000
Applesauce Cup	78674	1 serving	5000	57.188	13.344
Cool Tropic Fruit Slush, Assorted	1227508	1 each	20000	66.667	16.667
Milk					
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	1 each	8000	120.000	23.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Marinara Sauce Cup	78948	1 each	18000	15.000	3.000
Total			20000		
Weighted Daily Average				688.647	101.336
% of Calories					58.861%

\* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

## Menu Detail

Date: 11-12-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	92.500	21.479
Yami Yogurt w/ Protein Granola & Goldfish Crackers 2M/2G	1586497	1 serving	2000	370.000	54.000
Macaroni and Cheese (#6 Scoop) 2M/1G	78766	1 serving	14000	290.015	32.002
Strawberry Jelly & Wowbutter Sandwich with String Cheese 2M/1G	1596922	1 serving	4000	380.000	25.000
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	8.077
Corn, Yellow, Canned 1/2 cup	78932	1/2 cup	5000	52.480	11.152
Fruit					
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	20000	60.000	14.000
Dried Fruit, Assorted	78632	1 each	5000	112.500	28.000
Peaches, Sliced, Canned 1/2 cup	78689	1/2 cup	5000	59.991	14.000
Desserts					
Cookie, Blue Star, IW, Buena Vista	82897	1 serving	20000	130.000	22.000
Milk					
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	1 each	16000	120.000	23.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Total			20000		
Weighted Daily Average				701.312	106.622
% of Calories					60.813%

\* Indicates missing Nutrient Information.

## Menu Detail

Date: 11-13-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
<b>Lunch Entree</b>					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	92.500	21.479
Yami Yogurt w/ Protein Granola & Goldfish Crackers 2M/2G	1586497	1 serving	2000	370.000	54.000
Chicken Nuggets, "Zoo Crew" Animal-Shaped 2M/1.25G	78830	1 serving/3 nuggets	18000	220.000	12.000
<b>Vegetables</b>					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	8.077
Seasoned Waffle Cut Fries, 1/2 cup	579469	1/2 cup	20000	170.533	20.063
Tomatoes, Cherry or Grape, 1/2 cup	79132	0.5 cup	1000	13.410	2.898
<b>Fruit</b>					
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	20000	60.000	14.000
Dried Fruit, Assorted	78632	1 each	5000	112.500	28.000
Apple, Fresh	78919	1 each	5000	52.520	13.948
<b>Milk</b>					
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	1 each	16000	120.000	23.000
<b>Misc.</b>					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Total			20000		
Weighted Daily Average				646.517	85.428
% of Calories					52.854%

\* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

## Menu Detail

Date: 11-14-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
<b>Lunch Entree</b>					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	92.500	21.479
Yami Yogurt w/ Protein Granola & Goldfish Crackers 2M/2G	1586497	1 serving	2000	370.000	54.000
Orange Popcorn Chicken w/ White Rice (1/2 cup) 2M/1G	1408914	1 serving	14000	299.876	51.253
Sandwich, Grilled Cheese (ES Foods) 2M/2G	1586505	1 each	4000	360.000	31.000
<b>Vegetables</b>					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	8.077
<b>Fruit</b>					
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	20000	60.000	14.000
Dried Fruit, Assorted	78632	1 each	5000	112.500	28.000
Grapes, Fresh, 1/2 cup	78869	0.5 cup	5000	30.820	7.889
Fruit Cup, Assorted	78625	0.5 cup	5000	82.200	19.800
<b>Milk</b>					
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	1 each	16000	120.000	23.000
<b>Misc.</b>					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Total			20000		
Weighted Daily Average				574.352	99.932
% of Calories					69.596%

\* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

## Menu Detail

Date: 11-15-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
<b>Lunch Entree</b>					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	92.500	21.479
Yami Yogurt w/ Protein Granola & Goldfish Crackers 2M/2G	1586497	1 serving	2000	370.000	54.000
Personal Cheese Pizza (Tony's) 2M/2G	78958	1 each	4000	310.000	31.000
Personal Pepperoni Pizza (Tony's) 2M/2G	78950	1 each	14000	310.000	31.000
<b>Vegetables</b>					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	8.077
Beans, Garbanzo, Canned, 1/2 cup	79028	0.5 cup	1000	105.000	16.992
Fruit					
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	20000	60.000	14.000
Dried Fruit, Assorted	78632	1 each	5000	112.500	28.000
Plum, Fresh	79015	1 each	5000	30.360	7.537
Milk					
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	1 each	16000	120.000	23.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Total			20000		
Weighted Daily Average				556.024	81.567
% of Calories					58.679%

\* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

## Menu Detail

Date: 11-18-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	92.500	21.479
Yami Yogurt w/ Protein Granola & Goldfish Crackers 2M/2G	1586497	1 serving	2000	370.000	54.000
Chicken Corn Dog 2M/2G	78802	1 each	14000	280.000	31.000
Sandwich, Grilled Cheese (ES Foods) 2M/2G	1586505	1 each	4000	360.000	31.000
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	8.077
Corn, Yellow, Canned 1/2 cup	78932	1/2 cup	5000	52.480	11.152
Fruit					
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	20000	60.000	14.000
Dried Fruit, Assorted	78632	1 each	5000	112.500	28.000
Mixed Fruit, Canned 1/2 cup	78845	1/2 cup	5000	59.989	14.994
Milk					
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	1 each	16000	120.000	23.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Total			20000		
Weighted Daily Average				560.301	85.369
% of Calories					60.945%

\* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

## Menu Detail

Date: 11-19-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	92.500	21.479
Yami Yogurt w/ Protein Granola & Goldfish Crackers 2M/2G	1586497	1 serving	2000	370.000	54.000
"Walking" Beef Taco w/ Doritos Chips 2.5M/2G	1424957	1 serving/#12 scoop meat + chips	14000	342.048	33.733
Cocoa Sandwich with String Cheese 2M/1.5G	1291537	1 serving	4000	340.000	31.000
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	8.077
Jicama sticks, raw, 1/2 cup	78994	0.5 cup	1000	23.000	5.500
Lettuce, Iceberg, Shredded, 1/2 cup	79088	0.5 cup	10000	5.040	1.069
Fruit					
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	20000	60.000	14.000
Dried Fruit, Assorted	78632	1 each	5000	112.500	28.000
Banana, Fresh	78890	1 each	5000	89.890	23.068
Milk					
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	1 each	16000	120.000	23.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Mustard Packet	78839	1 packet	500	5.000	0.000
Salsa	78943	1 tablespoon	5000	3.666	0.733
Total			20000		
Weighted Daily Average				598.676	87.506
% of Calories					58.467%

\* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

## Menu Detail

Date: 11-20-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	92.500	21.479
Yami Yogurt w/ Protein Granola & Goldfish Crackers 2M/2G	1586497	1 serving	2000	370.000	54.000
Breaded Chicken Fillet w/ Hamburger Bun 4", 2M/3G	1308461	1 serving	14000	390.000	51.000
Sandwich, Grilled Cheese (ES Foods) 2M/2G	1586505	1 each	4000	360.000	31.000
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	8.077
Broccoli, raw, 1/2 cup	80769	0.5 cup	1000	15.470	3.021
Fruit					
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	20000	60.000	14.000
Dried Fruit, Assorted	78632	1 each	5000	112.500	28.000
Apple, Fresh	78919	1 each	5000	52.520	13.948
Milk					
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	1 each	16000	120.000	23.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Pickles	78984	1 serving	5000	1.667	0.000
Total			20000		
Weighted Daily Average				623.504	96.471
% of Calories					61.89%

\* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

## Menu Detail

Date: 11-21-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	92.500	21.479
Yami Yogurt w/ Protein Granola & Goldfish Crackers 2M/2G	1586497	1 serving	2000	370.000	54.000
Breaded Chicken Drumstick 2M/0.75G	78949	1 serving	18000	190.000	5.000
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	8.077
Homestyle Mashed Potatoes, 1/2 cup (McCain)	579456	1/2 cup	18000	110.000	18.000
Fruit					
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	20000	60.000	14.000
Dried Fruit, Assorted	78632	1 each	5000	112.500	28.000
Grapes, Fresh, 1/2 cup	78869	0.5 cup	5000	30.820	7.889
Fruit Juice Jello Cups, Assorted	1338535	1 each	10000	80.000	19.667
Desserts					
Turkey Cookie w/ Sprinkles, 1W 1G	79329	1 each	20000	130.000	22.000
Milk					
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	1 each	16000	120.000	23.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Total			20000		
Weighted Daily Average				711.889	105.438
% of Calories					59.244%

\* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

## Menu Detail

Date: 11-22-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
<b>Lunch Entree</b>					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	92.500	21.479
Yami Yogurt w/ Protein Granola & Goldfish Crackers 2M/2G	1586497	1 serving	2000	370.000	54.000
Cheesy Pull Apart Bread 2M/2G	78936	1 serving	14000	260.000	29.000
Tortilla Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds 2M/2G	83060	1 serving	4000	560.000	44.000
<b>Vegetables</b>					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	8.077
Beans, Black, 1/2 cup	79025	0.5 cup	1000	108.996	19.872
<b>Fruit</b>					
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	20000	60.000	14.000
Dried Fruit, Assorted	78632	1 each	5000	112.500	28.000
NuHealth Fruit Cups, Assorted	1586503	1 each	5000	75.000	17.500
Cool Tropic Fruit Slush, Assorted	1227508	1 each	20000	66.667	16.667
<b>Milk</b>					
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	1 each	16000	120.000	23.000
<b>Misc.</b>					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Marinara Sauce Cup	78948	1 each	18000	15.000	3.000
Total			20000		
Weighted Daily Average				662.55	104.768
% of Calories					63.251%

\* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.