

Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	
SY23-24 DCPS OT-Grow Comfort Kitchen Spring W1D1 - Day: 1	100																			
Category: Entrée/Combo; May Choose: 1																				
Burger, Veggie, Grillers Prime - SR1796 (1 burger)	70	300.00	10.00	1.00	0.00	0.00	660.00	32.00	33.00	3.00	3.00	22.00	2.20	93.00	0.00(M)	0.00(M)	0.10	222.00	(M)	
CHICKEN-Butter, butter sauce, USDA diced chicken - SR3635 (1/3 c.)	20	125.16	7.31	2.21	0.00	50.85	268.58	3.55	0.45	1.77	0.44	12.45	0.45(M)	8.97(M)	11.22 (M)	0.04(M)	0.09(M)	115.97 (M)	0.00(M)	
FAST Box, Deli Bento, Flatbread, USDA Turkey, USDA Turkey Ham & USDA American - SR3883 (1 Box)	10	301.35	11.52	4.01	0.00	44.21	807.44	30.51	3.00	3.01	1.00(M)	20.05	1.50(M)	30.00 (M)	0.00(M)	0.00(M)	0.50(M)	120.00 (M)	(M)	
Category: Grains; May Choose: 1																				
Rice, brown, oven, steamed - SR1098 (1 c.)	20	234.38	2.07	0.00	0.00	0.00	4.05	49.63	2.76	0.00	0.00	5.51	1.38	4.05	0.00(M)	0.00(M)	0.00	148.87	104.75 (M)	
Category: Garden, Milk, Condiments; May Choose: 1																				
OT-Grow K5 From the Garden (Garden, Milk, Condiments) - SR4069 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Vegetable; May Choose: 1																				
S - Potato, wedges, skin-on, country-style, 8-cut, ORE-IDA - SR1029 (1/2 c.)	60	111.75	3.73	0.47	0.00	4.66	130.38	18.63	1.86	0.00	0.00	1.86	0.37	9.31	0.00(M)	0.00(M)	0.00	214.19	(M)	
Salad, garden, side, mixed greens, cucumber, tomato, carrots - SR1429 (1 c.)	40	20.07	0.13	0.02	0.00	0.00	25.59	4.25	1.38	1.86	0.00	1.10	0.83	28.83	4017.42 (M)	6.87(M)	0.00	238.65	50.81 (M)	
Category: Condiment; May Choose: 2																				
Burger Topping, Lettuce, Tomato, Pickle - SR2640 (1 serving)	30	4.54	0.05	0.01	0.00	0.00	157.91	0.97	0.35	0.65	0.00(M)	0.26	0.10	4.36	183.59	2.04	0.00(M)	51.91 (M)	10.58 (M)	
Ketchup, Heinz 1.5 gallon dispenser pack - SR1004 (1 pump)	30	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	
Mustard, Heinz 1.5 gallon dispenser pack - SR1603 (1 pump)	30	0.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	
SY23-24 DCPS OT-Grow Garden Bar Spring W1D1 - Day: 1	Menu Bar																			

Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Category: Fruit; May Choose: 1																			
Apple, fresh, sliced, unpeeled, ready-to-serve, 125 ct (treated with pineapple juice) - SR3795 (1/2 c.)	75	31.15	0.10	0.02	0.00	0.00	0.63	8.23	1.36	6.20	0.00(M)	0.16	0.08	3.84	30.59	2.94	0.00	64.83	51.22
Tangerines, (mandarin oranges), raw, whole, 150 CT - SR3520 (1 ea.)	50	39.64	0.23	0.03	0.00	0.00	1.50	9.98	1.35	7.91	(M)	0.61	0.11	27.68	509.39	19.97	0.00	124.17	63.71
Category: Vegetable; May Choose: 2																			
O - Cucumbers, unpared, 1/4-inch sliced, ready-to-serve - SR1013 (1/2 c.)	100	9.22	0.07	0.02	0.00	0.00	1.23	2.23	0.31	1.03	0.00	0.40	0.17	9.84	64.54	1.72	0.00	90.36	58.54
Salad, super, side, Romaine, tomatoes, carrots, corn, black beans - SR1979 (1 c.)	50	50.68	0.39	0.04	0.00	0.00	34.45	10.57	2.70	2.36	0.00	2.35	0.77	26.03	4690.00 (M)	5.95(M)	0.00	288.31	76.89 (M)
Category: Milk; May Choose: 1																			
Lactaid Milk - SMR1943 (1 Half Pint)	60	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	100	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	0.00	8.22	0.07	305.00	478.24	0.00	2.93	366.00	(M)
Regional Milk, White, Skim - SR1002 (1 Half Pint)	100	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	0.00	8.26	0.07	298.90	499.80	0.00	2.94	382.20	(M)
Soy Milk - SMR1719 (1 ea.)	60	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00(M)	0.00(M)	2.50	350.00	(M)
Category: Condiment; May Choose: 1																			
Dressing, Italian Salad, fat free - SR1489 (1 tbsp.)	10	15.00	0.00	0.00	0.00	0.00	175.00	4.00	0.00	1.00	1.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)
Dressing, Ranch, Heinz 1.5 gallon dispenser pack - SR1931 (1 pump)	10	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)
SY23-24 DCPS OT-Grow Comfort Kitchen Spring W1D2 - Day: 2																			
Category: Entrée/Combo; May Choose: 1																			
FAST Salad, Chef-USDA Turkey, USA Turkey Ham & USDA Cheddar Cheese, CF Egg - SR3875 (1 salad)	20	224.83	12.11	5.35	0.00	205.19	412.09	9.83	2.23	5.99	0.00(M)	21.22	1.75(M)	262.57 (M)	2424.63 (M)	14.17 (M)	1.10(M)	200.89 (M)	55.03 (M)

Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Grilled Cheese Sandwich, classic, American, whole grain - SR1108 (1 sandwich)	60	360.00	20.00	10.00	0.00	50.00	859.99	30.00	2.00	4.00	2.00(M)	16.00	2.00(M)	42.00 (M)	0.00(M)	0.00(M)	0.00(M)	114.00 (M)	(M)
Spaghetti with Meat Sauce, whole wheat, beef crumble, Panko - SR1370 (1 serving)	20	311.87	10.06	3.38	0.00	37.94	620.18	40.23	7.99	7.56	2.50(M)	19.15	221.12	76.61	0.00(M)	0.00(M)	0.00(M)	819.42 (M)	46.93 (M)
Category: Grains; May Choose: 1																			
Garlic Knot, Ripstick - SR1255 (2 roll.)	40	221.25	8.11	0.45	0.00	0.00	191.69	30.03	4.33	4.07	4.00	6.45	1.93	26.43	0.00(M)	0.00(M)	0.60	133.77	0.19(M)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Grow K5 From the Garden (Garden, Milk, Condiments) - SR4069 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Vegetable; May Choose: 1																			
French Fries, Sweet Potato, Deep Groove Crinkle, Harvest Splendor - SR3936 (1/2 c.)	60	169.47	6.98	1.00	0.00	0.00	259.20	24.92	1.00	7.97	0.50	1.00	0.40	29.91	0.00(M)	0.00(M)	0.00	279.13	(M)
O - Parmesan Green Beans, green beans, Parmesan - SR1144 (1/2 c.)	40	41.90	2.35	0.32	0.00	0.71	13.66	5.18	2.32	1.45	0.00(M)	1.30	0.51	38.91	323.25 (M)	3.23(M)	0.00	124.89	70.63 (M)
Category: Condiment; May Choose: 1																			
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	10	3.33	0.25	0.17	0.00	0.83	15.00	0.17	0.00	0.00	0.00	0.17	0.00	7.17	(M)	(M)	0.00	1.67	(M)
SY23-24 DCPS OT-Grow Garden Bar Spring W1D2 - Day: 2	Menu Bar																		
Category: Fruit; May Choose: 1																			
Applesauce, canned, unsweetened - SR1195 (1/2 c.)	40	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)
F - Oranges, fresh, slices, unpeeled - SR1172 (6 slice or w)	75	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28
Category: Vegetable; May Choose: 2																			
DG - Broccoli, fresh florets, trimmed, ready-to-serve - SR1027 (1/2 c.)	75	10.84	0.12	0.01	0.00	0.00	10.53	2.12	0.83	0.54	0.00	0.90	0.23	14.99	198.70	28.45	0.00	100.78	(M)

Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Salad, super, side, Romaine, tomatoes, carrots, corn, black beans - SR1979 (1 c.)	50	50.68	0.39	0.04	0.00	0.00	34.45	10.57	2.70	2.36	0.00	2.35	0.77	26.03	4690.00 (M)	5.95(M)	0.00	288.31	76.89 (M)
Category: Milk; May Choose: 1																			
Lactaid Milk - SMR1943 (1 Half Pint)	60	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	100	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	0.00	8.22	0.07	305.00	478.24	0.00	2.93	366.00	(M)
Regional Milk, White, Skim - SR1002 (1 Half Pint)	100	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	0.00	8.26	0.07	298.90	499.80	0.00	2.94	382.20	(M)
Soy Milk - SMR1719 (1 ea.)	60	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00(M)	0.00(M)	2.50	350.00	(M)
Category: Condiment; May Choose: 1																			
Dressing, Italian Salad, fat free - SR1489 (1 tbsp.)	10	15.00	0.00	0.00	0.00	0.00	175.00	4.00	0.00	1.00	1.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)
Dressing, Ranch, Heinz 1.5 gallon dispenser pack - SR1931 (1 pump)	10	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)
SY23-24 DCPS OT-Grow Comfort Kitchen Spring W1D3 - Day: 3	100																		
Category: Entrée/Combo; May Choose: 1																			
Bean & Cheese de Chile Relleno Burrito - SMR1890 (7 2/3 oz.)	15	404.17	14.66	6.40	0.00	20.98	692.29	52.04	8.09	1.95	0.00	17.12	3.64	316.57	536.85	36.79	0.00	564.18	103.84
Cheeseburger, 2.4 oz beef, soy, mushroom patty, American, hamburger roll - SR1055 (1 burger)	65	345.00	13.50	5.50	0.00	37.50	575.00	30.00	2.00	3.50	3.00(M)	20.50	2.60(M)	82.30 (M)	1.00(M)	0.50(M)	0.00(M)	92.00 (M)	(M)
FAST Salad, Chicken Caesar-USDA Diced Chicken, Parmesan, Romaine, bulk croutons - SR3572 (1 salad)	20	164.21	6.89	1.46	0.00	49.09	396.38	10.09	2.39	1.36	0.00	15.83	1.44(M)	102.60 (M)	9923.65 (M)	4.56(M)	0.00(M)	307.74 (M)	120.57 (M)
Category: Grains; May Choose: 1																			
Breadstick, Ripstick, whole grain, 1.2 oz - SR1044 (1 breadstick)	20	80.00	1.00	0.00	0.00	0.00	95.00	14.00	2.00	2.00	2.00	3.00	0.80	10.00	0.00(M)	0.00(M)	0.30	50.00	(M)
Category: Garden, Milk, Condiments; May Choose: 1																			

Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
OT-Grow K5 From the Garden (Garden, Milk, Condiments) - SR4069 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Vegetable; May Choose: 1																			
Baked Plantains - SR3711 (4 oz.)	40	292.02	10.37	1.31	0.01	0.00	363.85	49.15	1.99	41.80	4.26	0.95	1.04	17.47	0.00(M)	0.02(M)	0.00	644.09	4.17(M)
DG/O - Broccoli and Carrots, roasted - SR2023 (1/2 c.)	60	85.04	7.11	0.52	0.00	0.00	14.84	4.95	2.53	1.56	0.00(M)	2.43	0.49	28.07	2343.02(M)	30.87(M)	0.00(M)	30.24(M)	76.93(M)
Category: Condiment; May Choose: 2																			
Burger Topping, Lettuce, Tomato, Pickle - SR2640 (1 serving)	60	4.54	0.05	0.01	0.00	0.00	157.91	0.97	0.35	0.65	0.00(M)	0.26	0.10	4.36	183.59	2.04	0.00(M)	51.91(M)	10.58(M)
Ketchup, Heinz 1.5 gallon dispenser pack - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)
Mustard, Heinz 1.5 gallon dispenser pack - SR1603 (1 pump)	10	0.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)
SY23-24 DCPS OT-Grow Garden Bar Spring W1D3 - Day: 3	Menu Bar																		
Category: Fruit; May Choose: 1																			
Blueberries, wild, frozen - SR2872 (1/2 c.)	75	39.34	0.00	0.00	0.00	0.00	0.00	8.85	2.95	4.92	0.00	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
C - Pears, canned, diced, packed in juice, drained - SR1194 (1/2 c.)	40	57.40	0.00	0.00	0.00	0.00	4.78	15.31	1.91	10.52	0.00	0.00	0.19	11.48	0.00(M)	0.00(M)	0.00	109.06	(M)
Category: Vegetable; May Choose: 2																			
RO - Carrots, baby-cut, ready-to-serve (1/2c = 1/2c veg) - SR1016 (1/2 c.)	100	25.40	0.09	0.02	0.00	0.00	56.61	5.98	2.10	3.46	0.00	0.46	0.65	23.22	10008.06	1.89	0.00	172.00	(M)
Salad, super, side, Romaine, tomatoes, carrots, corn, black beans - SR1979 (1 c.)	50	50.68	0.39	0.04	0.00	0.00	34.45	10.57	2.70	2.36	0.00	2.35	0.77	26.03	4690.00(M)	5.95(M)	0.00	288.31	76.89(M)
Category: Milk; May Choose: 1																			
Lactaid Milk - SMR1943 (1 Half Pint)	60	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	100	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	0.00	8.22	0.07	305.00	478.24	0.00	2.93	366.00	(M)
Regional Milk, White, Skim - SR1002 (1 Half Pint)	100	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	0.00	8.26	0.07	298.90	499.80	0.00	2.94	382.20	(M)

