



WASHINGTON LATIN
PUBLIC CHARTER SCHOOL

GENUINE

MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Waffle w/Syrup Chicken Nuggets Chick'n Nuggets Seasoned Black Bean and Corn	2 Bagel w/Cream Cheese Beef Cheeseburger Black Bean Burger Roasted Potato Wedges	3 Parent Conference Day (by invitation) No In-Person School for Students
6 Pancakes Chicken Parm Sandwich Chick'n Parm Sandwich Seasoned Carrot Corn Blend	7 Cereal & Apple Bar BBQ Meatballs Veggie Meatballs Seasoned Green Beans	8 Egg & Cheese Bagel Salisbury Steak Veggie Salisbury Steak Mashed Potatoes w/ Peas Carrot Blend	9 Apple Cinnamon Bread Chicken & Waffles Chick'n & Waffles Sweet Potato Fries	10 Waffles and Syrup Cheesy Baked Ziti Roasted Broccoli
13 Sausage Breakfast Sandwich NOLA Sando (Veggie) Seasoned Green Beans	14 Cereal and Yogurt Chopped Cheesesteak Veggie Cheesesteak Roasted Potato Wedges	15 French Toast Sticks Chicken Jambalaya Chick'n Jambalaya Seasoned Black Bean and Corn Blend	16 Bagel w/Cream Cheese Meatballs Cheesy Pasta Veggie Meatball Cheesy Pasta Roasted Broccoli	17 Pancakes BBQ Cheeseburger Black Bean Burger Carrots
20 Whole Grain Waffle Turkey Sausage Pizza Cheese Pizza Green Beans	21 Cereal w/Choc. Chip Bar Queso Nachos (Veggie) Black Beans and Corn	22 French Toast Meatball Sub Chick'n Sub Sweet Potato Fries	23 Bagel w/Cream Cheese Sloppy Joe Veggie Sloppy Joe Seasoned Peas	24 Pancakes Chicken Alfredo Pasta Chick'n Alfredo Pasta Roasted Broccoli
27	28	29	30	31
Spring Break – No School				

Carbohydrate Report

District: Genuine Foods DC

School: Washington Latin

Menu: 22/23 DC Base Lunch 9-12



Wed - 03/01/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch 9-12			
Recipe	Total		
Chicken Nuggets & Roll (KOCH) 2MMA 2 WG	1.00 serving	309.524	28.968
Seasoned Black Beans (Bush's), heated, .5 c B/L	1 1/2 cup	188.035	34.962
Steamed Corn, 1/2 cup	0.50 cup	86.974	16.223
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		617.658	84.731
% of Calories			54.87%

Thu - 03/02/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch 9-12			
Recipe	Total		

BBQ Cheeseburger on 3.5" WG Bun, pre-cooked patty	1.00 Each	399.071	39.619
Veggie Burger - Gardenburger - 2MMA 2WG	1.00 burger	230.000	36.000
Roasted Potato Wedges/Fries (fresh) 1c S	1.00 cup	140.840	32.067
Glazed Carrots (IQF) 1c RO	1.00 cup	118.502	19.851
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Pear, 90 CT	1.00 each	119.236	31.871
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		832.349	127.125
% of Calories			61.09%

Fri - 03/03/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch 9-12			
Recipe	Total		
Cajun Chicken Pasta Bake, 2 MMA, 2 WG, 1/2 O	1.50 cups	416.695	53.473
Roast Chick'n 2.25 MMA (Vegan)	1.00 cup	221.934	3.629
Broccoli, Florets, Steamed 1 DG	1.00 cup	46.426	7.738
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Whole Wheat Dinner Roll, Bridgford H&S 1WG	1.00 Roll	140.000	26.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000

Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		780.304	119.472
% of Calories			61.24%

Mon - 03/06/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch 9-12			
Recipe	Total		
Chicken Parmesan Sub with Marinara 2MMA 2WG 0.25 RO	1.00 portion	517.584	44.844
Teriyaki Chick'n Sandwich (JTM) 2MMA 2WG	1.00 sandwich	320.027	48.599
Seasoned/Roasted Carrots (IQF) 1c RO	1.00 cup	65.637	15.315
Steamed Corn, 1 cup	1.00 cup	135.835	31.048
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		769.194	98.571
% of Calories			51.26%

Tue - 03/07/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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22/23 DC Base Lunch 9-12			
Recipe	Total		
Teriyaki Meatballs (2MMA)	5.00 meatballs	269.172	23.250
Roast Chick'n 2.25 MMA (Vegan)	1.00 cup	221.934	3.629
Green Beans (IQF), 1 c O	1.00 cup	46.693	9.339
Seasoned Black Beans (Del Pasado), heated, 1 c B/L	1.00 cup	444.447	80.181
Pear, 90 CT	1.00 each	119.236	31.871
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Brown Rice 1c 2WG	1.00 cup	193.292	41.236
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		838.158	132.418
% of Calories			63.19%

Wed - 03/08/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch 9-12			
Recipe	Total		
Salisbury Steak, Turkey	1.00 each	315.635	15.542
Mashed Potatoes, Monarch Flakes, 1 S	1.00 Cup	282.997	28.175
Green Peas .5S	1/2 cup	74.919	12.843

Seasoned/Roasted Carrots (IQF) .5c RO	1/2 cup	32.819	7.658
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Whole Wheat Dinner Roll, Bridgford H&S 1WG	1.00 Roll	140.000	26.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		893.131	97.138
% of Calories			43.50%

Thu - 03/09/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch 9-12			
Recipe	Total		
Chick'n & Waffle 2 MMA 2 WG (Vegetarian)	1.00 serving	477.500	74.500
Chicken & Waffle (2 MMA 2 WG) Advanced Pierre	1.00 serving	175.000	40.500
Roasted Sweet Potato Wedges/Fries (Fresh) 1c R/O	1.00 cup	329.768	57.990
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		705.648	132.060

% of Calories	74.86%
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Fri - 03/10/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch 9-12			
Recipe	Total		
Cheesy Baked Ziti 2MMA 2WG .5R/O	1.25 Cups	422.431	52.873
Broccoli, Cuts, Steamed 1 DG	1.00 cup	67.238	11.206
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		660.299	94.249
% of Calories			57.09%

Mon - 03/13/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch 9-12			
Recipe	Total		
DC -NOLA Chicken Sandwich (JTM) 2MMA 2WG	1.00 sandwich	299.148	38.675
Roast Chick'n 2.25 MMA (Vegan)	1.00 cup	221.934	3.629

Green Beans (IQF), 1 c O	1.00 cup	46.693	9.339
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Whole Wheat Dinner Roll, Bridgford H&S 1WG	1.00 Roll	140.000	26.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		674.779	107.754
% of Calories			63.88%

Tue - 03/14/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch 9-12			
Recipe	Total		
Chopped Cheese Steak Hoagie 2MMA 2.75WG	1.00 each	432.317	42.806
Chick'n Sandwich 2.25 MMA 2 WG (Vegan)	1.00 cup	319.934	33.629
Roasted Potato Wedges/Fries (fresh) 1c S	1.00 cup	140.840	32.067
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Pear, 90 CT	1.00 each	119.236	31.871
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		770.066	115.038
% of Calories			59.76%

Wed - 03/15/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch 9-12			
Recipe	Total		
Chicken Jambalaya 2 MMA 2 WG .5O	1.50 cups	366.517	48.398
Southwest Chick'n Rice Bowl 2MMA 1WG 0.5O (Vegan)	1.00 bowl	311.270	37.578
Seasoned Black Beans (Del Pasado), heated .5 c B/L	1/2 cup	222.224	40.091
Steamed Corn, 1/2 cup	0.50 cup	86.974	16.223
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Brown Rice 1c 2WG	1.00 cup	193.292	41.236
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		1060.141	182.111
% of Calories			68.71%

Thu - 03/16/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch 9-12			
Recipe	Total		
Penne with Meatballs, 2 oz M/MA, 2 oz WG, 0.5 RO	1.75 cup	416.017	50.214
Penne with Meatballs, 2 oz M/MA, 2 oz WG, 0.5 RO (DF/GF)	1.75 cup	409.354	54.426

Broccoli, Cuts, Steamed 1 DG	1.00 cup	67.238	11.206
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Whole Wheat Dinner Roll, Bridgford H&S 1WG	1.00 Roll	140.000	26.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		723.218	105.011
% of Calories			58.08%

Fri - 03/17/2023		Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch 9-12				
Recipe	Total			
BBQ Cheeseburger on 3.5" WG Bun, pre-cooked patty	1.00 Each	399.071	39.619	
Veggie Burger - Gardenburger - 2MMA 2WG	1.00 burger	230.000	36.000	
Seasoned/Roasted Carrots (IQF) 1c RO	1.00 cup	65.637	15.315	
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195	
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045	
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000	
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000	
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000	
Weighted Daily Average		618.430	84.742	

% of Calories	54.81%
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Mon - 03/20/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch 9-12			
Recipe	Total		
Cheese Pizza (Tony's) 2MMA 2 WG .125RO	1.00 pizza	310.000	35.000
Breakfast Pizza (Schwanns) for Lunch 2MMA 1.5 WG	1.00 slice	300.759	27.966
Green Beans (IQF), 1 c O	1.00 cup	46.693	9.339
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Whole Wheat Dinner Roll, Bridgford H&S 1WG	1.00 Roll	140.000	26.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		659.006	94.178
% of Calories			57.16%

Tue - 03/21/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch 9-12			
Recipe	Total		

Queso Dip with Taco Turkey	1.00 serving	457.412	39.729
Seasoned Black Beans (Bush's), heated, .5 c B/L	¹ / ₂ cup	188.035	34.962
Steamed Corn, 1/2 cup	0.50 cup	86.974	16.223
Pear, 90 CT	1.00 each	119.236	31.871
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		940.569	131.997
% of Calories			56.13%

Wed - 03/22/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch 9-12			
Recipe	Total		
Meatball Marinara Sub 2MMA, 2.75WG, .25R/O (GF/DF)	1.00 sub	345.686	45.544
Meatball Marinara Sub (2MMA, 2.75WG, .25R/O)	1.00 sub	391.248	45.050
Roasted Sweet Potato Wedges/Fries (Fresh) 1c R/O	1.00 cup	329.768	57.990
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Whole Wheat Dinner Roll, Bridgford H&S 1WG	1.00 Roll	140.000	26.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000

Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		957.089	146.259
% of Calories			61.13%

Thu - 03/23/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch 9-12			
Recipe	Total		
Sloppy Joe 2 MMA 2WG .5O .25RO (GLUTEN-FREE)	$\frac{3}{4}$ cup	378.118	54.687
Sloppy Joe 2 MMA 2WG .5O .25RO	$\frac{3}{4}$ cup	328.118	44.687
Green Peas 1c S	1.00 cup	149.838	25.687
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		653.586	101.544
% of Calories			62.15%

Fri - 03/24/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch 9-12			

Recipe	Total		
Chicken Alfredo over Whole Grain Spaghetti, 2 MMA, 2 oz WG	1.00 serving	395.352	47.477
Chick'n Alfredo over Whole Grain Spaghetti, 2 MMA, 2 oz WG (Vegetarian)	1.00 serving	451.371	51.106
Broccoli, Cuts, Steamed 1 DG	1.00 cup	67.238	11.206
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		638.821	89.216
% of Calories			55.86%

Mon - 03/27/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch 9-12			
Recipe	Total		
BBQ Chicken Sandwich 2MMA 2WG	1.00 sandwich	320.551	32.835
BBQ Chick'n 2.25 MMA (Vegan)	1.00 cup	129.746	6.582
Roasted Sweet Potato Wedges/Fries (Fresh) 1c R/O	1.00 cup	329.768	57.990
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Whole Wheat Dinner Roll, Bridgford H&S 1WG	1.00 Roll	140.000	26.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000

Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		871.868	131.370
% of Calories			60.27%

Tue - 03/28/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch 9-12			
Recipe	Total		
Turkey Shepherds Pie	1.00 Square	320.233	20.421
Green Peas .5S	1/2 cup	74.919	12.843
Seasoned/Roasted Carrots (IQF) .5c RO	1/2 cup	32.819	7.658
Pear, 90 CT	1.00 each	119.236	31.871
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Whole Wheat Dinner Roll, Bridgford H&S 1WG	1.00 Roll	140.000	26.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		706.119	95.005
% of Calories			53.82%

Wed - 03/29/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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22/23 DC Base Lunch 9-12			
Recipe	Total		
Sweet & Sour Chick'n	1.00 cup	157.623	11.567
Sweet & Sour Chicken	2.00 ounce	200.039	6.199
Broccoli, Cuts, Steamed .5 DG	1/2 cup	33.619	5.603
Roasted Cauliflower .5c O	0.50 cup	33.729	4.216
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Brown Rice 1c 2WG	1.00 cup	193.292	41.236
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		496.747	62.433
% of Calories			50.27%

Thu - 03/30/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch 9-12			
Recipe	Total		
Cheeseburger Mac & Cheese 2 MMA 2 WG	1.00 cup	437.015	47.905
Steamed Corn, 1 cup	1.00 cup	135.835	31.048
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045

Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		743.480	109.123
% of Calories			58.71%

Fri - 03/31/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch 9-12			
Recipe	Total		
Jerk Chicken 2 MMA	2.00 ounce	233.240	4.735
Jerk Chick'n 2.25 MMA	1.00 cup	244.174	9.548
Seasoned Black Beans (Del Pasado), heated, 1 c B/L	1.00 cup	444.447	80.181
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Red Rice, 1 cup 2WG	1.00 cup	214.039	46.124
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		982.459	145.704
% of Calories			59.32%

* = 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.

Carbohydrate Report

District: Genuine Foods DC

School: Washington Latin

Menu: 22/23 DC Base Lunch, Allergen Free K-8



Wed - 03/01/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch, Allergen Free K-8			
Recipe	Total		
Teriyaki Chicken 2MMA	2.00 oz	163.620	14.237
Steamed Corn, 1/2 cup	0.50 cup	86.974	16.223
Green Peas .5S	1/2 cup	74.919	12.843
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Red Rice, 1 cup 2WG	1.00 cup	214.039	46.124
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		540.245	89.077
% of Calories			65.95%

Thu - 03/02/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch, Allergen Free K-8			
Recipe	Total		

Jerk Chicken 2 MMA	2.00 ounce	233.240	4.735
Seasoned Black Beans (Del Pasado), heated .75 c B/L	³ / ₄ cup	336.045	60.625
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Brown Rice 1c 2WG	1.00 cup	193.292	41.236
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		853.590	123.223
% of Calories			57.74%

Fri - 03/03/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch, Allergen Free K-8			
Recipe	Total		
Lemon Chicken 2 MMA	1.00 serving	195.813	0.667
Broccoli, Florets, Steamed .75 DG	0.75 cup	34.305	5.718
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Red Rice, 1 cup 2WG	1.00 cup	214.039	46.124
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		632.816	89.754
% of Calories			56.73%

Mon - 03/06/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch, Allergen Free K-8			
Recipe	Total		
Arroz con Pollo, Chicken Diced, 2 oz M/MA, 2 oz WG, 3/8 RO, 1/8 S, 1/4 O	1.50 cup	392.314	55.926
Green Peas .75S	$\frac{3}{4}$ cup	112.379	19.265
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		692.352	112.436
% of Calories			64.96%

Tue - 03/07/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch, Allergen Free K-8			
Recipe	Total		
BBQ Chicken 2MMA	2.00 ounce	170.551	2.835
Glazed Carrots (IQF) .75c RO	0.75 cup	89.775	15.039
Pear, 90 CT	1.00 each	119.236	31.871
Brown Rice 1c 2WG	1.00 cup	193.292	41.236

Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Weighted Daily Average		625.208	88.263
% of Calories			56.47%

Wed - 03/08/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch, Allergen Free K-8			
Recipe	Total		
Southwest Chicken 2 MMA	2.00 ounce	216.186	0.148
Green Beans (IQF), .75 c O	$\frac{3}{4}$ cup	34.686	6.937
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Red Rice, 1 cup 2WG	1.00 cup	214.039	46.124
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		554.551	67.392
% of Calories			48.61%

Thu - 03/09/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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22/23 DC Base Lunch, Allergen Free K-8			
Recipe	Total		
Greek Chicken 2 MMA	2.00 ounce	216.206	0.427
Steamed Corn, 1/2 cup	0.50 cup	86.974	16.223
Seasoned Black Beans (Bush's), heated, .5 c B/L	1/2 cup	188.035	34.962
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Brown Rice 1c 2WG	1.00 cup	193.292	41.236
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Weighted Daily Average		666.816	86.333
% of Calories			51.79%

Fri - 03/10/2023		Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch, Allergen Free K-8				
Recipe	Total			
Teriyaki Chicken 2MMA	2.00 oz	163.620	14.237	
Broccoli, Cuts, Steamed .5 DG	1/2 cup	33.619	5.603	
Roasted Cauliflower .5c O	0.50 cup	33.729	4.216	
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195	
Red Rice, 1 cup 2WG	1.00 cup	214.039	46.124	
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000	

Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		500.973	79.454
% of Calories			63.44%

Mon - 03/13/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch, Allergen Free K-8			
Recipe	Total		
Jerk Chicken 2 MMA	2.00 ounce	233.240	4.735
Green Peas .5S	1/2 cup	74.919	12.843
Seasoned/Roasted Carrots (IQF) .5c RO	1/2 cup	32.819	7.658
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Brown Rice 1c 2WG	1.00 cup	193.292	41.236
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		580.414	72.849
% of Calories			50.20%

Tue - 03/14/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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22/23 DC Base Lunch, Allergen Free K-8

Recipe	Total		
Lemon Chicken 2 MMA	1.00 serving	195.813	0.667
Green Beans (IQF), .75 c O	$\frac{3}{4}$ cup	34.686	6.937
Pear, 90 CT	1.00 each	119.236	31.871
Red Rice, 1 cup 2WG	1.00 cup	214.039	46.124
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		557.155	75.587
% of Calories			54.27%

Wed - 03/15/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch, Allergen Free K-8			
Recipe	Total		
BBQ Chicken 2MMA	2.00 ounce	170.551	2.835
Seasoned/Roasted Carrots (IQF) .75c RO	$\frac{3}{4}$ cup	48.828	11.393
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Brown Rice 1c 2WG	1.00 cup	193.292	41.236
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000

Weighted Daily Average	609.330	92.709
% of Calories		60.86%

Thu - 03/16/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch, Allergen Free K-8			
Recipe	Total		
Southwest Chicken 2 MMA	2.00 ounce	216.186	0.148
Steamed Corn, 1/2 cup	0.50 cup	86.974	16.223
Seasoned Black Beans (Bush's), heated, .5 c B/L	1/2 cup	188.035	34.962
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Red Rice, 1 cup 2WG	1.00 cup	214.039	46.124
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		764.389	109.110
% of Calories			57.10%

