

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 W2D1 - Day: 1	100																			
Category: Entrée/Combo; May Choose: 1																				
Breadsticks, Mozzarella Stuffed, Beacon Street Cafe - SR1625 (2 breadstick)	50	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)	
Taco, beef, cheddar cheese, 6-inch tortilla - SR1079 (2 each taco)	50	311.36	11.82	5.13	0.00	35.98	576.22	32.32	5.53	3.53	0.00	17.94	3.53	207.16	0.00(M)	0.00(M)	0.05	68.00	0.00(M)	
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, garden, side, mixed greens, cucumber, tomato, carrots - SR1429 (1 c.)	40	20.07	0.13	0.02	0.00	0.00	25.59	4.25	1.38	1.86	0.00	1.10	0.83	28.83	4017.42 (M)	6.87(M)	0.00	238.65	50.81 (M)	
Category: Condiment; May Choose: 1																				
Dressing, Ranch, Heinz 1.5 gallon dispenser pack - SR1931 (1 pump)	10	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	
RO - Spaghetti Sauce - SR2220 (1/4 c.)	50	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)	
Salsa Roja, homemade - SR1081 (2 tbsp.)	10	8.92	0.04	0.01	0.00	0.00	95.64	1.84	0.39	0.33(M)	0.10(M)	0.31	0.26	9.54	163.15 (M)	2.67(M)	0.00(M)	23.63 (M)	4.66(M)	
SY23-24 DCPS OT-Achieve Block Party-LatinX- Spring W1D1 - Day: 1	100																			
Category: Entrée/Combo; May Choose: 1																				
Chicken, Salvadoran, USDA Thigh - SR3933 (1 1/4 c.)	100	269.90	9.94	2.78	0.00	106.73	1272.63	20.91	3.89	8.12	0.00(M)	25.53	2.53	71.53	947.32 (M)	25.49 (M)	0.00(M)	815.03 (M)	74.10 (M)	
Category: Grains; 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)
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																			
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-Spring W2D1 - Day: 1																			
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 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-Spring W2D1 - Day: 1																			
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)

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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)
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, Heinz 1.5 gallon dispenser pack - 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- Chicken-Spring - 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	154.64	6.63	1.10	0.00	0.00	127.02	22.09	2.21	0.00	0.00	2.21	0.55	33.14	0.00(M)	0.00(M)	0.00	0.00	0.00(M)
Category: MTO Pick 1st Protein; May Choose: 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)
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- Spring W2D2 - Day: 2																			
Category: Entrée/Combo; May Choose: 1																			
Chicken Nuggets, Tyson - SR1367 (5 nugget)	60	239.93	14.00	2.50	0.00	24.99	439.88	16.00	3.00	1.00	0.00	14.00	1.90	29.99	0.00(M)	0.00(M)	0.10	599.84	0.00(M)
Macaroni and Cheese, whole wheat, basic - SR1137 (2/3 c.)	40	383.44	21.26	10.64	0.00	55.00	876.64	34.35	4.07	4.05	0.00(M)	20.03	1.89	461.61	22.77 (M)	0.00(M)	0.14(M)	601.56 (M)	42.95 (M)
Category: Grains; May Choose: 1																			
Breadstick, Ripstick, whole grain, 1.2 oz - SR1044 (1 breadstick)	40	80.00	1.00	0.00	0.00	0.00	95.00	14.00	2.00	2.00	2.00	3.00	0.80	10.00	0.00(M)	0.00(M)	0.30	50.00	(M)
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																			

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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)	
RO - Citrus Glazed Carrots, carrot coins - SR1131 (1/2 c.)	50	60.46	0.78	0.14	0.00	0.00	67.70	13.35	3.81	8.63	2.50	0.68	0.66	43.02	19196.03(M)	2.61(M)	0.00	253.16	102.49(M)	
Category: Condiment; May Choose: 1																				
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	0.00	(M)
Ketchup, Heinz 1.5 gallon dispenser pack - SR1004 (1 pump)	15	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	
Sauce, barbecue, bulk - SR1008 (1 tbsp.)	15	15.14	0.00	0.00	0.00	0.00	237.21	3.53	0.00	3.03	2.52	0.00	0.00	0.00	(M)	0.00	0.00	0.00	(M)	
SY23-24 DCPS OT-Achieve Grill- Spicy Chicken- Spring - Day: 2																				
Category: Entrée/Combo; May Choose: 1																				
BST, Chicken, Spicy Crispy Chicken Sandwich, Alpha WG Bun, Tyson WG Spicy Patty - SR1240 (1 burger)	50	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)	
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)	
Category: Garden, Milk, Condiments; May Choose: 1																				
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Vegetable; May Choose: 1																				
French Fries, Sweet Potato, Deep Groove Crinkle, Harvest Splendor - SR3936 (1/2 c.)	50	169.47	6.98	1.00	0.00	0.00	259.20	24.92	1.00	7.97	0.50	1.00	0.40	29.91	0.00(M)	0.00(M)	0.00	279.13	(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	

