Nutrient Detail Report

Organization: Garden Grove USD **Session:** 2025-2026 School Year

Menu: 2025-2026 Intermediate Lunch Menu

Number Source: Planned **Dates:** 10-01-2025 to 10-31-2025

Nutrient Summary

Date(s): 10-01-2025 to 10-31-2025

Nutrient	Menu Average	% of Calories	Target	Pass / Fail	Shortfall / Overage	Notes / Errors
Calories (kcal)	608.184*		600 min / 700 max	Pass		
Protein (g)	27.884*	18.339%				
Total Fat (g)	14.324*	21.197%				
Saturated Fat (g)	3.850*	5.697%	< 10%	Pass		
Trans Fat (g)	0.000*					
Carbohydrates (g)	92.241*	60.667%				
Cholesterol (mg)	41.786*					
Sodium (mg)	914.377*		≤ 1225	Pass		
Potassium (mg)	743.838*					
Fiber (g)	6.125*					
Sugars (g)	43.045*					
Added Sugars (g)	5.553*	3.652%				
Iron (g)	3.489*					
Calcium (mg)	506.927*		_		_	
Vitamin A (mcg RAE)	109.535*					
Vitamin C (mg)	30.274*					
Vitamin D (mcg)	3.304*					

^{*} Indicates missing Nutrient Information.

Menu Detail Date: 10-01-2025

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					
Bowl: Orange Popcorn Chicken w/ White Rice (1 cup) & Steamed Broccoli and Carrots 2M/2G	1576693	1 serving/1 CUP chicken + 1 CUP rice + #8 scoop broccoli/carrots	1000	526.190	100.256					
Personal Cheese Pizza (Tony's) 2M/2G	78958	1 each	200	310.000	31.000					
Personal Pepperoni Pizza (Tony's) 2M/2G	78950	1 each	500	310.000	33.000					
Chicken Box (Tyson) w/ Seasoned Wedges and 2 oz Dinner Roll 2M/2.5G	78914	1 serving	500	480.000	54.000					
Hamburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78977	1 serving	500	490.000	49.000					
Cheeseburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78956	1 serving	600	545.000	50.000					
Spicy Chicken Filet Sandwich Box w/ Spicy Potato Wedges 2M/3.25G	1398973	1 serving	500	494.000	63.000					
Chef Salad w/ 2 oz Dinner Roll 2M/2.5G	78992	1 serving	200	482.087	47.890					
Assorted Homemade Sandwiches-INT (Boar's Head) 2M/2G	1624606	1 serving	500	272.020	27.035					
Sandwich, Peanut Butter & Jelly Uncrustables, 5.3 oz, Assorted (HS/INT) 2M/2G	78735	1 each	300	630.000	64.000					
Yogurt Parfait w/ Granola 2M/2G	78884	1 serving	200	421.059	79.617					
		Vegetables								
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	200	15.000	3.000					
Grab-it Carrots, 1/2 cup	78824	0.5 cup	1000	30.000	7.000					
Tomatoes, Cherry or Grape, 1/2 cup	79132	0.5 cup	200	13.410	2.898					
		Fruit								
Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	20.974					
Fruit Cup, Assorted	78625	0.5 cup	500	82.200	19.800					
Dried Fruit, Assorted	78632	1 each	500	115.000	28.500					

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
		Milk			
Milk, 1% Low Fat, Hollandia	1832144	1 each	500	120.000	16.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	3000	110.000	20.000
		Misc.			
Ketchup	78887	1 tablespoon	1000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	1000	27.101	0.850
Mustard Packet	78839	1 packet	100	5.000	0.000
Mayo Packet	79027	1 packet	500	60.000	1.000
Hot Sauce (Del Sol)	79899	1 packet	500	5.000	1.000
Sriracha Packet	79058	1 each	100	9.000	1.701
Soy Sauce Packet	79044	1 packet	100	0.000	0.000
Total			5000		
Weighted Daily Average			•	655.912	98.704
% of Calories					60.193%

^{*} Indicates missing Nutrient Information.

Menu Detail Date: 10-02-2025

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch E	ntree				
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	92.500	21.479
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut 2M/2.75G	78955	1 slice	1000	310.000	39.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut 2M/2.75G	78930	1 slice	3000	320.000	39.000
Chinese Chicken Salad w/ 2 oz Dinner Roll 2M/2.25G (INT/HS)	79009	1 serving	200	451.972*	62.566*
Assorted Homemade Sandwiches-INT (Boar's Head) 2M/2G	1624606	1 serving	400	272.020	27.035
Sandwich, Peanut Butter & Jelly Uncrustables, 5.3 oz, Assorted (HS/INT) 2M/2G	78735	1 each	200	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	78884	1 serving	200	421.059	79.617
Vegeta	bles				
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	200	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	1000	30.000	7.000
Fru	it		Ī		
Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	20.974
Fruit Cup, Assorted	78625	0.5 cup	500	82.200	19.800
Dried Fruit, Assorted	78632	1 each	500	115.000	28.500
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Mil			ı		
Milk, 1% Low Fat, Hollandia	1832144	1 each	500	120.000	16.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	3000	110.000	20.000
Mis					
Ketchup	78887	1 tablespoon	1000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	1000	27.101	0.850
Mustard Packet	78839	1 packet	100	5.000	0.000
Mayo Packet	79027	1 packet	500	60.000	1.000
Hot Sauce (Del Sol)	79899	1 packet	500	5.000	1.000
Sriracha Packet	79058	1 each	100	9.000	1.701
Soy Sauce Packet	79044	1 packet	100	0.000	0.000
Total			5000		
Weighted Daily Average				529.693*	81.363*
% of Calories					61.442%

^{*} Indicates missing Nutrient Information.

