WASHINGTON LATIN PUBLIC CHARTER SCHOOL

GENUINE

February 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Sausage Breakfast Sandwich Orange Chicken Orange Chick'n Fried Rice Green Beans	2 Chex Cereal and Yogurt Cheeseburger Veggie Burger Black Beans & Corn	3 Asynch Day No in-person school for students
6 Pancakes Veggie Sloppy Joe Sandwich Roasted Potato Wedges	7 Apple Oatmeal Cereal Bar BBQ Chicken BBQ Chick'n Green Beans	8 Egg & Cheese Breakfast Sandwich Chicken Parm Chick'n Parm Black Beans & Corn	9 Blueberry Bread Sweet & Sour Meatballs Sweet & Sour Veggie Meatballs Brown Rice/Carrots	10 Waffles w/Syrup Chicken Alfredo Pasta Chick'n Alfredo Pasta Roasted Broccoli
13 Sausage Breakfast Sandwich Meatball Sub Chick'n Parm Sub Sweet Potato Fries	14 Chocolate Oatmeal Bar BBQ Cheeseburger Veggie Burger Carrot & Corn Blend	15 French Toast Sticks **Wellness Day Half-Day** **No lunch**	16 Chex Cereal and Yogurt SW Turkey Rice Bowl SW Chick'n Rice Bowl Salsa Black Beans & Corn	17 Pancakes Meatballs & Cheesy Pasta Veggie Meatballs & Cheesy Pasta Roasted Broccoli
20 **Holiday Break**	21 Professional Development Day No in-person school for students	22 Egg & Cheese Breakfast Sandwich Spaghetti & Meatballs Spaghetti Chick'n Bolognese Roasted Broccoli	23 Banana Bread New Orleans Chicken Sandwich New Orleans Chick'n Sandwich Sweet Potato Fries	24 French Toast Sticks Chopped Cheesesteak Chick'n Chopped Cheesesteak Green Beans
27 Sausage Breakfast Sandwich Turkey Sausage Pizza Chick'n Sausage Pizza Green Beans	28 Chex Cereal and Yogurt Cheeseburger Mac Chopped Chick'n Mac Carrot & Corn Blend			

This institution is an equal opportunity provider.

Nutrient Detail Report

District: Genuine Foods DC

School: Washington Latin

Menu: 22/23 DC Base Breakfast K-12

Date Range: February 01, 2023 - February 28, 2023

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Wed - 02/01/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	8437	1.00 package	50	208.724	5.726	4.987	1.250	0.000	6.250	265.099	154.500*	36.975	3.482	12.409	4.339*	151.174	170.434*	3.295*	1.505*
Waffles & Sausage 2WG 1.75MMA	7426	1.00 serving	50	280.000	16.000	13.500	3.500	0.000	55.000	760.000	440.000*	24.000	3.000	5.000	2.080	68.000	0.000*	0.000*	0.000*
Apple Slices 1/2 cup	17615	0.50 cup	20	36.996	0.184	0.120	0.021	0.000	0.000	0.780	N/A*	9.788	1.715	N/A*	0.085	4.281	38.166	3.274	N/A*
100% Apple Juice, 4 oz	703	1.00 count	20	60.000	0.000	0.000	0.000	0.000	0.000	15.000	N/A*	14.000	0.000	13.000	0.000	0.000	0.000	0.000	0.000
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	20	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
Unsweetened Applesauce, 4 oz	698	1.00 count	20	50.000	0.000	0.000	0.000	0.000	0.000	10.000	N/A*	12.000	2.000	8.000	N/A*	N/A*	N/A*	N/A*	N/A*
Craisins/Raisins, Assorted Flavors - 1/2 F	5344	1.00 packet	20	114.020	0.200	0.000	0.000*	0.000*	0.000*	0.000	N/A*	28.805	2.401	24.204	N/A*	N/A*	N/A*	N/A*	N/A*
				0.000	.000	.000	.000	.000	.000	0.000	N/A*	3.000	.000	2.000	.000	0.000	0.000	.400	N/A*

Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90	8	0	0	0	5	13	N	13	0	12	0	30	50	2	N
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	49	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	1	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Syrup, Breakfast, Smucker's, SS Cup, 1.4 oz	1009	1.00 container	100	110.000	0.000	0.000	0.000	0.000	0.000	20.000	N/A*	29.000	0.000	22.000	0.000	0.000	N/A*	N/A*	0.000
Weighted Daily Average				515.805	19.094	10.569	3.119*	0.000*	38.025*	668.730	525.180*	87.465	4.824	53.218*	3.295*	419.458*	342.850*	13.548*	2.008*
% of Calories					14.81%	18.44%	5.44%*	0.00%*				67.83%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 02/02/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
Bagel WG 2 oz, Sliced, T&S, Bulk (Lenders) with Cream Cheese	7451	1.00 each	75	185.000	8.000	4.500	2.500	0.000	15.000	260.000	N/A*	30.000	4.000	6.000	1.800*	40.000*	0.000*	0.000*	N/A*
Yogurt, Strawberry Banana Low Fat, SS	3029	1.00 count	25	70.000	4.000	0.000	0.000	0.000	5.000	70.000	188.000	12.000	0.000	9.000	0.000	100.000	0.000	0.000	2.000
100% Apple Juice, 4 oz	703	1.00 count	25	60.000	0.000	0.000	0.000	0.000	0.000	15.000	N/A*	14.000	0.000	13.000	0.000	0.000	0.000	0.000	0.000
		1.00		29	1	3	2	0	0	0	*	27	5	3*	9*	3*	3*	5*	*

Apple, variety, 125 CT - 1 cup	720	each	25	91.62	0.28	0.18	0.03	0.00	0.00	2.29	N/A	23.72	3.71	6.61	0.12	6.51	58.11	4.98	N/A
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	25	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
Watermelon Chunks 7.5#, 1/2 C	755	$^1/_2$ cup	25	22.800	0.464	0.114	0.012	0.000	0.000	0.760	85.120	5.738	0.304	4.712	0.182	5.320	432.440	6.156	0.000
Snack Mix, Chex Strawberry Yogurt, IW	694	1.00 count	50	130.000	2.000	3.000	1.000	0.000	0.000	55.000	0.000	23.000	2.000	6.000	0.700	0.000	N/A*	N/A*	0.000
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	49	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	1	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				376.307	16.380	6.258	3.126	0.000	19.900	375.919	303.268*	63.428	5.450	29.666*	1.860*	368.804*	372.638*	16.542*	1.755*
% of Calories					17.41%	14.97%	7.48%	0.00%				67.42%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Fri - 02/03/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
				00	0	0	0	0	00	00	0*	00	0	00	0*	0*	*	*	*

Assorted Muffins (Muffin Town) 1WG	974	1.00 muffin	20	160.0	2.50	4.75	0.50	0.00	17.5(	97.5(	27.50	26.5(	1.00	13.5(	0.54(	10.00	N/A	N/A	N/A
Grahams, Assorted 1WG	5105	1.00 package	20	120.000	1.667	3.667	1.000	0.000	0.000	123.333	46.667	20.667	1.333	7.667	1.167	33.333	N/A*	0.000*	0.000
French Toast, WG Stick Cooked, Frozen (Richs) 2.25WG	606	4.00 pieces	30	260.000	6.000	10.000	1.500	0.000	0.000	300.000	150.000	38.000	3.000	9.000	2.000	40.000	N/A*	N/A*	0.000
Sausage Biscuit 2.5WG .75MMA (Jimmy Dean)	998	1.00 sandwich	30	284.705	10.993	13.987	5.994	0.000	25.000	529.536	509.592	28.461	1.997	3.496	2.098	133.831	0.000*	0.000*	0.000
Apple, variety, 125 CT - 1 cup	720	1.00 each	25	91.629	0.281	0.183	0.032	0.000	0.000	2.290	N/A*	23.727	3.715	6.618*	0.129*	6.518*	58.113*	4.986*	N/A*
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	2939	1.00 carton	25	62.500	0.500	0.000	0.000	0.000	0.000	13.750	95.000	15.500	0.250	14.500	0.225	7.500	0.000	8.400	0.000
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	25	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
Unsweetened Applesauce, 4 oz	698	1.00 count	25	50.000	0.000	0.000	0.000	0.000	0.000	10.000	N/A*	12.000	2.000	8.000	N/A*	N/A*	N/A*	N/A*	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	49	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	1	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Syrup, Breakfast, Smucker's, SS Cup, 1.4 oz	1009	1.00 container	100	110.000	0.000	0.000	0.000	0.000	0.000	20.000	N/A*	29.000	0.000	22.000	0.000	0.000	N/A*	N/A*	0.000
Weighted Daily Average				491.894	14.320	10.234	3.296	0.000	18.400	450.943	471.449*	86.740	3.902	51.095*	1.742*	375.164*	264.528*	17.103*	1.255*

% of Calories					11.64%	18.72%	6.03%	0.00%				70.54%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Mon - 02/06/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
WG Pancakes (Hilltop Hearth 1.2 oz) 1WG	2891	1.00 count	25	66.705	2.001	1.001	0.167	0.000	1.668	123.404	0.000	12.674	1.334	3.002	0.000	N/A*	N/A*	N/A*	N/A*
Turkey Sausage Biscuit (Patuxent Farm) 2WG	2318	1.00 sandwich	25	250.899	11.021	14.042	7.026	0.000	30.000	611.746	0.000*	22.116	2.011	2.011	1.206	140.741	0.000*	0.000*	0.000*
Whole Wheat Bagel	16809	1.00 package	100	159.715	5.989	1.497	0.000	0.000	0.000	199.644	79.858	32.941	2.995	2.995	0.998	8.984	N/A*	N/A*	N/A*
Apple, variety, 125 CT - 1 cup	720	1.00 each	50	91.629	0.281	0.183	0.032	0.000	0.000	2.290	N/A*	23.727	3.715	6.618*	0.129*	6.518*	58.113*	4.986*	N/A*
Apple Slices 1/2 cup	17615	0.50 cup	50	36.996	0.184	0.120	0.021	0.000	0.000	0.780	N/A*	9.788	1.715	N/A*	0.085	4.281	38.166	3.274	N/A*
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	50	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
Unsweetened Applesauce, 4 oz	698	1.00 count	50	50.000	0.000	0.000	0.000	0.000	0.000	10.000	N/A*	12.000	2.000	8.000	N/A*	N/A*	N/A*	N/A*	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
				00	0	0	0	0	00	00	00	00	0	00	0	00	*	*	0

Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	49	110.0	8.00	2.50	1.50	0.00	10.0(	130.0	400.0	13.0(	0.00	12.0(	0.00	300.0	N/A	N/A	2.50
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	1	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Syrup, Breakfast, Smucker's, SS Cup, 1.4 oz	1009	1.00 container	50	110.000	0.000	0.000	0.000	0.000	0.000	20.000	N/A*	29.000	0.000	22.000	0.000	0.000	N/A*	N/A*	0.000
Weighted Daily Average				505.929	17.864	6.757	2.565	0.000	15.317	533.279	350.134*	96.969	8.416	38.193*	1.559*	369.557*	298.140*	30.444*	1.255*
% of Calories					14.12%	12.02%	4.56%	0.00%				76.67%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 02/07/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	8437	1.00 package	100	208.724	5.726	4.987	1.250	0.000	6.250	265.099	154.500*	36.975	3.482	12.409	4.339*	151.174	170.434*	3.295*	1.505*
Apple, variety, 125 CT - 1 cup	720	1.00 each	100	91.629	0.281	0.183	0.032	0.000	0.000	2.290	N/A*	23.727	3.715	6.618*	0.129*	6.518*	58.113*	4.986*	N/A*
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	100	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
Apple Oatmeal Bar, IW	645	1.00 count	100	140.080	2.001	4.503	0.500	0.000	5.003	90.051	61.035	23.013	1.001	9.005	1.001	10.006	1.001	1.001	0.000
				00	0	0	0	0	0	00	*	00	0	00	0	00	00	0	*

Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.0(	8.00	0.00	0.00	0.00	5.00	130.0	N/A	13.0(	0.00	12.0(	0.00	300.0	500.0	2.40	N/A
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	49	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	1	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				585.033	16.781	11.098	2.522	0.000	18.653	494.564	556.387*	106.810	9.918	47.274*	5.760*	505.974*	479.548*	60.709*	2.760*
% of Calories					11.47%	17.07%	3.88%	0.00%				73.03%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Wed - 02/08/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	8437	1.00 package	75	208.724	5.726	4.987	1.250	0.000	6.250	265.099	154.500*	36.975	3.482	12.409	4.339*	151.174	170.434*	3.295*	1.505*
Breakfast Sandwich (Egg & Cheese on Biscuit) - Bridgeford 1.75WG 1.5MMA	8539	1.00 sandwich	25	285.000	10.500	12.000	4.250	0.000	102.500	640.000	161.000*	32.000	2.000	6.500	1.800	318.000	150.000*	0.000*	1.000*
Unsweetened Applesauce, 4 oz	698	1.00 count	40	50.000	0.000	0.000	0.000	0.000	0.000	10.000	N/A*	12.000	2.000	8.000	N/A*	N/A*	N/A*	N/A*	N/A*
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	40	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
				20	0	0	0*	0*	0*	0	*	05	1	04	*	*	*	*	*

Craisins/Raisins, Assorted Flavors - 1/2 F	5344	1.00 packet	40	114.0	0.20	0.00	0.00	0.00	0.00	0.00	N/A*	28.80	2.40	24.20	N/A*	N/A*	N/A*	N/A*	N/A*
Apple Slices 1/2 cup	17615	0.50 cup	40	36.996	0.184	0.120	0.021	0.000	0.000	0.780	N/A*	9.788	1.715	N/A*	0.085	4.281	38.166	3.274	N/A*
100% Apple Juice, 4 oz	703	1.00 count	40	60.000	0.000	0.000	0.000	0.000	0.000	15.000	N/A*	14.000	0.000	13.000	0.000	0.000	0.000	0.000	0.000
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	49	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	1	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Jelly, Grape, SS Cup	834	1.00 count	50	35.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*	9.000	0.000	5.000	N/A*	N/A*	N/A*	N/A*	N/A*
Weighted Daily Average				467.779	15.382	8.120	2.748*	0.000*	37.713*	501.686	412.286*	83.136	6.258	46.428*	3.862*	510.923*	430.592*	25.072*	2.634*
% of Calories					13.15%	15.62%	5.29%*	0.00%*				71.09%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 02/09/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
				00	0	0	0	0	0	00	*	00	0	00	0	0	0	0	0

