



MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Chicken Biscuit Sandwich</p> <p>Chicken Tenders (3)</p> <p>Chick'n Nuggets</p> <p>Seasoned Green Beans</p>	<p>2</p> <p>Bagel & Cream Cheese</p> <p>Cheeseburger</p> <p>Black Bean Burger</p> <p>Baked Beans</p>	<p>3</p> <p>Pancakes & Sausage</p> <p>BBQ Meatballs</p> <p>Veggie Meatballs</p> <p>Mashed Potatoes</p> <p>Pea and Carrots</p>	<p>4</p> <p>Yogurt and Chex Cereal</p> <p>Chicken Parm</p> <p>Chick'n Parm</p> <p>Roasted Potato Wedges</p>	<p>5</p> <p>French Toast Sticks</p> <p>Chicken Alfredo</p> <p>Chick'n Alfredo</p> <p>Roasted Broccoli</p>
<p>8</p> <p>Waffle & Sausage</p> <p>NOLA Sando</p> <p>Sweet Potato Fries</p>	<p>9</p> <p>Cereal and Blueberry Oat Bars</p> <p>Chopped Cheesesteak</p> <p>Veggie Cheesesteak</p> <p>Green Beans</p>	<p>10</p> <p>Egg & Cheese Bagel</p> <p>Sweet & Sour Chicken</p> <p>Sweet & Sour Chick'n</p> <p>Brown Rice</p> <p>Steamed Corn</p>	<p>11</p> <p>Banana Bread</p> <p>Shepherd's Pie</p> <p>Veggie Shepherd's Pie</p> <p>Peas and Carrots</p>	<p>12</p> <p>Pancakes</p> <p>Cheesy Baked Ziti</p> <p>Roasted Broccoli</p>
<p>15</p> <p>French Toast Sticks</p> <p>Turkey Sausage Pizza</p> <p>Cheese Pizza</p> <p>Green Beans</p>	<p>16</p> <p>Yogurt & Chex</p> <p>BBQ Cheeseburger</p> <p>Black Bean Burger</p> <p>Seasoned Baked Beans</p>	<p>17</p> <p>Sausage Breakfast Sandwich</p> <p>Salisbury Steak</p> <p>Meatless Salisbury Steak</p> <p>Mashed Potatoes w/ Seasoned Carrots</p>	<p>18</p> <p>Cereal w/Chocolate Oat Bars</p> <p>BBQ Chicken Sand.</p> <p>BBQ Chick'n Sand.</p> <p>Roasted Potato Wedges</p>	<p>19</p> <p>Waffles w/Syrup</p> <p>Spaghetti and Meatballs</p> <p>Roasted Broccoli</p>
<p>22</p> <p>Pancakes & Sausage</p> <p>Orange Chicken w/ Brown Rice</p> <p>Orange Chick'n</p> <p>Roasted Broccoli</p> <p>Cauliflower Blend</p>	<p>23</p> <p>Bagel & Cream Cheese</p> <p>Meatball Sub</p> <p>Vg Meatball Sub</p> <p>Sweet Potato Fries</p>	<p>24</p> <p>Egg & Cheese Bagel</p> <p>Queso Nachos</p> <p>Seasoned Black Bean and Corn Blend</p>	<p>25</p> <p>Blueberry Cinnamon Bread</p> <p>Chicken & Waffles</p> <p>Chick'n & Waffles</p> <p>Sweet Potato Fries</p>	<p>26</p> <p>French Toast Sticks</p> <p>Chicken Primavera</p> <p>Chick'n Primavera</p> <p>Roasted Broccoli</p>
<p>29</p> <p>No School for Memorial Day</p>	<p>30</p> <p>Cereal and Blueberry Oat Bars</p> <p>BBQ Chicken</p> <p>BBQ Chick'n</p> <p>Fresh Green Beans</p>	<p>31</p> <p>Sausage Breakfast Sandwich</p> <p>Teriyaki Chicken</p> <p>Teriyaki Chick'n</p> <p>Fried Rice & Roasted Broccoli & Carrots</p>		

Nutrient Detail Report

District: Genuine Foods DC

School: Washington Latin

Menu: 22/23 DC Base Breakfast K-12

Date Range: May 01, 2023 - May 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)
Mon - 05/01/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
Chicken Biscuit 2.5WG 2MMA (KOCH)	9213	1.00 sandwich	90	400.000	21.000	18.000	4.500	0.000	40.000	690.000	380.200	39.000	3.000	7.000	3.080	220.000	0.000*	N/A*	0.000*
Assorted Muffins (Muffin Town) 1WG	974	1.00 muffin	5	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*
Grahams, Assorted 1WG	5105	1.00 package	5	120.000	1.667	3.667	1.000	0.000	0.000	123.333	46.667	20.667	1.333	7.667	1.167	33.333	N/A*	0.000*	0.000
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*
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	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

Weighted Daily Average	521.1	27.4%	17.9%	4.87	0.00	44.3	770.8	616.4	61.4	4.66	26.9	2.99	518.4	250.0	26.31	1.25
% of Calories		21.11%	31.00%	8.42%	0.00%				47.19%							

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)
Tue - 05/02/2023																			
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*
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*
Orange, Wedge 138 CT - 1/4 cup	17650	1/4 cup	100	22.100	0.386	0.077	0.000	0.000	0.000	3.812	70.576	5.023	0.850	3.606	0.139	18.288	N/A*	25.114	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	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
Weighted Daily Average				403.359	16.634	6.029	3.268	0.000	22.500	395.582	315.463*	72.218	8.366	33.989*	2.016*	364.315*	282.669*	29.117*	1.250*
% of Calories					16.50%	13.45%	7.29%	0.00%				71.62%							

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)
Wed - 05/03/2023																			
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*
Sausage Links 1MMA	5167	2.00 links	90	110.000	10.000	8.000	2.000	0.000	0.000	290.000	310.000	1.000	N/A*	1.000	1.000	20.000	N/A*	N/A*	N/A*
Scooters, SS Bowl	584	1.00 count	20	110.000	3.000	1.500	0.000	0.000	0.000	140.000	94.000	21.000	3.000	0.000	5.400	100.000	N/A*	N/A*	0.000
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	2939	1.00 carton	100	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	17615	0.50 cup	100	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*
Chocolate Chip Oatmeal Bar, IW	646	1.00 count	20	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	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	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
				76	36	30	0	0	31	13	30*	36	3*	49	1	44*	30*	3*	3*

Weighted Daily Average	514.4	20.4%	10.7%	2.90%	0.00%	10.0%	576.8	672.5	86.1%	3.66%	60.3%	2.41	351.2	250.0	9.60	1.25
% of Calories		15.89%	18.72%	5.07%	0.00%				67.02%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 05/04/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
Yogurt, Strawberry Banana Low Fat, SS	3029	1.00 count	100	70.000	4.000	0.000	0.000	0.000	5.000	70.000	188.000	12.000	0.000	9.000	0.000	100.000	0.000	0.000	2.000
Orange, Wedge 138 CT - 1/4 cup	17650	1/4 cup	100	22.100	0.386	0.077	0.000	0.000	0.000	3.812	70.576	5.023	0.850	3.606	0.139	18.288	N/A*	25.114	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*
Snack Mix, Chex Strawberry Yogurt, IW	694	1.00 count	100	130.000	2.000	3.000	1.000	0.000	0.000	55.000	0.000	23.000	2.000	6.000	0.700	0.000	N/A*	N/A*	0.000
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
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
Weighted Daily Average				418.359	14.634	4.529	1.768	0.000	12.500	260.582	503.463*	77.218	6.366	42.989*	0.916*	424.315*	282.669*	29.117*	3.250*

Weighted Daily Average	534.8	14.2%	10.9%	2.15%	0.00%	8.00%	449.3	421.0	96.4	4.85	55.3	2.57	365.2	432.7	27.50	1.25
% of Calories		10.68%	18.39%	3.62%	0.00%				72.10%							

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)
Mon - 05/08/2023																			
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*
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*
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	50	50.000	0.000	0.000	0.000	0.000	0.000	10.000	N/A*	12.000	2.000	8.000	N/A*	N/A*	N/A*	N/A*	N/A*
Apple, variety, 125 CT - 1 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*
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	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
		1.00		3.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000

Syrup, Breakfast, Smucker's, SS Cup, 1.4 oz	1009	container	50	11	0	0	0	0	0	20	1	20	0	20	0	0	1	1	0
Sausage Patty (Jimmy Dean) .75 MMA	5376	1.00 patty	50	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				388.115	15.655	7.439	2.205	0.000	26.000	597.349	356.510*	66.010	5.404	36.349*	1.491*	357.651*	258.167*	14.458*	1.250*
% of Calories					16.13%	17.25%	5.11%	0.00%				68.03%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 05/09/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
Scooters, SS Bowl	584	1.00 count	100	110.000	3.000	1.500	0.000	0.000	0.000	140.000	94.000	21.000	3.000	0.000	5.400	100.000	N/A*	N/A*	0.000
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	25	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
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*
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 Oatmeal Bar, IW	645	1.00 count	100	140.080	2.001	4.503	0.500	0.000	5.003	90.051	61.035	23.013	1.001	9.005	1.001	10.006	1.001	1.001	0.000

Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 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	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
Weighted Daily Average				410.195	13.256	7.342	1.255	0.000	0.000	12.503	367.400	401.545*	71.573	6.305	29.904*	6.490*	420.657*	259.168*	15.459*	1.250*
% of Calories					12.93%	16.11%	2.75%	0.00%					69.79%							

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)
Wed - 05/10/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
Assorted Muffins (Muffin Town) 1WG	974	1.00 muffin	50	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*
Breakfast Sandwich (Egg & Cheese on Biscuit) - Bridgeford 1.75WG 1.5MMA	8539	1.00 sandwich	50	285.000	10.500	12.000	4.250	0.000	102.500	640.000	161.000*	32.000	2.000	6.500	1.800	318.000	150.000*	0.000*	1.000*
Apple Slices 1/2 cup	17615	0.50 cup	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*
100% Apple Juice, 4 oz	703	1.00 count	25	60.000	0.000	0.000	0.000	0.000	0.000	15.000	N/A*	14.000	0.000	13.000	0.000	0.000	0.000	0.000	0.000
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*
		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	90.00	8.00	0.00	0.00	0.00	0.00	5.00	130.00	N/A	13.00	0.00	12.00	0.00	300.00	500.00	2.40	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
Weighted Daily Average				359.536	14.727	9.701	3.125	0.000	0.000	67.500	504.406	346.371*	50.884	2.279	29.215	1.241*	474.030*	325.000*	13.757*	1.750*
% of Calories					16.38%	24.28%	7.82%	0.00%					56.61%							

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 - 05/11/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
Banana Bread	5481	1.00 each	100	349.873	6.825	12.959	1.485	0.000	49.660	269.930	126.732*	52.026	2.084	22.673	0.296*	33.991*	98.906*	3.080*	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*
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*
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	75	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	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
Weighted Daily Average				590.332	15.846	14.566	2.253	0.000	57.160	409.324	512.771*	99.266	7.300	54.268*	0.651*	376.594*	381.575*	57.310*	1.250*
% of Calories					10.74%	22.21%	3.43%	0.00%				67.26%							

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)
Fri - 05/12/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
French Toast, WG Stick Cooked, Frozen (Richs) 2.25WG	606	4.00 pieces	50	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
Scooters, SS Bowl	584	1.00 count	50	110.000	3.000	1.500	0.000	0.000	0.000	140.000	94.000	21.000	3.000	0.000	5.400	100.000	N/A*	N/A*	0.000
Fruit, Mixed Fruit Cup, 4oz	851	1.00 count	100	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*
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, variety CPS	16758	1.00 each	75	91.629	0.281	0.183	0.032	0.000	0.000	2.290	N/A*	23.727	3.715	6.618*	0.129*	6.518*	58.113*	4.986*	N/A*
Blueberry Nutrigrain Bar, IW	643	1.00 count	100	149.801	1.997	3.495	0.499	0.000	0.000	134.821	109.854	29.960	2.996	13.981	1.897	139.815	499.338	N/A*	0.000

Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 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	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
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	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				674.573	14.901	10.671	2.023	0.000	0.000	7.500	518.445	467.142*	134.767	9.207	67.248*	5.763*	523.848*	792.923*	17.496*	1.250*
% of Calories					8.84%	14.24%	2.70%	0.00%					79.91%							

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)
Mon - 05/15/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
French Toast Stick, scratch, 2wg,	16778	6.00 sticks	50	299.636	15.603	8.760	2.414	0.000	217.941	460.933	7.200*	40.199	2.214	11.413	2.901*	105.277*	225.000*	0.000*	N/A*
Bagel WG 2 oz, Sliced, T&S, Bulk (Lenders) with Cream Cheese	7451	1.00 each	50	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 Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	100	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
Unsweetened Applesauce, 4 oz	698	1.00 count	100	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*
		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	90.00	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	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
Sausage Patty (Jimmy Dean) .75 MMA	5376	1.00 patty	100	75.000	6.000	5.000	1.500	0.000	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				511.518	26.575	13.035	4.707	0.000	0.000	148.971	708.091	564.752*	70.645	6.807	36.419	3.129*	423.215*	362.500*	51.427*	1.250*
% of Calories					20.78%	22.93%	8.28%	0.00%					55.24%							

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)
Tue - 05/16/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
BYO Yogurt Parfait (IW Yogurt + Granola) 1MMA 1WG	2176	1.00 serving	100	237.077	6.824	8.296	0.720	0.000	5.000	70.618	261.804	33.302	1.938	13.959	0.957	109.689	0.000	0.000	2.000
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*
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	100	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*

Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	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
Weighted Daily Average				477.536	15.845	9.903	1.488	0.000	12.500	210.012	647.843*	80.542	7.154	45.554*	1.312*	452.292*	282.669*	54.230*	3.250*
% of Calories					13.27%	18.66%	2.80%	0.00%				67.46%							

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)
Wed - 05/17/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
Sausage Biscuit 2WG .75MMA (Jimmy Dean/Bridgeford)	8523	1.00 sandwich	50	265.000	10.000	11.000	3.500	0.000	25.000	520.000	335.000	30.500	2.000	6.500	2.300	214.000	0.000	0.000*	0.000*
WG Bagel	265	1.00 each	50	140.000	6.000	1.000	0.000	0.000	0.000	160.000	N/A*	28.000	4.000	5.000	1.800	40.000	0.000	0.000	N/A*
Apple Slices 1/2 cup	17615	0.50 cup	100	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*
100% Apple Juice, 4 oz	703	1.00 count	100	60.000	0.000	0.000	0.000	0.000	0.000	15.000	N/A*	14.000	0.000	13.000	0.000	0.000	0.000	0.000	0.000
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	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

Jelly, Assorted Reduced Sugar 12gm (Heinz)	5075	1.00 packet	100	15.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	4.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average				421.442	16.135	7.399	2.500	0.000	20.000	485.000	434.830*	70.739	4.417	40.397	2.056	430.544	250.000*	1.200*	1.250*	
% of Calories					15.31%	15.80%	5.34%	0.00%				67.14%								

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 05/18/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
Scooters, SS Bowl	584	1.00 count	100	110.000	3.000	1.500	0.000	0.000	0.000	140.000	94.000	21.000	3.000	0.000	5.400	100.000	N/A*	N/A*	0.000
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	100	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
Apple, variety CPS	16758	1.00 each	100	91.629	0.281	0.183	0.032	0.000	0.000	2.290	N/A*	23.727	3.715	6.618*	0.129*	6.518*	58.113*	4.986*	N/A*
Blueberry Nutrigrain Bar, IW	643	1.00 count	100	149.801	1.997	3.495	0.499	0.000	0.000	134.821	109.854	29.960	2.996	13.981	1.897	139.815	499.338	N/A*	0.000
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	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

Weighted Daily Average	495.6	14.0%	6.58	1.28	0.00	7.50	414.7	545.0	97.7%	11.4	39.81	7.70	582.9	807.4	56.41	1.25
% of Calories		11.34%	11.95%	2.33%	0.00%				78.87%							

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)
Fri - 05/19/2023																			
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
Fruit, Mixed Fruit Cup, 4oz	851	1.00 count	100	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*
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	100	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	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	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
				91	17	3	9	0	34	64	37*	25	8	78	5*	23*	30*	17*	3*

Weighted Daily Average	446.2	12.0	5.39	1.24	0.00	18.7	406.0	368.5	89.7	3.69	57.6	1.35	366.5	250.0	51.42	1.25
% of Calories		10.77%	10.88%	2.52%	0.00%				80.42%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Mon - 05/22/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
Scooters, SS Bowl	584	1.00 count	10	110.000	3.000	1.500	0.000	0.000	0.000	140.000	94.000	21.000	3.000	0.000	5.400	100.000	N/A*	N/A*	0.000
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*
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*
Blueberry Nutrigrain Bar, IW	643	1.00 count	100	149.801	1.997	3.495	0.499	0.000	0.000	134.821	109.854	29.960	2.996	13.981	1.897	139.815	499.338	N/A*	0.000
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	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
		1.00		00	0	0	0	0	0	00	*	00	0	00	0	0	*	*	0

Syrup, Breakfast, Smucker's, SS Cup, 1.4 oz	1009	container	50	110.0	0.00	0.00	0.00	0.00	0.00	0.00	20.00	N/A	29.00	0.00	22.00	0.00	0.00	N/A	N/A	0.00
Sausage Link 0.5 MMA	10597	2.00 links	50	55.000	5.000	4.000	1.000	0.000	0.000	0.000	145.000	155.000	0.500	N/A*	0.500	0.500	10.000	N/A*	N/A*	N/A*
Weighted Daily Average				486.919	16.592	8.735	2.050	0.000	10.502	587.853	432.042*	88.134	6.622*	46.437	2.757*	463.959*	749.338*	13.757*	1.250*	
% of Calories					13.63%	16.14%	3.79%	0.00%				72.40%								