Menu Detail Date: 10-03-2025

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					
Bowl: Orange Popcorn Chicken w/ White Rice (1 cup) & Steamed Broccoli and Carrots 2M/2G	1576693	1 serving/1 CUP chicken + 1 CUP rice + #8 scoop broccoli/carrots	1000	526.190	100.256					
Personal Cheese Pizza (Tony's) 2M/2G	78958	1 each	200	310.000	31.000					
Personal Pepperoni Pizza (Tony's) 2M/2G	78950	1 each	500	310.000	33.000					
Chicken Box (Tyson) w/ Seasoned Wedges and 2 oz Dinner Roll 2M/2.5G	78914	1 serving	500	480.000	54.000					
Hamburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78977	1 serving	500	490.000	49.000					
Cheeseburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78956	1 serving	600	545.000	50.000					
Spicy Chicken Filet Sandwich Box w/ Spicy Potato Wedges 2M/3.25G	1398973	1 serving	500	494.000	63.000					
Chef Salad w/ 2 oz Dinner Roll 2M/2.5G	78992	1 serving	200	482.087	47.890					
Assorted Homemade Sandwiches-INT (Boar's Head) 2M/2G	1624606	1 serving	500	272.020	27.035					
Sandwich, Peanut Butter & Jelly Uncrustables, 5.3 oz, Assorted (HS/INT) 2M/2G	78735	1 each	300	630.000	64.000					
Yogurt Parfait w/ Granola 2M/2G	78884	1 serving	200	421.059	79.617					
		Vegetables		T	T					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	200	15.000	3.000					
Grab-it Carrots, 1/2 cup	78824	0.5 cup	1000	30.000	7.000					
Beans, Kidney, Canned 1/2 cup	79124	0.5 cup	200	118.154	22.646					
	1	Fruit								
Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	20.974					
Fruit Cup, Assorted	78625	0.5 cup	500	82.200	19.800					
Dried Fruit, Assorted	78632	1 each	500	115.000	28.500					
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400					
	· I	Milk		l						
Milk, 1% Low Fat, Hollandia	1832144	1 each	500	120.000	16.000					
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	3000	110.000	20.000					
		Misc.								
Ketchup	78887	1 tablespoon	1000	20.000	4.000					
Ranch Dressing	78813	1 tablespoon	1000	27.101	0.850					
Mustard Packet	78839	1 packet	100	5.000	0.000					
Mayo Packet	79027	1 packet	500	60.000	1.000					
Hot Sauce (Del Sol)	79899	1 packet	500	5.000	1.000					
Sriracha Packet	79058	1 each	100	9.000	1.701					
Soy Sauce Packet	79044	1 packet	100	0.000	0.000					
Total			5000							
Weighted Daily Average			-	660.102	99.494					
% of Calories				ı	60.29%					

^{*} Indicates missing Nutrient Information.

Menu Detail Date: 10-06-2025

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						
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut 2M/2.75G	78955	1 slice	1000	310.000	39.000						
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut 2M/2.75G	78930	1 slice	3000	320.000	39.000						
Chef Salad w/ 2 oz Dinner Roll 2M/2.5G	78992	1 serving	200	482.087	47.890						
Assorted Homemade Sandwiches-INT (Boar's Head) 2M/2G	1624606	1 serving	400	272.020	27.035						
Sandwich, Peanut Butter & Jelly Uncrustables, 5.3 oz, Assorted (HS/INT) 2M/2G	78735	1 each	200	630.000	64.000						
Yogurt Parfait w/ Granola 2M/2G	78884	1 serving	200	421.059	79.617						
Vegeta	Vegetables										
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	200	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	1000	30.000	7.000
Corn, Yellow, Canned 1/2 cup	78932	¹ / ₂ cup	200	52.480	11.152
Fru	it				
Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	20.974
Fruit Cup, Assorted	78625	0.5 cup	500	82.200	19.800
Dried Fruit, Assorted	78632	1 each	500	115.000	28.500
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Mil	k				
Milk, 1% Low Fat, Hollandia	1832144	1 each	500	120.000	16.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	3000	110.000	20.000
Mis	c.				
Ketchup	78887	1 tablespoon	1000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	1000	27.101	0.850
Mustard Packet	78839	1 packet	100	5.000	0.000
Mayo Packet	79027	1 packet	500	60.000	1.000
Hot Sauce (Del Sol)	79899	1 packet	500	5.000	1.000
Sriracha Packet	79058	1 each	100	9.000	1.701
Soy Sauce Packet	79044	1 packet	100	0.000	0.000
Total			5000		
Weighted Daily Average				532.997	81.222
% of Calories					60.955%

^{*} Indicates missing Nutrient Information.

Menu Detail Date: 10-07-2025

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					
Bowl: Orange Popcorn Chicken w/ White Rice (1 cup) & Steamed Broccoli and Carrots 2M/2G	1576693	1 serving/1 CUP chicken + 1 CUP rice + #8 scoop broccoli/carrots	1000	526.190	100.256					
Personal Cheese Pizza (Tony's) 2M/2G	78958	1 each	200	310.000	31.000					
Personal Pepperoni Pizza (Tony's) 2M/2G	78950	1 each	500	310.000	33.000					
Chicken Box (Tyson) w/ Seasoned Wedges and 2 oz Dinner Roll 2M/2.5G	78914	1 serving	500	480.000	54.000					
Hamburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78977	1 serving	500	490.000	49.000					
Cheeseburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78956	1 serving	600	545.000	50.000					
Spicy Chicken Filet Sandwich Box w/ Spicy Potato Wedges 2M/3.25G	1398973	1 serving	500	494.000	63.000					
Chinese Chicken Salad w/ 2 oz Dinner Roll 2M/2.25G (INT/HS)	79009	1 serving	200	451.972*	62.566*					
Assorted Homemade Sandwiches-INT (Boar's Head) 2M/2G	1624606	1 serving	500	272.020	27.035					
Sandwich, Peanut Butter & Jelly Uncrustables, 5.3 oz, Assorted (HS/INT) 2M/2G	78735	1 each	300	630.000	64.000					
Yogurt Parfait w/ Granola 2M/2G	78884	1 serving	200	421.059	79.617					
		Vegetables								
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	200	15.000	3.000					
Grab-it Carrots, 1/2 cup	78824	0.5 cup	1000	30.000	7.000					
Cucumbers, sliced, 1/2 cup	78772	0.5 cup	200	7.800	1.888					
		Fruit								
Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	20.974					
Fruit Cup, Assorted	78625	0.5 cup	500	82.200	19.800					
Dried Fruit, Assorted	78632	1 each	500	115.000	28.500					
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400					
		Milk								
Milk, 1% Low Fat, Hollandia	1832144	1 each	500	120.000	16.000					
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	3000	110.000	20.000					
		Misc.	_	_						
Ketchup	78887	1 tablespoon	1000	20.000	4.000					

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Ranch Dressing	78813	1 tablespoon		27.101	0.850
Mustard Packet	78839	1 packet	100	5.000	0.000
Mayo Packet	79027	1 packet	500	60.000	1.000
Hot Sauce (Del Sol)	79899	1 packet	500	5.000	1.000
Sriracha Packet	79058	1 each	100	9.000	1.701
Soy Sauce Packet	79044	1 packet	100	0.000	0.000
Total			5000		
Weighted Daily Average			•	654.483*	99.251*
% of Calories					

^{*} Indicates missing Nutrient Information.

