

# 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>SY23-24 DCPS OT Achieve SS- Comfort Kitchen Spring W1D1 - Day: 1</b>	100																			
<b>Category: Entrée/Combo; May Choose: 1</b>																				
Baked Penne Pasta, whole wheat - SR1133 (1 c.)	30	376.83	14.50	6.99	0.00	35.67	744.09	46.06	7.65	9.97	1.43	19.92	2.37	458.26	0.00(M)	0.00(M)	0.10	652.10	0.00(M)	
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)	
CHICKEN-Butter, butter sauce, USDA diced chicken - SR3635 (1/3 c.)	30	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)	
FAST Box, Deli Bento, Flatbread, USDA Turkey, USDA Turkey Ham & USDA American - SR3883 (1 Box)	10	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)	
<b>Category: Grains; May Choose: 1</b>																				
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)	
Rice, brown, oven, steamed - SR1098 (1 c.)	30	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)	(M)
<b>Category: Vegetable; May Choose: 2</b>																				
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)	
Salad, garden, side, mixed greens, cucumber, tomato, carrots - SR1429 (1 c.)	50	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>Category: Condiment; May Choose: 2</b>																				
Burger Topping, Lettuce, Tomato, Pickle - SR2640 (1 serving)	30	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)	30	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)	

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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)
Mustard, Heinz 1.5 gallon dispenser pack - SR1603 (1 pump)	30	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 SS- Garden Bar Spring W1D1 - Day: 1</b>	Menu Bar																		
<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
Tangerines, (mandarin oranges), raw, whole, 150 CT - SR3520 (1 ea.)	50	39.64	0.23	0.03	0.00	0.00	1.50	9.98	1.35	7.91	(M)	0.61	0.11	27.68	509.39	19.97	0.00	124.17	63.71
<b>Category: Vegetable; May Choose: 2</b>																			
O - Cucumbers, unpared, 1/4-inch sliced, ready-to-serve - SR1013 (1/2 c.)	70	9.22	0.07	0.02	0.00	0.00	1.23	2.23	0.31	1.03	0.00	0.40	0.17	9.84	64.54	1.72	0.00	90.36	58.54
Salad, super, side, Romaine, tomatoes, carrots, corn, black beans - SR1979 (1 c.)	30	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)	20	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.)	20	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.)	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)
<b>SY23-24 DCPS OT-Achieve SS- Comfort Kitchen Spring W1D2 - Day: 2</b>	100																		

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Generated on: 2/22/2024 10:42:40 AM by Samantha Baker

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
<b>Category: Entrée/Combo; May Choose: 1</b>																			
FAST Salad, Chef-USDA Turkey, USA Turkey Ham & USDA Cheddar Cheese, CF Egg - SR3875 (1 salad)	10	224.83	12.11	5.35	0.00	205.19	412.09	9.83	2.23	5.99	0.00(M)	21.22	1.75(M)	262.57 (M)	2424.63 (M)	14.17 (M)	1.10(M)	200.89 (M)	55.03 (M)
General Tso Chicken, Tyson MWWM Chunks, Premade Sauce, Carrots, Broccoli, Sesame - SR3794 (10 piece)	40	378.56	18.22	2.61	0.04	58.05	774.52	30.70	3.18	12.14	11.20 (M)	25.00	2.01	34.39	1405.81 (M)	18.52 (M)	0.00(M)	764.87 (M)	46.24 (M)
Grilled Cheese Sandwich, classic, American, whole grain - SR1108 (1 sandwich)	20	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)
Spaghetti with Meat Sauce, whole wheat, beef crumble, Panko - SR1370 (1 serving)	30	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)
<b>Category: Grains; May Choose: 1</b>																			
Garlic Knot, Ripstick - SR1255 (2 roll.)	40	221.25	8.11	0.45	0.00	0.00	191.69	30.03	4.33	4.07	4.00	6.45	1.93	26.43	0.00(M)	0.00(M)	0.60	133.77	0.19(M)
Rice, brown, oven, steamed - SR1098 (1/2 c.)	40	117.19	1.03	0.00	0.00	0.00	2.02	24.82	1.38	0.00	0.00	2.76	0.69	2.02	0.00(M)	0.00(M)	0.00	74.44	52.38 (M)
<b>Category: Garden, Milk, Condiments; May Choose: 2</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: 2</b>																			
Mixed Vegetable, Stir-Fry, Sheet Pan - SR4078 (1/2 c.)	50	69.77	3.22	0.48	0.00	0.00	11.39	9.03	2.84	4.99	0.00(M)	3.35	0.76(M)	24.73 (M)	777.71 (M)	67.34 (M)	0.15(M)	421.19 (M)	40.10 (M)
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)
<b>Category: Condiment; May Choose: 1</b>																			
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	10	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)
<b>SY23-24 DCPS OT-Achieve SS- Garden Bar Spring W1D2 - Day: 2</b>	Menu Bar																		
<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)
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>																			
DG - Broccoli, fresh florets, trimmed, ready-to-serve - SR1027 (1/2 c.)	70	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.)	30	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)	20	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.)	20	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.)	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)
<b>SY23-24 DCPS OT-Achieve SS- Comfort Kitchen Spring W1D3 - Day: 3</b>																			
<b>Category: Entrée/Combo; May Choose: 1</b>																			
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
BST, Beef, Nachos, JTM Beef, JTM Cheddar Cheese Sauce - SR2680 (1 nacho)	30	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)

