



JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Asynchronous Day	4 Happy Holiday!	5 French Toast Sticks Chopped Cheesesteak Meatless Cheesesteak Green Beans	6 Banana Muffin Sweet and Sour Meatballs Sweet & Sour Meatless Meatballs Steamed Corn	7 Pancakes w/Syrup Chicken Tenders Chick'n Tenders Mac & Cheese Carrots
10 Waffles Turkey Sausage Pizza Cheese Pizza Green Peas & Carrot	11 Yogurt Cup and Breakfast Chex Cheesy Baked Ziti Roasted Broccoli	12 Breakfast Sandwich NOLA Sando Green Beans	13 Blueberry Muffin Cheeseburger Veggie Burger Baked Beans	14 French Toast Sticks Chicken & Waffles Chick'n & Waffles Sweet Potato Fries
17 Pancakes w/Syrup Meatball Sub Veggie Sub Sweet Potato Fries	18 Cereal & Apple Oat Bars BBQ Chicken Sandwich BBQ Chick'n Sandwich Green Beans	19 Waffles Chicken Primavera Pasta Chick'n Primavera Pasta Carrots	20 Bagel w/ Cr. Cheese Chicken Jambalaya Chick'n Jambalaya Black Bean and Corn	21 Asynchronous Day
24 Asynchronous Day	25 Strawberry Yogurt Teriyaki Chicken Teriyaki Chick'n Fried Rice & Roasted Carrots	26 Egg & Cheese Bagel Sandwich Chicken Alfredo Pasta Chick'n Alfredo Pasta Roasted Broccoli	27 Apple Muffin Spaghetti & Meatballs Spaghetti & Tomato Sauce Collard Greens	28 Waffles w/Syrup Orange Chicken Orange Chick'n Brown Rice Fresh Green Beans
This institution is an equal opportunity provider.			Fruit Serving Apples (Whole/Sliced) Orange Pineapple Juice Cranberry Apple Juice Pears Oranges (Whole/Sliced)	Fruit Serving Fruit Cocktail Cups Tropical, Papaya Mango, Mandarins Cups

Nutrient Detail Report

District: Genuine Foods DC

School: Washington Latin

Menu: 2022-23 WDC Base Breakfast K-12 - start in June

Date Range: June 26, 2023 - July 28, 2023



Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Mon - 06/26/2023																			
2022-23 WDC Base Breakfast K-12 - start in June																			
		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*
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*
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	100	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
Apple Oatmeal Bar, IW	645	1.00 count	100	140.080	2.001	4.503	0.500	0.000	5.003	90.051	61.035	23.013	1.001	9.005	1.001	10.006	1.001	1.001	0.000
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

Sausage Patty (Jimmy Dean) .75 MMA	5376	1.00 patty	100	75	6	5	1	0	25	20	22	0	0	0	0	14	0	0	0
Weighted Daily Average				523.222	20.409	13.557	3.000	0.000	40.003	677.675	736.517*	79.047	7.118	39.364	5.025	434.126	251.001*	52.428*	1.250*
% of Calories					15.60%	23.32%	5.16%	0.00%				60.43%							

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)
Tue - 06/27/2023																			
2022-23 WDC Base Breakfast K-12 - start in June																			
		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*
Cheerios Apple Cinnamon, SS Bowl	575	1.00 count	100	110.000	2.000	1.500	0.000	0.000	0.000	110.000	0.000	23.000	2.000	9.000	2.700	80.000	50.000	5.000	1.200
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*
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*
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	110.0	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				533.743	13.382	8.769	1.499	0.000	16.250	433.571	390.934*	102.699	6.913	58.378	4.873*	528.359*	799.338*	6.200*	2.450*
% of Calories					10.03%	14.79%	2.53%	0.00%				76.97%							

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 - 06/28/2023																			
2022-23 WDC Base Breakfast K-12 - start in June																			
		Total	100																
WG Pancakes (Hilltop Hearth 1.2 oz) 1WG	2891	1.00 count	50	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*
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*
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
				53	74	6	4	0	34	26	52*	32	7	13	3*	76*	30*	17*	3*

Weighted Daily Average	320.0	13.7%	4.15	2.08	0.00	15.8	339.3	341.1	57.3	4.36	31.7	1.17	356.5	250.0	51.42	1.25
% of Calories		17.21%	11.69%	5.86%	0.00%				71.72%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 06/29/2023																			
2022-23 WDC Base Breakfast K-12 - start in June																			
		Total	100																
Assorted Fruit (1/2 cup)	4218	1/2 cup	50	74.289	0.599	0.172	0.034	0.000	0.000	2.645	113.987*	18.727	2.992	9.424*	0.272*	18.814*	78.468*	18.768*	0.000*
Apple Slices 1/2 cup	17615	0.50 cup	50	43.942	0.135	0.149	0.000	0.000	0.000	0.000	67.330	10.489	1.417	8.647	0.006	3.544	0.000	0.000	N/A*
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
Yogurt, Raspberry & Cherry, SS	625	1.00 count	100	70.000	4.000	0.000	0.000	0.000	5.000	55.000	1880.000	14.000	0.000	10.000	0.000	100.000	N/A*	N/A*	2.000
Weighted Daily Average				378.917	14.364	4.906	1.266	0.000	12.500	321.144	2280.513*	71.568	5.201	45.017*	2.036*	550.994*	788.572*	10.584*	3.250*

% of Calories		15.16	11.65	3.01*	0.00*					75.55								
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Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Fri - 06/30/2023																			
2022-23 WDC Base Breakfast K-12 - start in June																			
		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*
Frosted Flakes Reduced Sugar, SS Bowl	581	1.00 count	50	100.000	2.000	0.000	0.000	0.000	0.000	170.000	70.000	24.000	2.000	6.000	1.800	0.000	N/A*	N/A*	2.000
Assorted Fruit (1/2 cup)	4218	1/2 cup	100	74.289	0.599	0.172	0.034	0.000	0.000	2.645	113.987*	18.727	2.992	9.424*	0.272*	18.814*	78.468*	18.768*	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*
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				567.850	19.533	9.446	2.490	0.000	116.471	582.933	529.771*	104.276	9.512	52.759*	4.526*	514.812*	940.306*	19.968*	2.250*

% of Calories		13.76	14.97	3.95	0.00							73.45						
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Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Mon - 07/03/2023																			
2022-23 WDC Base Breakfast K-12 - start in June																			
		Total	100																
WG Waffles, Thaw & Serve, 2WG	596	2.00 count	100	130.000	4.000	3.500	0.500	0.000	5.000	360.000	N/A*	23.000	3.000	4.000	1.080	40.000	N/A*	N/A*	N/A*
Apple Slices 1/2 cup	17615	0.50 cup	50	43.942	0.135	0.149	0.000	0.000	0.000	0.000	67.330	10.489	1.417	8.647	0.006	3.544	0.000	0.000	N/A*
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	50	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	30	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	70	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Sausage Patty (Jimmy Dean) .75 MMA	5376	1.00 patty	100	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				353.071	18.454	10.402	3.050	0.000	38.500	693.812	604.241*	46.767	4.559	24.430	1.722	374.060	150.000*	25.834*	1.750*
% of Calories					20.91%	26.52%	7.77%	0.00%				52.98%							