100% Apple Juice, 4 oz	703	1.00 count	50	60.0	0.00	0.00	0.00	0.00	0.00	15.0	N/A	14.0	0.00	13.0	0.00	0.00	0.00	0.00
Watermelon Chunks 7.5#, 1/2 C	755	1/2 cup	50	22.800	0.464	0.114	0.012	0.000	0.000	0.760	85.120	5.738	0.304	4.712	0.182	5.320	432.440	6.156	0.000
Apple, variety, 125 CT - 1 cup	720	1.00 each	50	91.629	0.281	0.183	0.032	0.000	0.000	2.290	N/A*	23.727	3.715	6.618*	0.129*	6.518*	58.113*	4.986*	N/A*
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	50	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
Blueberry Bread, scratch, 1.75 oz WG	786	1.00 count	100	281.224	5.561	10.904	1.204	0.000	41.384	224.646	0.000*	40.003	1.777	17.716	0.170*	26.850*	63.542*	0.810*	0.000*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	49	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	1	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				490.939	14.320	12.400	1.966	0.000	48.784	366.983	312.836*	79.808	4.657	45.517*	0.478*	352.757*	558.819*	32.695*	1.255*
% of Calories					11.67%	22.73%	3.60%	0.00%				65.02%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Fri - 02/10/2023																			
22/23 DC Base Breakfast K-12																			

		Total	100																	
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	8437	1.00 package	50	208.724	5.726	4.987	1.250	0.000	6.250	265.099	154.500*	36.975	3.482	12.409	4.339*	151.174	170.434*	3.295*	1.505*
WG Waffles, Thaw & Serve, 2WG	596	2.00 count	50	130.000	4.000	3.500	0.500	0.000	5.000	360.000	N/A*	23.000	3.000	4.000	1.080	40.000	N/A*	N/A*	N/A*
Apple, variety, 125 CT - 1 cup	720	1.00 each	50	91.629	0.281	0.183	0.032	0.000	0.000	2.290	N/A*	23.727	3.715	6.618*	0.129*	6.518*	58.113*	4.986*	N/A*
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	2939	1.00 carton	50	62.500	0.500	0.000	0.000	0.000	0.000	13.750	95.000	15.500	0.250	14.500	0.225	7.500	0.000	8.400	0.000
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	50	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
Unsweetened Applesauce, 4 oz	698	1.00 count	50	50.000	0.000	0.000	0.000	0.000	0.000	10.000	N/A*	12.000	2.000	8.000	N/A*	N/A*	N/A*	N/A*	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	49	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	1	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Syrup, Breakfast, Smucker's, SS Cup, 1.4 oz	1009	1.00 container	50	110.000	0.000	0.000	0.000	0.000	0.000	20.000	N/A*	29.000	0.000	22.000	0.000	0.000	N/A*	N/A*	0.000
Weighted Daily Average				448.927	13.640	5.683	1.631	0.000	13.025	468.882	395.026*	88.174	7.094	49.400*	3.039*	422.584*	364.274*	34.654*	2.008*
% of Calories					12.15%	11.39%	3.27%	0.00%				78.56%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Mon - 02/13/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
Assorted Muffins 2oz (Muffin Town) 1WG	999	1.00 muffin	10	154.181	2.487	4.476	0.497	0.000	17.408	116.880	54.710	26.360	0.995	12.931	1.074	19.894	N/A*	N/A*	0.000
Grahams, Assorted 1WG	5105	1.00 package	10	120.000	1.667	3.667	1.000	0.000	0.000	123.333	46.667	20.667	1.333	7.667	1.167	33.333	N/A*	0.000*	0.000
Sausage Biscuit 2.5WG .75MMA (Jimmy Dean)	998	1.00 sandwich	80	284.705	10.993	13.987	5.994	0.000	25.000	529.536	509.592	28.461	1.997	3.496	2.098	133.831	0.000*	0.000*	0.000
Apple, variety, 125 CT - 1 cup	720	1.00 each	50	91.629	0.281	0.183	0.032	0.000	0.000	2.290	N/A*	23.727	3.715	6.618*	0.129*	6.518*	58.113*	4.986*	N/A*
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	25	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
Unsweetened Applesauce, 4 oz	698	1.00 count	25	50.000	0.000	0.000	0.000	0.000	0.000	10.000	N/A*	12.000	2.000	8.000	N/A*	N/A*	N/A*	N/A*	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	49	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	1	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Jelly, Grape, SS Cup	834	1.00 count	50	5.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*	9.000	0.000	5.000	N/A*	N/A*	N/A*	N/A*	N/A*

				3	(	(	(	(	(	(		(	(							
Weighted Daily Average				442.447	17.544	13.404	5.701	0.000	29.141	582.701	652.799*	62.396	4.633	26.499*	2.050*	426.491*	279.057*	16.250*	1.255*
% of Calories					15.86%	27.27%	11.60%	0.00%				56.41%								

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 02/14/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	8437	1.00 package	100	208.724	5.726	4.987	1.250	0.000	6.250	265.099	154.500*	36.975	3.482	12.409	4.339*	151.174	170.434*	3.295*	1.505*
Apple, variety, 125 CT - 1 cup	720	1.00 each	100	91.629	0.281	0.183	0.032	0.000	0.000	2.290	N/A*	23.727	3.715	6.618*	0.129*	6.518*	58.113*	4.986*	N/A*
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	100	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
Chocolate Chip Oatmeal Bar, IW	646	1.00 count	100	139.998	2.000	4.500	1.000	0.000	5.000	74.999	61.999	23.000	1.000	9.000	1.000	11.000	N/A*	N/A*	0.000
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	45	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	45	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00	10	0.000	.000	.500	.500	.000	.000	0.000	0.000	3.000	.000	5.000	.300	0.000	N/A*	N/A*	.000

		carton		15	8	4	0	0	0	8(	37	1(	2	1(	1	47	[illegible]	[illegible]	3
Weighted Daily Average				589.551	16.780	11.400	3.007	0.000	18.000	475.012	574.651*	107.247	10.097	47.539*	5.876*	522.268*	453.547*	59.588*	2.930*
% of Calories					11.38%	17.40%	4.59%	0.00%				72.77%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Wed - 02/15/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
Bagel WG 2 oz, Sliced, T&S, Bulk (Lenders) with Cream Cheese	7451	1.00 each	100	185.000	8.000	4.500	2.500	0.000	15.000	260.000	N/A*	30.000	4.000	6.000	1.800*	40.000*	0.000*	0.000*	N/A*
French Toast, WG Stick Cooked, Frozen (Richs) 2.25WG	606	4.00 pieces	75	260.000	6.000	10.000	1.500	0.000	0.000	300.000	150.000	38.000	3.000	9.000	2.000	40.000	N/A*	N/A*	0.000
Turkey Sausage Biscuit (Patuxent Farm) 2WG	2318	1.00 sandwich	25	250.899	11.021	14.042	7.026	0.000	30.000	611.746	0.000*	22.116	2.011	2.011	1.206	140.741	0.000*	0.000*	0.000*
Unsweetened Applesauce, 4 oz	698	1.00 count	20	50.000	0.000	0.000	0.000	0.000	0.000	10.000	N/A*	12.000	2.000	8.000	N/A*	N/A*	N/A*	N/A*	N/A*
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	20	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
Craisins/Raisins, Assorted Flavors - 1/2 F	5344	1.00 packet	20	114.020	0.200	0.000	0.000*	0.000*	0.000*	0.000	N/A*	28.805	2.401	24.204	N/A*	N/A*	N/A*	N/A*	N/A*
Apple Slices 1/2 cup	1761	0.50 cup	20	.996	184	120	021	000	000	780	I/A*	788	715	I/A*	085	281	.166	274	I/A*

	5			36	0.	0.	0.	0.	0.	0.	N	9.	1.	N	0.	4.	38	3.	N
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	2939	1.00 carton	20	62.500	0.500	0.000	0.000	0.000	0.000	13.750	95.000	15.500	0.250	14.500	0.225	7.500	0.000	8.400	0.000
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	49	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	1	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				604.668	23.587	16.836	6.126*	0.000*	29.900*	773.867	359.430*	92.307	8.386	36.066*	3.732*	416.557*	257.633*	13.580*	1.255*
% of Calories					15.60%	25.06%	9.12%*	0.00%*				61.06%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 02/16/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
Yogurt, Strawberry Banana Low Fat, SS	3029	1.00 count	100	70.000	4.000	0.000	0.000	0.000	5.000	70.000	188.000	12.000	0.000	9.000	0.000	100.000	0.000	0.000	2.000
100% Apple Juice, 4 oz	703	1.00 count	25	60.000	0.000	0.000	0.000	0.000	0.000	15.000	N/A*	14.000	0.000	13.000	0.000	0.000	0.000	0.000	0.000
Apple, variety, 125 CT - 1 cup	720	1.00 each	25	1.629	0.281	0.183	0.032	0.000	0.000	2.290	N/A*	3.727	3.715	3.618*	0.129*	3.518*	3.113*	3.986*	N/A*

				9																
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	25	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
Watermelon Chunks 7.5#, 1/2 C	755	1/2 cup	25	22.800	0.464	0.114	0.012	0.000	0.000	0.760	85.120	5.738	0.304	4.712	0.182	5.320	432.440	6.156	0.000
Snack Mix, Chex Strawberry Yogurt, IW	694	1.00 count	100	130.000	2.000	3.000	1.000	0.000	0.000	55.000	0.000	23.000	2.000	6.000	0.700	0.000	N/A*	N/A*	0.000
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*	0.000
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	49	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	1	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	N/A*	3.000
Weighted Daily Average				355.057	14.380	4.383	1.751	0.000	12.400	260.919	444.268*	61.428	3.450	34.916*	0.860*	413.804*	372.638*	16.542*		3.255*
% of Calories					16.20%	11.11%	4.44%	0.00%				69.20%								

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Fri - 02/17/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts	8437	1.00	30	8.724	.726	.987	.250	.000	.250	5.099	4.500*	6.975	.482	2.409	339*	1.174	0.434*	295*	505*

1WG/1MMA		package		20	5	4	1	0	6	26	15	3	3	1	4.	15	17	3.	1.
WG Pancakes (Hilltop Hearth 1.2 oz) 1WG	2891	1.00 count	70	66.705	2.001	1.001	0.167	0.000	1.668	123.404	0.000	12.674	1.334	3.002	0.000	N/A*	N/A*	N/A*	N/A*
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	2939	1.00 carton	20	62.500	0.500	0.000	0.000	0.000	0.000	13.750	95.000	15.500	0.250	14.500	0.225	7.500	0.000	8.400	0.000
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	40	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
Unsweetened Applesauce, 4 oz	698	1.00 count	40	50.000	0.000	0.000	0.000	0.000	0.000	10.000	N/A*	12.000	2.000	8.000	N/A*	N/A*	N/A*	N/A*	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	49	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	1	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Syrup, Breakfast, Smucker's, SS Cup, 1.4 oz	1009	1.00 container	100	110.000	0.000	0.000	0.000	0.000	0.000	20.000	N/A*	29.000	0.000	22.000	0.000	0.000	N/A*	N/A*	0.000
Weighted Daily Average				369.891	11.528	3.529	1.232	0.000	10.443	325.212	321.511*	73.932	3.528	48.839	1.471*	363.183*	301.130*	23.959*	1.707*
% of Calories					12.47%	8.59%	3.00%	0.00%				79.95%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)

Mon - 02/20/2023																				
22/23 DC Base Breakfast K-12																				
		Total	100																	
Breakfast Pizza (Schwanns) 1MMA 1.5 WG	4003	1.00 slice	50	209.636	8.984	6.988	1.997	0.000	14.974	349.393	329.427	26.953	2.995	4.991	1.897	145.747	0.000	0.000	0.000
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	8437	1.00 package	50	208.724	5.726	4.987	1.250	0.000	6.250	265.099	154.500*	36.975	3.482	12.409	4.339*	151.174	170.434*	3.295*	1.505*
Apple, variety, 125 CT - 1 cup	720	1.00 each	200	91.629	0.281	0.183	0.032	0.000	0.000	2.290	N/A*	23.727	3.715	6.618*	0.129*	6.518*	58.113*	4.986*	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	49	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	1	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				492.838	15.917	7.624	2.428	0.000	18.012	441.326	441.664*	92.468	10.689	33.966*	3.389*	463.197*	451.443*	12.820*	2.008*
% of Calories					12.92%	13.92%	4.43%	0.00%				75.05%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 02/21/2023																			
22/23 DC Base Breakfast K-12																			

		Total	100																
Bagel WG 2 oz, Sliced, T&S, Bulk (Lenders) with Cream Cheese	7451	1.00 each	100	185.000	8.000	4.500	2.500	0.000	15.000	260.000	N/A*	30.000	4.000	6.000	1.800*	40.000*	0.000*	0.000*	N/A*
Apple, variety, 125 CT - 1 cup	720	1.00 each	100	91.629	0.281	0.183	0.032	0.000	0.000	2.290	N/A*	23.727	3.715	6.618*	0.129*	6.518*	58.113*	4.986*	N/A*
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	100	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	49	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	1	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				421.229	17.054	6.108	3.272	0.000	22.400	399.414	340.852*	76.822	9.435	31.860*	2.220*	384.794*	308.113*	56.413*	1.255*
% of Calories					16.19%	13.05%	6.99%	0.00%				72.95%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Wed - 02/22/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
Cereal, Assorted WG, SS Bowl, 1 oz	3252	1.00 bowl	50	6.979	.580	.890	.000	.000	.000	2.079	6.000	8.580	.185	.727	.171	0.939	6.348*	.356*	.004