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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)
FAST Salad, Chicken Caesar-USDA Diced Chicken, Parmesan, Romaine, bulk croutons - SR3572 (1 salad)	10	164.21	6.89	1.46	0.00	49.09	396.38	10.09	2.39	1.36	0.00	15.83	1.44(M)	102.60 (M)	9923.65 (M)	4.56(M)	0.00(M)	307.74 (M)	120.57 (M)
<b>Category: Grains; May Choose: 1</b>																			
Breadstick, Ripstick, whole grain, 1.2 oz - SR1044 (2 breadstick)	10	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: 2</b>																			
Baked Plantains - SR3711 (4 oz.)	50	292.02	10.37	1.31	0.01	0.00	363.85	49.15	1.99	41.80	4.26	0.95	1.04	17.47	0.00(M)	0.02(M)	0.00	644.09	4.17(M)
DG/O - Broccoli and Carrots, roasted - SR2023 (1/2 c.)	50	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)
<b>Category: Condiment; May Choose: 2</b>																			
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)
<b>SY23-24 DCPS OT-Achieve SS- Garden Bar Spring W1D3 - Day: 3</b>	Menu Bar																		
<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)
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>																			

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RO - Carrots, baby-cut, ready-to-serve (1/2c = 1/2c veg) - SR1016 (1/2 c.)	70	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.)	30	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)	20	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.)	20	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.)	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)
<b>SY23-24 DCPS OT-Achieve SS- Comfort Kitchen Spring W1D4 - Day: 4</b>	100																		
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Buffalo Chicken Wrap, 10 -inch, Tyson popcorn, cheddar, Buffalo side vegetables - SR1953 (1 wrap)	20	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)
Chicken, Breaded Drumstick, Tyson - SR3363 (2 pcs.)	30	440.00	26.00	6.00	0.00	120.00	1060.00	12.00	2.00	0.00	0.00	38.00	2.00	28.00	0.00(M)	0.00(M)	0.00	620.00	(M)
Croque-monsieur, turkey ham, Alfredo, USDA Mozzarella cheese - SR3998 (1 sandwich)	30	330.79	13.19	5.35	0.00	67.28	1071.89	30.29	2.51	4.46	2.00	24.94	2.52	294.74	0.00(M)	0.00(M)	0.00	398.54	(M)
Pasta & Colorful Marinara - FP - SMR2185 (12 oz.)	20	321.92	2.05	0.25	0.00	0.00	347.71	60.18	13.52	9.86	0.85(M)	16.39	4.75	143.40	1820.13(M)	10.75(M)	0.43(M)	1251.13(M)	47.90(M)
<b>Category: Grains; May Choose: 1</b>																			
Garlic Knot, Ripstick - SR1255 (1 roll.)	20	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)