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 - 07/04/2023																			
2022-23 WDC Base Breakfast K-12 - start in June																			
		Total	100																
Frosted Flakes Reduced Sugar, SS Bowl	581	1.00 count	100	100.000	2.000	0.000	0.000	0.000	0.000	170.000	70.000	24.000	2.000	6.000	1.800	0.000	N/A*	N/A*	2.000
Pear, 90 CT	743	1.00 each	100	119.236	0.782	0.248	0.012	0.000	0.000	2.484	N/A*	31.871	6.334	20.208	0.348	18.631	47.197	8.694	N/A*
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	30	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	70	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Weighted Daily Average				473.037	12.779	5.493	1.561	0.000	8.500	437.305	459.854*	98.831	11.330	52.189	4.045	458.446	696.535*	9.414*	3.750*
% of Calories					10.81%	10.45%	2.97%	0.00%				83.57%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
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Wed - 07/05/2023

2022-23 WDC Base Breakfast K-12 - start in June																			
		Total	100																
French Toast Sticks	16812	1.00 pouch	100	210.009	8.000	9.000	2.000	0.000	105.005	290.013	115.005	26.001	2.000	11.000	1.000	59.003	N/A*	N/A*	1.000
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	30	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	70	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Weighted Daily Average				388.001	16.369	10.991	3.093	0.000	113.505	421.572	395.005*	58.576	5.430	23.000*	1.170	367.565	226.331*	7.269*	2.750*
% of Calories					16.88%	25.49%	7.17%	0.00%				60.39%							

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 - 07/06/2023																			
2022-23 WDC Base Breakfast K-12 - start in June																			
		Total	100																
Banana Muffin, scratch, 1.75 oz WG	817	1.00 count	100	291.280	5.680	10.799	1.237	0.000	41.384	224.941	105.610*	43.298	1.734	18.894	0.247*	28.325*	82.422*	2.567*	0.000*
Fruit, Mixed Fruit Cup, 4oz	851	1.00 count	100	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*	3.000	0.000	0.000	N/A*	N/A*	N/A*	N/A*	N/A*

				5	C	C	C	C	C	C	1	1	1	C	£	1	1	1	1	1
Apple Slices 1/2 cup	17615	0.50 cup	50	43.942	0.135	0.149	0.000	0.000	0.000	0.000	0.000	67.330	10.489	1.417	8.647	0.006	3.544	0.000	0.000	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	30	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	70	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				467.251	13.748	12.624	2.287	0.000	0.000	49.884	364.941	419.275*	74.543	2.443	43.218	0.250*	330.097*	232.422*	3.287*	1.750*
% of Calories					11.77%	24.31%	4.41%	0.00%					63.81%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Fri - 07/07/2023																			
2022-23 WDC Base Breakfast K-12 - start in June																			
		Total	100																
WG Pancakes, Thaw & Serve, Hilltop Hearth 2WG	586	2.00 count	100	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*
Sausage Links 1MMA	5167	2.00 links	100	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*
Apple Slices 1/2 cup	17615	0.50 cup	50	43.942	0.135	0.149	0.000	0.000	0.000	0.000	67.330	10.489	1.417	8.647	0.006	3.544	0.000	0.000	N/A*
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	50	14.200	0.773	0.155	0.000	0.000	0.000	7.624	41.152	0.045	1.700	7.212	0.278	16.576	N/A*	10.227	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
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	70	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	30	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*
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				651.281	24.453	15.398	3.883	0.000	11.835	825.440	804.095*	108.575	7.223*	62.914	3.039	479.875*	649.338*	25.834*	1.750*
% of Calories					15.02%	21.28%	5.37%	0.00%				66.68%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Mon - 07/10/2023																			
2022-23 WDC Base Breakfast K-12 - start in June																			
		Total	100																
WG Waffles, Thaw & Serve, 2WG	596	2.00 count	100	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*
100% Apple Juice, 4 oz	703	1.00 count	50	60.000	0.000	0.000	0.000	0.000	0.000	15.000	N/A*	14.000	0.000	13.000	0.000	0.000	0.000	0.000	0.000
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	50	44.200	0.773	0.155	0.000	0.000	0.000	7.624	41.152	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	30	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	30	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				242.100	9.187	4.328	0.950	0.000	0.000	9.500	449.312	190.576*	42.823	3.850	21.306	1.219	238.288	150.000*	25.834*	0.750*
% of Calories					15.18%	16.09%	3.53%	0.00%					70.75%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 07/11/2023																			
2022-23 WDC Base Breakfast K-12 - start in June																			
		Total	100																
Vanilla Yogurt Cup, 4oz, 1mma	14778	4.00 oz	100	100.057	4.669	1.668	1.001	0.000	6.670	70.040	233.466	16.676	0.000	16.009	0.000	193.444	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*
Assorted Breakfast Fruit Juice (1/2 cup) Option 2	5340	1/2 cup	50	62.293	0.654	0.000	0.000	0.000	0.000	14.805	66.537*	14.766	0.333	13.766	0.000	0.000	0.000	10.000	0.000
Chex Mix, Assorted, 1WG	1032	1.00 bag	100	120.000	2.000	2.750	0.500	0.000	0.000	92.500	0.000*	21.500	2.000	5.000	0.710	0.000*	N/A*	N/A*	0.000*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	30	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	70	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Weighted Daily Average				405.204	14.996	6.168	2.551	0.000	15.170	309.943	546.735*	71.559	2.167	47.892	0.710*	493.444*	150.000*	5.720*	1.750*
% of Calories					14.80%	13.70%	5.67%	0.00%				70.64%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Wed - 07/12/2023																			
2022-23 WDC Base Breakfast K-12 - start in June																			
		Total	100																
Sausage Biscuit 2.5WG .75MMA (Jimmy Dean)	998	1.00 sandwich	100	284.705	10.993	13.987	5.994	0.000	25.000	529.536	509.592	28.461	1.997	3.496	2.098	133.831	0.000*	0.000*	0.000
Pear, 90 CT	743	1.00 each	100	119.236	0.782	0.248	0.012	0.000	0.000	2.484	N/A*	31.871	6.334	20.208	0.348	18.631	47.197	8.694	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	30	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	70	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Weighted Daily Average				507.941	19.775	15.985	7.056	0.000	33.500	662.020	789.592*	73.332	8.331	35.704	2.446	452.462	197.197*	9.414*	1.750*
% of Calories					5.57%	8.32%	2.50%	0.00%				7.75%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 07/13/2023																			
2022-23 WDC Base Breakfast K-12 - start in June																			
		Total	100																
Blueberry Muffin Top	7449	3.00 ounce	100	317.771	3.570	8.363	4.131	0.000	4.121	461.873	143.866	58.105	4.184	26.760	1.093	26.943	19.980*	3.589*	0.000*
Craisins/Raisins, Assorted Flavors - 1/2 F	5344	1.00 packet	50	114.020	0.200	0.000	0.000*	0.000*	0.000*	0.000	N/A*	28.805	2.401	24.204	N/A*	N/A*	N/A*	N/A*	N/A*
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*
Chex Mix, Assorted, 1WG	1032	1.00 bag	100	120.000	2.000	2.750	0.500	0.000	0.000	92.500	0.000*	21.500	2.000	5.000	0.710	0.000*	N/A*	N/A*	0.000*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	30	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	70	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Weighted Daily Average				623.781	13.670	12.863	5.681*	0.000*	12.621*	689.373	423.866*	113.008	8.385	59.862	1.803*	326.943*	169.980*	4.309*	1.750*
% of Calories					8.77%	18.56%	8.20%*	0.00%*				72.47%							

