

Nutrient Detail Report

Organization: Garden Grove USD
Session: 2024-2025 School Year
Menu: 2024-2025 Elementary Lunch Menu
Number Source: Planned
Dates: 09-02-2024 to 09-30-2024

Nutrient Summary

Date(s): 09-02-2024 to 09-30-2024

Nutrient	Menu Average	% of Calories	Target	Pass / Fail	Shortfall / Overage	Notes / Errors
Calories (kcal)	628.187		600 min / 650 max	Pass		
Protein (g)	26.820*	17.078%				
Total Fat (g)	17.415*	24.95%				
Saturated Fat (g)	5.557*	7.961%	< 10%	Pass		
Trans Fat (g)	0.051*					
Carbohydrates (g)	92.006*	58.585%				
Cholesterol (mg)	49.738*					
Sodium (mg)	874.569		≤ 1110	Pass		
Potassium (mg)	302.246*					
Fiber (g)	5.636*					
Sugars (g)	55.187*					
Added Sugars (g)	2.175*	1.385%				
Iron (g)	2.875*					
Calcium (mg)	497.305*					
Vitamin A (IU)	1,854.418*					
Vitamin C (mg)	24.623*					
Vitamin D (mcg)	0.722*					

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

Menu Detail

Date: 09-03-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	1,054.615	206.077
Yami Yogurt w/ Protein Granola & Goldfish Crackers 2M/2G	1586497	1 serving	2000	370.000	54.000
Chicken Nuggets 2M/1G (Goldkist)	1319068	1 serving/5 pieces	14000	190.000	13.000
Sandwich, Grilled Cheese (ES Foods) 2M/2G	1586505	1 each	4000	360.000	31.000
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	8.077
Corn, Yellow, Canned 1/2 cup	78932	1/2 cup	2000	52.480	11.152
Fruit					
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	20000	60.000	14.000
Dried Fruit, Assorted	78632	1 each	5000	112.500	28.000
Peaches, Sliced, Canned 1/2 cup	78689	1/2 cup	5000	59.991	14.000
Desserts					
Mini Rice Krispies Treat 0.25G	79188	1 each	20000	50.000	9.000
Milk					
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	1 each	16000	120.000	23.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Total			20000		
Weighted Daily Average				539.478	79.857
% of Calories					59.211%

* Indicates missing Nutrient Information.
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Menu Detail

Date: 09-04-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	1,054.615	206.077
Yami Yogurt w/ Protein Granola & Goldfish Crackers 2M/2G	1586497	1 serving	2000	370.000	54.000
Chicken Double Dogs 2M/2G	78987	1 each	14000	260.000	31.500

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Tortilla Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds 2M/2G	83060	1 serving	2000	570.000	45.000
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	8.077
Potato Smiles, 1/2 cup	79075	1 serving/4 pieces	20000	130.000	20.000
Tomatoes, Cherry or Grape, 1/2 cup	79132	0.5 cup	500	13.410	2.898
Fruit					
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	20000	60.000	14.000
Dried Fruit, Assorted	78632	1 each	5000	112.500	28.000
Apple, Fresh	78919	1 each	5000	52.520	13.948
Milk					
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	1 each	16000	120.000	23.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Total			20000		
Weighted Daily Average				646.697	101.052
% of Calories					62.503%

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Menu Detail

Date: 09-05-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	1,054.615	206.077
Yami Yogurt w/ Protein Granola & Goldfish Crackers 2M/2G	1586497	1 serving	2000	370.000	54.000
Meatballs (5 pcs) with Marinara Sauce & Garlic Knot Roll 2M/2G	1149970	1 serving/5 meatballs + garlic knot	14000	343.201	33.495
Strawberry Jelly & Wowbutter Sandwich with String Cheese 2M/1G	1596922	1 serving	4000	380.000	25.000
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	8.077
Fruit					
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	20000	60.000	14.000
Dried Fruit, Assorted	78632	1 each	5000	112.500	28.000
Plum, Fresh	79015	1 each	5000	30.360	7.537
Fruit Cup, Assorted	78625	0.5 cup	5000	82.200	19.800
Milk					
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	1 each	16000	120.000	23.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Total			20000		
Weighted Daily Average				608.613	86.223
% of Calories					56.669%

