

Nutrient Detail Report

Organization: Garden Grove USD
Session: 2023-24 School Year
Menu: 2023-2024 Elementary Lunch Menu
Number Source: Planned
Dates: 09-01-2023 to 09-29-2023

Nutrient Summary

Date(s): 09-01-2023 to 09-29-2023

Nutrient	Menu Average	% of Calories	Target	Pass / Fail	Shortfall / Overage	Notes / Errors
Calories (kcal)	641.038*					
Protein (g)	26.362*	16.449%				
Total Fat (g)	20.001*	28.08%				
Saturated Fat (g)	6.152*	8.637%	< 10%	Pass		
Trans Fat (g)	0.024*					
Carbohydrates (g)	90.268*	56.326%				
Cholesterol (mg)	51.438*					
Sodium (mg)	896.602*		≤ 1110	Pass		
Potassium (mg)	297.989*					
Fiber (g)	5.327*					
Sugars (g)	53.449*					
Iron (g)	2.626*					
Calcium (mg)	524.577*					
Vitamin A (IU)	1,553.369*					
Vitamin C (mg)	31.952*					
Vitamin D (mcg)	0.540*					

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

Menu Detail

Date: 09-01-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Lunch Entree							
Assorted Yami Yogurt w/ Granola 2M/2G	78993	1 serving	2000	440.000	2.000	82.000	150.000
Lunch Pal	1252730	1 bag	100	214.615	0.000	45.077	266.795
Special Meal (L)	1340566	1 serving	100	N/A*	N/A*	N/A*	N/A*
Pizza, Cheese, French Bread, Tony's 2M/2G	78719	1 each	4000	350.000	7.000	35.000	490.000
Pizza, Pepperoni, French Bread, Tony's 2M/2G	1227496	1 serving	12000	350.000	8.000	35.000	680.000
Tortilla Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds 2M/2G	83060	1 serving	1800	570.000	9.200	45.000	883.000
Vegetables							
Salad, 4 Way, 1 cup	78810	1 cup	1000	10.000	0.000	2.000	7.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	0.000	8.077	63.462
Beans, Garbanzo, Canned, 1/2 cup	79028	0.5 cup	1000	105.000	0.000	16.992	139.992
Fruit							
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	15000	60.000	0.000	14.000	3.333
Orange Slices, 1/2 cup	78889	0.5 cup	5000	42.300	0.014	10.575	0.000
Fruit Juice Jello Cups, Assorted	1338535	1 each	5000	80.000	0.000	19.667	6.667
Milk							
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	16000	120.000	0.000	23.000	200.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	1.500	16.000	135.000
Misc.							
Ketchup Packet	78806	1 packet	5000	10.000	0.000	0.000	25.000
Mustard Packet	78839	1 packet	500	5.000	0.000	0.000	70.000
Ranch Dressing Cup	1241604	1 each	5000	130.000	2.500	1.000	220.000
Total			20000				
Weighted Daily Average				627.102*	8.156*	84.755*	879.248*
% of Calories					11.706%	54.061%	

* Indicates missing Nutrient Information.
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Menu Detail

Date: 09-05-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Lunch Entree							
Assorted Yami Yogurt w/ Granola 2M/2G	78993	1 serving	2000	440.000	2.000	82.000	150.000
Lunch Pal	1252730	1 bag	100	214.615	0.000	45.077	266.795
Special Meal (L)	1340566	1 serving	100	N/A*	N/A*	N/A*	N/A*

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Turkey, Cheese, Cracker Stacker Lunchables 2M/1G	1400143	1 serving	15000	275.300	5.500	19.250	943.485
Tortilla Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds 2M/2G	83060	1 serving	2800	570.000	9.200	45.000	883.000
Vegetables							
Salad, 4 Way, 1 cup	78810	1 cup	1000	10.000	0.000	2.000	7.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	0.000	8.077	63.462
Corn, Yellow, Canned 1/2 cup	78932	1/2 cup	5000	64.993	0.000	14.998	14.998
Fruit							
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	15000	60.000	0.000	14.000	3.333
Mixed Fruit, Canned 1/2 cup	78845	1/2 cup	5000	59.989	0.000	14.994	4.990
Milk							
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	16000	120.000	0.000	23.000	200.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	1.500	16.000	135.000
Misc.							
Ketchup	78887	1 tablespoon	2000	20.000	0.000	4.000	50.000
Mustard Packet	78839	1 packet	500	5.000	0.000	0.000	70.000
Ranch Dressing Cup	1241604	1 each	5000	130.000	2.500	1.000	220.000
Total			20000				
Weighted Daily Average				576.997*	6.538*	72.93*	1120.092*
% of Calories					10.198%	50.558%	

* Indicates missing Nutrient Information.

