



## November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Fruit Serving</b> Apples (Whole/Sliced) Fruit & Apple Juice Orange Pineapple Juice Cranberry Apple Juice Pears Oranges (Whole/Sliced)	<b>Fruit Serving</b> Fruit Cocktail Cups Tropical Fruit Cocktail Cups Papaya Mango Cups Mandarins Fruit Cups	1  Sausage Biscuit Sandwich  Half-day for students	2  Strawberry Banana Yogurt w/Chex Mix  Mac and Cheese Savory Green Beans	3  Whole Grain Waffles  Korean Beef Stir-Fry Veggie Stir- Fry Rice & Carrots
6  French Toast  Buffalo Chicken Sandwich Buffalo Chick/n Sandwich Sweet Potato Fries	7  Banana Muffin w/Chex Mix  Teriyaki Meatballs Teriyaki Veggie Meatballs Rice Pilaf & Beans	8  Chicken Biscuit Sandwich  Cajun Pasta Bake Zesty Carrots	9  Blueberry Cinnamon Bread Chicken Parmesan Sandwich Chick'n Parmesan Sandwich Bean and Corn Salad	10  Veterans' Day (Observed)  No School
13  Waffles  BBQ Cheeseburger BBQ Veggie Burger Baked Beans	14  Apple Cinnamon Muffin Strawberry Bars  Southwest Chicken Southwest Chick'N Spanish Rice & Corn	15  Oatmeal w/Granola Turkey Chili over Rice Veggie Chili over Rice Zesty Carrots	16  Corn Muffin  Chicken Broccoli Bake Chick'n Broccoli Bake Seasoned Green Beans	17  French Toast  Turkey Meatloaf Veggie Meatloaf Mac and Cheese Collard Greens
27  Virtual Parent Conferences	21  Virtual Parent Conferences	22  THANKSGIVING HOLIDAY BREAK	23  THANKSGIVING HOLIDAY BREAK	24  THANKSGIVING HOLIDAY BREAK
27  French Toast  Cheese Pizza Savory Green Beans	28  Blueberry Muffin Chocolate Chip Oatmeal Bars  Huli Huli Chicken Huli Huli Chick'n  Collard Greens Brown Rice	29  Genuine Oatmeal with Granola Breakfast Mix  Pasta Primavera Zesty Carrots	30  Apple Cinnamon Muffin Strawberry Bars  Chicken Fried Rice Chick'n Fried Rice Green Beans	

# Nutrient Detail Report

**Organization:** Genuine Foods DC  
**Session:** 2023-2024 School Year  
**Menu:** 2023-24 WDC Base Breakfast K-12  
**Number Source:** Prepared  
**Site:** Washington Latin  
**Dates:** 11-01-2023 to 11-30-2023

## Nutrient Summary

Date(s): 11-01-2023 to 11-30-2023

Nutrient	Menu Average	% of Calories	Target	Pass / Fail	Shortfall / Overage	Notes / Errors
Calories (kcal)	414.730					
Protein (g)	16.706	16.112%				
Total Fat (g)	7.635	16.569%				
Saturated Fat (g)	2.521*	5.47%	< 10%	Pass		
Trans Fat (g)	0.000*					
Carbohydrates (g)	69.420	66.954%				
Cholesterol (mg)	26.199*					
Sodium (mg)	406.193		≤ 540	Pass		
Potassium (mg)	466.364*					
Fiber (g)	3.364					
Sugars (g)	45.436					
Iron (g)	1.598*					
Calcium (mg)	496.582*					
Vitamin A (IU)	383.130*					
Vitamin C (mg)	11.315*					
Vitamin D (mcg)	2.002*					

\* Indicates missing Nutrient Information.

