

Nutrient Detail Report

Organization: Garden Grove USD
Session: 2023-24 School Year
Menu: 2023-2024 Intermediate 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)	586.081					
Protein (g)	24.443	16.682%				
Total Fat (g)	14.298*	21.956%				
Saturated Fat (g)	4.408*	6.769%	< 10%	Pass		
Trans Fat (g)	0.000*					
Carbohydrates (g)	90.580	61.821%				
Cholesterol (mg)	40.819*					
Sodium (mg)	1,011.855		≤ 1225	Pass		
Potassium (mg)	208.614*					
Fiber (g)	7.831					
Sugars (g)	49.622*					
Iron (g)	3.054*					
Calcium (mg)	373.683*					
Vitamin A (IU)	4,284.140*					
Vitamin C (mg)	34.730*					
Vitamin D (mcg)	0.504*					

* 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							
Bowl: Orange Popcorn Chicken w/ Vegetable Fried Rice (1 cup) 2M/2G	78898	1 serving	500	430.424	0.500	75.085	749.691
Personal Cheese Pizza (Tony's) 2M/2G	78958	1 each	100	310.000	6.000	31.000	440.000
Personal Pepperoni Pizza (Tony's) 2M/2G	78950	1 each	500	310.000	6.000	31.000	510.000
Chicken Box (Tyson) w/ Spicy Wedges and 2 oz Dinner Roll 2M/2.5G	78914	1 serving	500	460.000	3.500	52.000	1,190.000
Hamburger Box w/ Seasoned Potato Wedges 2.75M/2.25G	78977	1 serving	200	540.000	10.000	50.600	1,220.000
Cheeseburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78956	1 serving	500	594.999	12.500	51.600	1,354.999
Spicy Chicken Sandwich w/ Whole Wheat Bun 4" 2M/3.25G	80459	1 serving	800	380.000	1.500	49.000	870.000
Chef Salad w/ 2 oz Dinner Roll 2M/2.5G	78992	1 serving	200	352.591	3.674	42.460	799.130
Turkey Deli/Ham Sandwich 2M/2G	79011	1 serving	100	247.520	1.503	29.535	721.800
Turkey Deli/Ham and Cheese Sandwich 2M/2G	78995	1 serving	100	285.019	3.753	30.368	783.466
Sandwich, Peanut Butter & Jelly Uncrustables, 5.3 oz, Assorted (HS/INT) 2M/2G	78735	1 each	200	630.000	7.000	64.000	625.000
Yogurt Parfait w/ Granola 2M/2G	78884	1 serving	300	421.059	1.134	79.617	195.689
Vegetables							
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	N/A*	3.000	10.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	3000	34.615	0.000	8.077	63.462
Beans, Garbanzo, Canned, 1/2 cup	79028	0.5 cup	500	105.000	0.000	16.992	139.992
Fruit							
Fruit, Fresh, Assorted	78755	1 each	2000	65.147	0.050	16.717	0.872
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	0.000	14.000	3.333
Fruit Cup, Assorted	78625	0.5 cup	100	84.199	0.000	19.998	0.000
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Milk							
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	1.500	16.000	135.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	2000	120.000	0.000	23.000	200.000
Misc.							
Ketchup	78887	1 tablespoon	2000	20.000	0.000	4.000	50.000
Dressing, Ranch	78813	1 tablespoon	1000	27.101	0.384	0.850	99.870
Mustard Packet	78839	1 packet	500	5.000	0.000	0.000	70.000
Mayonnaise Packet	79027	1 packet	100	60.000	1.000	1.000	60.000
Hot Sauce (Del Sol)	79899	1 packet	1000	5.000	0.000	1.000	110.000
Sriracha Packet	79058	1 each	500	9.000	0.000	1.701	225.000
Soy Sauce Packet	79044	1 packet	500	0.000	0.000	0.000	430.000
Total			5000				
Weighted Daily Average				579.892	4.027*	90.678	978.763
% of Calories					6.25%	62.548%	

* Indicates missing Nutrient Information.

Menu Detail

Date: 09-05-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Lunch Entree							
Nacho Chips with Cheese Cup & Taco Meat 2M/2G	260172	1 serving/ 1 pkg+ 1 cup + #16 scoop	500	515.773	10.997	44.738	1,115.942
Personal Cheese Pizza (Tony's) 2M/2G	78958	1 each	100	310.000	6.000	31.000	440.000
Personal Pepperoni Pizza (Tony's) 2M/2G	78950	1 each	500	310.000	6.000	31.000	510.000
Chicken Box (Tyson) w/ Spicy Wedges and 2 oz Dinner Roll 2M/2.5G	78914	1 serving	300	460.000	3.500	52.000	1,190.000
Hamburger Box w/ Seasoned Potato Wedges 2.75M/2.25G	78977	1 serving	200	540.000	10.000	50.600	1,220.000
Cheeseburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78956	1 serving	500	594.999	12.500	51.600	1,354.999
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges 2M/3.25G	78939	1 serving	800	510.000	2.500	68.000	1,330.000
Chef Salad w/ 2 oz Dinner Roll 2M/2.5G	78992	1 serving	300	352.591	3.674	42.460	799.130
Turkey Deli/Ham Sandwich 2M/2G	79011	1 serving	200	247.520	1.503	29.535	721.800
Turkey Deli/Ham and Cheese Sandwich 2M/2G	78995	1 serving	300	285.019	3.753	30.368	783.466
Sandwich, Peanut Butter & Jelly Uncrustables, 5.3 oz, Assorted (HS/INT) 2M/2G	78735	1 each	200	630.000	7.000	64.000	625.000
Yogurt Parfait w/ Granola 2M/2G	78884	1 serving	100	421.059	1.134	79.617	195.689
Vegetables							
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	N/A*	3.000	10.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	3000	34.615	0.000	8.077	63.462
Corn, Yellow, Canned 1/2 cup	78932	1/2 cup	500	64.993	0.000	14.998	14.998
Fruit							
Fruit, Fresh, Assorted	78755	1 each	2000	65.147	0.050	16.717	0.872
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	0.000	14.000	3.333
Fruit Cup, Assorted	78625	0.5 cup	100	84.199	0.000	19.998	0.000
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Milk							
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	1.500	16.000	135.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	2000	120.000	0.000	23.000	200.000
Misc.							
Ketchup	78887	1 tablespoon	2000	20.000	0.000	4.000	50.000
Dressing, Ranch	78813	1 tablespoon	1000	27.101	0.384	0.850	99.870
Mustard Packet	78839	1 packet	500	5.000	0.000	0.000	70.000
Mayonnaise Packet	79027	1 packet	100	60.000	1.000	1.000	60.000
Hot Sauce (Del Sol)	79899	1 packet	1000	5.000	0.000	1.000	110.000
Sriracha Packet	79058	1 each	500	9.000	0.000	1.701	225.000
Soy Sauce Packet	79044	1 packet	500	0.000	0.000	0.000	430.000
Total			5000				
Weighted Daily Average				593.387	5.305*	87.874	1082.818
% of Calories					8.046%	59.236%	