Menu Detail Date: 10-08-2025

Menu Detail										
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					
Bowl: Orange Popcorn Chicken w/ White Rice (1 cup) & Steamed Broccoli and Carrots 2M/2G	1576693	1 serving/1 CUP chicken + 1 CUP rice + #8 scoop broccoli/carrots	1000	526.190	100.256					
Personal Cheese Pizza (Tony's) 2M/2G	78958	1 each	200	310.000	31.000					
Personal Pepperoni Pizza (Tony's) 2M/2G	78950	1 each	500	310.000	33.000					
Chicken Box (Tyson) w/ Seasoned Wedges and 2 oz Dinner Roll 2M/2.5G	78914	1 serving	500	480.000	54.000					
Hamburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78977	1 serving	500	490.000	49.000					
Cheeseburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78956	1 serving	600	545.000	50.000					
Spicy Chicken Filet Sandwich Box w/ Spicy Potato Wedges 2M/3.25G	1398973	1 serving	500	494.000	63.000					
Chef Salad w/ 2 oz Dinner Roll 2M/2.5G	78992	1 serving	200	482.087	47.890					
Assorted Homemade Sandwiches-INT (Boar's Head) 2M/2G	1624606	1 serving	500	272.020	27.035					
Sandwich, Peanut Butter & Jelly Uncrustables, 5.3 oz, Assorted (HS/INT) 2M/2G	78735	1 each	300	630.000	64.000					
Yogurt Parfait w/ Granola 2M/2G	78884	1 serving	200	421.059	79.617					
		Vegetables								
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	200	15.000	3.000					
Grab-it Carrots, 1/2 cup	78824	0.5 cup	1000	30.000	7.000					
Broccoli, raw, 1/2 cup	80769	0.5 cup	200	15.470	3.021					
	1	Fruit								
Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	20.974					
Fruit Cup, Assorted	78625	0.5 cup	500	82.200	19.800					
Dried Fruit, Assorted	78632	1 each	500	115.000	28.500					
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400					
	,	Milk		1						
Milk, 1% Low Fat, Hollandia	1832144	1 each	500	120.000	16.000					
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	3000	110.000	20.000					
	1	Misc.								
Ketchup	78887	1 tablespoon	1000	20.000	4.000					
Ranch Dressing	78813	1 tablespoon	1000	27.101	0.850					
Mustard Packet	78839	1 packet	100	5.000	0.000					
Mayo Packet	79027	1 packet	500	60.000	1.000					
Hot Sauce (Del Sol)	79899	1 packet	500	5.000	1.000					
Sriracha Packet	79058	1 each	100	9.000	1.701					
Soy Sauce Packet	79044	1 packet	100	0.000	0.000					
Total			5000							
Weighted Daily Average			Ī	655.995	98.709					
% of Calories				I	60.189%					
* Indicates missing Nutrient Information.										

^{*} Indicates missing Nutrient Information.

Menu Detail Date: 10-09-2025

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
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut 2M/2.75G	78955	1 slice	1000	310.000	39.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut 2M/2.75G	78930	1 slice	3000	320.000	39.000
Chinese Chicken Salad w/ 2 oz Dinner Roll 2M/2.25G (INT/HS)	79009	1 serving	200	451.972*	62.566*
Assorted Homemade Sandwiches-INT (Boar's Head) 2M/2G	1624606	1 serving	400	272.020	27.035
Sandwich, Peanut Butter & Jelly Uncrustables, 5.3 oz, Assorted (HS/INT) 2M/2G	78735	1 each	200	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	78884	1 serving	200	421.059	79.617
Veget	ables				
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	200	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	1000	30.000	7.000
Fr	uit				
Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	20.974
Fruit Cup, Assorted	78625	0.5 cup	500	82.200	19.800
Dried Fruit, Assorted	78632	1 each	500	115.000	28.500
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Mi	lk				
Milk, 1% Low Fat, Hollandia	1832144	1 each	500	120.000	16.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	3000	110.000	20.000
Mi	sc.				
Ketchup	78887	1 tablespoon	1000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	1000	27.101	0.850
Mustard Packet	78839	1 packet	100	5.000	0.000
Mayo Packet	79027	1 packet	500	60.000	1.000
Hot Sauce (Del Sol)	79899	1 packet	500	5.000	1.000
Sriracha Packet	79058	1 each	100	9.000	1.701
Soy Sauce Packet	79044	1 packet	100	0.000	0.000
Total			5000		
Weighted Daily Average				529.693*	81.363*
% of Calories					61.442%

^{*} Indicates missing Nutrient Information.

Menu Detail Date: 10-10-2025

Recipe Name	Recipe #	Portion Size		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					
Bowl: Orange Popcorn Chicken w/ White Rice (1 cup) & Steamed Broccoli and Carrots 2M/2G	1576693	1 serving/1 CUP chicken + 1 CUP rice + #8 scoop broccoli/carrots	1000	526.190	100.256					
Personal Cheese Pizza (Tony's) 2M/2G	78958	1 each	200	310.000	31.000					
Personal Pepperoni Pizza (Tony's) 2M/2G	78950	1 each	500	310.000	33.000					
Chicken Box (Tyson) w/ Seasoned Wedges and 2 oz Dinner Roll 2M/2.5G	78914	1 serving	500	480.000	54.000					
Hamburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78977	1 serving	500	490.000	49.000					
Cheeseburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78956	1 serving	600	545.000	50.000					
Spicy Chicken Filet Sandwich Box w/ Spicy Potato Wedges 2M/3.25G	1398973	1 serving	500	494.000	63.000					
Chef Salad w/ 2 oz Dinner Roll 2M/2.5G	78992	1 serving	200	482.087	47.890					
Assorted Homemade Sandwiches-INT (Boar's Head) 2M/2G	1624606	1 serving	500	272.020	27.035					
Sandwich, Peanut Butter & Jelly Uncrustables, 5.3 oz, Assorted (HS/INT) 2M/2G	78735	1 each	300	630.000	64.000					
Yogurt Parfait w/ Granola 2M/2G	78884	1 serving	200	421.059	79.617					
		Vegetables								
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	200	15.000	3.000					
Grab-it Carrots, 1/2 cup	78824	0.5 cup	1000	30.000	7.000					

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)		
Beans, Garbanzo, Canned, 1/2 cup	79028	0.5 cup	200	105.000	16.992		
Fruit							
Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	20.974		
Fruit Cup, Assorted	78625	0.5 cup	500	82.200	19.800		
Dried Fruit, Assorted	78632	1 each	500	115.000	28.500		
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400		
		Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	500	120.000	16.000		
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	3000	110.000	20.000		
		Misc.					
Ketchup	78887	1 tablespoon	1000	20.000	4.000		
Ranch Dressing	78813	1 tablespoon	1000	27.101	0.850		
Mustard Packet	78839	1 packet	100	5.000	0.000		
Mayo Packet	79027	1 packet	500	60.000	1.000		
Hot Sauce (Del Sol)	79899	1 packet	500	5.000	1.000		
Sriracha Packet	79058	1 each	100	9.000	1.701		
Soy Sauce Packet	79044	1 packet	100	0.000	0.000		
Total			5000				
Weighted Daily Average				659.576	99.268		
% of Calories					60.201%		

^{*} Indicates missing Nutrient Information.