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## Menu Detail

Date: 11-01-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Breakfast Entree</b>												
Sausage Biscuit 2WG .75MMA (Jimmy Dean/Bridgeford)	1216068	1 sandwich	130	265.000	10.000	11.000	3.500	0.000	30.500	520.000	2.000	6.500
Assorted Muffins 2oz (Muffin Town) 1WG	1178680	1 muffin		155.000	2.500	4.500	0.500	0.000	26.500	117.500	1.000	13.000
<b>Fruit</b>												
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1185878	1 carton	130	62.500	0.500	0.000	0.000	0.000	15.500	13.750	0.250	14.500
Craisins/Raisins, Assorted Flavors - 1/2 F	1198486	1 packet	130	114.000	0.200	0.000	0.000*	0.000*	28.600	0.000	2.200	24.200
<b>Grains</b>												
Grahams, Assorted 1WG	1182745	1 package		120.000	1.667	3.667	1.000	0.000	20.333	123.333	1.000	7.667
<b>Milk</b>												
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	130	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	130	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Total			130									
<b>Weighted Daily Average</b>				641.5	26.7	13.5	5*	0	100.6	793.75	4.45	69.2
<b>% of Calories</b>				16.648%	18.94%	7.015%	0%	62.728%				

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-02-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Breakfast Entree</b>												
Assorted Muffins 2oz (Muffin Town) 1WG	1178680	1 muffin	130	155.000	2.500	4.500	0.500	0.000	26.500	117.500	1.000	13.000
Grahams, Assorted 1WG	1195733	1 package	130	120.000	1.667	3.667	1.000	0.000	20.667	123.333	1.333	7.667
<b>Fruit</b>												
Fruit, Mixed Fruit Cup, 4oz	1165798	1 count	130	50.000	0.000	0.000	0.000	0.000	13.000	10.000	0.000	8.000
Apple Slices 1/2 cup	1312980	0.5 cup	130	43.942	0.135	0.149	0.000	0.000	10.489	0.000	1.417	8.647
<b>Milk</b>												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	130	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	130	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
<b>Total</b>			130									
<b>Weighted Daily Average</b>				568.942	20.301	10.816	3	0	96.656	510.833	3.751	61.313
<b>% of Calories</b>					14.273%	17.109%	4.746%	0%	67.955%			

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-03-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Breakfast Entree</b>												
Waffle, WG 1.25 oz Thaw & Serve, CN FRZ, 1 WG (1 Waffle)	1409131	1 count	130	65.000	2.000	1.750	0.250	0.000	11.500	180.000	1.500	2.000
Bagel WG 2 oz, Sliced, T&S, Bulk (Lenders) with Cream Cheese	1208913	1 each		185.000	8.000	4.500	2.500	0.000	30.000	260.000	4.000	6.000
<b>Fruit</b>												
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1185878	1 carton	130	62.500	0.500	0.000	0.000	0.000	15.500	13.750	0.250	14.500
Fruit, Mixed Fruit Cup, 4oz	1165798	1 count	130	50.000	0.000	0.000	0.000	0.000	13.000	10.000	0.000	8.000
<b>Milk</b>												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	130	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	130	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
<b>Misc.</b>												
Sausage Patty (Jimmy Dean) .75 MMA	1199910	1 patty	130	75.000	6.000	5.000	1.500	0.000	0.500	200.000	0.000	0.500
<b>Total</b>			130									
<b>Weighted Daily Average</b>				452.5	24.5	9.25	3.25	0	66.5	663.75	1.75	49
<b>% of Calories</b>					21.657%	18.398%	6.464%	0%	58.785%			

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-06-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Breakfast Entree</b>												
Whole Grain Cinnamon French Toast Sticks, Frozen,	1291519	1 pouch	130	210.009	8.000	9.000	2.000	0.000	26.001	290.013	2.000	11.000

<b>IW, GFS</b>													
<b>Pick 2 Assorted Cereal, Grahams, Cheese, &amp; Yogurts 1WG/1MMA</b>	1213472	1 package		205.000	5.750	5.000	1.250	0.000		37.250	267.500	3.500	12.500
<b>Fruit</b>													
<b>Fruit, Mixed Fruit Cup, 4oz</b>	1165798	1 count	130	50.000	0.000	0.000	0.000	0.000		13.000	10.000	0.000	8.000
<b>Craisins/Raisins, Assorted Flavors - 1/2 F</b>	1198486	1 packet	130	114.000	0.200	0.000	0.000*	0.000*		28.600	0.000	2.200	24.200
<b>Milk</b>													
<b>Fat Free (Skim) Milk, Plain (MA/DC)</b>	1178123	1 carton	130	90.000	8.000	0.000	0.000	0.000		13.000	130.000	0.000	12.000
<b>Low Fat (1%) Milk, Plain (MA/DC)</b>	1174909	1 carton	130	110.000	8.000	2.500	1.500	0.000		13.000	130.000	0.000	12.000
<b>Total</b>			130										
<b>Weighted Daily Average</b>				574.009	24.2	11.5	3.5*	0		93.601	560.013	4.2	67.2
<b>% of Calories</b>				16.864%	18.032%	5.488%	0%	65.226%					

\* Indicates missing Nutrient Information.