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Menu Detail

Date: 09-06-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	1,054.615	206.077
Yami Yogurt w/ Protein Granola & Goldfish Crackers 2M/2G	1586497	1 serving	2000	370.000	54.000
Personal Cheese Pizza (Tony's) 2M/2G	78958	1 each	4000	310.000	31.000
Personal Pepperoni Pizza (Tony's) 2M/2G	78950	1 each	12000	310.000	31.000
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	8.077
Beans, Garbanzo, Canned, 1/2 cup	79028	0.5 cup	500	105.000	16.992
Fruit					
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	20000	60.000	14.000
Dried Fruit, Assorted	78632	1 each	5000	112.500	28.000
Milk					
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	1 each	16000	120.000	23.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Total			20000		
Weighted Daily Average				514.857	76.167
% of Calories					59.175%

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Menu Detail

Date: 09-09-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	1,054.615	206.077
Yami Yogurt w/ Protein Granola & Goldfish Crackers 2M/2G	1586497	1 serving	2000	370.000	54.000
Pork Sausage Patties (2) w/ French Toast (1) 2M/1.5G	1136899	1 serving/2 pork patties + 1 french toast	14000	570.000	30.000
Nacho Chips with Cheese Cup (Tabatchnick) 2M/2G	1081784	1 serving	4000	470.000	44.000
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	8.077
Corn, Yellow, Canned 1/2 cup	78932	1/2 cup	1000	52.480	11.152
Fruit					
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	20000	60.000	14.000
Dried Fruit, Assorted	78632	1 each	5000	112.500	28.000
Mixed Fruit, Canned 1/2 cup	78845	1/2 cup	5000	59.989	14.994
Milk					
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	1 each	16000	120.000	23.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Total			20000		
Weighted Daily Average				774.853	85.048
% of Calories					43.904%

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Menu Detail

Date: 09-10-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	1,054.615	206.077
Yami Yogurt w/ Protein Granola & Goldfish Crackers 2M/2G	1586497	1 serving	2000	370.000	54.000
Chicken Tenders (3 pcs), Gold Kist 2M/1G ELEM	1263517	1 serving/3 pieces	14000	190.000	13.000
Sandwich, Grilled Cheese (ES Foods) 2M/2G	1586505	1 each	4000	360.000	31.000
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	8.077
Jicama sticks, raw, 1/2 cup	78994	0.5 cup	500	23.000	5.500
Fruit					
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	20000	60.000	14.000
Dried Fruit, Assorted	78632	1 each	5000	112.500	28.000
Banana, Fresh	78890	1 each	5000	89.890	23.068
Desserts					
Brownie Cup, Whole Grain, Dave's Baking Company 0.5G	79216	1 each	20000	147.633	26.291
Milk					
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	1 each	16000	120.000	23.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Total			20000		
Weighted Daily Average				639.913	98.438
% of Calories					61.532%

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Menu Detail

Date: 09-11-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	1,054.615	206.077
Yami Yogurt w/ Protein Granola & Goldfish Crackers 2M/2G	1586497	1 serving	2000	370.000	54.000
Hamburger (2.25 oz) w/ 4" Knot Bun 2M/2G	79057	1 serving	18000	278.000	32.500
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	8.077
Broccoli, raw, 1/2 cup	80769	0.5 cup	500	15.470	3.021
Lettuce, Iceberg, Shredded, 1/2 cup	79088	0.5 cup	1000	5.040	1.069
Fruit					
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	20000	60.000	14.000
Dried Fruit, Assorted	78632	1 each	5000	112.500	28.000
Apple, Fresh	78919	1 each	5000	52.520	13.948
Grains					
Baked Doritos (Nacho Cheese Flavor) 1.5G	1173820	1 package	20000	130.000	20.000
Milk					
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	1 each	16000	120.000	23.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Cheese Slice 0.5M	79062	1 slice	10000	55.686	1.012
Pickles	78984	1 serving	20000	1.667	0.000
Total			20000		
Weighted Daily Average				687.71	104.314
% of Calories					60.673%