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 - 05/23/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
Bagel WG 2 oz, Sliced, T&S, Bulk (Lenders) with Cream Cheese	7451	1.00 each	100	185.000	8.000	4.500	2.500	0.000	15.000	260.000	N/A*	30.000	4.000	6.000	1.800*	40.000*	0.000*	0.000*	N/A*
Apple, variety, 125 CT - 1 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*
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	100	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	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
				59	21	7	8	0	30	94	39*	40	6	15*	5*	33*	39*	10*	3*

Weighted Daily Average	425.4	17.0%	6.10	3.26	0.00	22.5	399.3	386.0	77.2	9.21	37.59	2.15	382.6	282.6	54.23	1.25
% of Calories		16.00%	12.92%	6.91%	0.00%				72.62%							

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)
Wed - 05/24/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	8437	1.00 package	35	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	65	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 Slices 1/2 cup	1761 5	0.50 cup	100	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*
100% Apple Juice, 4 oz	703	1.00 count	100	60.000	0.000	0.000	0.000	0.000	0.000	15.000	N/A*	14.000	0.000	13.000	0.000	0.000	0.000	0.000	0.000
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	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
Jelly, Assorted Reduced Sugar 12gm (Heinz)	5075	1.00 packet	100	15.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	4.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000
				45	34	34	5	0	13	85	35*	30	6	15	7*	55	52*	3*	7*

Weighted Daily Average	464.2	16.9f	11.5f	5.57	0.00	76.3	692.7	585.3f	70.6f	4.58	40.6	2.22f	446.1	407.1f	2.35f	2.42f
% of Calories		14.62%	22.48%	10.81%	0.00%				60.90%							

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 - 05/25/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
Blueberry Bread, scratch, 1.75 oz WG	821	1.00 count	100	281.184	5.568	10.795	1.212	0.000	41.384	224.930	21.829*	40.668	1.647	18.110	0.249*	28.551*	78.850*	2.750*	0.000*
Apple Slices 1/2 cup	17615	0.50 cup	100	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	100	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	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
Weighted Daily Average				469.326	14.476	12.349	1.962	0.000	48.884	362.554	430.311*	74.202	4.764	45.969	0.533*	368.671*	328.850*	54.177*	1.250*
% of Calories					12.34%	23.68%	3.76%	0.00%				63.24%							

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 - 05/26/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
Scooters, SS Bowl	584	1.00 count	50	110.000	3.000	1.500	0.000	0.000	0.000	140.000	94.000	21.000	3.000	0.000	5.400	100.000	N/A*	N/A*	0.000
French Toast, WG Stick Cooked, Frozen (Richs) 2.25WG	606	4.00 pieces	50	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
Fruit, Mixed Fruit Cup, 4oz	851	1.00 count	100	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*
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	100	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
Blueberry Nutrigrain Bar, IW	643	1.00 count	100	149.801	1.997	3.495	0.499	0.000	0.000	134.821	109.854	29.960	2.996	13.981	1.897	139.815	499.338	N/A*	0.000
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	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	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				639.001	15.270	10.650	1.999	0.000	7.500	522.445	573.006*	124.505	7.696	67.693	5.875*	546.391*	749.338*	51.427*	1.250*

				7	€	£	1	C	2	2C	22	C	C	C	C	1*	C	C	C
Weighted Daily Average				452.822	16.758	9.858	2.249	0.000	22.500	619.227	535.807*	75.966	7.630	36.358	5.460*	527.731*	749.338*	13.757*	1.250*
% of Calories					14.80%	19.59%	4.47%	0.00%				67.10%							

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)
Tue - 05/30/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
Scooters, SS Bowl	584	1.00 count	100	110.000	3.000	1.500	0.000	0.000	0.000	140.000	94.000	21.000	3.000	0.000	5.400	100.000	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*
Orange, Choice 138 CT - 1/2 cup	741	1.00 each	100	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
Apple Oatmeal Bar, IW	645	1.00 count	100	140.080	2.001	4.503	0.500	0.000	5.003	90.051	61.035	23.013	1.001	9.005	1.001	10.006	1.001	1.001	0.000
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	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
Weighted Daily Average				10.539	4.022	7.610	1.268	0.000	2.503	39.445	1.074*	1.253	3.217	3.600*	0.756*	2.609*	3.670*	5.231*	0.250*

	4%	1	7	1	0	1	3%	54	9	5	4%	6	45	28	5%	1
% of Calories		11.43%	13.96%	2.33%	0.00%				74.41%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Wed - 05/31/2023																			
22/23 DC Base Breakfast K-12																			
		Total	100																
Sausage English Muffin 2WG .75MMA	1008	1.00 sandwich	50	195.000	11.000	6.000	2.000	0.000	25.000	430.000	220.000*	23.500	3.000	1.500	1.940	74.000	0.000*	0.000*	0.000*
Scooters, SS Bowl	584	1.00 count	50	110.000	3.000	1.500	0.000	0.000	0.000	140.000	94.000	21.000	3.000	0.000	5.400	100.000	N/A*	N/A*	0.000
Apple Slices 1/2 cup	17615	0.50 cup	100	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*
100% Apple Juice, 4 oz	703	1.00 count	100	60.000	0.000	0.000	0.000	0.000	0.000	15.000	N/A*	14.000	0.000	13.000	0.000	0.000	0.000	0.000	0.000
Apple Oatmeal Bar, IW	645	1.00 count	100	140.080	2.001	4.503	0.500	0.000	5.003	90.051	61.035	23.013	1.001	9.005	1.001	10.006	1.001	1.001	0.000
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	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
Weighted Daily Average				6.522	7.136	6.652	2.250	0.000	5.003	0.051	5.365*	2.752	4.418	3.402	6.777	0.550	1.001*	2.01*	250*

	49	17	9	2	0	2	52	48	8	5	4	4	40	25	2	1
% of Calories		13.80%	17.50%	4.08%	0.00%				66.67%							

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	482.269		450/500	Pass		
Protein (g)	16.554	13.73%				
Total Fat (g)	9.510	17.75%				
Saturated Fat (g)	2.507	4.68%	<10	Pass		
Trans Fat (g)	0.000					
Cholesterol (mg)	30.496					
Sodium (mg)	484.686		≤ 540	Pass		
Potassium (mg)	484.488*					
Carbohydrates (g)	83.050	68.88%				
Fiber (g)	6.394*					
Sugars (g)	44.137*					
Iron (mg)	3.154*					
Calcium (mg)	435.676*					
Vitamin A (IU)	402.995*					
Vitamin C (mg)	30.520*					
Vitamin D (mcg)	1.497*					

Nutrient Detail Report

District: Genuine Foods DC

School: Washington Latin

Menu: 22/23 DC Base Lunch K-8

Date Range: May 01, 2023 - May 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)
Mon - 05/01/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Chicken Tenders (Tyson) 2MMA 1WG	2175	2.00 tenders	80	220.000	20.000	12.000	2.000	0.000	40.000	400.000	760.000	12.000	2.000	2.000	1.600	0.000	N/A*	0.000	0.000
Chick'n/Veggie Nuggets (Morningstar Farms) 2 MMA (Vegan)	932	5.00 nuggets	20	237.500	16.250	10.000	1.250	0.000	0.000	375.000	250.000	22.500	5.000	2.500	1.875	37.500	N/A*	N/A*	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*
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	2939	1.00 carton	100	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
Whole Wheat Dinner Roll, Bridgford H&S 1WG	16804	1.00 Roll	10	140.000	5.000	2.000	0.500	0.000	0.000	250.000	85.000	26.000	2.000	3.000	1.080	20.000	0.000	N/A*	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	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	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
				86	37	50	0	0	30	50	07*	37	2	37	7	49	30*	3*	3*

Weighted Daily Average	434.6	29.6%	13.0%	2.65	0.00	39.5	563.7	1148.8	52.1	7.21	30.2	2.98	344.7	250.0	9.60	1.25
% of Calories		27.27%	27.02%	5.49%	0.00%				47.98%							

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 - 05/02/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Beef Cheeseburger on 3.5" WG Bun, pre-cooked patty	5087	1.00 Each	80	372.746	21.681	19.118	7.594	1.012	48.093	715.867	110.000*	33.037	3.012*	4.506	1.800*	90.624*	N/A*	0.000*	0.400*
Spicy Black Bean Burger (MorningStar) Vegetarian 2.25MMA 2WG	930	1.00 burger	20	310.000	20.000	7.400	1.000	0.000	5.000	680.000	110.000*	48.000	7.000	6.000	1.800*	40.000*	N/A*	N/A*	0.400*
Baked Beans Scratch (canned) .75 B/L	1290	3/4 cup	100	217.172	11.442	0.032	0.000	0.000	0.000	227.881	764.366*	39.944	8.299	4.815	3.215*	67.899*	0.000*	0.149*	N/A*
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	2939	1.00 carton	100	62.500	0.500	0.000	0.000	0.000	0.000	13.750	95.000	15.500	0.250	14.500	0.225	7.500	0.000	8.400	0.000
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	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
Weighted Daily Average				739.869	41.287	18.056	7.025	0.810	46.974	1080.325	1169.366*	104.474	12.359*	36.120	5.240*	455.898*	250.000*	9.749*	1.650*

