

Weekly - Nutrient Analysis

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

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	
SY23-24 DCPS OT-Achieve Block Party-Dominican Republic-W1D1 - Day: 1	100																			
Category: Entrée/Combo; May Choose: 1																				
Tofu, Dominican Rice Guisado - SR3960 (1 1/4 c.)	50	600.95	22.51	2.99	0.00	0.04	1131.04	77.41	10.90	9.65	1.15(M)	31.27	7.18(M)	944.34 (M)	4585.33 (M)	83.67 (M)	0.04(M)	1256.48 (M)	238.83 (M)	
Category: Grains; May Choose: 1																				
Oven Fired Flatbread, Richs 6x6 whole grain - SR1534 (1/2 piece)	100	90.00	2.50	0.50	0.00	0.00	165.00	14.00	1.50	1.00	0.50	3.00	0.75	15.00	(M)	(M)	0.25	60.00	(M)	
Category: Garden, Milk, Condiments; May Choose: 1																				
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Vegetable; May Choose: 1																				
Tostones (Crispy Baked Plantains) - SR3926 (3/8 c.)	100	179.18	5.78	1.00	0.00	0.00	62.01	31.04	1.19	26.26	0.00(M)	0.60	0.36(M)	4.22(M)	0.00(M)	0.00(M)	0.00(M)	441.67 (M)	0.00(M)	
SY23-24 DCPS OT-Achieve Corner Deli W2D1 - 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 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)	
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)	Moisture (g)	
SY23-24 DCPS OT-Achieve Garden Bar-W5D1 - 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																				
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	
Category: Vegetable; May Choose: 2																				
RO - Carrots, baby-cut, ready-to-serve (1/2c = 1/2c veg) - SR1016 (1/2 c.)	50	25.40	0.09	0.02	0.00	0.00	56.61	5.98	2.10	3.46	0.00	0.46	0.65	23.22	10008.06	1.89	0.00	172.00	(M)	
Salad, super, side, Romaine, tomatoes, carrots, corn, black beans - SR1979 (1 c.)	50	50.68	0.39	0.04	0.00	0.00	34.45	10.57	2.70	2.36	0.00	2.35	0.77	26.03	4690.00(M)	5.95(M)	0.00	288.31	76.89(M)	
Category: Milk; May Choose: 1																				
Lactaid Milk - SMR1943 (1 Half Pint)	50	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)	
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	100	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	0.00	8.22	0.07	305.00	478.24	0.00	2.93	366.00	(M)	
Regional Milk, White, Skim - SR1002 (1 Half Pint)	100	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	0.00	8.26	0.07	298.90	499.80	0.00	2.94	382.20	(M)	
Soy Milk - SMR1719 (1 ea.)	50	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00(M)	0.00(M)	2.50	350.00	(M)	
Category: Condiment; May Choose: 1																				
Dressing, Italian Salad, fat free - SR1489 (1 tbsp.)	25	15.00	0.00	0.00	0.00	0.00	175.00	4.00	0.00	1.00	1.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	
Dressing, Ranch, 1.5 gallon dispenser pack, Heinz - SR1931 (1 pump)	25	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	

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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)
SY23-24 DCPS OT-ACHIEVE Nacho- Chicken - Day: 1	100																		
Category: Meat/MA; May Choose: 1																			
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)
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/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)
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-W5D1 - Day: 1	100																		
Category: Entrée/Combo; May Choose: 1																			
Hot Dog, Original, turkey frank, hot dog bun, RECIPE - SMR1176 (1 serving (1))	70	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)

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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)
Rainbow Chili and Cheese, vegetarian, quick start, cheddar - SR1217 (1 c.)	30	263.29	8.00	3.79	0.00	18.75	545.31	35.19	9.27	7.25	0.00(M)	13.75	3.27	226.55	3758.41 (M)	41.90 (M)	0.15(M)	670.72 (M)	209.03 (M)
Category: Grains; May Choose: 1																			
Breadstick, Ripstick, whole grain, 1.2 oz - SR1044 (1 breadstick)	30	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																			
S - Potato, wedges, skin-on, country-style, 8-cut, ORE-IDA - SR1029 (1/2 c.)	50	111.75	3.73	0.47	0.00	4.66	130.38	18.63	1.86	0.00	0.00	1.86	0.37	9.31	0.00(M)	0.00(M)	0.00	214.19	(M)
Category: Condiment; May Choose: 1																			
Ketchup, Heinz 1.5 gallon dispenser pack - SR1004 (1 pump)	50	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)
Mustard, Heinz 1.5 gallon dispenser pack - SR1603 (1 pump)	15	0.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)
SY23-24 DCPS OT-Achieve Grill- Fish Sandwich - Day: 2	100																		
Category: Entrée/Combo; May Choose: 1																			
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)
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																			