Menu Detail Date: 10-13-2025

Menu Detail							
Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)		
Lunch E	ntree						
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*		
Lunch Pal	1252730	1 bag	1	92.500	21.479		
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut 2M/2.75G	78955	1 slice	1000	310.000	39.000		
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut 2M/2.75G	78930	1 slice	3000	320.000	39.000		
Chef Salad w/ 2 oz Dinner Roll 2M/2.5G	78992	1 serving	200	482.087	47.890		
Assorted Homemade Sandwiches-INT (Boar's Head) 2M/2G	1624606	1 serving	400	272.020	27.035		
Sandwich, Peanut Butter & Jelly Uncrustables, 5.3 oz, Assorted (HS/INT) 2M/2G	78735	1 each	200	630.000	64.000		
Yogurt Parfait w/ Granola 2M/2G	78884	1 serving	200	421.059	79.617		
Vegeta	bles						
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	200	15.000	3.000		
Grab-it Carrots, 1/2 cup	78824	0.5 cup	1000	30.000	7.000		
Corn, Yellow, Canned 1/2 cup	78932	¹ / ₂ cup	500	52.480	11.152		
Fru	it						
Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	20.974		
Fruit Cup, Assorted	78625	0.5 cup	500	82.200	19.800		
Dried Fruit, Assorted	78632	1 each	500	115.000	28.500		
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400		
Mill	k						
Milk, 1% Low Fat, Hollandia	1832144	1 each	500	120.000	16.000		
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	3000	110.000	20.000		
Miso	c.						
Ketchup	78887	1 tablespoon	1000	20.000	4.000		
Ranch Dressing	78813	1 tablespoon	1000	27.101	0.850		
Mustard Packet	78839	1 packet	100	5.000	0.000		
Mayo Packet	79027	1 packet	500	60.000	1.000		
Hot Sauce (Del Sol)	79899	1 packet	500	5.000	1.000		
Sriracha Packet	79058	1 each	100	9.000	1.701		
Soy Sauce Packet	79044	1 packet	100	0.000	0.000		
Total			5000				

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Weighted Daily Average				536.145	81.891
% of Calories					61.096%

^{*} Indicates missing Nutrient Information.

Menu Detail Date: 10-14-2025

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
Bowl: Orange Popcorn Chicken w/ White Rice (1 cup) & Steamed Broccoli and Carrots 2M/2G	1576693	1 serving/1 CUP chicken + 1 CUP rice + #8 scoop broccoli/carrots	1000	526.190	100.256
Personal Cheese Pizza (Tony's) 2M/2G	78958	1 each	200	310.000	31.000
Personal Pepperoni Pizza (Tony's) 2M/2G	78950	1 each	500	310.000	33.000
Chicken Box (Tyson) w/ Seasoned Wedges and 2 oz Dinner Roll 2M/2.5G	78914	1 serving	500	480.000	54.000
Hamburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78977	1 serving	500	490.000	49.000
Cheeseburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78956	1 serving	600	545.000	50.000
Spicy Chicken Filet Sandwich Box w/ Spicy Potato Wedges 2M/3.25G	1398973	1 serving	500	494.000	63.000
Chinese Chicken Salad w/ 2 oz Dinner Roll 2M/2.25G (INT/HS)	79009	1 serving	200	451.972*	62.566*
Assorted Homemade Sandwiches-INT (Boar's Head) 2M/2G	1624606	1 serving	500	272.020	27.035
Sandwich, Peanut Butter & Jelly Uncrustables, 5.3 oz, Assorted (HS/INT) 2M/2G	78735	1 each	300	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	78884	1 serving	200	421.059	79.617
		Vegetables	ı	ı	
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	200	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	1000	30.000	7.000
Jicama sticks, raw, 1/2 cup	78994	0.5 cup	200	23.000	5.500
		Fruit			
Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	20.974
Fruit Cup, Assorted	78625	0.5 cup	500	82.200	19.800
Dried Fruit, Assorted	78632	1 each	500	115.000	28.500
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
		Milk			
Milk, 1% Low Fat, Hollandia	1832144	1 each	500	120.000	16.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	3000	110.000	20.000
		Misc.			
Ketchup	78887	1 tablespoon	1000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	1000	27.101	0.850
Mustard Packet	78839	1 packet	100	5.000	0.000
Mayo Packet	79027	1 packet	500	60.000	1.000
Hot Sauce (Del Sol)	79899	1 packet	500	5.000	1.000
Sriracha Packet	79058	1 each	100	9.000	1.701
Soy Sauce Packet	79044	1 packet	100	0.000	0.000
Total			5000		
Weighted Daily Average			•	655.091*	99.395*
% of Calories				•	60.691%
•					

^{*} Indicates missing Nutrient Information.

Menu Detail Date: 10-15-2025

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			
Bowl: Orange Popcorn Chicken w/ White Rice (1 cup) & Steamed Broccoli and Carrots 2M/2G	1576693	1 serving/1 CUP chicken + 1 CUP rice + #8 scoop broccoli/carrots	1000	526.190	100.256			

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Personal Cheese Pizza (Tony's) 2M/2G	78958	1 each	200	310.000	31.000
Personal Pepperoni Pizza (Tony's) 2M/2G	78950	1 each	500	310.000	33.000
Chicken Box (Tyson) w/ Seasoned Wedges and 2 oz Dinner Roll 2M/2.5G	78914	1 serving	500	480.000	54.000
Hamburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78977	1 serving	500	490.000	49.000
Cheeseburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78956	1 serving	600	545.000	50.000
Spicy Chicken Filet Sandwich Box w/ Spicy Potato Wedges 2M/3.25G	1398973	1 serving	500	494.000	63.000
Chef Salad w/ 2 oz Dinner Roll 2M/2.5G	78992	1 serving	200	482.087	47.890
Assorted Homemade Sandwiches-INT (Boar's Head) 2M/2G	1624606	1 serving	500	272.020	27.035
Sandwich, Peanut Butter & Jelly Uncrustables, 5.3 oz, Assorted (HS/INT) 2M/2G	78735	1 each	300	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	78884	1 serving	200	421.059	79.617
	T	Vegetables			
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	200	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	1000	30.000	7.000
Tomatoes, Cherry or Grape, 1/2 cup	79132	0.5 cup	200	13.410	2.898
	ı	Fruit			
Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	20.974
Fruit Cup, Assorted	78625	0.5 cup	500	82.200	19.800
Dried Fruit, Assorted	78632	1 each	500	115.000	28.500
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
	T	Milk			
Milk, 1% Low Fat, Hollandia	1832144	1 each	500	120.000	16.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	3000	110.000	20.000
	ı	Misc.			
Ketchup	78887	1 tablespoon	1000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	1000	27.101	0.850
Mustard Packet	78839	1 packet	100	5.000	0.000
Mayo Packet	79027	1 packet	500	60.000	1.000
Hot Sauce (Del Sol)	79899	1 packet	500	5.000	1.000
Sriracha Packet	79058	1 each	100	9.000	1.701
Soy Sauce Packet	79044	1 packet	100	0.000	0.000
Total			5000		
Weighted Daily Average				655.912	98.704
% of Calories					60.193%

^{*} Indicates missing Nutrient Information.