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Menu Detail

Date: 09-06-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Lunch Entree							
Assorted Yami Yogurt w/ Granola 2M/2G	78993	1 serving	2000	440.000	2.000	82.000	150.000
Lunch Pal	1252730	1 bag	100	214.615	0.000	45.077	266.795
Special Meal (L)	1340566	1 serving	100	N/A*	N/A*	N/A*	N/A*
Breaded Popcorn Chicken (10 pcs) 2M/1G	1173755	10 pieces	15000	240.000	2.000	16.000	570.000
Sandwich, Grilled Cheese 2M/2G	78850	1 each	2800	280.320	5.560	30.960	580.790
Vegetables							
Salad, 4 Way, 1 cup	78810	1 cup	1000	10.000	0.000	2.000	7.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	0.000	8.077	63.462
Fruit							
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	15000	60.000	0.000	14.000	3.333
Applesauce, Canned 1/2 cup	78891	1/2 cup	5000	51.000	0.000	14.000	2.000
Nectarine, Fresh	78849	1 each	20000	56.760	0.032	13.610	0.000
Milk							
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	16000	120.000	0.000	23.000	200.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	1.500	16.000	135.000
Misc.							
Ketchup	78887	1 tablespoon	2000	20.000	0.000	4.000	50.000
Mustard Packet	78839	1 packet	500	5.000	0.000	0.000	70.000
Ranch Dressing Cup	1241604	1 each	5000	130.000	2.500	1.000	220.000
Total			20000				
Weighted Daily Average				548.232*	3.436*	78.139*	793.172*
% of Calories					5.64%	57.011%	

* Indicates missing Nutrient Information.

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Menu Detail

Date: 09-07-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Lunch Entree							
Assorted Yami Yogurt w/ Granola 2M/2G	78993	1 serving	2000	440.000	2.000	82.000	150.000
Lunch Pal	1252730	1 bag	100	214.615	0.000	45.077	266.795
Special Meal (L)	1340566	1 serving	100	N/A*	N/A*	N/A*	N/A*
Seasoned Chicken w/ Buttered Noodles 2M/1.25G #2A (FINAL 2)	1320389	1 serving/1 CUP	15000	397.855	10.962	31.776*	447.591
Cocoa Sandwich 1M/1.5G	1291535	1 serving	2800	260.000	1.000	31.000	220.000
Vegetables							
Salad, 4 Way, 1 cup	78810	1 cup	1000	10.000	0.000	2.000	7.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	0.000	8.077	63.462
Fruit							
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	15000	60.000	0.000	14.000	3.333
Fruit Cup, Assorted	78625	0.5 cup	5000	84.199	0.000	19.998	0.000
Grapes, Fresh, 1/2 cup	78869	0.5 cup	5000	30.820	0.052	7.889	0.920
Milk							
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	16000	120.000	0.000	23.000	200.000

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	1.500	16.000	135.000
Misc.							
Ketchup	78887	1 tablespoon	2000	20.000	0.000	4.000	50.000
Mustard Packet	78839	1 packet	500	5.000	0.000	0.000	70.000
Ranch Dressing Cup	1241604	1 each	5000	130.000	2.500	1.000	220.000
Total			20000				
Weighted Daily Average				623.023*	9.5*	79.839*	650.585*
% of Calories					13.723%	51.259%	

* Indicates missing Nutrient Information.

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Menu Detail

Date: 09-08-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Lunch Entree							
Assorted Yami Yogurt w/ Granola 2M/2G	78993	1 serving	2000	440.000	2.000	82.000	150.000
Lunch Pal	1252730	1 bag	100	214.615	0.000	45.077	266.795
Special Meal (L)	1340566	1 serving	100	N/A*	N/A*	N/A*	N/A*
Turkey Taco Pocket 2M/2.75G	78978	1 each	15000	310.000	2.500	40.000	410.000
Tortilla Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds 2M/2G	83060	1 serving	2800	570.000	9.200	45.000	883.000
Vegetables							
Salad, 4 Way, 1 cup	78810	1 cup	1000	10.000	0.000	2.000	7.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	15000	34.615	0.000	8.077	63.462
Beans, Kidney, Canned 1/2 cup	79124	0.5 cup	1000	104.000	0.000	18.995	139.994
Fruit							
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	15000	60.000	0.000	14.000	3.333
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Orange Slices, 1/2 cup	78889	0.5 cup	5000	42.300	0.014	10.575	0.000
Cool Tropic Fruit Slush, Assorted	1227508	1 each	5000	73.333	0.000	18.000	10.333
Desserts							
Brownie Cup, Whole Grain, Dave's Baking Company 0.5G	79216	1 each	20000	147.633	0.708	26.291	72.805
Milk							
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	16000	120.000	0.000	23.000	200.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	1.500	16.000	135.000
Misc.							
Ketchup	78887	1 tablespoon	2000	20.000	0.000	4.000	50.000
Mustard Packet	78839	1 packet	500	5.000	0.000	0.000	70.000
Ranch Dressing Cup	1241604	1 each	5000	130.000	2.500	1.000	220.000
Total			20000				
Weighted Daily Average				770.826*	4.999*	119.417*	829.101*
% of Calories					5.837%	61.969%	

