

# 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 SS- Comfort Kitchen Spring W3D1 - Day: 1</b>	100																			
<b>Category: Entrée/Combo; May Choose: 1</b>																				
FAST Wrap, Crispy Chicken, Tyson Nugget, USDA Cheddar, 10" tortilla, Shredded Lettuce, Tomato - SR3898 (1 wrap)	10	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)	
Grilled Cheese Sandwich, classic, American, whole grain - SR1108 (1 sandwich)	30	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)	
Jamaican Jerk Chicken, USDA diced - SR2558 (1/4 c.)	30	89.22	2.35	0.02	0.01	47.25	381.11	1.82	0.24	1.24	0.46	13.57	0.44(M)	9.72(M)	0.00(M)	0.00(M)	0.00(M)	24.41 (M)	0.00(M)	
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)	
<b>Category: Grains; May Choose: 1</b>																				
Rice, brown, oven, steamed - SR1098 (1 c.)	60	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: 1</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)	
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)	
<b>SY23-24 DCPS OT-Achieve SS- Garden Bar Spring W3D1 - Day: 1</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)	
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)	

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<b>Category: Vegetable; May Choose: 2</b>																			
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)	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)
<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 W3D2 - Day: 2</b>																			
<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)
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)
Lasagna Rollup Cheese - Tasty Brands - SR1497 (1 roll.)	30	277.32	4.01	2.06	0.00	5.00	510.06	42.88	4.85	13.15	3.05	17.16	2.36	215.22	0.00(M)	0.00(M)	0.00	705.02	(M)
<b>Category: Meat/MA; 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)
Turkey, Meat Sauce, Jennie-o Turkey Crumble, Heinz Spaghetti Sauce - SR1508 (2/3 c.)	30	155.16	5.54	1.59	0.00	46.31	497.72	10.77	2.21	6.33	2.36	14.03	1.23	27.33	0.00(M)	0.00(M)	0.00	579.64	(M)
<b>Category: Grains; May Choose: 1</b>																			
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)
Spaghetti, pasta, whole wheat, cooked al dente - SR1135 (1 c.)	30	185.64	3.08	0.12	0.00	0.00	6.66	37.16	6.67	0.95	0.00	7.62	1.91	22.86	0.00(M)	0.00(M)	0.00	263.32	70.39 (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)	(M)
<b>Category: Vegetable; May Choose: 1</b>																			
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)
S - Tater Tots, potato, ORE-IDA - SR1450 (1/2 c.)	50	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>SY23-24 DCPS OT-Achieve SS- Garden Bar Spring W3D2 - Day: 2</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
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>																			
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 and Cucumber Salad, balsamic vinaigrette - SR1458 (1/2 c.)	30	25.89	0.86	0.18	0.00	0.00	39.25	4.37	0.85	2.19	0.00(M)	0.82	0.34	13.54	419.72 (M)	7.14(M)	0.00(M)	178.25 (M)	84.28 (M)
<b>Category: Milk; May Choose: 1</b>																			

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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)
<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 W3D3 - Day: 3</b>																			
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Grilled Chicken Sandwich - SMR1317 (1 burger)	30	280.00	11.50	3.00	0.00	70.00	460.00	26.00	3.00	2.00	1.00	19.00	2.00	16.00	0.00(M)	0.00(M)	0.00	271.00	(M)
Sandwich, Philly Cheese Steak Sub, Sliced Beef, USDA Mozz, Richs Sub Roll WGR - SR3631 (1 sandwich)	30	359.53	16.58	5.34	0.41	35.94	504.74	37.86	4.14	8.16	4.07(M)	18.66	2.75	131.78	144.05 (M)	33.01 (M)	0.76	231.24 (M)	31.65 (M)
Sandwich, turkey ham, American, hamburger roll - SR1096 (1 sandwich)	10	360.00	16.00	6.50	0.00	85.00	1010.00	28.00	2.00	4.00	3.00(M)	25.00	1.70(M)	53.00 (M)	0.00(M)	0.00(M)	0.00(M)	472.00 (M)	(M)
<b>Category: Meat/MA; May Choose: 1</b>																			
Teriyaki Baked Tofu Cubes (1/2 cup = 16 cubes = 2.6 oz = 2 oz M/MA) - SR3904 (1/2 c.)	30	294.58	19.46	2.32	0.02	0.11	474.67	12.86	3.11	8.41	8.28	22.66	3.59	888.17	218.70 (M)	0.37(M)	0.02	335.00	0.00(M)
<b>Category: Grains; May Choose: 1</b>																			
Fried Rice, brown rice, scrambled eggs, soy sauce, onions, carrots, celery, peas - SR1382 (1 1/3 c.)	30	317.05	4.36	0.68	0.00	49.45	660.00	60.08	5.14	3.88	0.00(M)	10.51	2.67	39.98	3295.50 (M)	6.49(M)	0.59	367.97	184.88 (M)
<b>Category: Garden, Milk, Condiments; May Choose: 1</b>																			

