

# 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)   |     |
|---|----------|------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|------------|-----------|------------|----------------|------------|-----|
| <b>SY23-24 DCPS OT-Achieve Block Party-LatinX-W1D1 - Day: 1</b>   | 100      |                  |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |            |     |
| <b>Category: Entrée/Combo; May Choose: 1</b>  |          |                  |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |            |     |
| Chicken, Salvadoran, USDA Thigh - SR3933 (1 1/4 c.)   | 100      | 269.90           | 9.94          | 2.78        | 0.00          | 106.73    | 1272.63     | 20.91    | 3.89            | 8.12             | 0.00(M)          | 25.53       | 2.53      | 71.53        | 947.32 (M) | 25.49 (M) | 0.00(M)    | 815.03 (M)     | 74.10 (M)  |     |
| <b>Category: Grains; May Choose: 1</b>  |          |                  |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |            |     |
| 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) |     |
| <b>Category: Garden, Milk, Condiments; May Choose: 1</b>  |          |                  |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |            |     |
| 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) |
| <b>Category: Vegetable; May Choose: 1</b>   |          |                  |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |            |     |
| Roasted Corn, mexican seasoning - SR1303 (1/2 c.)   | 100      | 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      |     |
| <b>SY23-24 DCPS OT-Achieve Corner Deli W2D1 - Day: 1</b>  | 100      |                  |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |            |     |
| <b>Category: Entrée/Combo; May Choose: 1</b>  |          |                  |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |            |     |
| FAST Box, Fiesta Dip, Refried Beans, Salsa, Sour Cream, Olives, Tortilla Chips - SR3885 (1 Box)                 | 50       | 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 Wrap, Crispy Chicken, Tyson Nugget, USDA Cheddar, 10" tortilla, Shredded Lettuce, Tomato - SR3898 (1 wrap) | 50       | 527.82           | 25.45         | 8.07        | 0.00          | 40.18     | 1157.37     | 56.72    | 8.04            | 8.55             | 1.00             | 20.34       | 2.98      | 230.50       | 671.41 (M) | 28.18 (M) | 0.18       | 771.47         | 49.89 (M)  |     |
| <b>Category: Garden, Milk, Condiments; May Choose: 1</b>  |          |                  |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |            |     |
| 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) |