* Indicates missing Nutrient Information.

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Menu Detail

Date: 09-11-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Lunch Entree							
Assorted Yami Yogurt w/ Granola 2M/2G	78993	1 serving	2000	440.000	2.000	82.000	150.000
Lunch Pal	1252730	1 bag	100	214.615	0.000	45.077	266.795
Special Meal (L)	1340566	1 serving	100	N/A*	N/A*	N/A*	N/A*
Chicken Double Dogs 2M/2G	78987	1 each	15000	260.000	2.000	31.500	449.000
Sandwich, Grilled Cheese 2M/2G	78850	1 each	2800	280.320	5.560	30.960	580.790
Vegetables							
Salad, 4 Way, 1 cup	78810	1 cup	1000	10.000	0.000	2.000	7.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	0.000	8.077	63.462
Corn, Yellow, Canned 1/2 cup	78932	1/2 cup	5000	64.993	0.000	14.998	14.998
Fruit							
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	15000	60.000	0.000	14.000	3.333
Mixed Fruit, Canned 1/2 cup	78845	1/2 cup	5000	59.989	0.000	14.994	4.990
Milk							
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	16000	120.000	0.000	23.000	200.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	1.500	16.000	135.000
Misc.							
Ketchup	78887	1 tablespoon	2000	20.000	0.000	4.000	50.000
Mustard Packet	78839	1 packet	500	5.000	0.000	0.000	70.000
Ranch Dressing Cup	1241604	1 each	5000	130.000	2.500	1.000	220.000
Total		20000					
Weighted Daily Average				524.967*	3.403*	80.152*	706.919*
% of Calories					5.835%	61.072%	

Menu Detail

Date: 09-12-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Lunch Entree							
Assorted Yami Yogurt w/ Granola 2M/2G	78993	1 serving	2000	440.000	2.000	82.000	150.000
Lunch Pal	1252730	1 bag	100	214.615	0.000	45.077	266.795
Special Meal (L)	1340566	1 serving	100	N/A*	N/A*	N/A*	N/A*
Pork Sausage Patties (2) w/ French Toast (1) 2M/1.5G	1136899	1 serving/2 pork patties + 1 french toast	15000	570.000	14.500	30.000	900.000
Cocoa Sandwich 1M/1.5G	1291535	1 serving	2800	260.000	1.000	31.000	220.000
Vegetables							
Salad, 4 Way, 1 cup	78810	1 cup	1000	10.000	0.000	2.000	7.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	0.000	8.077	63.462
Cucumbers, sliced, 1/2 cup	78772	0.5 cup	5000	7.800	0.019	1.888	1.040
Fruit							
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	15000	60.000	0.000	14.000	3.333
Banana, Fresh	78890	1 each	5000	89.890	0.113	23.068	1.010
Milk							
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	16000	120.000	0.000	23.000	200.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	1.500	16.000	135.000
Misc.							
Ketchup	78887	1 tablespoon	2000	20.000	0.000	4.000	50.000
Mustard Packet	78839	1 packet	500	5.000	0.000	0.000	70.000
Ranch Dressing Cup	1241604	1 each	5000	130.000	2.500	1.000	220.000
Syrup Cup	78716	1 each	15000	120.000	0.000	30.000	30.000
Total			20000				
Weighted Daily Average				837.799*	12.173*	100.274*	1012.674*
% of Calories					13.077%	47.875%	

