

# Weekly - Nutrient Analysis

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

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	
<b>SY23-24 DCPS OT-Achieve Grill- Cheese Burger - Day: 1</b>	100																			
<b>Category: Entrée/Combo; May Choose: 1</b>																				
Burger, Veggie, Grillers Prime - SR1796 (1 burger)	35	300.00	10.00	1.00	0.00	0.00	660.00	32.00	33.00	3.00	3.00	22.00	2.20	93.00	0.00(M)	0.00(M)	0.10	222.00	(M)	
Cheeseburger, 2.4 oz beef, soy, mushroom patty, American, hamburger roll - SR1055 (1 burger)	30	345.00	13.50	5.50	0.00	37.50	575.00	30.00	2.00	3.50	3.00(M)	20.50	2.60(M)	82.30 (M)	1.00(M)	0.50(M)	0.00(M)	92.00 (M)	(M)	
Hamburger, 2.4 oz beef, whole grain - SR1107 (1 burger)	35	290.00	9.00	3.00	0.00	25.00	440.00	29.00	2.00	3.00	3.00(M)	18.00	2.60	82.30	1.00(M)	0.50(M)	0.00(M)	92.00 (M)	(M)	
<b>Category: Garden, Milk, Condiments; May Choose: 1</b>																				
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Vegetable; May Choose: 1</b>																				
French fries, potato, crinkle-cut, 3/8-inch, McCain - SR2496 (1/2 c.)	75	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)	
Mixed Salad Greens, Romaine blend, spinach - SR1080 (1 c.)	5	12.85	0.03	0.00	0.00	0.00	12.67	2.51	0.90	0.79	0.00	0.94	0.93	23.05	604.17 (M)	1.81(M)	0.00	161.02	5.89(M)	
<b>Category: Condiment; May Choose: 1</b>																				
O - Lettuce, Iceburg, 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)	
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)	

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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)
Tomatoes, fresh, 1/8-inch sliced, ready-to-serve - SR1536 (2 tbsp.)	10	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16
<b>SY23-24 DCPS OT-Achieve Block Party-LatinX-W2D1 - Day: 1</b>	100																		
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Chickpeas and Zucchini, Stewed, USDA Garbanzo Beans, USDA Diced Tomatoes, USDA Tomato Paste - SR3956 (5 oz.)	100	110.33	1.60	0.22	0.00	0.00	211.75	18.93	4.01	8.04(M)	0.00(M)	4.07	0.56(M)	29.94 (M)	314.76 (M)	20.45 (M)	0.00(M)	41.45 (M)	22.59 (M)
<b>Category: Meat/MA; May Choose: 1</b>																			
Fajita Chicken Strips, USDA - SR2529 (1/3 c.)	100	80.05	4.00	1.14	0.00	45.74	240.14	1.14	0.00	0.00	0.00	9.72	0.51	5.72	(M)	(M)	0.00	137.22	0.00(M)
<b>Category: Grains; May Choose: 1</b>																			
Rice, brown, oven, steamed - SR1098 (1 c.)	100	234.38	2.07	0.00	0.00	0.00	4.05	49.63	2.76	0.00	0.00	5.51	1.38	4.05	0.00(M)	0.00(M)	0.00	148.87	104.75 (M)
<b>Category: Garden, Milk, Condiments; May Choose: 1</b>																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Vegetable; May Choose: 1</b>																			
RO - Citrus Glazed Carrots, carrot coins - SR1131 (1/2 c.)	100	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)
<b>SY23-24 DCPS OT-Achieve Corner Deli W1D1 - Day: 1</b>	100																		
<b>Category: Entrée/Combo; May Choose: 1</b>																			
FAST Box, Fiesta Dip, Refried Beans, Salsa, Sour Cream, Olives, Tortilla Chips - SR3885 (1 Box)	10	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 Sub, Turkey & Cheese, USDA Turkey, USDA American Cheese, WG Sub Roll - SR3869 (1 sandwich)	40	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)
<b>Category: Garden, Milk, Condiments; May Choose: 1</b>																			

