

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	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)
SY23-24 DCPS OT-Achieve Pizza Core-Veggie Pizza - Day: 1	100																		
Category: Entrée/Combo; May Choose: 1																			
Cheese Pizza, 8-cut, FTO 16" WG, USDA Cheese Blend - SR3786 (1 slice)	0	381.50	15.00	8.27	0.00	33.48	850.17	41.86	5.49	5.05	2.51	23.03	2.38	421.90	0.00(M)	0.00(M)	0.62	367.19	0.02(M)
Veggie Pizza, Big Daddy's 8-cut, 16-inch - SMR1625 (1 slice)	0	493.15	23.49	7.56	0.00	35.00	485.64	48.91	6.83	8.78	1.00	21.76	4.18	431.80	7980.20(M)	45.88(M)	0.00	771.38	38.28(M)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Vegetable; May Choose: 1																			
Salad, Caesar, side, toasted garlic, bulk croutons - SR2130 (1 c.)	0	176.79	16.03	3.29	0.00	13.75	325.14	6.75	1.26	0.71	0.00	3.17	0.61	59.37	4938.81(M)	3.37(M)	0.00	167.76	55.72(M)
SY23-24 DCPS OT-Achieve Block Party-Dominican Republic-W2D1 - Day: 1	100																		
Category: Entrée/Combo; May Choose: 1																			
Beans, Pinto, Habichuelas Guisadas - SR3950 (3 #10 scoop)	100	252.85	7.39	0.84	0.00	0.00	441.56	39.81	11.42	6.26	1.07(M)	10.91	0.42(M)	23.79(M)	1135.41(M)	25.20(M)	0.00(M)	269.52(M)	147.18(M)
Category: Grains; May Choose: 1																			
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)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Vegetable; May Choose: 1																			

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)
RO - Squash, Roasted-Butternut - SR1408 (1/2 c.)	100	73.30	0.33	0.01	0.00	0.00	31.71	18.56	2.39	7.25	4.64	1.19	0.87	61.10	12578.52(M)	24.85(M)	0.00	423.40	0.07(M)
SY23-24 DCPS OT-Achieve Corner Deli W3D1 - Day: 1	100																		
Category: Entrée/Combo; May Choose: 1																			
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 Salad, Chef-USDA Turkey, USA Turkey Ham & USDA Cheddar Cheese, CF Egg - SR3875 (1 salad)	50	224.83	12.11	5.35	0.00	205.19	412.09	9.83	2.23	5.99	0.00(M)	21.22	1.75(M)	262.57(M)	2424.63(M)	14.17(M)	1.10(M)	200.89(M)	55.03(M)
Category: Grains; May Choose: 1																			
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)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY23-24 DCPS OT-Achieve Garden Bar-W3D1 - Day: 1	Menu Bar																		
Category: Entrée/Combo; May Choose: 1																			
Variety of Entrees Available on the Main Lines (see main line menu), 2 oz M/MA, 2 oz eq grain - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Category: Fruit; May Choose: 2																			
Applesauce, canned, unsweetened - SR1195 (1/2 c.)	50	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)
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)
Category: Vegetable; May Choose: 2																			