Menu Detail

Date: 09-13-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Lunch Entree							
Assorted Yami Yogurt w/ Granola 2M/2G	78993	1 serving	2000	440.000	2.000	82.000	150.000
Lunch Pal	1252730	1 bag	100	214.615	0.000	45.077	266.795
Special Meal (L)	1340566	1 serving	100	N/A*	N/A*	N/A*	N/A*
Hamburger (2.25 oz) w/ 4" Knot Bun 2M/2G	79057	1 serving	17800	278.000	3.000	32.500	660.000
Vegetables							
Salad, 4 Way, 1 cup	78810	1 cup	1000	10.000	0.000	2.000	7.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	0.000	8.077	63.462
Tomatoes, Cherry or Grape, 1/2 cup	79132	0.5 cup	1000	13.410	0.021	2.898	3.725
Fruit							
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	15000	60.000	0.000	14.000	3.333
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Plum, Fresh	79015	1 each	5000	30.360	0.011	7.537	0.000
Grains							
Baked Doritos (Cool Ranch Flavor) 1.5G	1167452	1 package	20000	130.000	1.000	19.000	160.000
Milk							
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	16000	120.000	0.000	23.000	200.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	1.500	16.000	135.000
Misc.							
Ketchup	78887	1 tablespoon	2000	20.000	0.000	4.000	50.000
Mustard Packet	78839	1 packet	500	5.000	0.000	0.000	70.000
Ranch Dressing Cup	1241604	1 each	5000	130.000	2.500	1.000	220.000
Cheese Slice 0.5M	79062	1 slice	10000	55.686	2.531	1.012	136.684
Total			20000				
Weighted Daily Average				673*	6.064*	95.155*	1099.79*
% of Calories					8.11%	56.556%	

Menu Detail

Date: 09-14-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Lunch Entree							
Assorted Yami Yogurt w/ Granola 2M/2G	78993	1 serving	2000	440.000	2.000	82.000	150.000

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Lunch Pal	1252730	1 bag	100	214.615	0.000	45.077	266.795
Special Meal (L)	1340566	1 serving	100	N/A*	N/A*	N/A*	N/A*
Chicken Tenders (3 pcs), Gold Kist 2M/1G	1263517	1 serving/3 pieces	15000	210.000	2.500	14.000	400.000
Tortilla Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds 2M/2G	83060	1 serving	2800	570.000	9.200	45.000	883.000
Vegetables							
Seasoned Waffle Cut Fries, 1/2 cup	579469	1½ cup	5000	170.533	1.505	20.063	341.067
Salad, 4 Way, 1 cup	78810	1 cup	1000	10.000	0.000	2.000	7.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	0.000	8.077	63.462
Fruit							
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	15000	60.000	0.000	14.000	3.333
Fruit Cup, Assorted	78625	0.5 cup	5000	84.199	0.000	19.998	0.000
Grapes, Fresh, 1/2 cup	78869	0.5 cup	5000	30.820	0.052	7.889	0.920
Milk							
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	16000	120.000	0.000	23.000	200.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	1.500	16.000	135.000
Misc.							
Ketchup	78887	1 tablespoon	2000	20.000	0.000	4.000	50.000
Mustard Packet	78839	1 packet	500	5.000	0.000	0.000	70.000
Ranch Dressing Cup	1241604	1 each	5000	130.000	2.500	1.000	220.000
Total			20000				
Weighted Daily Average				568.165*	4.677*	73.482*	792.979*
% of Calories					7.409%	51.733%	

* Indicates missing Nutrient Information.

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Menu Detail

Date: 09-15-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Lunch Entree							
Assorted Yami Yogurt w/ Granola 2M/2G	78993	1 serving	2000	440.000	2.000	82.000	150.000
Lunch Pal	1252730	1 bag	100	214.615	0.000	45.077	266.795
Special Meal (L)	1340566	1 serving	100	N/A*	N/A*	N/A*	N/A*
Cheese Pizza Crunchers, 4 pcs 2M/2.5G	1323919	1 serving/4 pcs	15000	420.000	9.000	41.000	770.000
Tortilla Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds 2M/2G	83060	1 serving	2800	570.000	9.200	45.000	883.000
Vegetables							
Salad, 4 Way, 1 cup	78810	1 cup	1000	10.000	0.000	2.000	7.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	0.000	8.077	63.462
Beans, Garbanzo, Canned, 1/2 cup	79028	0.5 cup	1000	105.000	0.000	16.992	139.992
Fruit							
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	15000	60.000	0.000	14.000	3.333
Orange Slices, 1/2 cup	78889	0.5 cup	5000	42.300	0.014	10.575	0.000
Pineapple Tidbits Fruit Cup (NuHealth)	82636	1 each	5000	80.000	0.000	18.000	0.000
Milk							
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	16000	120.000	0.000	23.000	200.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	1.500	16.000	135.000
Misc.							
Ketchup	78887	1 tablespoon	2000	20.000	0.000	4.000	50.000
Mustard Packet	78839	1 packet	500	5.000	0.000	0.000	70.000
Ranch Dressing Cup	1241604	1 each	5000	130.000	2.500	1.000	220.000
Total			20000				
Weighted Daily Average				690.102*	9.166*	89.738*	991.981*
% of Calories					11.954%	52.014%	