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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)
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>SY23-24 DCPS OT-Achieve Garden Bar-W4D1 - Day: 1</b>	Menu Bar																		
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Variety of Entrees Available on the Main Lines (see main line menu), 2 oz M/MA, 2 oz eq grain - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
<b>Category: Fruit; May Choose: 2</b>																			
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)
<b>Category: Vegetable; May Choose: 2</b>																			
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)
<b>Category: Milk; May Choose: 1</b>																			
Lactaid Milk - SMR1943 (1 Half Pint)	50	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	100	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	0.00	8.22	0.07	305.00	478.24	0.00	2.93	366.00	(M)
Regional Milk, White, Skim - SR1002 (1 Half Pint)	100	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	0.00	8.26	0.07	298.90	499.80	0.00	2.94	382.20	(M)
Soy Milk - SMR1719 (1 ea.)	50	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00(M)	0.00(M)	2.50	350.00	(M)
<b>Category: Condiment; May Choose: 1</b>																			
Dressing, Italian Salad, fat free - SR1489 (1 tbsp.)	25	15.00	0.00	0.00	0.00	0.00	175.00	4.00	0.00	1.00	1.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)

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Dressing, Ranch, 1.5 gallon dispenser pack, Heinz - SR1931 (1 pump)	25	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)
<b>SY23-24 DCPS OT-Achieve-Comfort Kitchen-W4D1 - Day: 1</b>	100																		
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Burger, Veggie, Grillers Prime - SR1796 (1 burger)	30	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)
Nachos, Nachos Beef & Cheese Sauce, Cheddar JTM - SR2680 (1 nacho)	70	401.04	21.66	7.66	0.00	44.37	768.97	37.02	4.25	2.06	0.00	17.13	1.82	285.31	0.00(M)	0.00(M)	0.00	291.24	0.00(M)
<b>Category: Garden, Milk, Condiments; May Choose: 1</b>																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Vegetable; May Choose: 1</b>																			
BP/O - Mexican Black Beans, onion, pepper, jalapeno, cilantro - SR1026 (1/2 c.)	50	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34 (M)	8.17(M)	0.00	276.23	34.76 (M)
<b>Category: Condiment; May Choose: 1</b>																			
Burger Topping, Lettuce, Tomato, Pickle - SR2640 (1 serving)	15	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)	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)
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)
<b>SY23-24 DCPS OT-Achieve Corner Deli W1D2 - Day: 2</b>	100																		
<b>Category: Entrée/Combo; May Choose: 1</b>																			
FAST Salad, Hearty Garden Vegetable, USDA Mozzarella, CF Egg, bulk croutons - SR3876 (1 salad)	40	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)

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FAST Sub, American, USDA Turkey, USDA Turkey Ham, USDA American Cheese, WG Sub Roll - SR3874 (1 sandwich)	40	307.41	10.58	3.52	0.00	57.91	788.92	32.51	3.05	5.58	4.07(M)	23.71	1.63(M)	10.17 (M)	0.00(M)	0.00(M)	0.71(M)	101.69 (M)	(M)
<b>Category: Grains; May Choose: 1</b>																			
Breadstick, Ripstick, whole grain, 1.2 oz - SR1044 (2 breadstick)	40	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)
<b>Category: Garden, Milk, Condiments; May Choose: 1</b>																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>SY23-24 DCPS OT-Achieve Pizza Core-Veggie Pizza - Day: 2</b>																			
<b>Category: Entrée/Combo; May Choose: 1</b>																			
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)
<b>Category: Garden, Milk, Condiments; May Choose: 1</b>																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Vegetable; May Choose: 1</b>																			
Salad, 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)
<b>SY23-24 DCPS OT-Achieve Block Party-LatinX-W2D2 - Day: 2</b>																			
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Quesadilla, Jerk Chicken, 10" Flour Tortilla, USDA Mozz Cheese, USDA Diced - SR3957 (1 quesadilla)	100	335.61	12.23	6.05	0.00	38.81	672.55	36.94	5.13	3.62	0.23	18.88	1.22(M)	284.23 (M)	0.00(M)	0.00(M)	0.00(M)	84.21 (M)	0.00(M)
<b>Category: Garden, Milk, Condiments; May Choose: 1</b>																			

