

Weekly - Nutrient Analysis

- 1 Standard Value is the daily average requirement for a school week.
- 2 Trans Fat is provided for informational purposes, not for monitoring purposes.
- a USDA is offering flexibility by allowing SFAs to exceed the maximum amount of grains and meat/meat meal alternates as long as the daily and weekly minimums for these components are met and the calories are within the required range.

Menu Item (Serving Size)	Plan Qty	Calorie s (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-Achieve Grill- Cheese Burger - Day: 1	100																			
Category: Entrée/Combo; May Choose: 1																				
Burger, Veggie, Grillers Prime - SR1796 (1 burger)	35	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)	
Cheeseburger, 2.4 oz beef, soy, mushroom patty, American, hamburger roll - SR1055 (1 burger)	30	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)	
Hamburger, 2.4 oz beef, whole grain - SR1107 (1 burger)	35	290.00	9.00	3.00	0.00	25.00	440.00	29.00	2.00	3.00	3.00(M)	18.00	2.60	82.30	1.00(M)	0.50(M)	0.00(M)	92.00 (M)	(M)	
Category: Garden, Milk, Condiments; May Choose: 1																				
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (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																				
French fries, potato, crinkle-cut, 3/8-inch, McCain - SR2496 (1/2 c.)	75	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)	
Mixed Salad Greens, Romaine blend, spinach - SR1080 (1 c.)	5	12.85	0.03	0.00	0.00	0.00	12.67	2.51	0.90	0.79	0.00	0.94	0.93	23.05	604.17 (M)	1.81(M)	0.00	161.02	5.89(M)	
Category: Condiment; May Choose: 1																				
O - Lettuce, Iceburg, shredded, ready-to-serve - SR1015 (1/4 cup shredd)	10	2.52	0.03	0.00	0.00	0.00	1.80	0.54	0.22	0.35	0.00	0.16	0.07	3.24	90.36	0.50	0.00	25.38	(M)	
O - Onion, red, 1/4-inch diced, ready-to-serve - SR1447 (2 tbsp.)	10	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	
Peppers, jalapeno, sliced, canned, drained, ready-to-serve - SR1074 (1 tbsp.)	10	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	
Pickle, dill, chips, drained, ready-to-serve - SR1399 (2 tbsp.)	10	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(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)
Tomatoes, fresh, 1/8-inch sliced, ready-to-serve - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16
SY23-24 DCPS OT-Achieve Block Party-Dominican Republic-W1D1 - Day: 1	100																		
Category: Entrée/Combo; May Choose: 1																			
Tofu, Dominican Rice Guisado - SR3960 (1 1/4 c.)	50	600.95	22.51	2.99	0.00	0.04	1131.04	77.41	10.90	9.65	1.15(M)	31.27	7.18(M)	944.34 (M)	4585.33 (M)	83.67 (M)	0.04(M)	1256.48 (M)	238.83 (M)
Category: Grains; May Choose: 1																			
Oven Fired Flatbread, Richs 6x6 whole grain - SR1534 (1/2 piece)	100	90.00	2.50	0.50	0.00	0.00	165.00	14.00	1.50	1.00	0.50	3.00	0.75	15.00	(M)	(M)	0.25	60.00	(M)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (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																			
Tostones (Crispy Baked Plantains) - SR3926 (3/8 c.)	100	179.18	5.78	1.00	0.00	0.00	62.01	31.04	1.19	26.26	0.00(M)	0.60	0.36(M)	4.22(M)	0.00(M)	0.00(M)	0.00(M)	441.67 (M)	0.00(M)
SY23-24 DCPS OT-Achieve Corner Deli W1D1 - Day: 1	100																		
Category: Entrée/Combo; May Choose: 1																			
FAST Box, Fiesta Dip, Refried Beans, Salsa, Sour Cream, Olives, Tortilla Chips - SR3885 (1 Box)	10	420.87	13.23	3.22	0.00	9.98	686.53	61.54	14.33	2.54	0.00(M)	13.81	3.47	120.08	101.88 (M)	0.00(M)	0.00(M)	527.94 (M)	104.21 (M)
FAST Sub, Turkey & Cheese, USDA Turkey, USDA American Cheese, WG Sub Roll - SR3869 (1 sandwich)	40	282.21	9.05	2.50	0.00	39.50	639.05	31.99	3.05	4.57	4.07(M)	20.60	1.63(M)	10.17 (M)	0.00(M)	0.00(M)	0.71(M)	101.69 (M)	(M)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY23-24 DCPS OT-Achieve Garden Bar-W1D1 - Day: 1	Menu Bar																		