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 09-18-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Lunch Entree							
Cheesy Pull Apart Bread 2M/2G	78936	1 serving	15000	260.000	5.000	29.000	630.000
Tortilla Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds 2M/2G	83060	1 serving	2800	570.000	9.200	45.000	883.000
Assorted Yami Yogurt w/ Granola 2M/2G	78993	1 serving	2000	440.000	2.000	82.000	150.000
Lunch Pal	1252730	1 bag	100	214.615	0.000	45.077	266.795
Special Meal (L)	1340566	1 serving	100	N/A*	N/A*	N/A*	N/A*
Vegetables							
Salad, 4 Way, 1 cup	78810	1 cup	1000	10.000	0.000	2.000	7.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	0.000	8.077	63.462
Corn, Yellow, Canned 1/2 cup	78932	1½ cup	5000	64.993	0.000	14.998	14.998
Fruit							
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	15000	60.000	0.000	14.000	3.333
Applesauce, Canned 1/2 cup	78891	1/2 cup	5000	51.000	0.000	14.000	2.000
Milk							
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	16000	120.000	0.000	23.000	200.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	1.500	16.000	135.000
Misc.							
Marinara Sauce Cup	78948	1 each	15000	15.000	0.000	3.000	120.000
Ketchup	78887	1 tablespoon	2000	20.000	0.000	4.000	50.000
Mustard Packet	78839	1 packet	500	5.000	0.000	0.000	70.000
Ranch Dressing Cup	1241604	1 each	5000	130.000	2.500	1.000	220.000
Total			20000				
Weighted Daily Average				574.525*	6.163*	82.244*	974.231*
% of Calories					9.654%	57.261%	

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 09-19-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Lunch Entree							
Chicken Nuggets 2M/1G (Goldkist)	1319068	1 serving/5 pieces	15000	190.000	2.000	13.000	380.000
Sandwich, Grilled Cheese 2M/2G	78850	1 each	2800	280.320	5.560	30.960	580.790
Assorted Yami Yogurt w/ Granola 2M/2G	78993	1 serving	2000	440.000	2.000	82.000	150.000
Lunch Pal	1252730	1 bag	100	214.615	0.000	45.077	266.795
Special Meal (L)	1340566	1 serving	100	N/A*	N/A*	N/A*	N/A*
Vegetables							
Salad, 4 Way, 1 cup	78810	1 cup	5000	10.000	0.000	2.000	7.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	10000	34.615	0.000	8.077	63.462
Jicama sticks, raw, 1/2 cup	78994	0.5 cup	5000	23.000	0.000	5.500	2.500
Fruit							
Dried Fruit, Assorted	78632	1 each	2000	112.500	0.000*	28.000	1.250
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	20000	60.000	0.000	14.000	3.333
Banana, Fresh	78890	1 each	5000	89.890	0.113	23.068	1.010
Grains							
Birthday Cake Graham Crackers 1G	1296565	1 each	20000	120.000	1.000	21.000	50.000
Milk							
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	16000	120.000	0.000	23.000	200.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	1.500	16.000	135.000
Misc.							
Ketchup	78887	1 tablespoon	2000	20.000	0.000	4.000	50.000
Mustard Packet	78839	1 packet	500	5.000	0.000	0.000	70.000
Ranch Dressing Cup	1241604	1 each	5000	130.000	2.500	1.000	220.000
Total			20000				
Weighted Daily Average				620.723*	4.432*	94.24*	719.211*
% of Calories					6.426%	60.729%	

* Indicates missing Nutrient Information.