* Indicates missing Nutrient Information.

Menu Detail

Date: 09-06-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Lunch Entree							
Bowl: Orange Popcorn Chicken w/ Vegetable Fried Rice (1 cup) 2M/2G	78898	1 serving	500	430.424	0.500	75.085	749.691
Personal Cheese Pizza (Tony's) 2M/2G	78958	1 each	100	310.000	6.000	31.000	440.000
Personal Pepperoni Pizza (Tony's) 2M/2G	78950	1 each	500	310.000	6.000	31.000	510.000
Chicken Box (Tyson) w/ Spicy Wedges and 2 oz Dinner Roll 2M/2.5G	78914	1 serving	500	460.000	3.500	52.000	1,190.000
Hamburger Box w/ Seasoned Potato Wedges 2.75M/2.25G	78977	1 serving	200	540.000	10.000	50.600	1,220.000
Cheeseburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78956	1 serving	500	594.999	12.500	51.600	1,354.999
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges 2M/3.25G	78939	1 serving	800	510.000	2.500	68.000	1,330.000
Chef Salad w/ 2 oz Dinner Roll 2M/2.5G	78992	1 serving	200	352.591	3.674	42.460	799.130
Turkey Deli/Ham Sandwich 2M/2G	79011	1 serving	100	247.520	1.503	29.535	721.800
Turkey Deli/Ham and Cheese Sandwich 2M/2G	78995	1 serving	100	285.019	3.753	30.368	783.466
Sandwich, Peanut Butter & Jelly Uncrustables, 5.3 oz, Assorted (HS/INT) 2M/2G	78735	1 each	200	630.000	7.000	64.000	625.000
Yogurt Parfait w/ Granola 2M/2G	78884	1 serving	300	421.059	1.134	79.617	195.689
Vegetables							
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	N/A*	3.000	10.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	3000	34.615	0.000	8.077	63.462
Fruit							
Fruit, Fresh, Assorted	78755	1 each	2000	65.147	0.050	16.717	0.872
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	0.000	14.000	3.333
Fruit Cup, Assorted	78625	0.5 cup	100	84.199	0.000	19.998	0.000
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Milk							

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	1000	120.000	1.500	16.000	135.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	2000	120.000	0.000	23.000	200.000
Misc.							
Ketchup	78887	1 tablespoon	2000	20.000	0.000	4.000	50.000
Dressing, Ranch	78813	1 tablespoon	1000	27.101	0.384	0.850	99.870
Mustard Packet	78839	1 packet	500	5.000	0.000	0.000	70.000
Mayonnaise Packet	79027	1 packet	100	60.000	1.000	1.000	60.000
Hot Sauce (Del Sol)	79899	1 packet	1000	5.000	0.000	1.000	110.000
Sriracha Packet	79058	1 each	500	9.000	0.000	1.701	225.000
Soy Sauce Packet	79044	1 packet	500	0.000	0.000	0.000	430.000
Total			5000				
Weighted Daily Average				590.192	4.187*	92.019	1038.364
% of Calories					6.385%	62.365%	