Weighted Daily Average	670.8	24.6%	24.0%	10.6%	0.00%	42.9%	1486.1	338.9	86.4%	9.92	44.89	0.771	322.0%	5208.5	6.571	1.251
% of Calories																

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 - 05/04/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Chicken Parmesan Sub with Marinara 2MMA 2WG 0.25 RO	16764	1.00 portion	60	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 Parmesan & Marinara over Pasta 2MMA 2WG 0.5 RO	17309	1.00 portion	40	421.099	33.197	7.991	1.101	0.000	4.000	677.614	583.717*	59.481	8.535	9.565	2.722*	32.306*	0.377*	0.000*	0.000*
Roasted Potato Wedges/Fries (fresh) .75c S	917	3/4 cup	100	127.213	2.591	2.394	0.200	0.000	0.000	139.875	627.681*	24.228	3.701	1.774	0.802	13.880*	12.338*	14.034*	0.000*
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	2939	1.00 carton	100	62.500	0.500	0.000	0.000	0.000	0.000	13.750	95.000	15.500	0.250	14.500	0.225	7.500	0.000	8.400	0.000
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	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
Weighted Daily Average				768.703	42.861	21.098	3.757*	0.000*	55.589*	1056.540	1369.118*	103.427	10.255	38.580	3.406*	359.075*	262.715*	23.634*	1.250*

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 - 05/08/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
DC -NOLA Chicken Sandwich (JTM) 2MMA 2WG	17641	1.00 sandwich	100	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*
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*
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	2939	1.00 carton	100	62.500	0.500	0.000	0.000	0.000	0.000	13.750	95.000	15.500	0.250	14.500	0.225	7.500	0.000	8.400	0.000
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	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
Weighted Daily Average				588.861	32.879	10.645	2.493	0.000	58.937*	956.986	1032.681*	91.403	5.951*	39.274	3.627*	367.667*	262.338*	23.634*	1.650*
% of Calories					22.33%	16.27%	3.81%	0.00%				62.09%							

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)
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Tue - 05/09/2023

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*
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	90	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*
Baked Beans Scratch (canned) .75 B/L	1290	3/4 cup	10	217.172	11.442	0.032	0.000	0.000	0.000	227.881	764.366*	39.944	8.299	4.815	3.215*	67.899*	0.000*	0.149*	N/A*
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	2939	1.00 carton	100	62.500	0.500	0.000	0.000	0.000	0.000	13.750	95.000	15.500	0.250	14.500	0.225	7.500	0.000	8.400	0.000
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	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
Weighted Daily Average				636.513	35.216	19.141	7.359	0.000	57.024	742.851	886.095*	80.626	7.923	33.609	4.149*	498.753*	250.166*	10.630*	1.290*
% of Calories					22.13%	27.06%	10.41%	0.00%				50.67%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
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Wed - 05/10/2023

22/23 DC Base Lunch K-8

		Total	100																
Sweet & Sour Chicken	4636	2.00 ounce	70	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	30	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*
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*
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, 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 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	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
Weighted Daily Average				588.939	32.482	10.143	2.399	0.000	58.529	520.054	325.678*	87.262	9.693	35.072*	1.392*	313.362*	395.226*	4.043*	1.386*
% of Calories					22.06%	15.50%	3.67%	0.00%				59.27%							

Recipe Name	Recipe	Portion Size	Plan	ies (kcal)	tein (g)	l Fat (g)	ited Fat (g)	is Fat (g)	sterol (mg)	ium (mg)	sium (mg)	ydrates (g)	ber (g)	gars (g)	in (mg)	ium (mg)	nin A (IU)	in C (mg)	in D (mcg)
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	#		Qty	Calori	Prc	Totl	Satur	Tran	Chole:	Sodi	Potas	Carbot	Fi	Su:	Irc	Calc	Vitar	Vitar	Vitam
Thu - 05/11/2023																			
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 .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*
Seasoned/Roasted Carrots (IQF) .75c RO	915	3/4 cup	50	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*
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	2939	1.00 carton	200	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
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	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
Weighted Daily Average				765.837	40.929	18.293	5.177	0.000	87.431	1121.637	604.871*	105.750	11.718	53.231*	3.771*	428.590*	254.099*	22.983*	1.250*
% of Calories					21.38%	21.50%	6.08%	0.00%				55.23%							

Recipe Name	Recipe #	Portion Size	Plan Qty	ies (kcal)	tein (g)	il Fat (g)	ted Fat (g)	s Fat (g)	sterol (mg)	um (mg)	sium (mg)	hydrates (g)	ber (g)	gars (g)	n (mg)	ium (mg)	in A (IU)	in C (mg)	in D (mcg)
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				Calor	Prc	Tote	Satura	Tran	Choles	Sodi	Potas	Carboh	Fil	Suq	Iro	Calci	Vitan	Vitam	Vitami
Fri - 05/12/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Cheesy Baked Ziti 1MMA 1WG .25R/O	17693	0.75 Cups	100	211.216	12.453	7.214	3.884	0.000	17.293	432.569	168.000*	26.437	3.956	3.553	0.500*	46.787*	0.000*	0.000*	0.000*
Broccoli, Cuts, Steamed .75 DG	1058	0.75 cup	100	50.029	5.003	0.000	0.000	0.000	0.000	25.014	355.203	8.338	5.003	1.668	1.801	33.352	N/A*	N/A*	N/A*
Apple, variety, 125 CT - 1 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	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	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
Weighted Daily Average				457.504	25.704	8.666	4.652	0.000	24.793	589.353	768.090*	71.970	12.475	29.604*	2.378*	386.166*	282.669*	4.003*	1.250*
% of Calories					22.47%	17.05%	9.15%	0.00%				62.92%							

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)
Mon - 05/15/2023																			
22/23 DC Base Lunch K-8																			

		Total	100																
Cheese Pizza (Tony's) 2MMA 2 WG .125RO	1006	1.00 pizza	10	340.000	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), .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*
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	2939	1.00 carton	100	62.500	0.500	0.000	0.000	0.000	0.000	13.750	95.000	15.500	0.250	14.500	0.225	7.500	0.000	8.400	0.000
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	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
Weighted Daily Average				498.869	25.952	14.107	6.591	0.000	36.145	706.675	830.991*	64.106	7.508	33.179	3.191*	497.121*	260.900*	9.600*	1.250*
% of Calories					20.81%	25.45%	11.89%	0.00%				51.40%							

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 - 05/16/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
BBQ Cheeseburger on 3.5" WG Bun, pre-cooked patty	17640	1.00 Each	90	9.071	1.681	9.118	.594	.012	3.093	40.986	0.000*	3.619	.012*	1.625	.780*	11.123	1.248*	.000*	.400*

Spicy Black Bean Burger (MorningStar) Vegetarian 2.25MMA 2WG	930	1.00 burger	10	310.000	20.000	7.400	1.000	0.000	5.000	680.000	110.000*	48.000	7.000	6.000	1.800*	40.000*	N/A*	N/A*	0.400*
Baked Beans Scratch (canned) .75 B/L	1290	3/4 cup	100	217.172	11.442	0.032	0.000	0.000	0.000	227.881	764.366*	39.944	8.299	4.815	3.215*	67.899*	0.000*	0.149*	N/A*
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	2939	1.00 carton	100	62.500	0.500	0.000	0.000	0.000	0.000	13.750	95.000	15.500	0.250	14.500	0.225	7.500	0.000	8.400	0.000
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	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
Weighted Daily Average				769.836	41.455	19.228	7.685	0.911	51.284	1376.518	1169.366*	108.901	11.960*	40.578	7.022*	497.410*	341.123*	9.749*	1.650*
% of Calories					21.54%	22.48%	8.98%	1.06%				56.58%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Wed - 05/17/2023																			
22/23 DC Base Lunch K-8																			
		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*
Seasoned/Roasted Carrots (IQF) .75c RO	915	3/4 cup	50	8.828	0.000	0.814	0.000	0.000	0.000	1.380	N/A*	1.393	4.883	4.883	0.586	2.552	N/A*	N/A*	N/A*

Mashed Potatoes, Monarch Flakes, 3/4 S	1105	3/4 Cup	50	212.239	2.224	12.336	5.607	0.000	0.000	159.098	1.313*	21.130	2.224	0.000	0.400	3.938*	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*
Whole Wheat Dinner Roll, Bridgford H&S 1WG	16804	1.00 Roll	25	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	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
Weighted Daily Average				677.428	37.660	24.226	9.171	0.000	107.511	860.516	292.512*	75.499	8.230	31.732*	2.688*	446.866*	465.730*	4.412*	1.250*
% of Calories					22.24%	32.19%	12.18%	0.00%				44.58%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 05/18/2023																			
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 2.25 MMA (Vegan)	5475	1.00 cup	10	29.746	21.772	1.814	0.000	0.000	0.000	83.464	35.868	6.582	0.000	3.445	0.079*	0.000	0.000*	0.000*	N/A*