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)
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)
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-W1D2 - Day: 2																			
Category: Entrée/Combo; May Choose: 1																			
Burger, Dominican Chimi, 2.4 oz beef/mush/soy patty, whole grain, slaw, chimi sauce - SR3929 (1 burger)	100	377.28	14.27	4.17	0.00	30.71	826.89	39.06	2.62	9.19	7.57(M)	18.38	2.72	92.28	114.27 (M)	7.40(M)	0.00(M)	173.86 (M)	28.00 (M)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Vegetable; May Choose: 1																			
Yuca, Fries, Oven Roasted - SR3962 (1/2 c.)	100	164.61	2.61	0.69	0.00(M)	1.72	124.97	34.13	1.64	1.53	0.00(M)	1.22	0.24	14.65	0.00(M)	15.69	0.00	243.04	47.40
SY23-24 DCPS OT-Achieve Corner Deli W2D2 - Day: 2																			

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Category: Entrée/Combo; May Choose: 1																			
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)
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: 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)
SY23-24 DCPS OT-Achieve Garden Bar-W5D2 - 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																			
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)
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																			
Salad, super, side, Romaine, tomatoes, carrots, corn, black beans - SR1979 (1 c.)	50	50.68	0.39	0.04	0.00	0.00	34.45	10.57	2.70	2.36	0.00	2.35	0.77	26.03	4690.00 (M)	5.95(M)	0.00	288.31	76.89 (M)
ST - Peas, Chilled, frozen, cooked & cooled - SR2483 (1/2 c.)	50	75.13	0.26	0.05	0.00	0.00	68.04	13.51	4.25	4.16	0.00(M)	4.87	1.44	22.68	1984.47	9.36	0.00	103.95	75.13
Category: Milk; May Choose: 1																			
Lactaid Milk - SMR1943 (1 Half Pint)	50	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)

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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)
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-W5D2 - Day: 2																			
Category: Entrée/Combo; May Choose: 1																			
Parmesan Chicken, Tyson patty+ USDA Mozz - SR3148 (1 patty)	50	279.15	14.62	2.78	0.00	26.27	588.11	22.63	4.33	4.82	1.43(M)	15.90	2.48	136.91	90.40 (M)	0.00(M)	0.10(M)	832.04 (M)	(M)
Quesadilla, Cheddar Cheese USDA, 10-inch tortilla - SR1054 (1 each quesadilla)	50	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)
Category: Grains; May Choose: 1																			
Spaghetti and Tomato Sauce, whole wheat - SR1660 (2/3 c.)	50	139.33	4.57	2.18	0.00	10.12	208.11	18.89	2.70	3.83	0.95(M)	6.95	1.24	147.54	0.00(M)	0.00(M)	0.07(M)	189.18 (M)	23.46 (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																			
Aztec Corn, USDA, black bean - SR3173 (1 c.)	60	185.35	3.25	0.28	0.00	0.00	98.48	36.24	6.55	4.96	0.00(M)	7.16	1.73(M)	42.49 (M)	453.58 (M)	13.24 (M)	0.00(M)	549.30 (M)	95.41 (M)
Category: Condiment; May Choose: 1																			
Salsa Roja, homemade - SR1081 (2 tbsp.)	20	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 Pizza Core-Buffalo Chicken Pizza - Day: 3																			

