

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 W5D1 - Day: 1	100																			
Category: Entrée/Combo; May Choose: 1																				
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)	
Parmesan Chicken, Tyson patty+ USDA Mozz - SR3148 (1 patty)	20	279.15	14.62	2.78	0.00	26.27	588.11	22.63	4.33	4.82	1.43(M)	15.90	2.48	136.91	90.40 (M)	0.00(M)	0.10(M)	832.04 (M)	(M)	
Pizza, Cheese, 10-cut, Big Daddy's Bold 16-inch - SR2073 (1 slice)	60	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)	
Category: Grains; May Choose: 1																				
Spaghetti and Tomato Sauce, whole wheat - SR1660 (2/3 c.)	20	136.92	4.56	2.08	0.00	10.12	208.11	18.08	3.11	3.54	0.95	7.27	1.03	146.20	0.00(M)	0.00(M)	0.07	276.22	23.46 (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																				
Cauliflower, florets, seasoned, roasted - SR1039 (1/2 c.)	20	50.13	3.72	0.35	0.00	0.00	72.02	4.03	1.55	1.45	0.00	1.51	0.35	17.14	0.00(M)	36.44 (M)	0.00	27.27	69.63 (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: 1																				
Dressing, Ranch, Heinz 1.5 gallon dispenser pack - SR1931 (1 pump)	40	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 Garden Bar Spring W5D1 - Day: 1	Menu Bar																			
Category: Fruit; May Choose: 1																				
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	
Strawberries, USDA, Whole IQF, Unsweetened - SR3043 (1/2 c.)	50	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)	

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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)
Category: Vegetable; May Choose: 2																			
RO - Carrots, baby-cut, ready-to-serve (1/2c = 1/2c veg) - SR1016 (1/2 c.)	5	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.)	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)
Category: Milk; May Choose: 1																			
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)
Category: Condiment; May Choose: 1																			
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 W5D2 - Day: 2																			
Category: Entrée/Combo; May Choose: 1																			
Quesadilla, Cheddar Cheese USDA, 10-inch tortilla - SR1054 (1 each quesadilla)	40	390.00	18.00	10.00	0.00	40.00	679.99	36.00	4.00	3.00	0.00	21.00	1.00	486.99	0.00(M)	0.00(M)	0.20	112.00	(M)
Taco Quesadilla, JTM Signature Taco Filling, refried bean, 8-inch tortilla - SR3914 (1 each quesadilla)	30	383.01	16.05	7.99	0.00	43.77	625.69	38.58	8.29	3.10	0.00	21.36	3.31	303.85	0.00(M)	0.00(M)	0.20	320.99	52.11(M)
Tuna Salad Sandwich, hamburger roll, tuna salad, RECIPE - SR1142 (1 sandwich)	30	198.55	3.67	0.44	0.00	12.22	442.57	27.11	2.10	3.66	3.00(M)	13.03	1.48	54.38	12.41(M)	1.49(M)	0.80(M)	150.76(M)	4.55(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																			
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)
O - Green Beans, cut, heated, seasoned - SR1021 (1/2 c.)	40	22.18	0.13	0.04	0.00	0.00	43.10	5.11	2.34	1.45	0.00(M)	1.18	0.53	32.84	323.23 (M)	3.16(M)	0.00	124.93	74.73
Category: Condiment; May Choose: 1																			
Salsa Roja, homemade - SR1081 (2 tbsp.)	40	8.92	0.04	0.01	0.00	0.00	95.64	1.84	0.39	0.33(M)	0.10(M)	0.31	0.26	9.54	163.15 (M)	2.67(M)	0.00(M)	23.63 (M)	4.66(M)
SY23-24 DCPS OT-Grow Garden Bar Spring W5D2 - Day: 2	Menu Bar																		
Category: Fruit; May Choose: 1																			
Bananas, fresh, petite or regular - SR1166 (1 medium (7"))	50	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)
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.)	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)
ST - Peas, Chilled, frozen, cooked & cooled - SR2483 (1/2 c.)	5	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)	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)
Category: Condiment; May Choose: 1																			

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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)
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 W5D3 - Day: 3	100																		
Category: Entrée/Combo; May Choose: 1																			
FAST Salad, Crispy Chicken, USDA Cheddar, Tyson Nugget - SR3882 (1 salad)	20	269.20	14.27	3.77	0.00	30.00	460.05	19.92	4.62	5.09	0.00(M)	17.19	2.23	160.84	2299.29 (M)	25.76 (M)	0.13(M)	573.20 (M)	37.66 (M)
Nachos, Bean and Cheese, JTM cheddar - SR1471 (1 nacho)	50	396.30	18.21	6.55	0.00	27.21	678.59	44.27	8.02	1.05	0.00	15.35	1.92	286.49	0.00(M)	0.00(M)	0.00	545.23	52.11 (M)
Turkey, Breast, Roasted, Sliced - SR3526 (2 5/8 oz.)	30	102.67	2.99	0.86	0.00	38.50	410.66	0.86	0.00	0.86	0.86	17.11	0.34	0.00	0.00(M)	0.00(M)	0.00	239.55	0.00(M)
Category: Grains; May Choose: 1																			
Dinner Roll, Richs WG 1.25 oz - SR1010 (1 roll.)	50	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)
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																			
Roasted Corn, mexican seasoning - SR1303 (1/2 c.)	40	71.60	0.67	0.10	0.01	0.00	1.64	16.82	2.20	2.83	0.19	2.24	0.58	7.20	164.18 (M)	2.89(M)	0.00	212.60	63.73
S - Potato, mashed, Signature - SR1112 (1/2 c.)	50	79.98	1.50	1.00	0.00	0.00	102.62	15.00	1.00	1.00	0.00(M)	2.00	0.23	12.92	2.61	6.38	0.00(M)	0.88(M)	84.69 (M)
Category: Condiment; May Choose: 1																			
Gravy, chicken, low sodium - SMR1693 (1/4 c.)	10	30.37	1.01	0.00	0.00	0.00	138.46	4.05	0.00	0.71	0.00	0.71	0.00	1.77	0.00(M)	0.00(M)	0.00	122.09	58.94 (M)
SY23-24 DCPS OT-Grow Garden Bar Spring W5D3 - Day: 3	Menu Bar																		
Category: Fruit; May Choose: 1																			