Fri - 03/17/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch, Allergen Free K-8			
Recipe	Total		

Arroz con Pollo, Chicken Diced, 2 oz M/MA, 2 oz WG, 3/8 RO, 1/8 S, 1/4 O	1.50 cup	392.314	55.926
Broccoli, Florets, Steamed .75 DG	0.75 cup	34.305	5.718
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		623.278	98.889
% of Calories			63.46%

Mon - 03/20/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch, Allergen Free K-8			
Recipe	Total		
BBQ Chicken 2MMA	2.00 ounce	170.551	2.835
Seasoned/Roasted Carrots (IQF) .5c RO	1/2 cup	32.819	7.658
Steamed Corn, 1/2 cup	0.50 cup	86.974	16.223
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Brown Rice 1c 2WG	1.00 cup	193.292	41.236
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		523.753	72.639
% of Calories			55.48%

Tue - 03/21/2023		Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch, Allergen Free K-8				
Recipe	Total			
Greek Chicken 2 MMA	2.00 ounce	216.206	0.427	
Green Beans (IQF), .75 c O	$\frac{3}{4}$ cup	34.686	6.937	
Pear, 90 CT	1.00 each	119.236	31.871	
Red Rice, 1 cup 2WG	1.00 cup	214.039	46.124	
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000	
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000	
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000	
Weighted Daily Average		597.348	77.797	
% of Calories			52.09%	

Wed - 03/22/2023		Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch, Allergen Free K-8				
Recipe	Total			
Teriyaki Chicken 2MMA	2.00 oz	163.620	14.237	
Seasoned/Roasted Carrots (IQF) .75c RO	$\frac{3}{4}$ cup	48.828	11.393	
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195	
Brown Rice 1c 2WG	1.00 cup	193.292	41.236	

Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		602.399	104.111
% of Calories			69.13%

Thu - 03/23/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch, Allergen Free K-8			
Recipe	Total		
Jerk Chicken 2 MMA	2.00 ounce	233.240	4.735
Steamed Corn, 1/2 cup	0.50 cup	86.974	16.223
Seasoned Black Beans (Del Pasado), heated .5 c B/L	1/2 cup	222.224	40.091
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Red Rice, 1 cup 2WG	1.00 cup	214.039	46.124
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		798.537	116.261
% of Calories			58.24%

Fri - 03/24/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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22/23 DC Base Lunch, Allergen Free K-8			
Recipe	Total		
Lemon Chicken 2 MMA	1.00 serving	195.813	0.667
Broccoli, Florets, Steamed .5 DG	0.50 cup	23.213	3.869
Roasted Cauliflower .5c O	0.50 cup	33.729	4.216
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Whole Wheat Dinner Roll, Bridgford H&S 1WG	1.00 Roll	70.000	13.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		490.943	54.955
% of Calories			44.77%

Mon - 03/27/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch, Allergen Free K-8			
Recipe	Total		
BBQ Chicken 2MMA	2.00 ounce	170.551	2.835
Green Peas .5S	1/2 cup	74.919	12.843
Seasoned/Roasted Carrots (IQF) .5c RO	1/2 cup	32.819	7.658
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Brown Rice 1c 2WG	1.00 cup	193.292	41.236

Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		517.725	70.949
% of Calories			54.82%

Tue - 03/28/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch, Allergen Free K-8			
Recipe	Total		
Southwest Chicken 2 MMA	2.00 ounce	216.186	0.148
Green Beans (IQF), .75 c O	$\frac{3}{4}$ cup	34.686	6.937
Pear, 90 CT	1.00 each	119.236	31.871
Red Rice, 1 cup 2WG	1.00 cup	214.039	46.124
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		577.528	75.068
% of Calories			51.99%

Wed - 03/29/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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22/23 DC Base Lunch, Allergen Free K-8

Recipe	Total		
Greek Chicken 2 MMA	2.00 ounce	216.206	0.427
Seasoned Black Beans (Del Pasado), heated .75 c B/L	³ / ₄ cup	336.045	60.625
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Brown Rice 1c 2WG	1.00 cup	193.292	41.236
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		845.556	118.915
% of Calories			56.25%

Thu - 03/30/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch, Allergen Free K-8			
Recipe	Total		
Teriyaki Chicken 2MMA	2.00 oz	163.620	14.237
Broccoli, Cuts, Steamed .75 DG	0.75 cup	50.029	8.338
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Red Rice, 1 cup 2WG	1.00 cup	214.039	46.124
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000

Weighted Daily Average	517.328	82.882
% of Calories		64.08%

Fri - 03/31/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch, Allergen Free K-8			
Recipe	Total		
Jerk Chicken 2 MMA	2.00 ounce	233.240	4.735
Steamed Corn, 3/4 cup	0.75 cup	105.060	24.014
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Brown Rice 1c 2WG	1.00 cup	193.292	41.236
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		631.605	86.612
% of Calories			54.85%

* = 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.

Carbohydrate Report

District: Genuine Foods DC

School: Washington Latin

Menu: 22/23 DC Base Breakfast K-12



Wed - 03/01/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Breakfast K-12			
Recipe	Total		
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	1.00 package	208.724	36.975
WG Waffles, Thaw & Serve, 2WG	2.00 count	130.000	23.000
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Unsweetened Applesauce, 4 oz	1.00 count	50.000	12.000
Fruit, Mixed Fruit Cup, 4oz	1.00 count	50.000	13.000
Apple Slices 1/2 cup	0.50 cup	43.942	10.489
Chocolate Chip Oatmeal Bar, IW	1.00 count	139.998	23.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Syrup, Breakfast, Smucker's, SS Cup, 1.4 oz	1.00 container	110.000	29.000
Weighted Daily Average		482.332	93.873
% of Calories			77.85%

Thu - 03/02/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Breakfast K-12			
Recipe	Total		
Bagel WG 2 oz, Sliced, T&S, Bulk (Lenders) with Cream Cheese	1.00 each	185.000	30.000
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1.00 carton	62.500	15.500
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Apple Slices 1/2 cup	0.50 cup	43.942	10.489
Unsweetened Applesauce, 4 oz	1.00 count	50.000	12.000
Fruit, Mixed Fruit Cup, 4oz	1.00 count	50.000	13.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		335.728	55.257
% of Calories			65.84%

Fri - 03/03/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Breakfast K-12			
Recipe	Total		
French Toast, WG Stick Cooked, Frozen (Richs) 2.25WG	4.00 pieces	260.000	38.000
Assorted Muffins 2oz (Muffin Town) 1WG	1.00 muffin	154.181	26.360
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195

Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1.00 carton	62.500	15.500
Unsweetened Applesauce, 4 oz	1.00 count	50.000	12.000
Grahams, Assorted 1WG	1.00 package	120.000	20.333
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Syrup, Breakfast, Smucker's, SS Cup, 1.4 oz	1.00 container	110.000	29.000
Weighted Daily Average		643.258	114.654
% of Calories			71.30%

Mon - 03/06/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Breakfast K-12			
Recipe	Total		
WG Pancakes (Hilltop Hearth 1.2 oz) 1WG	1.00 count	66.705	12.674
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	1.00 package	208.724	36.975
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1.00 carton	62.500	15.500
Fruit, Mixed Fruit Cup, 4oz	1.00 count	50.000	13.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000

Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Sausage Patty (Jimmy Dean) .75 MMA	1.00 patty	75.000	0.500
Syrup, Breakfast, Smucker's, SS Cup, 1.4 oz	1.00 container	110.000	29.000
Weighted Daily Average		474.486	86.074
% of Calories			72.56%

Tue - 03/07/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Breakfast K-12			
Recipe	Total		
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	1.00 package	208.724	36.975
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1.00 carton	62.500	15.500
Apple Slices 1/2 cup	0.50 cup	43.942	10.489
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Unsweetened Applesauce, 4 oz	1.00 count	50.000	12.000
Apple Oatmeal Bar, IW	1.00 count	140.080	23.013
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		499.565	85.047
% of Calories			68.10%

Wed - 03/08/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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22/23 DC Base Breakfast K-12			
Recipe	Total		
Bagel WG 2 oz, Sliced, T&S, Bulk (Lenders) with Cream Cheese	1.00 each	185.000	30.000
Breakfast Sandwich (Egg & Cheese on Biscuit) 1.75WG 1.5MMA	1.00 sandwich	265.000	25.000
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1.00 carton	62.500	15.500
Unsweetened Applesauce, 4 oz	1.00 count	50.000	12.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		420.840	53.985
% of Calories			51.31%

Thu - 03/09/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Breakfast K-12			
Recipe	Total		
Apple Bread Scratch, 1.75WG	1.00 serving	308.461	49.378
100% Apple Juice, 4 oz	1.00 count	60.000	14.000
Apple Slices 1/2 cup	0.50 cup	43.942	10.489
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045

Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1.00 carton	62.500	15.500
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		461.722	74.937
% of Calories			64.92%

Fri - 03/10/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Breakfast K-12			
Recipe	Total		
WG Waffles, Thaw & Serve, 2WG	2.00 count	130.000	23.000
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	1.00 package	208.724	36.975
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1.00 carton	62.500	15.500
Fruit, Mixed Fruit Cup, 4oz	1.00 count	50.000	13.000
Chocolate Chip Oatmeal Bar, IW	1.00 count	139.998	23.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Syrup, Breakfast, Smucker's, SS Cup, 1.4 oz	1.00 container	110.000	29.000
Weighted Daily Average		413.212	81.353
% of Calories			78.75%

Mon - 03/13/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Breakfast K-12			
Recipe	Total		
Assorted Muffins (Muffin Town) 1WG	1.00 muffin	160.000	26.500
Turkey Sausage Biscuit (Patuxent Farm) 2WG	1.00 sandwich	250.899	22.116
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Unsweetened Applesauce, 4 oz	1.00 count	50.000	12.000
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1.00 carton	62.500	15.500
Grahams, Assorted 1WG	1.00 package	120.000	20.333
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		417.649	53.073
% of Calories			50.83%

Tue - 03/14/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Breakfast K-12			
Recipe	Total		
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	1.00 package	208.724	36.975

Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Apple Slices 1/2 cup	0.50 cup	43.942	10.489
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1.00 carton	62.500	15.500
Unsweetened Applesauce, 4 oz	1.00 count	50.000	12.000
Snack Mix, Chex Strawberry Yogurt, IW	1.00 count	130.000	23.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		489.485	85.034
% of Calories			69.49%

Wed - 03/15/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Breakfast K-12			
Recipe	Total		
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	1.00 package	208.724	36.975
French Toast, WG Stick Cooked, Frozen (Richs) 2.25WG	4.00 pieces	260.000	38.000
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1.00 carton	62.500	15.500
Unsweetened Applesauce, 4 oz	1.00 count	50.000	12.000
Apple Oatmeal Bar, IW	1.00 count	140.080	23.013
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000

Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Syrup, Breakfast, Smucker's, SS Cup, 1.4 oz	1.00 container	110.000	29.000
Sausage Patty (Jimmy Dean) .75 MMA	1.00 patty	75.000	0.500
Weighted Daily Average		599.220	95.234
% of Calories			63.57%

Thu - 03/16/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Breakfast K-12			
Recipe	Total		
Bagel WG 2 oz, Sliced, T&S, Bulk (Lenders) with Cream Cheese	1.00 each	185.000	30.000
Orange, Choice 138 CT - 1/2 cup	1.00 each	44.200	10.045
Apple Slices 1/2 cup	0.50 cup	43.942	10.489
Unsweetened Applesauce, 4 oz	1.00 count	50.000	12.000
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1.00 carton	62.500	15.500
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		335.761	55.059
% of Calories			65.59%

Fri - 03/17/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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22/23 DC Base Breakfast K-12			
Recipe	Total		
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	1.00 package	208.724	36.975
WG Pancakes, Thaw & Serve, Hilltop Hearth 2WG	2.00 count	133.409	25.348
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Unsweetened Applesauce, 4 oz	1.00 count	50.000	12.000
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1.00 carton	62.500	15.500
Chocolate Chip Oatmeal Bar, IW	1.00 count	139.998	23.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Syrup, Breakfast, Smucker's, SS Cup, 1.4 oz	1.00 container	110.000	29.000
Weighted Daily Average		417.780	83.396
% of Calories			79.85%

Mon - 03/20/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Breakfast K-12			
Recipe	Total		
WG Waffles, Thaw & Serve, 2WG	2.00 count	130.000	23.000
Assorted Muffins 2oz (Muffin Town) 1WG	1.00 muffin	154.181	26.360

Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1.00 carton	62.500	15.500
Unsweetened Applesauce, 4 oz	1.00 count	50.000	12.000
Grahams, Assorted 1WG	1.00 package	120.000	20.333
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Sausage Patty (Jimmy Dean) .75 MMA	1.00 patty	75.000	0.500
Weighted Daily Average		372.782	52.561
% of Calories			56.40%

Tue - 03/21/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Breakfast K-12			
Recipe	Total		
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	1.00 package	208.724	36.975
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1.00 carton	62.500	15.500
Unsweetened Applesauce, 4 oz	1.00 count	50.000	12.000
Chocolate Chip Oatmeal Bar, IW	1.00 count	139.998	23.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000

Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		499.914	85.373
% of Calories			68.31%

Wed - 03/22/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Breakfast K-12			
Recipe	Total		
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	1.00 package	208.724	36.975
Breakfast Sandwich (Egg & Cheese on Biscuit) 1.75WG 1.5MMA	1.00 sandwich	265.000	25.000
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Unsweetened Applesauce, 4 oz	1.00 count	50.000	12.000
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1.00 carton	62.500	15.500
Snack Mix, Chex Strawberry Yogurt, IW	1.00 count	130.000	23.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Jelly, Grape, SS Cup	1.00 count	35.000	9.000
Weighted Daily Average		455.064	61.996
% of Calories			54.49%

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Thu - 03/23/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Breakfast K-12			
Recipe	Total		
Chocolate Chip Banana Bread,	1.00 count	358.055	53.294
Orange, Choice 138 CT - 1/2 cup	1.00 each	44.200	10.045
Apple Slices 1/2 cup	0.50 cup	43.942	10.489
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1.00 carton	62.500	15.500
Unsweetened Applesauce, 4 oz	1.00 count	50.000	12.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		498.783	75.951
% of Calories			60.91%

Fri - 03/24/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Breakfast K-12			
Recipe	Total		
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	1.00 package	208.724	36.975
French Toast, WG Stick Cooked, Frozen (Richs) 2.25WG	4.00 pieces	260.000	38.000
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045

Unsweetened Applesauce, 4 oz	1.00 count	50.000	12.000
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1.00 carton	62.500	15.500
Chocolate Chip Oatmeal Bar, IW	1.00 count	139.998	23.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Syrup, Breakfast, Smucker's, SS Cup, 1.4 oz	1.00 container	110.000	29.000
Weighted Daily Average		519.064	91.696
% of Calories			70.66%

Mon - 03/27/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Breakfast K-12			
Recipe	Total		
Breakfast Sandwich (Egg on Biscuit) 2.5WG 1 MMA	1.00 sandwich	269.705	28.961
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	1.00 package	208.724	36.975
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1.00 carton	62.500	15.500
Unsweetened Applesauce, 4 oz	1.00 count	50.000	12.000
Chocolate Chip Oatmeal Bar, IW	1.00 count	139.998	23.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000

Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		441.446	60.547
% of Calories			54.86%

Tue - 03/28/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Breakfast K-12			
Recipe	Total		
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	1.00 package	208.724	36.975
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Apple Slices 1/2 cup	0.50 cup	43.942	10.489
Unsweetened Applesauce, 4 oz	1.00 count	50.000	12.000
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1.00 carton	62.500	15.500
Snack Mix, Chex Strawberry Yogurt, IW	1.00 count	130.000	23.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		489.485	85.034
% of Calories			69.49%

Wed - 03/29/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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22/23 DC Base Breakfast K-12

Recipe	Total		
WG Pancakes, Thaw & Serve, Hilltop Hearth 2WG	2.00 count	133.409	25.348
Assorted Muffins (Muffin Town) 1WG	1.00 muffin	160.000	26.500
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Unsweetened Applesauce, 4 oz	1.00 count	50.000	12.000
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1.00 carton	62.500	15.500
Snack Mix, Chex Strawberry Yogurt, IW	1.00 count	130.000	23.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Sausage Patty (Jimmy Dean) .75 MMA	1.00 patty	75.000	0.500
Weighted Daily Average		380.408	56.698
% of Calories			59.62%

Thu - 03/30/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Breakfast K-12			
Recipe	Total		
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	1.00 package	208.724	36.975
100% Apple Juice, 4 oz	1.00 count	60.000	14.000
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Apple Slices 1/2 cup	0.50 cup	43.942	10.489

Unsweetened Applesauce, 4 oz	1.00 count	50.000	12.000
Chocolate Chip Oatmeal Bar, IW	1.00 count	139.998	23.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		524.843	90.781
% of Calories			69.19%

Fri - 03/31/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Breakfast K-12			
Recipe	Total		
Bagel WG 2 oz, Sliced, T&S, Bulk (Lenders) with Cream Cheese	1.00 each	185.000	30.000
WG Waffles, Thaw & Serve, 2WG	2.00 count	130.000	23.000
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1.00 carton	62.500	15.500
Unsweetened Applesauce, 4 oz	1.00 count	50.000	12.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Syrup, Breakfast, Smucker's, SS Cup, 1.4 oz	1.00 container	110.000	29.000
Weighted Daily Average		438.030	88.209

% of Calories	80.55%
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* = 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.

