

# 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 W4D1 - Day: 1</b>                              | 100      |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |
| <b>Category: Entrée/Combo; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |
| 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)   |
| 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)       |
| Ground Turkey Tacos (Lunch Tacos) - SMR1938 (2 tacos)   | 30       | 298.29          | 11.16         | 4.21        | 0.01          | 44.66     | 702.40      | 30.03    | 4.56            | 2.34             | 0.00(M)          | 16.13       | 2.74      | 113.53       | 17.58 (M)   | 0.66(M)   | 0.03(M)    | 268.04 (M)     | 14.73 (M) |
| Sunbutter & Jelly Sandwich, whole grain bread, sunbutter, grape jelly, RECIPE - SR1062 (1 sandwich) | 10       | 570.81          | 35.68         | 3.96        | 0.00          | 0.00      | 557.74      | 48.76    | 5.96            | 17.83            | 14.11            | 19.87       | 4.77      | 85.59        | 0.00(M)     | 0.00(M)   | 0.00       | 526.09         | (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) |
| Moroccan Spiced Carrots - SR2588 (1/2 c.)   | 50       | 118.81          | 10.10         | 0.79        | 0.00(M)       | 0.00      | 126.93      | 7.99     | 3.36            | 3.99(M)          | 0.00(M)          | 0.72        | 0.92      | 42.68        | 16497.88(M) | 4.30(M)   | 0.00(M)    | 195.08 (M)     | 87.96 (M) |
| <b>Category: Condiment; May Choose: 2</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 SS- Garden Bar Spring W4D1 - Day: 1</b>                                  | Menu Bar |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |
| <b>Category: Fruit; May Choose: 2</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)  |
|---|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-------------|-----------|------------|----------------|-----------|
| 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.)                                       | 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)  | 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 W4D2 - Day: 2</b>                                       | 100      |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |
| <b>Category: Entrée/Combo; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |
| 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)   |
| FAST Parfait, Strawberry Banana, 12oz, Strawberry Yogurt, Bananas, Strawberries, Granola - SR1737 (1 parfait) | 20       | 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) |

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|---|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-------------|-----------|------------|----------------|--------------|
| FAST Wrap, Crispy Chicken, Tyson Nugget, USDA Cheddar, 10" tortilla, Shredded Lettuce, Tomato - SR3898 (1 wrap) | 30       | 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)    |
| 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)    |
| <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)          |
| <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 - 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        |
| 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>Category: Condiment; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |              |
| 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)          |
| <b>SY23-24 DCPS OT-Achieve SS-Garden Bar Spring W4D2 - Day: 2</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)      |
| Strawberries, USDA, Whole IQF, Unsweetened - SR3043 (1/2 c.)  | 50       | 27.15           | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 6.52     | 1.09            | 3.26             | 0.00             | 0.33        | 0.54      | 10.86        | (M)         | (M)       | 0.00       | 108.60         | (M)          |
| <b>Category: Vegetable; May Choose: 2</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |              |

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|---|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-------------|-----------|------------|----------------|-----------|
| 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)  | 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 W4D3 - Day: 3</b>                           | 100      |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |
| <b>Category: Entrée/Combo; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |
| 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)       |
| 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) |
| Lo Mein, vegetable, WG Yakisoba noodle - SR3864 (1 1/3 c.)  | 20       | 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) |
| 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)   |
| <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)  |
|---|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-------------|-----------|------------|----------------|-----------|
| Tofu, Tossable Cubes, Sweet & Sour - SR4076 (3/4 c.)                              | 20       | 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: 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.)                   | 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) |
| HS Corn, frozen, whole kernel, heated - SMR1552 (1 c.)                            | 50       | 68.89           | 0.57          | 0.09        | 0.00          | 0.00      | 0.85        | 16.41    | 2.04            | 2.61             | 0.00             | 2.17        | 0.40      | 2.55         | 169.25      | 2.98      | 0.00       | 198.16         | 65.49     |
| <b>Category: Condiment; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |
| 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)       |
| <b>SY23-24 DCPS OT-Achieve SS-Garden Bar Spring W4D3 - 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>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |           |
| Beans, pinto, low sodium,USDA, canned, drained, ready-to-serve - SR3314 (1/2 c.)  | 70       | 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.) | 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)       |