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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)
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Vegetable; May Choose: 1</b>																			
Frijoles ala Charro, Stewed Pinto Beans, USDA Pinto Beans, USDA Diced Tomatoes, Vegetarian - SR3959 (1/2 c.)	100	111.27	1.08	0.01	0.00	0.00	168.90	20.74	6.65	1.57(M)	0.00(M)	6.56	0.24(M)	10.26 (M)	122.28 (M)	2.81(M)	0.00(M)	25.00 (M)	0.00(M)
<b>SY23-24 DCPS OT-Achieve Garden Bar-W4D2 - Day: 2</b>		Menu Bar																	
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Variety of Entrees Available on the Main Lines (see main line menu), 2 oz M/MA, 2 oz eq grain - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
<b>Category: Fruit; May Choose: 2</b>																			
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)
<b>Category: Vegetable; May Choose: 2</b>																			
O - Celery Sticks, fresh, 1/2-inch by 4-inch, ready-to-serve - SR1014 (6 stick.)	50	10.34	0.11	0.03	0.00	0.00	51.71	1.92	1.03	0.87	0.00	0.45	0.13	25.86	290.23	2.00	0.00	168.06	61.68
Salad, super, side, Romaine, tomatoes, carrots, corn, black beans - SR1979 (1 c.)	50	50.68	0.39	0.04	0.00	0.00	34.45	10.57	2.70	2.36	0.00	2.35	0.77	26.03	4690.00 (M)	5.95(M)	0.00	288.31	76.89 (M)
<b>Category: Milk; May Choose: 1</b>																			
Lactaid Milk - SMR1943 (1 Half Pint)	50	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	100	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	0.00	8.22	0.07	305.00	478.24	0.00	2.93	366.00	(M)
Regional Milk, White, Skim - SR1002 (1 Half Pint)	100	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	0.00	8.26	0.07	298.90	499.80	0.00	2.94	382.20	(M)
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)

# Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
<b>Category: Condiment; May Choose: 1</b>																			
Dressing, Italian Salad, fat free - SR1489 (1 tbsp.)	25	15.00	0.00	0.00	0.00	0.00	175.00	4.00	0.00	1.00	1.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)
Dressing, Ranch, 1.5 gallon dispenser pack, Heinz - SR1931 (1 pump)	25	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)
<b>SY23-24 DCPS OT-Achieve-Comfort Kitchen-W4D2 - Day: 2</b>																			
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Chicken Nuggets, Tyson - SR1367 (5 nugget)	75	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)
Sloppy Joe Sandwich, Plant, BAF Crumbles - SR3971 (1 sandwich)	25	260.09	5.57	2.28	0.00	0.00	676.70	34.38	3.95	7.61	5.67(M)	17.14	3.40	69.67	1269.20(M)	9.46(M)	0.00(M)	201.98(M)	12.75(M)
<b>Category: Grains; May Choose: 1</b>																			
Breadstick, Ripstick, whole grain, 1.2 oz - SR1044 (1 breadstick)	75	80.00	1.00	0.00	0.00	0.00	95.00	14.00	2.00	2.00	2.00	3.00	0.80	10.00	0.00(M)	0.00(M)	0.30	50.00	(M)
<b>Category: Garden, Milk, Condiments; May Choose: 1</b>																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Vegetable; May Choose: 1</b>																			
S - Tater Tots, potato, ORE-IDA - SR1450 (1/2 c.)	70	110.70	6.04	1.01	0.00	0.00	311.98	14.09	1.01	1.01	0.00	1.01	0.20	10.06	0.00(M)	0.00(M)	0.00	211.34	(M)
<b>Category: Condiment; May Choose: 1</b>																			
Dressing, Ranch, 1.5 gallon dispenser pack, Heinz - SR1931 (1 pump)	15	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)
Ketchup, Heinz 1.5 gallon dispenser pack - SR1004 (1 pump)	15	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)
Sauce, barbecue, bulk - SR1008 (1 tbsp.)	15	15.00	0.00	0.00	0.00	0.00	235.00	3.50	0.00	3.00	2.50	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)
<b>SY23-24 DCPS OT-Achieve Block Party-LatinX-W2D3 - Day: 3</b>																			
<b>Category: Entrée/Combo; May Choose: 1</b>																			

# Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Red Chile Chicken - SMR2056 (1 plate)	100	346.77	26.00	3.87	0.00	106.73	913.31	6.78	0.98	0.53	0.00	23.45	1.73	28.51	59.52 (M)	2.67(M)	0.00(M)	432.06 (M)	60.05 (M)
<b>Category: Grains; May Choose: 1</b>																			
Tortilla, whole wheat, flour, 6-inch - SR1066 (2 tortilla)	100	179.97	5.00	2.00	0.00	0.00	259.96	28.00	4.00	2.00	0.00	4.00	2.00	71.99	0.00(M)	0.00(M)	0.00	57.99	(M)
<b>Category: Garden, Milk, Condiments; May Choose: 1</b>																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Vegetable; May Choose: 1</b>																			
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
<b>SY23-24 DCPS OT-Achieve Corner Deli W1D3 - Day: 3</b>																			
<b>Category: Entrée/Combo; May Choose: 1</b>																			
FAST Box, Classic Hummus, USDA Mozz, Flatbread - SR3878 (1 Box)	10	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)	40	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)
<b>Category: Garden, Milk, Condiments; May Choose: 1</b>																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>SY23-24 DCPS OT-Achieve Garden Bar-W4D3 - Day: 3</b>																			
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Variety of Entrees Available on the Main Lines (see main line menu), 2 oz M/MA, 2 oz eq grain - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
<b>Category: Fruit; May Choose: 2</b>																			



# Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
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
<b>Category: Vegetable; May Choose: 2</b>																			
Beans, pinto, low sodium,USDA, canned, drained, ready-to-serve - SR3314 (1/2 c.)	50	118.51	1.21	0.00	0.00	0.00	169.30	21.77	7.26	1.21	(M)	7.26	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(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)
<b>Category: Milk; May Choose: 1</b>																			
Lactaid Milk - SMR1943 (1 Half Pint)	50	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	100	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	0.00	8.22	0.07	305.00	478.24	0.00	2.93	366.00	(M)
Regional Milk, White, Skim - SR1002 (1 Half Pint)	100	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	0.00	8.26	0.07	298.90	499.80	0.00	2.94	382.20	(M)
Soy Milk - SMR1719 (1 ea.)	50	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00(M)	0.00(M)	2.50	350.00	(M)
<b>Category: Condiment; May Choose: 1</b>																			
Dressing, Italian Salad, fat free - SR1489 (1 tbsp.)	25	15.00	0.00	0.00	0.00	0.00	175.00	4.00	0.00	1.00	1.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)
Dressing, Ranch, 1.5 gallon dispenser pack, Heinz - SR1931 (1 pump)	25	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)
<b>SY23-24 DCPS OT-ACHIEVE Nacho- Beef - Day: 3</b>																			
<b>Category: Meat/MA; May Choose: 1</b>																			
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)
<b>Category: MTO Pick 1st Grain; May Choose: 1</b>																			
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)
<b>Category: MTO Pick 1st Protein; May Choose: 2</b>																			

# Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
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)
<b>Category: Garden, Milk, Condiments; May Choose: 1</b>																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Vegetable; May Choose: 1</b>																			
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)
<b>Category: Condiment; May Choose: 1</b>																			
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)
<b>SY23-24 DCPS OT-Achieve-Comfort Kitchen-W4D3 - Day: 3</b>	100																		
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Breadsticks, Mozzarella Stuffed, Beacon Street Cafe - SR1625 (2 breadstick)	70	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)
Lo Mein, vegetable, WG Yakisoba noodle - SR3864 (1 1/3 c.)	30	342.52	1.84	0.23	0.03	0.33	892.91	69.77	3.79	18.15	16.94	10.78	3.93	17.68	3139.35 (M)	2.38(M)	0.14	316.11	40.48 (M)
<b>Category: Meat/MA; May Choose: 1</b>																			
Baked Tofu Cubes, plain - SR2069 (2 5/8 oz.)	30	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)
<b>Category: Garden, Milk, Condiments; May Choose: 1</b>																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Vegetable; May Choose: 1</b>																			
DG - Broccoli, roasted, seasoned, from frozen - SR1852 (1/2 c.)	40	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)

# Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
<b>Category: Condiment; May Choose: 1</b>																			
RO - Spaghetti Sauce - SR2220 (1/4 c.)	70	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)
<b>SY23-24 DCPA OT-Achieve Grill- Chicken Sandwich - Day: 4</b>																			
<b>Category: Entrée/Combo; May Choose: 1</b>																			
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)
<b>Category: Garden, Milk, Condiments; May Choose: 1</b>																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Vegetable; May Choose: 1</b>																			
French fries, potato, crinkle-cut, 3/8-inch, McCain - SR2496 (1/2 c.)	0	100.75	3.92	0.56	0.00	0.00	27.99	14.55	1.12	0.00	0.00	1.12	0.22	11.20	0.00(M)	0.00(M)	0.00	190.31	7.14(M)
<b>Category: Condiment; May Choose: 1</b>																			
O - Lettuce, Iceberg, shredded, ready-to-serve - SR1015 (1/4 cup shredd)	0	2.52	0.03	0.00	0.00	0.00	1.80	0.54	0.22	0.35	0.00	0.16	0.07	3.24	90.36	0.50	0.00	25.38	(M)
O - Onion, red, 1/4-inch diced, ready-to-serve - SR1447 (2 tbsp.)	0	8.58	0.02	0.01	0.00	0.00	0.86	2.00	0.36	0.91	0.00	0.24	0.04	4.94	0.43	1.59	0.00	31.33	19.12
Peppers, jalapeno, sliced, canned, drained, ready-to-serve - SR1074 (1 tbsp.)	0	0.00	0.00	0.00	0.00	0.00	174.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)
Pickle, dill, chips, drained, ready-to-serve - SR1399 (2 tbsp.)	0	0.00	0.00	0.00	0.00	0.00	255.73	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Tomatoes, fresh, 1/8-inch sliced, ready-to-serve - SR1536 (2 tbsp.)	0	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16

# Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
<b>SY23-24 DCPS OT-Achieve Block Party-LatinX-W2D4 - Day: 4</b>	100																		
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Chilaquiles, Black Bean & Chicken - SR3800 (1 serving)	100	439.45	15.26	2.81	0.00	29.00	668.37	58.91	8.64	1.67(M)	0.27(M)	17.63	2.75(M)	168.49 (M)	486.08 (M)	7.91(M)	0.00(M)	312.62 (M)	11.44 (M)
<b>Category: Garden, Milk, Condiments; May Choose: 1</b>																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Vegetable; May Choose: 1</b>																			
Elote Corn - SR1677 (1/2 c.)	100	129.48	1.72	0.57	0.02	2.16	42.65	28.45	3.70	4.95	0.30	4.71	1.03	39.35	316.20 (M)	5.63(M)	0.00	372.63	59.91 (M)
<b>SY23-24 DCPS OT-Achieve Corner Deli W1D4 - Day: 4</b>	100																		
<b>Category: Entrée/Combo; May Choose: 1</b>																			
FAST Box, Protein Power Up, USDA Mozz, Sunbutter, Grahams - SR3879 (1 Box)	10	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 Sub, Turkey & Cheese, USDA Turkey, USDA American Cheese, WG Sub Roll - SR3869 (1 sandwich)	40	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)
<b>Category: Garden, Milk, Condiments; May Choose: 1</b>																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>SY23-24 DCPS OT-Achieve Garden Bar-W4D4 - Day: 4</b>	Menu Bar																		
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Variety of Entrees Available on the Main Lines (see main line menu), 2 oz M/MA, 2 oz eq grain - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
<b>Category: Fruit; May Choose: 2</b>																			

# Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Apple, fresh, sliced, unpeeled, ready-to-serve, 125 ct (treated with pineapple juice) - SR3795 (1/2 c.)	50	31.15	0.10	0.02	0.00	0.00	0.63	8.23	1.36	6.20	0.00(M)	0.16	0.08	3.84	30.59	2.94	0.00	64.83	51.22
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)
<b>Category: Vegetable; May Choose: 2</b>																			
RO - Carrots, baby-cut, ready-to-serve (1/2c = 1/2c veg) - SR1016 (1/2 c.)	50	25.40	0.09	0.02	0.00	0.00	56.61	5.98	2.10	3.46	0.00	0.46	0.65	23.22	10008.06	1.89	0.00	172.00	(M)
Salad, super, side, Romaine, tomatoes, carrots, corn, black beans - SR1979 (1 c.)	50	50.68	0.39	0.04	0.00	0.00	34.45	10.57	2.70	2.36	0.00	2.35	0.77	26.03	4690.00(M)	5.95(M)	0.00	288.31	76.89(M)
<b>Category: Milk; May Choose: 1</b>																			
Lactaid Milk - SMR1943 (1 Half Pint)	50	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	100	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	0.00	8.22	0.07	305.00	478.24	0.00	2.93	366.00	(M)
Regional Milk, White, Skim - SR1002 (1 Half Pint)	100	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	0.00	8.26	0.07	298.90	499.80	0.00	2.94	382.20	(M)
Soy Milk - SMR1719 (1 ea.)	50	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00(M)	0.00(M)	2.50	350.00	(M)
<b>Category: Condiment; May Choose: 1</b>																			
Dressing, Italian Salad, fat free - SR1489 (1 tbsp.)	25	15.00	0.00	0.00	0.00	0.00	175.00	4.00	0.00	1.00	1.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)
Dressing, Ranch, 1.5 gallon dispenser pack, Heinz - SR1931 (1 pump)	25	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)
<b>SY23-24 DCPS OT-Achieve-Comfort Kitchen-W4D4 - Day: 4</b>	100																		
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Chili con Carne, beef crumble, chili starter mix - SR1379 (1 c.)	30	216.79	5.62	1.95	0.00	22.27	585.25	29.44	7.84	6.20	0.00(M)	14.36	131.22	81.04	3483.01(M)	38.83(M)	0.00(M)	747.40	193.85(M)
Grilled Cheese Sandwich, Three Cheese Caprese, USDA American, USDA mozzarella, tomato - SR3384 (1 sandwich)	70	390.30	20.80	9.17	0.00	46.22	890.80	32.67	3.31	3.98	2.00(M)	19.83	2.17(M)	260.27(M)	149.17(M)	2.46(M)	0.00(M)	177.66(M)	16.95(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)
<b>Category: Grains; May Choose: 1</b>																			
Breadstick, Ripstick, whole grain, 1.2 oz - SR1044 (2 breadstick)	30	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)
<b>Category: Garden, Milk, Condiments; May Choose: 1</b>																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Vegetable; May Choose: 1</b>																			
ST - Peas, frozen, heated - SR2335 (1/2 c.)	40	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
<b>Category: Condiment; May Choose: 1</b>																			
Cheese, shredded, cheddar, Reduced Fat, USDA - SR3010 (1/4 oz.)	15	22.50	1.50	0.88	0.00	5.00	45.00	0.25	0.00	0.00	0.00	2.00	0.00	50.00	(M)	(M)	0.03	5.00	(M)
<b>SY23-24 DCPS OT-Achieve Pizza Core-Buffalo Chicken Pizza - Day: 5</b>																			
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Buffalo Chicken Pizza, 8-cut, FTO 16" WG, USDA Cheese Blend, Tyson Nugget - SR3834 (1 slice)	0	427.76	17.66	8.74	0.00	38.23	1167.60	45.04	6.18	5.27	2.51	25.72	2.75	428.15	0.00(M)	0.00(M)	0.67	490.10	0.02(M)
Cheese Pizza, 8-cut, FTO 16" WG, USDA Cheese Blend - SR3786 (1 slice)	0	381.50	15.00	8.27	0.00	33.48	850.17	41.86	5.49	5.05	2.51	23.03	2.38	421.90	0.00(M)	0.00(M)	0.62	367.19	0.02(M)
<b>Category: Garden, Milk, Condiments; May Choose: 1</b>																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Vegetable; May Choose: 1</b>																			
Salad, garden, side, mixed greens, cucumber, tomato, carrots - SR1429 (1 c.)	0	20.07	0.13	0.02	0.00	0.00	25.59	4.25	1.38	1.86	0.00	1.10	0.83	28.83	4017.42(M)	6.87(M)	0.00	238.65	50.81(M)
<b>SY23-24 DCPS OT-Achieve Block Party-LatinX-W2D5 - Day: 5</b>																			
<b>Category: Entrée/Combo; May Choose: 1</b>																			

# Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Sandwich, Chimichurri Citrus Tuna Salad, WG Hamburger Bun - SR3964 (1 sandwich)	100	277.95	8.86	1.64	0.00	30.53	704.90	28.11	2.23	3.41	3.00(M)	20.32	1.99(M)	57.87 (M)	36.27 (M)	0.90(M)	1.63(M)	219.43 (M)	5.33(M)
<b>Category: Garden, Milk, Condiments; May Choose: 1</b>																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Vegetable; May Choose: 1</b>																			
O/RO - Roasted Summer Squash, yellow, zucchini, red pepper, garlic - SR1523 (1/2 c.)	100	34.33	2.14	0.18	0.00	0.00	42.19	3.28	1.03	1.70(M)	0.00(M)	0.85	0.32	13.59	1031.50 (M)	31.37 (M)	0.00(M)	39.46 (M)	52.37 (M)
<b>SY23-24 DCPS OT-Achieve Corner Deli W1D5 - Day: 5</b>																			
<b>Category: Entrée/Combo; May Choose: 1</b>																			
FAST Salad, Garden Fiesta, USDA Cheddar, Black Bean, Corn, Jalapeno, Tomato - SR3881 (1 salad)	40	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 Sub, Turkey Ham & Cheese, USDA Turkey Ham, USDA American Cheese, WG Sub Roll - SR3870 (1 sandwich)	40	287.77	10.60	4.02	0.00	53.62	703.36	32.01	3.05	6.09	4.07(M)	19.26	1.63(M)	10.17 (M)	0.00(M)	0.00(M)	0.71(M)	101.69 (M)	(M)
<b>Category: Grains; May Choose: 1</b>																			
Breadstick, Ripstick, whole grain, 1.2 oz - SR1044 (2 breadstick)	40	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)
<b>Category: Garden, Milk, Condiments; May Choose: 1</b>																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>SY23-24 DCPS OT-Achieve Garden Bar-W4D5 - Day: 5</b>																			
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Variety of Entrees Available on the Main Lines (see main line menu), 2 oz M/MA, 2 oz eq grain - SR2092 (1 serving)	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)

# Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
<b>Category: Fruit; May Choose: 2</b>																			
Applesauce, canned, unsweetened - SR1195 (1/2 c.)	50	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)
F - Oranges, fresh, slices, unpeeled - SR1172 (6 slice or w)	50	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28
<b>Category: Vegetable; May Choose: 2</b>																			
Potato Salad, Scratch - SR3966 (1/2 c.)	50	151.64	0.89	0.20	0.00	0.75	58.88	32.16	3.58	2.01	0.00(M)	3.94	1.60	29.13	143.52 (M)	17.28 (M)	0.00(M)	24.65 (M)	116.65 (M)
Salad, super, side, Romaine, tomatoes, carrots, corn, black beans - SR1979 (1 c.)	50	50.68	0.39	0.04	0.00	0.00	34.45	10.57	2.70	2.36	0.00	2.35	0.77	26.03	4690.00 (M)	5.95(M)	0.00	288.31	76.89 (M)
<b>Category: Milk; May Choose: 1</b>																			
Lactaid Milk - SMR1943 (1 Half Pint)	50	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	100	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	0.00	8.22	0.07	305.00	478.24	0.00	2.93	366.00	(M)
Regional Milk, White, Skim - SR1002 (1 Half Pint)	100	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	0.00	8.26	0.07	298.90	499.80	0.00	2.94	382.20	(M)
Soy Milk - SMR1719 (1 ea.)	50	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00(M)	0.00(M)	2.50	350.00	(M)
<b>Category: Condiment; May Choose: 1</b>																			
Dressing, Italian Salad, fat free - SR1489 (1 tbsp.)	25	15.00	0.00	0.00	0.00	0.00	175.00	4.00	0.00	1.00	1.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)
Dressing, Ranch, 1.5 gallon dispenser pack, Heinz - SR1931 (1 pump)	25	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)
<b>SY23-24 DCPS OT-Achieve-Comfort Kitchen-W4D5 - Day: 5</b>	100																		
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Baked Potato with Broccoli and Cheese - SR1328 (1 potato)	60	416.03	23.40	10.65	0.00	52.98	650.45	34.27	4.59	3.26	0.00(M)	18.63	1.76	453.35	491.49 (M)	30.40 (M)	0.20(M)	320.62 (M)	145.13 (M)
Fish Patties, whole grain, Alaskan pollock - SR1985 (1 patty)	40	140.00	3.50	0.00	0.00	45.00	240.00	13.00	1.00	0.00	0.00	15.00	1.00	16.00	0.00(M)	0.00(M)	0.00	340.00	(M)
<b>Category: Grains; May Choose: 1</b>																			



# Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
Dinner Roll, Richs WG 1.25 oz - SR1010 (2 roll.)	60	160.00	3.00	0.00	0.00	0.00	130.00	28.00	4.00	4.00	4.00	6.00	1.60	20.00	0.00(M)	0.00(M)	0.80	100.00	(M)
<b>Category: Garden, Milk, Condiments; May Choose: 1</b>																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Vegetable; May Choose: 1</b>																			
Blue Ribbon Slaw, cabbage, slaw juice, carrots, onion (1/2c = 1/2c other veg) , Recipe - SMR1762 (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)
<b>Category: Condiment; May Choose: 1</b>																			
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)
Tartar Sauce, mayonnaise, relish, lemon juice - SR2615 (1 tbsp.)	15	39.34	3.60	0.80	0.00	4.00	100.36	1.51	0.01	0.64	0.00(M)	0.01	0.00	0.09	0.00(M)	0.00(M)	0.00(M)	1.62(M)	0.00(M)