Weekly - Nutrient Analysis

Generated on: 11/9/2023 11:44:53 PM by Samantha Baker

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)	
RO - Carrots, baby-cut, ready-to-serve (1/2c = 1/2c veg) - SR1016 (1/2 c.)	50	25.40	0.09	0.02	0.00	0.00	56.61	5.98	2.10	3.46	0.00	0.46	0.65	23.22	10008.06	1.89	0.00	172.00	(M)	
Salad, super, side, Romaine, tomatoes, carrots, corn, black beans - SR1979 (1 c.)	50	50.68	0.39	0.04	0.00	0.00	34.45	10.57	2.70	2.36	0.00	2.35	0.77	26.03	4690.00(M)	5.95(M)	0.00	288.31	76.89(M)	
Category: Milk; May Choose: 1																				
Lactaid Milk - SMR1943 (1 Half Pint)	50	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)	
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	100	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	0.00	8.22	0.07	305.00	478.24	0.00	2.93	366.00	(M)	
Regional Milk, White, Skim - SR1002 (1 Half Pint)	100	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	0.00	8.26	0.07	298.90	499.80	0.00	2.94	382.20	(M)	
Soy Milk - SMR1719 (1 ea.)	50	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00(M)	0.00(M)	2.50	350.00	(M)	
Category: Condiment; May Choose: 1																				
Dressing, Italian Salad, fat free - SR1489 (1 tbsp.)	25	15.00	0.00	0.00	0.00	0.00	175.00	4.00	0.00	1.00	1.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	
Dressing, Ranch, 1.5 gallon dispenser pack, Heinz - SR1931 (1 pump)	25	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	
SY23-24 DCPS OT-Achieve-Comfort Kitchen-W3D1 - Day: 1	100																			
Category: Entrée/Combo; May Choose: 1																				
Grilled Cheese Sandwich, classic, American, whole grain - SR1108 (1 sandwich)	60	360.00	20.00	10.00	0.00	50.00	859.99	30.00	2.00	4.00	2.00(M)	16.00	2.00(M)	42.00(M)	0.00(M)	0.00(M)	0.00(M)	114.00(M)	(M)	
Jamaican Jerk Chicken, USDA diced - SR2558 (1/4 c.)	40	89.22	2.35	0.02	0.01	47.25	381.11	1.82	0.24	1.24	0.46	13.57	0.44(M)	9.72(M)	0.00(M)	0.00(M)	0.00(M)	24.41(M)	0.00(M)	
Category: Grains; May Choose: 1																				
Rice, brown, oven, steamed - SR1098 (1 c.)	40	234.38	2.07	0.00	0.00	0.00	4.05	49.63	2.76	0.00	0.00	5.51	1.38	4.05	0.00(M)	0.00(M)	0.00	148.87	104.75(M)	
Category: Garden, Milk, Condiments; May Choose: 1																				
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	
Category: Vegetable; May Choose: 1																				
Baked Plantains - SR3711 (4 oz.)	40	292.02	10.37	1.31	0.01	0.00	363.85	49.15	1.99	41.80	4.26	0.95	1.04	17.47	0.00(M)	0.02(M)	0.00	644.09	4.17(M)	
SY23-24 DCPS OT-Achieve Block Party- Dominican Republic-W2D2 - Day: 2		100																		
Category: Entrée/Combo; May Choose: 1																				
Chicken, Pollo Guisado, USDA Fajita, - SR3958 (7/8 c.)	100	228.70	12.19	2.83	0.00	94.24	741.46	9.18	1.92	3.64	0.00(M)	21.15	1.39(M)	29.81 (M)	610.75 (M)	29.86 (M)	0.00(M)	581.75 (M)	87.13 (M)	
Category: Grains; May Choose: 1																				
Tortilla, flour, 10-inch - SR1177 (1 tortilla)	100	210.00	6.00	3.00	0.00	0.00	319.99	34.00	4.00	3.00	0.00	5.00	1.00	87.00	0.00(M)	0.00(M)	0.00	72.00	(M)	
Category: Garden, Milk, Condiments; May Choose: 1																				
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Vegetable; May Choose: 1																				
Yuca, Seasoned, Garlic & Red Onion - SR3945 (1 c.)	100	257.09	9.37	1.71	0.00(M)	2.02	257.90	42.47	2.22	2.52	0.00(M)	1.77	0.37(M)	31.07 (M)	15.43 (M)	20.11 (M)	0.00(M)	326.88 (M)	112.01 (M)	
SY23-24 DCPS OT-Achieve Corner Deli W3D2 - Day: 2		100																		
Category: Entrée/Combo; May Choose: 1																				
FAST Salad, Hearty Garden Vegetable, USDA Mozzarella, CF Egg, bulk croutons - SR3876 (1 salad)	50	180.45	6.86	2.29	0.00	92.59	270.37	20.41	4.68	6.41	0.00(M)	11.46	1.25(M)	154.06 (M)	4220.82 (M)	12.51 (M)	0.50(M)	165.75 (M)	52.78 (M)	
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)	
Category: Grains; May Choose: 1																				
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)	
Category: Garden, Milk, Condiments; May Choose: 1																				

Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY23-24 DCPS OT-Achieve Garden Bar-W3D2 - Day: 2	Menu Bar																		
Category: Entrée/Combo; May Choose: 1																			
Variety of Entrees Available on the Main Lines (see main line menu), 2 oz M/MA, 2 oz eq grain - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Category: Fruit; May Choose: 2																			
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
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)
Category: Vegetable; May Choose: 2																			
Salad, super, side, Romaine, tomatoes, carrots, corn, black beans - SR1979 (1 c.)	50	50.68	0.39	0.04	0.00	0.00	34.45	10.57	2.70	2.36	0.00	2.35	0.77	26.03	4690.00 (M)	5.95(M)	0.00	288.31	76.89 (M)
Tomato and Cucumber Salad, balsamic vinaigrette - SR1458 (1/2 c.)	50	25.89	0.86	0.18	0.00	0.00	39.25	4.37	0.85	2.19	0.00(M)	0.82	0.34	13.54	419.72 (M)	7.14(M)	0.00(M)	178.25 (M)	84.28 (M)
Category: Milk; May Choose: 1																			
Lactaid Milk - SMR1943 (1 Half Pint)	50	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	100	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	0.00	8.22	0.07	305.00	478.24	0.00	2.93	366.00	(M)
Regional Milk, White, Skim - SR1002 (1 Half Pint)	100	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	0.00	8.26	0.07	298.90	499.80	0.00	2.94	382.20	(M)
Soy Milk - SMR1719 (1 ea.)	50	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00(M)	0.00(M)	2.50	350.00	(M)
Category: Condiment; May Choose: 1																			
Dressing, Italian Salad, fat free - SR1489 (1 tbsp.)	25	15.00	0.00	0.00	0.00	0.00	175.00	4.00	0.00	1.00	1.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)

Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
Dressing, Ranch, 1.5 gallon dispenser pack, Heinz - SR1931 (1 pump)	25	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)
SY23-24 DCPS OT-ACHIEVE Nacho- Beef - Day: 2	100																		
Category: Meat/MA; May Choose: 1																			
Taco Filling, Beef, JTM Signature Taco Filling - SR3906 (3/8 c.)	0	114.07	5.05	1.82	0.00	34.32	298.80	5.05	2.02	2.02	0.00	13.12	2.02	46.44	0.00(M)	0.00(M)	0.00	0.00	0.00(M)
Category: MTO Pick 1st Grain; May Choose: 1																			
Tortilla Chips, Tostitos crispy rounds, whole grain - SR1065 (1 1/2 oz.)	0	206.18	8.84	1.47	0.00	0.00	169.36	29.45	2.94	0.00	0.00	2.94	0.74	44.18	0.00(M)	0.00(M)	0.00	0.00	0.00(M)
Category: MTO Pick 1st Protein; May Choose: 2																			
BP - Refried Beans, pinto, vegetarian - SR1070 (1/2 c.)	0	161.28	0.58	0.00	0.00	0.00	164.61	27.65	10.37	0.00	0.00	10.37	2.42	60.93	0.00(M)	0.00(M)	0.00	507.99	104.21(M)
Cheese Sauce, cheddar, JTM Main Street Cafe - SR1293 (1/4 c.)	0	114.49	9.20	5.01	0.00	26.58	423.20	2.04	0.00	1.02	0.00	7.16	0.00	208.53	0.00(M)	0.00(M)	0.00	284.46	0.00(M)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Vegetable; May Choose: 1																			
Mixed Salad Greens, Romaine blend, spinach - SR1080 (1 c.)	0	12.85	0.03	0.00	0.00	0.00	12.67	2.51	0.90	0.79	0.00	0.94	0.93	23.05	604.17(M)	1.81(M)	0.00	161.02	5.89(M)
Category: Condiment; May Choose: 1																			
Peppers, jalapeno, sliced, canned, drained, ready-to-serve - SR1074 (1 tbsp.)	0	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)
Salsa Roja, homemade - SR1081 (2 tbsp.)	0	8.92	0.04	0.01	0.00	0.00	95.64	1.84	0.39	0.33(M)	0.10(M)	0.31	0.26	9.54	163.15(M)	2.67(M)	0.00(M)	23.63(M)	4.66(M)
SY23-24 DCPS OT-Achieve-Comfort Kitchen-W3D2 - Day: 2	100																		
Category: Entrée/Combo; May Choose: 1																			

Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Baked Penne Pasta, whole wheat - SR1133 (1 c.)	65	392.48	14.50	6.99	0.00	35.67	744.09	47.62	6.08	10.76	1.43	19.14	2.37	444.95	0.00(M)	0.00(M)	0.10	641.14	0.00(M)
Po Boy Sub Sandwich, Pollock nuggets, American, hot dog bun, lettuce - SR1709 (1 sandwich)	35	213.49	7.18	2.50	0.00	14.38	418.21	29.04	2.58	3.64	3.00(M)	9.23	1.07(M)	85.07 (M)	35.58 (M)	0.20(M)	0.00(M)	116.58 (M)	(M)
Category: Grains; May Choose: 1																			
Breadstick, Ripstick, whole grain, 1.2 oz - SR1044 (1 breadstick)	65	80.00	1.00	0.00	0.00	0.00	95.00	14.00	2.00	2.00	2.00	3.00	0.80	10.00	0.00(M)	0.00(M)	0.30	50.00	(M)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Vegetable; May Choose: 1																			
O - Parmesan Green Beans, green beans, Parmesan - SR1144 (1/2 c.)	30	41.90	2.35	0.32	0.00	0.71	13.66	5.18	2.32	1.45	0.00(M)	1.30	0.51	38.91	323.25 (M)	3.23(M)	0.00	124.89	70.63 (M)
SY23-24 DCPA OT-Achieve Grill- Chicken Sandwich - Day: 3																			
Category: Entrée/Combo; May Choose: 1																			
Chicken Burger, Tyson, whole grain - SR2686 (1 burger)	0	390.00	16.00	2.50	0.00	25.00	700.00	42.00	5.00	4.00	3.00	20.00	2.90	83.00	0.00(M)	0.00(M)	0.10	692.00	(M)
Grilled Cheese Sandwich, classic, American, whole grain - SR1108 (1 sandwich)	0	360.00	20.00	10.00	0.00	50.00	859.99	30.00	2.00	4.00	2.00(M)	16.00	2.00(M)	42.00 (M)	0.00(M)	0.00(M)	0.00(M)	114.00 (M)	(M)
Spicy Chicken Burger, Tyson, whole grain - SR1240 (1 burger)	0	380.00	15.00	2.50	0.00	20.00	610.00	41.00	4.00	4.00	4.00	19.00	3.00	83.00	0.00(M)	0.00(M)	0.10	792.00	(M)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Vegetable; May Choose: 1																			
French fries, potato, crinkle-cut, 3/8-inch, McCain - SR2496 (1/2 c.)	0	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)

Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	
Category: Condiment; May Choose: 1																				
O - Lettuce, Iceberg, shredded, ready-to-serve - SR1015 (1/4 cup shredd)	0	2.52	0.03	0.00	0.00	0.00	1.80	0.54	0.22	0.35	0.00	0.16	0.07	3.24	90.36	0.50	0.00	25.38	(M)	
O - Onion, red, 1/4-inch diced, ready-to-serve - SR1447 (2 tbsp.)	0	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	
Peppers, jalapeno, sliced, canned, drained, ready-to-serve - SR1074 (1 tbsp.)	0	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	
Pickle, dill, chips, drained, ready-to-serve - SR1399 (2 tbsp.)	0	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	
Tomatoes, fresh, 1/8-inch sliced, ready-to-serve - SR1536 (2 tbsp.)	0	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16	
SY23-24 DCPS OT-Achieve Block Party-Dominican Republic-W2D3 - Day: 3																				
Category: Entrée/Combo; May Choose: 1																				
Pastaleon, Beef & Plantain - SR3925 (1 Cut)	100	381.70	18.82	6.55	0.00	39.60	1074.68	40.22	3.54	30.61	0.00(M)	13.04	185.32 (M)	94.36 (M)	254.17 (M)	20.44 (M)	0.05(M)	861.50 (M)	0.00(M)	
Category: Grains; May Choose: 1																				
Breadstick, Ripstick, whole grain, 1.2 oz - SR1044 (2 breadstick)	100	160.00	2.00	0.00	0.00	0.00	190.00	28.00	4.00	4.00	4.00	6.00	1.60	20.00	0.00(M)	0.00(M)	0.60	100.00	(M)	
Category: Garden, Milk, Condiments; May Choose: 1																				
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Vegetable; May Choose: 1																				
Salad, Dominican Ensalada Verde - SR3947 (1 c.)	100	22.69	0.14	0.03	0.00	0.00	9.27	5.13	1.67	2.90	0.00	1.01	0.35	23.32	510.94	27.98	0.00	184.35	92.36	
SY23-24 DCPS OT-Achieve Corner Deli W3D3 - Day: 3																				
Category: Entrée/Combo; May Choose: 1																				

Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
FAST Salad, Hearty Garden Vegetable, USDA Mozzarella, CF Egg, bulk croutons - SR3876 (1 salad)	50	180.45	6.86	2.29	0.00	92.59	270.37	20.41	4.68	6.41	0.00(M)	11.46	1.25(M)	154.06 (M)	4220.82 (M)	12.51 (M)	0.50(M)	165.75 (M)	52.78 (M)
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)
Category: Grains; May Choose: 1																			
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)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY23-24 DCPS OT-Achieve Garden Bar-W3D3 - Day: 3	Menu Bar																		
Category: Entrée/Combo; May Choose: 1																			
Variety of Entrees Available on the Main Lines (see main line menu), 2 oz M/MA, 2 oz eq grain - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Category: Fruit; May Choose: 2																			
Blueberries, wild, frozen - SR2872 (1/2 c.)	50	39.34	0.00	0.00	0.00	0.00	0.00	8.85	2.95	4.92	0.00	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
F - Oranges, fresh, slices, unpeeled - SR1172 (6 slice or w)	50	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28
Category: Vegetable; May Choose: 2																			
Asian Bean Salsa - SR2049 (1/2 c.)	50	69.66	1.26	0.15	0.00	0.00	238.09	10.71	3.22	4.03	2.35(M)	4.23	1.03	36.59	1547.77 (M)	2.31(M)	0.00(M)	148.34 (M)	35.84 (M)
Salad, super, side, Romaine, tomatoes, carrots, corn, black beans - SR1979 (1 c.)	50	50.68	0.39	0.04	0.00	0.00	34.45	10.57	2.70	2.36	0.00	2.35	0.77	26.03	4690.00 (M)	5.95(M)	0.00	288.31	76.89 (M)
Category: Milk; May Choose: 1																			
Lactaid Milk - SMR1943 (1 Half Pint)	50	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	100	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	0.00	8.22	0.07	305.00	478.24	0.00	2.93	366.00	(M)

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)
Category: Condiment; May Choose: 1																			
Dressing, Italian Salad, fat free - SR1489 (1 tbsp.)	25	15.00	0.00	0.00	0.00	0.00	175.00	4.00	0.00	1.00	1.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)
Dressing, Ranch, 1.5 gallon dispenser pack, Heinz - SR1931 (1 pump)	25	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)
SY23-24 DCPS OT-Achieve-Comfort Kitchen-W3D3 - Day: 3																			
Category: Entrée/Combo; May Choose: 1																			
Fried Rice, brown rice, scrambled eggs, soy sauce, onions, carrots, celery, peas - SR1382 (1 1/3 c.)	25	317.05	4.36	0.68	0.00	49.45	660.00	60.08	5.14	3.88	0.00(M)	10.51	2.67	39.98	3295.50 (M)	6.49(M)	0.59	367.97	184.88 (M)
Spicy Chicken Burger, Tyson, whole grain - SR1240 (1 burger)	75	380.00	15.00	2.50	0.00	20.00	610.00	41.00	4.00	4.00	4.00	19.00	3.00	83.00	0.00(M)	0.00(M)	0.10	792.00	(M)
Category: Meat/MA; May Choose: 1																			
Baked Tofu Cubes, plain - SR2069 (2 5/8 oz.)	25	255.81	19.29	2.21	0.00	0.00	354.81	3.81	3.06	0.00	0.00	22.40	3.54	886.04	214.95 (M)	0.26(M)	0.00	311.09	0.00(M)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Vegetable; May Choose: 1																			
ST - Peas, frozen, heated - SR2335 (1/2 c.)	50	75.92	0.26	0.05	0.00	0.00	68.75	13.66	4.30	4.20	0.00(M)	4.92	1.45	22.92	2005.36	9.45	0.00	105.04	75.92
Category: Condiment; May Choose: 1																			
Sweet and Sour Sauce - SR2022 (1 tbsp.)	15	36.54	0.16	0.02	0.00	0.09	37.98	8.73	0.04	7.33	7.33	0.05	0.01	0.36	0.00(M)	0.00(M)	0.02	6.12	(M)
SY23-24 DCPS OT-Achieve Pizza Core-Buffalo Chicken Pizza - Day: 4																			
Category: Entrée/Combo; May Choose: 1																			

Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Buffalo Chicken Pizza, 8-cut, FTO 16" WG, USDA Cheese Blend, Tyson Nugget - SR3834 (1 slice)	0	427.76	17.66	8.74	0.00	38.23	1167.60	45.04	6.18	5.27	2.51	25.72	2.75	428.15	0.00(M)	0.00(M)	0.67	490.10	0.02(M)
Cheese Pizza, 8-cut, FTO 16" WG, USDA Cheese Blend - SR3786 (1 slice)	0	381.50	15.00	8.27	0.00	33.48	850.17	41.86	5.49	5.05	2.51	23.03	2.38	421.90	0.00(M)	0.00(M)	0.62	367.19	0.02(M)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	0 (M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Vegetable; May Choose: 1																			
Salad, garden, side, mixed greens, cucumber, tomato, carrots - SR1429 (1 c.)	0	20.07	0.13	0.02	0.00	0.00	25.59	4.25	1.38	1.86	0.00	1.10	0.83	28.83	4017.42 (M)	6.87(M)	0.00	238.65	50.81 (M)
SY23-24 DCPS OT-Achieve Block Party-Dominican Republic-W2D4 - Day: 4																			
Category: Entrée/Combo; May Choose: 1																			
Drumstick, Breaded Tyson, Dominican Pica Chicken, Green Sofrito Salsa - SR3931 (1 portion)	100	235.17	13.12	3.03	0.00	60.00	603.66	9.48	1.66	1.42	0.00	19.43	1.20	25.01	35.75 (M)	7.52(M)	0.00	375.65	29.55 (M)
Category: Grains; May Choose: 1																			
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)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100 (M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Vegetable; May Choose: 1																			
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
SY23-24 DCPS OT-Achieve Corner Deli W3D4 - Day: 4																			
Category: Entrée/Combo; May Choose: 1																			

Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
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 Salad, Chicken Caesar-USDA Diced Chicken, Parmesan, Romaine, bulk croutons - SR3572 (1 salad)	50	164.21	6.89	1.46	0.00	49.09	396.38	10.09	2.39	1.36	0.00	15.83	1.44(M)	102.60 (M)	9923.65 (M)	4.56(M)	0.00(M)	307.74 (M)	120.57 (M)
Category: Grains; May Choose: 1																			
Breadstick, Ripstick, whole grain, 1.2 oz - SR1044 (1 breadstick)	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)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY23-24 DCPS OT-Achieve Garden Bar-W3D4 - Day: 4	Menu Bar																		
Category: Entrée/Combo; May Choose: 1																			
Variety of Entrees Available on the Main Lines (see main line menu), 2 oz M/MA, 2 oz eq grain - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Category: Fruit; May Choose: 2																			
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)
Peaches, cling, diced, canned in pear juice, drained - SR1196 (1/2 c.)	50	84.02	0.00	0.00	0.00	0.00	7.00	21.00	1.40	16.80	1.40	0.00	0.42	18.20	0.00(M)	0.00(M)	0.00	233.85	0.00(M)
Category: Vegetable; May Choose: 2																			
Blue Ribbon Slaw, cabbage, slaw juice, carrots, onion - SR1254 (1/2 c.)	50	41.82	0.15	0.03	0.00	0.00	113.85	10.28	1.51	8.05	6.24	0.76	0.52	27.65	1697.14 (M)	15.19 (M)	0.00(M)	120.36 (M)	57.15 (M)
Salad, super, side, Romaine, tomatoes, carrots, corn, black beans - SR1979 (1 c.)	50	50.68	0.39	0.04	0.00	0.00	34.45	10.57	2.70	2.36	0.00	2.35	0.77	26.03	4690.00 (M)	5.95(M)	0.00	288.31	76.89 (M)
Category: Milk; May Choose: 1																			
Lactaid Milk - SMR1943 (1 Half Pint)	50	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)

Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	100	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	0.00	8.22	0.07	305.00	478.24	0.00	2.93	366.00	(M)
Regional Milk, White, Skim - SR1002 (1 Half Pint)	100	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	0.00	8.26	0.07	298.90	499.80	0.00	2.94	382.20	(M)
Soy Milk - SMR1719 (1 ea.)	50	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00(M)	0.00(M)	2.50	350.00	(M)
Category: Condiment; May Choose: 1																			
Dressing, Italian Salad, fat free - SR1489 (1 tbsp.)	25	15.00	0.00	0.00	0.00	0.00	175.00	4.00	0.00	1.00	1.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)
Dressing, Ranch, 1.5 gallon dispenser pack, Heinz - SR1931 (1 pump)	25	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)
SY23-24 DCPS OT-Achieve-Comfort Kitchen-W3D4 - Day: 4																			
Category: Entrée/Combo; May Choose: 1																			
Hot Dog, Original , turkey frank, hot dog bun, RECIPE - SMR1176 (1 serving (1))	75	280.00	12.50	3.00	0.00	50.00	530.00	28.00	2.50	4.00	4.00	13.00	1.70	133.00	0.00(M)	0.00(M)	0.00	473.00	(M)
Lentil Dal - SR3562 (1/2 c.)	25	68.85	0.01	0.00	0.00(M)	0.00	174.80	18.55	8.65	0.01	0.00(M)	7.68	2.62	4.28	2.81(M)	0.04(M)	0.00(M)	4.03(M)	127.55(M)
Category: Grains; May Choose: 1																			
Rice, brown, oven, steamed - SR1098 (1 c.)	25	234.38	2.07	0.00	0.00	0.00	4.05	49.63	2.76	0.00	0.00	5.51	1.38	4.05	0.00(M)	0.00(M)	0.00	148.87	104.75(M)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Vegetable; May Choose: 1																			
Cauliflower, florets, seasoned, roasted - SR1039 (1/2 c.)	50	50.13	3.72	0.35	0.00	0.00	72.02	4.03	1.55	1.45	0.00	1.51	0.35	17.14	0.00(M)	36.44(M)	0.00	27.27	69.63(M)
Category: Condiment; May Choose: 2																			
Ketchup, Heinz 1.5 gallon dispenser pack - SR1004 (1 pump)	40	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)
Mustard, Heinz 1.5 gallon dispenser pack - SR1603 (1 pump)	40	0.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)

Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
SY23-24 DCPS OT-Achieve Block Party-Dominican Republic-W2D5 - Day: 5	100																		
Category: Entrée/Combo; May Choose: 1																			
Fish Patty, Dominican Escovitch Sauce - SR3944 (1 portion)	100	180.54	5.95	0.36	0.00	45.00	440.75	17.50	2.21	2.44	0.00(M)	15.72	1.18(M)	23.65 (M)	370.10 (M)	19.85 (M)	0.00(M)	527.16 (M)	33.40 (M)
Category: Grains; May Choose: 1																			
Rice, Dominican Arroz Amarillo - SR3949 (2/3 c.)	100	160.44	4.60	0.52	0.00	0.00	17.16	27.88	2.13	1.37	0.02(M)	3.10	0.92(M)	11.40 (M)	2607.27 (M)	2.25(M)	0.00(M)	154.68 (M)	50.92 (M)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY23-24 DCPS OT-Achieve Corner Deli W3D5 - Day: 5	100																		
Category: Entrée/Combo; May Choose: 1																			
FAST Box, Deli Bento, Flatbread, USDA Turkey, USDA Turkey Ham & USDA American - SR3883 (1 Box)	50	301.35	11.52	4.01	0.00	44.21	807.44	30.51	3.00	3.01	1.00(M)	20.05	1.50(M)	30.00 (M)	0.00(M)	0.00(M)	0.50(M)	120.00 (M)	(M)
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)
Category: Grains; May Choose: 1																			
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)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY23-24 DCPS OT-Achieve Garden Bar-W3D5 - Day: 5	Menu Bar																		
Category: Entrée/Combo; May Choose: 1																			

Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Variety of Entrees Available on the Main Lines (see main line menu), 2 oz M/MA, 2 oz eq grain - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Category: Fruit; May Choose: 2																			
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)
F - Oranges, fresh, slices, unpeeled - SR1172 (6 slice or w)	50	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28
Category: Vegetable; May Choose: 2																			
Roasted Corn, mexican seasoning - SR1303 (1/2 c.)	50	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
Salad, super, side, Romaine, tomatoes, carrots, corn, black beans - SR1979 (1 c.)	50	50.68	0.39	0.04	0.00	0.00	34.45	10.57	2.70	2.36	0.00	2.35	0.77	26.03	4690.00 (M)	5.95(M)	0.00	288.31	76.89 (M)
Category: Milk; May Choose: 1																			
Lactaid Milk - SMR1943 (1 Half Pint)	50	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	100	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	0.00	8.22	0.07	305.00	478.24	0.00	2.93	366.00	(M)
Regional Milk, White, Skim - SR1002 (1 Half Pint)	100	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	0.00	8.26	0.07	298.90	499.80	0.00	2.94	382.20	(M)
Soy Milk - SMR1719 (1 ea.)	50	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00(M)	0.00(M)	2.50	350.00	(M)
Category: Condiment; May Choose: 1																			
Dressing, Italian Salad, fat free - SR1489 (1 tbsp.)	25	15.00	0.00	0.00	0.00	0.00	175.00	4.00	0.00	1.00	1.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)
Dressing, Ranch, 1.5 gallon dispenser pack, Heinz - SR1931 (1 pump)	25	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)
SY23-24 DCPS OT-ACHIEVE Nacho- Turkey - Day: 5	100																		
Category: Entrée/Combo; May Choose: 1																			
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)

Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
Category: MTO Pick 1st Grain; May Choose: 1																			
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)
Category: MTO Pick 1st Protein; May Choose: 2																			
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)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Vegetable; May Choose: 1																			
Mixed Salad Greens, Romaine blend, spinach - SR1080 (1 c.)	5	12.85	0.03	0.00	0.00	0.00	12.67	2.51	0.90	0.79	0.00	0.94	0.93	23.05	604.17(M)	1.81(M)	0.00	161.02	5.89(M)
Category: Condiment; May Choose: 1																			
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)
SY23-24 DCPS OT-Achieve-Comfort Kitchen-W3D5 - Day: 5																			
Category: Entrée/Combo; May Choose: 1																			
Alfredo Macaroni, whole wheat - SR1422 (1 1/3 c.)	50	467.95	16.63	7.31	0.00	36.74	778.31	65.74	7.85	9.23	0.00(M)	22.06	3.65	436.71	21.99(M)	0.00(M)	0.13(M)	20.03(M)	60.74(M)
Boneless Wing, Tyson MWWM (5 piece = 3.95 oz = 2 oz M/MA + 1 oz eq grain) - SR3320 (5 pcs.)	50	201.09	8.80	1.89	0.00	25.14	339.34	12.57	2.51	0.00	0.00	17.59	1.26	11.31	0.00(M)	0.00(M)	0.00	741.52	(M)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
Category: Vegetable; May Choose: 1																			
O - Celery Sticks, fresh, 1/2-inch by 4-inch, ready-to-serve - SR1014 (3 stick.)	25	5.17	0.06	0.01	0.00	0.00	25.86	0.96	0.52	0.43	0.00	0.22	0.06	12.93	145.11	1.00	0.00	84.03	30.84
RO - Carrot Sticks, fresh, 1/2-inch by 4-inch, ready-to-serve - SR1606 (3 stick.)	25	12.40	0.07	0.01	0.00	0.00	20.86	2.90	0.85	1.43	0.00	0.28	0.09	9.98	5051.81	1.78	0.00	96.77	26.70
Category: Condiment; May Choose: 1																			
Cinnamon Chipotle Barbecue Sauce, honey - SR1781 (1 tbsp.)	50	24.36	0.01	0.00	0.00	0.00	236.03	6.07	0.03	5.58	5.16	0.03	0.03	0.75	0.00(M)	0.02(M)	0.00	3.65	0.01(M)