

Weekly - Nutrient Analysis

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- Comfort Kitchen- Spring W1D1 - Day: 1	100																			
Category: Entrée/Combo; May Choose: 1																				
Burger, Veggie, Grillers Prime - SR1796 (1 burger)	50	300.00	10.00	1.00	0.00	0.00	660.00	32.00	33.00	3.00	3.00	22.00	2.20	93.00	0.00(M)	0.00(M)	0.10	222.00	(M)	
CHICKEN-Butter, butter sauce, USDA diced chicken - SR3635 (1/3 c.)	50	125.16	7.31	2.21	0.00	50.85	268.58	3.55	0.45	1.77	0.44	12.45	0.45(M)	8.97(M)	11.22 (M)	0.04(M)	0.09(M)	115.97 (M)	0.00(M)	
Category: Grains; May Choose: 1																				
Rice, brown, oven, steamed - SR1098 (1 c.)	70	234.38	2.07	0.00	0.00	0.00	4.05	49.63	2.76	0.00	0.00	5.51	1.38	4.05	0.00(M)	0.00(M)	0.00	148.87	104.75 (M)	
Category: Garden, Milk, Condiments; May Choose: 1																				
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Vegetable; May Choose: 2																				
S - Potato, wedges, skin-on, country-style, 8-cut, ORE-IDA - SR1029 (1/2 c.)	50	111.75	3.73	0.47	0.00	4.66	130.38	18.63	1.86	0.00	0.00	1.86	0.37	9.31	0.00(M)	0.00(M)	0.00	214.19	(M)	
Category: Milk; May Choose: 1																				
Lactaid Milk - SMR1943 (1 Half Pint)	5	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)	
Soy Milk - SMR1719 (1 ea.)	5	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00(M)	0.00(M)	2.50	350.00	(M)	
Category: Condiment; May Choose: 2																				
Burger Topping, Lettuce, Tomato, Pickle - SR2640 (1 serving)	25	4.54	0.05	0.01	0.00	0.00	157.91	0.97	0.35	0.65	0.00(M)	0.26	0.10	4.36	183.59	2.04	0.00(M)	51.91 (M)	10.58 (M)	
Ketchup, Heinz 1.5 gallon dispenser pack - SR1004 (1 pump)	25	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	
Mustard, Heinz 1.5 gallon dispenser pack - SR1603 (1 pump)	25	0.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	

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 Grill- Cheese Burger- Spring - Day: 1	100																			
Category: Entrée/Combo; May Choose: 1																				
Burger, Veggie, Grillers Prime - SR1796 (1 burger)	35	300.00	10.00	1.00	0.00	0.00	660.00	32.00	33.00	3.00	3.00	22.00	2.20	93.00	0.00(M)	0.00(M)	0.10	222.00	(M)	
Cheeseburger, 2.4 oz beef, soy, mushroom patty, American, hamburger roll - SR1055 (1 burger)	30	345.00	13.50	5.50	0.00	37.50	575.00	30.00	2.00	3.50	3.00(M)	20.50	2.60(M)	82.30 (M)	1.00(M)	0.50(M)	0.00(M)	92.00 (M)	(M)	
Hamburger, 2.4 oz beef, whole grain - SR1107 (1 burger)	35	290.00	9.00	3.00	0.00	25.00	440.00	29.00	2.00	3.00	3.00(M)	18.00	2.60	82.30	1.00(M)	0.50(M)	0.00(M)	92.00 (M)	(M)	
Category: Garden, Milk, Condiments; May Choose: 1																				
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Vegetable; May Choose: 2																				
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)	
Category: Condiment; May Choose: 1																				
O - Lettuce, Iceberg, shredded, ready-to-serve - SR1015 (1/4 cup shred)	10	2.52	0.03	0.00	0.00	0.00	1.80	0.54	0.22	0.35	0.00	0.16	0.07	3.24	90.36	0.50	0.00	25.38	(M)	
O - Onion, red, 1/4-inch diced, ready-to-serve - SR1447 (2 tbsp.)	10	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12	
Peppers, jalapeno, sliced, canned, drained, ready-to-serve - SR1074 (1 tbsp.)	10	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	
Pickle, dill, chips, drained, ready-to-serve - SR1399 (2 tbsp.)	10	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	
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-Spring W1D1 - Day: 1	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)	Mois (g)	
Category: Entrée/Combo; May Choose: 1																				
Tofu, Dominican Rice Guisado - SR3960 (1 1/4 c.)	100	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: 2																				
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-Spring W1D1 - Day: 1		100																		
Category: Entrée/Combo; May Choose: 1																				
FAST Box, Fiesta Dip, Refried Beans, Salsa, Sour Cream, Olives, Tortilla Chips - SR3885 (1 Box)	50	359.01	10.58	2.78	0.00	9.98	635.72	52.71	13.45	2.54	0.00(M)	12.93	3.25	106.82	101.88 (M)	0.00(M)	0.00(M)	527.94 (M)	104.21 (M)	
FAST Sub, Turkey & Cheese, USDA Turkey, USDA American Cheese, WG Sub Roll - SR3869 (1 sandwich)	50	282.21	9.05	2.50	0.00	39.50	639.05	31.99	3.05	4.57	4.07(M)	20.60	1.63(M)	10.17 (M)	0.00(M)	0.00(M)	0.71(M)	101.69 (M)	(M)	
Category: Garden, Milk, Condiments; May Choose: 1																				
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY23-24 DCPS OT-Achieve Garden Bar-Spring W1D1 - 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)	1	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)	