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: Entrée/Combo; May Choose: 1																			
Buffalo Chicken Pizza, 8-cut, FTO 16" WG, USDA Cheese Blend, Tyson Nugget - SR3834 (1 slice)	0	427.76	17.66	8.74	0.00	38.23	1167.60	45.04	6.18	5.27	2.51	25.72	2.75	428.15	0.00(M)	0.00(M)	0.67	490.10	0.02(M)
Cheese Pizza, 8-cut, FTO 16" WG, USDA Cheese Blend - SR3786 (1 slice)	0	381.50	15.00	8.27	0.00	33.48	850.17	41.86	5.49	5.05	2.51	23.03	2.38	421.90	0.00(M)	0.00(M)	0.62	367.19	0.02(M)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Vegetable; May Choose: 1																			
Salad, garden, side, mixed greens, cucumber, tomato, carrots - SR1429 (1 c.)	0	20.07	0.13	0.02	0.00	0.00	25.59	4.25	1.38	1.86	0.00	1.10	0.83	28.83	4017.42 (M)	6.87(M)	0.00	238.65	50.81 (M)
SY23-24 DCPS OT-Achieve Block Party-Dominican Republic-W1D3 - Day: 3																			
Category: Entrée/Combo; May Choose: 1																			
Turkey-Pavo al Horno, raw turkey USDA - SR3615 (2 oz.)	100	120.40	6.07	2.01	0.00	46.12	391.81	1.33	0.09	0.89	0.00(M)	16.12	0.15(M)	3.55(M)	9.03(M)	0.45(M)	0.00(M)	26.31 (M)	0.00(M)
Category: Grains; May Choose: 1																			
Rice, Dominican Arroz Amarillo - SR3949 (1 1/3 c.)	100	320.88	9.20	1.03	0.00	0.00	34.31	55.77	4.25	2.74	0.03(M)	6.19	1.85(M)	22.79 (M)	5214.54 (M)	4.50(M)	0.00(M)	309.36 (M)	101.85 (M)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Vegetable; May Choose: 1																			
DG - Broccoli, roasted, seasoned, from frozen - SR1852 (1/2 c.)	100	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38 (M)	37.89 (M)	0.00(M)	5.74(M)	85.76 (M)
SY23-24 DCPS OT-Achieve Corner Deli W2D3 - 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)
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)
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-W5D3 - 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																			
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)
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-W5D3 - Day: 3																			
Category: Entrée/Combo; May Choose: 1																			
Bean and Cheese Enchilada, USDA, refried pinto, blanco queso, enchilada sauce, 6-inch tortilla - SR3488 (2 enchilada)	50	394.90	11.78	5.41	0.00	18.38	761.48	52.39	12.51	2.73	0.00(M)	17.43	3.84	271.82	155.00(M)	0.29(M)	0.05(M)	555.30(M)	79.56(M)
Turkey, Breast, Roasted, Sliced - SR3526 (2 5/8 oz.)	50	102.67	2.99	0.86	0.00	38.50	410.66	0.86	0.00	0.86	0.86	17.11	0.34	0.00	0.00(M)	0.00(M)	0.00	239.55	0.00(M)
Category: Grains; May Choose: 1																			
Dinner Roll, Richs WG 1.25 oz - SR1010 (2 roll.)	50	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)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Vegetable; May Choose: 1																			
S - Potato, mashed, Signature - SR1112 (1/2 c.)	40	79.98	1.50	1.00	0.00	0.00	102.62	15.00	1.00	1.00	0.00(M)	2.00	0.23	12.92	2.61	6.38	0.00(M)	0.88(M)	84.69(M)
Category: Condiment; May Choose: 1																			
Gravy, chicken, low sodium - SMR1693 (1/4 c.)	20	30.37	1.01	0.00	0.00	0.00	138.46	4.05	0.00	0.71	0.00	0.71	0.00	1.77	0.00(M)	0.00(M)	0.00	122.09	58.94(M)
SY23-24 DCPS OT-Achieve Block Party-Dominican Republic-W1D4 - Day: 4																			

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: Entrée/Combo; May Choose: 1																			
Yaroa (Fries with Dominican Beef & Chimi Sauce) - SR3932 (1 portion)	100	417.81	24.13	7.32	0.00	48.34	1209.00	35.69	3.61	7.12	4.57(M)	14.04	158.86 (M)	151.62 (M)	86.72 (M)	17.52 (M)	0.10(M)	632.63 (M)	10.71 (M)
Category: Grains; May Choose: 1																			
Breadstick, Ripstick, whole grain, 1.2 oz - SR1044 (2 breadstick)	100	160.00	2.00	0.00	0.00	0.00	190.00	28.00	4.00	4.00	4.00	6.00	1.60	20.00	0.00(M)	0.00(M)	0.60	100.00	(M)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY23-24 DCPS OT-Achieve Corner Deli W2D4 - Day: 4																			
Category: Entrée/Combo; May Choose: 1																			
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)
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-W5D4 - Day: 4																			
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																			