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Menu Detail

Date: 09-12-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	1,054.615	206.077
Yami Yogurt w/ Protein Granola & Goldfish Crackers 2M/2G	1586497	1 serving	2000	370.000	54.000
Creamy Tomato Chicken Pasta (1 CUP) w/ Garlic Toast 2M/2G (INT)	1463757	1 serving/1 CUP + garlic toast	14000	600.090	46.211*
Cocoa Sandwich with String Cheese 2M/1.5G	1291537	1 serving	4000	340.000	31.000
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	8.077
Fruit					
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	20000	60.000	14.000
Dried Fruit, Assorted	78632	1 each	5000	112.500	28.000
Grapes, Fresh, 1/2 cup	78869	0.5 cup	5000	30.820	7.889
Fruit Cup, Assorted	78625	0.5 cup	5000	82.200	19.800
Milk					
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	1 each	16000	120.000	23.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Total			20000		
Weighted Daily Average				780.55	96.412*
% of Calories					49.407%

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Menu Detail

Date: 09-13-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	1,054.615	206.077
Yami Yogurt w/ Protein Granola & Goldfish Crackers 2M/2G	1586497	1 serving	2000	370.000	54.000
Cheese Pizza Crunchers, 4 pcs 2M/2.5G	1323919	1 serving/4 pcs	18000	420.000	41.000
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	8.077

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Beans, Pinto, Canned 1/2 cup	79014	0.5 cup	500	150.000	25.000
Fruit					
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	20000	60.000	14.000
Dried Fruit, Assorted	78632	1 each	5000	112.500	28.000
Orange Slices, 1/2 cup	78889	0.5 cup	5000	42.300	10.575
Cool Tropic Fruit Slush, Assorted	1227508	1 each	5000	66.667	16.667
Milk					
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	1 each	16000	120.000	23.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Marinara Sauce Cup	78948	1 each	18000	15.000	3.000
Total			20000		
Weighted Daily Average				686.723	97.978
% of Calories					57.07%

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Menu Detail

Date: 09-16-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	1,054.615	206.077
Yami Yogurt w/ Protein Granola & Goldfish Crackers 2M/2G	1586497	1 serving	2000	370.000	54.000
Chicken Corn Dog 2M/2G	78802	1 each	14000	238.000	27.800
Sandwich, Grilled Cheese (ES Foods) 2M/2G	1586505	1 each	4000	360.000	31.000
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	8.077
Corn, Yellow, Canned 1/2 cup	78932	1/2 cup	1000	52.480	11.152
Fruit					
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	20000	60.000	14.000
Dried Fruit, Assorted	78632	1 each	5000	112.500	28.000
Peaches, Sliced, Canned 1/2 cup	78689	1/2 cup	5000	59.991	14.000
Milk					
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	1 each	16000	120.000	23.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Total			20000		
Weighted Daily Average				520.454	80.66
% of Calories					61.992%

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Menu Detail

Date: 09-17-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	1,054.615	206.077
Yami Yogurt w/ Protein Granola & Goldfish Crackers 2M/2G	1586497	1 serving	2000	370.000	54.000
Macaroni and Cheese (#6 Scoop) 2M/1G	78766	1 serving	14000	290.015	32.002
Cocoa Sandwich with String Cheese 2M/1.5G	1291537	1 serving	4000	340.000	31.000
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	8.077
Cucumbers, sliced, 1/2 cup	78772	0.5 cup	500	7.800	1.888
Fruit					
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	20000	60.000	14.000
Dried Fruit, Assorted	78632	1 each	5000	112.500	28.000
Banana, Fresh	78890	1 each	5000	89.890	23.068
Milk					
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	1 each	16000	120.000	23.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Mustard Packet	78839	1 packet	500	5.000	0.000
Chocolate Chip Cookie (Fat Cat) 1G	81803	1 each	14000	148.000	23.800
Total			20000		
Weighted Daily Average				661.509	102.018
% of Calories					61.688%

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Menu Detail

Date: 09-18-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	1,054.615	206.077
Yami Yogurt w/ Protein Granola & Goldfish Crackers 2M/2G	1586497	1 serving	2000	370.000	54.000
Chicken Nuggets, "Zoo Crew" Animal-Shaped 2M/1.25G	78830	1 serving/3 nuggets	18000	218.955	11.943
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	8.077
Seasoned Potato Wedges, 1/2 cup	80897	0.5 cup/8 pieces	18000	130.000	19.000
Tomatoes, Cherry or Grape, 1/2 cup	79132	0.5 cup	500	13.410	2.898
Fruit					
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	20000	60.000	14.000
Dried Fruit, Assorted	78632	1 each	5000	112.500	28.000
Milk					
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	1 each	16000	120.000	23.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Total			20000		
Weighted Daily Average				578.626	78.863
% of Calories					54.518%