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Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kc)	Protein (g)	Total Fat (g)	Saturated Fat	Trans Fat (g)	Cholesterol (g)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Fri - 07/14/2023																			
2022-23 WDC Base Breakfast K-12 - start in June																			
		Total	100																
French Toast Sticks	16812	1.00 pouch	100	210.009	8.000	9.000	2.000	0.000	105.005	290.013	115.005	26.001	2.000	11.000	1.000	59.003	N/A*	N/A*	1.000
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	30	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	70	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Sausage Patty (Jimmy Dean) .75 MMA	5376	1.00 patty	100	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
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				573.001	22.369	15.991	4.593	0.000	138.505	641.572	615.005*	88.076	5.430	45.500*	1.670	381.565	226.331*	7.269*	2.750*
% of Calories					15.62%	25.12%	7.21%	0.00%				61.48%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
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Mon - 07/17/2023																			
2022-23 WDC Base Breakfast K-12 - start in June																			
		Total	100																
WG Pancakes, Thaw & Serve, Hilltop Hearth 2WG	586	2.00 count	100	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*
Pear, 90 CT	743	1.00 each	100	119.236	0.782	0.248	0.012	0.000	0.000	2.484	N/A*	31.871	6.334	20.208	0.348	18.631	47.197	8.694	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	30	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	70	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
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				466.645	12.784	3.999	1.396	0.000	11.835	399.291	280.000*	99.219	9.002	60.211	0.348	318.631*	197.197*	9.414*	1.750*
% of Calories					10.96%	7.71%	2.69%	0.00%				85.05%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 07/18/2023																			
2022-23 WDC Base Breakfast K-12 - start in June																			
		Total	100																

Frosted Flakes Reduced Sugar, SS Bowl	581	1.00 count	100	100.000	2.000	0.000	0.000	0.000	0.000	0.000	170.000	70.000	24.000	2.000	6.000	1.800	0.000	N/A*	N/A*	2.000
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	50	44.200	0.773	0.155	0.000	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
Apple Slices 1/2 cup	17615	0.50 cup	50	43.942	0.135	0.149	0.000	0.000	0.000	0.000	0.000	67.330	10.489	1.417	8.647	0.006	3.544	0.000	0.000	N/A*
Apple Oatmeal Bar, IW	645	1.00 count	100	140.080	2.001	4.503	0.500	0.000	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	30	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	70	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				388.151	12.455	6.405	1.550	0.000	0.000	13.503	393.863	515.276*	70.280	4.560	34.935	2.943	330.066	151.001*	26.835*	3.750*
% of Calories					12.84%	14.85%	3.59%	0.00%					72.43%							

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)
Wed - 07/19/2023																			
2022-23 WDC Base Breakfast K-12 - start in June																			
		Total	100																
WG Waffles, Thaw & Serve, 2WG	596	2.00 count	100	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*

Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	2939	1.00 carton	50	62.50	0.500	0.000	0.000	0.000	0.000	0.000	13.75	95.00	15.50	0.250	14.50	0.225	7.500	0.000	8.400	0.000
Apple Slices 1/2 cup	17615	0.50 cup	50	43.942	0.135	0.149	0.000	0.000	0.000	0.000	0.000	67.330	10.489	1.417	8.647	0.006	3.544	0.000	0.000	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	30	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	70	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
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				472.221	18.318	10.325	3.050	0.000	0.000	38.500	716.875	581.165*	78.495	3.834	50.074	1.696	359.522	150.000*	4.920*	1.750*
% of Calories					15.52%	19.68%	5.81%	0.00%					66.49%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 07/20/2023																			
2022-23 WDC Base Breakfast K-12 - start in June																			
		Total	100																
Whole Wheat Bagel	16809	1.00 package	100	159.715	5.989	1.497	0.000	0.000	0.000	199.644	79.858	32.941	2.995	2.995	0.998	8.984	N/A*	N/A*	N/A*

Apple Slices 1 cup	5096	1.00 cup	100	73.99	0.36%	0.24%	0.04%	0.00%	0.00%	1.55%	N/A*	19.57	3.43%	N/A*	0.17%	8.56%	76.33	6.54%	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	30	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	70	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Cream cheese, Light, 1oz SS cup	850	1.00 count	100	60.000	2.000	4.500	3.000	0.000	15.000	130.000	N/A*	2.000	0.000	1.000	N/A*	N/A*	N/A*	N/A*	N/A*
Weighted Daily Average				397.707	16.358	7.988	4.093	0.000	23.500	461.203	359.858*	67.516	6.425	15.995*	1.168*	317.546*	226.331*	7.269*	1.750*
% of Calories					16.45%	18.08%	9.26%	0.00%				67.91%							

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)
Fri - 07/21/2023																			
2022-23 WDC Base Breakfast K-12 - start in June																			
		Total	100																
French Toast Sticks	16812	1.00 pouch	100	210.009	8.000	9.000	2.000	0.000	105.005	290.013	115.005	26.001	2.000	11.000	1.000	59.003	N/A*	N/A*	1.000
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	50	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
100% Grape Juice, 4 oz	10084	1.00 count	100	76.880	0.961	0.000	0.000	0.000	0.000	14.415	9.610	17.298	0.000	17.298	0.000	0.000	0.000	0.000	0.000

Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	30	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	70	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				522.989	17.348	10.828	3.050	0.000	0.000	113.505	458.240	475.191*	90.322	2.850	65.904	1.139	377.291	150.000*	25.834*	2.750*
% of Calories					13.27%	18.63%	5.25%	0.00%					69.08%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Mon - 07/24/2023																			
2022-23 WDC Base Breakfast K-12 - start in June																			
		Total	100																
WG Pancakes, Thaw & Serve, Hilltop Hearth 2WG	586	2.00 count	100	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*
Sausage Links 1MMA	5167	2.00 links	100	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*
Pear, 90 CT	743	1.00 each	100	119.236	0.782	0.248	0.012	0.000	0.000	2.484	N/A*	31.871	6.334	20.208	0.348	18.631	47.197	8.694	N/A*
Blueberry Nutrigrain Bar, IW	643	1.00 count	1	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	30	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	70	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				578.143	22.804	12.034	3.401	0.000	0.000	11.835	690.639	591.099*	100.519	9.032*	61.351	1.367	340.029*	202.190*	9.414*	1.750*
% of Calories					15.78%	18.73%	5.29%	0.00%					69.55%							

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)
Tue - 07/25/2023																			
2022-23 WDC Base Breakfast K-12 - start in June																			
		Total	100																
Grahams, Assorted 1WG	5105	1.00 package	100	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
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	30	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	70	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500

Yogurt, Assorted Strawberry & Vanilla Light Fat Free, SS	627	1.00 count	100	70.00	4.00	0.00	0.00	0.00	0.00	5.00	55.00	1880.00	14.00	0.00	10.00	0.00	100.00	N/A	N/A	2.00
Weighted Daily Average				367.992	14.036	5.658	2.093	0.000		13.500	309.892	2206.667*	67.242	4.763	29.667*	1.337	441.895	226.331*	7.269*	3.750*
% of Calories					15.26%	13.84%	5.12%	0.00%					73.09%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Wed - 07/26/2023																			
2022-23 WDC Base Breakfast K-12 - start in June																			
		Total	100																
Breakfast Sandwich (Egg & Cheese on Biscuit) - Bridgeford 1.75WG 1.5MMA	8539	1.00 sandwich	100	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 cup	5346	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	30	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	70	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Weighted Daily Average				462.992	18.869	13.991	5.343	0.000	111.000	771.559	441.000*	64.575	5.430	18.500*	1.970	626.562	376.331*	7.269*	2.750*
% of Calories					16.30%	27.20%	10.39%	0.00%				55.79%							

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)
Thu - 07/27/2023																			
2022-23 WDC Base Breakfast K-12 - start in June																			
		Total	100																
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*
Muffin, Apple Cinnamon 2 oz (Muffin Town) 1WG	962	1.00 muffin	100	149.208	1.989	4.476	0.497	0.000	14.921	119.366	54.710	26.857	0.995	12.931	1.074	19.894	N/A*	N/A*	0.000
Chex Mix, Assorted, 1WG	1032	1.00 bag	100	120.000	2.000	2.750	0.500	0.000	0.000	92.500	0.000*	21.500	2.000	5.000	0.710	0.000*	N/A*	N/A*	0.000*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	30	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	70	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Weighted Daily Average				447.200	12.358	9.217	2.090	0.000	23.421	343.425	334.710*	80.932	6.425	29.931*	1.954	328.456*	226.331*	7.269*	1.750*
% of Calories					11.05%	18.55%	4.21%	0.00%				72.39%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
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Fri - 07/28/2023

2022-23 WDC Base Breakfast K-12 - start in June

		Total	100																	
WG Waffles, Thaw & Serve, 2WG	596	2.00 count	100	130.000	4.000	3.500	0.500	0.000	5.000	360.000	N/A*	23.000	3.000	4.000	1.080	40.000	N/A*	N/A*	N/A*	
Apple Slices 1 cup	5346	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	30	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	70	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500	
Weighted Daily Average				307.992	12.369	5.491	1.593	0.000	13.500	491.559	280.000*	55.575	6.430	16.000*	1.250	348.562	226.331*	7.269*	1.750*	
% of Calories					16.06%	16.05%	4.65%	0.00%				72.18%								

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	456.819		450/500	Pass		
Protein (g)	16.198	14.18%				
Total Fat (g)	9.480	18.68%				
Saturated Fat (g)	2.908*	5.73%*	<10	Pass		
Trans Fat (g)	0.000*					
Cholesterol (mg)	40.267*					

Sodium (mg)	515.459		≤ 540	Pass		
Potassium (mg)	623.684*					
Carbohydrates (g)	78.629	68.85%				
Fiber (g)	6.040*					
Sugars (g)	41.032*					
Iron (mg)	2.035*					
Calcium (mg)	403.047*					
Vitamin A (IU)	320.376*					
Vitamin C (mg)	15.102*					
Vitamin D (mcg)	2.178*					

* = 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: 2022-23 W.DC Base Lunch 9-12 start in June

Date Range: June 26, 2023 - July 28, 2023

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Mon - 06/26/2023																			
2022-23 W.DC Base Lunch 9-12 start in June																			
		Total	100																
Chicken Jambalaya 2 MMA 2 WG .5O	2156	1.50 cups	100	366.517	21.197	9.219	1.085	0.000	76.544	187.968	105.632*	48.398	3.489	3.355	1.702*	18.740*	1155.326*	34.260*	0.000*
Black Bean & Corn Salad, heated .5S .5B/L	9267	1.00 cup	100	277.999	14.153	2.285	0.808	0.000	0.000	224.230	834.855*	51.056	10.787	4.769	3.177	140.365*	3.019*	0.000*	0.000*
Apple 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				832.658	44.258	13.058	2.643	0.000	84.044	549.822	1348.969*	132.988	17.393	35.983	5.163*	499.225*	1408.345*	85.687*	1.250*

% of Calories		21.26	14.11	2.86	0.00					63.86						
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Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 06/27/2023																			
2022-23 W.DC Base Lunch 9-12 start in June																			
		Total	100																
BBQ Cheeseburger on 3.5" WG Bun, pre-cooked patty	17640	1.00 Each	70	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	30	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*
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 1/2 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*
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				607.185	31.953	17.157	6.366	0.708	42.665	1070.314	770.626*	85.006	12.928*	38.265	4.815*	481.261*	320.874*	51.427*	1.650*

% of Calories			21.06	25.43	9.44	1.05					56.00						
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Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
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Wed - 06/28/2023

2022-23 W.DC Base Lunch 9-12 start in June

		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*	
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 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*	
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	
				67	35	19	2	0	39	147	44*	82	14	1*	3*	52*	39*	0*	0*	

