

# Nutrient Detail Report

Organization: Garden Grove USD  
Session: 2024-2025 School Year  
Menu: 2024-2025 Elementary Lunch Menu  
Number Source: Planned  
Dates: 10-01-2024 to 10-31-2024

## Nutrient Summary

Date(s): 10-01-2024 to 10-31-2024

Nutrient	Menu Average	% of Calories	Target	Pass / Fail	Shortfall / Overage	Notes / Errors
Calories (kcal)	630.038*		600 min / 650 max	Pass		
Protein (g)	26.801*	17.015%				
Total Fat (g)	17.324*	24.746%				
Saturated Fat (g)	5.255*	7.507%	< 10%	Pass		
Trans Fat (g)	0.038*					
Carbohydrates (g)	92.842*	58.944%				
Cholesterol (mg)	46.659*					
Sodium (mg)	852.892*		≤ 1110	Pass		
Potassium (mg)	320.326*					
Fiber (g)	5.816*					
Sugars (g)	56.275*					
Added Sugars (g)	2.065*	1.311%				
Iron (g)	2.803*					
Calcium (mg)	496.304*					
Vitamin A (IU)	1,838.648*					
Vitamin C (mg)	25.662*					
Vitamin D (mcg)	0.689*					

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

## Menu Detail

Date: 10-01-2024

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
Chicken Nuggets 2M/1G (Goldkist)	1319068	1 serving/5 pieces	14000	190.000	13.000
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
Cucumbers, sliced, 1/2 cup	78772	0.5 cup	1000	7.800	1.888
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
Desserts					
Mini Rice Krispies Treat 0.25G	79188	1 each	20000	50.000	9.000
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				542.046	81.094
% of Calories					59.843%

\* Indicates missing Nutrient Information.  
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## Menu Detail

Date: 10-02-2024

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
Sliders, Mini Cheeseburger 2M/2G	78922	1 serving	14000	272.000	31.300

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
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
Potato Smiles, 1/2 cup	79075	1 serving/4 pieces	20000	130.000	20.000
Tomatoes, Cherry or Grape, 1/2 cup	79132	0.5 cup	1000	13.410	2.898
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				666.801	102.675
% of Calories					61.592%

\* Indicates missing Nutrient Information.

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## Menu Detail

Date: 10-03-2024

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
Spaghetti w/ Cheesy Breadstick (Bosco) 2M/1.5G	79001	1 serving	14000	280.262*	33.820*
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
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 Cup, Assorted	78625	0.5 cup	5000	82.200	19.800
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				564.622*	86.529*
% of Calories					61.3%

\* Indicates missing Nutrient Information.

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## Menu Detail

Date: 10-04-2024

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
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
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

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
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				559.009	82.326
% of Calories					58.909%

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## Menu Detail

Date: 10-07-2024

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
Pork Sausage Patties (2) w/ French Toast (1) 2M/1.5G	1136899	1 serving/2 pork patties + 1 french toast	14000	570.000	30.000
Tortilla Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds 2M/2G	83060	1 serving	4000	570.000	45.000
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
Syrup Cup	78716	1 each	20000	120.000	30.000
Total			20000		
Weighted Daily Average				925.301	117.469
% of Calories					50.781%

\* Indicates missing Nutrient Information.

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## Menu Detail

Date: 10-08-2024

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 (INT/HS) 2M/1G	1022438	1 serving/3 pieces	14000	260.000	16.000
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	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
Desserts					
Brownie Cup, Whole Grain, Dave's Baking Company 0.5G	79216	1 each	20000	147.633	26.291
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				694.039	101.766
% of Calories					58.651%

\* Indicates missing Nutrient Information.

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## Menu Detail

Date: 10-09-2024

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	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
Grains					
Baked Doritos (Cool Ranch Flavor) 1.5G	1167452	1 package	20000	130.000	19.000
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
Cheese Slice 0.5M	79062	1 slice	14000	55.686	1.012
Pickles	78984	1 serving	5000	1.667	0.000
Total			20000		
Weighted Daily Average				698.944	103.797
% of Calories					59.402%

\* Indicates missing Nutrient Information.

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## Menu Detail

Date: 10-10-2024

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
Seasoned Chicken w/ Buttered Noodles 2M/1.25G #2A (FINAL 2)	1320389	1 serving/1 CUP	14000	361.061	29.126*
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
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 Cup, Assorted	78625	0.5 cup	5000	82.200	19.800
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				613.181	84.444*
% of Calories					55.086%

\* Indicates missing Nutrient Information.

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## Menu Detail

Date: 10-11-2024

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

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Beans, Black, 1/2 cup	79025	0.5 cup	1000	108.996	19.872
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
Cool Tropic Fruit Slush, Assorted	1227508	1 each	10000	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	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
Marinara Sauce Cup	78948	1 each	18000	15.000	3.000
Total			20000		
Weighted Daily Average				705.042	102.504
% of Calories					58.155%

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## Menu Detail

Date: 10-14-2024

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
Peaches, Sliced, Canned 1/2 cup	78689	1/2 cup	5000	59.991	14.000
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				560.302	85.121
% of Calories					60.768%

\* Indicates missing Nutrient Information.

