

# 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)	
<b>SY23-24 DCPS OT-Grow Comfort Kitchen Spring W4D1 - Day: 1</b>	100																			
<b>Category: Entrée/Combo; May Choose: 1</b>																				
BST, Beef, Nachos, JTM Beef, JTM Cheddar Cheese Sauce - SR2680 (1 nacho)	50	401.04	21.66	7.66	0.00	44.37	768.97	37.02	4.25	2.06	0.00	17.13	1.82	285.31	0.00(M)	0.00(M)	0.00	291.24	0.00(M)	
Burger, Veggie, Grillers Prime - SR1796 (1 burger)	20	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)	
Sunbutter & Jelly Sandwich, whole grain bread, sunbutter, grape jelly, RECIPE - SR1062 (1 sandwich)	30	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)	
<b>Category: Garden, Milk, Condiments; May Choose: 1</b>																				
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)
<b>Category: Vegetable; May Choose: 1</b>																				
BP/O - Mexican Black Beans, onion, pepper, jalapeno, cilantro - SR1026 (1/2 c.)	50	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34 (M)	8.17(M)	0.00	276.23	34.76 (M)	
Moroccan Spiced Carrots - SR2588 (1/2 c.)	20	118.81	10.10	0.79	0.00(M)	0.00	126.93	7.99	3.36	3.99(M)	0.00(M)	0.72	0.92	42.68	16497.88(M)	4.30(M)	0.00(M)	195.08 (M)	87.96 (M)	
<b>Category: Condiment; May Choose: 2</b>																				
Burger Topping, Lettuce, Tomato, Pickle - SR2640 (1 serving)	10	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)	10	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)	
<b>SY23-24 DCPS OT-Grow Garden Bar Spring W4D1 - Day: 1</b>	Menu Bar																			
<b>Category: Fruit; May Choose: 1</b>																				
Apple, fresh, sliced, unpeeled, ready-to-serve, 125 ct (treated with pineapple juice) - SR3795 (1/2 c.)	60	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	

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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)	Mois (g)
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)
<b>Category: Vegetable; May Choose: 2</b>																			
DG - Broccoli, fresh florets, trimmed, ready-to-serve - SR1027 (1/2 c.)	50	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)
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)
<b>Category: Milk; May Choose: 1</b>																			
Lactaid Milk - SMR1943 (1 Half Pint)	50	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.)	50	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)
<b>Category: Condiment; May Choose: 1</b>																			
Dressing, Italian Salad, fat free - SR1489 (1 tbsp.)	25	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)	25	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)
<b>SY23-24 DCPS OT-Grow Comfort Kitchen Spring W4D2 - Day: 2</b>	100																		
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Chicken Nuggets, Tyson - SR1367 (5 nugget)	50	239.93	14.00	2.50	0.00	24.99	439.88	16.00	3.00	1.00	0.00	14.00	1.90	29.99	0.00(M)	0.00(M)	0.10	599.84	0.00(M)
FAST Parfait, Strawberry Banana, 12oz, Strawberry Yogurt, Bananas, Strawberries, Granola - SR1737 (1 parfait)	25	546.75	10.72	1.79	0.04	4.00	301.19	102.88	5.43	61.93	35.37(M)	11.73	1.55	267.79	279.30(M)	29.66(M)	3.87	629.59	46.66(M)
Sloppy Joe Sandwich, Plant, BAF Crumbles - SR3971 (1 sandwich)	25	257.39	5.45	2.20	0.00	0.00	670.46	34.31	3.92	7.61	5.68(M)	16.78	3.32	69.36	1268.57(M)	9.45(M)	0.00(M)	199.62(M)	42.49(M)
<b>Category: Grains; May Choose: 1</b>																			