Carbohydrate Report

District: Genuine Foods DC

School: Washington Latin

Menu: 22/23 DC Base Lunch K-8



Wed - 03/01/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch K-8			
Recipe	Total		
Chick'n/Veggie Nuggets & Biscuit (Morningstar Farms) 2 MMA 2WG (Vegan)	4.00 nuggets + 1 biscuit	390.424	46.988
Chicken Nuggets & Roll (KOCH) 2MMA 2 WG	1.00 serving	309.524	28.968
Seasoned Black Beans (Bush's), heated, .75 c B/L	$\frac{3}{4}$ cup	284.346	52.870
Steamed Corn, 3/4 cup	0.75 cup	105.060	24.014
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		743.667	113.798
% of Calories			61.21%

Thu - 03/02/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch K-8			

Recipe	Total		
BBQ Cheeseburger on 3.5" WG Bun, pre-cooked patty	1.00 Each	399.071	39.619
Veggie Burger - Gardenburger - 2MMA 2WG	1.00 burger	230.000	36.000
Roasted Potato Wedges/Fries (fresh) .75c S	³ / ₄ cup	127.213	24.228
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Pear, 90 CT	1.00 each	119.236	31.871
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		713.524	104.568
% of Calories			58.62%

Fri - 03/03/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch K-8			
Recipe	Total		
Cajun Chicken Pasta Bake, 2 MMA, 2 WG, 1/2 O	1.50 cups	416.695	53.473
Roast Chick'n 2.25 MMA (Vegan)	1.00 cup	221.934	3.629
Broccoli, Cuts, Steamed .75 DG	0.75 cup	50.029	8.338
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Whole Wheat Dinner Roll, Bridgford H&S 1WG	1.00 Roll	70.000	13.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000

Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		631.377	90.247
% of Calories			57.17%

Mon - 03/06/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch K-8			
Recipe	Total		
Chicken Parmesan Sub with Marinara 2MMA 2WG 0.25 RO	1.00 portion	517.584	44.844
Chick'n Sandwich 2.25 MMA 2 WG (Vegan)	1.00 cup	319.934	33.629
Seasoned/Roasted Carrots (IQF) .75c RO	³ / ₄ cup	48.828	11.393
Steamed Corn, 3/4 cup	0.75 cup	105.060	24.014
Apple Slices 1 cup	1.00 cup	73.992	19.575
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		758.289	96.361
% of Calories			50.83%

Tue - 03/07/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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22/23 DC Base Lunch K-8			
Recipe	Total		
Teriyaki Meatballs (2MMA)	5.00 meatballs	269.172	23.250
BBQ Veggie Meatball	4.00 meatballs	392.822	46.205
Green Beans (IQF), .75 c O	$\frac{3}{4}$ cup	34.686	6.937
Seasoned Black Beans (Del Pasado), heated .75 c B/L	$\frac{3}{4}$ cup	336.045	60.625
Orange, Choice 138 CT - 1/2 cup	1.00 each	44.200	10.045
Pear, 90 CT	1.00 each	119.236	31.871
Brown Rice 1/2c 1WG	$\frac{1}{2}$ cup	96.646	20.618
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		661.655	98.796
% of Calories			59.73%

Wed - 03/08/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch K-8			
Recipe	Total		
Veggie Burger - Gardenburger - 2MMA 2WG	1.00 burger	230.000	36.000
Salisbury Steak (Patty) 1.75 MMA - CR	1.00 portion	198.238	3.274*

Mashed Potatoes, Monarch Flakes, .5 S	1/2 Cup	141.498	14.088
Green Peas .5S	1/2 cup	74.919	12.843
Seasoned/Roasted Carrots (IQF) .5c RO	1/2 cup	32.819	7.658
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Apple Slices 1/2 cup	0.50 cup	43.942	10.489
Whole Wheat Dinner Roll, Bridgford H&S 1WG	1.00 Roll	70.000	13.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		513.361	55.992*
% of Calories			43.63%

Thu - 03/09/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch K-8			
Recipe	Total		
Chicken & Waffle (2 MMA 2 WG) Advanced Pierre	1.00 serving	175.000	40.500
Chick'n & Waffle 2 MMA 2 WG (Vegetarian)	1.00 serving	477.500	74.500
Roasted Sweet Potato Wedges/Fries (Fresh) .75c R/O	3/4 cup	247.326	43.492
Apple Slices 1/2 cup	0.50 cup	43.942	10.489
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000

Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		623.077	117.784
% of Calories			75.61%

Fri - 03/10/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch K-8			
Recipe	Total		
Cheesy Baked Ziti 2MMA 2WG .5R/O	1.25 Cups	422.431	52.873
Broccoli, Cuts, Steamed .75 DG	0.75 cup	50.029	8.338
Apple Slices 1/2 cup	0.50 cup	43.942	10.489
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		642.961	91.603
% of Calories			56.99%

Mon - 03/13/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch K-8			
Recipe	Total		

DC -NOLA Chicken Sandwich (JTM) 2MMA 2WG	1.00 sandwich	299.148	38.675
Chick'n Sandwich 2.25 MMA 2 WG (Vegan)	1.00 cup	319.934	33.629
Green Beans (IQF), .75 c O	³ / ₄ cup	34.686	6.937
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Unsweetened Applesauce, 4 oz	1.00 count	50.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		466.270	65.711
% of Calories			56.37%

Tue - 03/14/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch K-8			
Recipe	Total		
Chopped Cheese Steak Hoagie 2MMA 2.75WG	1.00 each	432.317	42.806
Roasted Chick'n Sandwich 2.25 MMA	1.00 cup	371.934	33.629
Roasted Potato Wedges/Fries (fresh) .75c S	³ / ₄ cup	127.213	24.228
Pear, 90 CT	1.00 each	119.236	31.871
Apple Slices 1/2 cup	0.50 cup	43.942	10.489
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000

Weighted Daily Average	671.874	88.232
% of Calories		52.53%

Wed - 03/15/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch K-8			
Recipe	Total		
Chicken Jambalaya 2 MMA 2 WG .5O	1.50 cups	366.517	48.398
Black Bean & Corn Salad, heated .5S .5B/L	1.00 cup	277.999	51.056
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Apple Slices 1/2 cup	0.50 cup	43.942	10.489
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		815.017	129.846
% of Calories			63.73%

Thu - 03/16/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch K-8			
Recipe	Total		
Penne with Meatballs, 2 oz M/MA, 2 oz WG, 0.5 RO	1.75 cup	416.017	50.214

Penne with Meatballs, 2 oz M/MA, 2 oz WG, 0.5 RO (DF/GF)	1.75 cup	409.354	54.426
Broccoli, Cuts, Steamed .75 DG	0.75 cup	50.029	8.338
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Apple Slices 1/2 cup	0.50 cup	43.942	10.489
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Weighted Daily Average		635.880	89.365
% of Calories			56.22%

Fri - 03/17/2023		Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch K-8				
Recipe	Total			
BBQ Cheeseburger on 3.5" WG Bun, pre-cooked patty	1.00 Each	399.071	39.619	
BBQ Chick'n Sandwich 2.25 MMA 2WG (Vegan)	1.00 sandwich	279.746	36.582	
Seasoned/Roasted Carrots (IQF) .75c RO	$\frac{3}{4}$ cup	48.828	11.393	
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195	
Apple Slices 1/2 cup	0.50 cup	43.942	10.489	
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000	
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000	
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000	
Weighted Daily Average		606.467	81.100	

% of Calories	53.49%
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Mon - 03/20/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch K-8			
Recipe	Total		
Sausage Pizza 4x6 (Tonys) 2MMA 2 WG .125RO	1.00 slice	300.000	35.000
Cheese Pizza (Tony's) 2MMA 2 WG .125RO	1.00 pizza	310.000	35.000
Green Beans (IQF), .75 c O	³ / ₄ cup	34.686	6.937
Apple Slices 1/2 cup	0.50 cup	43.942	10.489
Unsweetened Applesauce, 4 oz	1.00 count	50.000	12.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		483.057	66.232
% of Calories			54.84%

Tue - 03/21/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch K-8			
Recipe	Total		
Queso Dip with Taco Turkey	1.00 serving	457.412	39.729

Steamed Corn, 1/2 cup	0.50 cup	86.974	16.223
Seasoned Black Beans (Del Pasado), heated .5 c B/L	1/2 cup	222.224	40.091
Pear, 90 CT	1.00 each	119.236	31.871
Apple Slices 1/2 cup	0.50 cup	43.942	10.489
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Weighted Daily Average		794.000	102.116
% of Calories			51.44%

Wed - 03/22/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch K-8			
Recipe	Total		
Meatball Marinara Sub (2MMA, 2.75WG, .25R/O)	1.00 sub	391.248	45.050
Meatball Marinara Sub 2MMA, 2.75WG, .25R/O (GF/DF)	1.00 sub	345.686	45.544
Roasted Sweet Potato Wedges/Fries (Fresh) .75c R/O	3/4 cup	247.326	43.492
Apple Slices 1/2 cup	0.50 cup	43.942	10.489
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Whole Wheat Dinner Roll, Bridgford H&S 1WG	1.00 Roll	70.000	13.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000

Weighted Daily Average	839.718	125.483
% of Calories		59.77%

Thu - 03/23/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch K-8			
Recipe	Total		
Sloppy Joe 2 MMA 2WG .5O .25RO	3/4 cup	328.118	44.687
Sloppy Joe 2 MMA 2WG .5O .25RO (GLUTEN-FREE)	3/4 cup	378.118	54.687
Green Peas .75S	3/4 cup	112.379	19.265
Apple Slices 1/2 cup	0.50 cup	43.942	10.489
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		413.686	59.969
% of Calories			57.99%

Fri - 03/24/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch K-8			
Recipe	Total		
Chicken Alfredo over Whole Grain Spaghetti, 2 MMA, 2 oz WG	1.00 serving	395.352	47.477

Chick'n Alfredo over Whole Grain Spaghetti, 2 MMA, 2 oz WG (Vegetarian) Butter test	1.00 serving	360.247	30.857
Broccoli, Florets, Steamed .75 DG	0.75 cup	34.305	5.718
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Apple Slices 1/2 cup	0.50 cup	43.942	10.489
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		581.107	77.547
% of Calories			53.38%

Mon - 03/27/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch K-8			
Recipe	Total		
BBQ Chicken Sandwich 2MMA 2WG	1.00 sandwich	320.551	32.835
BBQ Chick'n Sandwich 2.25 MMA 2WG (Vegan)	1.00 sandwich	279.746	36.582
Roasted Sweet Potato Wedges/Fries (Fresh) .75c R/O	3/4 cup	247.326	43.492
Unsweetened Applesauce, 4 oz	1.00 count	50.000	12.000
Apple Slices 1/2 cup	0.50 cup	43.942	10.489
Whole Wheat Dinner Roll, Bridgford H&S 1WG	1.00 Roll	70.000	13.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000

Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		746.168	107.496
% of Calories			57.63%

Tue - 03/28/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch K-8			
Recipe	Total		
Turkey Shepherds Pie	1.00 Square	320.233	20.421
Green Peas .5S	1/2 cup	74.919	12.843
Seasoned/Roasted Carrots (IQF) .5c RO	1/2 cup	32.819	7.658
Apple Slices 1/2 cup	0.50 cup	43.942	10.489
Unsweetened Applesauce, 4 oz	1.00 count	50.000	12.000
Pear, 90 CT	1.00 each	119.236	31.871
Whole Wheat Dinner Roll, Bridgford H&S 1WG	1.00 Roll	70.000	13.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		604.714	71.789
% of Calories			47.49%

Wed - 03/29/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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22/23 DC Base Lunch K-8			
Recipe	Total		
Sweet & Sour Chicken	2.00 ounce	200.039	6.199
Sweet & Sour Chick'n	1.00 cup	157.623	11.567
Broccoli, Florets, Steamed .5 DG	0.50 cup	23.213	3.869
Roasted Cauliflower .5c O	0.50 cup	33.729	4.216
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Apple Slices 1/2 cup	0.50 cup	43.942	10.489
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Brown Rice 1/2c 1WG	1 1/2 cup	96.646	20.618
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		475.875	57.410
% of Calories			48.26%

Thu - 03/30/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch K-8			
Recipe	Total		
Cheeseburger Mac & Cheese 2 MMA 2 WG	1.00 cup	437.015	47.905
Steamed Corn, 3/4 cup	0.75 cup	105.060	24.014
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045

Apple Slices 1/2 cup	0.50 cup	43.942	10.489
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		686.546	95.236
% of Calories			55.49%

Fri - 03/31/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch K-8			
Recipe	Total		
Jerk Chicken 2 MMA	2.00 ounce	233.240	4.735
Jerk Chick'n 2.25 MMA	1.00 cup	244.174	9.548
Seasoned Black Beans (Del Pasado), heated .75 c B/L	³ / ₄ cup	336.045	60.625
Apple Slices 1/2 cup	0.50 cup	43.942	10.489
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Red Rice, 1 cup Red Rice, 1/2 cup 1WG	¹ / ₂ cup	107.019	23.062
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Milk, Soy, Vanilla, Silk, 8 oz	1.00 carton	150.000	18.000
Weighted Daily Average		653.846	81.908
% of Calories			50.11%

Nutrient Detail Report

District: Genuine Foods DC

School: Washington Latin

Menu: 22/23 DC Base Lunch 9-12

Date Range: March 01, 2023 - March 31, 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 - 03/01/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Chicken Nuggets & Roll (KOCH) 2MMA 2 WG	7454	1.00 serving	100	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*
Seasoned Black Beans (Bush's), heated, .5 c B/L	1344	1/2 cup	50	188.035	11.966	0.000	0.000	0.000	0.000	222.224	820.518	34.962	8.547	1.709	2.735	136.753*	N/A*	N/A*	0.000*
Steamed Corn, 1/2 cup	624	0.50 cup	50	86.974	2.028	2.267	0.720	0.000	0.000	13.600	0.000*	16.223	2.028	3.042	0.365*	N/A*	N/A*	N/A*	N/A*
Apple, variety, 125 CT - 1 each	720	1.00 each	50	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*
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*
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
				0.000	.000	.500	.500	.000	.000	.000	0.000	.000	.000	.000	.300	0.000	N/A*	N/A*	.000

Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	1	15	8	4	0	0	0	80	37	18	2	18	1	47	1	1	3
Weighted Daily Average				617.658	33.976	15.558	3.854	0.000	62.291	806.257	745.479*	84.731	10.912	25.703*	4.077*	421.338*	366.137*	27.715*	1.255*
% of Calories					22.00%	22.67%	5.62%	0.00%				54.87%							

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 - 03/02/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
BBQ Cheeseburger on 3.5" WG Bun, pre-cooked patty	17640	1.00 Each	90	399.071	21.681	19.118	7.594	1.012	48.093	1040.986	110.000*	39.619	3.012*	9.625	3.780*	131.123	101.248*	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*
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*
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*
Apple, variety, 125 CT - 1 each	720	1.00 each	60	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*
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*
				36	2	8	2	0	0	4	*	71	4	38	8	31	37	4	*

Pear, 90 CT	743	1.00 each	20	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	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				832.349	33.202	24.315	8.602	0.911	50.684	1391.726	1238.627*	127.125	18.410*	47.453*	5.825*	505.496*	386.493*	33.241*	1.655*
% of Calories					15.96%	26.29%	9.30%	0.98%				61.09%							

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)
Fri - 03/03/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Cajun Chicken Pasta Bake, 2 MMA, 2 WG, 1/2 O	5413	1.50 cups	90	416.695	26.388	14.066	5.907	0.000*	44.136	255.447	353.860*	53.473	10.345	5.587	2.550*	83.523*	99.960*	0.000*	0.588*
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*
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*
				59	8	2	8	0	0	0	17*	35	6	13*	7*	7*	9*	3*	*

Apple, variety, 125 CT - 1 each	720	1.00 each	100	96.24	0.24	0.20	0.01	0.00	0.00	1.77	44.88	24.15	3.51	12.38	0.07	6.02	32.66	2.80	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	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				780.304	43.817	17.433	6.654	0.000*	47.122	655.251	1001.276*	119.472	19.490	34.078*	5.136*	433.849*	372.633*	4.003*	1.784*
% of Calories					22.46%	20.11%	7.68%	0.00%*				61.24%							

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 - 03/06/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Chicken Parmesan Sub with Marinara 2MMA 2WG 0.25 RO	16764	1.00 portion	90	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*
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*
				37	0	4	0	0	0	96	*	15	4	4	8	58	*	*	*

Seasoned/Roasted Carrots (IQF) 1c RO	914	1.00 cup	50	65.6	0.00	1.09	0.00	0.00	0.00	0.00	109.3	N/A	15.3	6.56	6.56	0.78	43.7	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	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	50	96.259	0.248	0.202	0.018	0.000	0.000	0.000	1.770	44.887*	24.195	3.516	12.383*	0.077*	6.027*	32.669*	2.803*	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	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	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	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	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				769.194	40.848	24.171	4.300*	0.000*		77.134*	1009.138	644.373*	98.571	12.386	39.498*	3.049*	386.933*	267.185*	28.609*	1.295*
% of Calories					21.24%	28.28%	5.03%*	0.00%*					51.26%							

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 - 03/07/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
		5.00		72	75	75	5	0	37	546	0*	50	2	72	0*	0*	0*	4*	0*

Teriyaki Meatballs (2MMA)	16803	meatballs	90	269.1	14.1	14.1	6.07	0.00	35.4	1163.5	0.00	23.2	1.01	16.3	0.00	0.00	0.00	1.64	0.00
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*
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*
Seasoned Black Beans (Del Pasado), heated, 1 c B/L	1346	1.00 cup	50	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*
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*
Apple, variety, 125 CT - 1 each	720	1.00 each	50	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*
Brown Rice 1c 2WG	951	1.00 cup	50	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	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				838.158	40.926	17.053	6.303	0.000	39.293	1835.690	1438.051*	132.418	22.360	46.726*	4.880*	419.761*	289.933*	8.428*	1.255*
% of Calories					19.53%	18.31%	6.77%	0.00%				63.19%							

				(kcal)	1 (g)	1 (g)	Fat (g)	at (g)	ol (mg)	(mg)	n (mg)	ates (g)	(g)	s (g)	ng)	(mg)	A (IU)	g (mg)	g (mcg)
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Recipe Name	Recipe #	Portion Size	Plan Qty	Calories	Protein	Total Fat	Saturated	Trans F	Cholesterol	Sodium	Potassium	Carbohydrate	Fiber	Sugars	Iron (mg)	Calcium	Vitamin C	Vitamin D	Vitamin E
Wed - 03/08/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Salisbury Steak, Turkey	17350	1.00 each	100	315.635	27.050	15.699	5.474	0.000	100.011	546.007	25.718*	15.542	0.660	4.157	1.848*	117.594*	183.061*	0.409*	0.000*
Mashed Potatoes, Monarch Flakes, 1 S	1104	1.00 Cup	100	282.997	2.966	16.449	7.477	0.000	0.000	212.139	1.750*	28.175	2.966	0.000	0.534	5.250*	0.000*	0.000*	0.000*
Green Peas .5S	2149	1/2 cup	50	74.919	0.000	0.000	0.000	0.000	0.000	64.216	N/A*	12.843	5.351	4.281	N/A*	N/A*	N/A*	N/A*	N/A*
Seasoned/Roasted Carrots (IQF) .5c RO	2170	1/2 cup	50	32.819	0.000	0.547	0.000	0.000	0.000	54.698	N/A*	7.658	3.282	3.282	0.394	21.879	N/A*	N/A*	N/A*
Apple, variety, 125 CT - 1 each	720	1.00 each	50	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*
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*
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	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	893.11	41.02	34.87	13.95	0.00%	107.4	1076.8	362.68	97.13	11.57	31.26	3.310	466.78	449.39	28.12	1.255
% of Calories		18.37%	35.14%	14.06%	0.00%				43.50%							