* 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							
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut 2M/2.75G	78930	1 slice	3000	320.000	4.000	39.000	660.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut 2M/2.75G	78955	1 slice	500	310.000	3.500	39.000	630.000
Chef Salad w/ 2 oz Dinner Roll 2M/2.5G	78992	1 serving	250	352.591	3.674	42.460	799.130
Turkey Deli/Ham Sandwich 2M/2G	79011	1 serving	250	247.520	1.503	29.535	721.800
Turkey Deli/Ham and Cheese Sandwich 2M/2G	78995	1 serving	250	285.019	3.753	30.368	783.466
Sandwich, Peanut Butter & Jelly Uncrustables, 5.3 oz, Assorted (HS/INT) 2M/2G	78735	1 each	500	630.000	7.000	64.000	625.000
Yogurt Parfait w/ Granola 2M/2G	78884	1 serving	250	421.059	1.134	79.617	195.689
Vegetables							
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	N/A*	3.000	10.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	3000	34.615	0.000	8.077	63.462
Fruit							
Fruit, Fresh, Assorted	78755	1 each	2000	65.147	0.050	16.717	0.872
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	0.000	14.000	3.333
Fruit Cup, Assorted	78625	0.5 cup	100	84.199	0.000	19.998	0.000
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Milk							
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	1.500	16.000	135.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	2000	120.000	0.000	23.000	200.000
Misc.							
Ketchup	78887	1 tablespoon	2000	20.000	0.000	4.000	50.000
Dressing, Ranch	78813	1 tablespoon	1000	27.101	0.384	0.850	99.870
Mustard Packet	78839	1 packet	500	5.000	0.000	0.000	70.000
Mayonnaise Packet	79027	1 packet	100	60.000	1.000	1.000	60.000
Hot Sauce (Del Sol)	79899	1 packet	1000	5.000	0.000	1.000	110.000
Sriracha Packet	79058	1 each	500	9.000	0.000	1.701	225.000
Soy Sauce Packet	79044	1 packet	500	0.000	0.000	0.000	430.000
Total			5000				
Weighted Daily Average				577.342	4.37*	90.092	935.187
% of Calories					6.812%	62.419%	

* 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							
Bowl: Orange Popcorn Chicken w/ Vegetable Fried Rice (1 cup) 2M/2G	78898	1 serving	500	430.424	0.500	75.085	749.691
Personal Cheese Pizza (Tony's) 2M/2G	78958	1 each	100	310.000	6.000	31.000	440.000
Personal Pepperoni Pizza (Tony's) 2M/2G	78950	1 each	500	310.000	6.000	31.000	510.000
Chicken Box (Tyson) w/ Spicy Wedges and 2 oz Dinner Roll 2M/2.5G	78914	1 serving	500	460.000	3.500	52.000	1,190.000
Hamburger Box w/ Seasoned Potato Wedges 2.75M/2.25G	78977	1 serving	200	540.000	10.000	50.600	1,220.000
Cheeseburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78956	1 serving	500	594.999	12.500	51.600	1,354.999
Spicy Chicken Sandwich w/ Whole Wheat Bun 4" 2M/3.25G	80459	1 serving	800	380.000	1.500	49.000	870.000
Chef Salad w/ 2 oz Dinner Roll 2M/2.5G	78992	1 serving	200	352.591	3.674	42.460	799.130
Turkey Deli/Ham Sandwich 2M/2G	79011	1 serving	100	247.520	1.503	29.535	721.800
Turkey Deli/Ham and Cheese Sandwich 2M/2G	78995	1 serving	100	285.019	3.753	30.368	783.466
Sandwich, Peanut Butter & Jelly Uncrustables, 5.3 oz, Assorted (HS/INT) 2M/2G	78735	1 each	200	630.000	7.000	64.000	625.000
Yogurt Parfait w/ Granola 2M/2G	78884	1 serving	300	421.059	1.134	79.617	195.689
Vegetables							
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	N/A*	3.000	10.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	3000	34.615	0.000	8.077	63.462

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Beans, Kidney, Canned 1/2 cup	79124	0.5 cup	500	104.000	0.000	18.995	139.994
Fruit							
Fruit, Fresh, Assorted	78755	1 each	2000	65.147	0.050	16.717	0.872
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	0.000	14.000	3.333
Fruit Cup, Assorted	78625	0.5 cup	100	84.199	0.000	19.998	0.000
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Milk							
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	1.500	16.000	135.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	2000	120.000	0.000	23.000	200.000
Misc.							
Ketchup	78887	1 tablespoon	2000	20.000	0.000	4.000	50.000
Dressing, Ranch	78813	1 tablespoon	1000	27.101	0.384	0.850	99.870
Mustard Packet	78839	1 packet	500	5.000	0.000	0.000	70.000
Mayonnaise Packet	79027	1 packet	100	60.000	1.000	1.000	60.000
Hot Sauce (Del Sol)	79899	1 packet	1000	5.000	0.000	1.000	110.000
Sriracha Packet	79058	1 each	500	9.000	0.000	1.701	225.000
Soy Sauce Packet	79044	1 packet	500	0.000	0.000	0.000	430.000
Total			5000				
Weighted Daily Average				579.792	4.027*	90.879	978.763
% of Calories					6.251%	62.697%	