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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)
Breadstick, Ripstick, whole grain, 1.2 oz - SR1044 (1 breadstick)	50	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)
<b>Category: Garden, Milk, Condiments; May Choose: 1</b>																			
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)
<b>Category: Vegetable; May Choose: 1</b>																			
O - Celery Sticks, fresh, 1/2-inch by 4-inch, ready-to-serve - SR1014 (6 stick.)	20	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
S - Tater Tots, potato, ORE-IDA - SR1450 (1/2 c.)	50	110.70	6.04	1.01	0.00	0.00	311.98	14.09	1.01	1.01	0.00	1.01	0.20	10.06	0.00(M)	0.00(M)	0.00	211.34	(M)
<b>Category: Condiment; May Choose: 1</b>																			
Dressing, Ranch, Heinz 1.5 gallon dispenser pack - SR1931 (1 pump)	15	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)
Ketchup, Heinz 1.5 gallon dispenser pack - SR1004 (1 pump)	15	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)
Sauce, barbecue, bulk - SR1008 (1 tbsp.)	15	15.14	0.00	0.00	0.00	0.00	237.21	3.53	0.00	3.03	2.52	0.00	0.00	0.00	(M)	0.00	0.00	0.00	(M)
<b>SY23-24 DCPS OT-Grow Garden Bar Spring W4D2 - Day: 2</b>	Menu Bar																		
<b>Category: Fruit; May Choose: 1</b>																			
Blueberries, wild, frozen - SR2872 (1/2 c.)	40	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)
Strawberries, USDA, Whole IQF, Unsweetened - SR3043 (1/2 c.)	60	27.15	0.00	0.00	0.00	0.00	0.00	6.52	1.09	3.26	0.00	0.33	0.54	10.86	(M)	(M)	0.00	108.60	(M)
<b>Category: Vegetable; May Choose: 2</b>																			
O - Celery Sticks, fresh, 1/2-inch by 4-inch, ready-to-serve - SR1014 (6 stick.)	5	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.)	5	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)
<b>Category: Milk; May Choose: 1</b>																			

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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)	Mois (g)
Lactaid Milk - SMR1943 (1 Half Pint)	10	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)	40	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)	40	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.)	10	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)
<b>Category: Condiment; May Choose: 1</b>																			
Dressing, Italian Salad, fat free - SR1489 (1 tbsp.)	5	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)	5	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 W4D3 - Day: 3		100																	
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Breadsticks, Mozzarella Stuffed, Beacon Street Cafe - SR1625 (2 breadstick)	50	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)
Lo Mein, vegetable, WG Yakisoba noodle - SR3864 (2/3 c.)	30	171.26	0.92	0.11	0.02	0.17	446.45	34.89	1.90	9.07	8.47	5.39	1.97	8.84	1569.68 (M)	1.19(M)	0.07	158.05	20.24 (M)
Sandwich, Turkey, American, hamburger roll - SR1061 (1 sandwich)	20	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)
<b>Category: Meat/MA; May Choose: 1</b>																			
Tofu, Tossable Cubes, Sweet & Sour - SR4076 (3/4 c.)	30	255.97	13.36	2.95	0.00	0.09	52.05	12.99	2.98	7.21	7.21	24.99	2.94	161.69	0.00(M)	0.00(M)	0.02	196.69	0.00(M)
<b>Category: Garden, Milk, Condiments; May Choose: 1</b>																			
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)
<b>Category: Vegetable; May Choose: 1</b>																			
DG - Broccoli, roasted, seasoned, from frozen - SR1852 (1/2 c.)	25	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38 (M)	37.89 (M)	0.00(M)	5.74(M)	85.76 (M)