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)
Apple, fresh, sliced, unpeeled, ready-to-serve, 125 ct (treated with pineapple juice) - SR3795 (1/2 c.)	50	31.15	0.10	0.02	0.00	0.00	0.63	8.23	1.36	6.20	0.00(M)	0.16	0.08	3.84	30.59	2.94	0.00	64.83	51.22
Peaches, cling, diced, canned in pear juice, drained - SR1196 (1/2 c.)	50	84.02	0.00	0.00	0.00	0.00	7.00	21.00	1.40	16.80	1.40	0.00	0.42	18.20	0.00(M)	0.00(M)	0.00	233.85	0.00(M)
Category: Vegetable; May Choose: 2																			
Roasted Chickpeas (garbanzo beans),USDA, Italian Seasoned,low sodium canned, drained - SR3793 (1/2 c.)	50	83.23	2.18	0.06	0.00	0.00	219.69	12.56	3.77	2.19	0.00(M)	3.66	0.27(M)	6.66(M)	0.00(M)	0.00(M)	0.00(M)	4.40(M)	0.00(M)
Salad, super, side, Romaine, tomatoes, carrots, corn, black beans - SR1979 (1 c.)	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: 4																			
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)
Category: MTO Pick 1st Grain; 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)
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-W5D4 - Day: 4																			
Category: Entrée/Combo; May Choose: 1																			
Bowl, Breakfast, Scrambled Egg, USDA Cheddar, Fiesta Potato - SR3974 (1 bowl)	30	256.65	12.67	3.73	0.01	231.30	332.35	25.09	3.22	3.06	0.19	12.24	2.06	105.42	124.58 (M)	7.60(M)	1.36	477.10	42.13 (M)
Spicy Chicken Burger, Tyson, whole grain - SR1240 (1 burger)	70	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: Grains; May Choose: 1																			
Biscuit, baked, whole grain, Easy Split, 2 oz (CACFP) - SR1598 (1 biscuit)	30	190.00	9.00	6.00	0.00	0.00	310.00	24.00	2.00	2.00	2.00	4.00	1.44	150.00	0.00(M)	0.00(M)	0.00	188.00	(M)
Category: Garden, Milk, Condiments; May Choose: 1																			

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)
Category: Vegetable; May Choose: 1																			
RO - Carrots, coins, seasoned - SR1017 (1/2 c.)	30	73.94	5.10	0.43	0.00	0.00	180.00	7.47	3.10	3.75	0.00	0.61	0.55	33.23	15520.19(M)	2.11(M)	0.00	182.74	89.12(M)
SY23-24 DCPS OT-Achieve Grill- Cheese Burger - Day: 5		100																	
Category: Entrée/Combo; May Choose: 1																			
Burger, Veggie, Grillers Prime - SR1796 (1 burger)	35	300.00	10.00	1.00	0.00	0.00	660.00	32.00	33.00	3.00	3.00	22.00	2.20	93.00	0.00(M)	0.00(M)	0.10	222.00	(M)
Cheeseburger, 2.4 oz beef, soy, mushroom patty, American, hamburger roll - SR1055 (1 burger)	30	345.00	13.50	5.50	0.00	37.50	575.00	30.00	2.00	3.50	3.00(M)	20.50	2.60(M)	82.30(M)	1.00(M)	0.50(M)	0.00(M)	92.00(M)	(M)
Hamburger, 2.4 oz beef, whole grain - SR1107 (1 burger)	35	290.00	9.00	3.00	0.00	25.00	440.00	29.00	2.00	3.00	3.00(M)	18.00	2.60	82.30	1.00(M)	0.50(M)	0.00(M)	92.00(M)	(M)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Vegetable; May Choose: 1																			
French fries, potato, crinkle-cut, 3/8-inch, McCain - SR2496 (1/2 c.)	75	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)
Mixed Salad Greens, Romaine blend, spinach - SR1080 (1 c.)	5	12.85	0.03	0.00	0.00	0.00	12.67	2.51	0.90	0.79	0.00	0.94	0.93	23.05	604.17(M)	1.81(M)	0.00	161.02	5.89(M)
Category: Condiment; May Choose: 1																			
O - Lettuce, 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)
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)