# 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)
Macaroni and Cheese, whole wheat, basic - SR1137 (1/3 c.)	30	191.72	10.63	5.32	0.00	27.50	438.32	17.18	2.03	2.03	0.00(M)	10.01	0.95	230.81	11.39 (M)	0.00(M)	0.07(M)	300.78 (M)	21.47 (M)
<b>Category: Garden, Milk, Condiments; May Choose: 2</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: 2</b>																			
Braised Collard Greens, IQF - SR3752 (4 oz.)	60	139.40	8.67	0.65	0.00	0.09	755.11	12.51	5.00	2.33	0.29	3.44	1.33	245.77	0.98(M)	3.62(M)	0.05	424.01	135.93 (M)
Salad, Caesar, side, traditional - SR1428 (1 c.)	60	169.64	15.79	3.27	0.00	13.75	324.54	5.58	1.19	0.68	0.00	2.95	0.55	52.96	4938.49 (M)	2.27(M)	0.00	153.55	53.64 (M)
<b>SY23-24 DCPS OT-Achieve SS- Garden Bar Spring W1D4 - Day: 4</b>	Menu Bar																		
<b>Category: Fruit; May Choose: 2</b>																			
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)
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>																			
O - Celery Sticks, fresh, 1/2-inch by 4-inch, ready-to-serve - SR1014 (6 stick.)	70	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.)	30	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)	20	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.)	20	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>																			

# 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, 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)
<b>SY23-24 DCPS OT-Achieve SS- Comfort Kitchen Spring W1D5 - Day: 5</b>	100																		
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Barbecue Chicken Sandwich, Koch diced - SR1121 (1 sandwich)	20	285.03	4.27	0.76	0.00	56.76	894.66	34.55	2.00	10.33	9.11	24.92	1.45	53.00	0.00(M)	0.00(M)	0.00	92.00	0.00(M)
Cheese Pizza, 8-cut, Big Daddy's Bold 16-inch - SR2081 (1 slice)	35	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)
Sandwich, Turkey, American, hamburger roll - SR1061 (1 sandwich)	10	370.00	15.50	6.00	0.00	70.00	900.00	28.00	2.00	4.00	3.00(M)	28.00	1.40(M)	53.00 (M)	0.00(M)	0.00(M)	0.00(M)	372.00 (M)	(M)
Taco Pizza, 8-cut, JTM Signature Taco Filling, Big Daddy's Bold 16-inch - SR3911 (1 slice)	35	426.69	17.01	7.24	0.00	37.66	514.09	46.19	4.50	7.29(M)	1.02(M)	20.35	2.69	352.32	481.58 (M)	1.34(M)	0.00(M)	473.81 (M)	1.99(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: 2</b>																			
DG/RO - Broccoli and Red Peppers, roasted - SR2024 (1/2 c.)	60	85.72	6.65	0.48	0.00	0.00	9.07	5.83	2.82	2.49	0.00(M)	2.51	0.57	25.46	1795.72 (M)	72.45 (M)	0.00(M)	73.47 (M)	95.42 (M)
Mexican Corn, Mexican seasoning - SMR1927 (1 c.)	60	105.88	1.02	0.16	0.03	0.00	2.67	24.79	3.27	4.22	0.34	3.31	0.92	12.19	238.80 (M)	4.20(M)	0.00	316.65	92.78
<b>SY23-24 DCPS OT-Achieve SS- Garden Bar Spring W1D5 - Day: 5</b>	Menu Bar																		
<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)
Red Seedless Grapes - SR1496 (1/2 c.)	50	59.63	0.14	0.05	0.00	0.00	1.73	15.64	0.78	13.38	0.00	0.62	0.31	8.64	57.04	2.77	0.00	165.07	69.61
<b>Category: Vegetable; 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)
Salad, super, side, Romaine, tomatoes, carrots, corn, black beans - SR1979 (1 c.)	30	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.)	70	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
<b>Category: Milk; May Choose: 1</b>																			
Lactaid Milk - SMR1943 (1 Half Pint)	20	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.)	20	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.)	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)