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 - 03/09/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Chick'n & Waffle 2 MMA 2 WG (Vegetarian)	2370	1.00 serving	10	477.500	20.250	13.500	1.750	0.000	5.000	755.000	250.000*	74.500	8.000	28.500	2.955	77.500	N/A*	N/A*	0.000*
Chicken & Waffle (2 MMA 2 WG) Advanced Pierre	2154	1.00 serving	90	175.000	2.000	1.750	0.250	0.000	2.500	200.000	N/A*	40.500	1.500	24.000	0.540	20.000	0.000*	0.000*	0.000*
Roasted Sweet Potato Wedges/Fries (Fresh) 1c R/O	1397	1.00 cup	100	329.768	4.525	8.964	0.682	0.000	0.000	278.521	971.301*	57.990	8.647	12.048	1.758*	86.466*	40889.760*	6.917*	0.000*
Apple, variety, 125 CT - 1 each	720	1.00 each	50	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*
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*
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
				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	80.00	370.0	18.00	2.00	15.00	1.30	470.0	N/A	N/A	3.00
Weighted Daily Average				705.648	16.861	13.338	1.831	0.000	10.150	668.218	1289.021*	132.060	13.425	58.326*	2.730*	435.218*	41156.095*	34.632*	1.255*
% of Calories					9.56%	17.01%	2.34%	0.00%				74.86%							

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 - 03/10/2023																			
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	50	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*
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*
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
				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	80.00	370.0	18.00	2.00	15.00	1.30	470.0	N/A	N/A	3.00
Weighted Daily Average				660.299	40.141	15.876	8.517	0.000	41.986	1032.954	1106.112*	94.249	17.265	31.175*	3.612*	461.403*	266.335*	27.715*	1.255*
% of Calories					24.32%	21.64%	11.61%	0.00%				57.09%							

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)
Mon - 03/13/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
DC -NOLA Chicken Sandwich (JTM) 2MMA 2WG	17641	1.00 sandwich	90	299.148	21.788	7.001	1.543	0.000	51.437*	673.361	110.000*	38.675	2.000*	11.000	2.600*	46.287*	0.000*	0.000*	0.400*
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*
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*
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	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	10.00	130.0	400.0	13.00	0.00	12.00	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
Weighted Daily Average				674.779	36.902	11.074	2.727	0.000	53.693*	1008.160	704.318*	107.754	12.939*	39.270*	4.855*	406.740*	282.669*	4.003*	1.615*
% of Calories					21.88%	14.77%	3.64%	0.00%				63.88%							

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 - 03/14/2023																			
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*
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*
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*
Apple, variety, 125 CT - 1 each	720	1.00 each	50	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*
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*
				30	0	0	0	0	0	00	*	30	0	30	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				770.066	36.267	19.587	7.417	0.000	56.924	855.799	1398.980*	115.038	12.941	36.052*	3.990*	491.888*	306.428*	26.539*	1.295*
% of Calories					18.84%	22.89%	8.67%	0.00%				59.76%							

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 - 03/15/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Chicken Jambalaya 2 MMA 2 WG .50	2156	1.50 cups	90	366.517	21.197	9.219	1.085	0.000	76.544	187.968	105.632*	48.398	3.489	3.355	1.702*	18.740*	1155.326*	34.260*	0.000*
Southwest Chick'n Rice Bowl 2MMA 1WG 0.50 (Vegan)	1604	1.00 bowl	10	311.270	25.311	7.270	0.416	0.000	0.000	675.310	568.027*	37.578	4.426	7.439	0.847*	35.110*	631.345*	70.023*	0.000*
Seasoned Black Beans (Del Pasado), heated .5 c B/L	921	1/2 cup	100	222.224	13.675	0.855	0.000	0.000	0.000	615.388	940.176	40.091	10.256	1.709	3.077	68.376*	0.000*	0.000*	0.000*
Steamed Corn, 1/2 cup	624	0.50 cup	100	86.974	2.028	2.267	0.720	0.000	0.000	13.600	0.000*	16.223	2.028	3.042	0.365*	N/A*	N/A*	N/A*	N/A*
				59	8	2	8	0	0	0	17*	35	6	13*	7*	7*	19*	3*	*

Apple, variety, 125 CT - 1 each	720	1.00 each	100	96.21	0.24	0.20	0.01	0.00	0.00	1.77	44.88	24.15	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	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				1060.141	49.425	14.907	2.496	0.000	76.290	1038.196	1336.635*	182.111	20.692	32.927*	5.613*	396.480*	1385.597*	41.839*	1.255*
% of Calories					18.65%	12.66%	2.12%	0.00%				68.71%							

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 - 03/16/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Penne with Meatballs, 2 oz M/MA, 2 oz WG, 0.5 RO	802	1.75 cup	90	416.017	24.279	15.605	5.316	0.640	52.992	839.036	650.320*	50.214	9.840	7.450	4.360*	63.521*	0.000*	0.000*	0.000*
Penne with Meatballs, 2 oz M/MA, 2 oz WG, 0.5 RO (DF/GF)	14766	1.75 cup	10	409.354	18.061	13.679	4.020	0.640	48.133	767.758	516.042*	54.426	4.864	6.450	2.924	43.521	0.000*	0.000*	0.000*
				38	4	0	0	0	0	19	92	36	4	1	1	26	*	*	*

Broccoli, Cuts, Steamed 1 DG	1057	1.00 cup	100	67.2	6.72	0.00	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	50	96.259	0.248	0.202	0.018	0.000	0.000	0.000	1.770	44.887*	24.195	3.516	12.383*	0.077*	6.027*	32.669*	2.803*	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	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	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	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	50	90.000	8.000	0.000	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	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	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				723.218	41.392	17.861	6.185	0.640		59.906	1124.724	1449.504*	105.011	19.694	32.919*	7.368*	439.349*	266.335*	27.715*	1.255*
% of Calories					22.89%	22.23%	7.70%	0.80%					58.08%							

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 - 03/17/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
BBQ Cheeseburger on 3.5" WG Bun, pre-cooked				71	31	18	4	2	33	386	30*	19	2*	5	3*	23	48*	3*	3*

patty	17640	1.00 Each	90	399.0	21.6	19.1	7.59	1.01	48.0	1040	110.0	39.6	3.01	9.62	3.78	131.1	101.2	0.00	0.40
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) 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*
Apple, variety, 125 CT - 1 each	720	1.00 each	50	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*
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*
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				618.430	29.823	20.189	7.584	0.911	50.684	1245.480	428.720*	84.742	12.403*	37.454*	4.771*	493.770*	357.458*	27.715*	1.655*
% of Calories					19.29%	29.38%	11.04%	1.33%				54.81%							

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 - 03/20/2023																			
22/23 DC Base Lunch 9-12																			

		Total	100																
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
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*
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	50	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*
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*
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	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				659.006	31.443	16.305	7.090	0.000	36.045	947.122	978.548*	94.178	13.327	31.987*	4.583*	542.229*	277.235*	27.715*	1.255*
% of Calories					19.09%	22.27%	9.68%	0.00%				57.16%							

				(kcal)	1 (g)	1 (g)	Fat (g)	1 (g)	1 (mg)	(mg)	1 (mg)	ates (g)	(g)	1 (g)	1 (mg)	(mg)	A (IU)	1 (mg)	1 (mcg)
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Recipe Name	Recipe #	Portion Size	Plan Qty	Calories	Protein	Total Fat	Saturated	Trans Fat	Cholesterol	Sodium	Potassium	Carbohydrate	Fiber	Sugars	Iron (mg)	Calcium	Vitamin C	Vitamin D	Vitamin E
Tue - 03/21/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Queso Dip with Taco Turkey	17636	1.00 serving	100	457.412	17.377	24.295	8.818	0.000	68.452	1115.999	607.989*	39.729	5.037	4.640	0.547*	282.798*	0.000*	0.000*	0.000*
Seasoned Black Beans (Bush's), heated, .5 c B/L	1344	1/2 cup	100	188.035	11.966	0.000	0.000	0.000	0.000	222.224	820.518	34.962	8.547	1.709	2.735	136.753*	N/A*	N/A*	0.000*
Steamed Corn, 1/2 cup	624	0.50 cup	100	86.974	2.028	2.267	0.720	0.000	0.000	13.600	0.000*	16.223	2.028	3.042	0.365*	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*
Apple, variety, 125 CT - 1 each	720	1.00 each	50	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	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				940.569	39.886	28.057	10.293	0.000	75.852	1483.450	1650.651*	131.997	20.557	37.717*	3.873*	733.580*	289.933*	6.949*	1.255*
% of Calories					16.96%	26.85%	9.85%	0.00%				56.13%							

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 - 03/22/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Meatball Marinara Sub 2MMA, 2.75WG, .25R/O (GF/DF)	14767	1.00 sub	10	345.686	12.416	13.634	4.716	0.512	38.506	899.766	168.000*	45.544	3.480	6.180	2.012	46.501	0.000*	0.000*	0.000*
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*
Roasted Sweet Potato Wedges/Fries (Fresh) 1c R/O	1397	1.00 cup	100	329.768	4.525	8.964	0.682	0.000	0.000	278.521	971.301*	57.990	8.647	12.048	1.758*	86.466*	40889.760*	6.917*	0.000*
Apple, variety, 125 CT - 1 each	720	1.00 each	50	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*
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*
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	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
				89	41	31	2	2	41	164	21*	59	35	16*	7*	32*	356*	12*	5*

Weighted Daily Average	957.0	37.4	25.5	6.64	0.51	52.7	1416	1474.5	146.2	16.6	43.35	5.79	575.0	41201.1	34.63	1.25
% of Calories		15.65%	24.01%	6.25%	0.48%				61.13%							

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 - 03/23/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
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*
Sloppy Joe 2 MMA 2WG .5O .25RO	1041	3/4 cup	90	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*
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*
Apple, variety, 125 CT - 1 each	720	1.00 each	50	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*
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*
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	1	0.000	0.000	0.500	0.500	0.000	0.000	0.000	0.000	3.000	0.000	5.000	0.300	0.000	N/A*	N/A*	0.000

		carton		15	8	4	0	0	0	8	37	1	2	1	1	47	1	1	3
Weighted Daily Average				653.586	32.124	9.018	2.496	0.000	60.552	594.511	743.940*	101.544	18.419	43.236*	3.002*	395.125*	452.790*	71.859*	1.615*
% of Calories					19.66%	12.42%	3.44%	0.00%				62.15%							

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 - 03/24/2023																			
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)	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 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*
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*
Apple, variety, 125 CT - 1 each	720	1.00 each	50	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	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	49	0.000	0.000	0.500	0.500	0.000	0.000	0.000	0.000	3.000	0.000	2.000	0.000	0.000	N/A*	N/A*	0.500

		carton		11	8	2	1	0	1	13	40	1	0	1	0	30	1	1	2
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				638.821	40.527	16.362	7.152	0.000	51.765	438.630	793.698*	89.216	16.550	28.622*	4.834*	421.804*	418.835*	27.715*	1.255*
% of Calories					25.38%	23.05%	10.08%	0.00%				55.86%							

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)
Mon - 03/27/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
BBQ Chicken Sandwich 2MMA 2WG	1033	1.00 sandwich	90	320.551	27.412	9.401	2.204	0.000	73.482	373.054	110.000*	32.835	2.000	6.457	3.019	48.981	N/A*	N/A*	0.400*
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*
Roasted Sweet Potato Wedges/Fries (Fresh) 1c R/O	1397	1.00 cup	100	329.768	4.525	8.964	0.682	0.000	0.000	278.521	971.301*	57.990	8.647	12.048	1.758*	86.466*	40889.760*	6.917*	0.000*
Apple, variety, 125 CT - 1 each	720	1.00 each	50	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*
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*
				0.000	0.000	0.000	0.500	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.080	0.000	0.000	0.000*	0.000*

Whole Wheat Dinner Roll, Bridgford H&S 1WG	16804	1.00 Roll	50	14	5	2	0	0	0	25	8	2	3	1	2	0	1	1	
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				871.868	42.384	20.055	3.665	0.000	73.534	901.813	1429.107*	131.370	14.075	41.531*	5.214*	463.550*	41156.095*	34.632*	1.615*
% of Calories					19.44%	20.70%	3.78%	0.00%				60.27%							

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 - 03/28/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Turkey Shepherds Pie	17635	1.00 Square	100	320.233	26.929	14.636	3.927	0.000	79.931	625.284	129.871*	20.421	2.763	3.578*	1.948*	77.314*	4.099*	4.983*	0.000*
Green Peas .5S	2149	1/2 cup	100	74.919	0.000	0.000	0.000	0.000	0.000	64.216	N/A*	12.843	5.351	4.281	N/A*	N/A*	N/A*	N/A*	N/A*
Seasoned/Roasted Carrots (IQF) .5c RO	2170	1/2 cup	100	32.819	0.000	0.547	0.000	0.000	0.000	54.698	N/A*	7.658	3.282	3.282	0.394	21.879	N/A*	N/A*	N/A*
				36	2	8	2	0	0	4	*	71	4	38	8	31	37	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
Apple, variety, 125 CT - 1 each	720	1.00 each	50	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	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				706.119	37.944	17.678	4.932	0.000	87.331	1000.825	394.515*	95.005	17.341	40.967*	3.108*	423.222*	294.032*	11.932*	1.255*
% of Calories					21.49%	22.53%	6.29%	0.00%				53.82%							

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 - 03/29/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
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*
				39	34	0	0	0	39	38	10*	9	7	1	2	8*	35*	7*	0*

Sweet & Sour Chicken	4636	2.00 ounce	90	200.0	20.36	9.94	2.33	0.00	72.85	179.5	14.33	6.19	0.02	4.17	1.16	10.47	160.75	0.05	0.00
Broccoli, Cuts, Steamed .5 DG	1110	1/2 cup	50	33.619	3.362	0.000	0.000	0.000	0.000	16.810	238.696	5.603	3.362	1.121	1.210	22.413	N/A*	N/A*	N/A*
Roasted Cauliflower .5c O	1030	0.50 cup	50	33.729	2.530	0.422	0.000	0.000	0.000	33.729	N/A*	4.216	1.686	0.000	N/A*	33.729	N/A*	N/A*	N/A*
Apple, variety, 125 CT - 1 each	720	1.00 each	50	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*
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*
Brown Rice 1c 2WG	951	1.00 cup	50	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	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				496.747	33.912	11.488	2.846	0.000	73.009	380.678	448.551*	62.433	5.821	26.911*	2.073*	360.503*	411.050*	27.766*	1.300*
% of Calories					27.31%	20.81%	5.16%	0.00%				50.27%							

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)
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Thu - 03/30/2023

22/23 DC Base Lunch 9-12

		Total	100													
Cheeseburger Mac & Cheese 2 MMA 2 WG	7002	1.00 cup	100	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*
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*
Apple, variety, 125 CT - 1 each	720	1.00 each	50	96.259	0.248	0.202	0.018	0.000	0.000	1.770	44.887*	24.195	3.516	12.383*	0.077*	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	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	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	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	N/A*
Weighted Daily Average				743.480	37.983	19.124	9.306	0.000	62.217	494.783	338.346*	109.123	10.635	33.316*	1.176*	525.253*
% of Calories					20.43%	23.15%	11.27%	0.00%				58.71%				

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)
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Fri - 03/31/2023

22/23 DC Base Lunch 9-12

		Total	100																
Jerk Chicken 2 MMA	885	2.00 ounce	90	233.240	14.437	16.912	2.360	0.000	51.437	43.205	17.804*	4.735	0.420	3.027	0.962	13.522*	4.962*	0.095*	0.000*
Jerk Chick'n 2.25 MMA	964	1.00 cup	10	244.174	21.958	13.154	0.822	0.000	0.000	209.078	258.122	9.548	0.525	4.669	0.203*	9.044*	6.203*	0.119*	0.000*
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*
Red Rice, 1 cup 2WG	975	1.00 cup	50	214.039	5.800	1.293	0.002	0.000	0.000	281.263	1.834*	46.124	3.244	2.881	0.477*	0.611*	192.755*	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
Weighted Daily Average				982.459	53.688	20.364	2.965	0.000	53.693	1562.470	2167.693*	145.704	26.102	32.464*	7.369*	457.860*	384.133*	4.100*	1.255*
% of Calories					21.86%	18.65%	2.72%	0.00%				59.32%							

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Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	764.918		750/850	Pass		
Protein (g)	37.910	19.82%				
Total Fat (g)	18.705	22.01%				
Saturated Fat (g)	5.992*	7.05%*	<10	Pass		
Trans Fat (g)	0.129*					
Cholesterol (mg)	59.144*					
Sodium (mg)	998.645		≤ 1420	Pass		
Potassium (mg)	1024.493*					
Carbohydrates (g)	112.489	58.82%				
Fiber (g)	15.825*					
Sugars (g)	37.085*					
Iron (mg)	4.358*					
Calcium (mg)	463.358*					
Vitamin A (IU)	5715.534*					
Vitamin C (mg)	25.882*					
Vitamin D (mcg)	1.381*					

* = 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, Allergen Free K-8

Date Range: March 01, 2023 - March 31, 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 - 03/01/2023																			
22/23 DC Base Lunch, Allergen Free K-8																			
		Total	100																
Teriyaki Chicken 2MMA	2088	2.00 oz	100	163.620	17.487	3.285	0.732	0.000	76.544	926.173	1.426*	14.237	0.015	5.284	0.677*	0.123*	0.032*	0.001*	0.000*
Steamed Corn, 1/2 cup	624	0.50 cup	50	86.974	2.028	2.267	0.720	0.000	0.000	13.600	0.000*	16.223	2.028	3.042	0.365*	N/A*	N/A*	N/A*	N/A*
Green Peas .5S	2149	1/2 cup	50	74.919	0.000	0.000	0.000	0.000	0.000	64.216	N/A*	12.843	5.351	4.281	N/A*	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*
Red Rice, 1 cup 2WG	975	1.00 cup	50	214.039	5.800	1.293	0.002	0.000	0.000	281.263	1.834*	46.124	3.244	2.881	0.477*	0.611*	192.755*	0.000*	0.000*
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	9	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
				0.000	.000	.500	.500	.000	.000	.000	0.000	.000	.000	.000	.300	0.000	N/A*	N/A*	.000

Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	1	15	8	4	0	0	0	80	37	18	2	18	1	47	1	1	3
Weighted Daily Average				540.245	29.649	5.537	1.251	0.000	81.944	1236.983	86.930*	89.077	8.863	34.799*	1.188*	308.156*	579.079*	4.964*	0.255*
% of Calories					21.95%	9.22%	2.08%	0.00%				65.95%							

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)
Thu - 03/02/2023																			
22/23 DC Base Lunch, Allergen Free K-8																			
		Total	100																
Jerk Chicken 2 MMA	885	2.00 ounce	100	233.240	14.437	16.912	2.360	0.000	51.437	43.205	17.804*	4.735	0.420	3.027	0.962	13.522*	4.962*	0.095*	0.000*
Seasoned Black Beans (Del Pasado), heated .75 c B/L	920	³ / ₄ cup	100	336.045	20.680	1.292	0.000	0.000	0.000	930.587	1421.730	60.625	15.510	2.585	4.653	103.399*	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*
Brown Rice 1c 2WG	951	1.00 cup	50	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	95	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	4	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
		1.00		00	0	0	0	0	0	30	00	30	0	30	0	00	*	*	0

Milk, Soy, Vanilla, Silk, 8 oz	1775	carton	1	150.0	8.00	4.50	0.50	0.00	0.00	80.00	370.0	18.00	2.00	15.00	1.30	470.0	N/A	N/A	3.00
Weighted Daily Average				853.590	45.298	19.196	2.443	0.000	56.587	1125.680	1504.121*	123.223	20.111	30.025*	5.937*	424.648*	512.631*	5.178*	0.130*
% of Calories					21.23%	20.24%	2.58%	0.00%				57.74%							

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 - 03/03/2023																			
22/23 DC Base Lunch, Allergen Free K-8																			
		Total	100																
Lemon Chicken 2 MMA	1109	1.00 serving	100	195.813	20.826	11.731	2.500	0.000*	74.843	126.474	3.801*	0.667	0.126	0.000*	1.213*	11.274*	0.000*	0.063*	0.000*
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 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*
Red Rice, 1 cup 2WG	975	1.00 cup	100	214.039	5.800	1.293	0.002	0.000	0.000	281.263	1.834*	46.124	3.244	2.881	0.477*	0.611*	192.755*	0.000*	0.000*
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	9	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	80.00	370.0	18.00	2.00	15.00	1.30	470.0	N/A	N/A	3.00
Weighted Daily Average				632.816	38.305	13.496	2.660	0.000*	80.243	556.160	333.789*	89.754	10.337	28.438*	3.015*	342.482*	675.424*	5.026*	0.255*
% of Calories					24.21%	19.19%	3.78%	0.00%*				56.73%							

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 - 03/06/2023																			
22/23 DC Base Lunch, Allergen Free K-8																			
		Total	100																
Arroz con Pollo, Chicken Diced, 2 oz M/MA, 2 oz WG, 3/8 RO, 1/8 S, 1/4 O	976	1.50 cup	100	392.314	25.111	6.327	0.821	0.000	85.049	433.965	399.599*	55.926	6.052	6.697	1.255*	1.814*	257.846*	14.588*	0.000*
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*
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	95	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	4	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
				52	39	4	4	0	39	60	36*	36	15	12*	5*	41*	15*	1*	0*

Weighted Daily Average	692.3	33.3%	6.67	0.90	0.00	90.1%	661.5	464.1	112.4	17.6	37.53	1.34	309.5	765.5	19.67	0.13
% of Calories		19.27%	8.68%	1.18%	0.00%				64.96%							

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 - 03/07/2023																			
22/23 DC Base Lunch, Allergen Free K-8																			
		Total	100																
BBQ Chicken 2MMA	5375	2.00 ounce	100	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*
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*
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*
Brown Rice 1c 2WG	951	1.00 cup	50	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*
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	98	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
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	1	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	1	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
				08	27	11	9	0	32	68	30*	33	12	14	3*	32*	17*	3*	5*

Weighted Daily Average	625.2	31.1%	17.1%	3.44	0.00	73.6	363.6	366.6	88.2	13.9	46.0	3.67	527.3	52.19	8.71	2.96
% of Calories		19.91%	24.63%	4.96%	0.00%				56.47%							

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 - 03/08/2023																			
22/23 DC Base Lunch, Allergen Free K-8																			
		Total	100																
Southwest Chicken 2 MMA	7266	2.00 ounce	100	216.186	14.288	16.801	2.343	0.000	51.437	42.864	0.000*	0.148	0.000	0.000	0.800	6.287*	N/A*	N/A*	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*
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*
Red Rice, 1 cup 2WG	975	1.00 cup	50	214.039	5.800	1.293	0.002	0.000	0.000	281.263	1.834*	46.124	3.244	2.881	0.477*	0.611*	192.755*	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
				51	23	20	2	0	37	66	11*	32	0	1*	3*	39*	47*	3*	5*

Weighted Daily Average	554.5	26.8	18.9	3.10	0.00	58.8	314.7	432.8	67.3	9.32	27.24	2.12	342.0	379.0	4.00	1.25
% of Calories		19.35%	30.71%	5.03%	0.00%				48.61%							

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 - 03/09/2023																			
22/23 DC Base Lunch, Allergen Free K-8																			
		Total	100																
Greek Chicken 2 MMA	4690	2.00 ounce	100	216.206	14.329	16.818	2.350	0.000	51.437	43.073	4.957*	0.427	0.113	0.008	0.971	11.356*	4.977*	0.058*	0.000*
Steamed Corn, 1/2 cup	624	0.50 cup	50	86.974	2.028	2.267	0.720	0.000	0.000	13.600	0.000*	16.223	2.028	3.042	0.365*	N/A*	N/A*	N/A*	N/A*
Seasoned Black Beans (Bush's), heated, .5 c B/L	1344	1/2 cup	50	188.035	11.966	0.000	0.000	0.000	0.000	222.224	820.518	34.962	8.547	1.709	2.735	136.753*	N/A*	N/A*	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*
Brown Rice 1c 2WG	951	1.00 cup	50	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*
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	50	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
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	49	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	1	110.0	8.00	2.50	1.50	0.00	10.00	130.0	400.0	13.00	0.00	12.00	0.00	300.0	N/A	N/A	2.50
Weighted Daily Average				666.816	31.507	21.073	2.993	0.000	53.987	288.373	649.103*	86.333	10.561	28.267*	3.480*	470.760*	282.646*	4.037*	1.525*
% of Calories					18.90%	28.44%	4.04%	0.00%				51.79%							

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 - 03/10/2023																			
22/23 DC Base Lunch, Allergen Free K-8																			
		Total	100																
Teriyaki Chicken 2MMA	2088	2.00 oz	100	163.620	17.487	3.285	0.732	0.000	76.544	926.173	1.426*	14.237	0.015	5.284	0.677*	0.123*	0.032*	0.001*	0.000*
Broccoli, Cuts, Steamed .5 DG	1110	1/2 cup	50	33.619	3.362	0.000	0.000	0.000	0.000	16.810	238.696	5.603	3.362	1.121	1.210	22.413	N/A*	N/A*	N/A*
Roasted Cauliflower .5c O	1030	0.50 cup	50	33.729	2.530	0.422	0.000	0.000	0.000	33.729	N/A*	4.216	1.686	0.000	N/A*	33.729	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*
Red Rice, 1 cup 2WG	975	1.00 cup	50	214.039	5.800	1.293	0.002	0.000	0.000	281.263	1.834*	46.124	3.244	2.881	0.477*	0.611*	192.755*	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*
				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	10.00	130.0	400.0	13.00	0.00	12.00	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
Weighted Daily Average				500.973	31.581	5.615	1.491	0.000	83.944	1223.344	366.278*	79.454	7.697	31.698*	1.611*	336.227*	379.079*	4.004*	1.255*
% of Calories					25.22%	10.09%	2.68%	0.00%				63.44%							

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 - 03/13/2023																			
22/23 DC Base Lunch, Allergen Free K-8																			
		Total	100																
Jerk Chicken 2 MMA	885	2.00 ounce	100	233.240	14.437	16.912	2.360	0.000	51.437	43.205	17.804*	4.735	0.420	3.027	0.962	13.522*	4.962*	0.095*	0.000*
Green Peas .5S	2149	1/2 cup	50	74.919	0.000	0.000	0.000	0.000	0.000	64.216	N/A*	12.843	5.351	4.281	N/A*	N/A*	N/A*	N/A*	N/A*
Seasoned/Roasted Carrots (IQF) .5c RO	2170	1/2 cup	50	32.819	0.000	0.547	0.000	0.000	0.000	54.698	N/A*	7.658	3.282	3.282	0.394	21.879	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*
Brown Rice 1c 2WG	951	1.00 cup	50	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*
				30	0	0	0	0	0	00	*	30	0	30	0	00	00	0	*

Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.00	8.00	0.00	0.00	0.00	5.00	130.0	N/A	13.00	0.00	12.00	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				580.414	24.618	19.302	3.118	0.000	58.837	254.550	262.391*	72.849	8.917	31.222*	1.481*	332.189*	287.631*	4.098*	1.255*
% of Calories					16.97%	29.93%	4.83%	0.00%				50.20%							

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)
Tue - 03/14/2023																			
22/23 DC Base Lunch, Allergen Free K-8																			
		Total	100																
Lemon Chicken 2 MMA	1109	1.00 serving	100	195.813	20.826	11.731	2.500	0.000*	74.843	126.474	3.801*	0.667	0.126	0.000*	1.213*	11.274*	0.000*	0.063*	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*
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*
Red Rice, 1 cup 2WG	975	1.00 cup	50	214.039	5.800	1.293	0.002	0.000	0.000	281.263	1.834*	46.124	3.244	2.881	0.477*	0.611*	192.755*	0.000*	0.000*
				30	0	0	0	0	0	00	*	30	0	30	0	00	00	0	*

Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.00	8.00	0.00	0.00	0.00	5.00	130.0	N/A	13.00	0.00	12.00	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				557.155	33.895	13.896	3.253	0.000*	82.243	399.090	391.725*	75.587	12.264	35.066*	2.812*	359.660*	393.575*	9.957*	1.255*
% of Calories					24.33%	22.45%	5.25%	0.00%*				54.27%							

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 - 03/15/2023																			
22/23 DC Base Lunch, Allergen Free K-8																			
		Total	100																
BBQ Chicken 2MMA	5375	2.00 ounce	100	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*
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*
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*
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*
				30	0	0	0	0	0	00	*	30	0	30	0	00	00	0	*

Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.00	8.00	0.00	0.00	0.00	0.00	5.00	130.0	N/A	13.00	0.00	12.00	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	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	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				609.330	32.526	11.576	2.962	0.000	0.000	80.882	386.940	244.587*	92.709	9.708	31.753*	2.359*	349.260*	282.669*	4.003*	1.255*
% of Calories					21.35%	17.10%	4.37%	0.00%					60.86%							

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)
Thu - 03/16/2023																			
22/23 DC Base Lunch, Allergen Free K-8																			
		Total	100																
Southwest Chicken 2 MMA	7266	2.00 ounce	100	216.186	14.288	16.801	2.343	0.000	51.437	42.864	0.000*	0.148	0.000	0.000	0.800	6.287*	N/A*	N/A*	N/A*
Steamed Corn, 1/2 cup	624	0.50 cup	50	86.974	2.028	2.267	0.720	0.000	0.000	13.600	0.000*	16.223	2.028	3.042	0.365*	N/A*	N/A*	N/A*	N/A*
Seasoned Black Beans (Bush's), heated, .5 c B/L	1344	1/2 cup	50	188.035	11.966	0.000	0.000	0.000	0.000	222.224	820.518	34.962	8.547	1.709	2.735	136.753*	N/A*	N/A*	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*
				39	0	3	2	0	0	63	4*	24	4	1	7*	1*	55*	0*	0*

Red Rice, 1 cup 2WG	975	1.00 cup	100	214.0	5.80	1.29	0.00	0.00	0.00	0.00	281.2	1.83	46.1	3.24	2.88	0.47	0.61	192.7	0.00	0.00
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	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	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	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				764.389	35.333	20.700	3.463	0.000	0.000	58.837	573.309	656.680*	109.110	12.068	29.670*	2.917*	383.002*	475.424*	4.003*	1.255*
% of Calories					18.49%	24.37%	4.08%	0.00%					57.10%							

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 - 03/17/2023																			
22/23 DC Base Lunch, Allergen Free K-8																			
		Total	100																
Arroz con Pollo, Chicken Diced, 2 oz M/MA, 2 oz WG, 3/8 RO, 1/8 S, 1/4 O	976	1.50 cup	100	392.314	25.111	6.327	0.821	0.000	85.049	433.965	399.599*	55.926	6.052	6.697	1.255*	1.814*	257.846*	14.588*	0.000*
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 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		30	0	0	0	0	0	00	*	30	0	30	0	00	00	0	*

Fat Free (Skim) Milk, Plain (MA/DC)	972	carton	50	90.0	8.00	0.00	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	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	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				623.278	36.790	7.799	1.579	0.000	0.000	92.449	582.388	887.753*	98.889	13.019	32.254*	2.580*	332.411*	540.515*	18.591*	1.255*
% of Calories					23.61%	11.26%	2.28%	0.00%					63.46%							

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 - 03/20/2023																			
22/23 DC Base Lunch, Allergen Free K-8																			
		Total	100																
BBQ Chicken 2MMA	5375	2.00 ounce	100	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*
Seasoned/Roasted Carrots (IQF) .5c RO	2170	1/2 cup	50	32.819	0.000	0.547	0.000	0.000	0.000	54.698	N/A*	7.658	3.282	3.282	0.394	21.879	N/A*	N/A*	N/A*
Steamed Corn, 1/2 cup	624	0.50 cup	50	86.974	2.028	2.267	0.720	0.000	0.000	13.600	0.000*	16.223	2.028	3.042	0.365*	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*
				92	6	9	0	0	0	36	0*	36	9	0	4	0*	0*	0*	*

Brown Rice 1c 2WG	951	1.00 cup	50	193.2	3.86	1.28	0.00	0.00	0.00	41.2	0.00	41.2	1.28	0.00	0.46	0.00	0.00	0.00	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				523.753	31.607	11.525	3.322	0.000	80.882	319.091	244.587*	72.639	6.836	30.032*	1.921*	327.648*	282.669*	4.003*	1.255*
% of Calories					24.14%	19.80%	5.71%	0.00%				55.48%							

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 - 03/21/2023																			
22/23 DC Base Lunch, Allergen Free K-8																			
		Total	100																
Greek Chicken 2 MMA	4690	2.00 ounce	100	216.206	14.329	16.818	2.350	0.000	51.437	43.073	4.957*	0.427	0.113	0.008	0.971	11.356*	4.977*	0.058*	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*
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*
				39	0	3	2	0	0	63	4*	24	4	1	7*	1*	55*	0*	0*

Red Rice, 1 cup 2WG	975	1.00 cup	50	214.0	5.80	1.29	0.00	0.00	0.00	281.2	1.83	46.1	3.24	2.88	0.47	0.61	192.7	0.00	0.00
Milk, Soy, Vanilla, Silk, 8 oz	1775	1.00 carton	50	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
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	49	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	1	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
Weighted Daily Average				597.348	27.398	19.988	2.628	0.000	53.987	291.189	382.181*	77.797	13.231	36.544	3.207*	443.042*	393.552*	9.928*	1.525*
% of Calories					18.35%	30.11%	3.96%	0.00%				52.09%							

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 - 03/22/2023																			
22/23 DC Base Lunch, Allergen Free K-8																			
		Total	100																
Teriyaki Chicken 2MMA	2088	2.00 oz	100	163.620	17.487	3.285	0.732	0.000	76.544	926.173	1.426*	14.237	0.015	5.284	0.677*	0.123*	0.032*	0.001*	0.000*
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*
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*
				92	6	9	0	0	0	36	0*	36	9	0	4	0*	0*	0*	*

Brown Rice 1c 2WG	951	1.00 cup	100	193.2	3.86	1.28	0.00	0.00	0.00	41.2	0.00	41.2	1.28	0.00	0.46	0.00	0.00	0.00	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				602.399	29.601	6.860	1.490	0.000	83.944	1180.059	246.013*	104.111	9.723	34.580*	1.817*	340.402*	282.701*	4.004*	1.255*
% of Calories					19.66%	10.25%	2.23%	0.00%				69.13%							

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 - 03/23/2023																			
22/23 DC Base Lunch, Allergen Free K-8																			
		Total	100																
Jerk Chicken 2 MMA	885	2.00 ounce	100	233.240	14.437	16.912	2.360	0.000	51.437	43.205	17.804*	4.735	0.420	3.027	0.962	13.522*	4.962*	0.095*	0.000*
Steamed Corn, 1/2 cup	624	0.50 cup	50	86.974	2.028	2.267	0.720	0.000	0.000	13.600	0.000*	16.223	2.028	3.042	0.365*	N/A*	N/A*	N/A*	N/A*
Seasoned Black Beans (Del Pasado), heated .5 c B/L	921	1/2 cup	50	222.224	13.675	0.855	0.000	0.000	0.000	615.388	940.176	40.091	10.256	1.709	3.077	68.376*	0.000*	0.000*	0.000*
				59	8	2	8	0	0	0	17*	35	6	13*	7*	7*	19*	3*	*

Apple, variety, 125 CT - 1 each	720	1.00 each	100	96.24	0.24	0.20	0.01	0.00	0.00	1.77	44.88	24.14	3.51	12.38	0.07	6.02	32.66	2.80	N/A
Red Rice, 1 cup 2WG	975	1.00 cup	100	214.039	5.800	1.293	0.002	0.000	0.000	281.263	1.834*	46.124	3.244	2.881	0.477*	0.611*	192.755*	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
Weighted Daily Average				798.537	36.337	21.238	3.480	0.000	58.837	770.232	734.313*	116.261	13.342	32.697*	3.250*	356.048*	480.386*	4.098*	1.255*
% of Calories					18.20%	23.94%	3.92%	0.00%				58.24%							

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 - 03/24/2023																			
22/23 DC Base Lunch, Allergen Free K-8																			
		Total	100																
Lemon Chicken 2 MMA	1109	1.00 serving	100	195.813	20.826	11.731	2.500	0.000*	74.843	126.474	3.801*	0.667	0.126	0.000*	1.213*	11.274*	0.000*	0.063*	0.000*
Broccoli, Florets, Steamed .5 DG	685	0.50 cup	50	23.213	2.321	0.000	0.000	0.000	0.000	11.607	164.814	3.869	2.321	0.774	0.836	15.475	N/A*	N/A*	N/A*
				29	0	2	0	0	0	29	*	6	6	0	*	29	*	*	*