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: Fruit; May Choose: 2																			
Apple, fresh, sliced, unpeeled, ready-to-serve, 125 ct (treated with pineapple juice) - SR3795 (1/2 c.)	50	31.15	0.10	0.02	0.00	0.00	0.63	8.23	1.36	6.20	0.00(M)	0.16	0.08	3.84	30.59	2.94	0.00	64.83	51.22
Peaches, cling, diced, canned in pear juice, drained - SR1196 (1/2 c.)	50	84.02	0.00	0.00	0.00	0.00	7.00	21.00	1.40	16.80	1.40	0.00	0.42	18.20	0.00(M)	0.00(M)	0.00	233.85	0.00(M)
Category: Vegetable; May Choose: 2																			
Basil Corn Salad - SR2587 (1/2 c.)	50	102.01	4.11	0.34	0.00	0.00	296.46	16.78	2.30	3.02	0.00(M)	2.32	0.58	8.92	656.16 (M)	17.82 (M)	0.00(M)	217.97 (M)	76.38 (M)
Salad, super, side, Romaine, tomatoes, carrots, corn, black beans - SR1979 (1 c.)	50	50.68	0.39	0.04	0.00	0.00	34.45	10.57	2.70	2.36	0.00	2.35	0.77	26.03	4690.00 (M)	5.95(M)	0.00	288.31	76.89 (M)
Category: Milk; May Choose: 1																			
Lactaid Milk - SMR1943 (1 Half Pint)	5	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	50	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)	50	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.)	5	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00(M)	0.00(M)	2.50	350.00	(M)
Category: Condiment; May Choose: 1																			
Dressing, Italian Salad, fat free - SR1489 (1 tbsp.)	15	15.00	0.00	0.00	0.00	0.00	175.00	4.00	0.00	1.00	1.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)
Dressing, Ranch, Heinz 1.5 gallon dispenser pack - SR1931 (1 pump)	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)
SY23-24 DCPS OT Achieve- Comfort Kitchen- Spring W1D2 - Day: 2	100																		
Category: Entrée/Combo; May Choose: 1																			
Grilled Cheese Sandwich, classic, American, whole grain - SR1108 (1 sandwich)	60	360.00	20.00	10.00	0.00	50.00	859.99	30.00	2.00	4.00	2.00(M)	16.00	2.00(M)	42.00 (M)	0.00(M)	0.00(M)	0.00(M)	114.00 (M)	(M)