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 09-19-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	1,054.615	206.077
Yami Yogurt w/ Protein Granola & Goldfish Crackers 2M/2G	1586497	1 serving	2000	370.000	54.000
Orange Popcorn Chicken w/ White Rice (1/2 cup) 2M/1G	1408914	1 serving	14000	299.876	51.253
Sandwich, Grilled Cheese (IFS) 2M/2G	78850	1 each	4000	309.100	32.800
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	8.077
Fruit					
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	20000	60.000	14.000
Dried Fruit, Assorted	78632	1 each	5000	112.500	28.000
Nectarine, Fresh	78849	1 each	5000	56.760	13.610
Fruit Cup, Assorted	78625	0.5 cup	5000	82.200	19.800
Milk					
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	1 each	16000	120.000	23.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Total			20000		
Weighted Daily Average				570.705	101.732
% of Calories					71.302%

* Indicates missing Nutrient Information.

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Menu Detail

Date: 09-20-2024

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

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Pal	1252730	1 bag	1	1,054.615	206.077
Yami Yogurt w/ Protein Granola & Goldfish Crackers 2M/2G	1586497	1 serving	2000	370.000	54.000
Pizza, Cheese, French Bread, Tony's 2M/2G	78719	1 each	4000	350.000	35.000
Pizza, Pepperoni, French Bread, Tony's 2M/2G	1227496	1 serving	14000	350.000	35.000
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	8.077
Beans, Garbanzo, Canned, 1/2 cup	79028	0.5 cup	5000	105.000	16.992
Fruit					
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	20000	60.000	14.000
Dried Fruit, Assorted	78632	1 each	5000	112.500	28.000
Orange Slices, 1/2 cup	78889	0.5 cup	5000	42.300	10.575
Milk					
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	1 each	16000	120.000	23.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Total			20000		
Weighted Daily Average				616.057	89.334
% of Calories					58.004%

* Indicates missing Nutrient Information.

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Menu Detail

Date: 09-23-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	1,054.615	206.077
Yami Yogurt w/ Protein Granola & Goldfish Crackers 2M/2G	1586497	1 serving	2000	370.000	54.000
Cheesy Pull Apart Bread 2M/2G	78936	1 serving	14000	260.000	29.000
Strawberry Jelly & Wowbutter Sandwich with String Cheese 2M/1G	1596922	1 serving	4000	380.000	25.000
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	8.077
Corn, Yellow, Canned 1/2 cup	78932	1/2 cup	20000	52.480	11.152
Fruit					
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	20000	60.000	14.000
Dried Fruit, Assorted	78632	1 each	5000	112.500	28.000
Mixed Fruit, Canned 1/2 cup	78845	1/2 cup	5000	59.989	14.994
Milk					
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	1 each	16000	120.000	23.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Marinara Sauce Cup	78948	1 each	14000	15.000	3.000
Total			20000		
Weighted Daily Average				600.209	93.243
% of Calories					62.14%

* Indicates missing Nutrient Information.

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Menu Detail

Date: 09-24-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	1,054.615	206.077
Yami Yogurt w/ Protein Granola & Goldfish Crackers 2M/2G	1586497	1 serving	2000	370.000	54.000
"Walking" Beef Taco w/ Doritos Chips 2.5M/2G	1424957	1 serving/#12 scoop meat + chips	14000	365.076	38.095
Cocoa Sandwich with String Cheese 2M/1.5G	1291537	1 serving	4000	340.000	31.000
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	8.077
Jicama sticks, raw, 1/2 cup	78994	0.5 cup	1000	23.000	5.500
Lettuce, Iceberg, Shredded, 1/2 cup	79088	0.5 cup	1000	5.040	1.069
Fruit					
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	20000	60.000	14.000
Dried Fruit, Assorted	78632	1 each	5000	112.500	28.000

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Banana, Fresh	78890	1 each	5000	89.890	23.068
Milk					
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	1 each	16000	120.000	23.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Salsa	78943	1 tablespoon	5000	3.666	0.733
Total			20000		
Weighted Daily Average				612.576	90.087
% of Calories					58.825%

* Indicates missing Nutrient Information.