Roasted Cauliflower .5c O	1030	0.50 cup	50	33.7%	2.53	0.42	0.00	0.00	0.00	33.7%	N/A	4.21	1.68	0.00	N/A	33.7%	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	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	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				490.943	34.000	14.414	3.508	0.000*	82.243	405.412	373.295*	54.955	6.666	26.300*	2.261*	353.603*	282.669*	4.066*	1.255*
% of Calories					27.70%	26.42%	6.43%	0.00%*				44.77%							

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)
Mon - 03/27/2023																			
22/23 DC Base Lunch, Allergen Free K-8																			
		Total	100																
BBQ Chicken 2MMA	5375	2.00 ounce	100	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*
				19	0	0	0	0	0	16	*	43	1	1	*	*	*	*	*

Green Peas .5S	2149	1/2 cup	50	74.9	0.00	0.00	0.00	0.00	0.00	0.00	64.2	N/A	12.8	5.35	4.28	N/A	N/A	N/A	N/A	N/A
Seasoned/Roasted Carrots (IQF) .5c RO	2170	1/2 cup	50	32.819	0.000	0.547	0.000	0.000	0.000	0.000	54.698	N/A*	7.658	3.282	3.282	0.394	21.879	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	0.000	1.770	44.887*	24.195	3.516	12.383*	0.077*	6.027*	32.669*	2.803*	N/A*
Brown Rice 1c 2WG	951	1.00 cup	50	193.292	3.866	1.289	0.000	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	50	90.000	8.000	0.000	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	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	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				517.725	30.593	10.391	2.962	0.000		80.882	344.399	244.587*	70.949	8.497	30.652*	1.738*	327.648*	282.669*	4.003*	1.255*
% of Calories					23.64%	18.06%	5.15%	0.00%					54.82%							

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 - 03/28/2023																			
22/23 DC Base Lunch, Allergen Free K-8																			
		Total	100																
				86	38	31	3	0	37	34	3*	8	0	0	0	7*	*	*	*

Southwest Chicken 2 MMA	7266	2.00 ounce	100	216.1	14.28	16.80	2.34	0.00	51.40	42.80	0.00	0.14	0.00	0.00	0.80	6.28	N/A	N/A	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*
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*
Red Rice, 1 cup 2WG	975	1.00 cup	50	214.039	5.800	1.293	0.002	0.000	0.000	281.263	1.834*	46.124	3.244	2.881	0.477*	0.611*	192.755*	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
Weighted Daily Average				577.528	27.357	18.966	3.096	0.000	58.837	315.480	387.924*	75.068	12.138	35.066	2.399*	354.673*	393.575*	9.894*	1.255*
% of Calories					18.95%	29.56%	4.82%	0.00%				51.99%							

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 - 03/29/2023																			
22/23 DC Base Lunch, Allergen Free K-8																			
		Total	100																
				06	29	18	0	0	37	73	7*	7	3	8	1	6*	7*	3*	0*

Greek Chicken 2 MMA	4690	2.00 ounce	100	216.2	14.3	16.8	2.35	0.00	51.4	43.0	4.95	0.42	0.11	0.00	0.97	11.35	4.97	0.05	0.00
Seasoned Black Beans (Del Pasado), heated .75 c B/L	920	³ / ₄ cup	100	336.045	20.680	1.292	0.000	0.000	0.000	930.587	1421.730	60.625	15.510	2.585	4.653	103.399*	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*
Brown Rice 1c 2WG	951	1.00 cup	50	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	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				845.556	45.190	20.227	3.108	0.000	58.837	1125.548	1671.274*	118.915	19.804	27.006*	5.946*	422.482*	287.646*	4.061*	1.255*
% of Calories					21.38%	21.53%	3.31%	0.00%				56.25%							

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 - 03/30/2023																			
22/23 DC Base Lunch, Allergen Free K-8																			
		Total	100																
				20	37	5	2	0	44	73	3*	37	5	4	7*	3*	2*	1*	0*

Teriyaki Chicken 2MMA	2088	2.00 oz	100	163.6	17.44	3.28	0.73	0.00	76.54	926.1	1.421	14.24	0.01	5.28	0.671	0.124	0.034	0.004	0.004
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 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*
Red Rice, 1 cup 2WG	975	1.00 cup	50	214.039	5.800	1.293	0.002	0.000	0.000	281.263	1.834*	46.124	3.244	2.881	0.477*	0.611*	192.755*	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
Weighted Daily Average				517.328	33.638	5.404	1.491	0.000	83.944	1223.089	602.133*	82.882	10.176	32.806*	2.807*	341.508*	379.079*	4.004*	1.255*
% of Calories					26.01%	9.40%	2.59%	0.00%				64.08%							

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 - 03/31/2023																			
22/23 DC Base Lunch, Allergen Free K-8																			
		Total	100																
				40	37	12	0	0	37	35	14*	5	0	7	2	12*	2*	5*	3*

Jerk Chicken 2 MMA	885	2.00 ounce	100	233.2	14.4	16.9	2.36	0.00	51.4	43.2	17.80	4.73	0.42	3.02	0.96	13.52	4.96	0.09	0.00
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*
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*
Brown Rice 1c 2WG	951	1.00 cup	50	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	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				631.605	27.620	19.779	3.118	0.000	58.837	195.093	262.391*	86.612	7.603	31.943*	1.824*	321.249*	287.631*	4.098*	1.255*
% of Calories					17.49%	28.18%	4.44%	0.00%				54.85%							

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	621.906		600/650	Pass		
Protein (g)	32.789	21.09%				
Total Fat (g)	14.334	20.74%				
Saturated Fat (g)	2.647	3.83%	<10	Pass		

Trans Fat (g)	0.000*					
Cholesterol (mg)	71.907					
Sodium (mg)	614.626		≤ 1230	Pass		
Potassium (mg)	512.854*					
Carbohydrates (g)	88.924	57.19%				
Fiber (g)	11.409					
Sugars (g)	32.243*					
Iron (mg)	2.682*					
Calcium (mg)	365.481*					
Vitamin A (IU)	389.479*					
Vitamin C (mg)	6.453*					
Vitamin D (mcg)	1.168*					

* = 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 Breakfast K-12

Date Range: March 01, 2023 - March 31, 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 - 03/01/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	8437	1.00 package	90	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	10	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 each	720	1.00 each	20	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*
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*
Fruit, Mixed Fruit Cup, 4oz	851	1.00 count	20	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 Slices 1/2 cup	1761 5	0.50 cup	20	43.942	0.135	0.149	0.000	0.000	0.000	0.000	67.330	10.489	1.417	8.647	0.006	3.544	0.000	0.000	N/A*
				9.998	.000	.500	.000	.000	.000	1.999	.999	1.000	.000	.000	.000	.000	1/4*	1/4*	.000

Chocolate Chip Oatmeal Bar, IW	646	1.00 count	10	13	2	4	1	0	5	74	61	25	1	9	1	11	1	1	0
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	49	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	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
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				482.332	13.985	6.685	2.034	0.000	14.075	437.468	399.624*	93.873	5.280	55.347*	4.198*	452.086*	404.924*	14.748*	2.635*
% of Calories					11.60%	12.47%	3.79%	0.00%				77.85%							

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 - 03/02/2023																			
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	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*
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
		1.00		30	3	5	0	0	0	4	52	45	0	2	8	76	*	27	*

Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	each	20	44.20	0.77	0.15	0.00	0.00	0.00	0.00	7.62	141.1	10.04	1.70	7.21	0.27	36.51	N/A	50.24	N/A
Apple Slices 1/2 cup	17615	0.50 cup	20	43.942	0.135	0.149	0.000	0.000	0.000	0.000	0.000	67.330	10.489	1.417	8.647	0.006	3.544	0.000	0.000	N/A*
Unsweetened Applesauce, 4 oz	698	1.00 count	20	50.000	0.000	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*	
Fruit, Mixed Fruit Cup, 4oz	851	1.00 count	20	50.000	0.000	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*	
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	49	90.000	8.000	0.000	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	50	110.000	8.000	2.500	1.500	0.000	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	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				335.728	16.282	5.856	3.255	0.000	0.000	22.450	397.775	264.396*	55.257	5.093	27.302	1.915*	351.224*	245.000*	12.901*	1.280*
% of Calories					19.40%	15.70%	8.73%	0.00%					65.84%							

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 - 03/03/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
French Toast, WG Stick Cooked, Frozen (Richs)				88	0	30	0	0	0	88	88	30	0	0	0	30	*	*	0

2.25WG	606	4.00 pieces	90	260.0	6.00	10.00	1.50	0.00	0.00	300.0	150.0	38.00	3.00	9.00	2.00	40.00	N/A	N/A	0.00
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
Apple, variety, 125 CT - 1 each	720	1.00 each	25	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*
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*
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
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*
Grahams, Assorted 1WG	1998	1.00 package	100	120.000	1.667	3.667	1.000	0.000	0.000	123.333	46.667	20.333	1.000	7.667	1.133	33.333	N/A*	0.000*	0.000
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	49	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	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
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				643.258	15.696	14.499	3.159	0.000	9.191	562.807	461.098*	114.654	5.686	61.614*	3.198*	385.548*	253.167*	16.534*	1.280*
% of Calories					9.76%	20.29%	4.42%	0.00%				71.30%							

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 - 03/06/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
WG Pancakes (Hilltop Hearth 1.2 oz) 1WG	2891	1.00 count	90	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*
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	8437	1.00 package	10	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 each	720	1.00 each	50	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*
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*
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
Fruit, Mixed Fruit Cup, 4oz	851	1.00 count	50	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	49	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	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
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
Sausage Patty (Jimmy Dean) .75 MMA	5376	1.00 patty	90	5.000	1.000	1.000	.500	1.000	5.000	0.000	0.000	1.500	1.000	1.500	1.500	4.000	1.000	1.000	1.000

				7	6	5	1	0	2	20	22	0	0	0	0	1	0	0	0
Syrup, Breakfast, Smucker's, SS Cup, 1.4 oz	1009	1.00 container	90	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				474.486	16.534	7.373	2.389	0.000	32.076	481.646	557.670*	86.074	4.302	57.270*	1.187*	354.469*	278.378*	32.221*	1.431*
% of Calories					13.94%	13.99%	4.53%	0.00%				72.56%							

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)
Tue - 03/07/2023																			
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*
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
Apple Slices 1/2 cup	1761 5	0.50 cup	25	43.942	0.135	0.149	0.000	0.000	0.000	0.000	67.330	10.489	1.417	8.647	0.006	3.544	0.000	0.000	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*
Apple Oatmeal Bar, IW	645	1.00 count	100	0.080	.001	.503	.500	.000	.003	.051	1.035	3.013	.001	.005	.001	.006	.001	.001	.000

				14	2	4	0	0	5	9	6	2	1	9	1	1	1	0	
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	49	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	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
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				499.565	16.079	10.861	2.505	0.000	18.703	492.494	495.106*	85.047	5.845	43.034	5.480*	474.785*	416.435*	20.129*	2.785*
% of Calories					12.87%	19.57%	4.51%	0.00%				68.10%							

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 - 03/08/2023																			
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	10	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*
Breakfast Sandwich (Egg & Cheese on Biscuit) 1.75WG 1.5MMA	5767	1.00 sandwich	90	265.000	10.500	13.000	6.750	0.000	102.500	700.000	406.000*	25.000	3.000	2.500	1.080	138.000	150.000*	0.000*	1.000*
Apple, variety, 125 CT - 1 each	720	1.00 each	25	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*
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	25	4.200	0.773	0.155	0.000	0.000	0.000	7.624	41.152	0.045	1.700	7.212	0.278	6.576	N/A*	0.227	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	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	25	50.000	0.000	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	49	90.000	8.000	0.000	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	50	110.000	8.000	2.500	1.500	0.000	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	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				420.840	18.630	13.534	7.085	0.000	0.000	101.200	793.786	639.360*	53.985	4.987	25.404*	1.310*	442.426*	388.167*	16.534*	2.180*
% of Calories					17.71%	28.94%	15.15%	0.00%					51.31%							

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 - 03/09/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
Apple Bread Scratch, 1.75WG	2843	1.00 serving	100	308.461	4.730	10.554	0.950	0.000	39.689	215.724	157.145*	49.378	2.424	27.586	0.501*	5.670*	0.000*	1.250*	0.000*
100% Apple Juice, 4 oz	703	1.00 count	25	30.000	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 Slices 1/2 cup	17615	0.50 cup	25	43.942	0.135	0.149	0.000	0.000	0.000	0.000	67.330	10.489	1.417	8.647	0.006	3.544	0.000	0.000	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*
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
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	49	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	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
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				461.722	13.082	11.925	1.705	0.000	47.139	354.318	436.716*	74.937	3.286	50.456	0.641*	319.275*	245.000*	17.083*	1.280*
% of Calories					11.33%	23.24%	3.32%	0.00%				64.92%							

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 - 03/10/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
WG Waffles, Thaw & Serve, 2WG	596	2.00 count	90	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*

Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	8437	1.00 package	10	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 each	720	1.00 each	25	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*
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*
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
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*
Chocolate Chip Oatmeal Bar, IW	646	1.00 count	10	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	49	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	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
Syrup, Breakfast, Smucker's, SS Cup, 1.4 oz	1009	1.00 container	90	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				413.212	12.673	5.438	1.430	0.000	13.075	512.996	291.910*	81.353	4.515	47.945*	1.651*	361.743*	270.211*	16.863*	1.401*
% of Calories					12.27%	11.84%	3.11%	0.00%				78.75%							

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)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
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				Cal	P	Tc	Satu	Tri	Cho	Sc	Poti	Carb		S	I	Ca	Vit	Vite	Vita
Mon - 03/13/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
Assorted Muffins (Muffin Town) 1WG	974	1.00 muffin	10	160.000	2.500	4.750	0.500	0.000	17.500	97.500	27.500*	26.500	1.000	13.500	0.540*	10.000*	N/A*	N/A*	N/A*
Turkey Sausage Biscuit (Patuxent Farm) 2WG	2318	1.00 sandwich	90	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*
Apple, variety, 125 CT - 1 each	720	1.00 each	25	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*
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*
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
Grahams, Assorted 1WG	1998	1.00 package	10	120.000	1.667	3.667	1.000	0.000	0.000	123.333	46.667	20.333	1.000	7.667	1.133	33.333	N/A*	0.000*	0.000
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	49	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	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
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				17.649	18.716	14.864	7.233	0.000	36.200	10.441	31.376*	33.073	3.896	16.480*	1.411*	45.226*	53.167*	6.534*	1.280*

	4						7	21	5		2		4	21	1	
% of Calories		17.92%	32.03%	15.59%	0.00%				50.83%							

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)
Tue - 03/14/2023																			
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*
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*
Apple Slices 1/2 cup	1761 5	0.50 cup	25	43.942	0.135	0.149	0.000	0.000	0.000	0.000	67.330	10.489	1.417	8.647	0.006	3.544	0.000	0.000	N/A*
Juice 100% Variety, Ardmere 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
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*
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	49	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	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

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				489.485	16.078	9.358	3.005	0.000	13.700	457.443	434.071*	85.034	6.844	40.029	5.179*	464.779*	415.434*	19.128*	2.785*
% of Calories					13.14%	17.21%	5.53%	0.00%				69.49%							

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)
Wed - 03/15/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	8437	1.00 package	10	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	90	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 each	720	1.00 each	25	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*
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*
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
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*

Apple Oatmeal Bar, IW	645	1.00 count	10	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	49	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	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
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	90	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
Sausage Patty (Jimmy Dean) .75 MMA	5376	1.00 patty	90	75.000	6.000	5.000	1.500	0.000	25.000	200.000	220.000	0.500	0.000	0.500	0.500	14.000	0.000	0.000	0.000
Weighted Daily Average				599.220	19.953	15.833	3.635	0.000	31.075	641.301	628.513*	95.234	5.035	53.045*	2.942*	378.944*	270.311*	16.963*	1.431*
% of Calories					13.32%	23.78%	5.46%	0.00%				63.57%							

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)
Thu - 03/16/2023																			
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*

Orange, Choice 138 CT - 1/2 cup	741	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*
Apple Slices 1/2 cup	1761 5	0.50 cup	25	43.942	0.135	0.149	0.000	0.000	0.000	0.000	67.330	10.489	1.417	8.647	0.006	3.544	0.000	0.000	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*
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
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	49	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	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
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				335.761	16.352	5.871	3.255	0.000	22.450	397.344	279.571*	55.059	5.362	27.620	1.940*	353.605*	245.000*	15.833*	1.280*
% of Calories					19.48%	15.74%	8.72%	0.00%				65.59%							

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)
Fri - 03/17/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																

Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	8437	1.00 package	10	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 Pancakes, Thaw & Serve, Hilltop Hearth 2WG	586	2.00 count	90	133.409	4.002	2.001	0.334	0.000	3.335	246.807	0.000	25.348	2.668	6.003	0.000	N/A*	N/A*	N/A*	N/A*
Apple, variety, 125 CT - 1 each	720	1.00 each	25	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*
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*
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
Chocolate Chip Oatmeal Bar, IW	646	1.00 count	10	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	49	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	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
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	90	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				417.780	12.755	4.134	1.285	0.000	11.577	411.922	295.610*	83.396	4.736	49.897*	0.692*	330.443*	270.211*	16.863*	1.431*
% of Calories					12.21%	8.91%	2.77%	0.00%				79.85%							

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 - 03/20/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
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*
Assorted Muffins 2oz (Muffin Town) 1WG	999	1.00 muffin	50	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
Apple, variety, 125 CT - 1 each	720	1.00 each	20	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*
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*
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*
Grahams, Assorted 1WG	1998	1.00 package	10	120.000	1.667	3.667	1.000	0.000	0.000	123.333	46.667	20.333	1.000	7.667	1.133	33.333	N/A*	0.000*	0.000
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	49	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	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

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
Sausage Patty (Jimmy Dean) .75 MMA	5376	1.00 patty	90	75.000	6.000	5.000	1.500	0.000	25.000	200.000	220.000	0.500	0.000	0.500	0.500	14.000	0.000	0.000	0.000
Weighted Daily Average				372.782	17.114	10.221	2.707	0.000	41.154	566.902	489.930*	52.561	3.611	30.131*	1.769*	357.601*	251.534*	13.462*	1.280*
% of Calories					18.36%	24.68%	6.54%	0.00%				56.40%							

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 - 03/21/2023																			
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 each	720	1.00 each	20	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*
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*
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*

Chocolate Chip Oatmeal Bar, IW	646	1.00 count	100	139.99¢	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	49	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	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
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				499.914	16.030	10.853	3.009	0.000	18.700	476.227	476.407*	85.373	5.995	41.858*	5.468*	473.895*	421.968*	16.757*	2.785*
% of Calories					12.83%	19.54%	5.42%	0.00%				68.31%							

