

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 SS- Comfort Kitchen Spring W2D1 - Day: 1	100																			
Category: Entrée/Combo; May Choose: 1																				
Breadsticks, Mozzarella Stuffed, Beacon Street Cafe - SR1625 (2 breadstick)	30	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)	
FAST Parfait, Strawberry Banana, 12oz, Strawberry Yogurt, Bananas, Strawberries, Granola - SR1737 (1 parfait)	10	546.75	10.72	1.79	0.04	4.00	301.19	102.88	5.43	61.93	35.37 (M)	11.73	1.55	267.79	279.30 (M)	29.66 (M)	3.87	629.59	46.66 (M)	
Nachos, Bean and Cheese, JTM cheddar - SR1471 (1 nacho)	30	396.30	18.21	6.55	0.00	27.21	678.59	44.27	8.02	1.05	0.00	15.35	1.92	286.49	0.00(M)	0.00(M)	0.00	545.23	52.11 (M)	
Taco, beef, cheddar cheese, 6-inch tortilla - SR1079 (2 each taco)	30	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: 2																				
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																				
BP - Refried Beans, pinto, vegetarian - SR1070 (1/2 c.)	70	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)	
Salad, garden, side, mixed greens, cucumber, tomato, carrots - SR1429 (1 c.)	30	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)	30	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.)	30	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.)	60	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 SS- Garden Bar Spring W2D1 - Day: 1	Menu Bar																			
Category: Fruit; May Choose: 2																				

Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
C - Pears, canned, diced, packed in juice, drained - SR1194 (1/2 c.)	50	57.40	0.00	0.00	0.00	0.00	4.78	15.31	1.91	10.52	0.00	0.00	0.19	11.48	0.00(M)	0.00(M)	0.00	109.06	(M)
F - Oranges, fresh, slices, unpeeled - SR1172 (6 slice or w)	50	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28
Category: Vegetable; May Choose: 2																			
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)
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 SS- Comfort Kitchen Spring W2D2 - Day: 2																			
Category: Entrée/Combo; May Choose: 1																			
Chicken Nuggets, Tyson - SR1367 (5 nugget)	30	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)
Hot Dog, Original, turkey frank, hot dog bun, RECIPE - SMR1176 (1 serving (1))	30	280.00	12.50	3.00	0.00	50.00	530.00	28.00	2.50	4.00	4.00	13.00	1.70	133.00	0.00(M)	0.00(M)	0.00	473.00	(M)
Macaroni and Cheese, whole wheat, basic - SR1137 (2/3 c.)	30	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)

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)
Mini-Bento, Flatbread, Spaghetti Sauce, Mozzarella - SR2824 (1 Box)	10	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: Grains; May Choose: 1																			
Breadstick, Ripstick, whole grain, 1.2 oz - SR1044 (1 breadstick)	60	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: 2																			
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)
ST - Peas, frozen, heated - SR2335 (1/2 c.)	50	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
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	(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 SS- Garden Bar Spring W2D2 - Day: 2	Menu Bar																		
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																			

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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)
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)
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 SS- Comfort Kitchen Spring W2D3 - Day: 3	100																		
Category: Entrée/Combo; May Choose: 1																			
French Toast, sticks, whole grain (CACFP) - SR1910 (4 stick.)	30	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.)	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)
Salad, Fiesta, K5, beef taco - SR1111 (1 salad)	10	147.75	5.47	2.57	0.00	25.25	279.72	13.07	3.92	3.13	0.00	12.85	2.38	164.99	2751.32 (M)	5.87(M)	0.05	379.07	39.42 (M)
Sandwich, Crispy Chipotle Chicken, Tyson, WG Bun - SR3973 (1 sandwich)	30	411.49	17.47	2.71	0.00	27.08	864.34	44.22	5.03	4.88	3.44	20.02	2.92	83.25	2.81(M)	0.01(M)	0.10	696.09	0.00(M)
Category: Meat/MA; May Choose: 1																			
Sausage, patty, country, turkey, 1 oz - SR1157 (2 patty)	30	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)