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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)
Category: Entrée/Combo; May Choose: 1																			
Variety of Entrees Available on the Main Lines (see main line menu), 2 oz M/MA, 2 oz eq grain - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Category: Fruit; May Choose: 2																			
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
Peaches, cling, diced, canned in pear juice, drained - SR1196 (1/2 c.)	50	84.02	0.00	0.00	0.00	0.00	7.00	21.00	1.40	16.80	1.40	0.00	0.42	18.20	0.00(M)	0.00(M)	0.00	233.85	0.00(M)
Category: Vegetable; May Choose: 2																			
Basil Corn Salad - SR2587 (1/2 c.)	50	102.01	4.11	0.34	0.00	0.00	296.46	16.78	2.30	3.02	0.00(M)	2.32	0.58	8.92	656.16 (M)	17.82 (M)	0.00(M)	217.97 (M)	76.38 (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)	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)
Category: Condiment; May Choose: 1																			
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, 1.5 gallon dispenser pack, Heinz - 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)
SY23-24 DCPS OT-Achieve-Comfort Kitchen-W1D1 - Day: 1	100																		
Category: Entrée/Combo; 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)
Burger, Veggie, Grillers Prime - SR1796 (1 burger)	50	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.)	50	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)
Category: Grains; May Choose: 1																			
Rice, brown, oven, steamed - SR1098 (1 c.)	70	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-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (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																			
S - Potato, wedges, skin-on, country-style, 8-cut, ORE-IDA - SR1029 (1/2 c.)	50	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)
Category: Milk; May Choose: 1																			
Lactaid Milk - SMR1943 (1 Half Pint)	5	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)
Soy Milk - SMR1719 (1 ea.)	5	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: 2																			
Burger Topping, Lettuce, Tomato, Pickle - SR2640 (1 serving)	25	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)	25	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)	25	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-Achieve Corner Deli W1D2 - Day: 2	100																		
Category: Entrée/Combo; May Choose: 1																			
FAST Salad, Hearty Garden Vegetable, USDA Mozzarella, CF Egg - SR3876 (1 salad)	40	180.45	6.86	2.29	0.00	92.59	270.37	20.41	4.68	6.41	0.00(M)	11.46	1.25(M)	154.06 (M)	4220.82 (M)	12.51 (M)	0.50(M)	165.75 (M)	52.78 (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)
FAST Sub, American, USDA Turkey, USDA Turkey Ham, USDA American Cheese, WG Sub Roll - SR3874 (1 sandwich)	40	307.41	10.58	3.52	0.00	57.91	788.92	32.51	3.05	5.58	4.07(M)	23.71	1.63(M)	10.17 (M)	0.00(M)	0.00(M)	0.71(M)	101.69 (M)	(M)
Category: Grains; May Choose: 1																			
Breadstick, Ripstick, whole grain, 1.2 oz - SR1044 (2 breadstick)	40	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)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY23-24 DCPS OT-Achieve Pizza Core-Veggie Pizza - Day: 2	100																		
Category: Entrée/Combo; May Choose: 1																			
Cheese Pizza, 8-cut, FTO 16" WG, USDA Cheese Blend - SR3786 (1 slice)	0	381.50	15.00	8.27	0.00	33.48	850.17	41.86	5.49	5.05	2.51	23.03	2.38	421.90	0.00(M)	0.00(M)	0.62	367.19	0.02(M)
Veggie Pizza, Big Daddy's 8-cut, 16-inch - SMR1625 (1 slice)	0	493.15	23.49	7.56	0.00	35.00	485.64	48.91	6.83	8.78	1.00	21.76	4.18	431.80	7980.20 (M)	45.88 (M)	0.00	771.38	38.28 (M)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Vegetable; May Choose: 1																			