				11	1	1	0	0	0	13	2	2	2	8	4	6	25	2.	1
Breakfast Sandwich (Egg & Cheese on Biscuit) - Bridgeford 1.75WG 1.5MMA	8539	1.00 sandwich	50	285.000	10.500	12.000	4.250	0.000	102.500	640.000	161.000*	32.000	2.000	6.500	1.800	318.000	150.000*	0.000*	1.000*
Apple Slices 1/2 cup	17615	0.50 cup	20	36.996	0.184	0.120	0.021	0.000	0.000	0.780	N/A*	9.788	1.715	N/A*	0.085	4.281	38.166	3.274	N/A*
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	2939	1.00 carton	20	62.500	0.500	0.000	0.000	0.000	0.000	13.750	95.000	15.500	0.250	14.500	0.225	7.500	0.000	8.400	0.000
Unsweetened Applesauce, 4 oz	698	1.00 count	20	50.000	0.000	0.000	0.000	0.000	0.000	10.000	N/A*	12.000	2.000	8.000	N/A*	N/A*	N/A*	N/A*	N/A*
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	20	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
Craisins/Raisins, Assorted Flavors - 1/2 F	5344	1.00 packet	20	114.020	0.200	0.000	0.000*	0.000*	0.000*	0.000	N/A*	28.805	2.401	24.204	N/A*	N/A*	N/A*	N/A*	N/A*
Apple Oatmeal Bar, IW	645	1.00 count	25	140.080	2.001	4.503	0.500	0.000	5.003	90.051	61.035	23.013	1.001	9.005	1.001	10.006	1.001	1.001	0.000
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	49	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	1	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				397.953	14.872	9.396	2.994*	0.000*	59.901*	544.483	355.689*	61.821	3.976	32.678*	3.366*	503.342*	461.057*	15.008*	2.257*
% of Calories					14.95%	21.25%	6.77%*	0.00%*				62.14%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 02/23/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
100% Apple Juice, 4 oz	703	1.00 count	25	60.000	0.000	0.000	0.000	0.000	0.000	15.000	N/A*	14.000	0.000	13.000	0.000	0.000	0.000	0.000	0.000
Watermelon Chunks 7.5#, 1/2 C	755	$^{1}/_{2}$ cup	25	22.800	0.464	0.114	0.012	0.000	0.000	0.760	85.120	5.738	0.304	4.712	0.182	5.320	432.440	6.156	0.000
Apple, variety, 125 CT - 1 cup	720	1.00 each	25	91.629	0.281	0.183	0.032	0.000	0.000	2.290	N/A*	23.727	3.715	6.618*	0.129*	6.518*	58.113*	4.986*	N/A*
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	25	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
Banana Bread, scratch, 1.75 oz WG	783	1.00 count	100	291.280	5.680	10.799	1.237	0.000	41.384	224.941	105.610*	43.298	1.734	18.894	0.247*	28.325*	82.422*	2.567*	0.000*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	49	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	1	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				446.337	14.060	12.182	1.988	0.000	48.784	360.860	361.878*	69.726	3.184	38.810*	0.407*	342.129*	455.060*	19.109*	1.255*
					%*	%*	%*	%*				%*							

% of Calories					12.60	24.56	4.01	0.00				62.49							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Fri - 02/24/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	8437	1.00 package	25	208.724	5.726	4.987	1.250	0.000	6.250	265.099	154.500*	36.975	3.482	12.409	4.339*	151.174	170.434*	3.295*	1.505*
French Toast, WG Stick Cooked, Frozen (Richs) 2.25WG	606	4.00 pieces	75	260.000	6.000	10.000	1.500	0.000	0.000	300.000	150.000	38.000	3.000	9.000	2.000	40.000	N/A*	N/A*	0.000
Apple, variety, 125 CT - 1 cup	720	1.00 each	25	91.629	0.281	0.183	0.032	0.000	0.000	2.290	N/A*	23.727	3.715	6.618*	0.129*	6.518*	58.113*	4.986*	N/A*
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	2939	1.00 carton	25	62.500	0.500	0.000	0.000	0.000	0.000	13.750	95.000	15.500	0.250	14.500	0.225	7.500	0.000	8.400	0.000
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	25	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
Unsweetened Applesauce, 4 oz	698	1.00 count	25	50.000	0.000	0.000	0.000	0.000	0.000	10.000	N/A*	12.000	2.000	8.000	N/A*	N/A*	N/A*	N/A*	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	49	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	1	80.000	3.000	4.500	0.500	0.000	0.000	0.000	270.000	8.000	2.000	5.000	1.300	270.000	N/A*	N/A*	3.000

				15	8	4	0	0	0	8	3	1	2	1	-	4				
Syrup, Breakfast, Smucker's, SS Cup, 1.4 oz	1009	1.00 container	100	110.000	0.000	0.000	0.000	0.000	0.000	20.000	N/A*	29.000	0.000	22.000	0.000	0.000	N/A*	N/A*	0.000
Weighted Daily Average				519.663	14.320	10.101	2.186	0.000	8.963	449.191	409.863*	95.112	5.057	52.965*	2.756*	382.142*	307.137*	17.927*	1.631*
% of Calories					11.02%	17.49%	3.79%	0.00%				73.21%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Mon - 02/27/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
Sausage Biscuit 2.5WG .75MMA (Jimmy Dean)	998	1.00 sandwich	50	284.705	10.993	13.987	5.994	0.000	25.000	529.536	509.592	28.461	1.997	3.496	2.098	133.831	0.000*	0.000*	0.000
Assorted Muffins (Muffin Town) & String Cheese 1WG/1MMA	5313	1.00 muffin & 1 string cheese	50	240.000	8.500	10.750	3.500	0.000	37.500	297.500	27.500*	27.500	1.000	14.500	0.540*	160.000*	N/A*	N/A*	N/A*
Apple, variety, 125 CT - 1 cup	720	1.00 each	50	91.629	0.281	0.183	0.032	0.000	0.000	2.290	N/A*	23.727	3.715	6.618*	0.129*	6.518*	58.113*	4.986*	N/A*
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	25	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
Unsweetened Applesauce, 4 oz	698	1.00 count	25	50.000	0.000	0.000	0.000	0.000	0.000	10.000	N/A*	12.000	2.000	8.000	N/A*	N/A*	N/A*	N/A*	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	0.000	8.000	0.000	0.000	0.000	5.000	80.000	N/A*	3.000	0.000	2.000	0.000	0.000	0.000	2.400	N/A*

				9	8	0	0	0	5	13		1	0	0	1	0	30	50	2	
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	49	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	1	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000	
Jelly, Grape, SS Cup	834	1.00 count	50	35.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*	9.000	0.000	5.000	N/A*	N/A*	N/A*	N/A*	N/A*	
Weighted Daily Average				449.617	18.080	13.769	5.503	0.000	38.650	548.569	503.534*	62.905	4.301	30.640*	1.466*	461.019*	279.057*	16.250*	1.255*	
% of Calories					16.09%	27.56%	11.02%	0.00%				55.96%								

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 02/28/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
Yogurt, Strawberry Banana Low Fat, SS	3029	1.00 count	100	70.000	4.000	0.000	0.000	0.000	5.000	70.000	188.000	12.000	0.000	9.000	0.000	100.000	0.000	0.000	2.000
Apple, variety, 125 CT - 1 cup	720	1.00 each	100	91.629	0.281	0.183	0.032	0.000	0.000	2.290	N/A*	23.727	3.715	6.618*	0.129*	6.518*	58.113*	4.986*	N/A*
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	100	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
Snack Mix, Chex Strawberry Yogurt, IW	694	1.00 count	100	30.000	2.000	3.000	1.000	0.000	0.000	5.000	0.000	23.000	2.000	6.000	0.700	0.000	N/A*	N/A*	0.000

Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	49	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	1	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				436.229	15.054	4.608	1.772	0.000	12.400	264.414	528.852*	81.822	7.435	40.860*	1.120*	444.794*	308.113*	56.413*	3.255*
% of Calories					13.80%	9.51%	3.66%	0.00%				75.03%							

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	470.405		450/500	Pass		
Protein (g)	16.048	13.65%				
Total Fat (g)	9.223	17.65%				
Saturated Fat (g)	2.947*	5.64%*	<10	Pass		
Trans Fat (g)	0.000*					
Cholesterol (mg)	25.940*					
Sodium (mg)	464.348		≤ 540	Pass		
Potassium (mg)	431.078*					
Carbohydrates (g)	81.526	69.32%				
Fiber (g)	6.234					

Sugars (g)	40.821*					
Iron (mg)	2.515*					
Calcium (mg)	422.447*					
Vitamin A (IU)	367.269*					
Vitamin C (mg)	27.731*					
Vitamin D (mcg)	1.912*					

* = Indicates missing Nutrient Information.

WARNING: THE DATA CONTAINED WITHIN THIS REPORT CANNOT BE USED FOR AND DOES NOT PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY. USE OF THE SERVICES TO PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY IS A VIOLATION OF THE TERMS OF THIS SERVICE. ANY SUBSCRIBER PLANNING FOR OR TREATING MEDICAL CONDITIONS, DIETARY RESTRICTIONS OR A FOOD ALLERGY MUST CONSULT A MEDICAL PROFESSIONAL FOR ASSISTANCE. TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Nutrient Detail Report

District: Genuine Foods DC
School: Washington Latin
Menu: 22/23 DC Base Lunch K-8
Date Range: February 01, 2023 - February 28, 2023

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Wed - 02/01/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Sweet & Sour Chicken	4636	2.00 ounce	90	200.039	20.384	9.940	2.330	0.000	72.899	179.538	14.330*	6.199	0.027	4.171	1.162	10.478*	160.795*	0.057*	0.000*
Sweet & Sour Chick'n	17307	1.00 cup	10	157.623	21.772	2.381	0.000	0.000	0.000	390.089	235.868*	11.567	0.000	7.689	N/A*	0.000*	0.000*	0.000*	0.454*
Green Beans (IQF), .75 c O	911	$^{3}/_{4}$ cup	100	34.686	1.387	0.000	0.000	0.000	0.000	0.000	187.307	6.937	4.162	1.387	0.999	27.749	N/A*	N/A*	N/A*
Apple, variety, 125 CT - 1 cup	720	1.00 each	75	91.629	0.281	0.183	0.032	0.000	0.000	2.290	N/A*	23.727	3.715	6.618*	0.129*	6.518*	58.113*	4.986*	N/A*
Apple Slices 1/2 cup	17615	0.50 cup	25	36.996	0.184	0.120	0.021	0.000	0.000	0.780	N/A*	9.788	1.715	N/A*	0.085	4.281	38.166	3.274	N/A*
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	25	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
Fried Rice (1WG & 1M/MA)	8404	8.00 ounce	100	198.728	6.160	7.672	1.080	0.000	105.839	221.387	26.248*	25.841	1.783	2.744	0.824*	22.263*	43.310*	2.780*	0.000*
				.000	.000	.000	.000	.000	.000	0.000	N/A*	.000	.000	.000	.000	0.000	0.000	.400	N/A*

Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90	8	0	0	0	5	13	N	13	0	12	0	30	50	2	N
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	45	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	5	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				620.232	36.520	18.412	3.906	0.000	178.448	553.299	483.827*	75.517	9.709	27.570*	3.121*	383.045*	491.152*	21.146*	1.320*
% of Calories					23.55%	26.72%	5.67%	0.00%				48.70%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 02/02/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Beef Cheeseburger on 3.5" WG Bun, pre-cooked patty	5087	1.00 Each	90	372.746	21.681	19.118	7.594	1.012	48.093	715.867	110.000*	33.037	3.012*	4.506	1.800*	90.624*	N/A*	0.000*	0.400*
Veggie Burger - Gardenburger - 2MMA 2WG	967	1.00 burger	10	230.000	18.000	4.400	0.000	0.000	0.000	650.000	370.000	36.000	5.000	4.000	3.900	90.000	N/A*	N/A*	0.400*
Seasoned Black Beans (Bush's), heated, .75 c B/L	1345	$^3/_4$ cup	50	284.346	18.095	0.000	0.000	0.000	0.000	336.045	1240.783	52.870	12.925	2.585	4.136	206.797*	N/A*	N/A*	0.000*
Steamed Corn, 3/4 cup	623	0.75 cup	50	105.060	3.002	0.750	0.000	0.000	0.000	0.000	N/A*	24.014	3.002	4.503	0.540	N/A*	N/A*	N/A*	N/A*
				29	1	3	2	0	0	0	*	27	5	3*	9*	3*	3*	5*	*

Apple, variety, 125 CT - 1 cup	720	1.00 each	50	91.62	0.28	0.18	0.03	0.00	0.00	2.29	N/A	23.72	3.71	6.61	0.12	6.51	58.11	4.98	N/A
Unsweetened Applesauce, 4 oz	698	1.00 count	25	50.000	0.000	0.000	0.000	0.000	0.000	10.000	N/A*	12.000	2.000	8.000	N/A*	N/A*	N/A*	N/A*	N/A*
Fruit, Mixed Fruit Cup, 4oz	851	1.00 count	25	50.000	0.000	0.000	0.000	0.000	0.000	10.000	N/A*	13.000	0.000	8.000	N/A*	N/A*	N/A*	N/A*	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	45	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	5	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				725.989	40.002	19.463	7.551	0.911	50.284	1010.948	954.892*	103.139	13.632*	27.458*	4.478*	505.719*	279.057*	3.693*	1.675*
% of Calories					22.04%	24.13%	9.36%	1.13%				56.83%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Fri - 02/03/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Cheesy Baked Ziti 2MMA 2WG .5R/O	933	1.25 Cups	100	422.431	24.906	14.427	7.768	0.000	34.586	865.138	336.000*	52.873	7.913	7.106	1.000*	93.575*	0.000*	0.000*	0.000*
				58	2	6	1	0*	0	34	30	2	9	0	8	96	43	51	0