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Tofu, Tossable Cubes, Sweet & Sour - SR4076 (3/4 c.)	30	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: Grains; May Choose: 1																			
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)
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																			
Roasted Green Pepper and Onion Blend - SR1952 (1/2 c.)	50	69.64	4.18	0.35	0.00	0.00	88.53	8.23	2.18	3.94	0.00	1.22	0.39	19.45	288.10 (M)	66.02 (M)	0.00	208.46	63.29 (M)
Vegetable,Fiesta Potatoes - SR1519 (1/2 c.)	50	140.97	5.18	0.86	0.01	0.00	200.82	24.84	3.22	3.06	0.19	2.25	0.72	20.81	124.58 (M)	7.60(M)	0.00	388.24	42.13 (M)
Category: Condiment; May Choose: 1																			
Syrup, maple flavor, bulk - SR1158 (2 tbsp.)	20	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 SS- Garden Bar Spring W2D3 - Day: 3	Menu Bar																		
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)
Mandarin Oranges, In Pear Juice - SR3751 (1/2 c.)	50	132.68	1.20	0.00	0.00	0.00	6.39	31.94	1.72	31.94	(M)	1.20	0.25	15.97	(M)	(M)	(M)	(M)	0.00(M)
Category: Vegetable; May Choose: 2																			
RO - Mex Roasted Sweet Potatoes - SR2277 (1/2 c.)	70	151.16	5.77	0.41	0.00	0.00	192.30	24.37	2.84	9.16	5.34	1.64	1.00	37.51	12870.23(M)	2.18(M)	0.00	330.76	0.00(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)
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)

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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 SS- Comfort Kitchen Spring W2D4 - Day: 4																			
Category: Entrée/Combo; May Choose: 1																			
Baked Potato with Broccoli and Cheese - SR1328 (1 potato)	30	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)
Burger, Dominican Chimi, 2.3 oz beef & soy patty, whole grain, slaw, chimi sauce - SR4093 (1 burger)	30	357.28	15.27	4.67	0.00	30.71	906.89	38.06	3.62	9.19	7.57	18.38	2.56	82.98	113.27 (M)	6.90(M)	0.00(M)	173.86 (M)	28.00 (M)
FAST Wrap, Chicken Caesar, USDA Diced, Romaine, 10-inch Tortilla - SR2557 (1 wrap)	20	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)
Sloppy Joe Sandwich, Plant, BAF Crumbles - SR3971 (1 sandwich)	20	257.39	5.45	2.20	0.00	0.00	670.46	34.31	3.92	7.61	5.68(M)	16.78	3.32	69.36	1268.57 (M)	9.45(M)	0.00(M)	199.62 (M)	42.49 (M)
Category: Grains; May Choose: 1																			
Dinner Roll, Richs WG 1.25 oz - SR1010 (2 roll.)	30	160.00	3.00	0.00	0.00	0.00	130.00	28.00	4.00	4.00	4.00	6.00	1.60	20.00	0.00(M)	0.00(M)	0.80	100.00	(M)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Vegetable; May Choose: 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)	Mois (g)
O - Green Beans, cut, heated, seasoned - SR1021 (1/2 c.)	50	22.18	0.13	0.04	0.00	0.00	43.10	5.11	2.34	1.45	0.00(M)	1.18	0.53	32.84	323.23 (M)	3.16(M)	0.00	124.93	74.73
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)
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	(M)
SY23-24 DCPS OT-Achieve SS- Garden Bar Spring W2D4 - Day: 4		Menu Bar																	
Category: Fruit; May Choose: 2																			
Apple, fresh, sliced, unpeeled, ready-to-serve, 125 ct (treated with pineapple juice) - SR3795 (1/2 c.)	50	31.15	0.10	0.02	0.00	0.00	0.63	8.23	1.36	6.20	0.00(M)	0.16	0.08	3.84	30.59	2.94	0.00	64.83	51.22
F - Oranges, fresh, slices, unpeeled - SR1172 (6 slice or w)	50	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28
Category: Vegetable; May Choose: 2																			
RO - Bell Pepper, Red, fresh medium-large, julienne/strips, ready-to-serve (1/2c = 1/2c veg) - SR1011 (1/4 c.)	70	7.63	0.07	0.01	0.00	0.00	0.98	1.49	0.52	1.03	0.00	0.24	0.11	1.72	771.16	31.45	0.00	51.97	22.71
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)
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																			