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Menu Detail

Date: 09-20-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Lunch Entree							
Spaghetti w/ Cheesy Breadstick (Bosco) 2M/1.5G	79001	1 serving	15000	282.814*	4.433*	33.897*	566.709*
Tortilla Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds 2M/2G	83060	1 serving	2800	570.000	9.200	45.000	883.000
Assorted Yami Yogurt w/ Granola 2M/2G	78993	1 serving	2000	440.000	2.000	82.000	150.000
Lunch Pal	1252730	1 bag	100	214.615	0.000	45.077	266.795
Special Meal (L)	1340566	1 serving	100	N/A*	N/A*	N/A*	N/A*
Vegetables							
Salad, 4 Way, 1 cup	78810	1 cup	5000	10.000	0.000	2.000	7.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	10000	34.615	0.000	8.077	63.462
Broccoli, raw, 1/2 cup	80769	0.5 cup	1000	15.470	0.052	3.021	15.015
Fruit							
Dried Fruit, Assorted	78632	1 each	2000	112.500	0.000*	28.000	1.250
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	20000	60.000	0.000	14.000	3.333
Apple Pear, Fresh	79063	1 each	5000	51.000	0.000	13.000	0.000
Milk							
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	16000	120.000	0.000	23.000	200.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	1.500	16.000	135.000
Misc.							
Ketchup	78887	1 tablespoon	2000	20.000	0.000	4.000	50.000
Mustard Packet	78839	1 packet	500	5.000	0.000	0.000	70.000
Ranch Dressing Cup	1241604	1 each	5000	130.000	2.500	1.000	220.000

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Total			20000				
Weighted Daily Average				596.19*	5.74*	87.138*	851.426*
% of Calories					8.665%	58.463%	

* Indicates missing Nutrient Information.

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Menu Detail

Date: 09-21-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Lunch Entree							
Breaded Chicken Drumstick with Belgian Waffle 2M/2.75G	1417412	1 serving	15000	380.000	3.500	37.000	730.000
Cocoa Sandwich 1M/1.5G	1291535	1 serving	2800	260.000	1.000	31.000	220.000
Assorted Yami Yogurt w/ Granola 2M/2G	78993	1 serving	2000	440.000	2.000	82.000	150.000
Lunch Pal	1252730	1 bag	100	214.615	0.000	45.077	266.795
Special Meal (L)	1340566	1 serving	100	N/A*	N/A*	N/A*	N/A*
Vegetables							
Salad, 4 Way, 1 cup	78810	1 cup	5000	10.000	0.000	2.000	7.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	10000	34.615	0.000	8.077	63.462
Fruit							
Dried Fruit, Assorted	78632	1 each	2000	112.500	0.000*	28.000	1.250
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	20000	60.000	0.000	14.000	3.333
Fruit Cup, Assorted	78625	0.5 cup	5000	84.199	0.000	19.998	0.000
Grapes, Fresh, 1/2 cup	78869	0.5 cup	5000	30.820	0.052	7.889	0.920
Milk							
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	16000	120.000	0.000	23.000	200.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	1.500	16.000	135.000
Misc.							
Syrup Cup	78716	1 each	15000	120.000	0.000	30.000	30.000
Ketchup	78887	1 tablespoon	20000	20.000	0.000	4.000	50.000
Mustard Packet	78839	1 packet	500	5.000	0.000	0.000	70.000
Ranch Dressing Cup	1241604	1 each	5000	130.000	2.500	1.000	220.000
Total			20000				
Weighted Daily Average				748.911*	3.903*	117.176*	948.053*
% of Calories					4.691%	62.585%	

* Indicates missing Nutrient Information.

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Menu Detail

Date: 09-22-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Lunch Entree							
Personal Cheese Pizza (Tony's) 2M/2G	78958	1 each	3000	310.000	6.000	31.000	440.000
Personal Pepperoni Pizza (Tony's) 2M/2G	78950	1 each	12000	310.000	6.000	31.000	510.000
Assorted Yami Yogurt w/ Granola 2M/2G	78993	1 serving	2000	440.000	2.000	82.000	150.000
Lunch Pal	1252730	1 bag	100	214.615	0.000	45.077	266.795
Special Meal (L)	1340566	1 serving	100	N/A*	N/A*	N/A*	N/A*
Tortilla Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds 2M/2G	83060	1 serving	2800	570.000	9.200	45.000	883.000
Vegetables							
Salad, 4 Way, 1 cup	78810	1 cup	5000	10.000	0.000	2.000	7.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	10000	34.615	0.000	8.077	63.462
Beans, Kidney, Canned 1/2 cup	79124	0.5 cup	1000	104.000	0.000	18.995	139.994
Fruit							
Dried Fruit, Assorted	78632	1 each	2000	112.500	0.000*	28.000	1.250
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	20000	60.000	0.000	14.000	3.333
Orange Slices, 1/2 cup	78889	0.5 cup	5000	42.300	0.014	10.575	0.000
Cool Tropic Fruit Slush, Assorted	1227508	1 each	5000	73.333	0.000	18.000	10.333
Milk							
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	16000	120.000	0.000	23.000	200.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	1.500	16.000	135.000
Misc.							
Ketchup	78887	1 tablespoon	2000	20.000	0.000	4.000	50.000
Mustard Packet	78839	1 packet	500	5.000	0.000	0.000	70.000
Ranch Dressing Cup	1241604	1 each	5000	130.000	2.500	1.000	220.000
Total			20000				
Weighted Daily Average				637.164*	6.916*	89.657*	807.226*
% of Calories					9.769%	56.285%	

* Indicates missing Nutrient Information.