# 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)   |
|---|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-------------|-----------|------------|----------------|------------|
| 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 W4D4 - Day: 4</b>                                     |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |            |
| <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) |
| Drumstick, Breaded Tyson, Dominican Pica Chicken, Green Sofrito Salsa - SR3931 (1 portion)                  | 30       | 235.17          | 13.12         | 3.03        | 0.00          | 60.00     | 603.66      | 9.48     | 1.66            | 1.42             | 0.00             | 19.43       | 1.20      | 25.01        | 35.75 (M)   | 7.52(M)   | 0.00       | 375.65         | 29.55 (M)  |
| FAST Wrap, Chicken Caesar, USDA Diced, Romaine, 10-inch Tortilla - SR2557 (1 wrap)                          | 10       | 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)  |
| Grilled Cheese Sandwich, Three Cheese Caprese, USDA American, USDA mozzarella, tomato - SR3384 (1 sandwich) | 30       | 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)  |
| <b>Category: Grains; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |            |
| Breadstick, Ripstick, whole grain, 1.2 oz - SR1044 (2 breadstick)   | 60       | 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>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |            |
| 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)    |

# 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) |
|---|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|------------|-----------|------------|----------------|--------------|
| 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>Category: Condiment; May Choose: 1</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |              |
| Cheese, shredded, cheddar, Reduced Fat, USDA - SR3010 (1/2 oz.)   | 10       | 45.00           | 3.00          | 1.75        | 0.00          | 10.00     | 90.00       | 0.50     | 0.00            | 0.00             | 0.00             | 4.00        | 0.00      | 100.00       | (M)        | (M)       | 0.05       | 10.00          | (M)          |
| SY23-24 DCPS OT-Achieve SS- Garden Bar Spring W4D4 - Day: 4   |          | 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        |
| 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)      |
| <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)          |

# 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 W4D5 - Day: 5</b>                                   | 100      |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |              |     |
| <b>Category: Entrée/Combo; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |              |     |
| 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)   |     |
| 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)      |     |
| Beefy Macaroni, whole wheat, beef crumble - SR1479 (2/3 c.)   | 30       | 342.89          | 12.14         | 4.70        | 0.00          | 45.34     | 667.73      | 41.06    | 7.64            | 8.47             | 2.25(M)          | 21.25       | 233.61    | 150.34       | 0.00(M)     | 0.00(M)   | 0.03(M)    | 728.25 (M)     | 40.09 (M)    |     |
| FAST Box, Fiesta Dip, Refried Beans, Salsa, Sour Cream, Olives, Tortilla Chips - SR3885 (1 Box)           | 20       | 359.01          | 10.58         | 2.78        | 0.00          | 9.98      | 635.72      | 52.71    | 13.45           | 2.54             | 0.00(M)          | 12.93       | 3.25      | 106.82       | 101.88 (M)  | 0.00(M)   | 0.00(M)    | 527.94 (M)     | 104.21 (M)   |     |
| <b>Category: Grains; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |              |     |
| Dinner Roll, Richs WG 1.25 oz - SR1010 (2 roll.)  | 80       | 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)          | (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)    |     |
| Broccoli, frozen cut or chopped, heated, drained - SR1028 (1/2 c.)  | 50       | 26.46           | 0.11          | 0.02        | 0.00          | 0.00      | 11.13       | 5.06     | 2.83            | 1.39             | 0.00(M)          | 2.93        | 0.58      | 31.92        | 955.38      | 37.89     | 0.00(M)    | 0.25(M)        | 84.77        |     |
| <b>SY23-24 DCPS OT-Achieve SS- Garden Bar Spring W4D5 - 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)          |     |
| 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        |     |



# 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: Vegetable; May Choose: 2</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |             |           |            |                |            |  |
| Potato Salad, Scratch - SR3966 (1/2 c.)   | 70       | 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.) | 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)        |  |