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Menu Detail

Date: 09-25-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	1,054.615	206.077
Yami Yogurt w/ Protein Granola & Goldfish Crackers 2M/2G	1586497	1 serving	2000	370.000	54.000
Breaded Chicken Fillet w/ Hamburger Bun 4", 2M/3G	1308461	1 serving	14000	390.000	51.000
Sandwich, Grilled Cheese (ES Foods) 2M/2G	1586505	1 each	4000	360.000	31.000
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	8.077
Broccoli, raw, 1/2 cup	80769	0.5 cup	1000	15.470	3.021
Fruit					
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	20000	60.000	14.000
Dried Fruit, Assorted	78632	1 each	5000	112.500	28.000
Apple, Fresh	78919	1 each	5000	52.520	13.948
Grains					
Goldfish Mickey Cheese Crackers 1G	1296634	1 each	20000	100.000	14.000
Milk					
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	1 each	16000	120.000	23.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Pickles	78984	1 serving	5000	1.667	0.000
Total			20000		
Weighted Daily Average				723.552	110.48
% of Calories					61.077%

* Indicates missing Nutrient Information.

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Menu Detail

Date: 09-26-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	1,054.615	206.077
Yami Yogurt w/ Protein Granola & Goldfish Crackers 2M/2G	1586497	1 serving	2000	370.000	54.000
Breaded Popcorn Chicken (10 pcs) 2M/1G	1173755	10 pieces	14000	240.000	18.000
Tortilla Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds 2M/2G	83060	1 serving	4000	570.000	45.000
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	8.077
Fruit					
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	20000	60.000	14.000
Dried Fruit, Assorted	78632	1 each	5000	112.500	28.000
Grapes, Fresh, 1/2 cup	78869	0.5 cup	5000	30.820	7.889
Fruit Cup, Assorted	78625	0.5 cup	5000	82.200	19.800
Milk					
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	1 each	16000	120.000	23.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Brookie Treat, 1G	1480324	1 serving	20000	116.100	19.221

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Total			20000		
Weighted Daily Average				690.587	98.685
% of Calories					57.16%

* Indicates missing Nutrient Information.

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Menu Detail

Date: 09-27-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	1,054.615	206.077
Yami Yogurt w/ Protein Granola & Goldfish Crackers 2M/2G	1586497	1 serving	2000	370.000	54.000
Personal Cheese Pizza (Tony's) 2M/2G	78958	1 each	4000	310.000	31.000
Personal Pepperoni Pizza (Tony's) 2M/2G	78950	1 each	14000	310.000	31.000
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	8.077
Beans, Pinto, Canned 1/2 cup	79014	0.5 cup	500	150.000	25.000
Fruit					
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	20000	60.000	14.000
Dried Fruit, Assorted	78632	1 each	5000	112.500	28.000
Orange Slices, 1/2 cup	78889	0.5 cup	5000	42.300	10.575
Cool Tropic Fruit Slush, Assorted	1227508	1 each	5000	66.667	16.667
Milk					
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	1 each	16000	120.000	23.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Total			20000		
Weighted Daily Average				574.223	86.278
% of Calories					60.1%

* Indicates missing Nutrient Information.

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Menu Detail

Date: 09-30-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	1,054.615	206.077
Yami Yogurt w/ Protein Granola & Goldfish Crackers 2M/2G	1586497	1 serving	2000	370.000	54.000
Chicken Double Dogs 2M/2G	78987	1 each	14000	260.000	31.500
Sandwich, Grilled Cheese (ES Foods) 2M/2G	1586505	1 each	4000	360.000	31.000
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	34.615	8.077
Corn, Yellow, Canned 1/2 cup	78932	1/2 cup	1000	52.480	11.152
Fruit					
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	20000	60.000	14.000
Dried Fruit, Assorted	78632	1 each	5000	112.500	28.000
Peaches, Sliced, Canned 1/2 cup	78689	1/2 cup	5000	59.991	14.000
Milk					
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	1 each	16000	120.000	23.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Total			20000		
Weighted Daily Average				535.854	83.25
% of Calories					62.144%

* Indicates missing Nutrient Information.

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