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HS Corn, frozen, whole kernel, heated - SMR1552 (1 c.)	75	68.89	0.57	0.09	0.00	0.00	0.85	16.41	2.04	2.61	0.00	2.17	0.40	2.55	169.25	2.98	0.00	198.16	65.49
<b>Category: Condiment; May Choose: 1</b>																			
RO - Spaghetti Sauce - SR2220 (1/4 c.)	50	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)
<b>SY23-24 DCPS OT-Grow Garden Bar Spring W4D3 - Day: 3</b>		Menu Bar																	
<b>Category: Fruit; May Choose: 1</b>																			
Blueberries, wild, frozen - SR2872 (1/2 c.)	50	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)
F - Oranges, fresh, slices, unpeeled - SR1172 (6 slice or w)	50	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
<b>Category: Vegetable; May Choose: 2</b>																			
Beans, pinto, low sodium,USDA, canned, drained, ready-to-serve - SR3314 (1/2 c.)	50	118.51	1.21	0.00	0.00	0.00	169.30	21.77	7.26	1.21	(M)	7.26	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	0.00(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)
<b>Category: Milk; May Choose: 1</b>																			
Lactaid Milk - SMR1943 (1 Half Pint)	50	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.)	50	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)
<b>Category: Condiment; May Choose: 1</b>																			
Dressing, Italian Salad, fat free - SR1489 (1 tbsp.)	25	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)	25	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)
<b>SY23-24 DCPS OT-Grow Comfort Kitchen Spring W4D4 - Day: 4</b>		100																	

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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)	Mois (g)
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Chili con Carne, beef crumble, chili starter mix - SR1379 (1 c.)	30	216.79	5.62	1.95	0.00	22.27	585.25	29.44	7.84	6.20	0.00(M)	14.36	131.22	81.04	3483.01 (M)	38.83 (M)	0.00(M)	747.40	193.85 (M)
FAST Wrap, Chicken Caesar, USDA Diced, Romaine, 10-inch Tortilla - SR2557 (1 wrap)	20	441.68	23.67	6.52	0.00	57.00	680.56	37.34	5.20	3.68	0.00	19.70	1.55(M)	148.80 (M)	4961.83 (M)	2.28(M)	0.00(M)	222.71 (M)	53.90 (M)
Grilled Cheese Sandwich, Three Cheese Caprese, USDA American, USDA mozzarella, tomato - SR3384 (1 sandwich)	50	390.30	20.80	9.17	0.00	46.22	890.80	32.67	3.31	3.98	2.00(M)	19.83	2.17(M)	260.27 (M)	149.17 (M)	2.46(M)	0.00(M)	177.66 (M)	16.95 (M)
<b>Category: Grains; May Choose: 1</b>																			
Breadstick, Ripstick, whole grain, 1.2 oz - SR1044 (2 breadstick)	30	160.00	2.00	0.00	0.00	0.00	190.00	28.00	4.00	4.00	4.00	6.00	1.60	20.00	0.00(M)	0.00(M)	0.60	100.00	(M)
<b>Category: Garden, Milk, Condiments; May Choose: 1</b>																			
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)
<b>Category: Vegetable; May Choose: 1</b>																			
French fries, potato, crinkle-cut, 3/8-inch, McCain - SR2496 (1/2 c.)	70	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)
ST - Peas, frozen, heated - SR2335 (1/2 c.)	30	75.92	0.26	0.05	0.00	0.00	68.75	13.66	4.30	4.20	0.00(M)	4.92	1.45	22.92	2005.36	9.45	0.00	105.04	75.92
<b>Category: Condiment; May Choose: 1</b>																			
Cheese, shredded, cheddar, Reduced Fat, USDA - SR3010 (1/2 oz.)	20	45.00	3.00	1.75	0.00	10.00	90.00	0.50	0.00	0.00	0.00	4.00	0.00	100.00	(M)	(M)	0.05	10.00	(M)
<b>SY23-24 DCPS OT-Grow Garden Bar Spring W4D4 - Day: 4</b>	Menu Bar																		
<b>Category: Fruit; May Choose: 1</b>																			
Apple, fresh, sliced, unpeeled, ready-to-serve, 125 ct (treated with pineapple juice) - SR3795 (1/2 c.)	50	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