Salad, Caesar, side, toasted garlic - SR2130 (1 c.)	0	176.98	16.04	3.29	0.00	13.75	325.67	6.78	1.26	0.71	0.00	3.18	0.61	59.40	4938.81 (M)	3.37(M)	0.00	167.83	55.72 (M)
SY23-24 DCPS OT-Achieve Block Party-Dominican Republic-W1D2 - Day: 2	100																		
Category: Entrée/Combo; May Choose: 1																			
Burger, Dominican Chimi, 2.4 oz beef/mush/soy patty, whole grain, slaw, chimi sauce - SR3929 (1 burger)	100	377.28	14.27	4.17	0.00	30.71	826.89	39.06	2.62	9.19	7.57(M)	18.38	2.72	92.28	114.27 (M)	7.40(M)	0.00(M)	173.86 (M)	28.00 (M)
Category: Garden, Milk, Condiments; 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)
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (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																			
Yuca, Fries, Oven Roasted - SR3962 (1/2 c.)	100	164.61	2.61	0.69	0.00(M)	1.72	124.97	34.13	1.64	1.53	0.00(M)	1.22	0.24	14.65	0.00(M)	15.69	0.00	243.04	47.40
SY23-24 DCPS OT-Achieve Garden Bar-W1D2 - Day: 2	Menu Bar																		
Category: Entrée/Combo; May Choose: 1																			
Variety of Entrees Available on the Main Lines (see main line menu), 2 oz M/MA, 2 oz eq grain - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Category: Fruit; May Choose: 2																			
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
Category: Vegetable; May Choose: 2																			
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)
Category: Milk; May Choose: 1																			
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)
Category: Condiment; 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)
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, 1.5 gallon dispenser pack, Heinz - 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)
SY23-24 DCPS OT-Achieve-Comfort Kitchen-W1D2 - Day: 2	100																		
Category: Entrée/Combo; May Choose: 1																			
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)	40	316.70	10.07	3.58	0.00	37.94	620.18	41.85	7.17	8.13	2.50(M)	18.52	221.54	79.29	0.00(M)	0.00(M)	0.00(M)	645.35 (M)	46.93 (M)
Category: Grains; May Choose: 1																			
Garlic Knot, Ripstick - SR1255 (1 roll.)	40	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-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (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																			
O - Parmesan Green Beans, green beans, Parmesan - SR1144 (1/2 c.)	50	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.)	20	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-Achieve Block Party-Dominican Republic-W1D3 - Day: 3	100																		
Category: Entrée/Combo; May Choose: 1																			
Turkey-Pavo al Horno, raw turkey USDA - SR3615 (2 oz.)	100	120.40	6.07	2.01	0.00	46.12	391.81	1.33	0.09	0.89	0.00(M)	16.12	0.15(M)	3.55(M)	9.03(M)	0.45(M)	0.00(M)	26.31 (M)	0.00(M)
Category: Grains; 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)
Rice, Dominican Arroz Amarillo - SR3949 (1 1/3 c.)	100	320.88	9.20	1.03	0.00	0.00	34.31	55.77	4.25	2.74	0.03(M)	6.19	1.85(M)	22.79 (M)	5214.54 (M)	4.50(M)	0.00(M)	309.36 (M)	101.85 (M)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (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 - Broccoli, roasted, seasoned, from frozen - SR1852 (1/2 c.)	100	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)
SY23-24 DCPS OT-Achieve Corner Deli W1D3 - Day: 3																			
Category: Entrée/Combo; May Choose: 1																			
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)
FAST Sub, Italian, USDA Turkey Ham, USDA American Cheese, Salami, Pepperoni, WG Sub Roll - SR3873 (1 sandwich)	40	359.08	15.78	5.46	0.00	77.91	929.59	33.19	3.05	5.58	4.07(M)	23.81	1.99(M)	30.17 (M)	0.00(M)	0.60(M)	0.71(M)	101.69 (M)	(M)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY23-24 DCPS OT-Achieve Garden Bar-W1D3 - Day: 3																			