Menu Detail Date: 10-16-2025

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
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut 2M/2.75G	78955	1 slice	1000	310.000	39.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut 2M/2.75G	78930	1 slice	3000	320.000	39.000
Chinese Chicken Salad w/ 2 oz Dinner Roll 2M/2.25G (INT/HS)	79009	1 serving	200	451.972*	62.566*
Assorted Homemade Sandwiches-INT (Boar's Head) 2M/2G	1624606	1 serving	400	272.020	27.035
Sandwich, Peanut Butter & Jelly Uncrustables, 5.3 oz, Assorted (HS/INT) 2M/2G	78735	1 each	200	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	78884	1 serving	200	421.059	79.617
Veget	ables				
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	200	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	1000	30.000	7.000
Fri	uit				
Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	20.974
Fruit Cup, Assorted	78625	0.5 cup	500	82.200	19.800
Dried Fruit, Assorted	78632	1 each	500	115.000	28.500
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)					
Mi	Milk									
Milk, 1% Low Fat, Hollandia	1832144	1 each	500	120.000	16.000					
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	3000	110.000	20.000					
Mis	c.									
Ketchup	78887	1 tablespoon	1000	20.000	4.000					
Ranch Dressing	78813	1 tablespoon	1000	27.101	0.850					
Mustard Packet	78839	1 packet	100	5.000	0.000					
Mayo Packet	79027	1 packet	500	60.000	1.000					
Hot Sauce (Del Sol)	79899	1 packet	500	5.000	1.000					
Sriracha Packet	79058	1 each	100	9.000	1.701					
Soy Sauce Packet	79044	1 packet	100	0.000	0.000					
Total			5000							
Weighted Daily Average				529.693*	81.363*					
% of Calories					61.442%					

^{*} Indicates missing Nutrient Information.

Menu Detail Date: 10-17-2025

Parker Name	Beelee "	Parties Olar	Plan	Calories	Carbohydrates
Recipe Name	Recipe #	Portion Size Lunch Entree	Quantity	(kcal)	(g)
Special Meal (L)	1340566	1 serving	1	N/A*	N/A
Lunch Pal	1252730	1 bag	1	92.500	21.479
Bowl: Orange Popcorn Chicken w/ White Rice (1 cup) & Steamed Broccoli and Carrots 2M/2G	1576693	1 serving/1 CUP chicken + 1 CUP rice + #8 scoop broccoli/carrots	1000	526.190	100.256
Personal Cheese Pizza (Tony's) 2M/2G	78958	1 each	200	310.000	31.000
Personal Pepperoni Pizza (Tony's) 2M/2G	78950	1 each	500	310.000	33.000
Chicken Box (Tyson) w/ Seasoned Wedges and 2 oz Dinner Roll 2M/2.5G	78914	1 serving	500	480.000	54.000
Hamburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78977	1 serving	500	490.000	49.000
Cheeseburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78956	1 serving	600	545.000	50.000
Spicy Chicken Filet Sandwich Box w/ Spicy Potato Wedges 2M/3.25G	1398973	1 serving	500	494.000	63.000
Chef Salad w/ 2 oz Dinner Roll 2M/2.5G	78992	1 serving	200	482.087	47.890
Assorted Homemade Sandwiches-INT (Boar's Head) 2M/2G	1624606	1 serving	500	272.020	27.035
Sandwich, Peanut Butter & Jelly Uncrustables, 5.3 oz, Assorted (HS/INT) 2M/2G	78735	1 each	300	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	78884	1 serving	200	421.059	79.617
		Vegetables			
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	200	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	1000	30.000	7.000
Beans, Kidney, Canned 1/2 cup	79124	0.5 cup	200	118.154	22.646
		Fruit		_	
Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	20.97
Fruit Cup, Assorted	78625	0.5 cup	500	82.200	19.80
Dried Fruit, Assorted	78632	1 each	500	115.000	28.50
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
		Milk			
Milk, 1% Low Fat, Hollandia	1832144	1 each	500	120.000	16.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	3000	110.000	20.000
		Misc.			
Ketchup	78887	1 tablespoon	1000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	1000	27.101	0.850
Mustard Packet	78839	1 packet	100	5.000	0.00
Mayo Packet	79027	1 packet	500	60.000	1.000
Hot Sauce (Del Sol)	79899	1 packet	500	5.000	1.000
Sriracha Packet	79058	1 each	100	9.000	1.70
Soy Sauce Packet	79044	1 packet	100	0.000	0.000
Total			5000		

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Weighted Daily Average 660.10					
% of Calories					60.29%

^{*} Indicates missing Nutrient Information.

Menu Detail Date: 10-20-2025

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	
Lu	nch Entree	T	T	ı		
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*	
Lunch Pal	1252730	1 bag	1	92.500	21.479	
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut 2M/2.75G	78955	1 slice	1000	310.000	39.000	
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut 2M/2.75G	78930	1 slice	3000	320.000	39.000	
Chef Salad w/ 2 oz Dinner Roll 2M/2.5G	78992	1 serving	200	482.087	47.890	
Assorted Homemade Sandwiches-INT (Boar's Head) 2M/2G	1624606	1 serving	400	272.020	27.035	
Sandwich, Peanut Butter & Jelly Uncrustables, 5.3 oz, Assorted (HS/INT) 2M/2G	78735	1 each	200	630.000	64.000	
Yogurt Parfait w/ Granola 2M/2G	78884	1 serving	200	421.059	79.617	
V	egetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	200	15.000	3.000	
Grab-it Carrots, 1/2 cup	78824	0.5 cup	1000	30.000	7.000	
Corn, Yellow, Canned 1/2 cup	78932	¹ / ₂ cup	500	52.480	11.152	
	Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	20.974	
Fruit Cup, Assorted	78625	0.5 cup	500	82.200	19.800	
Dried Fruit, Assorted	78632	1 each	500	115.000	28.500	
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400	
	Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	500	120.000	16.000	
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	3000	110.000	20.000	
	Misc.					
Ketchup	78887	1 tablespoon	1000	20.000	4.000	
Ranch Dressing	78813	1 tablespoon	1000	27.101	0.850	
Mustard Packet	78839	1 packet	100	5.000	0.000	
Mayo Packet	79027	1 packet	500	60.000	1.000	
Hot Sauce (Del Sol)	79899	1 packet	500	5.000	1.000	
Sriracha Packet	79058	1 each	100	9.000	1.701	
Soy Sauce Packet	79044	1 packet	100	0.000	0.000	
Total			5000			
Weighted Daily Average				536.145	81.891	
% of Calories					61.096%	

^{*} Indicates missing Nutrient Information.