* 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							
Bowl: Orange Popcorn Chicken w/ Vegetable Fried Rice (1 cup) 2M/2G	78898	1 serving	500	430.424	0.500	75.085	749.691
Personal Cheese Pizza (Tony's) 2M/2G	78958	1 each	100	310.000	6.000	31.000	440.000
Personal Pepperoni Pizza (Tony's) 2M/2G	78950	1 each	500	310.000	6.000	31.000	510.000
Chicken Box (Tyson) w/ Spicy Wedges and 2 oz Dinner Roll 2M/2.5G	78914	1 serving	500	460.000	3.500	52.000	1,190.000
Hamburger Box w/ Seasoned Potato Wedges 2.75M/2.25G	78977	1 serving	200	540.000	10.000	50.600	1,220.000
Cheeseburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78956	1 serving	500	594.999	12.500	51.600	1,354.999
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges 2M/3.25G	78939	1 serving	800	510.000	2.500	68.000	1,330.000
Chef Salad w/ 2 oz Dinner Roll 2M/2.5G	78992	1 serving	200	352.591	3.674	42.460	799.130
Turkey Deli/Ham Sandwich 2M/2G	79011	1 serving	100	247.520	1.503	29.535	721.800
Turkey Deli/Ham and Cheese Sandwich 2M/2G	78995	1 serving	100	285.019	3.753	30.368	783.466
Sandwich, Peanut Butter & Jelly Uncrustables, 5.3 oz, Assorted (HS/INT) 2M/2G	78735	1 each	200	630.000	7.000	64.000	625.000
Yogurt Parfait w/ Granola 2M/2G	78884	1 serving	300	421.059	1.134	79.617	195.689
Vegetables							
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	N/A*	3.000	10.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	3000	34.615	0.000	8.077	63.462
Corn, Yellow, Canned 1/2 cup	78932	1/2 cup	500	64.993	0.000	14.998	14.998
Fruit							
Fruit, Fresh, Assorted	78755	1 each	2000	65.147	0.050	16.717	0.872
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	0.000	14.000	3.333
Fruit Cup, Assorted	78625	0.5 cup	100	84.199	0.000	19.998	0.000
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Milk							
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	1.500	16.000	135.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	2000	120.000	0.000	23.000	200.000
Misc.							
Ketchup	78887	1 tablespoon	2000	20.000	0.000	4.000	50.000
Dressing, Ranch	78813	1 tablespoon	1000	27.101	0.384	0.850	99.870
Mustard Packet	78839	1 packet	500	5.000	0.000	0.000	70.000
Mayonnaise Packet	79027	1 packet	100	60.000	1.000	1.000	60.000
Hot Sauce (Del Sol)	79899	1 packet	1000	5.000	0.000	1.000	110.000
Sriracha Packet	79058	1 each	500	9.000	0.000	1.701	225.000
Soy Sauce Packet	79044	1 packet	500	0.000	0.000	0.000	430.000
Total			5000				
Weighted Daily Average				596.692	4.187*	93.519	1039.864
% of Calories					6.315%	62.692%	

* Indicates missing Nutrient Information.

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Menu Detail

Date: 09-12-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Lunch Entree							
Nacho Chips with Cheese Cup & Taco Meat 2M/2G	260172	1 serving/ 1 pkg+ 1 cup + #16 scoop	500	515.773	10.997	44.738	1,115.942

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Personal Cheese Pizza (Tony's) 2M/2G	78958	1 each	100	310.000	6.000	31.000	440.000
Personal Pepperoni Pizza (Tony's) 2M/2G	78950	1 each	500	310.000	6.000	31.000	510.000
Chicken Box (Tyson) w/ Spicy Wedges and 2 oz Dinner Roll 2M/2.5G	78914	1 serving	300	460.000	3.500	52.000	1,190.000
Hamburger Box w/ Seasoned Potato Wedges 2.75M/2.25G	78977	1 serving	200	540.000	10.000	50.600	1,220.000
Cheeseburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78956	1 serving	500	594.999	12.500	51.600	1,354.999
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges 2M/3.25G	78939	1 serving	800	510.000	2.500	68.000	1,330.000
Chef Salad w/ 2 oz Dinner Roll 2M/2.5G	78992	1 serving	300	352.591	3.674	42.460	799.130
Turkey Deli/Ham Sandwich 2M/2G	79011	1 serving	200	247.520	1.503	29.535	721.800
Turkey Deli/Ham and Cheese Sandwich 2M/2G	78995	1 serving	300	285.019	3.753	30.368	783.466
Sandwich, Peanut Butter & Jelly Uncrustables, 5.3 oz, Assorted (HS/INT) 2M/2G	78735	1 each	200	630.000	7.000	64.000	625.000
Yogurt Parfait w/ Granola 2M/2G	78884	1 serving	100	421.059	1.134	79.617	195.689
Vegetables							
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	N/A*	3.000	10.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	3000	34.615	0.000	8.077	63.462
Cucumbers, sliced, 1/2 cup	78772	0.5 cup	500	7.800	0.019	1.888	1.040
Fruit							
Fruit, Fresh, Assorted	78755	1 each	2000	65.147	0.050	16.717	0.872
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	0.000	14.000	3.333
Fruit Cup, Assorted	78625	0.5 cup	100	84.199	0.000	19.998	0.000
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Milk							
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	1.500	16.000	135.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	2000	120.000	0.000	23.000	200.000
Misc.							
Ketchup	78887	1 tablespoon	2000	20.000	0.000	4.000	50.000
Dressing, Ranch	78813	1 tablespoon	1000	27.101	0.384	0.850	99.870
Mustard Packet	78839	1 packet	500	5.000	0.000	0.000	70.000
Mayonnaise Packet	79027	1 packet	100	60.000	1.000	1.000	60.000
Hot Sauce (Del Sol)	79899	1 packet	1000	5.000	0.000	1.000	110.000
Sriracha Packet	79058	1 each	500	9.000	0.000	1.701	225.000
Soy Sauce Packet	79044	1 packet	500	0.000	0.000	0.000	430.000
Total			5000				
Weighted Daily Average				587.668	5.307*	86.563	1081.423
% of Calories					8.127%	58.92%	