Fresh Roasted Broccoli with Garlic	15074	0.50 cup	50	81.25	2.67	5.74	0.85	0.00	0.00	148.2	294.3	6.62	2.40	1.56	0.72	46.0	565.6	81.4	0.00
Glazed Carrots (IQF) .75c RO	956	0.75 cup	50	89.775	0.000	3.782	0.728	0.000	0.000	126.512	0.000*	15.039	4.973	8.409	0.597*	33.150*	N/A*	N/A*	N/A*
Apple, variety, 125 CT - 1 cup	720	1.00 each	50	91.629	0.281	0.183	0.032	0.000	0.000	2.290	N/A*	23.727	3.715	6.618*	0.129*	6.518*	58.113*	4.986*	N/A*
Apple Slices 1/2 cup	17615	0.50 cup	50	36.996	0.184	0.120	0.021	0.000	0.000	0.780	N/A*	9.788	1.715	N/A*	0.085	4.281	38.166	3.274	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	45	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	5	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				674.260	34.475	20.693	9.284	0.000*	41.586	1131.546	681.665*	93.711	14.419	27.550*	1.835*	447.098*	580.961*	46.056*	1.275*
% of Calories					20.45%	27.62%	12.39%	0.00%*				55.59%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Mon - 02/06/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
				18	13	9	7	0	52	81	20*	37	8	46	5	3*	55*	4*	0*

Sloppy Joe 2 MMA 2WG .5O .25RO	1041	3/4 cup	90	328.1	24.11	7.25	1.59	0.00	53.15	311.8	462.2	44.6	5.08	12.9	2.95	74.12	186.4	44.14	0.40
Sloppy Joe 2 MMA 2WG .5O .25RO (GLUTEN-FREE)	5307	3/4 cup	10	378.118	19.113	10.359	3.097	0.000	53.152	511.881	352.220*	54.687	5.088	11.946	1.515	54.123*	186.455*	44.144*	0.000*
Roasted Potato Wedges/Fries (fresh) .75c S	917	3/4 cup	100	127.213	2.591	2.394	0.200	0.000	0.000	139.875	627.681*	24.228	3.701	1.774	0.802	13.880*	12.338*	14.034*	0.000*
Unsweetened Applesauce, 4 oz	698	1.00 count	25	50.000	0.000	0.000	0.000	0.000	0.000	10.000	N/A*	12.000	2.000	8.000	N/A*	N/A*	N/A*	N/A*	N/A*
Pear, 90 CT	743	1.00 each	25	119.236	0.782	0.248	0.012	0.000	0.000	2.484	N/A*	31.871	6.334	20.208	0.348	18.631	47.197	8.694	N/A*
Apple Slices 1/2 cup	17615	0.50 cup	25	36.996	0.184	0.120	0.021	0.000	0.000	0.780	N/A*	9.788	1.715	N/A*	0.085	4.281	38.166	3.274	N/A*
Fruit, Mixed Fruit Cup, 4oz	851	1.00 count	25	50.000	0.000	0.000	0.000	0.000	0.000	10.000	N/A*	13.000	0.000	8.000	N/A*	N/A*	N/A*	N/A*	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	80	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	19	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	1	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				618.789	34.446	10.575	2.245	0.000	59.052	607.072	1158.601*	99.630	11.321	35.702*	3.734*	393.431*	620.134*	63.090*	0.865*
% of Calories					22.27%	15.38%	3.27%	0.00%				64.40%							

				(kcal)	(g)	t (g)	Fat (g)	t (g)	ol (mg)	(mg)	n (mg)	ates (g)	(g)	(g)	ng)	(mg)	A (IU)	(mg)	(mcg)

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories	Protein	Total Fa	Saturated	Trans Fa	Cholester	Sodium	Potassiun	Carbohydr	Fiber	Sugars	Iron (n	Calcium	Vitamin A	Vitamin C	Vitamin D
Tue - 02/07/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
BBQ Chicken 2MMA	5375	2.00 ounce	90	170.551	20.412	8.001	2.204	0.000	73.482	133.054	0.000*	2.835	0.000	2.457	1.219	8.981	N/A*	N/A*	N/A*
BBQ Chick'n 2.25 MMA (Vegan)	5475	1.00 cup	10	129.746	21.772	1.814	0.000	0.000	0.000	283.464	235.868	6.582	0.000	3.445	0.079*	0.000	0.000*	0.000*	N/A*
Green Beans (IQF), .75 c O	911	$^3/_4$ cup	100	34.686	1.387	0.000	0.000	0.000	0.000	0.000	187.307	6.937	4.162	1.387	0.999	27.749	N/A*	N/A*	N/A*
Unsweetened Applesauce, 4 oz	698	1.00 count	50	50.000	0.000	0.000	0.000	0.000	0.000	10.000	N/A*	12.000	2.000	8.000	N/A*	N/A*	N/A*	N/A*	N/A*
Pear, 90 CT	743	1.00 each	50	119.236	0.782	0.248	0.012	0.000	0.000	2.484	N/A*	31.871	6.334	20.208	0.348	18.631	47.197	8.694	N/A*
Whole Wheat Dinner Roll, Bridgford H&S 1WG	16804	1.00 Roll	100	140.000	5.000	2.000	0.500	0.000	0.000	250.000	85.000	26.000	2.000	3.000	1.080	20.000	0.000	N/A*	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	70	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	29	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	1	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				530.375	35.326	11.301	3.545	0.000	74.584	533.837	579.594*	71.132	10.349	33.077	3.371*	366.847*	168.599*	5.043*	1.780*

% of Calories					26.64%	19.18%	6.01%	0.00%				53.65%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Wed - 02/08/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Jerk Chicken Sandwich, 2WG 2MMA	1282	1.00 sandwich	90	343.824	17.453	17.917	2.360	0.000	51.437	254.320	55.000	27.857	2.431	5.038	1.967	62.782	4.962*	0.095*	0.000
Jerk Chick'n Sandwich 2.25 MMA 2 WG (Vegan)	1296	1.00 cup	10	342.174	28.958	8.954	0.422	0.000	0.000	449.078	368.122	39.548	2.525	8.669	2.003*	49.044*	6.203*	0.119*	0.400*
Black Bean & Corn Salad, heated .5S .5B/L	9267	1.00 cup	100	277.999	14.153	2.285	0.808	0.000	0.000	224.230	834.855*	51.056	10.787	4.769	3.177	140.365*	3.019*	0.000*	0.000*
Apple Slices 1/2 cup	17615	0.50 cup	70	36.996	0.184	0.120	0.021	0.000	0.000	0.780	N/A*	9.788	1.715	N/A*	0.085	4.281	38.166	3.274	N/A*
Apple, variety, 125 CT - 1 cup	720	1.00 each	20	91.629	0.281	0.183	0.032	0.000	0.000	2.290	N/A*	23.727	3.715	6.618*	0.129*	6.518*	58.113*	4.986*	N/A*
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	10	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	50	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	45	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
				00	0	0	0	0	0	00	00	00	0	00	0	00	*	*	0

Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	5	150.0	8.00	4.50	0.50	0.00	0.00	80.0(	370.0	18.0(	2.00	15.0(	1.30	470.0	N/A	N/A	3.00
Weighted Daily Average				773.301	41.019	20.917	3.770	0.000	53.543	627.292	1153.782*	105.934	15.441	24.365*	5.326*	518.231*	271.444*	9.489*	1.440*
% of Calories					21.22%	24.34%	4.39%	0.00%				54.80%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 02/09/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Sweet & Sour Meatballs (2MMA)	8405	5.00 meatballs	90	261.115	12.078	10.481	4.020	0.640	48.158	501.655	N/A*	28.502	0.779	23.915	1.901	45.601	0.000	3.072	N/A*
Sweet & Sour Chick'n	17307	1.00 cup	10	157.623	21.772	2.381	0.000	0.000	0.000	390.089	235.868*	11.567	0.000	7.689	N/A*	0.000*	0.000*	0.000*	0.454*
Glazed Carrots (IQF) .75c RO	956	0.75 cup	100	89.775	0.000	3.782	0.728	0.000	0.000	126.512	0.000*	15.039	4.973	8.409	0.597*	33.150*	N/A*	N/A*	N/A*
Unsweetened Applesauce, 4 oz	698	1.00 count	50	50.000	0.000	0.000	0.000	0.000	0.000	10.000	N/A*	12.000	2.000	8.000	N/A*	N/A*	N/A*	N/A*	N/A*
Apple, variety, 125 CT - 1 cup	720	1.00 each	25	91.629	0.281	0.183	0.032	0.000	0.000	2.290	N/A*	23.727	3.715	6.618*	0.129*	6.518*	58.113*	4.986*	N/A*
Fruit, Mixed Fruit Cup, 4oz	851	1.00 count	25	50.000	0.000	0.000	0.000	0.000	0.000	10.000	N/A*	13.000	0.000	8.000	N/A*	N/A*	N/A*	N/A*	N/A*
				46	3	4	0	0	0	18	D*	18	4	0	2	D*	D*	D*	*

Brown Rice 1/2c 1WG	774	1/2 cup	100	96.6	1.93	0.64	0.00	0.00	0.00	97.4	0.00	20.6	0.64	0.00	0.23	0.00	0.00	0.00	N/A
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	70	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	25	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	5	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				595.594	23.051	14.993	4.754	0.576	49.342	850.001	142.087*	90.897	8.347	50.506*	2.637*	384.320*	364.528*	5.691*	0.820*
% of Calories					15.48%	22.66%	7.18%	0.87%				61.05%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Fri - 02/10/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Chicken Alfredo over Whole Grain Spaghetti, 2 MMA, 2 oz WG	856	1.00 serving	90	395.352	23.909	15.043	6.489	0.000	47.223	252.330	0.000*	47.477	7.198	4.465	2.267*	54.326*	152.500*	0.000*	N/A*
Chick'n Alfredo over Whole Grain Spaghetti, 2 MMA, 2 oz WG (Vegetarian)	1605	1.00 serving	10	451.371	37.744	13.746	5.632	0.000	18.646	437.169	235.868*	51.106	7.198	5.350	1.822*	50.833*	152.500*	0.000*	N/A*
Broccoli, Cuts, Steamed .75 DG	1058	0.75 cup	100	50.029	5.003	0.000	0.000	0.000	0.000	25.014	355.203	8.338	5.003	1.668	1.801	33.352	N/A*	N/A*	N/A*
				96	4	0	1	0	0	0	*	8	5	*	5	1	96	4	*

Apple Slices 1/2 cup	1761 5	0.50 cup	50	36.9	0.18	0.12	0.02	0.00	0.00	0.78	N/A	9.78	1.71	N/A	0.08	4.28	38.1	3.27	N/A
Apple, variety, 125 CT - 1 cup	720	1.00 each	50	91.629	0.281	0.183	0.032	0.000	0.000	2.290	N/A*	23.727	3.715	6.618*	0.129*	6.518*	58.113*	4.986*	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	70	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	25	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	5	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				613.295	38.528	15.915	6.830	0.000	50.365	424.863	497.290*	86.185	15.016	21.681*	4.196*	401.228*	550.640*	5.810*	0.775*
% of Calories					25.13%	23.35%	10.02%	0.00%				56.21%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Mon - 02/13/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Meatball Marinara Sub (2MMA, 2.75WG, .25R/O)	9423	1.00 sub	95	391.248	22.960	14.172	4.988	0.512	46.100	876.077	168.000*	45.050	4.480	8.180	3.452	167.749	50.624*	0.000*	0.000*
Chicken Aioli Sandwich 2MMA 2WG	9620	1.00 sandwich	5	329.641	26.595	11.033	1.200	0.000	4.000	516.787	322.281	33.416	2.000	4.797	1.800*	40.800	4.000*	0.000*	0.400*
				13	1	4	0	0	0	75	31*	28	1	4	2	0*	8*	4*	0*

Roasted Potato Wedges/Fries (fresh) .75c S	917	3/4 cup	100	127.2	2.59	2.39	0.20	0.00	0.00	139.8	627.6	24.2	3.70	1.77	0.80	13.88	12.33	14.03	0.00
Fruit, Mixed Fruit Cup, 4oz	851	1.00 count	25	50.000	0.000	0.000	0.000	0.000	0.000	10.000	N/A*	13.000	0.000	8.000	N/A*	N/A*	N/A*	N/A*	N/A*
Unsweetened Applesauce, 4 oz	698	1.00 count	25	50.000	0.000	0.000	0.000	0.000	0.000	10.000	N/A*	12.000	2.000	8.000	N/A*	N/A*	N/A*	N/A*	N/A*
Pear, 90 CT	743	1.00 each	25	119.236	0.782	0.248	0.012	0.000	0.000	2.484	N/A*	31.871	6.334	20.208	0.348	18.631	47.197	8.694	N/A*
Apple Slices 1/2 cup	17615	0.50 cup	25	36.996	0.184	0.120	0.021	0.000	0.000	0.780	N/A*	9.788	1.715	N/A*	0.085	4.281	38.166	3.274	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	70	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	25	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	5	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				677.439	33.974	17.351	5.407	0.486	49.995	1131.304	921.895*	98.611	10.669	30.987*	4.345*	489.510*	431.972*	18.706*	0.795*
% of Calories					20.06%	23.05%	7.18%	0.65%				58.23%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 02/14/2023																			
22/23 DC Base Lunch K-8																			

		Total	100																	
Beef Cheeseburger on 3.5" WG Bun, pre-cooked patty	5087	1.00 Each	90	372.746	21.681	19.118	7.594	1.012	48.093	715.867	110.000*	33.037	3.012*	4.506	1.800*	90.624*	N/A*	0.000*	0.400*
Veggie Burger - Gardenburger - 2MMA 2WG	967	1.00 burger	10	230.000	18.000	4.400	0.000	0.000	0.000	650.000	370.000	36.000	5.000	4.000	3.900	90.000	N/A*	N/A*	0.400*
Seasoned/Roasted Carrots (IQF) .75c RO	915	$^{3}/_{4}$ cup	100	48.828	0.000	0.814	0.000	0.000	0.000	81.380	N/A*	11.393	4.883	4.883	0.586	32.552	N/A*	N/A*	N/A*
Steamed Corn, 3/4 cup	623	0.75 cup	100	105.060	3.002	0.750	0.000	0.000	0.000	0.000	N/A*	24.014	3.002	4.503	0.540	N/A*	N/A*	N/A*	N/A*
Unsweetened Applesauce, 4 oz	698	1.00 count	50	50.000	0.000	0.000	0.000	0.000	0.000	10.000	N/A*	12.000	2.000	8.000	N/A*	N/A*	N/A*	N/A*	N/A*
Pear, 90 CT	743	1.00 each	50	119.236	0.782	0.248	0.012	0.000	0.000	2.484	N/A*	31.871	6.334	20.208	0.348	18.631	47.197	8.694	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	70	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	25	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	5	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				694.977	32.706	20.184	7.241	0.911	49.284	924.402	254.500*	103.926	15.363*	40.095	3.375*	440.929*	373.599*	6.027*	1.175*
% of Calories					18.82%	26.14%	9.38%	1.18%				59.82%							