Weighted Daily Average	817.1	35.0%	27.5%	9.45	0.00	76.2%	1136.4	574.8	100.5	16.5	41.81	3.93	436.4	254.0	56.41	1.25
% of Calories		17.16%	30.31%	10.41%	0.00%				49.23%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 06/29/2023																			
2022-23 W.DC Base Lunch 9-12 start in June																			
		Total	100																
Teriyaki Chicken 2MMA	2088	2.00 oz	80	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	20	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*
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 1/2 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*
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*
				8.728	.160	.672	.080	.000	5.839	1.387	.248*	1.841	.783	.744	824*	.263*	.310*	780*	000*

Fried Rice (1WG & 1M/MA)	8404	8.00 ounce	100	19	6	7	1	0	10	22	26	25	1	2	0	22	43	2	0
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				765.962	39.961	14.609	2.916	0.000	174.574	1514.681	600.650*	116.038	10.816	50.407	3.681*	385.049*	293.336*	3.981*	1.250*
% of Calories					20.87%	17.17%	3.43%	0.00%				60.60%							

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)
Fri - 06/30/2023																			
2022-23 W.DC Base Lunch 9-12 start in June																			
		Total	100																
Chicken Alfredo over Whole Grain Spaghetti (Halal), 2 MMA, 2 oz WG	1294	1.00 serving	80	304.228	20.366	14.283	6.489	0.000	47.223	482.730	0.000*	27.228	4.160	3.452	1.356*	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	20	451.371	37.744	13.746	5.632	0.000	18.646	437.169	235.868*	51.106	7.198	5.350	1.822*	50.833*	152.500*	0.000*	N/A*
Broccoli, Florets, Steamed 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*
100% Grape Juice, 4 oz	1008 4	1.00 count	100	76.880	0.961	0.000	0.000	0.000	0.000	14.415	9.610	17.298	0.000	17.298	0.000	0.000	0.000	0.000	0.000
		1.00		30	0	0	0	0	0	30	*	30	0	0	*	*	*	*	*

Fruit, Mixed Fruit Cup, 4oz	851	count	100	50.00	0.00	0.00	0.00	0.00	0.00	0.00	10.00	N/A	13.00	0.00	8.00	N/A	N/A	N/A	N/A	N/A
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	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*	N/A*	2.500
Weighted Daily Average				606.963	37.446	15.426	7.068	0.000	49.008	651.246	586.412*	83.040	9.411	42.678	3.120*	384.578*	402.500*	1.200*	1.250*	
% of Calories					24.68%	22.87%	10.48%	0.00%				54.72%								

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Mon - 07/03/2023																			
2022-23 W.DC Base Lunch 9-12 start in June																			
		Total	100																
Chicken Parmesan Sub with Marinara 2MMA 2WG 0.25 RO	16764	1.00 portion	99	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	1	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*
Black Beans, LS (Bush's), unheated, 1c B/L	5056	1.00 cup	100	235.519	14.988	0.000	0.000	0.000	0.000	278.341	1027.719	42.822	10.705	2.141	3.426	171.286	N/A*	N/A*	0.000
Fruit, Mixed Fruit Cup, 4oz	851	1.00 count	50	50.000	0.000	0.000	0.000	0.000	0.000	10.000	N/A*	13.000	0.000	8.000	N/A*	N/A*	N/A*	N/A*	N/A*
		1.00		50	0	0	0	0	0	50	*	50	0	0	*	*	*	*	*

Unsweetened Applesauce, 4 oz	698	count	50	50.00	0.00	0.00	0.00	0.00	0.00	0.00	10.00	N/A	12.00	2.00	8.00	N/A	N/A	N/A	N/A	N/A
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	30	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	70	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				906.138	53.831	25.355	4.967*	0.000*		85.247*	1253.202	1664.924*	113.312	16.559	32.929	5.582*	512.483*	150.377*	0.720*	1.750*
% of Calories					23.76%	25.18%	4.93%*	0.00%*					50.02%							

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 - 07/04/2023																			
2022-23 W.DC Base Lunch 9-12 start in June																			
		Total	100																
Cajun Chicken Pasta Bake, 2 MMA, 2 WG, 1/2 O	5413	1.50 cups	99	416.695	26.388	14.066	5.907	0.000*	44.136	255.447	353.860*	53.473	10.345	5.587	2.550*	83.523*	99.960*	0.000*	0.588*
Lemon Chick'n 2 MMA (VEGAN)	7048	1.00 serving	1	149.536	21.430	5.365	0.255	0.000*	0.000	269.128	235.566*	4.232	0.126	0.870*	0.049*	2.127*	0.000*	0.063*	0.000*
Broccoli, Cuts, Steamed 1 DG	1057	1.00 cup	100	67.238	6.724	0.000	0.000	0.000	0.000	33.619	477.392	11.206	6.724	2.241	2.421	44.826	N/A*	N/A*	N/A*
Craisins, Original 1/2 c Fruit	10085	1.00 each	50	110.033	0.000	0.000	0.000	0.000	0.000	0.000	N/A*	27.675	2.668	24.007	N/A*	N/A*	N/A*	N/A*	N/A*
				42	5	9	0	0	0	0	30	39	7	7	6	4	0	0	*

Apple Slices 1/2 cup	17615	0.50 cup	50	43.9*	0.13	0.14	0.00	0.00	0.00	0.00	0.00	67.3*	10.4*	1.41	8.64	0.00	3.54	0.00	0.00	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	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	30	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	70	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				802.249	46.130	17.803	7.400	0.000*	52.195	669.203	1228.734*	122.269	21.009	39.108*	6.029*	449.307*	248.960*	0.721*	2.932*	
% of Calories					23.00%	19.97%	8.30%	0.00%*				60.96%								

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Wed - 07/05/2023																			
2022-23 W.DC Base Lunch 9-12 start in June																			
		Total	100																
Chopped Cheese Steak Hoagie 2MMA 2.75WG	9929	1.00 each	99	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	1	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), 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 Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	50	44.2	0.77	0.15	0.00	0.00	0.00	0.00	7.62	141.1	10.0	1.70	7.21	0.27	36.5	N/A	50.2	N/A
Apple, variety, 125 CT - 1 each	720	1.00 each	50	96.259	0.248	0.202	0.018	0.000	0.000	0.000	1.770	44.887*	24.195	3.516	12.383*	0.077*	6.027*	32.669*	2.803*	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	30	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	70	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				652.116	34.257	20.724	8.289	0.000	0.000	62.977	723.776	971.267*	82.173	11.418	29.094*	4.316*	530.094*	166.517*	28.352*	1.754*
% of Calories					21.01%	28.60%	11.44%	0.00%					50.40%							