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
Soy Milk - SMR1719 (1 ea.)	60	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00(M)	0.00(M)	2.50	350.00	(M)
Category: Condiment; May Choose: 1																			
Dressing, Italian Salad, fat free - SR1489 (1 tbsp.)	10	15.00	0.00	0.00	0.00	0.00	175.00	4.00	0.00	1.00	1.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)
Dressing, Ranch, Heinz 1.5 gallon dispenser pack - SR1931 (1 pump)	10	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)
SY23-24 DCPS OT-Grow Comfort Kitchen Spring W1D4 - Day: 4																			
Category: Entrée/Combo; May Choose: 1																			
Chicken, Breaded Drumstick, Tyson - SR3363 (1 pcs.)	40	220.00	13.00	3.00	0.00	60.00	530.00	6.00	1.00	0.00	0.00	19.00	1.00	14.00	0.00(M)	0.00(M)	0.00	310.00	(M)
Pasta & Colorful Marinara - FP - SMR2185 (12 oz.)	20	321.92	2.05	0.25	0.00	0.00	347.71	60.18	13.52	9.86	0.85(M)	16.39	4.75	143.40	1820.13 (M)	10.75 (M)	0.43(M)	1251.13 (M)	47.90 (M)
Sunbutter & Jelly Sandwich, whole grain bread, sunbutter, grape jelly, RECIPE - SR1062 (1 sandwich)	40	570.81	35.68	3.96	0.00	0.00	557.74	48.76	5.96	17.83	14.11	19.87	4.77	85.59	0.00(M)	0.00(M)	0.00	526.09	(M)
Category: Grains; May Choose: 1																			
Garlic Knot, Ripstick - SR1255 (1 roll.)	20	110.63	4.05	0.22	0.00	0.00	95.85	15.02	2.17	2.03	2.00	3.23	0.96	13.22	0.00(M)	0.00(M)	0.30	66.89	0.09(M)
Macaroni and Cheese, whole wheat, basic - SR1137 (1/3 c.)	40	191.72	10.63	5.32	0.00	27.50	438.32	17.18	2.03	2.03	0.00(M)	10.01	0.95	230.81	11.39 (M)	0.00(M)	0.07(M)	300.78 (M)	21.47 (M)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Grow K5 From the Garden (Garden, Milk, Condiments) - SR4069 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Vegetable; May Choose: 1																			
Braised Collard Greens, IQF - SR3752 (4 oz.)	50	139.40	8.67	0.65	0.00	0.09	755.11	12.51	5.00	2.33	0.29	3.44	1.33	245.77	0.98(M)	3.62(M)	0.05	424.01	135.93 (M)
Salad, Caesar, side, traditional - SR1428 (1 c.)	50	169.64	15.79	3.27	0.00	13.75	324.54	5.58	1.19	0.68	0.00	2.95	0.55	52.96	4938.49 (M)	2.27(M)	0.00	153.55	53.64 (M)
SY23-24 DCPS OT-Grow Garden Bar Spring W1D4 - Day: 4																			
Category: Fruit; May Choose: 1																			

Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
Bananas, fresh, petite or regular - SR1166 (1 medium (7"))	60	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)
F - Oranges, fresh, slices, unpeeled - SR1172 (6 slice or w)	40	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28
Category: Vegetable; May Choose: 2																			
O - Celery Sticks, fresh, 1/2-inch by 4-inch, ready-to-serve - SR1014 (6 stick.)	100	10.34	0.11	0.03	0.00	0.00	51.71	1.92	1.03	0.87	0.00	0.45	0.13	25.86	290.23	2.00	0.00	168.06	61.68
Salad, super, side, Romaine, tomatoes, carrots, corn, black beans - SR1979 (1 c.)	60	50.68	0.39	0.04	0.00	0.00	34.45	10.57	2.70	2.36	0.00	2.35	0.77	26.03	4690.00 (M)	5.95(M)	0.00	288.31	76.89 (M)
Category: Milk; May Choose: 1																			
Lactaid Milk - SMR1943 (1 Half Pint)	60	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	100	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	0.00	8.22	0.07	305.00	478.24	0.00	2.93	366.00	(M)
Regional Milk, White, Skim - SR1002 (1 Half Pint)	100	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	0.00	8.26	0.07	298.90	499.80	0.00	2.94	382.20	(M)
Soy Milk - SMR1719 (1 ea.)	60	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00(M)	0.00(M)	2.50	350.00	(M)
Category: Condiment; May Choose: 1																			
Dressing, Italian Salad, fat free - SR1489 (1 tbsp.)	10	15.00	0.00	0.00	0.00	0.00	175.00	4.00	0.00	1.00	1.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)
Dressing, Ranch, Heinz 1.5 gallon dispenser pack - SR1931 (1 pump)	10	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)
SY23-24 DCPS OT-Grow Comfort Kitchen Spring W1D5 - Day: 5																			
Category: Entrée/Combo; May Choose: 1																			
Barbecue Chicken Sandwich, Koch diced - SR1121 (1 sandwich)	40	285.03	4.27	0.76	0.00	56.76	894.66	34.55	2.00	10.33	9.11	24.92	1.45	53.00	0.00(M)	0.00(M)	0.00	92.00	0.00(M)
Pizza, Cheese, 10-cut, Big Daddy's Bold 16-inch - SR2073 (1 slice)	50	320.00	12.80	5.60	0.00	28.00	352.00	34.40	3.20	5.60	0.80	15.20	1.92	272.80	320.00	0.00	0.00	374.40	(M)
Sandwich, Turkey, American, hamburger roll - SR1061 (1 sandwich)	10	370.00	15.50	6.00	0.00	70.00	900.00	28.00	2.00	4.00	3.00(M)	28.00	1.40(M)	53.00 (M)	0.00(M)	0.00(M)	0.00(M)	372.00 (M)	(M)

Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Grow K5 From the Garden (Garden, Milk, Condiments) - SR4069 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Vegetable; May Choose: 1																			
DG/RO - Broccoli and Red Peppers, roasted - SR2024 (1/2 c.)	60	85.72	6.65	0.48	0.00	0.00	9.07	5.83	2.82	2.49	0.00(M)	2.51	0.57	25.46	1795.72 (M)	72.45 (M)	0.00(M)	73.47 (M)	95.42 (M)
Mexican Corn, Mexican seasoning - SMR1927 (1 c.)	40	105.88	1.02	0.16	0.03	0.00	2.67	24.79	3.27	4.22	0.34	3.31	0.92	12.19	238.80 (M)	4.20(M)	0.00	316.65	92.78
SY23-24 DCPS OT-Grow Garden Bar Spring W1D5 - Day: 5		Menu Bar																	
Category: Fruit; May Choose: 1																			
Applesauce, canned, unsweetened - SR1195 (1/2 c.)	50	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)
Red Seedless Grapes - SR1496 (1/2 c.)	50	59.63	0.14	0.05	0.00	0.00	1.73	15.64	0.78	13.38	0.00	0.62	0.31	8.64	57.04	2.77	0.00	165.07	69.61
Category: Vegetable; May Choose: 2																			
Salad, super, side, Romaine, tomatoes, carrots, corn, black beans - SR1979 (1 c.)	50	50.68	0.39	0.04	0.00	0.00	34.45	10.57	2.70	2.36	0.00	2.35	0.77	26.03	4690.00 (M)	5.95(M)	0.00	288.31	76.89 (M)
ST - Peas, Chilled, frozen, cooked & cooled - SR2483 (1/2 c.)	100	75.13	0.26	0.05	0.00	0.00	68.04	13.51	4.25	4.16	0.00(M)	4.87	1.44	22.68	1984.47	9.36	0.00	103.95	75.13
Category: Milk; May Choose: 1																			
Lactaid Milk - SMR1943 (1 Half Pint)	60	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	100	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	0.00	8.22	0.07	305.00	478.24	0.00	2.93	366.00	(M)
Regional Milk, White, Skim - SR1002 (1 Half Pint)	100	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	0.00	8.26	0.07	298.90	499.80	0.00	2.94	382.20	(M)
Soy Milk - SMR1719 (1 ea.)	60	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00(M)	0.00(M)	2.50	350.00	(M)
Category: Condiment; May Choose: 1																			
Dressing, Italian Salad, fat free - SR1489 (1 tbsp.)	10	15.00	0.00	0.00	0.00	0.00	175.00	4.00	0.00	1.00	1.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)

Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	
Dressing, Ranch, Heinz 1.5 gallon dispenser pack - SR1931 (1 pump)	10	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	0.00	(M)