

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)	
SY23-24 DCPS OT-Achieve SS- Comfort Kitchen Spring W5D1 - Day: 1	100																			
Category: Entrée/Combo; May Choose: 1																				
Buffalo Chicken Pizza, 8-cut, Tyson nugget, Big Daddy's Bold 16-inch - SR2598 (1 slice)	30	448.08	18.67	7.48	0.00	39.75	760.75	46.60	4.81	7.42	1.00	21.74	2.78	349.25	895.26 (M)	0.29(M)	0.06	608.03	4.97(M)	
Cheese Pizza, 8-cut, Big Daddy's Bold 16-inch - SR2081 (1 slice)	30	400.00	16.00	7.00	0.00	35.00	440.00	43.00	4.00	7.00	1.00	19.00	2.40	341.00	400.00	0.00	0.00	468.00	(M)	
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)	
Parmesan Chicken, Tyson patty+ USDA Mozz - SR3148 (1 patty)	30	279.15	14.62	2.78	0.00	26.27	588.11	22.63	4.33	4.82	1.43(M)	15.90	2.48	136.91	90.40 (M)	0.00(M)	0.10(M)	832.04 (M)	(M)	
Category: Grains; May Choose: 1																				
Spaghetti and Tomato Sauce, whole wheat - SR1660 (2/3 c.)	30	136.92	4.56	2.08	0.00	10.12	208.11	18.08	3.11	3.54	0.95	7.27	1.03	146.20	0.00(M)	0.00(M)	0.07	276.22	23.46 (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)	(M)
Category: Vegetable; May Choose: 1																				
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)	
Salad, garden, side, mixed greens, cucumber, tomato, carrots - SR1429 (1 c.)	50	20.07	0.13	0.02	0.00	0.00	25.59	4.25	1.38	1.86	0.00	1.10	0.83	28.83	4017.42 (M)	6.87(M)	0.00	238.65	50.81 (M)	
SY23-24 DCPS OT-Achieve SS- Garden Bar Spring W5D1 - Day: 1	Menu Bar																			
Category: Fruit; May Choose: 2																				
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	
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)	

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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)
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 W5D2 - Day: 2																			
Category: Entrée/Combo; May Choose: 1																			
Croque-monsieur, turkey ham, Alfredo, USDA Mozzarella cheese - SR3998 (1 sandwich)	30	330.79	13.19	5.35	0.00	67.28	1071.89	30.29	2.51	4.46	2.00	24.94	2.52	294.74	0.00(M)	0.00(M)	0.00	398.54	(M)
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)
Quesadilla, Jerk Chicken, 10" Flour Tortilla, USDA Mozz Cheese, USDA Diced - SR3957 (1 quesadilla)	30	335.61	12.23	6.05	0.00	38.81	672.55	36.94	5.13	3.62	0.23	18.88	1.22(M)	284.24(M)	0.00(M)	0.00(M)	0.00(M)	84.21(M)	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)	Mois (g)
Tuna Salad Sandwich, hamburger roll, tuna salad, RECIPE - SR1142 (1 sandwich)	10	198.55	3.67	0.44	0.00	12.22	442.57	27.11	2.10	3.66	3.00(M)	13.03	1.48	54.38	12.41 (M)	1.49(M)	0.80(M)	150.76 (M)	4.55(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: 1																			
BP - Beans, baked, vegetarian - SR2026 (1/2 c.)	50	150.00	0.00	0.00	0.00	0.00	550.00	30.00	5.00	12.00	11.00	7.00	1.90	50.00	0.00(M)	0.00(M)	0.00	380.00	(M)
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
Category: Condiment; May Choose: 1																			
Salsa Roja, homemade - SR1081 (2 tbsp.)	40	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 W5D2 - Day: 2	Menu Bar																		
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)
Red Seedless Grapes - SR1496 (1/2 c.)	50	59.63	0.14	0.05	0.00	0.00	1.73	15.64	0.78	13.38	0.00	0.62	0.31	8.64	57.04	2.77	0.00	165.07	69.61
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)
ST - Peas, Chilled, frozen, cooked & cooled - SR2483 (1/2 c.)	30	75.13	0.26	0.05	0.00	0.00	68.04	13.51	4.25	4.16	0.00(M)	4.87	1.44	22.68	1984.47	9.36	0.00	103.95	75.13
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)

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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)
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 W5D3 - Day: 3																			
Category: Entrée/Combo; May Choose: 1																			
FAST Salad, Crispy Chicken, USDA Cheddar, Tyson Nugget - SR3882 (1 salad)	10	269.20	14.27	3.77	0.00	30.00	460.05	19.92	4.62	5.09	0.00(M)	17.19	2.23	160.84	2299.29(M)	25.76(M)	0.13(M)	573.20(M)	37.66(M)
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)
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)
Turkey, Breast, Roasted, Sliced - SR3526 (2 5/8 oz.)	30	102.67	2.99	0.86	0.00	38.50	410.66	0.86	0.00	0.86	0.86	17.11	0.34	0.00	0.00(M)	0.00(M)	0.00	239.55	0.00(M)
Category: Grains; May Choose: 1																			
Dinner Roll, Richs WG 1.25 oz - SR1010 (2 roll.)	40	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: 1																			
Roasted Corn, mexican seasoning - SR1303 (1/2 c.)	50	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
S - Potato, mashed, Signature - SR1112 (1/2 c.)	50	79.98	1.50	1.00	0.00	0.00	102.62	15.00	1.00	1.00	0.00(M)	2.00	0.23	12.92	2.61	6.38	0.00(M)	0.88(M)	84.69(M)
Category: Condiment; May Choose: 1																			