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)
Thu - 07/06/2023																			
2022-23 W.DC Base Lunch 9-12 start in June																			
		Total	100																
Teriyaki Meatballs (2MMA)	16802	5.00 meatballs	100	307.570	14.175*	14.175*	6.075*	0.000*	35.437*	472.342	38.399*	29.009	1.012*	24.052	0.000*	0.000*	0.000*	3.948	N/A*
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 Slices 1/2 cup	17615	0.50 cup	50	43.942	0.135	0.149	0.000	0.000	0.000	0.000	67.330	10.489	1.417	8.647	0.006	3.544	0.000	0.000	N/A*
Orange Wedges, Choice 138 CT - 1/2 cup				30	3	5	0	0	0	4	52	45	0	2	8	76	*	27	*

(PreK)	2841	1.00 each	50	44.21	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	
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*	0.000*	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	30	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	70	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				784.768	30.376*	18.336*	7.125*	0.000*	0.000*	43.937*	647.390	422.640*	124.560	7.741*	49.804	1.305*	320.060*	150.000*	29.782*	1.750*	
% of Calories					15.48%*	21.03%*	8.17%*	0.00%*					63.49%								

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Fri - 07/07/2023																			
2022-23 W.DC Base Lunch 9-12 start in June																			
		Total	100																
Chicken Tenders (Tyson) 2MMA 1WG	2175	2.00 tenders	49	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	1	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
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*
				36	2	8	2	0	0	4	*	71	4	08	8	31	37	4	*

Pear, 90 CT	743	1.00 each	100	119.2	0.78	0.24	0.01	0.00	0.00	2.48	N/A	31.87	6.33	20.21	0.34	18.67	47.15	8.69	N/A
Whole Wheat Dinner Roll, Bridgford H&S 1WG	16804	1.00 Roll	100	140.000	5.000	2.000	0.500	0.000	0.000	250.000	85.000	26.000	2.000	3.000	1.080	20.000	0.000	N/A*	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	70	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	30	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				539.048	23.745	11.072	2.555	0.000	28.100	691.630	739.900*	92.291	15.928	42.777	3.019	382.764	197.197*	9.414*	1.750*
% of Calories					17.62%	18.49%	4.27%	0.00%				68.48%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Mon - 07/10/2023																			
2022-23 W.DC Base Lunch 9-12 start in June																			
		Total	100																
Sausage Pizza 4x6 (Tonys) 2MMA 2 WG .125RO	1014	1.00 slice	99	300.000	16.000	10.000	4.500	0.000	25.000	470.000	576.000	35.000	5.000	8.000	2.700	212.000	0.000	0.000	0.000
Cheese Pizza (Tony's) 2MMA 2 WG .125RO	1006	1.00 pizza	1	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
Seasoned/Roasted Carrots (IQF) .5c RO	2170	1/2 cup	100	32.819	0.000	0.547	0.000	0.000	0.000	54.698	N/A*	7.658	3.282	3.282	0.394	21.879	N/A*	N/A*	N/A*
				19	0	0	0	0	0	16	*	43	1	1	*	*	*	*	*

Green Peas .5S	2149	1/2 cup	100	74.9	0.00	0.00	0.00	0.00	0.00	0.00	64.2	N/A	12.8	5.35	4.28	N/A	N/A	N/A	N/A	N/A
Apple, variety, 125 CT - 1 each	720	1.00 each	100	96.259	0.248	0.202	0.018	0.000	0.000	0.000	1.770	44.887*	24.195	3.516	12.383*	0.077*	6.027*	32.669*	2.803*	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	30	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	70	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				608.097	24.248	12.509	5.563	0.000	0.000	33.400	720.784	900.347*	92.696	17.139	39.946*	3.170*	540.856*	183.759*	3.523*	1.750*
% of Calories					15.95%	18.51%	8.23%	0.00%					60.97%							

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 - 07/11/2023																			
2022-23 W.DC Base Lunch 9-12 start in June																			
		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 Salad 1c DG	10026	1.00 cup	100	426.969	3.178	25.888	3.944	0.000	13.003	205.312	204.173*	48.082	4.252	38.423	0.469*	35.500*	416.096*	56.822*	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
				33	0	0	0	0	0	0	*	75	8	7	*	*	*	*	*

Craisins, Original 1/2 c Fruit	10085	1.00 each	100	110.0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	N/A	27.6	2.66	24.0	N/A	N/A	N/A	N/A	N/A
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	30	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*	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	70	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	N/A*	2.500	N/A*
Weighted Daily Average				1123.433	36.084	42.065	12.762	0.000	56.089	1215.450	820.173*	155.630	14.833	94.536	1.469*	429.075*	566.096*	57.542*	1.750*		
% of Calories					12.85%	33.70%	10.22%	0.00%				55.41%									

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 - 07/12/2023																			
2022-23 W.DC Base Lunch 9-12 start in June																			
		Total	100																
DC -NOLA Chicken Sandwich (JTM) 2MMA 2WG	17641	1.00 sandwich	99	299.148	21.788	7.001	1.543	0.000	51.437*	673.361	110.000*	38.675	2.000*	11.000	2.600*	46.287*	0.000*	0.000*	0.400*
Chick'n Sandwich 2.25 MMA 2 WG (Vegan)	2941	1.00 cup	1	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), 1 c O	910	1.00 cup	100	46.693	1.868	0.000	0.000	0.000	0.000	0.000	252.144	9.339	5.603	1.868	1.345	37.355	N/A*	N/A*	N/A*
Apple, variety, 125 CT - 1 each	720	1.00 each	100	96.259	0.248	0.202	0.018	0.000	0.000	1.770	44.887*	24.195	3.516	12.383*	0.077*	6.027*	32.669*	2.803*	N/A*

Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	30	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	70	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				546.308	31.974	8.971	2.600	0.000	0.000	59.423*	802.884	689.390*	85.159	11.119*	37.190*	4.014*	389.606*	182.669*	3.523*	2.150*
% of Calories					23.41%	14.78%	4.28%	0.00%					62.35%							

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 - 07/13/2023																			
2022-23 W.DC Base Lunch 9-12 start in June																			
		Total	100																
Beef Cheeseburger on 3.5" WG Bun, pre-cooked patty	5087	1.00 Each	99	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	1	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*
Unsweetened Applesauce, #10 Can, 1 C	695	1.00 cup	100	142.939	0.000	0.000	0.000	0.000	0.000	0.000	N/A*	34.714	6.126	26.546	N/A*	N/A*	N/A*	N/A*	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	30	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	70	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				905.725	44.767	20.794	8.578	1.002	56.162	1146.311	1398.963*	133.627	20.133*	49.422	6.044*	479.744*	150.000*	0.917*	2.150*
% of Calories					19.77%	20.66%	8.52%	1.00%				59.01%							