# 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)
Mandarin Oranges, In Pear Juice - SR3751 (1/2 c.)	50	132.68	1.20	0.00	0.00	0.00	6.39	31.94	1.72	31.94	(M)	1.20	0.25	15.97	(M)	(M)	(M)	(M)	0.00(M)
<b>Category: Vegetable; May Choose: 2</b>																			
RO - Carrots, baby-cut, ready-to-serve (1/2c = 1/2c veg) - SR1016 (1/2 c.)	50	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)
<b>Category: Milk; May Choose: 1</b>																			
Lactaid Milk - SMR1943 (1 Half Pint)	50	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.)	50	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)
<b>Category: Condiment; May Choose: 1</b>																			
Dressing, Italian Salad, fat free - SR1489 (1 tbsp.)	25	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)	25	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)
<b>SY23-24 DCPS OT-Grow Comfort Kitchen Spring W4D5 - Day: 5</b>	100																		
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Baked Potato with Broccoli and Cheese - SR1328 (1 potato)	40	416.03	23.40	10.65	0.00	52.98	650.45	34.27	4.59	3.26	0.00(M)	18.63	1.76	453.35	491.49(M)	30.40(M)	0.20(M)	320.62(M)	145.13(M)
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)
Salad, Fiesta, K5, beef taco - SR1111 (1 salad)	20	147.75	5.47	2.57	0.00	25.25	279.72	13.07	3.92	3.13	0.00	12.85	2.38	164.99	2751.32(M)	5.87(M)	0.05	379.07	39.42(M)
<b>Category: Grains; May Choose: 1</b>																			
Dinner Roll, Richs WG 1.25 oz - SR1010 (1 roll.)	20	80.00	1.50	0.00	0.00	0.00	65.00	14.00	2.00	2.00	2.00	3.00	0.80	10.00	0.00(M)	0.00(M)	0.40	50.00	(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)
<b>Category: Garden, Milk, Condiments; May Choose: 1</b>																			
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)
<b>Category: Vegetable; May Choose: 1</b>																			
Blue Ribbon Slaw, cabbage, slaw juice, carrots, onion (1/2c = 1/2c other veg) , Recipe - SMR1762 (1/2 c.)	50	41.82	0.15	0.03	0.00	0.00	113.85	10.28	1.51	8.05	6.24	0.76	0.52	27.65	1697.14 (M)	15.19 (M)	0.00(M)	120.36 (M)	57.15 (M)
Broccoli, frozen cut or chopped, heated, drained - SR1028 (1/2 c.)	50	26.46	0.11	0.02	0.00	0.00	11.13	5.06	2.83	1.39	0.00(M)	2.93	0.58	31.92	955.38	37.89	0.00(M)	0.25(M)	84.77
<b>Category: Condiment; May Choose: 1</b>																			
Tartar Sauce, mayonnaise, relish, lemon juice - SR2615 (1 tbsp.)	15	39.34	3.60	0.80	0.00	4.00	100.36	1.51	0.01	0.64	0.00(M)	0.01	0.00	0.09	0.00(M)	0.00(M)	0.00(M)	1.62(M)	0.00(M)
<b>SY23-24 DCPS OT-Grow Garden Bar Spring W4D5 - Day: 5</b>		Menu Bar																	
<b>Category: Fruit; May Choose: 1</b>																			
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)
F - Oranges, fresh, slices, unpeeled - SR1172 (6 slice or w)	50	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
<b>Category: Vegetable; May Choose: 2</b>																			
Potato Salad, Scratch - SR3966 (1/2 c.)	50	151.64	0.89	0.20	0.00	0.75	58.88	32.16	3.58	2.01	0.00(M)	3.94	1.60	29.13	143.52 (M)	17.28 (M)	0.00(M)	24.65 (M)	116.65 (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)
<b>Category: Milk; May Choose: 1</b>																			
Lactaid Milk - SMR1943 (1 Half Pint)	50	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)



# 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)
Soy Milk - SMR1719 (1 ea.)	50	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)
<b>Category: Condiment; May Choose: 1</b>																			
Dressing, Italian Salad, fat free - SR1489 (1 tbsp.)	25	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)	25	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)