Category: Entrée/Combo; May Choose: 1																			
Variety of Entrees Available on the Main Lines (see main line menu), 2 oz M/MA, 2 oz eq grain - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Category: Fruit; May Choose: 2																			
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)
C - Pears, canned, diced, packed in juice, drained - SR1194 (1/2 c.)	50	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)

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: Vegetable; May Choose: 2																			
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)
Category: Milk; May Choose: 1																			
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)
Category: Condiment; May Choose: 1																			
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, 1.5 gallon dispenser pack, Heinz - 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)
SY23-24 DCPS OT-ACHIEVE Nacho- Beef - Day: 3																			
Category: Meat/MA; May Choose: 1																			
Taco Filling, Beef, JTM Signature Taco Filling - SR3906 (3/8 c.)	0	114.07	5.05	1.82	0.00	34.32	298.80	5.05	2.02	2.02	0.00	13.12	2.02	46.44	0.00(M)	0.00(M)	0.00	0.00	0.00(M)
Category: MTO Pick 1st Grain; May Choose: 1																			
Tortilla Chips, Tostitos crispy rounds, whole grain - SR1065 (1 1/2 oz.)	0	206.18	8.84	1.47	0.00	0.00	169.36	29.45	2.94	0.00	0.00	2.94	0.74	44.18	0.00(M)	0.00(M)	0.00	0.00	0.00(M)
Category: MTO Pick 1st Protein; May Choose: 2																			
BP - Refried Beans, pinto, vegetarian - SR1070 (1/2 c.)	0	161.28	0.58	0.00	0.00	0.00	164.61	27.65	10.37	0.00	0.00	10.37	2.42	60.93	0.00(M)	0.00(M)	0.00	507.99	104.21(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)
Cheese Sauce, cheddar, JTM Main Street Cafe - SR1293 (1/4 c.)	0	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Vegetable; May Choose: 1																			
Mixed Salad Greens, Romaine blend, spinach - SR1080 (1 c.)	0	12.85	0.03	0.00	0.00	0.00	12.67	2.51	0.90	0.79	0.00	0.94	0.93	23.05	604.17 (M)	1.81(M)	0.00	161.02	5.89(M)
Category: Condiment; May Choose: 1																			
Peppers, jalapeno, sliced, canned, drained, ready-to-serve - SR1074 (1 tbsp.)	0	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)
Salsa Roja, homemade - SR1081 (2 tbsp.)	0	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-Achieve-Comfort Kitchen-W1D3 - Day: 3	100																		
Category: Entrée/Combo; May Choose: 1																			
Cheeseburger, 2.4 oz beef, soy, mushroom patty, American, hamburger roll - SR1055 (1 burger)	70	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)
Lentils, Jamaican Jerk - SR3972 (2 #6 scoop)	30	61.87	0.00	0.00	0.00	0.00	460.80	16.00	6.40	1.07	(M)	5.33	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Grains; May Choose: 1																			
Rice, brown, oven, steamed - SR1098 (1 c.)	30	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-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (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/O - Broccoli and Carrots, roasted - SR2023 (1/2 c.)	40	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: 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)
Burger Topping, Lettuce, Tomato, Pickle - SR2640 (1 serving)	50	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)	50	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)	50	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 DCPA OT-Achieve Grill- Chicken Sandwich - Day: 4	100																		
Category: Entrée/Combo; May Choose: 1																			
Chicken Burger, Tyson, whole grain - SR2686 (1 burger)	0	390.00	16.00	2.50	0.00	25.00	700.00	42.00	5.00	4.00	3.00	20.00	2.90	83.00	0.00(M)	0.00(M)	0.10	692.00	(M)
Grilled Cheese Sandwich, classic, American, whole grain - SR1108 (1 sandwich)	0	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)