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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>SY23-24 DCPS OT-Achieve Garden Bar-W2D1 - Day: 1</b>  | Menu Bar |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |          |  |
| <b>Category: Entrée/Combo; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |          |  |
| 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)      |  |
| <b>Category: Fruit; May Choose: 2</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |          |  |
| 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)      |  |
| 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>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |          |  |
| 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, 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)      |  |
| <b>SY23-24 DCPS OT-ACHIEVE Nacho- Chicken - Day: 1</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) | Moisture (g) |     |
|--|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|------------|-----------|------------|----------------|--------------|-----|
| <b>Category: Meat/MA; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |              |     |
| Fajita Chicken Strips, USDA - SR2529 (2/3 c.)  | 50       | 160.09          | 8.01          | 2.29        | 0.00          | 91.48     | 480.27      | 2.29     | 0.00            | 0.00             | 0.00             | 19.44       | 1.03      | 11.44        | (M)        | (M)       | 0.00       | 274.44         | 0.00(M)      |     |
| <b>Category: MTO Pick 1st Grain; May Choose: 1</b>                                   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |              |     |
| Tortilla Chips, Tostitos crispy rounds, whole grain - SR1065 (1 1/2 oz.)             | 100      | 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)      |     |
| <b>Category: MTO Pick 1st Protein; May Choose: 2</b>                                 |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |              |     |
| BP/O - Mexican Black Beans, onion, pepper, jalapeno, cilantro - SR1026 (1 #12 scoop) | 50       | 47.09           | 0.23          | 0.01        | 0.00          | 0.00      | 56.53       | 9.16     | 2.38            | 0.79             | 0.02             | 2.63        | 0.78      | 25.38        | 32.23 (M)  | 5.45(M)   | 0.00       | 184.15         | 23.17 (M)    |     |
| Cheese Sauce, white (queso blanco), JTM Assault on Sodium - SR1068 (1/4 c.)          | 60       | 122.00          | 10.00         | 5.60        | 0.00          | 29.00     | 436.99      | 1.00     | 0.00            | 0.00             | 0.00             | 7.00        | 0.00      | 208.00       | 0.00(M)    | 0.00(M)   | 0.03       | 278.67         | (M)          |     |
| <b>Category: Garden, Milk, Condiments; May Choose: 1</b>                             |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |              |     |
| 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) |
| <b>Category: Vegetable; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |              |     |
| 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)      |     |
| <b>Category: Condiment; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |              |     |
| 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)          |     |
| Salsa Roja, homemade - SR1081 (2 tbsp.)  | 50       | 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)      |     |
| <b>SY23-24 DCPS OT-Achieve-Comfort Kitchen-W2D1 - Day: 1</b>                         |          | 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)          |     |
| Taco, beef, cheddar cheese, 6-inch tortilla - SR1079 (2 each taco)                   | 50       | 311.36          | 11.82         | 5.13        | 0.00          | 35.98     | 576.22      | 32.32    | 5.53            | 3.53             | 0.00             | 17.94       | 3.53      | 207.16       | 0.00(M)    | 0.00(M)   | 0.05       | 68.00          | 0.00(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)  |
|---|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-------------|-----------|------------|----------------|-----------|
| <b>Category: Garden, Milk, Condiments; May Choose: 1</b>                      |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |
| 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)       |
| <b>Category: Vegetable; May Choose: 1</b>                                     |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |
| 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) |
| <b>Category: Condiment; May Choose: 1</b>                                     |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |
| Dressing, Ranch, 1.5 gallon dispenser pack, Heinz - 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)       |
| 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)       |
| Salsa Roja, homemade - SR1081 (2 tbsp.)                                       | 10       | 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)   |
| <b>SY23-24 DCPS OT-Achieve Grill- Fish Sandwich - Day: 2</b>                  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |
| <b>Category: Entrée/Combo; May Choose: 1</b>                                  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |
| Burger, Veggie, Grillers Prime - SR1796 (1 burger)                            | 0        | 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)       |
| Fish Sandwich, Alaskan pollock, whole grain - SR1105 (1 burger)               | 0        | 290.00          | 5.50          | 0.00        | 0.00          | 45.00     | 500.00      | 39.00    | 3.00            | 3.00             | 3.00             | 21.00       | 2.00      | 69.00        | 0.00(M)     | 0.00(M)   | 0.00       | 432.00         | (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)       |
| <b>Category: Garden, Milk, Condiments; May Choose: 1</b>                      |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |
| 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)       |
| <b>Category: Vegetable; May Choose: 1</b>                                     |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |
| 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)   |
| 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)   |

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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: Condiment; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| 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)      |
| 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    |
| <b>SY23-24 DCPS OT-Achieve Block Party-LatinX-W1D2 - Day: 2</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| <b>Category: Entrée/Combo; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| Sandwich, Brazilian Beef, Sliced Beef, USDA Mozz, Rich's Sub Roll WGR, Chimichurri - SR3937 (1 sandwich)      | 100      | 313.74          | 14.02         | 4.50        | 0.30          | 28.86     | 485.01      | 33.84    | 3.61            | 5.96             | 4.40(M)          | 16.38       | 2.38(M)   | 120.33(M)    | 40.03(M)  | 0.50(M)   | 0.71(M)    | 107.73(M)      | 0.44(M)  |
| <b>Category: Garden, Milk, Condiments; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| 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)      |
| <b>Category: Vegetable; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| S - Potato, wedges, skin-on, country-style, 8-cut, ORE-IDA - SR1029 (1/2 c.)                                  | 100      | 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)      |
| <b>SY23-24 DCPS OT-Achieve Corner Deli W2D2 - Day: 2</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| <b>Category: Entrée/Combo; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| FAST Parfait, Strawberry Banana, 12oz, Strawberry Yogurt, Bananas, Strawberries, Granola - SR1737 (1 parfait) | 50       | 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) |