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*
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	2939	1.00 carton	100	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
Whole Wheat Dinner Roll, Bridgford H&S 1WG	16804	1.00 Roll	25	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	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
Weighted Daily Average				626.184	39.189	12.786	3.059	0.000	73.634	710.220	1066.518*	89.438	6.251	35.180	4.022*	370.463*	262.338*	23.634*	1.610*
% of Calories					25.03%	18.38%	4.40%	0.00%				57.13%							

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)
Fri - 05/19/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Beef Meatball (DC)	16767	5.00 meatballs	100	192.372	14.175	14.175	6.075	0.000	35.437	222.746	N/A*	4.050	1.012	1.012	N/A*	N/A*	N/A*	1.644	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	33.952	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*
Pasta, Spaghetti, Noodles, WG, Cooked 1 WG	16739	0.50 cup	50	171.526	6.670	1.429	0.000	0.000	0.000	0.000	0.000*	38.117	5.718	1.906	1.715	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	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
Weighted Daily Average				524.423	30.761	16.342	6.843	0.000	42.937	379.530	600.090*	68.642	12.390	28.016*	2.736*	339.379*	282.669*	5.647*	1.250*
% of Calories					23.46%	28.04%	11.74%	0.00%				52.36%							

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 - 05/22/2023																			
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	25	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*

Roasted Cauliflower .5c O	1030	0.50 cup	25	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*
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	2939	1.00 carton	100	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
Brown Rice 1/2c 1WG	774	1/2 cup	50	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	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
Weighted Daily Average				420.856	31.202	10.862	2.847	0.000	73.109	404.386	372.687*	47.566	1.598	31.216	1.596*	329.231*	394.716*	9.651*	1.295*
% of Calories					29.66%	23.23%	6.09%	0.00%				45.21%							

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)
Tue - 05/23/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Meatball Marinara Sub (2MMA, 2.75WG, .25R/O)	9423	1.00 sub	100	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) .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*	10667.320*	5.188*	0.000*

Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	2939	1.00 carton	100	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
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	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	0.000
Weighted Daily Average				801.074	34.854	22.145	6.249	0.512	53.600	1138.718	1191.476*	117.042	11.215	43.716	4.996*	540.098*	30967.944*	14.788*	1.250*	
% of Calories					17.40%	24.88%	7.02%	0.58%				58.44%								

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 - 05/24/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Cheese Nachos 2MMA 2.5WG (Culinary Review)	8457	1.00 serving	10	488.845	19.323	28.112	13.733	0.000	54.285	1019.382	1215.978	36.763	3.037	0.960	0.547	535.222	0.000*	0.000*	0.000
Queso Dip with Taco Turkey	17636	1.00 serving	90	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*
Black Bean & Corn Salad, heated .5S .5B/L	9267	1.00 cup	50	277.999	14.153	2.285	0.808	0.000	0.000	224.230	834.855*	51.056	10.787	4.769	3.177	140.365*	3.019*	0.000*	0.000*
Apple, variety, 125 CT - 1 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	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	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
Weighted Daily Average				795.814	32.896	27.271	10.482	0.000	0.000	74.535	1350.222	1331.102*	102.155	13.747	31.040*	2.213*	684.250*	284.179*	4.003*	1.250*
% of Calories					16.53%	30.84%	11.85%	0.00%					51.35%							

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 - 05/25/2023																			
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 1.5 MMA 1 WG (K-8 Vegetarian)	3898	1.00 serving	10	365.000	15.000	9.750	1.250	0.000	2.500	500.000	200.000*	58.500	5.500	26.000	2.040	50.000	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*
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	2939	1.00 carton	100	62.500	0.500	0.000	0.000	0.000	0.000	13.750	95.000	15.500	0.250	14.500	0.225	7.500	0.000	8.400	0.000
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*

Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	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
Weighted Daily Average				603.826	15.194	10.523	1.611	0.000	10.000	492.641	1043.476*	114.292	8.635	59.736	2.234*	395.349*	30917.320*	14.788*	1.250*
% of Calories					10.07%	15.68%	2.40%	0.00%				75.71%							

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)
Fri - 05/26/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Pasta Primavera 2MMA 2WG	1776	2.00 cups	100	425.602	25.868	14.978	8.620	0.000	34.586	558.488	440.148*	52.274	12.634	5.058	3.079*	131.362*	1.173*	0.005*	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*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	50	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	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*
Weighted Daily Average				621.861	34.116	16.430	9.388	0.000	42.086	690.258	685.035*	89.469	16.150	29.441*	3.156*	437.389*	283.842*	4.008*	1.250*
% of Calories					21.94%	23.78%	13.59%	0.00%				57.55%							

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 - 05/29/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Southwest Turkey Rice Bowl 2MMA 1WG 0.5O	960	1.00 bowl	99	365.863	19.900	17.444	5.316	0.000	96.793	630.680	332.159*	34.516	4.426	6.554	0.847*	35.110*	631.345*	70.023*	0.000*
Southwest Chick'n Rice Bowl 2MMA 2WG 0.5O (Vegan)	1820	1.00 bowl	1	407.916	27.244	7.915	0.416	0.000	0.000	619.128	568.027*	58.196	5.071	7.439	1.079*	35.110*	631.345*	70.023*	0.000*
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*
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	2939	1.00 carton	100	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	60	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	40	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				804.783	42.626	20.634	6.675	0.000	102.825	998.544	1424.373*	114.309	15.469	37.832	4.251*	482.975*	934.364*	79.863*	1.000*
% of Calories					21.19%	23.07%	7.46%	0.00%				56.81%							

				kcal	(g)	(g)	fat (g)	t (g)	l (mg)	mg	(mg)	tes (g)	g)	(g)	g)	(mg)	(IU)	(mg)	(mcg)
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Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (Protein	Total Fat	Saturated I	Trans Fa	Choleste	Sodium (Potassium	Carbohydra	Fiber (Sugars	Iron (m	Calcium (Vitamin A	Vitamin C	Vitamin D
Tue - 05/30/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
BBQ Chicken 2MMA	5375	2.00 ounce	99	170.551	20.412	8.001	2.204	0.000	73.482	133.054	0.000*	2.835	0.000	2.457	1.219	8.981	N/A*	N/A*	N/A*
BBQ Chick'n 2.25 MMA (Vegan)	5475	1.00 cup	1	129.746	21.772	1.814	0.000	0.000	0.000	283.464	235.868	6.582	0.000	3.445	0.079*	0.000	0.000*	0.000*	N/A*
Green Beans (IQF), .75 c O	911	3/4 cup	100	34.686	1.387	0.000	0.000	0.000	0.000	0.000	187.307	6.937	4.162	1.387	0.999	27.749	N/A*	N/A*	N/A*
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	2939	1.00 carton	100	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
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	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
Weighted Daily Average				507.329	35.313	11.189	3.432	0.000	80.247	528.308	569.666*	64.309	6.412	33.354	3.512*	364.140	250.000*	9.600*	1.250*
% of Calories					27.84%	19.85%	6.09%	0.00%				50.70%							

				kcal)	(g)	t (g)	Fat (g)	t (g)	il (mg)	(mg)	1 (mg)	ites (g)	g)	(g)	ig)	(mg)	l (IU)	(mg)	(mcg)
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Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (Protein	Total Fa	Saturated	Trans Fa	Cholesterc	Sodium i	Potassiur	Carbohydrc	Fiber (Sugars	Iron (r	Calcium	Vitamin f	Vitamin C	Vitamin D
Wed - 05/31/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Teriyaki Chicken 2MMA	2088	2.00 oz	99	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*
Teriyaki Chick'n	17306	1.00 cup	1	181.820	21.772	1.814	0.000	0.000	0.000	455.253	280.588	18.961	0.000	13.663	0.000*	8.944	0.000*	0.000*	0.000*
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*
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*
Fried Rice (1WG & 1M/MA)	8404	8.00 ounce	100	198.728	6.160	7.672	1.080	0.000	105.839	221.387	26.248*	25.841	1.783	2.744	0.824*	22.263*	43.310*	2.780*	0.000*
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	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
Weighted Daily Average				719.996	31.938	13.208	2.573	0.000	189.118	1452.326	275.353*	107.978	18.224	43.800*	2.157*	361.053*	326.011*	6.784*	1.250*
% of Calories					17.74%	16.51%	3.22%	0.00%				59.99%							

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	637.200		600/650	Pass		
Protein (g)	33.729	21.17%				
Total Fat (g)	16.457	23.24%				
Saturated Fat (g)	5.649*	7.98%*	<10	Pass		
Trans Fat (g)	0.097*					
Cholesterol (mg)	63.505*					
Sodium (mg)	853.324		≤ 1230	Pass		
Potassium (mg)	826.448*					
Carbohydrates (g)	88.609	55.62%				
Fiber (g)	10.410*					
Sugars (g)	36.938*					
Iron (mg)	3.262*					
Calcium (mg)	417.606*					
Vitamin A (IU)	3209.653*					
Vitamin C (mg)	13.712*					
Vitamin D (mcg)	1.317*					

* = Indicates missing Nutrient Information.