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Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Lunch Entree							
Assorted Yami Yogurt w/ Granola 2M/2G	78993	1 serving	2000	440.000	2.000	82.000	150.000
Lunch Pal	1252730	1 bag	100	214.615	0.000	45.077	266.795
Special Meal (L)	1340566	1 serving	100	N/A*	N/A*	N/A*	N/A*
Sliders, Mini Cheeseburger 2M/2G	78922	1 serving	15000	272.000	2.900	31.300	355.000
Tortilla Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds 2M/2G	83060	1 serving	2800	570.000	9.200	45.000	883.000
Vegetables							
Corn, Yellow, Canned 1/2 cup	78932	1/2 cup	5000	64.993	0.000	14.998	14.998
Salad, 4 Way, 1 cup	78810	1 cup	1000	10.000	0.000	2.000	7.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	0.000	8.077	63.462
Fruit							
Mixed Fruit, Canned 1/2 cup	78845	1/2 cup	5000	59.989	0.000	14.994	4.990
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	15000	60.000	0.000	14.000	3.333
Milk							
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	16000	120.000	0.000	23.000	200.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	1.500	16.000	135.000
Misc.							
Ketchup	78887	1 tablespoon	2000	20.000	0.000	4.000	50.000
Mustard Packet	78839	1 packet	500	5.000	0.000	0.000	70.000
Ranch Dressing Cup	1241604	1 each	5000	130.000	2.500	1.000	220.000
Total			20000				
Weighted Daily Average				574.522*	4.588*	81.968*	678.729*
% of Calories					7.187%	57.068%	

* Indicates missing Nutrient Information.

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Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Lunch Entree							
Assorted Yami Yogurt w/ Granola 2M/2G	78993	1 serving	2000	440.000	2.000	82.000	150.000
Lunch Pal	1252730	1 bag	100	214.615	0.000	45.077	266.795
Special Meal (L)	1340566	1 serving	100	N/A*	N/A*	N/A*	N/A*
Macaroni and Cheese (#6 Scoop) 2M/1G	78766	1 serving	15000	290.015	6.000	32.002	980.049
Tortilla Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds 2M/2G	83060	1 serving	2800	570.000	9.200	45.000	883.000
Vegetables							
Cucumbers, sliced, 1/2 cup	78772	0.5 cup	5000	7.800	0.019	1.888	1.040
Salad, 4 Way, 1 cup	78810	1 cup	1000	10.000	0.000	2.000	7.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	0.000	8.077	63.462
Fruit							
Banana, Fresh	78890	1 each	5000	89.890	0.113	23.068	1.010
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	15000	60.000	0.000	14.000	3.333
Milk							
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	16000	120.000	0.000	23.000	200.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	1.500	16.000	135.000
Misc.							
Ketchup	78887	1 tablespoon	2000	20.000	0.000	4.000	50.000
Mustard Packet	78839	1 packet	500	5.000	0.000	0.000	70.000
Ranch Dressing Cup	1241604	1 each	5000	130.000	2.500	1.000	220.000
Chocolate Chip Cookie (Fat Cat) 1G	81803	1 each	20000	148.000	1.600	23.800	96.500
Total			20000				
Weighted Daily Average				729.21*	8.546*	105.035*	1239.531*
% of Calories					10.548%	57.616%	

* Indicates missing Nutrient Information.

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Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Lunch Entree							
Assorted Yami Yogurt w/ Granola 2M/2G	78993	1 serving	2000	440.000	2.000	82.000	150.000
Lunch Pal	1252730	1 bag	100	214.615	0.000	45.077	266.795
Special Meal (L)	1340566	1 serving	100	N/A*	N/A*	N/A*	N/A*
Breaded Chicken Fillet w/ Hamburger Bun 4", 2M/3G	1308461	1 serving	15000	380.000	1.500	50.000	910.000
Sandwich, Grilled Cheese 2M/2G	78850	1 each	2800	280.320	5.560	30.960	580.790