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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/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)
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
<b>SY23-24 DCPS OT-Achieve SS- Garden Bar Spring W3D3 - 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)
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>																			
Asian Bean Salsa - SR2049 (1/2 c.)	70	69.66	1.26	0.15	0.00	0.00	239.15	10.50	3.22	4.14	2.35	4.66	1.25	38.70	1547.77 (M)	2.31(M)	0.00(M)	247.67 (M)	35.84 (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)	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)
<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)

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<b>SY23-24 DCPS OT-Achieve SS- Comfort Kitchen Spring W3D4 - Day: 4</b>	100																			
<b>Category: Entrée/Combo; May Choose: 1</b>																				
Chicken, Salvadoran, USDA Thigh - SR3933 (1 1/4 c.)	35	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)	
Hot Dog, Original , turkey frank, hot dog bun, RECIPE - SMR1176 (1 serving (1))	35	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)	
Lentil Dal - SR3562 (1/2 c.)	10	68.85	0.01	0.00	0.00(M)	0.00	174.80	18.55	8.65	0.01	0.00(M)	7.68	2.62	4.28	2.81(M)	0.04(M)	0.00(M)	4.03(M)	127.55 (M)	
Mini-Bento, Flatbread, Spaghetti Sauce, Mozzarella - SR2824 (1 Box)	20	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)	
<b>Category: Grains; May Choose: 1</b>																				
Rice, brown, oven, steamed - SR1098 (1 c.)	45	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: 1</b>																				
Cauliflower, florets, seasoned, roasted - SR1039 (1/2 c.)	50	50.13	3.72	0.35	0.00	0.00	72.02	4.03	1.55	1.45	0.00	1.51	0.35	17.14	0.00(M)	36.44 (M)	0.00	27.27	69.63 (M)	
French fries, potato, crinkle-cut, 3/8-inch, McCain - SR2496 (1/2 c.)	50	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: 2</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)	
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 SS- Garden Bar Spring W3D4 - Day: 4</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)	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)
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>																			
Blue Ribbon Slaw, cabbage, slaw juice, carrots, onion - SR1254 (1/2 c.)	70	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)
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)	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)
<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 W3D5 - Day: 5</b>	100																		
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Bean and Cheese Enchilada, USDA, refried pinto, blanco queso, enchilada sauce, 6-inch tortilla - SR3488 (2 enchilada)	25	386.27	11.43	5.41	0.00	18.38	689.50	51.02	12.17	2.39	0.00	17.43	3.96	271.82	15.58 (M)	0.29(M)	0.05	555.30	79.56 (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)
Beef Enchilada, JTM Signature Taco Filling, queso blanco, enchilada sauce, USDA Cheddar, 6-inch tortilla - SR3908 (2 enchilada)	25	341.92	14.16	6.55	0.00	39.83	827.21	34.85	6.01	4.01	0.00	17.86	3.54	255.15	15.58 (M)	0.29(M)	0.05	174.31	1.40(M)
Cheese Pizza, 8-cut, FTO 16" WG, Commercial Cheese Blend - SR3787 (1 slice)	40	383.11	16.12	8.89	0.00	35.56	859.50	40.49	3.81	5.77	2.52	20.38	2.30	416.50	0.00(M)	0.00(M)	0.81	387.65	0.02(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: 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)
Salad, Caesar, side, traditional - SR1428 (1 c.)	50	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 W3D5 - Day: 5</b>	Menu Bar																		
<b>Category: Fruit; May Choose: 2</b>																			
Cantaloupe Melon, cubes - SR3442 (1/2 c.)	50	65.39	0.36	0.10	0.00	0.00	30.77	15.69	1.73	15.12	(M)	1.62	0.40	17.31	6504.75	70.59	0.00	513.53	173.39
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>																			
Roasted Corn, mexican seasoning - SR1303 (1/2 c.)	70	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



# 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)
<b>Category: Milk; May Choose: 1</b>																			
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)
<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)