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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)
Spaghetti with Meat Sauce, whole wheat, beef crumble, Panko - SR1370 (1 serving)	40	311.87	10.06	3.38	0.00	37.94	620.18	40.23	7.99	7.56	2.50(M)	19.15	221.12	76.61	0.00(M)	0.00(M)	0.00(M)	819.42 (M)	46.93 (M)
Category: Grains; May Choose: 1																			
Garlic Knot, Ripstick - SR1255 (1 roll.)	40	110.63	4.05	0.22	0.00	0.00	95.85	15.02	2.17	2.03	2.00	3.23	0.96	13.22	0.00(M)	0.00(M)	0.30	66.89	0.09(M)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Vegetable; May Choose: 2																			
O - Parmesan Green Beans, green beans, Parmesan - SR1144 (1/2 c.)	50	41.90	2.35	0.32	0.00	0.71	13.66	5.18	2.32	1.45	0.00(M)	1.30	0.51	38.91	323.25 (M)	3.23(M)	0.00	124.89	70.63 (M)
Category: Condiment; May Choose: 1																			
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	20	3.33	0.25	0.17	0.00	0.83	15.00	0.17	0.00	0.00	0.00	0.17	0.00	7.17	(M)	(M)	0.00	1.67	(M)
SY23-24 DCPS OT-Achieve Corner Deli-Spring W1D2 - Day: 2	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, 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)
Category: Grains; May Choose: 1																			
Breadstick, Ripstick, whole grain, 1.2 oz - SR1044 (2 breadstick)	50	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)

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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 Pizza- BBQ Chicken Pizza- Spring - Day: 2	100																		
Category: Entrée/Combo; May Choose: 1																			
Barbecue Chicken Pizza, 10-cut, Koch diced, Big Daddy's Bold 16-inch - SR2071 (1 slice)	50	353.04	13.36	5.79	0.00	41.89	507.31	36.49	3.20	7.39	2.29	19.83	2.03	272.80	320.00 (M)	0.00(M)	0.00	374.40	0.00(M)
Cheese Pizza, 8-cut, Big Daddy's Bold 16-inch - SR2081 (1 slice)	50	400.00	16.00	7.00	0.00	35.00	440.00	43.00	4.00	7.00	1.00	19.00	2.40	341.00	400.00	0.00	0.00	468.00	(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: 2																			
Salad, Caesar, side, toasted garlic, bulk croutons - SR2130 (1 c.)	20	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-Spring W1D2 - Day: 2	100																		
Category: Entrée/Combo; May Choose: 1																			
Burger, Dominican Chimi, 2.4 oz beef/mush/soy patty, whole grain, slaw, chimi sauce - SR3929 (1 burger)	100	377.28	14.27	4.17	0.00	30.71	826.89	39.06	2.62	9.19	7.57(M)	18.38	2.72	92.28	114.27 (M)	7.40(M)	0.00(M)	173.86 (M)	28.00 (M)
Category: Garden, Milk, Condiments; May Choose: 1																			
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: 2																			
Yuca, Fries, Oven Roasted - SR3962 (1/2 c.)	100	164.61	2.61	0.69	0.00(M)	1.72	124.97	34.13	1.64	1.53	0.00(M)	1.22	0.24	14.65	0.00(M)	15.69	0.00	243.04	47.40
SY23-24 DCPS OT-Achieve Garden Bar-Spring W1D2 - Day: 2	Menu Bar																		
Category: Entrée/Combo; May Choose: 1																			