				(kcal)	n (g)	at (g)	Fat (g)	at (g)	ol (mg)	(mg)	n (mg)	rates (g)	(g)	s (g)	ng)	(mg)	A (IU)	C (mg)	D (mcg)

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories	Protein	Total Fa	Saturated	Trans Fa	Cholester	Sodium	Potassiu	Carbohydr	Fiber	Sugars	Iron (r	Calcium	Vitamin	Vitamin C	Vitamin D
Wed - 02/15/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Genuine Turkey Meatloaf	823	1.00 slice	80	208.914	15.593	8.113	2.266	0.000	116.165	649.069	8.697*	19.205	0.753	7.387	0.878*	49.419*	12.288*	0.354*	0.000*
Veggie Burger - Gardenburger - 2MMA 2WG	967	1.00 burger	10	230.000	18.000	4.400	0.000	0.000	0.000	650.000	370.000	36.000	5.000	4.000	3.900	90.000	N/A*	N/A*	0.400*
Collard Greens (IQF) .75 c DG	2173	3/4 cup	50	35.698	1.377	1.228	0.094	0.005	0.000	82.395	79.932	6.010	1.932	2.740	0.530	63.835	3217.217	10.469	0.000
Green Beans (IQF), .75 c O	911	3/4 cup	50	34.686	1.387	0.000	0.000	0.000	0.000	0.000	187.307	6.937	4.162	1.387	0.999	27.749	N/A*	N/A*	N/A*
Apple, variety, 125 CT - 1 cup	720	1.00 each	25	91.629	0.281	0.183	0.032	0.000	0.000	2.290	N/A*	23.727	3.715	6.618*	0.129*	6.518*	58.113*	4.986*	N/A*
Apple Slices 1/2 cup	17615	0.50 cup	25	36.996	0.184	0.120	0.021	0.000	0.000	0.780	N/A*	9.788	1.715	N/A*	0.085	4.281	38.166	3.274	N/A*
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	50	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
Macaroni & Cheese, .75 MMA, 1 WG (SIDE ONLY)	2163	1/2 cup	100	194.557	10.224	6.871	3.983	0.000	18.550	230.463	22.813*	23.952	2.063	2.833	0.000*	98.458*	76.250*	0.000*	0.180*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	70	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	25	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
				00	0	0	0	0	0	00	00	00	0	00	0	00	*	*	0

Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	5	150.0	8.00	4.50	0.50	0.00	0.00	80.0(	370.0	18.0(	2.00	15.0(	1.30	470.0	N/A	N/A	3.00
Weighted Daily Average				572.136	34.383	15.419	6.256	0.003	117.482	987.995	389.466*	76.041	8.520	28.617*	2.114*	522.273*	2068.759*	34.376*	0.995*
% of Calories					24.04%	24.25%	9.84%	0.00%				53.16%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 02/16/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Southwest Turkey Rice Bowl 2MMA 1WG 0.5O	960	1.00 bowl	90	365.863	19.900	17.444	5.316	0.000	96.793	630.680	332.159*	34.516	4.426	6.554	0.847*	35.110*	631.345*	70.023*	0.000*
Southwest Turkey Rice Bowl 2MMA 2WG 0.5O	950	1.00 bowl	10	452.509	21.833	18.089	5.316	0.000	96.793	229.298	257.159*	52.134	4.071	4.554	1.079*	25.110*	631.345*	70.023*	0.000*
Black Bean & Corn Salad, heated .5S .5B/L	9267	1.00 cup	50	277.999	14.153	2.285	0.808	0.000	0.000	224.230	834.855*	51.056	10.787	4.769	3.177	140.365*	3.019*	0.000*	0.000*
Unsweetened Applesauce, 4 oz	698	1.00 count	50	50.000	0.000	0.000	0.000	0.000	0.000	10.000	N/A*	12.000	2.000	8.000	N/A*	N/A*	N/A*	N/A*	N/A*
Fruit, Mixed Fruit Cup, 4oz	851	1.00 count	25	50.000	0.000	0.000	0.000	0.000	0.000	10.000	N/A*	13.000	0.000	8.000	N/A*	N/A*	N/A*	N/A*	N/A*
Apple, variety, 125 CT - 1 cup	720	1.00 each	25	91.629	0.281	0.183	0.032	0.000	0.000	2.290	N/A*	23.727	3.715	6.618*	0.129*	6.518*	58.113*	4.986*	N/A*
				00	0	0	0	0	0	00	*	00	0	00	0	00	00	0	*

Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	70	90.0(	8.00	0.00	0.00	0.00	5.00	130.0	N/A	13.0(	0.00	12.0(	0.00	300.0	500.0	2.40	N/A
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	25	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	5	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				671.934	35.240	19.547	6.128	0.000	102.793	838.229	860.587*	90.238	11.813	28.543*	2.556*	414.422*	997.383*	72.950*	0.775*
% of Calories					20.98%	26.18%	8.21%	0.00%				53.72%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Fri - 02/17/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Teriyaki Meatballs (2MMA)	16803	5.00 meatballs	90	269.172	14.175	14.175	6.075	0.000	35.437	1163.546	0.000*	23.250	1.012	16.372	0.000*	0.000*	0.000*	1.644*	0.000*
Cheesy Baked Pasta 2MMA 2WG .5RO	1054	1.25 cups	10	407.775	24.816	15.387	8.618	0.000	34.586	578.547	500.560*	47.101	8.280	4.840	2.440*	107.935*	0.000*	0.000*	0.000*
Broccoli, Cuts, Steamed .75 DG	1058	0.75 cup	100	50.029	5.003	0.000	0.000	0.000	0.000	25.014	355.203	8.338	5.003	1.668	1.801	33.352	N/A*	N/A*	N/A*
Apple, variety, 125 CT - 1 cup	720	1.00 each	50	91.629	0.281	0.183	0.032	0.000	0.000	2.290	N/A*	23.727	3.715	6.618*	0.129*	6.518*	58.113*	4.986*	N/A*
				96	4	0	1	0	0	0	*	8	5	*	5	1	96	4	*

Apple Slices 1/2 cup	17615	0.50 cup	50	36.9	0.18	0.12	0.02	0.00	0.00	0.78	N/A	9.78	1.71	N/A	0.08	4.28	38.1	3.27	N/A
Whole Wheat Dinner Roll, Bridgford H&S 1WG	16804	1.00 Roll	50	140.000	5.000	2.000	0.500	0.000	0.000	250.000	85.000	26.000	2.000	3.000	1.080	20.000	0.000	N/A*	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	70	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	25	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	5	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				565.374	30.975	16.298	7.006	0.000	41.352	1384.095	566.259*	76.981	10.557	33.846*	2.757*	368.045*	398.140*	7.290*	0.775*
% of Calories					21.91%	25.94%	11.15%	0.00%				54.46%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Mon - 02/20/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Teriyaki Chicken Sandwich (JTM) 2MMA 2WG	9457	1.00 sandwich	90	325.334	21.288	7.001	1.543	0.000	51.437	529.465	110.000*	45.333	2.000	16.777	2.600	55.231	5.111*	8.944*	0.400*
Jerk Chick'n Sandwich 2.25 MMA 2 WG (Vegan)	1296	1.00 cup	10	342.174	28.958	8.954	0.422	0.000	0.000	449.078	368.122	39.548	2.525	8.669	2.003*	49.044*	6.203*	0.119*	0.400*
				75	0	2	8	0	0	12	0*	39	3	9	7*	0*	*	*	*

Glazed Carrots (IQF) .75c RO	956	0.75 cup	50	89.77	0.00	3.78	0.72	0.00	0.00	126.5	0.00	15.0	4.97	8.40	0.59	33.15	N/A	N/A	N/A
Black Bean & Corn Salad, heated .5S .5B/L	9267	1.00 cup	50	277.999	14.153	2.285	0.808	0.000	0.000	224.230	834.855*	51.056	10.787	4.769	3.177	140.365*	3.019*	0.000*	0.000*
Apple, variety, 125 CT - 1 cup	720	1.00 each	50	91.629	0.281	0.183	0.032	0.000	0.000	2.290	N/A*	23.727	3.715	6.618*	0.129*	6.518*	58.113*	4.986*	N/A*
Pear, 90 CT	743	1.00 each	50	119.236	0.782	0.248	0.012	0.000	0.000	2.484	N/A*	31.871	6.334	20.208	0.348	18.631	47.197	8.694	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	75	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	24	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	1	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				711.738	37.663	11.090	2.586	0.000	52.443	828.684	652.940*	118.651	14.977	47.998*	4.679*	455.644*	434.385*	16.702*	1.030*
% of Calories					21.17%	14.02%	3.27%	0.00%				66.68%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 02/21/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
	745			24	68	76	5	0	91	48	0*	68	6	0	6	60	02	*	*

Chicken Nuggets & Roll (KOCH) 2MMA 2 WG	4	1.00 serving	90	309.5	18.4(	12.7	2.74	0.00	54.8	554.1	42.50	28.9(	2.99	1.50	2.33	29.9(	99.8(	N/A	N/A
Chick'n/Veggie Nuggets & Roll (Morningstar Farms) 2 MMA 2WG (Vegan)	5104	5.00 nuggets + 1 roll	10	387.500	23.250	11.400	1.250	0.000	0.000	615.000	360.000	52.500	7.000	6.500	3.675	77.500	N/A*	N/A*	0.400
Green Peas .75S	2148	$^3/_4$ cup	100	112.379	0.000	0.000	0.000	0.000	0.000	96.325	N/A*	19.265	8.027	6.422	N/A*	N/A*	N/A*	N/A*	N/A*
Unsweetened Applesauce, 4 oz	698	1.00 count	50	50.000	0.000	0.000	0.000	0.000	0.000	10.000	N/A*	12.000	2.000	8.000	N/A*	N/A*	N/A*	N/A*	N/A*
Pear, 90 CT	743	1.00 each	50	119.236	0.782	0.248	0.012	0.000	0.000	2.484	N/A*	31.871	6.334	20.208	0.348	18.631	47.197	8.694	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	70	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	29	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	1	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				610.719	27.337	13.712	3.042	0.000	55.802	792.300	193.950*	85.572	15.610	34.556	2.657*	345.730*	463.420*	6.027*	0.795*
% of Calories					17.90%	20.21%	4.48%	0.00%				56.05%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Wed - 02/22/2023																			
22/23 DC Base Lunch K-8																			

		Total	100																	
Spaghetti with Meatballs, 2 oz M/MA, 2 oz WG, 0.5 RO (Tasting Request)	8540	1.75 cup	90	327.140	19.823	14.864	5.316	0.640	52.992	839.036	376.320*	31.464	5.877	7.462	3.471*	43.521*	0.000*	0.000*	0.000*
Chick'n Alfredo over Whole Grain Spaghetti, 2 MMA, 2 oz WG (Vegetarian)	1605	1.00 serving	10	451.371	37.744	13.746	5.632	0.000	18.646	437.169	235.868*	51.106	7.198	5.350	1.822*	50.833*	152.500*	0.000*	N/A*
Broccoli, Florets, Steamed .75 DG	1060	0.75 cup	100	34.305	3.431	0.000	0.000	0.000	0.000	17.153	243.567	5.718	3.431	1.144	1.235	22.870	N/A*	N/A*	N/A*
Apple, variety, 125 CT - 1 cup	720	1.00 each	50	91.629	0.281	0.183	0.032	0.000	0.000	2.290	N/A*	23.727	3.715	6.618*	0.129*	6.518*	58.113*	4.986*	N/A*
Apple Slices 1/2 cup	17615	0.50 cup	50	36.996	0.184	0.120	0.021	0.000	0.000	0.780	N/A*	9.788	1.715	N/A*	0.085	4.281	38.166	3.274	N/A*
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	100	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	70	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	29	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	1	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				578.781	34.052	15.829	5.814	0.576	55.957	954.661	866.694*	78.999	13.875	30.946*	4.939*	410.798*	413.390*	56.037*	0.755*
% of Calories					23.53%	24.61%	9.04%	0.90%				54.60%							

				(kcal)	n (g)	at (g)	Fat (g)	at (g)	ol (mg)	(mg)	n (mg)	rates (g)	(g)	s (g)	ng)	(mg)	A (IU)	C (mg)	(mcg)

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories	Protein	Total Fa	Saturated	Trans Fa	Cholester	Sodium	Potassiu	Carbohydr	Fiber	Sugars	Iron (r	Calcium	Vitamin	Vitamin C	Vitamin D
Thu - 02/23/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Teriyaki Chicken Sandwich (Halal) 2MMA 2WG	1293	1.00 sandwich	90	364.307	24.501	4.768	0.898	0.000	76.748	1167.193	309.010*	58.625	2.015	16.477	2.483*	45.838*	19.628*	0.001*	0.400*
Teriyaki Chick'n	17306	1.00 cup	10	181.820	21.772	1.814	0.000	0.000	0.000	455.253	280.588	18.961	0.000	13.663	0.000*	8.944	0.000*	0.000*	0.000*
Roasted Potato Wedges/Fries (fresh) .75c S	917	$^{3}/_{4}$ cup	100	127.213	2.591	2.394	0.200	0.000	0.000	139.875	627.681*	24.228	3.701	1.774	0.802	13.880*	12.338*	14.034*	0.000*
Apple, variety, 125 CT - 1 cup	720	1.00 each	50	91.629	0.281	0.183	0.032	0.000	0.000	2.290	N/A*	23.727	3.715	6.618*	0.129*	6.518*	58.113*	4.986*	N/A*
Fruit, Mixed Fruit Cup, 4oz	851	1.00 count	25	50.000	0.000	0.000	0.000	0.000	0.000	10.000	N/A*	13.000	0.000	8.000	N/A*	N/A*	N/A*	N/A*	N/A*
Unsweetened Applesauce, 4 oz	698	1.00 count	25	50.000	0.000	0.000	0.000	0.000	0.000	10.000	N/A*	12.000	2.000	8.000	N/A*	N/A*	N/A*	N/A*	N/A*
Whole Wheat Dinner Roll, Bridgford H&S 1WG	16804	1.00 Roll	50	140.000	5.000	2.000	0.500	0.000	0.000	250.000	85.000	26.000	2.000	3.000	1.080	20.000	0.000	N/A*	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	70	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	29	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	1	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
				86	60	8	4	0	73	519	49*	50	2	9*	1*	38*	30*	8*	5*