Menu Detail Date: 10-21-2025

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		
Bowl: Orange Popcorn Chicken w/ White Rice (1 cup) & Steamed Broccoli and Carrots 2M/2G	1576693	1 serving/1 CUP chicken + 1 CUP rice + #8 scoop broccoli/carrots	' 1 1000		100.256		
Personal Cheese Pizza (Tony's) 2M/2G	78958	1 each	200	310.000	31.000		
Personal Pepperoni Pizza (Tony's) 2M/2G	78950	1 each	500	310.000	33.000		
Chicken Box (Tyson) w/ Seasoned Wedges and 2 oz Dinner Roll 2M/2.5G	78914	1 serving	500	480.000	54.000		
Hamburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78977	1 serving	500	490.000	49.000		
Cheeseburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78956	1 serving	600	545.000	50.000		
Spicy Chicken Filet Sandwich Box w/ Spicy Potato Wedges 2M/3.25G	1398973	1 serving	500	494.000	63.000		

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Chinese Chicken Salad w/ 2 oz Dinner Roll 2M/2.25G (INT/HS)	79009	1 serving	200	451.972*	62.566*
Assorted Homemade Sandwiches-INT (Boar's Head) 2M/2G	1624606	1 serving	500	272.020	27.035
Sandwich, Peanut Butter & Jelly Uncrustables, 5.3 oz, Assorted (HS/INT) 2M/2G	78735	1 each	300	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	78884	1 serving	200	421.059	79.617
		Vegetables			
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	200	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	1000	30.000	7.000
Cucumbers, sliced, 1/2 cup	78772	0.5 cup	200	7.800	1.888
		Fruit			
Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	20.974
Fruit Cup, Assorted	78625	0.5 cup	500	82.200	19.800
Dried Fruit, Assorted	78632	1 each	500	115.000	28.500
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
		Milk			
Milk, 1% Low Fat, Hollandia	1832144	1 each	500	120.000	16.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	3000	110.000	20.000
		Misc.			
Ketchup	78887	1 tablespoon	1000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	1000	27.101	0.850
Mustard Packet	78839	1 packet	100	5.000	0.000
Mayo Packet	79027	1 packet	500	60.000	1.000
Hot Sauce (Del Sol)	79899	1 packet	500	5.000	1.000
Sriracha Packet	79058	1 each	100	9.000	1.701
Soy Sauce Packet	79044	1 packet	100	0.000	0.000
Total 5000					
Weighted Daily Average				654.483*	99.251*
% of Calories					60.659%

^{*} Indicates missing Nutrient Information.

Menu Detail Date: 10-22-2025

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
Bowl: Orange Popcorn Chicken w/ White Rice (1 cup) & Steamed Broccoli and Carrots 2M/2G	1576693	1 serving/1 CUP chicken + 1 CUP rice + #8 scoop broccoli/carrots	1000	526.190	100.256
Personal Cheese Pizza (Tony's) 2M/2G	78958	1 each	200	310.000	31.000
Personal Pepperoni Pizza (Tony's) 2M/2G	78950	1 each	500	310.000	33.000
Chicken Box (Tyson) w/ Seasoned Wedges and 2 oz Dinner Roll 2M/2.5G	78914	1 serving	500	480.000	54.000
Hamburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78977	1 serving	500	490.000	49.000
Cheeseburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78956	1 serving	600	545.000	50.000
Spicy Chicken Filet Sandwich Box w/ Spicy Potato Wedges 2M/3.25G	1398973	1 serving	500	494.000	63.000
Chef Salad w/ 2 oz Dinner Roll 2M/2.5G	78992	1 serving	200	482.087	47.890
Assorted Homemade Sandwiches-INT (Boar's Head) 2M/2G	1624606	1 serving	500	272.020	27.035
Sandwich, Peanut Butter & Jelly Uncrustables, 5.3 oz, Assorted (HS/INT) 2M/2G	78735	1 each	300	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	78884	1 serving	200	421.059	79.617
		Vegetables			
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	200	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	1000	30.000	7.000
Broccoli, raw, 1/2 cup	80769	0.5 cup	200	15.470	3.021
		Fruit			
Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	20.974
Fruit Cup, Assorted	78625	0.5 cup	500	82.200	19.800

e# 32 150	Portion Size 1 each	Plan Quantity 500	Calories (kcal)	Carbohydrates (g)	
		500	115 000	00 500	
150				28.500	
	1 each	5000	57.000	14.400	
	Milk				
144	1 each	500	120.000	16.000	
146	1 each	3000	110.000	20.000	
	Misc.				
37	1 tablespoon	1000	20.000	4.000	
13	1 tablespoon	1000	27.101	0.850	
39	1 packet	100	5.000	0.000	
27	1 packet	500	60.000	1.000	
99	1 packet	500	5.000	1.000	
58	1 each	100	9.000	1.701	
14	1 packet	100	0.000	0.000	
		5000			
			655.995	98.709	
% of Calories					
	1144 1146 87 113 339 227 999 558 444	144 1 each 146 1 each Misc. 87 1 tablespoon 13 1 tablespoon 39 1 packet 27 1 packet 99 1 packet 1 each	144 1 each 500 146 1 each 3000 Misc. 87 1 tablespoon 1000 13 1 tablespoon 1000 39 1 packet 100 27 1 packet 500 99 1 packet 500 58 1 each 100 44 1 packet 100	144 1 each 500 120.000 146 1 each 3000 110.000 Misc. 87 1 tablespoon 1000 20.000 13 1 tablespoon 1000 27.101 39 1 packet 100 5.000 27 1 packet 500 60.000 99 1 packet 500 5.000 58 1 each 100 9.000 44 1 packet 100 0.000	

^{*} Indicates missing Nutrient Information.

Menu Detail Date: 10-23-2025

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	92.500	21.479
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut 2M/2.75G	78955	1 slice	1000	310.000	39.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut 2M/2.75G	78930	1 slice	3000	320.000	39.000
Chinese Chicken Salad w/ 2 oz Dinner Roll 2M/2.25G (INT/HS)	79009	1 serving	200	451.972*	62.566*
Assorted Homemade Sandwiches-INT (Boar's Head) 2M/2G	1624606	1 serving	400	272.020	27.035
Sandwich, Peanut Butter & Jelly Uncrustables, 5.3 oz, Assorted (HS/INT) 2M/2G	78735	1 each	200	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	78884	1 serving	200	421.059	79.617
Veget	ables				
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	200	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	1000	30.000	7.000
Fri	uit				
Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	20.974
Fruit Cup, Assorted	78625	0.5 cup	500	82.200	19.800
Dried Fruit, Assorted	78632	1 each	500	115.000	28.500
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Mi	1	Ī		ı	
Milk, 1% Low Fat, Hollandia	1832144	1 each	500	120.000	16.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	3000	110.000	20.000
Mis		Т		T	
Ketchup	78887	1 tablespoon	1000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	1000	27.101	0.850
Mustard Packet	78839	1 packet	100	5.000	0.000
Mayo Packet	79027	1 packet	500	60.000	1.000
Hot Sauce (Del Sol)	79899	1 packet	500	5.000	1.000
Sriracha Packet	79058	1 each	100	9.000	1.701
Soy Sauce Packet	79044	1 packet	100	0.000	0.000
Total			5000		
Weighted Daily Average				529.693*	81.363*
% of Calories					61.442%

^{*} Indicates missing Nutrient Information.