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Vegetables							
Tomatoes, Cherry or Grape, 1/2 cup	79132	0.5 cup	5000	13.410	0.021	2.898	3.725
Salad, 4 Way, 1 cup	78810	1 cup	1000	10.000	0.000	2.000	7.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	0.000	8.077	63.462
Fruit							
Plum, Fresh	79015	1 each	5000	30.360	0.011	7.537	0.000
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	15000	60.000	0.000	14.000	3.333
Grains							
Goldfish Mickey Cheese Crackers 1G	1296634	1 each	20000	100.000	0.000	14.000	160.000
Milk							
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	16000	120.000	0.000	23.000	200.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	1.500	16.000	135.000
Misc.							
Ketchup	78887	1 tablespoon	2000	20.000	0.000	4.000	50.000
Mustard Packet	78839	1 packet	500	5.000	0.000	0.000	70.000
Ranch Dressing Cup	1241604	1 each	5000	130.000	2.500	1.000	220.000
Total			20000				
Weighted Daily Average				694.664*	3.036*	103.138*	1208.604*
% of Calories					3.934%	59.389%	

* Indicates missing Nutrient Information.

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Menu Detail

Date: 09-28-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Lunch Entree							
Assorted Yami Yogurt w/ Granola 2M/2G	78993	1 serving	2000	440.000	2.000	82.000	150.000
Lunch Pal	1252730	1 bag	100	214.615	0.000	45.077	266.795
Special Meal (L)	1340566	1 serving	100	N/A*	N/A*	N/A*	N/A*
Meatballs (5 pcs) with Marinara Sauce & Garlic Knot Roll 2M/2G	1149970	1 serving/5 meatballs + garlic knot	15000	333.201	4.539	32.495	556.260
Cocoa Sandwich 1M/1.5G	1291535	1 serving	2800	260.000	1.000	31.000	220.000
Vegetables							
Salad, 4 Way, 1 cup	78810	1 cup	1000	10.000	0.000	2.000	7.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	0.000	8.077	63.462
Fruit							
Fruit Cup, Assorted	78625	0.5 cup	5000	84.199	0.000	19.998	0.000
Grapes, Fresh, 1/2 cup	78869	0.5 cup	5000	30.820	0.052	7.889	0.920
Dried Fruit, Assorted	78632	1 each	5000	112.500	0.000*	28.000	1.250
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	15000	60.000	0.000	14.000	3.333
Milk							
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	16000	120.000	0.000	23.000	200.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	1.500	16.000	135.000
Misc.							
Ketchup	78887	1 tablespoon	2000	20.000	0.000	4.000	50.000
Mustard Packet	78839	1 packet	500	5.000	0.000	0.000	70.000
Ranch Dressing Cup	1241604	1 each	5000	130.000	2.500	1.000	220.000
Total			20000				
Weighted Daily Average				597.033*	4.683*	85.978*	732.337*
% of Calories					7.059%	57.603%	

* Indicates missing Nutrient Information.

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Menu Detail

Date: 09-29-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Lunch Entree							
Assorted Yami Yogurt w/ Granola 2M/2G	78993	1 serving	2000	440.000	2.000	82.000	150.000
Lunch Pal	1252730	1 bag	100	214.615	0.000	45.077	266.795
Special Meal (L)	1340566	1 serving	100	N/A*	N/A*	N/A*	N/A*
Sicilian Cheese Pizza Calzone 2M/2G	218496	1 serving	15000	310.000	6.000	34.000	640.000
Tortilla Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds 2M/2G	83060	1 serving	2800	570.000	9.200	45.000	883.000
Vegetables							
Beans, Garbanzo, Canned, 1/2 cup	79028	0.5 cup	1000	105.000	0.000	16.992	139.992
Salad, 4 Way, 1 cup	78810	1 cup	1000	10.000	0.000	2.000	7.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	0.000	8.077	63.462
Fruit							
Orange Slices, 1/2 cup	78889	0.5 cup	5000	42.300	0.014	10.575	0.000
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	15000	60.000	0.000	14.000	3.333

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Fruit Juice Jello Cups, Assorted	1338535	1 each	5000	80.000	0.000	19.667	6.667
Milk							
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	16000	120.000	0.000	23.000	200.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	1.500	16.000	135.000
Misc.							
Ketchup	78887	1 tablespoon	2000	20.000	0.000	4.000	50.000
Mustard Packet	78839	1 packet	500	5.000	0.000	0.000	70.000
Ranch Dressing Cup	1241604	1 each	5000	130.000	2.500	1.000	220.000
Total			20000				
Weighted Daily Average				607.602*	6.916*	84.905*	896.148*
% of Calories					10.245%	55.895%	

* Indicates missing Nutrient Information.

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