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 - 07/14/2023																			
2022-23 W.DC Base Lunch 9-12 start in June																			
		Total	100																
Chicken & Waffle (2 MMA 2 WG) Advanced Pierre	2154	1.00 serving	99	406.836	15.104	15.862	3.274	0.000	27.700	532.634	N/A*	54.612	3.516	25.008	2.354	40.160	0.000*	0.911*	0.000*
Chick'n & Waffle 2 MMA 2 WG (Vegetarian)	2370	1.00 serving	1	477.500	20.250	13.500	1.750	0.000	5.000	755.000	250.000*	74.500	8.000	28.500	2.955	77.500	N/A*	N/A*	0.000*
Roasted Sweet Potato Wedges/Fries (Fresh) 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*
Assorted Fruit (1 cup)	4219	1.00 cup	100	114.149	1.070	0.344	0.062	0.000	0.000	4.282	187.864*	29.481	4.844	13.950*	0.368	23.223	66.349*	25.245	0.000*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	30	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	70	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500

Weighted Daily Average	955.4	28.7%	26.8%	5.05	0.00	35.91	947.6	1441.6	155.2	17.0%	63.04	4.48%	450.2%	41106.0	33.78	1.75%
% of Calories		12.04%	25.34%	4.76%	0.00%				65.01%							

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 - 07/17/2023																				
2022-23 W.DC Base Lunch 9-12 start in June																				
		Total	100																	
Meatball Marinara Sub (2MMA, 2.75WG, .25R/O)	9423	1.00 sub	99	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*	
Teriyaki Meatballs (2MMA)	16801	5.00 meatballs	1	249.972	18.015	14.175	6.075	0.000	35.437	2565.146	0.000*	11.730	1.012	8.692	0.000*	0.000*	0.000*	1.644	N/A*	
Roasted Sweet Potato Wedges/Fries (Fresh) 1c R/O	1397	1.00 cup	100	329.768	4.525	8.964	0.682	0.000	0.000	278.521	971.301*	57.990	8.647	12.048	1.758*	86.466*	40889.760*	6.917*	0.000*	
Pear, 90 CT	743	1.00 each	100	119.236	0.782	0.248	0.012	0.000	0.000	2.484	N/A*	31.871	6.334	20.208	0.348	18.631	47.197	8.694	N/A*	
Whole Wheat Dinner Roll, Bridgford H&S 1WG	16804	1.00 Roll	100	140.000	5.000	2.000	0.500	0.000	0.000	250.000	85.000	26.000	2.000	3.000	1.080	20.000	0.000	N/A*	N/A*	
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	30	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	70	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500	
				339	18	34	3	7	33	373	21*	78	26	41	3*	39*	375*	7*	0*	

Weighted Daily Average	1082.1	41.2	27.1	7.24	0.50	54.4	1553.1	1502.6	173.5	21.4	55.4	6.60	591.1	41137.1	16.34	1.75
% of Calories		15.23%	22.55%	6.02%	0.42%				64.12%							

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 - 07/18/2023																			
2022-23 W.DC Base Lunch 9-12 start in June																			
		Total	100																
BBQ Chicken Sandwich 2MMA 2WG	1033	1.00 sandwich	99	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	1	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*
100% Orange Juice, SS Cup	711	1.00 count	100	50.000	1.000	0.000	0.000	0.000	0.000	15.000	190.000	13.000	1.000	11.000	0.000	0.000	0.000	30.000	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*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	30	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	70	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
				36	34	39	2	0	47	58	33*	11	3	35	3*	46*	30*	0*	0*

Weighted Daily Average	570.8	38.2%	11.0%	3.23	0.00	81.2	529.5	834.5	81.2	8.60	39.3	4.35	386.2	150.0	30.72	2.15
% of Calories		26.83%	17.48%	5.10%	0.00%				56.91%							

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)
Wed - 07/19/2023																			
2022-23 W.DC Base Lunch 9-12 start in June																			
		Total	100																
Pasta Primavera 2MMA 2WG	17679	2.00 cups	100	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*
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*
Applesauce Unsweetend Canned, 6/#10, 1/2 C	696	1/2 cup	100	71.469	0.000	0.000	0.000	0.000	0.000	0.000	N/A*	17.357	3.063	13.273	N/A*	N/A*	N/A*	N/A*	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	30	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	70	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Weighted Daily Average				759.889	36.373	25.822	15.452	0.346	70.569	790.559	967.860*	96.497	14.896	39.602	3.665*	466.684*	1239.215*	65.657*	1.750*
% of Calories					19.15%	30.58%	18.30%	0.41%				50.80%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 07/20/2023																			
2022-23 W.DC Base Lunch 9-12 start in June																			
		Total	100																
Chicken Jambalaya 2 MMA 2 WG .5O	2156	1.50 cups	99	366.517	21.197	9.219	1.085	0.000	76.544	187.968	105.632*	48.398	3.489	3.355	1.702*	18.740*	1155.326*	34.260*	0.000*
Arroz con Pollo, Chick'n Diced 2 oz M/MA, 2 oz WG, 3/8 RO, 1/8 S, 1/4 O (VEGAN)	2372	1.50 cup	1	388.802	27.701	3.134	0.011	0.000	0.000	606.833	517.219*	60.670	6.052*	6.220*	0.526*	1.814*	257.846*	14.588*	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*
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*
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*
Whole Grain Roll/Bun, 2WG	5100	1.00 each	100	150.000	7.000	1.400	0.000	0.000	0.000	240.000	110.000	30.000	2.000	4.000	1.800	40.000	N/A*	N/A*	0.400
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	30	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	70	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Weighted Daily Average				992.681	50.550	14.742	2.932	0.000	84.279	796.387	1401.933*	166.066	17.719*	40.800*	6.673*	502.480*	1299.370*	34.783*	2.150*
					%	%	%	%			%								

% of Calories		20.37	13.37	2.66'	0.00'								66.92							
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Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Fri - 07/21/2023																			
2022-23 W.DC Base Lunch 9-12 start in June																			
		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 .5S	2149	1/2 cup	100	74.919	0.000	0.000	0.000	0.000	0.000	64.216	N/A*	12.843	5.351	4.281	N/A*	N/A*	N/A*	N/A*	N/A*
Seasoned/Roasted Carrots (IQF) .5c RO	2170	1/2 cup	100	32.819	0.000	0.547	0.000	0.000	0.000	54.698	N/A*	7.658	3.282	3.282	0.394	21.879	N/A*	N/A*	N/A*
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*
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	30	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	70	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
				67	55	19	2	0	39	146	144*	82	13	1*	3*	52*	39*	10*	0*