Menu Detail Date: 10-24-2025

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
Bowl: Orange Popcorn Chicken w/ White Rice (1 cup) & Steamed Broccoli and Carrots 2M/2G	1576693	1 serving/1 CUP chicken + 1 CUP rice + #8 scoop broccoli/carrots	1000	526.190	100.256
Personal Cheese Pizza (Tony's) 2M/2G	78958	1 each	200	310.000	31.000
Personal Pepperoni Pizza (Tony's) 2M/2G	78950	1 each	500	310.000	33.000
Chicken Box (Tyson) w/ Seasoned Wedges and 2 oz Dinner Roll 2M/2.5G	78914	1 serving	500	480.000	54.000
Hamburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78977	1 serving	500	490.000	49.000
Cheeseburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78956	1 serving	600	545.000	50.000
Spicy Chicken Filet Sandwich Box w/ Spicy Potato Wedges 2M/3.25G	1398973	1 serving	500	494.000	63.000
Chef Salad w/ 2 oz Dinner Roll 2M/2.5G	78992	1 serving	200	482.087	47.890
Assorted Homemade Sandwiches-INT (Boar's Head) 2M/2G	1624606	1 serving	500	272.020	27.035
Sandwich, Peanut Butter & Jelly Uncrustables, 5.3 oz, Assorted (HS/INT) 2M/2G	78735	1 each	300	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	78884	1 serving	200	421.059	79.617
		Vegetables	T		
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	200	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	1000	30.000	7.000
Beans, Garbanzo, Canned, 1/2 cup	79028	0.5 cup	200	105.000	16.992
	l I	Fruit	l		
Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	20.974
Fruit Cup, Assorted	78625	0.5 cup	500	82.200	19.800
Dried Fruit, Assorted	78632	1 each	500	115.000	28.500
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
	l 1	Milk	l .	I	Ī
Milk, 1% Low Fat, Hollandia	1832144	1 each	500	120.000	16.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	3000	110.000	20.000
	70007	Misc.	4000	00.000	4.000
Ketchup	78887	1 tablespoon	1000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	1000	27.101	0.850
Mustard Packet	78839	1 packet	100	5.000	0.000
Mayo Packet	79027	1 packet	500	60.000	1.000
Hot Sauce (Del Sol)	79899	1 packet	500	5.000	1.000
Sriracha Packet	79058	1 each	100	9.000	1.701
Soy Sauce Packet	79044	1 packet	100	0.000	0.000
Total			5000		
Weighted Daily Average		· ·		659.576	99.268
% of Calories					60.201%

^{*} Indicates missing Nutrient Information.

Menu Detail Date: 10-27-2025

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				
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut 2M/2.75G	78955	1 slice	1000	310.000	39.000				
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut 2M/2.75G	78930	1 slice	3000	320.000	39.000				
Chef Salad w/ 2 oz Dinner Roll 2M/2.5G	78992	1 serving	200	482.087	47.890				
Assorted Homemade Sandwiches-INT (Boar's Head) 2M/2G	1624606	1 serving	400	272.020	27.035				
Sandwich, Peanut Butter & Jelly Uncrustables, 5.3 oz, Assorted (HS/INT) 2M/2G	78735	1 each	200	630.000	64.000				
Yogurt Parfait w/ Granola 2M/2G	78884	1 serving	200	421.059	79.617				
Vegeta	ables								
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	200	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	1000	30.000	7.000
Corn, Yellow, Canned 1/2 cup	78932	¹ / ₂ cup	500	52.480	11.152
Fri	uit				
Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	20.974
Fruit Cup, Assorted	78625	0.5 cup	500	82.200	19.800
Dried Fruit, Assorted	78632	1 each	500	115.000	28.500
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Mi	lk				
Milk, 1% Low Fat, Hollandia	1832144	1 each	500	120.000	16.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	3000	110.000	20.000
Mis	sc.				
Ketchup	78887	1 tablespoon	1000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	1000	27.101	0.850
Mustard Packet	78839	1 packet	100	5.000	0.000
Mayo Packet	79027	1 packet	500	60.000	1.000
Hot Sauce (Del Sol)	79899	1 packet	500	5.000	1.000
Sriracha Packet	79058	1 each	100	9.000	1.701
Soy Sauce Packet	79044	1 packet	100	0.000	0.000
Total			5000		
Weighted Daily Average				536.145	81.891
% of Calories					61.096%

^{*} Indicates missing Nutrient Information.

Menu Detail Date: 10-28-2025

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					
Bowl: Orange Popcorn Chicken w/ White Rice (1 cup) & Steamed Broccoli and Carrots 2M/2G	1576693	1 serving/1 CUP chicken + 1 CUP rice + #8 scoop broccoli/carrots	1000	526.190	100.256					
Personal Cheese Pizza (Tony's) 2M/2G	78958	1 each	200	310.000	31.000					
Personal Pepperoni Pizza (Tony's) 2M/2G	78950	1 each	500	310.000	33.000					
Chicken Box (Tyson) w/ Seasoned Wedges and 2 oz Dinner Roll 2M/2.5G	78914	1 serving	500	480.000	54.000					
Hamburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78977	1 serving	500	490.000	49.000					
Cheeseburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78956	1 serving	600	545.000	50.000					
Spicy Chicken Filet Sandwich Box w/ Spicy Potato Wedges 2M/3.25G	1398973	1 serving	500	494.000	63.000					
Chinese Chicken Salad w/ 2 oz Dinner Roll 2M/2.25G (INT/HS)	79009	1 serving	200	451.972*	62.566*					
Assorted Homemade Sandwiches-INT (Boar's Head) 2M/2G	1624606	1 serving	500	272.020	27.035					
Sandwich, Peanut Butter & Jelly Uncrustables, 5.3 oz, Assorted (HS/INT) 2M/2G	78735	1 each	300	630.000	64.000					
Yogurt Parfait w/ Granola 2M/2G	78884	1 serving	200	421.059	79.617					
		Vegetables								
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	200	15.000	3.000					
Grab-it Carrots, 1/2 cup	78824	0.5 cup	1000	30.000	7.000					
Jicama sticks, raw, 1/2 cup	78994	0.5 cup	200	23.000	5.500					
		Fruit								
Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	20.974					
Fruit Cup, Assorted	78625	0.5 cup	500	82.200	19.800					
Dried Fruit, Assorted	78632	1 each	500	115.000	28.500					
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400					
		Milk								
Milk, 1% Low Fat, Hollandia	1832144	1 each	500	120.000	16.000					
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	3000	110.000	20.000					
		Misc.								
Ketchup	78887	1 tablespoon	1000	20.000	4.000					

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Ranch Dressing	78813	1 tablespoon	1000	27.101	0.850
Mustard Packet	78839	1 packet	100	5.000	0.000
Mayo Packet	79027	1 packet	500	60.000	1.000
Hot Sauce (Del Sol)	79899	1 packet	500	5.000	1.000
Sriracha Packet	79058	1 each	100	9.000	1.701
Soy Sauce Packet	79044	1 packet	100	0.000	0.000
Total			5000		
Weighted Daily Average			•	655.091*	99.395*
% of Calories					

^{*} Indicates missing Nutrient Information.