Spicy Chicken Burger, Tyson, whole grain - SR1240 (1 burger)	0	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)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	0	(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, potato, crinkle-cut, 3/8-inch, McCain - SR2496 (1/2 c.)	0	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)
Category: Condiment; May Choose: 1																			
O - Lettuce, Iceberg, shredded, ready-to-serve - SR1015 (1/4 cup shredd)	0	2.52	0.03	0.00	0.00	0.00	1.80	0.54	0.22	0.35	0.00	0.16	0.07	3.24	90.36	0.50	0.00	25.38	(M)
O - Onion, red, 1/4-inch diced, ready-to-serve - SR1447 (2 tbsp.)	0	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12
Peppers, jalapeno, sliced, canned, drained, ready-to-serve - SR1074 (1 tbsp.)	0	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)
Pickle, dill, chips, drained, ready-to-serve - SR1399 (2 tbsp.)	0	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(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)
Tomatoes, fresh, 1/8-inch sliced, ready-to-serve - SR1536 (2 tbsp.)	0	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16
SY23-24 DCPS OT-Achieve Block Party-Dominican Republic-W1D4 - Day: 4	100																		
Category: Entrée/Combo; May Choose: 1																			
Yaroa (Fries with Dominican Beef & Chimi Sauce) - SR3932 (1 portion)	100	417.81	24.13	7.32	0.00	48.34	1209.00	35.69	3.61	7.12	4.57(M)	14.04	158.86 (M)	151.62 (M)	86.72 (M)	17.52 (M)	0.10(M)	632.63 (M)	10.71 (M)
Category: Grains; May Choose: 1																			
Breadstick, Ripstick, whole grain, 1.2 oz - SR1044 (2 breadstick)	100	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)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY23-24 DCPS OT-Achieve Corner Deli W1D4 - Day: 4	100																		
Category: Entrée/Combo; May Choose: 1																			
FAST Box, Protein Power Up, USDA Mozz, Sunbutter, Grahams - SR3879 (1 Box)	10	470.00	29.00	7.00	0.00	20.00	510.00	41.00	4.00	12.00	3.00(M)	18.00	2.84(M)	22.00 (M)	0.00(M)	0.00(M)	0.00(M)	208.00 (M)	0.00(M)
FAST Sub, Turkey & Cheese, USDA Turkey, USDA American Cheese, WG Sub Roll - SR3869 (1 sandwich)	40	282.21	9.05	2.50	0.00	39.50	639.05	31.99	3.05	4.57	4.07(M)	20.60	1.63(M)	10.17 (M)	0.00(M)	0.00(M)	0.71(M)	101.69 (M)	(M)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY23-24 DCPS OT-Achieve Garden Bar-W1D4 - Day: 4	Menu Bar																		
Category: Entrée/Combo; 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)
Variety of Entrees Available on the Main Lines (see main line menu), 2 oz M/MA, 2 oz eq grain - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Category: Fruit; May Choose: 2																			
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)
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																			
O - Celery Sticks, fresh, 1/2-inch by 4-inch, ready-to-serve - SR1014 (6 stick.)	50	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.)	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)	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)
Category: Condiment; May Choose: 1																			
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, 1.5 gallon dispenser pack, Heinz - 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)
SY23-24 DCPS OT-Achieve Pizza Core-Buffalo Chicken Pizza - Day: 5	100																		
Category: Entrée/Combo; 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)
Buffalo Chicken Pizza, 8-cut, FTO 16" WG, USDA Cheese Blend, Tyson Nugget - SR3834 (1 slice)	0	427.76	17.66	8.74	0.00	38.23	1167.60	45.04	6.18	5.27	2.51	25.72	2.75	428.15	0.00(M)	0.00(M)	0.67	490.10	0.02(M)
Cheese Pizza, 8-cut, FTO 16" WG, USDA Cheese Blend - SR3786 (1 slice)	0	381.50	15.00	8.27	0.00	33.48	850.17	41.86	5.49	5.05	2.51	23.03	2.38	421.90	0.00(M)	0.00(M)	0.62	367.19	0.02(M)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Vegetable; May Choose: 1																			