# 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 Wrap, Chicken Caesar, USDA Diced, Romaine, 10-inch Tortilla - SR2557 (1 wrap)                                 | 50       | 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)    |
| <b>Category: Garden, Milk, Condiments; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |              |
| 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)          |
| <b>SY23-24 DCPS OT-Achieve Garden Bar-W2D2 - Day: 2</b>  |          | Menu Bar        |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |              |
| <b>Category: Entrée/Combo; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |              |
| 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)          |
| <b>Category: Fruit; May Choose: 2</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        |
| 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)      |
| <b>Category: Vegetable; May Choose: 2</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |              |
| 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)    |
| <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) | Mois (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, 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)       |
| <b>SY23-24 DCPS OT-Achieve-Comfort Kitchen-W2D2 - Day: 2</b>                  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |           |
| <b>Category: Entrée/Combo; May Choose: 1</b>                                  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |           |
| Chicken Nuggets, Tyson - SR1367 (5 nugget)                                    | 60       | 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)   |
| Macaroni and Cheese, whole wheat, basic - SR1137 (2/3 c.)                     | 40       | 383.44          | 21.26         | 10.64       | 0.00          | 55.00     | 876.64      | 34.35    | 4.07            | 4.05             | 0.00(M)          | 20.03       | 1.89      | 461.61       | 22.77 (M) | 0.00(M)   | 0.14(M)    | 601.56 (M)     | 42.95 (M) |
| <b>Category: Grains; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |           |
| Breadstick, Ripstick, whole grain, 1.2 oz - SR1044 (1 breadstick)             | 40       | 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-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)       |
| <b>Category: Vegetable; May Choose: 1</b>                                     |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |           |
| S - Potato, wedges, skin-on, country-style, 8-cut, ORE-IDA - SR1029 (1/2 c.)  | 35       | 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)       |
| <b>Category: Condiment; May Choose: 1</b>                                     |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |           |
| Dressing, Ranch, 1.5 gallon dispenser pack, Heinz - 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       | 15.00           | 0.00          | 0.00        | 0.00          | 0.00      | 235.00      | 3.50     | 0.00            | 3.00             | 2.50             | 0.00        | 0.00      | 0.00         | (M)       | (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) | Mois (g)  |
|--|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|------------|-----------|------------|----------------|-----------|
| <b>SY23-24 DCPS OT-Achieve Pizza Core-Buffalo Chicken Pizza - Day: 3</b>                     | 100      |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |           |
| <b>Category: Entrée/Combo; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |           |
| 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)   |
| <b>Category: Garden, Milk, Condiments; May Choose: 1</b>                                     |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |           |
| 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)       |
| <b>Category: Vegetable; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |           |
| 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)  |
| <b>SY23-24 DCPS OT-Achieve Block Party-LatinX-W1D3 - Day: 3</b>                              | 100      |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |           |
| <b>Category: Meat/MA; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |           |
| Black Beans, Sofrito Seasoned, Bush's - SR3938 (1 c.)  | 100      | 342.72          | 4.08          | 0.27        | 0.00          | 0.00      | 312.64      | 63.43    | 15.91           | 7.08             | 0.00(M)          | 17.43       | 5.30      | 193.22       | 1141.80(M) | 50.12(M)  | 0.00       | 1312.45        | 98.08(M)  |
| <b>Category: Grains; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |           |
| Rice, oven-fried, brown rice, plantains - SR3791 (1 1/3 c.)                                  | 100      | 360.73          | 4.24          | 0.44        | 0.00          | 0.00      | 72.19       | 75.41    | 4.26            | 20.32            | 0.00(M)          | 6.39        | 1.74      | 15.95        | 15.78(M)   | 2.96(M)   | 0.00       | 521.70         | 137.71(M) |
| <b>Category: Garden, Milk, Condiments; May Choose: 1</b>                                     |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |           |
| 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)       |
| <b>Category: Vegetable; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |           |
| 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)  |
| <b>SY23-24 DCPS OT-Achieve Corner Deli W2D3 - Day: 3</b>                                     | 100      |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |           |