Weighted Daily Average			710.4	37.4	8.72	1.71	0.00	75.47	1496.5	1096.0	123.0	8.89	38.80	3.65	370.9	409.0	18.20	1.11
% of Calories				21.09%	11.06%	2.17%	0.00%				69.28%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Fri - 02/24/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Chopped Cheese Steak Hoagie 2MMA 2.75WG	9929	1.00 each	90	409.454	22.457	17.295	6.270	0.000	50.454	524.195	243.682*	42.349	3.219	5.434	2.804*	130.241*	0.184*	1.128*	0.000*
Roasted Chick'n Sandwich 2.25 MMA	2940	1.00 cup	10	371.934	28.772	14.414	0.800	0.000	0.000	448.652	345.868	33.629	2.000	4.885	1.800*	40.000*	0.000*	0.000*	0.400*
Green Beans (IQF), .75 c O	911	$^3/_4$ cup	100	34.686	1.387	0.000	0.000	0.000	0.000	0.000	187.307	6.937	4.162	1.387	0.999	27.749	N/A*	N/A*	N/A*
Apple Slices 1/2 cup	17615	0.50 cup	50	36.996	0.184	0.120	0.021	0.000	0.000	0.780	N/A*	9.788	1.715	N/A*	0.085	4.281	38.166	3.274	N/A*
Apple, variety, 125 CT - 1 cup	720	1.00 each	50	91.629	0.281	0.183	0.032	0.000	0.000	2.290	N/A*	23.727	3.715	6.618*	0.129*	6.518*	58.113*	4.986*	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	70	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	29	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
				00	0	0	0	0	0	00	00	00	0	00	0	00	*	*	0

Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	1	150.0	8.00	4.50	0.50	0.00	0.00	80.0(	370.0	18.0(	2.00	15.0(	1.30	470.0	N/A	N/A	3.00
Weighted Daily Average				601.101	32.708	17.928	6.190	0.000	51.809	647.676	560.908*	78.222	9.994	22.105*	3.823*	456.065*	398.305*	6.825*	0.795*
% of Calories					21.77%	26.84%	9.27%	0.00%				52.05%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Mon - 02/27/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Breakfast Pizza (Schwanns) for Lunch 2MMA 1.5 WG	909	1.00 slice	90	300.759	16.072	13.063	6.046	0.000	30.161	572.139	329.427*	27.966	2.995	4.991	1.897*	145.747*	0.000*	0.000*	0.000*
Cheese Pizza (Tony's) 2MMA 2 WG .125RO	1006	1.00 pizza	10	310.000	16.000	11.000	4.000	0.000	15.000	480.000	522.000	35.000	4.000	8.000	2.600	307.000	109.000	0.000	0.000
Green Beans (IQF), .75 c O	911	$^3/_4$ cup	100	34.686	1.387	0.000	0.000	0.000	0.000	0.000	187.307	6.937	4.162	1.387	0.999	27.749	N/A*	N/A*	N/A*
Fruit, Mixed Fruit Cup, 4oz	851	1.00 count	25	50.000	0.000	0.000	0.000	0.000	0.000	10.000	N/A*	13.000	0.000	8.000	N/A*	N/A*	N/A*	N/A*	N/A*
Unsweetened Applesauce, 4 oz	698	1.00 count	25	50.000	0.000	0.000	0.000	0.000	0.000	10.000	N/A*	12.000	2.000	8.000	N/A*	N/A*	N/A*	N/A*	N/A*
Pear, 90 CT	743	1.00 each	25	119.236	0.782	0.248	0.012	0.000	0.000	2.484	N/A*	31.871	6.334	20.208	0.348	18.631	47.197	8.694	N/A*
				96	4	0	1	0	0	0	*	8	5	*	5	1	56	4	*

Apple Slices 1/2 cup	17615	0.50 cup	25	36.9	0.18	0.12	0.02	0.00	0.00	0.78	N/A	9.78	1.71	N/A	0.08	4.28	38.1	3.27	N/A
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	70	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	29	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	1	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				496.827	25.693	13.719	6.290	0.000	35.045	698.241	655.691*	65.321	9.790	27.761*	3.088*	497.049*	382.241*	4.672*	0.755*
% of Calories					20.69%	24.85%	11.39%	0.00%				52.59%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 02/28/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Cheeseburger Mac & Cheese (LOL) 2 MMA 2 WG	8448	1.00 cup	100	418.242	25.727	14.516	7.289	0.000	63.291	427.881	614.544*	44.495	4.050	2.025	0.578*	265.941*	0.000*	0.000*	0.000*
Green Beans (IQF), .75 c O	911	$^3/_4$ cup	100	34.686	1.387	0.000	0.000	0.000	0.000	0.000	187.307	6.937	4.162	1.387	0.999	27.749	N/A*	N/A*	N/A*
Unsweetened Applesauce, 4 oz	698	1.00 count	50	50.000	0.000	0.000	0.000	0.000	0.000	10.000	N/A*	12.000	2.000	8.000	N/A*	N/A*	N/A*	N/A*	N/A*
				36	2	8	2	0	0	4	*	71	4	08	8	31	97	4	*

Pear, 90 CT	743	1.00 each	50	119.2	0.78	0.24	0.01	0.00	0.00	2.48	N/A	31.8	6.33	20.2	0.34	18.6	47.1	8.69	N/A
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	70	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	29	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	1	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				633.946	35.505	15.410	7.735	0.000	69.691	563.623	921.551*	86.418	12.399	29.546	1.764*	604.706*	373.599*	6.027*	0.755*
% of Calories					22.40%	21.88%	10.98%	0.00%				54.53%							

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	633.865		600/650	Pass		
Protein (g)	34.053	21.49%				
Total Fat (g)	15.874	22.54%				
Saturated Fat (g)	5.365	7.62%	<10	Pass		
Trans Fat (g)	0.173*					
Cholesterol (mg)	65.717					
Sodium (mg)	849.329		≤ 1230	Pass		
Potassium (mg)	679.611*					
Carbohydrates (g)	90.409	57.05%				

Fiber (g)	12.035*					
Sugars (g)	32.086*					
Iron (mg)	3.422*					
Calcium (mg)	438.804*					
Vitamin A (IU)	523.538*					
Vitamin C (mg)	20.693*					
Vitamin D (mcg)	1.023*					

* = Indicates missing Nutrient Information.

WARNING: THE DATA CONTAINED WITHIN THIS REPORT CANNOT BE USED FOR AND DOES NOT PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY. USE OF THE SERVICES TO PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY IS A VIOLATION OF THE TERMS OF THIS SERVICE. ANY SUBSCRIBER PLANNING FOR OR TREATING MEDICAL CONDITIONS, DIETARY RESTRICTIONS OR A FOOD ALLERGY MUST CONSULT A MEDICAL PROFESSIONAL FOR ASSISTANCE. TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Nutrient Detail Report

District: Genuine Foods DC
School: Washington Latin
Menu: 22/23 DC Base Lunch 9-12
Date Range: February 01, 2023 - February 28, 2023

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Wed - 02/01/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Sweet & Sour Chicken (JTM Sauce) 2 M/MA	8454	2.00 ounce	90	208.244	20.660	9.958	2.330	0.000	72.919	174.559	0.000*	8.511	0.120	5.700	1.314	8.910*	0.000*	8.415*	N/A*
Sweet & Sour Chick'n	17307	1.00 cup	10	157.623	21.772	2.381	0.000	0.000	0.000	390.089	235.868*	11.567	0.000	7.689	N/A*	0.000*	0.000*	0.000*	0.454*
Green Beans (IQF), 1 c O	910	1.00 cup	100	46.693	1.868	0.000	0.000	0.000	0.000	0.000	252.144	9.339	5.603	1.868	1.345	37.355	N/A*	N/A*	N/A*
Apple, variety, 125 CT - 1 each	720	1.00 each	100	96.259	0.248	0.202	0.018	0.000	0.000	1.770	44.887*	24.195	3.516	12.383*	0.077*	6.027*	32.669*	2.803*	N/A*
Fried Rice (1WG & 1M/MA)	8404	8.00 ounce	100	198.728	6.160	7.672	1.080	0.000	105.839	221.387	26.248*	25.841	1.783	2.744	0.824*	22.263*	43.310*	2.780*	0.000*
Whole Wheat Dinner Roll, Bridgford H&S 1WG	929	1.00 Roll	100	70.000	2.500	1.000	0.250	0.000	0.000	125.000	42.500	13.000	1.000	1.500	0.540	10.000	0.000	N/A*	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	90	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
				0.000	.000	.500	.500	.000	0.000	0.000	0.000	3.000	.000	2.000	.000	0.000	N/A*	N/A*	.500

Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	5	11	8	2	1	0	1	13	40	13	0	12	0	30	N	N	2
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	5	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				708.862	39.547	18.424	3.545	0.000	176.466	671.769	427.866*	94.442	12.110	36.544*	4.034*	392.164*	525.979*	15.317*	0.320*
% of Calories					22.32%	23.39%	4.50%	0.00%				53.29%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 02/02/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Beef Hamburger on 3.5" WG Bun, pre-cooked patty	5084	1.00 Each	90	322.122	19.150	14.562	5.062	1.012	35.437	462.746	110.000*	32.025	3.012	4.000	1.800*	40.000*	N/A*	0.000*	0.400*
Veggie Burger - Gardenburger - 2MMA 2WG	967	1.00 burger	10	230.000	18.000	4.400	0.000	0.000	0.000	650.000	370.000	36.000	5.000	4.000	3.900	90.000	N/A*	N/A*	0.400*
Steamed Corn, 1 cup	622	1.00 cup	100	135.835	3.881	0.970	0.000	0.000	0.000	0.000	N/A*	31.048	3.881	5.822	0.699	N/A*	N/A*	N/A*	N/A*
Seasoned Black Beans (Del Pasado), heated, 1 c B/L	1346	1.00 cup	100	444.447	27.351	1.709	0.000	0.000	0.000	1230.776	1880.353	80.181	20.513	3.419	6.154	136.753*	0.000*	0.000*	0.000*
Apple, variety, 125 CT - 1 each	720	1.00 each	100	96.259	0.248	0.202	0.018	0.000	0.000	1.770	44.887*	24.195	3.516	12.383*	0.077*	6.027*	32.669*	2.803*	N/A*
		1.00		00	0	0	0	0	0	00	*	00	0	00	0	00	00	0	*

Fat Free (Skim) Milk, Plain (MA/DC)	972	carton	90	90.0(	8.00	0.00	0.00	0.00	5.00	130.0	N/A	13.0(	0.00	12.0(	0.00	300.0	500.0	2.40	N/A
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	5	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	5	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				1083.451	58.515	16.777	4.674	0.911	36.893	1841.517	2099.740*	181.097	31.221	37.774*	9.005*	496.280*	482.669*	4.963*	0.675*
% of Calories					21.60%	13.94%	3.88%	0.76%				66.86%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Fri - 02/03/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Cheesy Baked Ziti 2MMA 2WG .5R/O	933	1.25 Cups	100	422.431	24.906	14.427	7.768	0.000	34.586	865.138	336.000*	52.873	7.913	7.106	1.000*	93.575*	0.000*	0.000*	0.000*
Broccoli, Cuts, Steamed 1 DG	1057	1.00 cup	100	67.238	6.724	0.000	0.000	0.000	0.000	33.619	477.392	11.206	6.724	2.241	2.421	44.826	N/A*	N/A*	N/A*
Apple, variety, 125 CT - 1 each	720	1.00 each	100	96.259	0.248	0.202	0.018	0.000	0.000	1.770	44.887*	24.195	3.516	12.383*	0.077*	6.027*	32.669*	2.803*	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	90	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
				00	0	0	0	0	00	00	00	00	0	00	0	00	*	*	0

Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	5	110.0	8.00	2.50	1.50	0.00	10.0(	130.0	400.0	13.0(	0.00	12.0(	0.00	300.0	N/A	N/A	2.50
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	5	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				679.928	39.878	14.979	7.886	0.000	39.586	1028.027	896.779*	101.524	18.253	33.880*	3.563*	452.928*	482.669*	4.963*	0.275*
% of Calories					23.46%	19.83%	10.44%	0.00%				59.73%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Mon - 02/06/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Sloppy Joe 2 MMA 2WG .5O .25RO	1041	3/4 cup	100	328.118	24.113	7.259	1.597	0.000	53.152	311.881	462.220*	44.687	5.088	12.946	2.955	74.123*	186.455*	44.144*	0.400*
Sloppy Joe 2 MMA 2WG .5O .25RO (GLUTEN-FREE)	5307	3/4 cup	50	378.118	19.113	10.359	3.097	0.000	53.152	511.881	352.220*	54.687	5.088	11.946	1.515	54.123*	186.455*	44.144*	0.000*
Roasted Potato Wedges/Fries (fresh) 1c S	916	1.00 cup	100	140.840	3.429	0.204	0.053	0.000	0.000	147.859	830.754*	32.067	4.899	2.347	1.061	18.370*	16.329*	18.575*	0.000*
Pear, 90 CT	743	1.00 each	100	119.236	0.782	0.248	0.012	0.000	0.000	2.484	N/A*	31.871	6.334	20.208	0.348	18.631	47.197	8.694	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	90	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
		1.00		00	0	0	0	0	00	00	00	00	0	00	0	00	*	*	0