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## Menu Detail

Date: 10-15-2024

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
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
Cucumbers, sliced, 1/2 cup	78772	0.5 cup	1000	7.800	1.888
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
Total			20000		
Weighted Daily Average				558.056	85.396
% of Calories					61.209%

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## Menu Detail

Date: 10-16-2024

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 Nuggets, "Zoo Crew" Animal-Shaped 2M/1.25G	78830	1 serving/3 nuggets	18000	218.955	11.943
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
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
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
Total			20000		
Weighted Daily Average				645.577	85.376
% of Calories					52.899%

\* Indicates missing Nutrient Information.

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

## Menu Detail

Date: 10-17-2024

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
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
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
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
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				574.352	99.932
% of Calories					69.596%

\* Indicates missing Nutrient Information.

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## Menu Detail

Date: 10-18-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
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	4000	350.000	35.000
Pizza, Pepperoni, French Bread, Tony's 2M/2G	1227496	1 serving	14000	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.

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## Menu Detail

Date: 10-21-2024

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
Cheesy Pull Apart Bread 2M/2G	78936	1 serving	14000	260.000	29.000
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
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
Marinara Sauce Cup	78948	1 each	20000	15.000	3.000
Total			20000		
Weighted Daily Average				565.301	85.769
% of Calories					60.689%

\* Indicates missing Nutrient Information.

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## Menu Detail

Date: 10-22-2024

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	5000	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



Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
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
Mustard Packet	78839	1 packet	500	5.000	0.000
Salsa	78943	1 tablespoon	5000	3.666	0.733
Total			20000		
Weighted Daily Average				597.416	87.239
% of Calories					58.411%

\* Indicates missing Nutrient Information.

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## Menu Detail

Date: 10-23-2024

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
Grains					
Goldfish Mickey Cheese Crackers 1G	1296634	1 each	20000	100.000	14.000
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
Pickles	78984	1 serving	5000	1.667	0.000
Total			20000		
Weighted Daily Average				723.504	110.471
% of Calories					61.076%

\* Indicates missing Nutrient Information.

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## Menu Detail

Date: 10-24-2024

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 Popcorn Chicken (10 pcs) 2M/1G	1173755	10 pieces	14000	240.000	18.000
Tortilla Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds 2M/2G	83060	1 serving	4000	570.000	45.000
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
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
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
Brookie Treat, 1G	1480324	1 serving	20000	116.100	19.221



Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Total			20000		
Weighted Daily Average				690.539	98.676
% of Calories					57.159%

\* Indicates missing Nutrient Information.

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## Menu Detail

Date: 10-25-2024

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
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
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, Black, 1/2 cup	79025	0.5 cup	1000	108.996	19.872
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
Cool Tropic Fruit Slush, Assorted	1227508	1 each	5000	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	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				575.875	86.637
% of Calories					60.178%

\* Indicates missing Nutrient Information.

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## Menu Detail

Date: 10-28-2024

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
Sliders, Mini Cheeseburger 2M/2G	78922	1 serving	14000	272.000	31.300
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
Potato Smiles, 1/2 cup	79075	1 serving/4 pieces	20000	130.000	20.000
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
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				681.118	105.331
% of Calories					61.858%

\* Indicates missing Nutrient Information.

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## Menu Detail

Date: 10-29-2024

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
Meatballs (5 pcs) with Marinara Sauce & Garlic Knot Roll 2M/2G	1149970	1 serving/5 meatballs + garlic knot	14000	333.104	33.495
Strawberry Jelly & Wowbutter Sandwich with String Cheese 2M/1G	1596922	1 serving	4000	380.000	25.000
<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
Cucumbers, sliced, 1/2 cup	78772	0.5 cup	5000	7.800	1.888
<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
Banana, Fresh	78890	1 each	5000	89.890	23.068
<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				597.779	85.619
% of Calories					57.291%

\* Indicates missing Nutrient Information.

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## Menu Detail

Date: 10-30-2024

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 2M/1G (Goldkist)	1319068	1 serving/5 pieces	14000	190.000	13.000
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
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>Desserts</b>					
Pumpkin Cookie w/ Sprinkles 0.5G	79215	1 each	20000	85.630	12.490
<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				568.614	82.355
% of Calories					57.934%

\* Indicates missing Nutrient Information.

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## Menu Detail

Date: 10-31-2024

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 Double Dogs 2M/2G	78987	1 each	14000	260.000	31.500
Tortilla Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds 2M/2G	83060	1 serving	4000	570.000	45.000
<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>					

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
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
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				588.439	88.905
% of Calories					60.435%

\* Indicates missing Nutrient Information.

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