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

Nutrient Detail Report

District: Genuine Foods DC

School: Washington Latin

Menu: 22/23 DC Base Lunch 9-12

Date Range: May 01, 2023 - May 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)
Mon - 05/01/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Chicken Tenders (Tyson) 2MMA 1WG	2175	2.00 tenders	90	220.000	20.000	12.000	2.000	0.000	40.000	400.000	760.000	12.000	2.000	2.000	1.600	0.000	N/A*	0.000	0.000
Chick'n/Veggie Nuggets (Morningstar Farms) 2 MMA (Vegan)	932	5.00 nuggets	10	237.500	16.250	10.000	1.250	0.000	0.000	375.000	250.000	22.500	5.000	2.500	1.875	37.500	N/A*	N/A*	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*
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	2939	1.00 carton	100	62.500	0.500	0.000	0.000	0.000	0.000	13.750	95.000	15.500	0.250	14.500	0.225	7.500	0.000	8.400	0.000
Orange, Choice 138 CT - 1/2 cup	741	1.00 each	100	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
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*
				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	50	11	8	2	1	0	10	13	40	10	0	12	0	30	1	1	2
Weighted Daily Average				615.143	35.766	15.205	3.175	0.000	43.500	798.874	1482.296*	86.934	11.853	40.630	4.556	405.181	250.000*	59.827*	1.250*
% of Calories					23.26%	22.25%	4.65%	0.00%				56.53%							

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)
Tue - 05/02/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Beef Cheeseburger on 3.5" WG Bun, pre-cooked patty	5087	1.00 Each	90	372.746	21.681	19.118	7.594	1.012	48.093	715.867	110.000*	33.037	3.012*	4.506	1.800*	90.624*	N/A*	0.000*	0.400*
Spicy Black Bean Burger (MorningStar) Vegetarian 2.25MMA 2WG	930	1.00 burger	10	310.000	20.000	7.400	1.000	0.000	5.000	680.000	110.000*	48.000	7.000	6.000	1.800*	40.000*	N/A*	N/A*	0.400*
Seasoned/Roasted Carrots (IQF) 1c RO	914	1.00 cup	50	65.637	0.000	1.094	0.000	0.000	0.000	109.396	N/A*	15.315	6.564	6.564	0.788	43.758	N/A*	N/A*	N/A*
Baked Beans Scratch (canned) 1c B/L	1044	1.33 cup	50	286.667	15.103	0.043	0.000	0.000	0.000	300.803	1008.963*	52.726	10.955	6.355	4.244*	89.626*	0.000*	0.197*	N/A*
Apple Slices 1 cup	5096	1.00 cup	100	73.992	0.369	0.241	0.043	0.000	0.000	1.559	N/A*	19.575	3.430	N/A*	0.170	8.562	76.331	6.549	N/A*
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	100	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
		1.00		00	0	0	0	0	00	00	00	00	0	00	0	00	*	*	0

Low Fat (1%) Milk, Plain (MA/DC)	865	carton	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	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*
Weighted Daily Average				760.815	38.206	20.161	7.728	0.911	51.284	1056.563	955.634*	111.174	17.300*	30.327*	4.764*	497.392*	326.331*	58.075*	1.650*
% of Calories					20.09%	23.85%	9.14%	1.08%				58.45%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Wed - 05/03/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Teriyaki Meatballs (2MMA)	16803	5.00 meatballs	100	269.172	14.175	14.175	6.075	0.000	35.437	1163.546	0.000*	23.250	1.012	16.372	0.000*	0.000*	0.000*	1.644*	0.000*
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*
Carrot Sticks .5 RO	1938	1/2 cup	50	25.004	0.457	0.093	0.016	0.000	0.000	55.724	169.315	5.887	2.072	3.401	0.636	22.861	9851.678	1.857	0.000
Apple, variety, 125 CT - 1 each	720	1.00 each	200	96.259	0.248	0.202	0.018	0.000	0.000	1.770	44.887*	24.195	3.516	12.383*	0.077*	6.027*	32.669*	2.803*	N/A*

Whole Wheat Dinner Roll, Bridgford H&S 1WG	16804	1.00 Roll	100	140.0	5.00	2.00	0.50	0.00	0.00	250.0	85.0*	26.0*	2.00	3.00	1.08	20.0*	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	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
Weighted Daily Average				1034.649	30.866	34.325	14.846	0.000	42.937	1819.195	461.182*	148.180	16.722	59.979*	2.086*	348.735*	5241.177*	9.379*	1.250*
% of Calories					11.93%	29.86%	12.91%	0.00%				57.29%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 05/04/2023																			
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*
Chick'n Parmesan & Marinara over Pasta 2MMA 2WG 0.5 RO	17309	1.00 portion	10	421.099	33.197	7.991	1.101	0.000	4.000	677.614	588.717*	59.481	8.535	9.565	2.722*	32.306*	0.377*	0.000*	0.000*
Roasted Potato Wedges/Fries (fresh) 1c S	916	1.00 cup	100	140.840	3.429	0.204	0.053	0.000	0.000	147.859	830.754*	32.067	4.899	2.347	1.061	18.370*	16.329*	18.575*	0.000*
Apple Slices 1 cup	5096	1.00 cup	100	73.992	0.369	0.241	0.043	0.000	0.000	1.559	N/A*	19.575	3.430	N/A*	0.170	8.562	76.331	6.549	N/A*

Orange, Choice 138 CT - 1/2 cup	741	1.00 each	100	44.2	0.77	0.15	0.00	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
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	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
Weighted Daily Average				866.968	43.628	24.036	4.507*	0.000*		77.634*	1107.608	1549.703*	120.995	15.218	32.236*	3.716*	403.897*	343.037*	76.551*	1.250*
% of Calories					20.13%	24.95%	4.68%*	0.00%*					55.82%							

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)
Fri - 05/05/2023																			
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*
Apple, variety, 125 CT - 1 each	720	1.00 each	200	96.259	0.248	0.202	0.018	0.000	0.000	1.770	44.887*	24.195	3.516	12.383*	0.077*	6.027*	32.669*	2.803*	N/A*

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	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*
Weighted Daily Average				760.710	40.513	16.567	7.189	0.000	51.865	437.973	790.753*	120.436	20.954	43.561*	4.798*	410.857*	467.838*	6.806*	1.250*
% of Calories					21.30%	19.60%	8.51%	0.00%				63.33%							

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 - 05/08/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
DC -NOLA Chicken Sandwich (JTM) 2MMA 2WG	17641	1.00 sandwich	100	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*
Roasted Sweet Potato Wedges/Fries (Fresh) 1c R/O	1397	1.00 cup	75	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*
Seasoned Black Beans (Furmano's), heated, 1 c B/L	9460	1.00 cup	25	247.230	15.734	0.000	0.000	0.000	0.000	314.657	1069.839	46.501	11.237	2.247	4.494	94.398*	0.000*	0.000*	0.000*
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	2939	1.00 carton	100	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, 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	50	90.00	8.00	0.00	0.00	0.00	0.00	5.00	130.00	N/A	13.00	0.00	12.00	0.00	300.00	500.00	2.40	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
Weighted Daily Average				867.041	37.863	15.176	2.823	0.000	0.000	58.937*	1106.436	1445.823*	146.488	15.061*	59.481*	5.344*	448.263*	30949.989*	17.591*	1.650*
% of Calories					17.47%	15.75%	2.93%	0.00%					67.58%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 05/09/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Chopped Cheese Steak Hoagie 2MMA 2.75WG	9929	1.00 each	100	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*
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 Slices 1 cup	5096	1.00 cup	100	73.992	0.369	0.241	0.043	0.000	0.000	1.559	N/A*	19.575	3.430	N/A*	0.170	8.562	76.331	6.549	N/A*
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	100	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*

Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	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
Weighted Daily Average				697.202	34.839	20.542	8.092	0.000	62.527	729.680	939.402*	94.765	13.952	26.514*	4.597*	555.258*	326.515*	59.104*	1.250*
% of Calories					19.99%	26.52%	10.45%	0.00%				54.37%							

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)
Wed - 05/10/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Sweet & Sour Chicken (JTM Sauce) 2 M/MA	8454	2.00 ounce	90	208.244	20.660	9.958	2.330	0.000	72.919	174.559	0.000*	8.511	0.120	5.700	1.314	8.910*	0.000*	8.415*	N/A*
Sweet & Sour Chick'n	17307	1.00 cup	10	157.623	21.772	2.381	0.000	0.000	0.000	390.089	235.868*	11.567	0.000	7.689	N/A*	0.000*	0.000*	0.000*	0.454*
Steamed Corn, 1 cup	622	1.00 cup	100	135.835	3.881	0.970	0.000	0.000	0.000	0.000	N/A*	31.048	3.881	5.822	0.699	N/A*	N/A*	N/A*	N/A*
Apple, variety, 125 CT - 1 each	720	1.00 each	200	96.259	0.248	0.202	0.018	0.000	0.000	1.770	44.887*	24.195	3.516	12.383*	0.077*	6.027*	32.669*	2.803*	N/A*
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	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
Weighted Daily Average				824.827	37.014	13.113	2.883	0.000	73.127	370.888	313.361*	142.491	12.310	48.487*	2.500*	320.073*	315.338*	14.380*	1.295*
% of Calories					17.95%	14.31%	3.15%	0.00%				69.10%							