Low Fat (1%) Milk, Plain (MA/DC)	865	carton	5	110.0	8.00	2.50	1.50	0.00	10.0(	130.0	400.0	13.0(	0.00	12.0(	0.00	300.0	N/A	N/A	2.50
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	5	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				871.253	45.881	13.241	3.311	0.000	84.728	845.665	1507.584*	149.219	18.965	53.624	5.187	446.686*	793.209*	95.645*	0.675*
% of Calories					21.06%	13.68%	3.42%	0.00%				68.51%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 02/07/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
BBQ Chicken 2MMA	5375	2.00 ounce	90	170.551	20.412	8.001	2.204	0.000	73.482	133.054	0.000*	2.835	0.000	2.457	1.219	8.981	N/A*	N/A*	N/A*
BBQ Chick'n 2.25 MMA (Vegan)	5475	1.00 cup	10	129.746	21.772	1.814	0.000	0.000	0.000	283.464	235.868	6.582	0.000	3.445	0.079*	0.000	0.000*	0.000*	N/A*
Green Beans (IQF), 1 c O	910	1.00 cup	100	46.693	1.868	0.000	0.000	0.000	0.000	0.000	252.144	9.339	5.603	1.868	1.345	37.355	N/A*	N/A*	N/A*
Pear, 90 CT	743	1.00 each	100	119.236	0.782	0.248	0.012	0.000	0.000	2.484	N/A*	31.871	6.334	20.208	0.348	18.631	47.197	8.694	N/A*
Whole Wheat Dinner Roll, Bridgford H&S 1WG	16804	1.00 Roll	100	140.000	5.000	2.000	0.500	0.000	0.000	250.000	85.000	26.000	2.000	3.000	1.080	20.000	0.000	N/A*	N/A*
				00	0	0	0	0	0	00	*	00	0	00	0	00	00	0	*

Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	90	90.0(	8.00	0.00	0.00	0.00	5.00	130.0	N/A	13.0(	0.00	12.0(	0.00	300.0	500.0	2.40	N/A
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	5	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	5	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				566.400	36.198	9.980	2.596	0.000	71.134	528.079	399.231*	83.670	14.037	39.782	3.943*	392.569	497.197*	10.854*	0.275*
% of Calories					25.56%	15.86%	4.12%	0.00%				59.09%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Wed - 02/08/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Chicken Parmesan Sub with Marinara 2MMA 2WG 0.25 RO	16764	1.00 portion	100	517.584	30.819	23.763	3.945*	0.000*	77.482*	836.449	354.917*	44.844	4.817	10.800	2.150*	41.287*	0.377*	0.000*	0.000*
Chick'n Sandwich 2.25 MMA 2 WG (Vegan)	2941	1.00 cup	10	319.934	28.772	8.814	0.400	0.000	0.000	448.652	345.868	33.629	2.000	4.885	1.800*	40.000*	0.000*	0.000*	0.400*
Seasoned Black Beans (Bush's), heated, 1 c B/L	919	1.00 cup	100	376.071	23.932	0.000	0.000	0.000	0.000	444.447	1641.035	69.925	17.094	3.419	5.470	273.506*	N/A*	N/A*	0.000*
Steamed Corn, 1 cup	622	1.00 cup	100	135.835	3.881	0.970	0.000	0.000	0.000	0.000	N/A*	31.048	3.881	5.822	0.699	N/A*	N/A*	N/A*	N/A*
				59	8	2	8	0	0	0	7*	95	6	3*	7*	7*	9*	3*	*

Apple, variety, 125 CT - 1 each	720	1.00 each	100	96.2	0.24	0.20	0.01	0.00	0.00	1.77	44.88	24.1	3.51	12.38	0.07	6.02	32.66	2.80	N/A
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	90	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	5	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	5	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				1251.742	69.757	26.166	4.103*	0.000*	82.482*	1455.031	2113.926*	186.625	29.608	45.063*	8.641*	633.320*	483.046*	4.963*	0.315*
% of Calories					22.29%	18.81%	2.95%*	0.00%*				59.64%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 02/09/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Sweet & Sour Chicken	4636	2.00 ounce	90	200.039	20.384	9.940	2.330	0.000	72.899	179.538	14.330*	6.199	0.027	4.171	1.162	10.478*	160.795*	0.057*	0.000*
Sweet & Sour Chick'n	17307	1.00 cup	10	157.623	21.772	2.381	0.000	0.000	0.000	390.089	235.868*	11.567	0.000	7.689	N/A*	0.000*	0.000*	0.000*	0.454*
Glazed Carrots (IQF) 1c RO	954	1.00 cup	100	118.502	0.000	4.993	0.961	0.000	0.000	109.396	17.010*	19.851	6.564	11.100	0.788	43.758*	0.000*	0.000*	N/A*
				59	8	2	8	0	0	0	67*	95	6	63*	7*	7*	9*	3*	*

Apple, variety, 125 CT - 1 each	720	1.00 each	100	96.2	0.24	0.20	0.01	0.00	0.00	1.77	44.88	24.1	3.51	12.38	0.07	6.02	32.66	2.80	N/A
Brown Rice 1c 2WG	951	1.00 cup	100	193.292	3.866	1.289	0.000	0.000	0.000	41.236	0.000*	41.236	1.289	0.000	0.464	0.000*	0.000*	0.000*	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	90	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	5	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	5	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				697.850	32.637	16.018	3.176	0.000	70.609	480.495	136.881*	105.268	11.493	40.156*	2.440*	367.715*	627.385*	5.014*	0.320*
% of Calories					18.71%	20.66%	4.10%	0.00%				60.34%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Fri - 02/10/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Chicken Alfredo over Whole Grain Spaghetti, 2 MMA, 2 oz WG	856	1.00 serving	90	395.352	23.909	15.043	6.489	0.000	47.223	252.330	0.000*	47.477	7.198	4.465	2.267*	54.326*	152.500*	0.000*	N/A*
Chick'n Alfredo over Whole Grain Spaghetti, 2 MMA, 2 oz WG (Vegetarian) Butter test	15371	1.00 serving	10	360.247	34.201	12.986	6.280	0.000	28.366	437.169	235.868*	30.857	4.160	4.337	0.911*	50.833*	282.098*	0.000*	N/A*
	105	1.00		38	4	0	0	0	0	19	92	06	4	1	1	26	*	*	*

Broccoli, Cuts, Steamed 1 DG	7	cup	100	67.2	6.72	0.00	0.00	0.00	0.00	33.6	477.3	11.2	6.72	2.24	2.42	44.8	N/A	N/A	N/A
Apple, variety, 125 CT - 1 each	720	1.00 each	100	96.259	0.248	0.202	0.018	0.000	0.000	1.770	44.887*	24.195	3.516	12.383*	0.077*	6.027*	32.669*	2.803*	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	90	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	5	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	5	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				649.339	39.910	15.389	6.586	0.000	50.337	433.703	584.366*	94.466	17.234	31.226*	4.694*	413.330*	648.129*	4.963*	0.275*
% of Calories					24.59%	21.33%	9.13%	0.00%				58.19%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Mon - 02/13/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Meatball Marinara Sub (2MMA, 2.75WG, .25R/O)	9423	1.00 sub	90	391.248	22.960	14.172	4.988	0.512	46.100	876.077	168.000*	45.050	4.480	8.180	3.452	167.749	50.624*	0.000*	0.000*
Chicken Aioli Sandwich 2MMA 2WG	9620	1.00 sandwich	10	329.641	26.595	11.033	1.200	0.000	4.000	516.787	322.281	33.416	2.000	4.797	1.800*	40.800	4.000*	0.000*	0.400*
				40	9	4	3	0	0	59	54*	57	9	7	1	0*	9*	5*	0*

Roasted Potato Wedges/Fries (fresh) 1c S	916	1.00 cup	100	140.8	3.42	0.20	0.05	0.00	0.00	147.8	830.7	32.0	4.89	2.34	1.06	18.37	16.32	18.57	0.00
Green Beans (IQF), 1 c O	910	1.00 cup	100	46.693	1.868	0.000	0.000	0.000	0.000	0.000	252.144	9.339	5.603	1.868	1.345	37.355	N/A*	N/A*	N/A*
Pear, 90 CT	743	1.00 each	100	119.236	0.782	0.248	0.012	0.000	0.000	2.484	N/A*	31.871	6.334	20.208	0.348	18.631	47.197	8.694	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	90	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	5	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	5	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				785.856	37.403	14.660	4.774	0.461	46.890	1117.991	1304.826*	130.414	21.168	44.415	6.106*	537.910*	559.488*	29.429*	0.315*
% of Calories					19.04%	16.79%	5.47%	0.53%				66.38%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 02/14/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Beef Cheeseburger on 4" WG Bun, pre-cooked patty (DNU after 6/15/22)	1389	1.00 Each	90	372.746	21.681	19.118	7.594	1.012	48.093	715.867	110.000*	33.037	3.012*	4.506	1.800*	90.624*	N/A*	0.000*	0.400*
		1.00		00	00	0	0	0	0	00	00	00	0	0	0	00	*	*	0*

Veggie Burger - Gardenburger - 2MMA 2WG	967	burger	10	230.0	18.0(	4.40	0.00	0.00	0.00	650.0	370.0	36.0(	5.00	4.00	3.90	90.0(	N/A	N/A	0.40(
Seasoned/Roasted Carrots (IQF) 1c RO	914	1.00 cup	50	65.637	0.000	1.094	0.000	0.000	0.000	109.396	N/A*	15.315	6.564	6.564	0.788	43.758	N/A*	N/A*	N/A*
Steamed Corn, 1 cup	622	1.00 cup	50	135.835	3.881	0.970	0.000	0.000	0.000	0.000	N/A*	31.048	3.881	5.822	0.699	N/A*	N/A*	N/A*	N/A*
Pear, 90 CT	743	1.00 each	200	119.236	0.782	0.248	0.012	0.000	0.000	2.484	N/A*	31.871	6.334	20.208	0.348	18.631	47.197	8.694	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	90	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	5	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	5	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				791.679	32.817	19.524	6.959	0.911	48.284	896.446	174.500*	133.507	21.201*	63.214	3.515*	458.203*	544.394*	19.548*	0.675*
% of Calories					16.58%	22.20%	7.91%	1.04%				67.45%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Wed - 02/15/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
				14	93	3	6	0	65	69	7*	05	3	7	3*	9*	8*	4*	0*

Genuine Turkey Meatloaf	823	1.00 slice	50	208.9	15.5	8.11	2.26	0.00	116.1	649.0	8.69	19.2	0.75	7.38	0.87	49.41	12.28	0.35	0.00
Macaroni & Cheese (LOL) 2 MMA, 2 WG	8452	1.50 cup	49	489.396	24.999	20.016	12.824	0.000	58.351	811.528	1215.978*	49.620	4.050	4.465	0.000*	555.681*	152.500*	0.000*	0.000*
Teriyaki Chick'n	17306	1.00 cup	1	181.820	21.772	1.814	0.000	0.000	0.000	455.253	280.588	18.961	0.000	13.663	0.000*	8.944	0.000*	0.000*	0.000*
Collard Greens (IQF) 1 c DG	2171	1.00 cup	50	71.396	2.754	2.457	0.188	0.010	0.000	164.790	159.864	12.021	3.864	5.480	1.060	127.670	6434.435	20.938	0.000
Glazed Carrots (IQF) 1c RO	954	1.00 cup	50	118.502	0.000	4.993	0.961	0.000	0.000	109.396	17.010*	19.851	6.564	11.100	0.788	43.758*	0.000*	0.000*	N/A*
Apple, variety, 125 CT - 1 each	720	1.00 each	100	96.259	0.248	0.202	0.018	0.000	0.000	1.770	44.887*	24.195	3.516	12.383*	0.077*	6.027*	32.669*	2.803*	N/A*
Whole Wheat Dinner Roll, Bridgford H&S 1WG	16804	1.00 Roll	50	140.000	5.000	2.000	0.500	0.000	0.000	250.000	85.000	26.000	2.000	3.000	1.080	20.000	0.000	N/A*	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	90	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	5	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	5	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				701.287	32.389	19.159	8.359	0.005	91.674	1118.099	817.308*	100.487	12.191	40.341*	2.045*	707.324*	3780.756*	15.609*	0.275*
% of Calories					18.47%	24.59%	10.73%	0.01%				57.32%							

	Recipe	Portion	Plan	(kcal)	n (g)	at (g)	Fat (g)	at (g)	ol (mg)	(mg)	n (mg)	rates (g)	(g)	s (g)	ng)	(mg)	A (IU)	C (mg)	(mcg)

Recipe Name	#	Size	Qty	Calories	Protein	Total Fa	Saturated	Trans F	Cholester	Sodium	Potassiu	Carbohydr	Fiber	Sugars	Iron (r	Calcium	Vitamin	Vitamin C	Vitamin D
Thu - 02/16/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Southwest Turkey Rice Bowl 2MMA 2WG 0.5O	950	1.00 bowl	90	452.509	21.833	18.089	5.316	0.000	96.793	229.298	257.159*	52.134	4.071	4.554	1.079*	25.110*	631.345*	70.023*	0.000*
Southwest Chick'n Rice Bowl 2MMA 2WG 0.5O (Vegan)	1820	1.00 bowl	10	407.916	27.244	7.915	0.416	0.000	0.000	619.128	568.027*	58.196	5.071	7.439	1.079*	35.110*	631.345*	70.023*	0.000*
Seasoned Black Beans (Bush's), heated, 1 c B/L	919	1.00 cup	100	376.071	23.932	0.000	0.000	0.000	0.000	444.447	1641.035	69.925	17.094	3.419	5.470	273.506*	N/A*	N/A*	0.000*
Steamed Corn, 1 cup	622	1.00 cup	100	135.835	3.881	0.970	0.000	0.000	0.000	0.000	N/A*	31.048	3.881	5.822	0.699	N/A*	N/A*	N/A*	N/A*
Apple, variety, 125 CT - 1 each	720	1.00 each	100	96.259	0.248	0.202	0.018	0.000	0.000	1.770	44.887*	24.195	3.516	12.383*	0.077*	6.027*	32.669*	2.803*	N/A*
Whole Wheat Dinner Roll, Bridgford H&S 1WG	16804	1.00 Roll	10	140.000	5.000	2.000	0.500	0.000	0.000	250.000	85.000	26.000	2.000	3.000	1.080	20.000	0.000	N/A*	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	90	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	5	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	5	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				1164.215	58.935	18.794	4.994	0.000	92.114	866.998	2021.168*	193.758	28.962	38.917*	7.498*	616.143*	1114.014*	74.986*	0.275*