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)
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
SY23-24 DCPS OT-Achieve Block Party-Dominican Republic-W1D5 - Day: 5	100																		
Category: Entrée/Combo; May Choose: 1																			
Lentils, Green, Stewed, Dominican - SR3942 (1 c.)	100	174.50	3.79	0.55	0.00	0.00	475.61	35.54	10.79	3.60	0.46(M)	9.85	3.45(M)	33.80 (M)	1970.37 (M)	35.45 (M)	0.00(M)	232.70 (M)	344.00 (M)
Category: Grains; May Choose: 1																			
Rice, brown, oven, steamed - SR1098 (1 c.)	100	234.38	2.07	0.00	0.00	0.00	4.05	49.63	2.76	0.00	0.00	5.51	1.38	4.05	0.00(M)	0.00(M)	0.00	148.87	104.75 (M)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Vegetable; May Choose: 1																			
Plantains, Mashed - SR3924 (1/2 c.)	100	196.86	6.56	2.02	0.00	0.00	166.53	33.25	1.28	28.14	0.00(M)	0.64	0.38	4.56	153.00 (M)	0.00(M)	0.00(M)	473.23 (M)	0.00(M)
SY23-24 DCPS OT-Achieve Corner Deli W2D5 - Day: 5	100																		
Category: Entrée/Combo; May Choose: 1																			
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)
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-W5D5 - Day: 5	Menu Bar																		
Category: Entrée/Combo; May Choose: 1																			
Variety of Entrees Available on the Main Lines (see main line menu), 2 oz M/MA, 2 oz eq grain - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Category: Fruit; May Choose: 2																			
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
Category: Vegetable; May Choose: 2																			
O - Celery Sticks, fresh, 1/2-inch by 4-inch, ready-to-serve - SR1014 (6 stick.)	50	10.34	0.11	0.03	0.00	0.00	51.71	1.92	1.03	0.87	0.00	0.45	0.13	25.86	290.23	2.00	0.00	168.06	61.68
Salad, super, side, Romaine, tomatoes, carrots, corn, black beans - SR1979 (1 c.)	50	50.68	0.39	0.04	0.00	0.00	34.45	10.57	2.70	2.36	0.00	2.35	0.77	26.03	4690.00 (M)	5.95(M)	0.00	288.31	76.89 (M)
Category: Milk; May Choose: 1																			
Lactaid Milk - SMR1943 (1 Half Pint)	50	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	100	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	0.00	8.22	0.07	305.00	478.24	0.00	2.93	366.00	(M)
Regional Milk, White, Skim - SR1002 (1 Half Pint)	100	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	0.00	8.26	0.07	298.90	499.80	0.00	2.94	382.20	(M)
Soy Milk - SMR1719 (1 ea.)	50	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00(M)	0.00(M)	2.50	350.00	(M)
Category: Condiment; May Choose: 1																			
Dressing, Italian Salad, fat free - SR1489 (1 tbsp.)	25	15.00	0.00	0.00	0.00	0.00	175.00	4.00	0.00	1.00	1.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)

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-Comfort Kitchen-W5D5 - Day: 5																			
Category: Entrée/Combo; May Choose: 1																			
Fajita Vegetable Quesadilla, southwest veg blend, 10-inch tortilla - SR1475 (1 each quesadilla)	60	468.12	26.17	13.19	0.01	50.00	682.72	38.73	5.23	5.18	0.13	17.70	1.32	485.89	144.05 (M)	33.01 (M)	0.40	232.26	31.07 (M)
Macaroni & Cheese, BBQ - SR3975 (1 portion)	40	411.94	22.27	10.98	0.00	68.43	1035.58	35.86	4.07	5.05	0.83(M)	23.05	2.02	461.61	22.77 (M)	0.00(M)	0.14(M)	631.77 (M)	42.95 (M)
Category: Grains; May Choose: 1																			
Dinner Roll, Richs WG 1.25 oz - SR1010 (1 roll.)	40	80.00	1.50	0.00	0.00	0.00	65.00	14.00	2.00	2.00	2.00	3.00	0.80	10.00	0.00(M)	0.00(M)	0.40	50.00	(M)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-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																			
Roasted Corn, mexican seasoning - SR1303 (1/2 c.)	30	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