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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)
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
Category: Vegetable; May Choose: 2																			
RO - Bell Pepper, Red, fresh medium-large, julienne/strips, ready-to-serve (1/2c = 1/2c veg) - SR1011 (1/4 c.)	5	7.63	0.07	0.01	0.00	0.00	0.98	1.49	0.52	1.03	0.00	0.24	0.11	1.72	771.16	31.45	0.00	51.97	22.71
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)
Category: Milk; May Choose: 1																			
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)
Category: Condiment; May Choose: 1																			
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 W5D4 - Day: 4																			
Category: Entrée/Combo; May Choose: 1																			
Bowl, Breakfast, Scrambled Egg, USDA Cheddar, Fiesta Potato - SR3974 (1 bowl)	30	256.65	12.67	3.73	0.01	231.30	332.35	25.09	3.22	3.06	0.19	12.24	2.06	105.42	124.58 (M)	7.60(M)	1.36	477.10	42.13 (M)
BST, Chicken, Spicy Crispy Chicken Sandwich, Alpha WG Bun, Tyson WG Spicy Patty - SR1240 (1 burger)	60	380.00	15.00	2.50	0.00	20.00	610.00	41.00	4.00	4.00	4.00	19.00	3.00	83.00	0.00(M)	0.00(M)	0.10	792.00	(M)

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FAST Box, Classic Hummus, USDA Mozz, Flatbread - SR3878 (1 Box)	10	534.60	34.68	9.78	0.00	20.00	1021.39	46.90	10.56	2.00	1.00	20.56	4.15(M)	67.80 (M)	0.00(M)	0.00(M)	0.50(M)	422.39 (M)	0.00(M)
Category: Grains; May Choose: 1																			
Biscuit, baked, whole grain, Easy Split, 2 oz (CACFP) - SR1598 (1 biscuit)	30	190.00	9.00	6.00	0.00	0.00	310.00	24.00	2.00	2.00	2.00	4.00	1.44	150.00	0.00(M)	0.00(M)	0.00	188.00	(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.)	50	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)
RO - Carrots, coins, seasoned - SR1017 (1/2 c.)	50	73.94	5.10	0.43	0.00	0.00	180.00	7.47	3.10	3.75	0.00	0.61	0.55	33.23	15520.19(M)	2.11(M)	0.00	182.74	89.12 (M)
SY23-24 DCPS OT-Grow Garden Bar Spring WSD4 - Day: 4	Menu Bar																		
Category: Fruit; May Choose: 1																			
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
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																			
Roasted Chickpeas (garbanzo beans),USDA, Italian Seasoned,low sodium canned, drained - SR3793 (1/2 c.)	5	83.23	2.18	0.06	0.00	0.00	219.69	12.56	3.77	2.19	0.00(M)	3.66	0.27(M)	6.66(M)	0.00(M)	0.00(M)	0.00(M)	4.40(M)	0.00(M)
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)
Category: Milk; 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)
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)
Category: Condiment; May Choose: 1																			
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 WSD5 - Day: 5																			
Category: Entrée/Combo; May Choose: 1																			
Lasagna Rollup Cheese - Tasty Brands - SR1497 (1 roll.)	30	277.32	4.01	2.06	0.00	5.00	510.06	42.88	4.85	13.15	3.05	17.16	2.36	215.22	0.00(M)	0.00(M)	0.00	705.02	(M)
Macaroni & Cheese, BBQ - SR3975 (1 portion)	40	411.92	22.27	10.98	0.00	68.39	1035.93	35.87	4.07	5.06	0.84(M)	23.04	2.02	461.61	22.77 (M)	0.00(M)	0.14(M)	631.69 (M)	42.95 (M)
Sandwich, turkey ham, American, hamburger roll - SR1096 (1 sandwich)	30	360.00	16.00	6.50	0.00	85.00	1010.00	28.00	2.00	4.00	3.00(M)	25.00	1.70(M)	53.00 (M)	0.00(M)	0.00(M)	0.00(M)	472.00 (M)	(M)
Category: Grains; May Choose: 1																			
Garlic Knot, Ripstick - SR1255 (1 roll.)	70	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)
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																			
Aztec Corn, USDA, black bean - SR3173 (3/4 c.)	40	139.01	2.44	0.21	0.00	0.00	73.86	27.18	4.92	3.72	0.00(M)	5.37	1.30(M)	31.87 (M)	340.18 (M)	9.93(M)	0.00(M)	411.97 (M)	71.56 (M)
Salad, Caesar, side, traditional - SR1428 (1 c.)	40	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)

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 Garden Bar Spring W5D5 - Day: 5	Menu Bar																			
Category: Fruit; May Choose: 1																				
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)	
F - Oranges, fresh, slices, unpeeled - SR1172 (6 slice or w)	60	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.)	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)	
Category: Milk; May Choose: 1																				
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)	
Category: Condiment; May Choose: 1																				
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)	