% of Calories					20.25%	14.53%	3.86%	0.00%				66.57%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Fri - 02/17/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Teriyaki Meatballs (2MMA)	16803	5.00 meatballs	50	269.172	14.175	14.175	6.075	0.000	35.437	1163.546	0.000*	23.250	1.012	16.372	0.000*	0.000*	0.000*	1.644*	0.000*
Cheesy Baked Pasta 2MMA 2WG .5RO	1054	1.25 cups	49	407.775	24.816	15.387	8.618	0.000	34.586	578.547	500.560*	47.101	8.280	4.840	2.440*	107.935*	0.000*	0.000*	0.000*
Roast Chick'n 2.25 MMA (Vegan)	1602	1.00 cup	1	221.934	21.772	13.014	0.800	0.000	0.000	208.652	235.868	3.629	0.000	0.885	0.000*	0.000*	0.000*	0.000*	N/A*
Broccoli, Florets, Steamed 1 DG	1059	1.00 cup	100	46.426	4.643	0.000	0.000	0.000	0.000	23.213	329.628	7.738	4.643	1.548	1.671	30.951	N/A*	N/A*	N/A*
Apple, variety, 125 CT - 1 each	720	1.00 each	200	96.259	0.248	0.202	0.018	0.000	0.000	1.770	44.887*	24.195	3.516	12.383*	0.077*	6.027*	32.669*	2.803*	N/A*
Whole Wheat Dinner Roll, Bridgford H&S 1WG	16804	1.00 Roll	100	140.000	5.000	2.000	0.500	0.000	0.000	250.000	85.000	26.000	2.000	3.000	1.080	20.000	0.000	N/A*	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	90	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	5	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
				00	0	0	0	0	0	00	00	00	0	00	0	00	*	*	0

Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	5	150.0	8.00	4.50	0.50	0.00	0.00	80.0(	370.0	18.0(	2.00	15.0(	1.30	470.0	N/A	N/A	3.00
Weighted Daily Average				809.559	37.604	17.511	7.904	0.000	39.666	1271.601	790.535*	130.119	18.338	52.030*	4.166*	424.393*	515.338*	8.588*	0.275*
% of Calories					18.58%	19.47%	8.79%	0.00%				64.29%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Mon - 02/20/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Teriyaki Meatballs (2MMA)	16803	5.00 meatballs	90	269.172	14.175	14.175	6.075	0.000	35.437	1163.546	0.000*	23.250	1.012	16.372	0.000*	0.000*	0.000*	1.644*	0.000*
Roast Chick'n 2.25 MMA (Vegan)	1602	1.00 cup	10	221.934	21.772	13.014	0.800	0.000	0.000	208.652	235.868	3.629	0.000	0.885	0.000*	0.000*	0.000*	0.000*	N/A*
Seasoned/Roasted Carrots (IQF) 1c RO	914	1.00 cup	100	65.637	0.000	1.094	0.000	0.000	0.000	109.396	N/A*	15.315	6.564	6.564	0.788	43.758	N/A*	N/A*	N/A*
Green Peas 1c S	2147	1.00 cup	100	149.838	0.000	0.000	0.000	0.000	0.000	128.433	N/A*	25.687	10.703	8.562	N/A*	N/A*	N/A*	N/A*	N/A*
Pear, 90 CT	743	1.00 each	100	119.236	0.782	0.248	0.012	0.000	0.000	2.484	N/A*	31.871	6.334	20.208	0.348	18.631	47.197	8.694	N/A*
Pasta, Penne Noodles, WG, Cooked 2 WG	789	1.00 cup	100	180.000	8.000	1.500	0.000	0.000	0.000	0.000	274.000	39.000	7.000	1.000	1.800	20.000	0.000	0.000	N/A*
				00	0	0	0	0	0	00	*	00	0	00	0	00	00	0	*

Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	90	90.0(	8.00	0.00	0.00	0.00	5.00	130.0	N/A	13.0(	0.00	12.0(	0.00	300.0	500.0	2.40	N/A
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	5	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	5	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				873.159	31.717	17.251	5.660	0.000	36.893	1435.870	336.087*	146.411	31.612	63.307	3.001*	390.889*	497.197*	12.334*	0.275*
% of Calories					14.53%	17.78%	5.83%	0.00%				67.07%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 02/21/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Chicken Nuggets & Roll (KOCH) 2MMA 2 WG	7454	1.00 serving	90	309.524	18.468	12.976	2.745	0.000	54.891	554.148	42.500*	28.968	2.996	1.500	2.336	29.960	99.802	N/A*	N/A*
Chick'n/Veggie Nuggets & Roll (Morningstar Farms) 2 MMA 2WG (Vegan)	5104	5.00 nuggets + 1 roll	10	387.500	23.250	11.400	1.250	0.000	0.000	615.000	360.000	52.500	7.000	6.500	3.675	77.500	N/A*	N/A*	0.400
Green Peas 1c S	2147	1.00 cup	200	149.838	0.000	0.000	0.000	0.000	0.000	128.433	N/A*	25.687	10.703	8.562	N/A*	N/A*	N/A*	N/A*	N/A*
Pear, 90 CT	743	1.00 each	100	119.236	0.782	0.248	0.012	0.000	0.000	2.484	N/A*	31.871	6.334	20.208	0.348	18.631	47.197	8.694	N/A*
				00	0	0	0	0	0	00	*	00	0	00	0	00	00	0	*

Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	90	90.0(	8.00	0.00	0.00	0.00	5.00	130.0	N/A	13.0(	0.00	12.0(	0.00	300.0	500.0	2.40	N/A
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	5	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	5	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				830.234	27.728	13.416	2.708	0.000	54.402	947.083	112.750*	127.816	31.236	51.482	2.883*	361.845*	587.019*	10.854*	0.315*
% of Calories					13.36%	14.54%	2.94%	0.00%				61.58%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Wed - 02/22/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Spaghetti with Meatballs, 2 oz M/MA, 2 oz WG, 0.5 RO (Tasting Request)	8540	1.75 cup	90	327.140	19.823	14.864	5.316	0.640	52.992	839.036	376.320*	31.464	5.877	7.462	3.471*	43.521*	0.000*	0.000*	0.000*
Chick'n Alfredo over Whole Grain Spaghetti, 2 MMA, 2 oz WG (Vegetarian) Butter test	15371	1.00 serving	10	360.247	34.201	12.986	6.280	0.000	28.366	437.169	235.868*	30.857	4.160	4.337	0.911*	50.833*	282.098*	0.000*	N/A*
Broccoli, Cuts, Steamed 1 DG	1057	1.00 cup	100	67.238	6.724	0.000	0.000	0.000	0.000	33.619	477.392	11.206	6.724	2.241	2.421	44.826	N/A*	N/A*	N/A*
Apple, variety, 125 CT - 1 each	720	1.00 each	100	96.259	0.248	0.202	0.018	0.000	0.000	1.770	44.887*	24.195	3.516	12.383*	0.077*	6.027*	32.669*	2.803*	N/A*
				00	0	0	0	0	0	00	*	00	0	00	0	00	00	0	*

Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	90	90.0(	8.00	0.00	0.00	0.00	5.00	130.0	N/A	13.0(	0.00	12.0(	0.00	300.0	500.0	2.40	N/A
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	5	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	5	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				587.948	36.233	15.228	5.530	0.576	55.529	961.738	923.054*	80.054	16.045	33.924*	5.778*	403.605*	510.879*	4.963*	0.275*
% of Calories					24.65%	23.31%	8.47%	0.88%				54.46%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 02/23/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Teriyaki Chicken Sandwich (JTM) 2MMA 2WG	9457	1.00 sandwich	90	325.334	21.288	7.001	1.543	0.000	51.437	529.465	110.000*	45.333	2.000	16.777	2.600	55.231	5.111*	8.944*	0.400*
Teriyaki Chick'n Sandwich (JTM) 2MMA 2WG	9458	1.00 sandwich	10	320.027	26.595	3.033	0.000	0.000	0.000	674.388	322.281*	48.599	2.000	17.574	1.800*	48.944	5.111*	8.944*	0.400*
Roasted Potato Wedges/Fries (fresh) 1c S	916	1.00 cup	100	140.840	3.429	0.204	0.053	0.000	0.000	147.859	830.754*	32.067	4.899	2.347	1.061	18.370*	16.329*	18.575*	0.000*
Seasoned Black Beans (Bush's), heated, 1 c B/L	919	1.00 cup	100	376.071	23.932	0.000	0.000	0.000	0.000	444.447	1641.035	69.925	17.094	3.419	5.470	273.506*	N/A*	N/A*	0.000*
				59	8	2	8	0	0	0	7*	95	6	3*	7*	7*	9*	3*	*

Apple, variety, 125 CT - 1 each	720	1.00 each	100	96.2	0.24	0.20	0.01	0.00	0.00	1.77	44.88	24.1	3.51	12.38	0.07	6.02	32.66	2.80	N/A
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	90	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	5	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	5	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				1031.973	57.428	7.360	1.560	0.000	51.293	1265.533	2686.404*	185.097	27.609	47.156*	9.193*	661.005*	504.109*	32.482*	0.675*
% of Calories					22.26%	6.42%	1.36%	0.00%				71.74%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Fri - 02/24/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Chopped Cheese Steak Hoagie 2MMA 2.75WG	9929	1.00 each	90	432.317	23.829	18.896	7.299	0.000	55.027	590.497	346.106*	42.806	3.219	5.434	2.804*	172.765*	0.184*	1.128*	0.000*
Roasted Chick'n Sandwich 2.25 MMA	2940	1.00 cup	10	371.934	28.772	14.414	0.800	0.000	0.000	448.652	345.868	33.629	2.000	4.885	1.800*	40.000*	0.000*	0.000*	0.400*
Green Beans (IQF), 1 c O	910	1.00 cup	200	46.693	1.868	0.000	0.000	0.000	0.000	0.000	252.144	9.339	5.603	1.868	1.345	37.355	N/A*	N/A*	N/A*
				59	8	2	8	0	0	0	7*	95	6	3*	7*	7*	9*	3*	*

Apple, variety, 125 CT - 1 each	720	1.00 each	100	96.2	0.24	0.20	0.01	0.00	0.00	1.77	44.88	24.1	3.51	12.38	0.07	6.02	32.66	2.80	N/A
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	90	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	5	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	5	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				709.924	36.307	19.000	6.767	0.000	54.524	705.583	933.757*	98.011	17.919	33.648*	5.536*	548.726*	482.835*	5.978*	0.315*
% of Calories					20.46%	24.09%	8.58%	0.00%				55.22%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Mon - 02/27/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Breakfast Pizza (Schwanns) for Lunch 2MMA 1.5 WG	909	1.00 slice	90	300.759	16.072	13.063	6.046	0.000	30.161	572.139	329.427*	27.966	2.995	4.991	1.897*	145.747*	0.000*	0.000*	0.000*
Cheese Pizza (Tony's) 2MMA 2 WG .125RO	1006	1.00 pizza	10	310.000	16.000	11.000	4.000	0.000	15.000	480.000	522.000	35.000	4.000	8.000	2.600	307.000	109.000	0.000	0.000
Green Beans (IQF), 1 c O	910	1.00 cup	100	46.693	1.868	0.000	0.000	0.000	0.000	0.000	252.144	9.339	5.603	1.868	1.345	37.355	N/A*	N/A*	N/A*
				36	2	8	2	0	0	4	*	71	4	08	8	31	97	4	*

Pear, 90 CT	743	1.00 each	100	119.2	0.78	0.24	0.01	0.00	0.00	2.48	N/A	31.8	6.33	20.2(	0.34	18.6	47.1	8.69	N/A
Whole Wheat Dinner Roll, Bridgford H&S 1WG	16804	1.00 Roll	100	140.000	5.000	2.000	0.500	0.000	0.000	250.000	85.000	26.000	2.000	3.000	1.080	20.000	0.000	N/A*	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	90	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	5	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	5	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				701.612	31.715	15.455	6.453	0.000	33.645	942.909	724.328*	109.129	17.133	42.518	4.805*	546.358*	508.097*	10.854*	0.275*
% of Calories					18.08%	19.82%	8.28%	0.00%				62.22%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 02/28/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Cheeseburger Mac & Cheese 2 MMA 2 WG	7002	1.00 cup	90	437.015	25.591	16.705	8.557	0.000	54.817	360.586	45.626*	47.905	4.126	5.666	0.286*	202.251*	152.500*	0.000*	0.360*
Veggie Burger - Gardenburger - 2MMA 2WG	967	1.00 burger	10	230.000	18.000	4.400	0.000	0.000	0.000	650.000	370.000	36.000	5.000	4.000	3.900	90.000	N/A*	N/A*	0.400*
				38	0	0	0	0	0	33	*	37	03	2	*	*	*	*	*

Green Peas 1c S	2147	1.00 cup	100	149.8	0.00	0.00	0.00	0.00	0.00	128.4	N/A	25.6	10.7	8.56	N/A	N/A	N/A	N/A	N/A
Pear, 90 CT	743	1.00 each	100	119.236	0.782	0.248	0.012	0.000	0.000	2.484	N/A*	31.871	6.334	20.208	0.348	18.631	47.197	8.694	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	90	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	5	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	5	150.000	8.000	4.500	0.500	0.000	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Weighted Daily Average				779.388	33.614	16.073	7.813	0.000	54.335	647.944	116.563*	117.523	21.350	46.419	1.060*	518.157*	634.447*	10.854*	0.639*
% of Calories					17.25%	18.56%	9.02%	0.00%				60.32%							

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	813.783		750/850	Pass		
Protein (g)	40.811	20.06%				
Total Fat (g)	16.220	17.94%				
Saturated Fat (g)	5.268*	5.83%*	<10	Pass		
Trans Fat (g)	0.143*					
Cholesterol (mg)	63.574*					
Sodium (mg)	973.104		≤ 1420	Pass		

Potassium (mg)	955.383*					
Carbohydrates (g)	127.432	62.64%				
Fiber (g)	20.884*					
Sugars (g)	43.771*					
Iron (mg)	4.855*					
Calcium (mg)	488.477*					
Vitamin A (IU)	738.943*					
Vitamin C (mg)	19.158*					
Vitamin D (mcg)	0.386*					

* = Indicates missing Nutrient Information.

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