# 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: Entrée/Combo; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |              |
| Buffalo Chicken Wrap, 10 -inch, Tyson popcorn, cheddar, Buffalo side vegetables - SR1953 (1 wrap)                  | 50       | 487.83          | 22.56         | 7.82        | 0.00          | 31.05     | 1768.20     | 49.24    | 7.78            | 4.83             | 0.00             | 21.28       | 2.93      | 224.35       | 1981.02 (M) | 1.16(M)   | 0.26       | 789.98         | 19.89 (M)    |
| FAST Box, Classic Hummus, USDA Mozz, Flatbread - SR3878 (1 Box)  | 50       | 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)      |
| <b>Category: Garden, Milk, Condiments; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |              |
| 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)          |
| <b>SY23-24 DCPS OT-Achieve Garden Bar-W2D3 - Day: 3</b>  | Menu Bar |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |              |
| <b>Category: Entrée/Combo; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |              |
| 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)          |
| <b>Category: Fruit; May Choose: 2</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)          |
| 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)      |
| <b>Category: Vegetable; May Choose: 2</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |              |
| RO - Mex Roasted Sweet Potatoes - SR2277 (1/2 c.)  | 50       | 151.16          | 5.77          | 0.41        | 0.00          | 0.00      | 192.30      | 24.37    | 2.84            | 9.16             | 5.34             | 1.64        | 1.00      | 37.51        | 12870.23(M) | 2.18(M)   | 0.00       | 330.76         | 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)          |

# 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)  |
|---|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-------------|-----------|------------|----------------|-----------|
| 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, 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)       |
| <b>SY23-24 DCPS OT-Achieve-Comfort Kitchen-W2D3 - Day: 3</b>                  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |
| <b>Category: Entrée/Combo; May Choose: 1</b>                                  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |
| French Toast, sticks, whole grain (CACFP) - SR1910 (4 stick.)                 | 60       | 257.36          | 9.90          | 1.49        | 0.00          | 0.00      | 296.95      | 37.61    | 2.97            | 8.91             | 7.92             | 5.94        | 1.98      | 39.59        | 0.00(M)     | 0.00(M)   | 0.00       | 148.48         | (M)       |
| Lo Mein, vegetable, WG Yakisoba noodle - SR3864 (1 1/3 c.)                    | 40       | 342.52          | 1.84          | 0.23        | 0.03          | 0.33      | 892.91      | 69.77    | 3.79            | 18.15            | 16.94            | 10.78       | 3.93      | 17.68        | 3139.35 (M) | 2.38(M)   | 0.14       | 316.11         | 40.48 (M) |
| <b>Category: Meat/MA; May Choose: 1</b>                                       |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |
| Sausage, patty, country, turkey, 1 oz - SR1157 (2 patty)                      | 60       | 120.00          | 9.00          | 2.00        | 0.00          | 60.00     | 160.00      | 0.00     | 0.00            | 0.00             | 0.00             | 12.00       | 0.72      | 0.00         | 0.00(M)     | 0.00(M)   | 0.00       | 0.00           | (M)       |
| Tofu, Tossable Cubes, Sweet & Sour - SR4076 (3/4 c.)                          | 40       | 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-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)       |
| <b>Category: Vegetable; May Choose: 1</b>                                     |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |
| Roasted Green Pepper and Onion Blend - SR1952 (1/4 c.)                        | 50       | 34.82           | 2.09          | 0.18        | 0.00          | 0.00      | 44.27       | 4.12     | 1.09            | 1.97             | 0.00             | 0.61        | 0.20      | 9.73         | 144.05 (M)  | 33.01 (M) | 0.00       | 104.23         | 31.65 (M) |
| <b>Category: Condiment; May Choose: 1</b>                                     |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |
| Syrup, maple flavor, bulk - SR1158 (2 tbsp.)                                  | 60       | 105.00          | 0.00          | 0.00        | 0.00          | 0.00      | 47.50       | 26.00    | 0.00            | 14.50            | (M)              | 0.00        | 0.01      | 0.50         | 2.75        | 0.01      | 0.00       | 10.50          | (M)       |
| <b>SY23-24 DCPS OT-Achieve Block Party-LatinX-W1D4 - Day: 4</b>               |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |

# 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: Entrée/Combo; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |              |
| Quesadilla, Bean and Queso Blanco, USDA Refried Beans, USDA Mozz Cheese, 6" Mission Corn Tortilla - SR3951 (1 quesadilla) | 100      | 176.13          | 6.41          | 3.40        | 0.00          | 16.94     | 329.45      | 17.93    | 3.84            | 1.96             | 0.31(M)          | 10.86       | 0.18(M)   | 220.91 (M)   | 794.43 (M) | 7.38(M)   | 0.00(M)    | 65.59 (M)      | 30.65 (M)    |
| <b>Category: Garden, Milk, Condiments; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |              |
| 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)          |
| <b>Category: Vegetable; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |              |
| BP/O - Mexican Black Beans, onion, pepper, jalapeno, cilantro - SR1026 (1/2 c.)   | 100      | 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)    |
| <b>SY23-24 DCPS OT-Achieve Corner Deli W2D4 - Day: 4</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |              |
| <b>Category: Entrée/Combo; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |              |
| FAST Box, Protein Power Up, USDA Mozz, Sunbutter, Grahams - SR3879 (1 Box)  | 50       | 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 Wrap, Crispy Chicken, Tyson Nugget, USDA Cheddar, 10" tortilla, Shredded Lettuce, Tomato - SR3898 (1 wrap)           | 50       | 527.82          | 25.45         | 8.07        | 0.00          | 40.18     | 1157.37     | 56.72    | 8.04            | 8.55             | 1.00             | 20.34       | 2.98      | 230.50       | 671.41 (M) | 28.18 (M) | 0.18       | 771.47         | 49.89 (M)    |
| <b>Category: Garden, Milk, Condiments; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |              |
| 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)          |
| <b>SY23-24 DCPS OT-Achieve Garden Bar-W2D4 - Day: 4</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |              |
| <b>Category: Entrée/Combo; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |              |
| 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)          |
| <b>Category: Fruit; May Choose: 2</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |              |

# 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)  |
|--|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-------------|-----------|------------|----------------|-----------|
| 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     |
| 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>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |
| RO - Bell Pepper, Red, fresh medium-large, julienne/strips, ready-to-serve (1/2c = 1/2c veg) - SR1011 (1/2 c.) | 50       | 15.27           | 0.15          | 0.01        | 0.00          | 0.00      | 1.97        | 2.97     | 1.03            | 2.07             | 0.00             | 0.49        | 0.21      | 3.45         | 1542.32     | 62.90     | 0.00       | 103.94         | 45.42     |
| 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, 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)       |
| <b>SY23-24 DCPS OT-ACHIEVE Nacho- Turkey - Day: 4</b>  | 100      |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |
| <b>Category: Entrée/Combo; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |
| Taco Filling, turkey crumbles - SR1527 (3/8 c.)  | 50       | 112.47          | 5.24          | 1.55        | 0.01          | 45.55     | 463.98      | 2.28     | 0.63            | 0.38             | 0.00(M)          | 12.52       | 0.83      | 10.56        | 19.78 (M)   | 0.74(M)   | 0.00(M)    | 232.36 (M)     | 16.58 (M) |
| <b>Category: MTO Pick 1st Grain; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |

# 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)  |
|---|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-------------|-----------|------------|----------------|-----------|
| Tortilla Chips, Tostitos crispy rounds, whole grain - SR1065 (1 1/2 oz.)      | 100      | 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)   |
| <b>Category: MTO Pick 1st Protein; May Choose: 2</b>                          |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |
| BP - Refried Beans, pinto, vegetarian - SR1070 (1 #16 scoop)                  | 50       | 80.64           | 0.29          | 0.00        | 0.00          | 0.00      | 82.31       | 13.82    | 5.18            | 0.00             | 0.00             | 5.18        | 1.21      | 30.47        | 0.00(M)     | 0.00(M)   | 0.00       | 253.99         | 52.11 (M) |
| Cheese Sauce, cheddar, JTM Main Street Cafe - SR1293 (1/4 c.)                 | 60       | 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)   |
| <b>Category: Garden, Milk, Condiments; May Choose: 1</b>                      |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |
| 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)       |
| <b>Category: Vegetable; May Choose: 1</b>                                     |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |
| 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)   |
| <b>Category: Condiment; May Choose: 1</b>                                     |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |
| 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)       |
| Salsa Roja, homemade - SR1081 (2 tbsp.)                                       | 50       | 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)   |
| <b>SY23-24 DCPS OT-Achieve-Comfort Kitchen-W2D4 - Day: 4</b>                  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |
| <b>Category: Entrée/Combo; May Choose: 1</b>                                  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |
| Chicken, Breaded Drumstick, Tyson - SR3363 (1 pcs.)                           | 70       | 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)       |
| Sloppy Joe Sandwich, Plant, BAF Crumbles - SR3971 (1 sandwich)                | 30       | 260.09          | 5.57          | 2.28        | 0.00          | 0.00      | 676.70      | 34.38    | 3.95            | 7.61             | 5.67(M)          | 17.14       | 3.40      | 69.67        | 1269.20 (M) | 9.46(M)   | 0.00(M)    | 201.98 (M)     | 12.75 (M) |
| <b>Category: Grains; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |
| Dinner Roll, Richs WG 1.25 oz - SR1010 (2 roll.)                              | 70       | 160.00          | 3.00          | 0.00        | 0.00          | 0.00      | 130.00      | 28.00    | 4.00            | 4.00             | 4.00             | 6.00        | 1.60      | 20.00        | 0.00(M)     | 0.00(M)   | 0.80       | 100.00         | (M)       |
| <b>Category: Garden, Milk, Condiments; May Choose: 1</b>                      |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |

# 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-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)      |
| <b>Category: Vegetable; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |          |
| 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    |
| <b>Category: Condiment; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |          |
| Dressing, Ranch, 1.5 gallon dispenser pack, Heinz - 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)      |
| <b>SY23-24 DCPS OT-Achieve Grill- Cheese Burger - Day: 5</b>                                 |          | 100             |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |          |
| <b>Category: Entrée/Combo; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |          |
| 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)      |
| <b>Category: Garden, Milk, Condiments; May Choose: 1</b>                                     |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |          |
| 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)      |
| <b>Category: Vegetable; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |          |
| 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)  |
| <b>Category: Condiment; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |          |
| O - Lettuce, Iceberg, 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)      |

# 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) |
|--|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-------------|-----------|------------|----------------|--------------|
| 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)          |
| 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        |
| <b>SY23-24 DCPS OT-Achieve Block Party-LatinX-W1D5 - Day: 5</b>                                | 100      |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |              |
| <b>Category: Entrée/Combo; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |              |
| Stew- Green Chile Chicken & Corn Stew - SMR2184 (3/4 c.)                                       | 100      | 247.63          | 9.91          | 2.76        | 0.00(M)       | 106.73    | 680.66      | 16.37    | 1.88            | 2.10(M)          | 0.15(M)          | 24.68       | 1.93      | 31.91        | 151.07 (M)  | 7.98(M)   | 0.00(M)    | 501.07 (M)     | 95.06 (M)    |
| <b>Category: Grains; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |              |
| 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)   |
| <b>Category: Garden, Milk, Condiments; May Choose: 1</b>                                       |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |              |
| 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)          |
| <b>Category: Vegetable; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |              |
| RO - Mex Roasted Sweet Potatoes - SR2277 (1/2 c.)  | 100      | 151.16          | 5.77          | 0.41        | 0.00          | 0.00      | 192.30      | 24.37    | 2.84            | 9.16             | 5.34             | 1.64        | 1.00      | 37.51        | 12870.23(M) | 2.18(M)   | 0.00       | 330.76         | 0.00(M)      |
| <b>SY23-24 DCPS OT-Achieve Corner Deli W2D5 - Day: 5</b>                                       | 100      |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |              |
| <b>Category: Entrée/Combo; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |              |
| FAST Salad, Garden Fiesta, USDA Cheddar, Black Bean, Corn, Jalapeno, Tomato - SR3881 (1 salad) | 50       | 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 Wrap, Chicken Caesar, USDA Diced, Romaine, 10-inch Tortilla - SR2557 (1 wrap)             | 50       | 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)    |