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 09-13-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Lunch Entree							
Bowl: Orange Popcorn Chicken w/ Vegetable Fried Rice (1 cup) 2M/2G	78898	1 serving	500	430.424	0.500	75.085	749.691
Personal Cheese Pizza (Tony's) 2M/2G	78958	1 each	100	310.000	6.000	31.000	440.000
Personal Pepperoni Pizza (Tony's) 2M/2G	78950	1 each	500	310.000	6.000	31.000	510.000
Chicken Box (Tyson) w/ Spicy Wedges and 2 oz Dinner Roll 2M/2.5G	78914	1 serving	500	460.000	3.500	52.000	1,190.000
Hamburger Box w/ Seasoned Potato Wedges 2.75M/2.25G	78977	1 serving	200	540.000	10.000	50.600	1,220.000
Cheeseburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78956	1 serving	500	594.999	12.500	51.600	1,354.999
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges 2M/3.25G	78939	1 serving	800	510.000	2.500	68.000	1,330.000
Chef Salad w/ 2 oz Dinner Roll 2M/2.5G	78992	1 serving	200	352.591	3.674	42.460	799.130
Turkey Deli/Ham Sandwich 2M/2G	79011	1 serving	100	247.520	1.503	29.535	721.800
Turkey Deli/Ham and Cheese Sandwich 2M/2G	78995	1 serving	100	285.019	3.753	30.368	783.466
Sandwich, Peanut Butter & Jelly Uncrustables, 5.3 oz, Assorted (HS/INT) 2M/2G	78735	1 each	200	630.000	7.000	64.000	625.000
Yogurt Parfait w/ Granola 2M/2G	78884	1 serving	300	421.059	1.134	79.617	195.689
Vegetables							
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	N/A*	3.000	10.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	3000	34.615	0.000	8.077	63.462
Tomatoes, Cherry or Grape, 1/2 cup	79132	0.5 cup	500	13.410	0.021	2.898	3.725
Fruit							
Fruit, Fresh, Assorted	78755	1 each	2000	65.147	0.050	16.717	0.872
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	0.000	14.000	3.333
Fruit Cup, Assorted	78625	0.5 cup	100	84.199	0.000	19.998	0.000
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Milk							
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	1.500	16.000	135.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	2000	120.000	0.000	23.000	200.000
Misc.							
Ketchup	78887	1 tablespoon	2000	20.000	0.000	4.000	50.000
Dressing, Ranch	78813	1 tablespoon	1000	27.101	0.384	0.850	99.870
Mustard Packet	78839	1 packet	500	5.000	0.000	0.000	70.000
Mayonnaise Packet	79027	1 packet	100	60.000	1.000	1.000	60.000

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	1000	120.000	1.500	16.000	135.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	2000	120.000	0.000	23.000	200.000
Misc.							
Ketchup	78887	1 tablespoon	2000	20.000	0.000	4.000	50.000
Dressing, Ranch	78813	1 tablespoon	1000	27.101	0.384	0.850	99.870
Mustard Packet	78839	1 packet	500	5.000	0.000	0.000	70.000
Mayonnaise Packet	79027	1 packet	100	60.000	1.000	1.000	60.000
Hot Sauce (Del Sol)	79899	1 packet	1000	5.000	0.000	1.000	110.000
Sriracha Packet	79058	1 each	500	9.000	0.000	1.701	225.000
Soy Sauce Packet	79044	1 packet	500	0.000	0.000	0.000	430.000
Total			5000				
Weighted Daily Average				579.892	4.027*	90.678	978.763
% of Calories					6.25%	62.548%	

* Indicates missing Nutrient Information.

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Menu Detail

Date: 09-18-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Lunch Entree							
Bowl: Orange Popcorn Chicken w/ Vegetable Fried Rice (1 cup) 2M/2G	78898	1 serving	500	430.424	0.500	75.085	749.691
Personal Cheese Pizza (Tony's) 2M/2G	78958	1 each	100	310.000	6.000	31.000	440.000
Personal Pepperoni Pizza (Tony's) 2M/2G	78950	1 each	500	310.000	6.000	31.000	510.000
Chicken Box (Tyson) w/ Spicy Wedges and 2 oz Dinner Roll 2M/2.5G	78914	1 serving	500	460.000	3.500	52.000	1,190.000
Hamburger Box w/ Seasoned Potato Wedges 2.75M/2.25G	78977	1 serving	200	540.000	10.000	50.600	1,220.000
Cheeseburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78956	1 serving	500	594.999	12.500	51.600	1,354.999
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges 2M/3.25G	78939	1 serving	800	510.000	2.500	68.000	1,330.000
Chef Salad w/ 2 oz Dinner Roll 2M/2.5G	78992	1 serving	200	352.591	3.674	42.460	799.130
Turkey Deli/Ham Sandwich 2M/2G	79011	1 serving	100	247.520	1.503	29.535	721.800
Turkey Deli/Ham and Cheese Sandwich 2M/2G	78995	1 serving	100	285.019	3.753	30.368	783.466
Sandwich, Peanut Butter & Jelly Uncrustables, 5.3 oz, Assorted (HS/INT) 2M/2G	78735	1 each	200	630.000	7.000	64.000	625.000
Yogurt Parfait w/ Granola 2M/2G	78884	1 serving	300	421.059	1.134	79.617	195.689
Vegetables							
Corn, Yellow, Canned 1/2 cup	78932	1½ cup	500	64.993	0.000	14.998	14.998
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	N/A*	3.000	10.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	3000	34.615	0.000	8.077	63.462
Fruit							
Fruit, Fresh, Assorted	78755	1 each	2000	65.147	0.050	16.717	0.872
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	0.000	14.000	3.333
Fruit Cup, Assorted	78625	0.5 cup	100	84.199	0.000	19.998	0.000
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Milk							
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	1.500	16.000	135.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	2000	120.000	0.000	23.000	200.000
Misc.							
Ketchup	78887	1 tablespoon	2000	20.000	0.000	4.000	50.000
Dressing, Ranch	78813	1 tablespoon	1000	27.101	0.384	0.850	99.870
Mustard Packet	78839	1 packet	500	5.000	0.000	0.000	70.000
Mayonnaise Packet	79027	1 packet	100	60.000	1.000	1.000	60.000
Hot Sauce (Del Sol)	79899	1 packet	1000	5.000	0.000	1.000	110.000
Sriracha Packet	79058	1 each	500	9.000	0.000	1.701	225.000
Soy Sauce Packet	79044	1 packet	500	0.000	0.000	0.000	430.000
Total			5000				
Weighted Daily Average				596.692	4.187*	93.519	1039.864
% of Calories					6.315%	62.692%	

* Indicates missing Nutrient Information.