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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)
Gravy, chicken, low sodium - SMR1693 (1/4 c.)	30	30.37	1.01	0.00	0.00	0.00	138.46	4.05	0.00	0.71	0.00	0.71	0.00	1.77	0.00(M)	0.00(M)	0.00	122.09	58.94 (M)
SY23-24 DCPS OT-Achieve SS- Garden Bar Spring W5D3 - Day: 3	Menu Bar																		
Category: Fruit; May Choose: 2																			
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
Category: Vegetable; May Choose: 2																			
RO - Bell Pepper, Red, fresh medium-large, julienne/strips, ready-to-serve (1/2c = 1/2c veg) - SR1011 (1/2 c.)	30	15.27	0.15	0.01	0.00	0.00	1.97	2.97	1.03	2.07	0.00	0.49	0.21	3.45	1542.32	62.90	0.00	103.94	45.42
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)
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 W5D4 - Day: 4	100																		
Category: Entrée/Combo; May Choose: 1																			

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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)
Bowl, Breakfast, Scrambled Egg, USDA Cheddar, Fiesta Potato - SR3974 (1 bowl)	30	256.65	12.67	3.73	0.01	231.30	332.35	25.09	3.22	3.06	0.19	12.24	2.06	105.42	124.58 (M)	7.60(M)	1.36	477.10	42.13 (M)
BST, Chicken, Spicy Crispy Chicken Sandwich, Alpha WG Bun, Tyson WG Spicy Patty - SR1240 (1 burger)	30	380.00	15.00	2.50	0.00	20.00	610.00	41.00	4.00	4.00	4.00	19.00	3.00	83.00	0.00(M)	0.00(M)	0.10	792.00	(M)
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)
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)
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)
Category: Grains; May Choose: 1																			
Biscuit, baked, whole grain, Easy Split, 2 oz (CACFP) - SR1598 (1 biscuit)	40	190.00	9.00	6.00	0.00	0.00	310.00	24.00	2.00	2.00	2.00	4.00	1.44	150.00	0.00(M)	0.00(M)	0.00	188.00	(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: 1																			
French Fries, Sweet Potato, Deep Groove Crinkle, Harvest Splendor - SR3936 (1/2 c.)	50	169.47	6.98	1.00	0.00	0.00	259.20	24.92	1.00	7.97	0.50	1.00	0.40	29.91	0.00(M)	0.00(M)	0.00	279.13	(M)
RO - Carrots, coins, seasoned - SR1017 (1/2 c.)	50	73.94	5.10	0.43	0.00	0.00	180.00	7.47	3.10	3.75	0.00	0.61	0.55	33.23	15520.19(M)	2.11(M)	0.00	182.74	89.12 (M)
SY23-24 DCPS OT-Achieve SS- Garden Bar Spring W5D4 - Day: 4																			
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

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)
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
Category: Vegetable; May Choose: 2																			
Roasted Chickpeas (garbanzo beans),USDA, Italian Seasoned,low sodium canned, drained - SR3793 (1/2 c.)	70	83.23	2.18	0.06	0.00	0.00	219.69	12.56	3.77	2.19	0.00(M)	3.66	0.27(M)	6.66(M)	0.00(M)	0.00(M)	0.00(M)	4.40(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)
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 W5D5 - Day: 5	100																		
Category: Entrée/Combo; May Choose: 1																			
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)
Macaroni & Cheese, BBQ - SR3975 (1 portion)	30	411.92	22.27	10.98	0.00	68.39	1035.93	35.87	4.07	5.06	0.84(M)	23.04	2.02	461.61	22.77 (M)	0.00(M)	0.14(M)	631.69 (M)	42.95 (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)

Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Sandwich, 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)
Category: Grains; May Choose: 1																			
Garlic Knot, Ripstick - SR1255 (1 roll.)	60	110.63	4.05	0.22	0.00	0.00	95.85	15.02	2.17	2.03	2.00	3.23	0.96	13.22	0.00(M)	0.00(M)	0.30	66.89	0.09(M)
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: 1																			
Aztec Corn, USDA, black bean - SR3173 (1/2 c.)	50	92.67	1.62	0.14	0.00	0.00	49.24	18.12	3.28	2.48	0.00(M)	3.58	0.87(M)	21.25 (M)	226.79 (M)	6.62(M)	0.00(M)	274.65 (M)	47.70 (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)
SY23-24 DCPS OT-Achieve SS- Garden Bar Spring WSD5 - Day: 5	Menu Bar																		
Category: Fruit; May Choose: 2																			
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																			
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)

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)
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)