Menu Detail Date: 10-29-2025

Menu Detail Date: 10-29						
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	
Bowl: Orange Popcorn Chicken w/ White Rice (1 cup) & Steamed Broccoli and Carrots 2M/2G	1576693	1 serving/1 CUP chicken + 1 CUP rice + #8 scoop broccoli/carrots	1000	526.190	100.256	
Personal Cheese Pizza (Tony's) 2M/2G	78958	1 each	200	310.000	31.000	
Personal Pepperoni Pizza (Tony's) 2M/2G	78950	1 each	500	310.000	33.000	
Chicken Box (Tyson) w/ Seasoned Wedges and 2 oz Dinner Roll 2M/2.5G	78914	1 serving	500	480.000	54.000	
Hamburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78977	1 serving	500	490.000	49.000	
Cheeseburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78956	1 serving	600	545.000	50.000	
Spicy Chicken Filet Sandwich Box w/ Spicy Potato Wedges 2M/3.25G	1398973	1 serving	500	494.000	63.000	
Chef Salad w/ 2 oz Dinner Roll 2M/2.5G	78992	1 serving	200	482.087	47.890	
Assorted Homemade Sandwiches-INT (Boar's Head) 2M/2G	1624606	1 serving	500	272.020	27.035	
Sandwich, Peanut Butter & Jelly Uncrustables, 5.3 oz, Assorted (HS/INT) 2M/2G	78735	1 each	300	630.000	64.000	
Yogurt Parfait w/ Granola 2M/2G	78884	1 serving	200	421.059	79.617	
		Vegetables				
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	200	15.000	3.000	
Grab-it Carrots, 1/2 cup	78824	0.5 cup	1000	30.000	7.000	
Tomatoes, Cherry or Grape, 1/2 cup	79132	0.5 cup	200	13.410	2.898	
		Fruit	T	ı		
Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	20.974	
Fruit Cup, Assorted	78625	0.5 cup	500	82.200	19.800	
Dried Fruit, Assorted	78632	1 each	500	115.000	28.500	
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400	
		Milk				
Milk, 1% Low Fat, Hollandia	1832144	1 each	500	120.000	16.000	
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	3000	110.000	20.000	
		Misc.	T	ı		
Ketchup	78887	1 tablespoon	1000	20.000	4.000	
Ranch Dressing	78813	1 tablespoon	1000	27.101	0.850	
Mustard Packet	78839	1 packet	100	5.000	0.000	
Mayo Packet	79027	1 packet	500	60.000	1.000	
Hot Sauce (Del Sol)	79899	1 packet	500	5.000	1.000	
Sriracha Packet	79058	1 each	100	9.000	1.701	
Soy Sauce Packet	79044	1 packet	100	0.000	0.000	
Total			5000			
Weighted Daily Average				655.912	98.704	
% of Calories					60.193%	

^{*} Indicates missing Nutrient Information.

9/30/25, 8:23 AM

Menu Detail Date: 10-30-2025

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
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut 2M/2.75G	78955	1 slice	1000	310.000	39.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut 2M/2.75G	78930	1 slice	3000	320.000	39.000
Chinese Chicken Salad w/ 2 oz Dinner Roll 2M/2.25G (INT/HS)	79009	1 serving	200	451.972*	62.566*
Assorted Homemade Sandwiches-INT (Boar's Head) 2M/2G	1624606	1 serving	400	272.020	27.035
Sandwich, Peanut Butter & Jelly Uncrustables, 5.3 oz, Assorted (HS/INT) 2M/2G	78735	1 each	200	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	78884	1 serving	200	421.059	79.617
Veget	ables				
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	200	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	1000	30.000	7.000
Fr	uit				
Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	20.974
Fruit Cup, Assorted	78625	0.5 cup	500	82.200	19.800
Dried Fruit, Assorted	78632	1 each	500	115.000	28.500
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Mi	lk				
Milk, 1% Low Fat, Hollandia	1832144	1 each	500	120.000	16.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	3000	110.000	20.000
Mi	sc.				
Ketchup	78887	1 tablespoon	1000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	1000	27.101	0.850
Mustard Packet	78839	1 packet	100	5.000	0.000
Mayo Packet	79027	1 packet	500	60.000	1.000
Hot Sauce (Del Sol)	79899	1 packet	500	5.000	1.000
Sriracha Packet	79058	1 each	100	9.000	1.701
Soy Sauce Packet	79044	1 packet	100	0.000	0.000
Total			5000		
Weighted Daily Average				529.693*	81.363*
% of Calories					61.442%

^{*} Indicates missing Nutrient Information.

Menu Detail Date: 10-31-2025

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		
Bowl: Orange Popcorn Chicken w/ White Rice (1 cup) & Steamed Broccoli and Carrots 2M/2G	1576693	1 serving/1 CUP chicken + 1 CUP rice + #8 scoop broccoli/carrots	1000	526.190	100.256		
Personal Cheese Pizza (Tony's) 2M/2G	78958	1 each	200	310.000	31.000		
Personal Pepperoni Pizza (Tony's) 2M/2G	78950	1 each	500	310.000	33.000		
Chicken Box (Tyson) w/ Seasoned Wedges and 2 oz Dinner Roll 2M/2.5G	78914	1 serving	500	480.000	54.000		
Hamburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78977	1 serving	500	490.000	49.000		
Cheeseburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78956	1 serving	600	545.000	50.000		
Spicy Chicken Filet Sandwich Box w/ Spicy Potato Wedges 2M/3.25G	1398973	1 serving	500	494.000	63.000		
Chef Salad w/ 2 oz Dinner Roll 2M/2.5G	78992	1 serving	200	482.087	47.890		
Assorted Homemade Sandwiches-INT (Boar's Head) 2M/2G	1624606	1 serving	500	272.020	27.035		
Sandwich, Peanut Butter & Jelly Uncrustables, 5.3 oz, Assorted (HS/INT) 2M/2G	78735	1 each	300	630.000	64.000		
Yogurt Parfait w/ Granola 2M/2G	78884	1 serving	200	421.059	79.617		
		Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	200	15.000	3.000		
Grab-it Carrots, 1/2 cup	78824	0.5 cup	1000	30.000	7.000		

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Beans, Kidney, Canned 1/2 cup	79124	0.5 cup	200	118.154	22.646
		Fruit			
Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	20.974
Fruit Cup, Assorted	78625	0.5 cup	500	82.200	19.800
Dried Fruit, Assorted	78632	1 each	500	115.000	28.500
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
		Milk			
Milk, 1% Low Fat, Hollandia	1832144	1 each	500	120.000	16.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	3000	110.000	20.000
		Misc.			
Ketchup	78887	1 tablespoon	1000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	1000	27.101	0.850
Mustard Packet	78839	1 packet	100	5.000	0.000
Mayo Packet	79027	1 packet	500	60.000	1.000
Hot Sauce (Del Sol)	79899	1 packet	500	5.000	1.000
Sriracha Packet	79058	1 each	100	9.000	1.701
Soy Sauce Packet	79044	1 packet	100	0.000	0.000
Total 5000					
Weighted Daily Average				660.102	99.494
% of Calories					60.29%

^{*} Indicates missing Nutrient Information.