# 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>Category: Grains; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |
| 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-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)       |
| <b>SY23-24 DCPS OT-Achieve Garden Bar-W2D5 - Day: 5</b>  |          | Menu Bar        |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |
| <b>Category: Entrée/Combo; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |
| 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)       |
| <b>Category: Fruit; May Choose: 2</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |
| 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)       |
| 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)   |
| <b>Category: Vegetable; May Choose: 2</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |
| 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) |
| Tomato, Corn and Cilantro Salad, homemade salsa - SR1678 (1/2 c.)  | 50       | 39.22           | 0.34          | 0.05        | 0.00          | 0.00      | 120.97      | 8.52     | 1.76            | 1.65(M)          | 0.04(M)          | 1.89        | 1.10      | 40.73        | 2908.00 (M) | 13.96 (M) | 0.00(M)    | 262.00 (M)     | 63.92 (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>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |



# 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)          |
| <b>SY23-24 DCPS OT-Achieve-Comfort Kitchen-W2D5 - Day: 5</b>                   | 100      |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |              |
| <b>Category: Entrée/Combo; May Choose: 1</b>                                   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |              |
| Jollof Rice (Spicy African Rice), USDA Tomato Sauce - SR3703 (6 oz.)           | 35       | 190.11          | 2.96          | 0.57        | 0.00          | 0.00      | 546.71      | 38.13    | 2.08            | 3.78             | 0.16(M)          | 4.68        | 0.98(M)   | 5.70(M)      | 145.02 (M) | 9.05(M)   | 0.00(M)    | 154.31 (M)     | 64.43 (M)    |
| Quesadilla, Cheddar Cheese USDA, 10-inch tortilla - SR1054 (1 each quesadilla) | 65       | 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)          |
| <b>Category: Meat/MA; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |              |
| Fajita Chicken Strips, USDA - SR2529 (2/3 c.)                                  | 35       | 160.09          | 8.01          | 2.29        | 0.00          | 91.48     | 480.27      | 2.29     | 0.00            | 0.00             | 0.00             | 19.44       | 1.03      | 11.44        | (M)        | (M)       | 0.00       | 274.44         | 0.00(M)      |
| <b>Category: Grains; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |              |
| Oven Fired Flatbread, Richs 6x6 whole grain - SR1534 (1 piece)                 | 35       | 180.00          | 5.00          | 1.00        | 0.00          | 0.00      | 330.00      | 28.00    | 3.00            | 2.00             | 1.00             | 6.00        | 1.50      | 30.00        | (M)        | (M)       | 0.50       | 120.00         | (M)          |
| <b>Category: Garden, Milk, Condiments; May Choose: 1</b>                       |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |              |
| 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)          |
| <b>Category: Vegetable; May Choose: 1</b>                                      |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |              |
| DG - Broccoli, roasted, seasoned, from frozen - SR1852 (1/2 c.)                | 45       | 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)    |
| <b>Category: Condiment; May Choose: 1</b>                                      |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |              |
| Salsa Roja, homemade - SR1081 (2 tbsp.)  | 45       | 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)      |