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)
Thu - 05/11/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Beef Shepherds Pie	17290	1.00 Square	100	381.287	21.147	23.418	8.202	0.000	68.799	629.908	81.362*	20.547	2.763	3.389*	2.181*	54.453*	4.099*	4.983*	0.000*
Green Peas 1c S	2147	1.00 cup	50	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*
Seasoned/Roasted Carrots (IQF) 1c RO	914	1.00 cup	50	65.637	0.000	1.094	0.000	0.000	0.000	109.396	N/A*	15.315	6.564	6.564	0.788	43.758	N/A*	N/A*	N/A*
100% Apple Juice, 4 oz	703	1.00 count	100	60.000	0.000	0.000	0.000	0.000	0.000	15.000	N/A*	14.000	0.000	13.000	0.000	0.000	0.000	0.000	0.000
Apple Slices 1 cup	5096	1.00 cup	100	73.992	0.369	0.241	0.043	0.000	0.000	1.559	N/A*	19.575	3.430	N/A*	0.170	8.562	76.331	6.549	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	90.0	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	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
Weighted Daily Average				863.017	34.516	27.456	9.495	0.000	0.000	76.299	1145.382	366.362*	113.623	16.827	38.952*	3.825*	404.894*	330.430*	12.732*	1.250*
% of Calories					16.00%	28.63%	9.90%	0.00%					52.66%							

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)
Fri - 05/12/2023																			
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, Florets, Steamed 1 DG	1059	1.00 cup	100	46.426	4.643	0.000	0.000	0.000	0.000	23.213	329.628	7.738	4.643	1.548	1.671	30.951	N/A*	N/A*	N/A*
Apple, variety, 125 CT - 1 each	720	1.00 each	200	96.259	0.248	0.202	0.018	0.000	0.000	1.770	44.887*	24.195	3.516	12.383*	0.077*	6.027*	32.669*	2.803*	N/A*
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	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

Weighted Daily Average	761.3	38.04	16.04	8.55	0.00	42.04	1021.4	955.41	122.0	19.54	45.42	2.824	436.54	315.34	6.804	1.254
% of Calories		19.99%	19.01%	10.11%	0.00%				64.10%							

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)
Mon - 05/15/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Breakfast Pizza (Schwanns) for Lunch 2MMA 1.5 WG	909	1.00 slice	90	300.759	16.072	13.063	6.046	0.000	30.161	572.139	329.427*	27.966	2.995	4.991	1.897*	145.747*	0.000*	0.000*	0.000*
Cheese Pizza (Tony's) 2MMA 2 WG .125RO	1006	1.00 pizza	10	310.000	16.000	11.000	4.000	0.000	15.000	480.000	522.000	35.000	4.000	8.000	2.600	307.000	109.000	0.000	0.000
Green Beans (IQF), 1 c O	910	1.00 cup	100	46.693	1.868	0.000	0.000	0.000	0.000	0.000	252.144	9.339	5.603	1.868	1.345	37.355	N/A*	N/A*	N/A*
Orange, Choice 138 CT - 1/2 cup	741	1.00 each	100	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	2939	1.00 carton	100	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
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*
		1.00		00	0	0	0	0	00	00	00	00	0	00	0	00	*	*	0

Low Fat (1%) Milk, Plain (MA/DC)	865	carton	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
Weighted Daily Average				695.076	32.206	16.262	7.091	0.000	36.145	964.299	1121.980*	102.553	12.649	43.872	4.895*	563.303*	260.900*	59.827*	1.250*
% of Calories					18.53%	21.06%	9.18%	0.00%				59.02%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 05/16/2023																			
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*
Spicy Black Bean Burger (MorningStar) Vegetarian 2.25MMA 2WG	930	1.00 burger	10	310.000	20.000	7.400	1.000	0.000	5.000	680.000	110.000*	48.000	7.000	6.000	1.800*	40.000*	N/A*	N/A*	0.400*
Baked Beans Scratch (canned) 1c B/L	1044	1.33 cup	100	286.667	15.103	0.043	0.000	0.000	0.000	300.803	1008.963*	52.726	10.955	6.355	4.244*	89.626*	0.000*	0.197*	N/A*
Apple Slices 1 cup	5096	1.00 cup	100	73.992	0.369	0.241	0.043	0.000	0.000	1.559	N/A*	19.575	3.430	N/A*	0.170	8.562	76.331	6.549	N/A*
Orange, Choice 138 CT - 1/2 cup	741	1.00 each	100	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
		1.00		00	0	0	0	0	00	00	00	00	0	00	0	00	*	*	0

Low Fat (1%) Milk, Plain (MA/DC)	865	carton	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
Weighted Daily Average				895.023	45.758	19.635	7.728	0.911	51.284	1444.873	1460.115*	135.803	19.496*	34.830*	8.274*	556.775*	417.454*	58.173*	1.650*
% of Calories					20.45%	19.74%	7.77%	0.92%				60.69%							

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 - 05/17/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Salisbury Steak with Gravy (Tyson) 2 MMA	9232	1.00 each	100	292.183	16.397	20.585	9.132	0.000	49.880	391.201	22.991*	9.738	1.120	4.013	1.800	101.000	183.000	1.200	N/A*
Seasoned/Roasted Carrots (IQF) 1c RO	914	1.00 cup	100	65.637	0.000	1.094	0.000	0.000	0.000	109.396	N/A*	15.315	6.564	6.564	0.788	43.758	N/A*	N/A*	N/A*
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	2939	1.00 carton	100	62.500	0.500	0.000	0.000	0.000	0.000	13.750	95.000	15.500	0.250	14.500	0.225	7.500	0.000	8.400	0.000
Orange, Choice 138 CT - 1/2 cup	741	1.00 each	100	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
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*
		1.00		00	0	0	0	0	00	00	00	00	0	00	0	00	*	*	0

Low Fat (1%) Milk, Plain (MA/DC)	865	carton	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
Weighted Daily Average				634.520	28.170	24.084	10.132	0.000	57.380	776.971	501.643*	76.598	10.634	45.789	3.631	498.834	433.000*	61.027*	1.250*
% of Calories					17.76%	34.16%	14.37%	0.00%				48.29%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 05/18/2023																			
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 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 Potato Wedges/Fries (fresh) 1c S	916	1.00 cup	50	140.840	3.429	0.204	0.053	0.000	0.000	147.859	830.754*	32.067	4.899	2.347	1.061	18.370*	16.329*	18.575*	0.000*
Seasoned/Roasted Carrots (IQF) 1c RO	914	1.00 cup	50	65.637	0.000	1.094	0.000	0.000	0.000	109.396	N/A*	15.315	6.564	6.564	0.788	43.758	N/A*	N/A*	N/A*
Apple Slices 1 cup	5096	1.00 cup	100	73.992	0.369	0.241	0.043	0.000	0.000	1.559	N/A*	19.575	3.430	N/A*	0.170	8.562	76.331	6.549	N/A*
Orange, Choice 138 CT - 1/2 cup	741	1.00 each	100	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*

Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.0	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	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
Weighted Daily Average				637.901	38.405	11.077	2.803	0.000	0.000	73.634	655.906	890.116*	99.521	12.862	30.223*	4.278*	424.285*	334.496*	67.264*	1.650*
% of Calories					24.08%	15.63%	3.95%	0.00%					62.41%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Fri - 05/19/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Teriyaki Meatballs (2MMA)	16803	5.00 meatballs	100	269.172	14.175	14.175	6.075	0.000	35.437	1163.546	0.000*	23.250	1.012	16.372	0.000*	0.000*	0.000*	1.644*	0.000*
Broccoli, Florets, Steamed 1 DG	1059	1.00 cup	100	46.426	4.643	0.000	0.000	0.000	0.000	23.213	329.628	7.738	4.643	1.548	1.671	30.951	N/A*	N/A*	N/A*
Apple, variety, 125 CT - 1 each	720	1.00 each	200	96.259	0.248	0.202	0.018	0.000	0.000	1.770	44.887*	24.195	3.516	12.383*	0.077*	6.027*	32.669*	2.803*	N/A*
Pasta, Spaghetti, Noodles, WG, Cooked 1 WG	16739	0.50 cup	100	171.526	6.670	1.429	0.000	0.000	0.000	0.000	0.000*	38.117	5.718	1.906	1.715	0.000*	0.000*	0.000*	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	90.0	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	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
Weighted Daily Average				919.642	38.984	19.258	7.361	0.000	0.000	42.937	1570.299	704.402*	156.495	20.405	59.592*	4.620*	363.005*	315.338*	8.450*	1.250*
% of Calories					16.96%	18.85%	7.20%	0.00%					68.07%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Mon - 05/22/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Sweet & Sour Chicken	4636	2.00 ounce	90	200.039	20.384	9.940	2.330	0.000	72.899	179.538	14.330*	6.199	0.027	4.171	1.162	10.478*	160.795*	0.057*	0.000*
Sweet & Sour Chick'n	17307	1.00 cup	10	157.623	21.772	2.381	0.000	0.000	0.000	390.089	235.868*	11.567	0.000	7.689	N/A*	0.000*	0.000*	0.000*	0.454*
Broccoli, Cuts, Steamed 1 DG	1057	1.00 cup	50	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*
Roasted Cauliflower 1c O	1029	1.00 cup	150	67.457	5.059	0.843	0.000	0.000	0.000	67.457	N/A*	8.432	3.373	0.000	N/A*	67.457	N/A*	N/A*	N/A*
Apple Slices 1 cup	5096	1.00 cup	100	73.992	0.369	0.241	0.043	0.000	0.000	1.559	N/A*	19.575	3.430	N/A*	0.170	8.562	76.331	6.549	N/A*