Weighted Daily Average	821.1	35.0%	28.0%	9.75	0.00	77.2%	1136.4	654.8	100.5	16.5	41.81	3.93	436.4	154.0	55.93	1.75
% of Calories		17.08%	30.71%	10.69%	0.00%				48.99%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Mon - 07/24/2023																			
2022-23 W.DC Base Lunch 9-12 start in June																			
		Total	100																
BBQ Cheeseburger on 3.5" WG Bun, pre-cooked patty	17640	1.00 Each	80	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	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*
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*
Craisins, Original 1/2 c Fruit	10085	1.00 each	100	110.033	0.000	0.000	0.000	0.000	0.000	0.000	N/A*	27.675	2.668	24.007	N/A*	N/A*	N/A*	N/A*	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*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	30	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	70	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
				25	26	34	5	0	74	789	30*	18	9*	29	3*	38*	38*	3*	3*

Weighted Daily Average	781.1	33.2%	19.4%	7.32	0.81	47.91	1108.7	390.01	125.0	12.35	58.7%	4.08%	412.8%	230.9%	0.72%	2.15%
% of Calories		17.01%	22.46%	8.44%	0.93%				64.02%							

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 - 07/25/2023																				
2022-23 W.DC Base Lunch 9-12 start in June																				
		Total	100																	
Teriyaki Chicken 2MMA	2088	2.00 oz	80	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	20	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) 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*	
Seasoned Black Beans (Bush's), heated, .75 c B/L	1345	3/4 cup	41	284.346	18.095	0.000	0.000	0.000	0.000	336.045	1240.783	52.870	12.925	2.585	4.136	206.797*	N/A*	N/A*	0.000*	
Pear, 90 CT	743	1.00 each	200	119.236	0.782	0.248	0.012	0.000	0.000	2.484	N/A*	31.871	6.334	20.208	0.348	18.631	47.197	8.694	N/A*	
Fried Rice (1WG & 1M/MA)	8404	8.00 ounce	99	198.728	6.160	7.672	1.080	0.000	105.839	221.387	26.248*	25.841	1.783	2.744	0.824*	22.263*	43.310*	2.780*	0.000*	
Whole Wheat Dinner Roll, Bridgford H&S 1WG	929	1.00 Roll	1	70.000	2.500	1.000	0.250	0.000	0.000	125.000	42.500	13.000	1.000	1.500	0.540	10.000	0.000	N/A*	N/A*	

Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	70	90.0	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	30	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				881.392	41.450	12.936	2.131	0.000	0.000	172.516	1434.555	712.990*	154.628	26.318	69.731	4.543*	489.834*	487.297*	21.821*	0.750*
% of Calories					18.81%	13.21%	2.18%	0.00%					70.17%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Wed - 07/26/2023																			
2022-23 W.DC Base Lunch 9-12 start in June																			
		Total	100																
Chicken Alfredo over Whole Grain Spaghetti, 2 MMA, 2 oz WG	856	1.00 serving	80	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	20	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*
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*
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
		1.00		30	0	0	0	0	0	00	*	30	0	30	0	00	00	0	*

Fat Free (Skim) Milk, Plain (MA/DC)	972	carton	70	90.0	8.00	0.00	0.00	0.00	0.00	5.00	130.0	N/A	13.0	0.00	12.0	0.00	300.0	500.0	2.40	N/A
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	30	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				679.794	41.400	15.534	6.768	0.000	0.000	48.008	477.917	644.566*	99.409	13.922	39.883	4.599*	398.453*	502.500*	1.680*	0.750*
% of Calories					24.36%	20.57%	8.96%	0.00%					58.49%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 07/27/2023																			
2022-23 W.DC Base Lunch 9-12 start in June																			
		Total	100																
Spaghetti with Meatballs, 2 oz M/MA, 2 oz WG, 0.5 RO (Tasting Request)	8540	1.75 cup	80	327.140	19.823	14.864	5.316	0.640	52.992	839.036	376.320*	31.464	5.877	7.462	3.471*	43.521*	0.000*	0.000*	0.000*
Teriyaki Chick'n	17306	1.00 cup	20	181.820	21.772	1.814	0.000	0.000	0.000	455.253	280.588	18.961	0.000	13.663	0.000*	8.944	0.000*	0.000*	0.000*
Collard Greens (IQF) 1 c DG	2171	1.00 cup	100	71.396	2.754	2.457	0.188	0.010	0.000	164.790	159.864	12.021	3.864	5.480	1.060	127.670	6434.435	20.938	0.000
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 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*

Whole Wheat Dinner Roll, Bridgford H&S 1WG	1680 4	1.00 Roll	100	140.0	5.00	2.00	0.50	0.00	0.00	250.0	85.00	26.00	2.00	3.00	1.08	20.00	0.00	N/A	N/A	
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	30	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	70	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				701.614	36.875	18.765	5.991	0.522		50.894	1314.693	1090.520*	100.518	13.683	45.041	5.201*	524.396*	6584.435*	71.885*	1.750*
% of Calories					21.02%	24.07%	7.68%	0.67%					57.31%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Fri - 07/28/2023																			
2022-23 W.DC Base Lunch 9-12 start in June																			
		Total	100																
Sweet & Sour Chicken	4636	2.00 ounce	80	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	20	157.623	21.772	2.381	0.000	0.000	0.000	390.089	235.868*	11.567	0.000	7.689	N/A*	0.000*	0.000*	0.000*	0.454*
Green Beans (IQF), 1 c O	910	1.00 cup	100	46.693	1.868	0.000	0.000	0.000	0.000	0.000	252.144	9.339	5.603	1.868	1.345	37.355	N/A*	N/A*	N/A*
100% Grape Juice, 4 oz	10084	1.00 count	100	76.880	0.961	0.000	0.000	0.000	0.000	14.415	9.610	17.298	0.000	17.298	0.000	0.000	0.000	0.000	0.000

Assorted Fruit (1/2 cup)	4218	1/2 cup	100	74.2%	0.59	0.17	0.03	0.00	0.00	2.64	113.9%	18.7%	2.99	9.42%	0.27%	18.81	78.46	18.76	0.00
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	30	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	70	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
Weighted Daily Average				686.710	35.956	11.639	2.948	0.000	66.819	409.944	714.379*	106.873	9.906	45.465*	3.011*	364.551*	357.104*	19.534*	1.841*
% of Calories					20.94%	15.25%	3.86%	0.00%				62.25%							

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	776.453		750/850	Pass		
Protein (g)	37.329*	19.23%*				
Total Fat (g)	19.099*	22.14%*				
Saturated Fat (g)	6.284*	7.28%*	<10	Pass		
Trans Fat (g)	0.156*					
Cholesterol (mg)	67.768*					
Sodium (mg)	931.745		≤ 1420	Pass		
Potassium (mg)	922.925*					
Carbohydrates (g)	115.161	59.33%				

Fiber (g)	15.013*					
Sugars (g)	46.513*					
Iron (mg)	4.273*					
Calcium (mg)	449.758*					
Vitamin A (IU)	3916.917*					
Vitamin C (mg)	27.442*					
Vitamin D (mcg)	1.693*					

* = Indicates missing Nutrient Information.

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