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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)
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-LatinX- Spring W1D2 - Day: 2	100																		
Category: Entrée/Combo; May Choose: 1																			
Sandwich, Brazilian Beef, Sliced Beef, USDA Mozz, Rich's Sub Roll WGR, Chimichurri - SR3937 (1 sandwich)	100	336.51	15.70	5.19	0.38	34.17	519.93	34.45	3.61	6.26	4.40(M)	18.05	2.54(M)	123.36 (M)	40.03 (M)	0.50(M)	0.71(M)	107.73 (M)	0.44(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.)	100	111.75	3.73	0.47	0.00	4.66	130.38	18.63	1.86	0.00	0.00	1.86	0.37	9.31	0.00(M)	0.00(M)	0.00	214.19	(M)
SY23-24 DCPS OT-Achieve Corner Deli-Spring W2D2 - Day: 2	100																		
Category: Entrée/Combo; May Choose: 1																			
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)
Mini-Bento, Flatbread, Spaghetti Sauce, Mozzarella - SR2824 (1 Box)	50	374.36	15.37	7.10	0.00	30.38	824.32	38.72	4.37	7.94	2.46	19.19	2.21	429.66	0.00(M)	0.00(M)	0.70	459.22	(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)	Moisture (g)	
SY23-24 DCPS OT-Achieve Garden Bar-Spring W2D2 - 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	
F - Watermelon, 1/2-inch diced, without rind, ready-to-serve - SR1299 (1/2 c.)	50	30.23	0.15	0.02	0.00	0.00	1.01	7.61	0.40	6.25	(M)	0.61	0.24	7.05	573.35	8.16	(M)	(M)	92.15	
Category: Vegetable; May Choose: 2																				
O - Celery Sticks, fresh, 1/2-inch by 4-inch, ready-to-serve - SR1014 (6 stick.)	50	10.34	0.11	0.03	0.00	0.00	51.71	1.92	1.03	0.87	0.00	0.45	0.13	25.86	290.23	2.00	0.00	168.06	61.68	
Salad, super, side, Romaine, tomatoes, carrots, corn, black beans - SR1979 (1 c.)	50	50.68	0.39	0.04	0.00	0.00	34.45	10.57	2.70	2.36	0.00	2.35	0.77	26.03	4690.00 (M)	5.95(M)	0.00	288.31	76.89 (M)	
Category: Milk; May Choose: 1																				
Lactaid Milk - SMR1943 (1 Half Pint)	50	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)	
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	100	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	0.00	8.22	0.07	305.00	478.24	0.00	2.93	366.00	(M)	
Regional Milk, White, Skim - SR1002 (1 Half Pint)	100	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	0.00	8.26	0.07	298.90	499.80	0.00	2.94	382.20	(M)	
Soy Milk - SMR1719 (1 ea.)	50	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00(M)	0.00(M)	2.50	350.00	(M)	
Category: Condiment; May Choose: 1																				
Dressing, Italian Salad, fat free - SR1489 (1 tbsp.)	25	15.00	0.00	0.00	0.00	0.00	175.00	4.00	0.00	1.00	1.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	
Dressing, Ranch, Heinz 1.5 gallon dispenser pack - 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)	

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- Comfort Kitchen- Spring W2D3 - Day: 3	100																			
Category: Entrée/Combo; May Choose: 1																				
French Toast, sticks, whole grain (CACFP) - SR1910 (4 stick.)	60	257.36	9.90	1.49	0.00	0.00	296.95	37.61	2.97	8.91	7.92	5.94	1.98	39.59	0.00(M)	0.00(M)	0.00	148.48	(M)	
Lo Mein, vegetable, WG Yakisoba noodle - SR3864 (1 1/3 c.)	40	342.52	1.84	0.23	0.03	0.33	892.91	69.77	3.79	18.15	16.94	10.78	3.93	17.68	3139.35 (M)	2.38(M)	0.14	316.11	40.48 (M)	
Category: Meat/MA; May Choose: 1																				
Sausage, patty, country, turkey, 1 oz - SR1157 (2 patty)	60	120.00	9.00	2.00	0.00	60.00	160.00	0.00	0.00	0.00	0.00	12.00	0.72	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	
Tofu, Tossable Cubes, Sweet & Sour - SR4076 (3/4 c.)	40	255.97	13.36	2.95	0.00	0.09	52.05	12.99	2.98	7.21	7.21	24.99	2.94	161.69	0.00(M)	0.00(M)	0.02	196.69	0.00(M)	
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 Green Pepper and Onion Blend - SR1952 (1/4 c.)	50	34.82	2.09	0.18	0.00	0.00	44.27	4.12	1.09	1.97	0.00	0.61	0.20	9.73	144.05 (M)	33.01 (M)	0.00	104.23	31.65 (M)	
Category: Condiment; May Choose: 1																				
Syrup, maple flavor, bulk - SR1158 (2 tbsp.)	60	105.00	0.00	0.00	0.00	0.00	47.50	26.00	0.00	14.50	(M)	0.00	0.01	0.50	2.75	0.01	0.00	10.50	(M)	
SY23-24 DCPS OT-Achieve Pizza- Buffalo Chicken- Spring - Day: 3	100																			
Category: Entrée/Combo; May Choose: 1																				
Buffalo Chicken Pizza, 8-cut, Tyson nugget, Big Daddy's Bold 16-inch - SR2598 (1 slice)	50	448.08	18.67	7.48	0.00	39.75	760.75	46.60	4.81	7.42	1.00	21.74	2.78	349.25	895.26 (M)	0.29(M)	0.06	608.03	4.97(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																				

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)
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																			
Salad, garden, side, mixed greens, cucumber, tomato, carrots - SR1429 (1 c.)	15	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-LatinX- Spring W1D3 - Day: 3		100																	
Category: Meat/MA; May Choose: 1																			
Black Beans, Sofrito Seasoned, Bush's - SR3938 (1 c.)	100	348.70	4.11	0.27	0.00	0.00	319.62	64.57	16.21	7.13	0.00(M)	17.78	5.39	196.21	1141.80 (M)	50.12 (M)	0.00	1334.87	115.48 (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																			
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 W2D3 - Day: 3		100																	
Category: Entrée/Combo; May Choose: 1																			
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																			