Orange, Choice 138 CT - 1/2 cup	741	1.00 each	100	44.21	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	50.21	N/A
Brown Rice 1c 2WG	951	1.00 cup	100	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	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
Weighted Daily Average				742.086	44.481	13.384	2.890	0.000	0.000	73.109	499.007	616.332*	108.843	14.865	24.855*	3.168*	478.167*	471.047*	58.027*	1.295*
% of Calories					23.98%	16.23%	3.50%	0.00%					58.67%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 05/23/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Meatball Marinara Sub (2MMA, 2.75WG, .25R/O)	9423	1.00 sub	100	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*
100% Apple Juice, 4 oz	703	1.00 count	100	60.000	0.000	0.000	0.000	0.000	0.000	15.000	N/A*	14.000	0.000	13.000	0.000	0.000	0.000	0.000	0.000

Apple Slices 1 cup	5096	1.00 cup	100	73.94	0.36	0.24	0.04	0.00	0.00	1.55	N/A	19.57	3.43	N/A	0.17	8.56	76.31	6.54	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	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
Weighted Daily Average				955.008	35.854	24.627	6.463	0.512	53.600	1301.157	1339.301*	149.615	16.557	45.228*	5.380*	562.777*	41266.715*	14.666*	1.250*
% of Calories					15.02%	23.21%	6.09%	0.48%				62.67%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Wed - 05/24/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Cheese Nachos 2MMA 2.5WG (Culinary Review)	8457	1.00 serving	100	488.845	19.323	28.112	13.733	0.000	54.285	1019.382	1215.978	36.763	3.037	0.960	0.547	535.222	0.000*	0.000*	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*
100% Apple Juice, 4 oz	703	1.00 count	100	60.000	0.000	0.000	0.000	0.000	0.000	15.000	N/A*	14.000	0.000	13.000	0.000	0.000	0.000	0.000	0.000
Orange, Choice 138 CT - 1/2 cup	741	1.00 each	100	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*

Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.0	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	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
Weighted Daily Average				971.044	42.249	31.802	15.291	0.000	0.000	61.785	1396.236	2391.985*	124.864	15.524	37.941	4.002	1012.163*	253.019*	51.427*	1.250*
% of Calories					17.40%	29.48%	14.17%	0.00%					51.43%							

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 - 05/25/2023																			
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*
100% Apple Juice, 4 oz	703	1.00 count	100	60.000	0.000	0.000	0.000	0.000	0.000	15.000	N/A*	14.000	0.000	13.000	0.000	0.000	0.000	0.000	0.000
Apple Slices 1 cup	5096	1.00 cup	100	73.992	0.369	0.241	0.043	0.000	0.000	1.559	N/A*	19.575	3.430	N/A*	0.170	8.562	76.331	6.549	N/A*

Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 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	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
Weighted Daily Average				769.010	16.719	13.380	1.875	0.000	0.000	10.250	680.580	1196.301*	148.465	14.227	61.498*	2.710*	420.778*	41216.091*	14.666*	1.250*
% of Calories					8.70%	15.66%	2.19%	0.00%					77.22%							

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 - 05/26/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Pasta Primavera 2MMA 2WG	1776	2.00 cups	90	425.602	25.868	14.978	8.620	0.000	34.586	558.488	440.148*	52.274	12.634	5.058	3.079*	131.362*	1.173*	0.005*	0.000*
Pasta Primavera 2MMA 2WG	17679	2.00 cups	10	534.420	28.373	24.072	14.402	0.346	62.069	650.559	687.860*	53.140	11.833	6.329	3.665*	166.684*	1089.215*	64.937*	0.000*
Apple, variety, 125 CT - 1 each	720	1.00 each	200	96.259	0.248	0.202	0.018	0.000	0.000	1.770	44.887*	24.195	3.516	12.383*	0.077*	6.027*	32.669*	2.803*	N/A*
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	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

Weighted Daily Average	729.0	34.6	17.5	9.98	0.03	44.8	701.2	754.6	113.7	19.5	41.95	3.29	446.9	425.3	13.30	1.25
% of Calories		18.99%	21.66%	12.33%	0.04%				62.41%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Mon - 05/29/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Southwest Turkey Rice Bowl 2MMA 2WG 0.50	950	1.00 bowl	90	452.509	21.833	18.089	5.316	0.000	96.793	229.298	257.159*	52.134	4.071	4.554	1.079*	25.110*	631.345*	70.023*	0.000*
Southwest Chick'n Rice Bowl 2MMA 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*
Salsa, Mild, Chunky (Pace) 1/8 R/O, 1/8 O	1343	1/4 cup	100	10.000	0.000	0.000	0.000	0.000	0.000	230.000	N/A*	3.000	1.000	2.000	0.000	0.000	N/A*	N/A*	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 Slices 1 cup	5096	1.00 cup	100	73.992	0.369	0.241	0.043	0.000	0.000	1.559	N/A*	19.575	3.430	N/A*	0.170	8.562	76.331	6.549	N/A*
Orange, Choice 138 CT - 1/2 cup	741	1.00 each	100	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
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*
		1.00		70	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	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	
Weighted Daily Average				1084.576	50.476	22.938	6.927	0.000	0.000	94.614	1117.312	1549.253*	173.354	23.024	33.824*	5.761*	531.613*	960.695*	127.999*	1.250*	
% of Calories					18.62%	19.03%	5.75%	0.00%					63.93%								

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 - 05/30/2023																			
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 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*
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 Slices 1 cup	5096	1.00 cup	100	73.992	0.369	0.241	0.043	0.000	0.000	1.559	N/A*	19.575	3.430	N/A*	0.170	8.562	76.331	6.549	N/A*
Orange, Choice 138 CT - 1/2 cup	741	1.00 each	100	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*

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	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*
Weighted Daily Average				581.356	38.558	10.428	2.777	0.000	73.634	527.278	726.883*	85.169	12.733	27.636*	4.698*	430.576	326.331*	57.976*	1.650*
% of Calories					26.53%	16.14%	4.30%	0.00%				58.60%							

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 - 05/31/2023																			
22/23 DC Base Lunch 9-12																			
		Total	100																
Teriyaki Chicken 2MMA	2088	2.00 oz	90	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*
Teriyaki Chick'n	17306	1.00 cup	10	181.820	21.772	1.814	0.000	0.000	0.000	455.253	280.588	18.961	0.000	13.663	0.000*	8.944	0.000*	0.000*	0.000*
Broccoli, Florets, Steamed 1 DG	1059	1.00 cup	50	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*
Seasoned/Roasted Carrots (IQF) 1c RO	914	1.00 cup	50	65.637	0.000	1.094	0.000	0.000	0.000	109.396	N/A*	15.315	6.564	6.564	0.788	43.758	N/A*	N/A*	N/A*
Apple Slices 1 cup	5096	1.00 cup	200	73.992	0.369	0.241	0.043	0.000	0.000	1.559	N/A*	19.575	3.430	N/A*	0.170	8.562	76.331	6.549	N/A*
				28	0	2	0	0	39	87	8*	41	3	4	4*	13*	0*	0*	0*

Fried Rice (1WG & 1M/MA)	8404	8.00 ounce	100	198.7	6.16	7.67	1.08	0.00	105.8	221.3	26.24	25.84	1.78	2.74	0.82	22.26	43.31	2.78	0.00
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	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
Weighted Daily Average				808.184	40.135	15.089	3.075	0.000	182.229	1549.891	505.404*	130.227	16.260	27.922*	4.083*	397.747*	446.001*	17.079*	1.250*
% of Calories					19.86%	16.80%	3.42%	0.00%				64.45%							

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	803.225		750/850	Pass		
Protein (g)	37.298	18.57%				
Total Fat (g)	19.225	21.54%				
Saturated Fat (g)	6.682*	7.49%*	<10	Pass		
Trans Fat (g)	0.103*					
Cholesterol (mg)	62.419*					
Sodium (mg)	990.414		≤ 1420	Pass		
Potassium (mg)	1000.797*					
Carbohydrates (g)	122.276	60.89%				

Fiber (g)	16.026*					
Sugars (g)	40.902*					
Iron (mg)	4.252*					
Calcium (mg)	474.700*					
Vitamin A (IU)	5477.930*					
Vitamin C (mg)	40.484*					
Vitamin D (mcg)	1.341*					

* = Indicates missing Nutrient Information.

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