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Menu Detail

Date: 09-19-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Lunch Entree							
Nacho Chips with Cheese Cup & Taco Meat 2M/2G	260172	1 serving/ 1 pkg+ 1 cup + #16 scoop	500	515.773	10.997	44.738	1,115.942
Personal Cheese Pizza (Tony's) 2M/2G	78958	1 each	100	310.000	6.000	31.000	440.000
Personal Pepperoni Pizza (Tony's) 2M/2G	78950	1 each	500	310.000	6.000	31.000	510.000
Chicken Box (Tyson) w/ Spicy Wedges and 2 oz Dinner Roll 2M/2.5G	78914	1 serving	300	460.000	3.500	52.000	1,190.000
Hamburger Box w/ Seasoned Potato Wedges 2.75M/2.25G	78977	1 serving	200	540.000	10.000	50.600	1,220.000
Cheeseburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78956	1 serving	500	594.999	12.500	51.600	1,354.999

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges 2M/3.25G	78939	1 serving	800	510.000	2.500	68.000	1,330.000
Chef Salad w/ 2 oz Dinner Roll 2M/2.5G	78992	1 serving	300	352.591	3.674	42.460	799.130
Turkey Deli/Ham Sandwich 2M/2G	79011	1 serving	200	247.520	1.503	29.535	721.800
Turkey Deli/Ham and Cheese Sandwich 2M/2G	78995	1 serving	300	285.019	3.753	30.368	783.466
Sandwich, Peanut Butter & Jelly Uncrustables, 5.3 oz, Assorted (HS/INT) 2M/2G	78735	1 each	200	630.000	7.000	64.000	625.000
Yogurt Parfait w/ Granola 2M/2G	78884	1 serving	100	421.059	1.134	79.617	195.689
Vegetables							
Jicama sticks, raw, 1/2 cup	78994	0.5 cup	500	23.000	0.000	5.500	2.500
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	N/A*	3.000	10.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	3000	34.615	0.000	8.077	63.462
Fruit							
Fruit, Fresh, Assorted	78755	1 each	2000	65.147	0.050	16.717	0.872
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	0.000	14.000	3.333
Fruit Cup, Assorted	78625	0.5 cup	100	84.199	0.000	19.998	0.000
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Milk							
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	1.500	16.000	135.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	2000	120.000	0.000	23.000	200.000
Misc.							
Ketchup	78887	1 tablespoon	2000	20.000	0.000	4.000	50.000
Dressing, Ranch	78813	1 tablespoon	1000	27.101	0.384	0.850	99.870
Mustard Packet	78839	1 packet	500	5.000	0.000	0.000	70.000
Mayonnaise Packet	79027	1 packet	100	60.000	1.000	1.000	60.000
Hot Sauce (Del Sol)	79899	1 packet	1000	5.000	0.000	1.000	110.000
Sriracha Packet	79058	1 each	500	9.000	0.000	1.701	225.000
Soy Sauce Packet	79044	1 packet	500	0.000	0.000	0.000	430.000
Total			5000				
Weighted Daily Average				589.188	5.305*	86.924	1081.569
% of Calories					8.103%	59.013%	

* 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							
Bowl: Orange Popcorn Chicken w/ Vegetable Fried Rice (1 cup) 2M/2G	78898	1 serving	500	430.424	0.500	75.085	749.691
Personal Cheese Pizza (Tony's) 2M/2G	78958	1 each	100	310.000	6.000	31.000	440.000
Personal Pepperoni Pizza (Tony's) 2M/2G	78950	1 each	500	310.000	6.000	31.000	510.000
Chicken Box (Tyson) w/ Spicy Wedges and 2 oz Dinner Roll 2M/2.5G	78914	1 serving	500	460.000	3.500	52.000	1,190.000
Hamburger Box w/ Seasoned Potato Wedges 2.75M/2.25G	78977	1 serving	200	540.000	10.000	50.600	1,220.000
Cheeseburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78956	1 serving	500	594.999	12.500	51.600	1,354.999
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges 2M/3.25G	78939	1 serving	800	510.000	2.500	68.000	1,330.000
Chef Salad w/ 2 oz Dinner Roll 2M/2.5G	78992	1 serving	200	352.591	3.674	42.460	799.130
Turkey Deli/Ham Sandwich 2M/2G	79011	1 serving	100	247.520	1.503	29.535	721.800
Turkey Deli/Ham and Cheese Sandwich 2M/2G	78995	1 serving	100	285.019	3.753	30.368	783.466
Sandwich, Peanut Butter & Jelly Uncrustables, 5.3 oz, Assorted (HS/INT) 2M/2G	78735	1 each	200	630.000	7.000	64.000	625.000
Yogurt Parfait w/ Granola 2M/2G	78884	1 serving	300	421.059	1.134	79.617	195.689
Vegetables							
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	N/A*	3.000	10.000
Broccoli, raw, 1/2 cup	80769	0.5 cup	500	15.470	0.052	3.021	15.015
Grab-it Carrots, 1/2 cup	78824	0.5 cup	3000	34.615	0.000	8.077	63.462
Fruit							
Fruit, Fresh, Assorted	78755	1 each	2000	65.147	0.050	16.717	0.872
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	0.000	14.000	3.333
Fruit Cup, Assorted	78625	0.5 cup	100	84.199	0.000	19.998	0.000
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Milk							
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	1.500	16.000	135.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	2000	120.000	0.000	23.000	200.000
Misc.							
Ketchup	78887	1 tablespoon	2000	20.000	0.000	4.000	50.000
Dressing, Ranch	78813	1 tablespoon	1000	27.101	0.384	0.850	99.870
Mustard Packet	78839	1 packet	500	5.000	0.000	0.000	70.000
Mayonnaise Packet	79027	1 packet	100	60.000	1.000	1.000	60.000
Hot Sauce (Del Sol)	79899	1 packet	1000	5.000	0.000	1.000	110.000
Sriracha Packet	79058	1 each	500	9.000	0.000	1.701	225.000
Soy Sauce Packet	79044	1 packet	500	0.000	0.000	0.000	430.000
Total			5000				
Weighted Daily Average				591.739	4.192*	92.321	1039.865
% of Calories					6.376%	62.407%	