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 - 03/22/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	8437	1.00 package	10	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) 1.75WG 1.5MMA	5767	1.00 sandwich	90	265.000	10.500	13.000	6.750	0.000	102.500	700.000	406.000*	25.000	3.000	2.500	1.080	138.000	150.000*	0.000*	1.000*
Apple, variety, 125 CT - 1 each	720	1.00 each	20	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*

Unsweetened Applesauce, 4 oz	698	1.00 count	20	50.000	0.000	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	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	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	0.000	13.750	95.000	15.500	0.250	14.500	0.225	7.500	0.000	8.400	0.000
Snack Mix, Chex Strawberry Yogurt, IW	694	1.00 count	10	130.000	2.000	3.000	1.000	0.000	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	49	90.000	8.000	0.000	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	50	110.000	8.000	2.500	1.500	0.000	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	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	90	35.000	0.000	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				455.064	18.527	13.865	7.059	0.000	0.000	100.325	798.139	640.758*	61.996	4.761	29.040*	1.605*	451.038*	403.577*	13.792*	2.331*
% of Calories					16.28%	27.42%	13.96%	0.00%					54.49%							

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)
Thu - 03/23/2023																			
22/23 DC Base Breakfast K-12																			

		Total	100																
Chocolate Chip Banana Bread,	5103	1.00 count	100	358.055	6.690	14.392	3.495	0.000*	40.098	223.350	137.460*	53.294	2.734	26.916	0.613*	32.053*	60.530*	2.567*	0.245*
Orange, Choice 138 CT - 1/2 cup	741	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*
Apple Slices 1/2 cup	17615	0.50 cup	20	43.942	0.135	0.149	0.000	0.000	0.000	0.000	67.330	10.489	1.417	8.647	0.006	3.544	0.000	0.000	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*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	49	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	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
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				498.783	14.972	15.748	4.250	0.000*	47.548	359.125	401.856*	75.951	3.827	46.618	0.728*	343.277*	305.530*	15.468*	1.525*
% of Calories					12.01%	28.42%	7.67%	0.00%*				60.91%							

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)
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Fri - 03/24/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	8437	1.00 package	10	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	90	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 each	720	1.00 each	20	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*
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*
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
Chocolate Chip Oatmeal Bar, IW	646	1.00 count	10	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	49	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	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
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	90	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	519.064	14.477	11.315	2.334	0.000	8.575	458.139	416.558*	91.696	4.661	50.490*	2.463*	363.938*	268.577*	13.792*	1.431*
% of Calories		11.16%	19.62%	4.05%	0.00%				70.66%							

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 - 03/27/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
Breakfast Sandwich (Egg on Biscuit) 2.5WG 1 MMA	5377	1.00 sandwich	90	269.705	7.993	12.987	5.494	0.000	95.000	439.536	335.592	28.961	1.997	2.996	1.598	137.831	N/A*	N/A*	1.000
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	8437	1.00 package	10	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 each	720	1.00 each	25	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*
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*
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
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*
Chocolate Chip Oatmeal Bar, IW	646	1.00 count	10	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	49	90.000	8.000	0.000	0.000	0.000	5.000	130.00	N/A*	13.000	0.000	12.000	0.000	300.00	500.00	2.400	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
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				441.446	16.347	14.021	5.929	0.000	94.075	567.378	597.642*	60.547	4.132	27.391*	2.130*	454.491*	270.211*	16.863*	2.331*
% of Calories					14.81%	28.59%	12.09%	0.00%				54.86%							

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)
Tue - 03/28/2023																			
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*
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*
Apple Slices 1/2 cup	1761 5	0.50 cup	25	43.942	0.135	0.149	0.000	0.000	0.000	0.000	67.330	10.489	1.417	8.647	0.006	3.544	0.000	0.000	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*

Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	2939	1.00 carton	25	62.50	0.50(	0.00(	0.00(	0.00(	0.00(	0.00(	13.75	95.00	15.50	0.25(	14.50	0.22(	7.50(	0.00(	8.40(	0.00(
Snack Mix, Chex Strawberry Yogurt, IW	694	1.00 count	100	130.000	2.000	3.000	1.000	0.000	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	49	90.000	8.000	0.000	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	50	110.000	8.000	2.500	1.500	0.000	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	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				489.485	16.078	9.358	3.005	0.000	0.000	13.700	457.443	434.071*	85.034	6.844	40.029	5.179*	464.779*	415.434*	19.128*	2.785*
% of Calories					13.14%	17.21%	5.53%	0.00%					69.49%							

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)
Wed - 03/29/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
WG Pancakes, Thaw & Serve, Hilltop Hearth 2WG	586	2.00 count	90	133.409	4.002	2.001	0.334	0.000	3.335	246.807	0.000	25.348	2.668	6.003	0.000	N/A*	N/A*	N/A*	N/A*
Assorted Muffins (Muffin Town) 1WG	974	1.00 muffin	10	160.000	2.500	4.750	0.500	0.000	17.500	97.500	27.500*	26.500	1.000	13.500	0.540*	10.000*	N/A*	N/A*	N/A*

Apple, variety, 125 CT - 1 each	720	1.00 each	25	96.25	0.24	0.20	0.01	0.00	0.00	1.77	44.88	24.19	3.51	12.38	0.077	6.027	32.66	2.80	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*
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
Snack Mix, Chex Strawberry Yogurt, IW	694	1.00 count	10	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	49	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	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
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
Sausage Patty (Jimmy Dean) .75 MMA	5376	1.00 patty	90	75.000	6.000	5.000	1.500	0.000	25.000	200.000	220.000	0.500	0.000	0.500	0.500	14.000	0.000	0.000	0.000
Weighted Daily Average				380.408	17.832	8.460	2.560	0.000	34.702	555.162	474.710*	56.698	4.588	30.356*	0.732*	327.826*	253.167*	16.534*	1.280*
% of Calories					18.75%	20.02%	6.06%	0.00%				59.62%							

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)
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Thu - 03/30/2023																		
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*
100% Apple Juice, 4 oz	703	1.00 count	50	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
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
Apple Slices 1/2 cup	1761 5	0.50 cup	50	43.942	0.135	0.149	0.000	0.000	0.000	0.000	67.330	10.489	1.417	8.647	0.006	3.544	0.000	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*
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*	0.000
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	49	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
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*	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*	3.000
Weighted Daily Average				524.843	15.987	10.895	3.005	0.000	18.700	481.504	489.152*	90.781	6.136	48.066	5.425*	474.790*	415.434*	17.028*
% of Calories					12.18%	18.68%	5.15%	0.00%				69.19%						

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)
Fri - 03/31/2023																			
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	10	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*
WG Waffles, Thaw & Serve, 2WG	596	2.00 count	90	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 each	720	1.00 each	50	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*
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*
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
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	49	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	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
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	90	0.000	1.000	1.000	1.000	1.000	1.000	0.000	N/A*	9.000	1.000	2.000	1.000	1.000	N/A*	N/A*	1.000

		container		11	C	C	C	C	C	2	1	2	C	2	C	C	1	1	C
Weighted Daily Average				438.030	12.967	5.035	1.464	0.000	13.450	509.666	308.932*	88.209	5.928	53.275*	1.386*	357.608*	261.335*	19.334*	1.280*
% of Calories					11.84%	10.34%	3.01%	0.00%				80.55%							

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	461.342		450/500	Pass		
Protein (g)	15.963	13.84%				
Total Fat (g)	10.261	20.02%				
Saturated Fat (g)	3.361	6.56%	<10	Pass		
Trans Fat (g)	0.000*					
Cholesterol (mg)	33.210					
Sodium (mg)	516.584		≤ 540	Pass		
Potassium (mg)	443.262*					
Carbohydrates (g)	76.775	66.57%				
Fiber (g)	5.015					
Sugars (g)	41.856*					
Iron (mg)	2.549*					
Calcium (mg)	399.295*					
Vitamin A (IU)	314.007*					
Vitamin C (mg)	17.152*					

Vitamin D (mcg)	1.839*					
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* = 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: March 01, 2023 - March 31, 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 - 03/01/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Chick'n/Veggie Nuggets & Biscuit (Morningstar Farms) 2 MMA 2WG (Vegan)	16630	4.00 nuggets + 1 biscuit	90	390.424	17.713	15.439	4.555	0.000	0.000	876.460	293.973	46.988	5.219	5.110	3.382	71.646	N/A*	N/A*	0.000*
Chicken Nuggets & Roll (KOCH) 2MMA 2 WG	7454	1.00 serving	10	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*
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*
Apple, variety, 125 CT - 1 each	720	1.00 each	50	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*
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*
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*
				0.000	0.000	0.500	0.500	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*	N/A*	0.500

Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	29	11	8	2	1	0	10	13	40	15	0	12	0	30	1	1	2
Milk, Soy, Vanilla, Silk, 8 oz	177 5	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				743.667	36.848	16.516	4.823	0.000	11.889	1146.448	1101.937*	113.798	15.588	30.121*	5.806*	493.877*	376.315*	28.195*	0.755*
% of Calories					19.82%	19.99%	5.84%	0.00%				61.21%							

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)
Thu - 03/02/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
BBQ Cheeseburger on 3.5" WG Bun, pre-cooked patty	17640	1.00 Each	90	399.071	21.681	19.118	7.594	1.012	48.093	1040.986	110.000*	39.619	3.012*	9.625	3.780*	131.123	101.248*	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*
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 each	720	1.00 each	50	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*
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*
		1.00		30	0	0	0	0	0	00	*	30	0	30	0	00	00	0	*

Fat Free (Skim) Milk, Plain (MA/DC)	972	carton	70	90.0	8.00	0.00	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	29	110.000	8.000	2.500	1.500	0.000	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	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				713.524	32.419	21.035	7.490	0.911		49.684	1273.389	905.825*	104.568	11.857*	39.162*	4.820*	454.920*	493.394*	21.463*	1.155*
% of Calories					18.17%	26.53%	9.45%	1.15%					58.62%							

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 - 03/03/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Cajun Chicken Pasta Bake, 2 MMA, 2 WG, 1/2 O	5413	1.50 cups	90	416.695	26.388	14.066	5.907	0.000*	44.136	255.447	353.860*	53.473	10.345	5.587	2.550*	83.523*	99.960*	0.000*	0.588*
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*
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 each	720	1.00 each	50	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*
				30	3	5	0	0	0	4	52	45	0	2	8	76	*	27	*

Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	50	44.2	0.77	0.15	0.00	0.00	0.00	7.62	141.1	10.0	1.70	7.21	0.27	36.5	N/A	50.2	N/A
Whole Wheat Dinner Roll, Bridgford H&S 1WG	929	1.00 Roll	25	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	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				631.377	40.065	15.159	5.908	0.000*	46.122	441.229	920.608*	90.247	17.192	28.987*	4.422*	434.024*	456.299*	28.195*	1.284*
% of Calories					25.38%	21.61%	8.42%	0.00%*				57.17%							

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 - 03/06/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Chicken Parmesan Sub with Marinara 2MMA 2WG 0.25 RO	16764	1.00 portion	90	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*
				28	0	4	0	0	0	30	*	33	3	3	6	52	*	*	*

Seasoned/Roasted Carrots (IQF) .75c RO	915	3/4 cup	50	48.8	0.00	0.81	0.00	0.00	0.00	0.00	81.3	N/A	11.3	4.88	4.88	0.58	32.5	N/A	N/A	N/A
Steamed Corn, 3/4 cup	623	0.75 cup	50	105.060	3.002	0.750	0.000	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*
Apple Slices 1 cup	5346	1.00 cup	50	73.992	0.369	0.241	0.043	0.000	0.000	0.000	1.559	N/A*	19.575	3.430	N/A*	0.170	8.562	76.331	6.549	N/A*
Apple, variety, 125 CT - 1 each	720	1.00 each	50	96.259	0.248	0.202	0.018	0.000	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	60	90.000	8.000	0.000	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	39	110.000	8.000	2.500	1.500	0.000	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	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				758.289	40.424	24.292	4.211*	0.000*		76.634*	969.524	536.156*	96.361	11.971	33.123*	2.815*	366.429*	354.839*	6.116*	1.045*
% of Calories					21.32%	28.83%	5.00%*	0.00%*					50.83%							

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)
Tue - 03/07/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
				72	75	75	5	0	37	546	0*	50	2	72	0*	0*	0*	4*	0*

Teriyaki Meatballs (2MMA)	16803	5.00 meatballs	90	269.1	14.1	14.1	6.07	0.00	35.4	1163.5	0.00	23.2	1.01	16.3	0.00	0.00	1.64	0.00
BBQ Veggie Meatball	16818	4.00 meatballs	10	392.822	16.000	16.000	4.667	0.000*	0.000*	1332.317	533.333	46.205	2.667	27.334*	4.174	146.667	N/A*	N/A*
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*
Seasoned Black Beans (Del Pasado), heated .75 c B/L	920	3/4 cup	25	336.045	20.680	1.292	0.000	0.000	0.000	930.587	1421.730	60.625	15.510	2.585	4.653	103.399*	0.000*	0.000*
Orange, Choice 138 CT - 1/2 cup	741	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*	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
Brown Rice 1/2c 1WG	774	1/2 cup	100	96.646	1.933	0.644	0.000	0.000	0.000	97.418	0.000*	20.618	0.644	0.000	0.232	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
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*
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*
Weighted Daily Average				661.655	30.932	16.796	6.680	0.000*	39.293*	1645.042	772.695*	98.796	11.817	44.548*	2.638*	383.694*	273.599*	32.140*
% of Calories					18.70%	22.85%	9.09%	0.00%*				59.73%						

				(kcal)	(g)	(g)	Fat (g)	at (g)	ol (mg)	(mg)	n (mg)	ates (g)	(g)	(g)	ng)	(mg)	A (IU)	> (mg)	(mcg)
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Recipe Name	Recipe #	Portion Size	Plan Qty	Calories	Protein	Total Fat	Saturated	Trans Fat	Cholesterol	Sodium	Potassium	Carbohydrate	Fiber	Sugars	Iron (mg)	Calcium	Vitamin A	Vitamin C	Vitamin D
Wed - 03/08/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
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*
Salisbury Steak (Patty) 1.75 MMA - CR	9250	1.00 portion	90	198.238	9.798	16.215	6.110	0.000	43.145	216.319	30.513*	3.274*	0.621*	0.464*	1.232*	15.648*	0.629*	0.000*	0.000*
Mashed Potatoes, Monarch Flakes, .5 S	1103	1/2 Cup	60	141.498	1.483	8.224	3.738	0.000	0.000	106.070	0.875*	14.088	1.483	0.000	0.267	2.625*	0.000*	0.000*	0.000*
Green Peas .5S	2149	1/2 cup	20	74.919	0.000	0.000	0.000	0.000	0.000	64.216	N/A*	12.843	5.351	4.281	N/A*	N/A*	N/A*	N/A*	N/A*
Seasoned/Roasted Carrots (IQF) .5c RO	2170	1/2 cup	20	32.819	0.000	0.547	0.000	0.000	0.000	54.698	N/A*	7.658	3.282	3.282	0.394	21.879	N/A*	N/A*	N/A*
Apple, variety, 125 CT - 1 each	720	1.00 each	50	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*
Apple Slices 1/2 cup	17615	0.50 cup	50	43.942	0.135	0.149	0.000	0.000	0.000	0.000	67.330	10.489	1.417	8.647	0.006	3.544	0.000	0.000	N/A*
Whole Wheat Dinner Roll, Bridgford H&S 1WG	929	1.00 Roll	50	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	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
				00	0	0	0	0	0	0	00	0	0	0	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	80.00	370.0	18.00	2.00	15.00	1.30	470.0	N/A	N/A	3.00
Weighted Daily Average				513.361	20.950	22.023	8.616	0.000	46.231	539.997	342.045*	55.992*	6.662*	25.625*	2.062*	340.520*	266.901*	2.602*	1.295*
% of Calories					16.32%	38.61%	15.10%	0.00%				43.63%*							

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 - 03/09/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Chicken & Waffle (2 MMA 2 WG) Advanced Pierre	2154	1.00 serving	90	175.000	2.000	1.750	0.250	0.000	2.500	200.000	N/A*	40.500	1.500	24.000	0.540	20.000	0.000*	0.000*	0.000*
Chick'n & Waffle 2 MMA 2 WG (Vegetarian)	2370	1.00 serving	10	477.500	20.250	13.500	1.750	0.000	5.000	755.000	250.000*	74.500	8.000	28.500	2.955	77.500	N/A*	N/A*	0.000*
Roasted Sweet Potato Wedges/Fries (Fresh) .75c R/O	1398	3/4 cup	100	247.326	3.394	6.723	0.511	0.000	0.000	118.891	728.476	43.492	6.485	9.036	1.319*	64.849*	30667.320*	5.188*	0.000*
Apple Slices 1/2 cup	17615	0.50 cup	50	43.942	0.135	0.149	0.000	0.000	0.000	0.000	67.330	10.489	1.417	8.647	0.006	3.544	0.000	0.000	N/A*
Apple, variety, 125 CT - 1 each	720	1.00 each	50	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	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	10.00	130.0	400.0	13.00	0.00	12.00	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
Weighted Daily Average				623.077	15.411	11.094	1.660	0.000	10.150	504.776	1009.285*	117.784	11.122	56.031*	2.155*	397.085*	30933.655*	7.790*	1.255*
% of Calories					9.89%	16.02%	2.40%	0.00%				75.61%							

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 - 03/10/2023																			
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*
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 Slices 1/2 cup	17615	0.50 cup	50	43.942	0.135	0.149	0.000	0.000	0.000	0.000	67.330	10.489	1.417	8.647	0.006	3.544	0.000	0.000	N/A*
Apple, variety, 125 CT - 1 each	720	1.00 each	50	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	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	10.00	130.0	400.0	13.00	0.00	12.00	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
Weighted Daily Average				642.961	38.101	15.873	8.517	0.000	41.986	1020.537	947.012*	91.603	15.403	31.319*	2.856*	433.413*	266.335*	2.602*	1.255*
% of Calories					23.70%	22.22%	11.92%	0.00%				56.99%							

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 - 03/13/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
DC -NOLA Chicken Sandwich (JTM) 2MMA 2WG	17641	1.00 sandwich	90	299.148	21.788	7.001	1.543	0.000	51.437*	673.361	110.000*	38.675	2.000*	11.000	2.600*	46.287*	0.000*	0.000*	0.400*
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*
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*
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*
				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	50	110.0	8.00	2.50	1.50	0.00	10.00	130.0	400.0	13.00	0.00	12.00	0.00	300.0	N/A	N/A	2.50
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	49	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				466.270	31.566	8.555	2.184	0.000	53.743*	789.202	501.516*	65.711	5.951*	30.718	3.172*	379.521*	245.000*	26.290*	1.680*
% of Calories					27.08%	16.51%	4.22%	0.00%				56.37%							