Salad, garden, side, mixed greens, cucumber, tomato, carrots - SR1429 (1 c.)	0	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)
SY23-24 DCPS OT-Achieve Block Party-Dominican Republic-W1D5 - Day: 5																			
Category: Entrée/Combo; May Choose: 1																			
Lentils, Green, Stewed, Dominican - SR3942 (1 c.)	100	174.50	3.79	0.55	0.00	0.00	475.61	35.54	10.79	3.60	0.46(M)	9.85	3.45(M)	33.80 (M)	1970.37 (M)	35.45 (M)	0.00(M)	232.70 (M)	344.00 (M)
Category: Grains; May Choose: 1																			
Rice, brown, oven, steamed - SR1098 (1 c.)	100	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-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (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																			
Plantains, Mashed - SR3924 (1/2 c.)	100	196.86	6.56	2.02	0.00	0.00	166.53	33.25	1.28	28.14	0.00(M)	0.64	0.38	4.56	153.00 (M)	0.00(M)	0.00(M)	473.23 (M)	0.00(M)
SY23-24 DCPS OT-Achieve Corner Deli W1D5 - Day: 5																			
Category: Entrée/Combo; 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)
FAST Salad, Garden Fiesta, USDA Cheddar, Black Bean, Corn, Jalapeno, Tomato - SR3881 (1 salad)	40	226.19	9.49	5.03	0.00	30.00	641.24	24.57	6.02	5.60	0.00(M)	12.31	1.77	272.31	4214.86 (M)	12.24 (M)	0.20(M)	403.87 (M)	46.84 (M)
FAST Sub, Turkey Ham & Cheese, USDA Turkey Ham, USDA American Cheese, WG Sub Roll - SR3870 (1 sandwich)	40	287.77	10.60	4.02	0.00	53.62	703.36	32.01	3.05	6.09	4.07(M)	19.26	1.63(M)	10.17 (M)	0.00(M)	0.00(M)	0.71(M)	101.69 (M)	(M)
Category: Grains; May Choose: 1																			
Breadstick, Ripstick, whole grain, 1.2 oz - SR1044 (2 breadstick)	40	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)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY23-24 DCPS OT-Achieve Garden Bar-W1D5 - Day: 5	Menu Bar																		
Category: Entrée/Combo; May Choose: 1																			
Variety of Entrees Available on the Main Lines (see main line menu), 2 oz M/MA, 2 oz eq grain - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Category: Fruit; May Choose: 2																			
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)
C - Mixed Fruit Cocktail, canned, in pear juice, drained - SR1037 (1/2 c.)	50	76.13	0.02	0.00	0.00	0.00	6.62	19.63	1.66	17.97	(M)	0.76	0.35	13.24	504.77	4.47	(M)	(M)	0.00(M)
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.)	50	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)	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)

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)
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)
Category: Condiment; May Choose: 1																			
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, 1.5 gallon dispenser pack, Heinz - 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)
SY23-24 DCPS OT-Achieve-Comfort Kitchen-W1D5 - Day: 5																			
Category: Entrée/Combo; May Choose: 1																			
Rainbow Chili and Cheese, vegetarian, quick start, cheddar - SR1217 (1 c.)	30	263.29	8.00	3.79	0.00	18.75	545.31	35.19	9.27	7.25	0.00(M)	13.75	3.27	226.55	3758.41 (M)	41.90 (M)	0.15(M)	670.72 (M)	209.03 (M)
Sandwich, Crispy Chipotle Chicken, Tyson, WG Bun - SR3973 (1 sandwich)	70	411.49	17.47	2.71	0.00	27.08	864.34	44.22	5.03	4.88	3.44	20.02	2.92	83.25	2.81(M)	0.01(M)	0.10	696.09	0.00(M)
Category: Grains; May Choose: 1																			
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)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (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.)	40	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)
Category: Condiment; May Choose: 1																			
Cheese, shredded, cheddar, Reduced Fat, USDA - SR3010 (1/4 oz.)	25	22.50	1.50	0.88	0.00	5.00	45.00	0.25	0.00	0.00	0.00	2.00	0.00	50.00	(M)	(M)	0.03	5.00	(M)