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
Variety of Entrees Available on the Main Lines (see main line menu), 2 oz M/MA, 2 oz eq grain - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Category: Fruit; May Choose: 2																			
Applesauce, canned, unsweetened - SR1195 (1/2 c.)	50	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)
F - Oranges, fresh, slices, unpeeled - SR1172 (6 slice or w)	50	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28
Category: Vegetable; May Choose: 2																			
DG - Broccoli, fresh florets, trimmed, ready-to-serve - SR1027 (1/2 c.)	50	10.84	0.12	0.01	0.00	0.00	10.53	2.12	0.83	0.54	0.00	0.90	0.23	14.99	198.70	28.45	0.00	100.78	(M)
Salad, super, side, Romaine, tomatoes, carrots, corn, black beans - SR1979 (1 c.)	50	50.68	0.39	0.04	0.00	0.00	34.45	10.57	2.70	2.36	0.00	2.35	0.77	26.03	4690.00 (M)	5.95(M)	0.00	288.31	76.89 (M)
Category: Milk; May Choose: 1																			
Lactaid Milk - SMR1943 (1 Half Pint)	5	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	50	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)	50	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.)	5	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00(M)	0.00(M)	2.50	350.00	(M)
Category: Condiment; May Choose: 1																			
Dressing, Italian Salad, fat free - SR1489 (1 tbsp.)	15	15.00	0.00	0.00	0.00	0.00	175.00	4.00	0.00	1.00	1.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)
Dressing, Ranch, Heinz 1.5 gallon dispenser pack - SR1931 (1 pump)	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)
SY23-24 DCPS OT Achieve- Comfort Kitchen- Spring W1D3 - Day: 3	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)
Bean & Cheese de Chile Relleno Burrito - SMR1890 (7 2/3 oz.)	30	404.17	14.66	6.40	0.00	20.98	692.29	52.04	8.09	1.95	0.00	17.12	3.64	316.57	536.85	36.79	0.00	564.18	103.84
Cheeseburger, 2.4 oz beef, soy, mushroom patty, American, hamburger roll - SR1055 (1 burger)	70	345.00	13.50	5.50	0.00	37.50	575.00	30.00	2.00	3.50	3.00(M)	20.50	2.60(M)	82.30 (M)	1.00(M)	0.50(M)	0.00(M)	92.00 (M)	(M)
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: 2																			
DG/O - Broccoli and Carrots, roasted - SR2023 (1/2 c.)	40	85.04	7.11	0.52	0.00	0.00	14.84	4.95	2.53	1.56	0.00(M)	2.43	0.49	28.07	2343.02 (M)	30.87 (M)	0.00(M)	30.24 (M)	76.93 (M)
Category: Condiment; May Choose: 1																			
Burger Topping, Lettuce, Tomato, Pickle - SR2640 (1 serving)	50	4.54	0.05	0.01	0.00	0.00	157.91	0.97	0.35	0.65	0.00(M)	0.26	0.10	4.36	183.59	2.04	0.00(M)	51.91 (M)	10.58 (M)
Ketchup, Heinz 1.5 gallon dispenser pack - SR1004 (1 pump)	50	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)
Mustard, Heinz 1.5 gallon dispenser pack - SR1603 (1 pump)	50	0.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)
SY23-24 DCPS OT-Achieve Block Party-Dominican Republic-Spring 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: 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)
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-Spring W1D3 - Day: 3	100																		
Category: Entrée/Combo; May Choose: 1																			
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)
FAST Sub, Italian, USDA Turkey Ham, USDA American Cheese, Salami, Pepperoni, WG Sub Roll - SR3873 (1 sandwich)	50	359.08	15.78	5.46	0.00	77.91	929.59	33.19	3.05	5.58	4.07(M)	23.81	1.99(M)	30.17 (M)	0.00(M)	0.60(M)	0.71(M)	101.69 (M)	(M)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY23-24 DCPS OT-Achieve Garden Bar-Spring W1D3 - 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)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Category: Fruit; May Choose: 2																			
Blueberries, wild, frozen - SR2872 (1/2 c.)	50	39.34	0.00	0.00	0.00	0.00	0.00	8.85	2.95	4.92	0.00	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
C - Pears, canned, diced, packed in juice, drained - SR1194 (1/2 c.)	50	57.40	0.00	0.00	0.00	0.00	4.78	15.31	1.91	10.52	0.00	0.00	0.19	11.48	0.00(M)	0.00(M)	0.00	109.06	(M)
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)