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 - 03/14/2023																			
22/23 DC Base Lunch K-8																			
		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*
Roasted Potato Wedges/Fries (fresh) .75c S	917	³ / ₄ cup	50	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*
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*
				42	5	9	0	0	0	0	30	39	7	7	6	4	0	0	*

Apple Slices 1/2 cup	17615	0.50 cup	50	43.94	0.13	0.14	0.00	0.00	0.00	0.00	67.31	10.41	1.41	8.64	0.00	3.54	0.00	0.00	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
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
Weighted Daily Average				671.874	34.077	21.113	7.495	0.000	56.924	776.992	893.288*	88.232	8.843	32.724	3.295*	479.216*	279.933*	13.579*	1.295*
% of Calories					20.29%	28.28%	10.04%	0.00%				52.53%							

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 - 03/15/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Chicken Jambalaya 2 MMA 2 WG .5O	2156	1.50 cups	100	366.517	21.197	9.219	1.085	0.000	76.544	187.968	105.632*	48.398	3.489	3.355	1.702*	18.740*	1155.326*	34.260*	0.000*
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, variety, 125 CT - 1 each	720	1.00 each	50	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*
				42	5	9	0	0	0	0	30	39	7	7	6	4	0	0	*

Apple Slices 1/2 cup	17615	0.50 cup	50	43.94	0.13	0.14	0.00	0.00	0.00	0.00	67.31	10.44	1.41	8.64	0.00	3.54	0.00	0.00	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				815.017	43.542	12.950	2.642	0.000	83.944	542.583	1196.296*	129.846	16.763	30.669*	4.934*	465.591*	1424.680*	36.862*	1.255*
% of Calories					21.37%	14.30%	2.92%	0.00%				63.73%							

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)
Thu - 03/16/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Penne with Meatballs, 2 oz M/MA, 2 oz WG, 0.5 RO	802	1.75 cup	90	416.017	24.279	15.605	5.316	0.640	52.992	839.036	650.320*	50.214	9.840	7.450	4.360*	63.521*	0.000*	0.000*	0.000*
Penne with Meatballs, 2 oz M/MA, 2 oz WG, 0.5 RO (DF/GF)	14766	1.75 cup	10	409.354	18.061	13.679	4.020	0.640	48.133	767.758	516.042*	54.426	4.864	6.450	2.924	43.521	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*
				59	8	2	8	0	0	0	17*	35	6	13*	7*	7*	19*	3*	*

Apple, variety, 125 CT - 1 each	720	1.00 each	50	96.21	0.24	0.20	0.01	0.00	0.00	1.77	44.88	24.11	3.51	12.38	0.07	6.02	32.66	2.80	N/A
Apple Slices 1/2 cup	17615	0.50 cup	50	43.942	0.135	0.149	0.000	0.000	0.000	0.000	67.330	10.489	1.417	8.647	0.006	3.544	0.000	0.000	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
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
Weighted Daily Average				635.880	36.852	16.858	5.935	0.640	59.906	987.307	1247.904*	89.365	16.832	31.563*	6.072*	401.359*	266.335*	2.602*	1.255*
% of Calories					23.18%	23.86%	8.40%	0.91%				56.22%							

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)
Fri - 03/17/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
BBQ Cheeseburger on 3.5" WG Bun, pre-cooked patty	17640	1.00 Each	90	399.071	21.681	19.118	7.594	1.012	48.093	1040.986	110.000*	39.619	3.012*	9.625	3.780*	131.123	101.248*	0.000*	0.400*
BBQ Chick'n Sandwich 2.25 MMA 2WG (Vegan)	1298	1.00 sandwich	10	279.746	28.772	3.214	0.000	0.000	0.000	523.464	345.868	36.582	2.000	7.445	1.879*	40.000	0.000*	0.000*	0.400*
				28	0	4	0	0	0	30	*	33	3	3	6	32	*	*	*

Seasoned/Roasted Carrots (IQF) .75c RO	915	3/4 cup	100	48.8	0.00	0.81	0.00	0.00	0.00	0.00	81.3	N/A	11.3	4.88	4.88	0.58	32.5	N/A	N/A	N/A
Apple, variety, 125 CT - 1 each	720	1.00 each	50	96.259	0.248	0.202	0.018	0.000	0.000	0.000	1.770	44.887*	24.195	3.516	12.383*	0.077*	6.027*	32.669*	2.803*	N/A*
Apple Slices 1/2 cup	17615	0.50 cup	50	43.942	0.135	0.149	0.000	0.000	0.000	0.000	0.000	67.330	10.489	1.417	8.647	0.006	3.544	0.000	0.000	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	0.000	80.000	370.000	18.000	2.000	15.000	1.300	470.000	N/A*	N/A*	3.000
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	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	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Weighted Daily Average				606.467	30.582	19.787	7.584	0.911		50.684	1200.999	389.395*	81.100	10.280*	36.835*	4.230*	461.048*	357.458*	2.602*	1.655*
% of Calories					20.17%	29.36%	11.25%	1.35%					53.49%							

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)
Mon - 03/20/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Sausage Pizza 4x6 (Tonys) 2MMA 2 WG .125RO	1014	1.00 slice	90	300.000	16.000	10.000	4.500	0.000	25.000	470.000	576.000	35.000	5.000	8.000	2.700	212.000	0.000	0.000	0.000
				00	30	30	0	0	30	00	00	30	0	0	0	00	00	0	0

Cheese Pizza (Tony's) 2MMA 2 WG .125RO	1006	1.00 pizza	10	310.0	16.0	11.0	4.00	0.00	15.0	480.0	522.0	35.0	4.00	8.00	2.60	307.0	109.0	0.00	0.00
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	43.942	0.135	0.149	0.000	0.000	0.000	0.000	67.330	10.489	1.417	8.647	0.006	3.544	0.000	0.000	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
Weighted Daily Average				483.057	25.455	11.445	5.190	0.000	31.400	605.500	991.272*	66.232	10.791	29.741	3.705*	552.721*	260.900*	1.200*	1.255*
% of Calories					21.08%	21.32%	9.67%	0.00%				54.84%							

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 - 03/21/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
		1.00		12	77	35	8	0	52	99	39*	29	7	0	7*	38*	0*	0*	0*

Queso Dip with Taco Turkey	17636	serving	100	457.4	17.31	24.25	8.81	0.00	68.45	1115.5	607.91	39.72	5.03	4.64	0.54	282.71	0.00	0.00	0.00
Steamed Corn, 1/2 cup	624	0.50 cup	50	86.974	2.028	2.267	0.720	0.000	0.000	13.600	0.000*	16.223	2.028	3.042	0.365*	N/A*	N/A*	N/A*	N/A*
Seasoned Black Beans (Del Pasado), heated .5 c B/L	921	1/2 cup	50	222.224	13.675	0.855	0.000	0.000	0.000	615.388	940.176	40.091	10.256	1.709	3.077	68.376*	0.000*	0.000*	0.000*
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*
Apple Slices 1/2 cup	17615	0.50 cup	50	43.942	0.135	0.149	0.000	0.000	0.000	0.000	67.330	10.489	1.417	8.647	0.006	3.544	0.000	0.000	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
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
Weighted Daily Average				794.000	33.687	27.325	9.924	0.000	75.852	1561.235	1311.442*	102.116	15.075	33.473	2.458*	629.774*	273.599*	5.547*	1.255*
% of Calories					16.97%	30.97%	11.25%	0.00%				51.44%							

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 - 03/22/2023																			
22/23 DC Base Lunch K-8																			

		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*
Meatball Marinara Sub 2MMA, 2.75WG, .25R/O (GF/DF)	14767	1.00 sub	10	345.686	12.416	13.634	4.716	0.512	38.506	899.766	168.000*	45.544	3.480	6.180	2.012	46.501	0.000*	0.000*	0.000*
Roasted Sweet Potato Wedges/Fries (Fresh) .75c R/O	1398	3/4 cup	100	247.326	3.394	6.723	0.511	0.000	0.000	118.891	728.476	43.492	6.485	9.036	1.319*	64.849*	30667.320*	5.188*	0.000*
Apple Slices 1/2 cup	17615	0.50 cup	50	43.942	0.135	0.149	0.000	0.000	0.000	0.000	67.330	10.489	1.417	8.647	0.006	3.544	0.000	0.000	N/A*
Apple, variety, 125 CT - 1 each	720	1.00 each	50	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	929	1.00 Roll	50	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	49	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	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
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				839.718	34.741	22.812	6.361	0.512	52.791	1190.222	1177.535*	125.483	13.852	40.311*	4.952*	531.959*	30974.216*	7.766*	1.280*
% of Calories					16.55%	24.45%	6.82%	0.55%				59.77%							

	Recipe		Plan	(kcal)	1 (g)	2 (g)	Fat (g)	at (g)	ol (mg)	(mg)	n (mg)	ates (g)	(g)	s (g)	ng)	(mg)	A (IU)	g (mg)	(mcg)

Recipe Name	#	Portion Size	Qty	Calories	Protein	Total Fat	Saturated	Trans Fat	Cholesterol	Sodium	Potassium	Carbohydrate	Fiber	Sugars	Iron (mg)	Calcium	Vitamin C	Vitamin D	Vitamin E
Thu - 03/23/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Sloppy Joe 2 MMA 2WG .50 .25RO	1041	3/4 cup	50	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 .50 .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*
Green Peas .75S	2148	3/4 cup	50	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*
Apple Slices 1/2 cup	17615	0.50 cup	2	43.942	0.135	0.149	0.000	0.000	0.000	0.000	67.330	10.489	1.417	8.647	0.006	3.544	0.000	0.000	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	1	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	1	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				413.686	21.856	8.882	2.367	0.000	53.302	463.444	416.267*	59.969	9.150	16.220	2.248*	74.894*	191.455*	44.168*	0.255*
% of Calories					21.13%	19.32%	5.15%	0.00%				57.99%							

Recipe	Portion	Plan	(kcal)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
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Recipe Name	e #	Size	Qty	Calories	Protein	Total Fat	Saturated	Trans F	Cholesterol	Sodium	Potassium	Carbohydrate	Fiber	Sugars	Iron (mg)	Calcium	Vitamin C	Vitamin D	Vitamin E
Fri - 03/24/2023																			
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) 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, 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*
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	60	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 Slices 1/2 cup	17615	0.50 cup	20	43.942	0.135	0.149	0.000	0.000	0.000	0.000	67.330	10.489	1.417	8.647	0.006	3.544	0.000	0.000	N/A*
Apple, variety, 125 CT - 1 each	720	1.00 each	20	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	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				581.107	36.910	16.271	7.212	0.000	52.737	422.395	573.988*	77.547	12.352	26.159*	3.563*	402.407*	421.994*	31.897*	1.255*

% of Calories		25.41%	25.20%	11.17%	0.00%				53.38%									
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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 - 03/27/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
BBQ Chicken Sandwich 2MMA 2WG	1033	1.00 sandwich	90	320.551	27.412	9.401	2.204	0.000	73.482	373.054	110.000*	32.835	2.000	6.457	3.019	48.981	N/A*	N/A*	0.400*
BBQ Chick'n Sandwich 2.25 MMA 2WG (Vegan)	1298	1.00 sandwich	10	279.746	28.772	3.214	0.000	0.000	0.000	523.464	345.868	36.582	2.000	7.445	1.879*	40.000	0.000*	0.000*	0.400*
Roasted Sweet Potato Wedges/Fries (Fresh) .75c R/O	1398	3/4 cup	100	247.326	3.394	6.723	0.511	0.000	0.000	118.891	728.476	43.492	6.485	9.036	1.319*	64.849*	30667.320*	5.188*	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*
Apple Slices 1/2 cup	17615	0.50 cup	50	43.942	0.135	0.149	0.000	0.000	0.000	0.000	67.330	10.489	1.417	8.647	0.006	3.544	0.000	0.000	N/A*
Whole Wheat Dinner Roll, Bridgford H&S 1WG	929	1.00 Roll	50	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	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
				00	0	0	0	0	0	30	00	30	0	30	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	80.00	370.0	18.00	2.00	15.00	1.30	470.0	N/A	N/A	3.00
Weighted Daily Average				746.168	40.260	17.350	3.360	0.000	73.534	703.986	1116.678*	107.496	10.714	36.695	4.510*	421.404*	30917.320*	6.388*	1.655*
% of Calories					21.58%	20.93%	4.05%	0.00%				57.63%							

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 - 03/28/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Turkey Shepherds Pie	17635	1.00 Square	100	320.233	26.929	14.636	3.927	0.000	79.931	625.284	129.871*	20.421	2.763	3.578*	1.948*	77.314*	4.099*	4.983*	0.000*
Green Peas .5S	2149	1/2 cup	50	74.919	0.000	0.000	0.000	0.000	0.000	64.216	N/A*	12.843	5.351	4.281	N/A*	N/A*	N/A*	N/A*	N/A*
Seasoned/Roasted Carrots (IQF) .5c RO	2170	1/2 cup	50	32.819	0.000	0.547	0.000	0.000	0.000	54.698	N/A*	7.658	3.282	3.282	0.394	21.879	N/A*	N/A*	N/A*
Apple Slices 1/2 cup	17615	0.50 cup	60	43.942	0.135	0.149	0.000	0.000	0.000	0.000	67.330	10.489	1.417	8.647	0.006	3.544	0.000	0.000	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*
Pear, 90 CT	743	1.00 each	20	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*
				30	0	0	0	0	0	00	30	30	0	0	0	30	0	*	*

Whole Wheat Dinner Roll, Bridgford H&S 1WG	929	1.00 Roll	100	70.0	2.50	1.00	0.25	0.00	0.00	125.0	42.5	13.0	1.00	1.50	0.54	10.0	0.00	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
Weighted Daily Average				604.714	37.666	17.319	4.919	0.000	87.331	941.738	412.469*	71.789	10.617	31.719*	2.771*	405.806*	263.538*	7.922*	1.255*
% of Calories					24.92%	25.78%	7.32%	0.00%				47.49%							

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)
Wed - 03/29/2023																			
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*
Broccoli, Florets, Steamed .5 DG	685	0.50 cup	50	23.213	2.321	0.000	0.000	0.000	0.000	11.607	164.814	3.869	2.321	0.774	0.836	15.475	N/A*	N/A*	N/A*
				29	0	2	0	0	0	29	*	6	6	0	*	29	*	*	*

Roasted Cauliflower .5c O	1030	0.50 cup	50	33.7%	2.53	0.42	0.00	0.00	0.00	33.7%	N/A	4.21	1.68	0.00	N/A	33.7%	N/A	N/A	N/A
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	60	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 Slices 1/2 cup	17615	0.50 cup	20	43.942	0.135	0.149	0.000	0.000	0.000	0.000	67.330	10.489	1.417	8.647	0.006	3.544	0.000	0.000	N/A*
Apple, variety, 125 CT - 1 each	720	1.00 each	20	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*
Brown Rice 1/2c 1WG	774	1/2 cup	100	96.646	1.933	0.644	0.000	0.000	0.000	97.418	0.000*	20.618	0.644	0.000	0.232	0.000*	0.000*	0.000*	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				475.875	33.422	11.472	2.841	0.000	73.009	455.108	425.725*	57.410	4.698	25.473*	1.892*	359.592*	401.249*	31.948*	1.300*
% of Calories					28.09%	21.70%	5.37%	0.00%				48.26%							

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 - 03/30/2023																			
22/23 DC Base Lunch K-8																			

		Total	100																
Cheeseburger Mac & Cheese 2 MMA 2 WG	7002	1.00 cup	100	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*
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*
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*
Apple Slices 1/2 cup	17615	0.50 cup	50	43.942	0.135	0.149	0.000	0.000	0.000	0.000	67.330	10.489	1.417	8.647	0.006	3.544	0.000	0.000	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				686.546	37.047	18.877	9.297	0.000	62.217	493.898	349.567*	95.236	8.707	30.129	0.981*	524.011*	402.500*	26.314*	1.615*
% of Calories					21.58%	24.75%	12.19%	0.00%				55.49%							

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 - 03/31/2023																			
22/23 DC Base Lunch K-8																			

		Total	100																
Jerk Chicken 2 MMA	885	2.00 ounce	90	233.240	14.437	16.912	2.360	0.000	51.437	43.205	17.804*	4.735	0.420	3.027	0.962	13.522*	4.962*	0.095*	0.000*
Jerk Chick'n 2.25 MMA	964	1.00 cup	10	244.174	21.958	13.154	0.822	0.000	0.000	209.078	258.122	9.548	0.525	4.669	0.203*	9.044*	6.203*	0.119*	0.000*
Seasoned Black Beans (Del Pasado), heated .75 c B/L	920	³ / ₄ cup	50	336.045	20.680	1.292	0.000	0.000	0.000	930.587	1421.730	60.625	15.510	2.585	4.653	103.399*	0.000*	0.000*	0.000*
Apple Slices 1/2 cup	17615	0.50 cup	50	43.942	0.135	0.149	0.000	0.000	0.000	0.000	67.330	10.489	1.417	8.647	0.006	3.544	0.000	0.000	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*
Red Rice, 1 cup Red Rice, 1/2 cup 1WG	7813	¹ / ₂ cup	100	107.019	2.900	0.647	0.001	0.000	0.000	140.632	0.917*	23.062	1.622	1.440	0.239*	0.306*	96.377*	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
Weighted Daily Average				653.846	36.883	19.251	2.947	0.000	53.693	799.030	1057.559*	81.908	11.386	25.883	3.607*	386.840*	351.463*	26.411*	1.255*
% of Calories					22.56%	26.50%	4.06%	0.00%				50.11%							

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
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Calories (kcal)	641.832		600/650	Pass		
Protein (g)	33.465	20.86%				
Total Fat (g)	17.089	23.96%				
Saturated Fat (g)	5.572*	7.81%*	<10	Pass		
Trans Fat (g)	0.129*					
Cholesterol (mg)	54.046*					
Sodium (mg)	846.721		≤ 1230	Pass		
Potassium (mg)	808.542*					
Carbohydrates (g)	89.939*	56.05%*				
Fiber (g)	11.636*					
Sugars (g)	32.488*					
Iron (mg)	3.477*					
Calcium (mg)	425.222*					
Vitamin A (IU)	4367.521*					
Vitamin C (mg)	17.417*					
Vitamin D (mcg)	1.253*					

* = Indicates missing Nutrient Information.

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