Menu Detail

Date: 09-21-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Lunch Entree							
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut 2M/2.75G	78930	1 slice	3000	320.000	4.000	39.000	660.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut 2M/2.75G	78955	1 slice	500	310.000	3.500	39.000	630.000
Chef Salad w/ 2 oz Dinner Roll 2M/2.5G	78992	1 serving	250	352.591	3.674	42.460	799.130
Turkey Deli/Ham Sandwich 2M/2G	79011	1 serving	250	247.520	1.503	29.535	721.800
Turkey Deli/Ham and Cheese Sandwich 2M/2G	78995	1 serving	250	285.019	3.753	30.368	783.466
Sandwich, Peanut Butter & Jelly Uncrustables, 5.3 oz, Assorted (HS/INT) 2M/2G	78735	1 each	500	630.000	7.000	64.000	625.000
Yogurt Parfait w/ Granola 2M/2G	78884	1 serving	250	421.059	1.134	79.617	195.689
Vegetables							
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	N/A*	3.000	10.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	3000	34.615	0.000	8.077	63.462
Fruit							
Fruit, Fresh, Assorted	78755	1 each	2000	65.147	0.050	16.717	0.872
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	0.000	14.000	3.333
Fruit Cup, Assorted	78625	0.5 cup	100	84.199	0.000	19.998	0.000
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Milk							
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	1.500	16.000	135.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	2000	120.000	0.000	23.000	200.000
Misc.							
Ketchup	78887	1 tablespoon	2000	20.000	0.000	4.000	50.000
Dressing, Ranch	78813	1 tablespoon	1000	27.101	0.384	0.850	99.870
Mustard Packet	78839	1 packet	500	5.000	0.000	0.000	70.000
Mayonnaise Packet	79027	1 packet	100	60.000	1.000	1.000	60.000
Hot Sauce (Del Sol)	79899	1 packet	1000	5.000	0.000	1.000	110.000
Sriracha Packet	79058	1 each	500	9.000	0.000	1.701	225.000
Soy Sauce Packet	79044	1 packet	500	0.000	0.000	0.000	430.000
Total			5000				
Weighted Daily Average				577.342	4.37*	90.092	935.187
% of Calories					6.812%	62.419%	

Menu Detail

Date: 09-22-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Lunch Entree							
Bowl: Orange Popcorn Chicken w/ Vegetable Fried Rice (1 cup) 2M/2G	78898	1 serving	500	430.424	0.500	75.085	749.691
Personal Cheese Pizza (Tony's) 2M/2G	78958	1 each	100	310.000	6.000	31.000	440.000
Personal Pepperoni Pizza (Tony's) 2M/2G	78950	1 each	500	310.000	6.000	31.000	510.000
Chicken Box (Tyson) w/ Spicy Wedges and 2 oz Dinner Roll 2M/2.5G	78914	1 serving	500	460.000	3.500	52.000	1,190.000
Hamburger Box w/ Seasoned Potato Wedges 2.75M/2.25G	78977	1 serving	200	540.000	10.000	50.600	1,220.000
Cheeseburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78956	1 serving	500	594.999	12.500	51.600	1,354.999
Spicy Chicken Sandwich w/ Whole Wheat Bun 4" 2M/3.25G	80459	1 serving	800	380.000	1.500	49.000	870.000
Chef Salad w/ 2 oz Dinner Roll 2M/2.5G	78992	1 serving	200	352.591	3.674	42.460	799.130
Turkey Deli/Ham Sandwich 2M/2G	79011	1 serving	100	247.520	1.503	29.535	721.800
Turkey Deli/Ham and Cheese Sandwich 2M/2G	78995	1 serving	100	285.019	3.753	30.368	783.466
Sandwich, Peanut Butter & Jelly Uncrustables, 5.3 oz, Assorted (HS/INT) 2M/2G	78735	1 each	200	630.000	7.000	64.000	625.000
Yogurt Parfait w/ Granola 2M/2G	78884	1 serving	300	421.059	1.134	79.617	195.689
Vegetables							
Beans, Kidney, Canned 1/2 cup	79124	0.5 cup	500	104.000	0.000	18.995	139.994
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	N/A*	3.000	10.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	3000	34.615	0.000	8.077	63.462
Fruit							
Fruit, Fresh, Assorted	78755	1 each	2000	65.147	0.050	16.717	0.872
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	0.000	14.000	3.333
Fruit Cup, Assorted	78625	0.5 cup	100	84.199	0.000	19.998	0.000
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Milk							
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	1.500	16.000	135.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	2000	120.000	0.000	23.000	200.000
Misc.							
Ketchup	78887	1 tablespoon	2000	20.000	0.000	4.000	50.000
Dressing, Ranch	78813	1 tablespoon	1000	27.101	0.384	0.850	99.870
Mustard Packet	78839	1 packet	500	5.000	0.000	0.000	70.000
Mayonnaise Packet	79027	1 packet	100	60.000	1.000	1.000	60.000

Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut 2M/2.75G	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut 2M/2.75G	78955	1 slice	500	310.000	3.500	39.000	630.000
Chef Salad w/ 2 oz Dinner Roll 2M/2.5G	78992	1 serving	250	352.591	3.674	42.460	799.130
Turkey Deli/Ham Sandwich 2M/2G	79011	1 serving	250	247.520	1.503	29.535	721.800
Turkey Deli/Ham and Cheese Sandwich 2M/2G	78995	1 serving	250	285.019	3.753	30.368	783.466
Sandwich, Peanut Butter & Jelly Uncrustables, 5.3 oz, Assorted (HS/INT) 2M/2G	78735	1 each	500	630.000	7.000	64.000	625.000
Yogurt Parfait w/ Granola 2M/2G	78884	1 serving	250	421.059	1.134	79.617	195.689
Vegetables							
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	N/A*	3.000	10.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	3000	34.615	0.000	8.077	63.462
Fruit							
Fruit, Fresh, Assorted	78755	1 each	2000	65.147	0.050	16.717	0.872
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	0.000	14.000	3.333
Fruit Cup, Assorted	78625	0.5 cup	100	84.199	0.000	19.998	0.000
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Milk							
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	1.500	16.000	135.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	2000	120.000	0.000	23.000	200.000
Misc.							
Ketchup	78887	1 tablespoon	2000	20.000	0.000	4.000	50.000
Dressing, Ranch	78813	1 tablespoon	1000	27.101	0.384	0.850	99.870
Mustard Packet	78839	1 packet	500	5.000	0.000	0.000	70.000
Mayonnaise Packet	79027	1 packet	100	60.000	1.000	1.000	60.000
Hot Sauce (Del Sol)	79899	1 packet	1000	5.000	0.000	1.000	110.000
Sriracha Packet	79058	1 each	500	9.000	0.000	1.701	225.000
Soy Sauce Packet	79044	1 packet	500	0.000	0.000	0.000	430.000
Total			5000				
Weighted Daily Average				577.342	4.37*	90.092	935.187
% of Calories					6.812%	62.419%	

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 09-29-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Lunch Entree							
Bowl: Orange Popcorn Chicken w/ Vegetable Fried Rice (1 cup) 2M/2G	78898	1 serving	500	430.424	0.500	75.085	749.691
Personal Cheese Pizza (Tony's) 2M/2G	78958	1 each	100	310.000	6.000	31.000	440.000
Personal Pepperoni Pizza (Tony's) 2M/2G	78950	1 each	500	310.000	6.000	31.000	510.000
Chicken Box (Tyson) w/ Spicy Wedges and 2 oz Dinner Roll 2M/2.5G	78914	1 serving	500	460.000	3.500	52.000	1,190.000
Hamburger Box w/ Seasoned Potato Wedges 2.75M/2.25G	78977	1 serving	200	540.000	10.000	50.600	1,220.000
Cheeseburger Box w/ Seasoned Potato Wedges 2.5M/2.25G	78956	1 serving	500	594.999	12.500	51.600	1,354.999
Spicy Chicken Sandwich w/ Whole Wheat Bun 4" 2M/3.25G	80459	1 serving	800	380.000	1.500	49.000	870.000
Chef Salad w/ 2 oz Dinner Roll 2M/2.5G	78992	1 serving	200	352.591	3.674	42.460	799.130
Turkey Deli/Ham Sandwich 2M/2G	79011	1 serving	100	247.520	1.503	29.535	721.800
Turkey Deli/Ham and Cheese Sandwich 2M/2G	78995	1 serving	100	285.019	3.753	30.368	783.466
Sandwich, Peanut Butter & Jelly Uncrustables, 5.3 oz, Assorted (HS/INT) 2M/2G	78735	1 each	200	630.000	7.000	64.000	625.000
Yogurt Parfait w/ Granola 2M/2G	78884	1 serving	300	421.059	1.134	79.617	195.689
Vegetables							
Beans, Garbanzo, Canned, 1/2 cup	79028	0.5 cup	500	105.000	0.000	16.992	139.992
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	N/A*	3.000	10.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	3000	34.615	0.000	8.077	63.462
Fruit							
Fruit, Fresh, Assorted	78755	1 each	2000	65.147	0.050	16.717	0.872
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	0.000	14.000	3.333
Fruit Cup, Assorted	78625	0.5 cup	100	84.199	0.000	19.998	0.000
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Milk							
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	1.500	16.000	135.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	2000	120.000	0.000	23.000	200.000
Misc.							
Ketchup	78887	1 tablespoon	2000	20.000	0.000	4.000	50.000
Dressing, Ranch	78813	1 tablespoon	1000	27.101	0.384	0.850	99.870
Mustard Packet	78839	1 packet	500	5.000	0.000	0.000	70.000
Mayonnaise Packet	79027	1 packet	100	60.000	1.000	1.000	60.000
Hot Sauce (Del Sol)	79899	1 packet	1000	5.000	0.000	1.000	110.000
Sriracha Packet	79058	1 each	500	9.000	0.000	1.701	225.000
Soy Sauce Packet	79044	1 packet	500	0.000	0.000	0.000	430.000
Total			5000				
Weighted Daily Average				579.892	4.027*	90.678	978.763
% of Calories					6.25%	62.548%	

* Indicates missing Nutrient Information.

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