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)
SY23-24 DCPS OT-Achieve SS- Comfort Kitchen Spring W2D5 - Day: 5	100																		
Category: Entrée/Combo; May Choose: 1																			
Chimichurri Citrus Tuna Salad Sandwich, hamburger bun - SMR2024 (1 sandwich)	10	263.02	8.06	1.45	0.00	26.97	652.99	27.86	2.21	3.36	3.00(M)	18.65	1.88(M)	57.30 (M)	32.04 (M)	0.80(M)	1.44(M)	204.56 (M)	4.71(M)
Quesadilla, Cheddar Cheese USDA, 10-inch tortilla - SR1054 (1 each quesadilla)	30	390.00	18.00	10.00	0.00	40.00	679.99	36.00	4.00	3.00	0.00	21.00	1.00	486.99	0.00(M)	0.00(M)	0.20	112.00	(M)
Steak Sandwich, Brazilian - SMR2023 (1 sandwich)	30	313.74	14.02	4.50	0.30	28.86	485.01	33.84	3.61	5.96	4.40(M)	16.38	2.38(M)	120.33 (M)	40.03 (M)	0.50(M)	0.71(M)	107.73 (M)	0.44(M)
Category: Meat/MA; May Choose: 1																			
Haitian Style Chicken, Tyson Drumstick - SMR2132 (1 piece)	30	292.60	19.14	4.16	0.00	140.06 (M)	619.67	6.35	0.68	1.34	0.00(M)	25.41	1.88	23.01	103.29 (M)	12.09 (M)	0.00(M)	454.66	34.09 (M)
Category: Grains; May Choose: 1																			
Jollof Rice (Spicy African Rice), Commercial Tomato Sauce - SR3880 (6 oz.)	30	189.46	2.96	0.13	0.00	0.00	792.76	37.11	2.94	2.38	0.16(M)	4.22	0.98	5.70	145.02 (M)	9.05(M)	0.00(M)	325.57 (M)	64.43 (M)
Oven Fired Flatbread, Richs 6x6 whole grain - SR1534 (1 piece)	30	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.50	30.00	(M)	(M)	0.50	120.00	(M)
Category: Garden, Milk, Condiments; May Choose: 1																			
OT-Achieve 9-12 From the Garden (Garden, Milk, Condiments) - SR4066 (1 serv.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Vegetable; May Choose: 2																			
BP - Refried Beans, pinto, vegetarian - SR1070 (1/2 c.)	50	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)
DG - Broccoli, roasted, seasoned, from frozen - SR1852 (1/2 c.)	50	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)	Moisture (g)
Category: Condiment; May Choose: 1																			
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 SS- Garden Bar Spring W2D5 - Day: 5																			
Category: Fruit; May Choose: 2																			
Bananas, fresh, petite or regular - SR1166 (1 medium (7"))	50	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)
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)
Category: Vegetable; May Choose: 2																			
Salad, super, side, Romaine, tomatoes, carrots, corn, black beans - SR1979 (1 c.)	70	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)
Tomato, Corn and Cilantro Salad, homemade salsa - SR1678 (1/2 c.)	30	39.22	0.34	0.05	0.00	0.00	120.97	8.52	1.76	1.65(M)	0.04(M)	1.89	1.10	40.73	2908.00 (M)	13.96 (M)	0.00(M)	262.00 (M)	63.92 (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)