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Menu Detail

Date: 11-07-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Breakfast Entree</b>												
<b>Assorted Muffins 2oz (Muffin Town) 1WG</b>	1178680	1 muffin	130	155.000	2.500	4.500	0.500	0.000	26.500	117.500	1.000	13.000
<b>Grahams, Assorted 1WG</b>	1195733	1 package	130	120.000	1.667	3.667	1.000	0.000	20.667	123.333	1.333	7.667
<b>Fruit</b>												
<b>Apple Slices 1/2 cup (CACFP ONLY)</b>	1259117	1/2 cup	130	49.341	0.151	0.167	0.000	0.000	11.778	0.000	1.592	9.709
<b>Orange, Choice 138 CT - 1/2 cup</b>	1162351	1 each	130	44.200	0.773	0.155	0.000	0.000	10.045	7.624	1.700	7.212
<b>Milk</b>												
<b>Fat Free (Skim) Milk, Plain (MA/DC)</b>	1178123	1 carton	130	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
<b>Low Fat (1%) Milk, Plain (MA/DC)</b>	1174909	1 carton	130	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
<b>Total</b>			130									
<b>Weighted Daily Average</b>				568.541	21.091	10.988	3	0	94.99	508.458	5.625	61.588
<b>% of Calories</b>				14.838%	17.395%	4.749%	0%	66.831%				

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Menu Detail

Date: 11-08-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Breakfast Entree</b>												
<b>Sausage Biscuit 2.5WG .75MMA (Jimmy Dean)</b>	1178674	1 sandwich	130	284.705	10.993	13.987	5.994	0.000	28.461	529.536	1.997	3.496
<b>Bagel WG 2 oz, Sliced, T&amp;S, Bulk (Lenders) with Cream Cheese</b>	1208913	1 each	0	185.000	8.000	4.500	2.500	0.000	30.000	260.000	4.000	6.000
<b>Fruit</b>												
<b>Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)</b>	1185878	1 carton	130	62.500	0.500	0.000	0.000	0.000	15.500	13.750	0.250	14.500
<b>Craisins/Raisins, Assorted Flavors - 1/2 F</b>	1198486	1 packet	130	114.000	0.200	0.000	0.000*	0.000*	28.600	0.000	2.200	24.200

Milk												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	130	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	130	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
Total			130									
Weighted Daily Average				661.205	27.693	16.487	7.494*	0	98.561	803.286	4.447	66.196
% of Calories				16.753%	22.442%	10.2%	0%	59.625%				

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### Menu Detail

Date: 11-09-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
Breakfast Entree												
Blueberry Bread, scratch, 1.75 oz WG (needs ingred quantity checked)	1165428	1 count	130	281.184	5.568	10.795	1.212	0.000	40.669	224.930	1.647	18.110
Fruit												
Apple Slices 1/2 cup	1312980	0.5 cup	130	43.942	0.135	0.149	0.000	0.000	10.489	0.000	1.417	8.647
Fruit, Mixed Fruit Cup, 4oz	1165798	1 count	130	50.000	0.000	0.000	0.000	0.000	13.000	10.000	0.000	8.000
Milk												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	130	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	130	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
Total			130									
Weighted Daily Average				575.126	21.703	13.444	2.712	0	90.158	494.93	3.065	58.756
% of Calories				15.094%	21.039%	4.244%	0%	62.705%				

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### Menu Detail

Date: 11-10-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
Breakfast Entree												
Waffle, WG 1.25 oz Thaw & Serve, CN FRZ - 2WG	1153889	2 count		130.000	4.000	3.500	0.500	0.000	23.000	360.000	3.000	4.000
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	1213472	1 package		205.000	5.750	5.000	1.250	0.000	37.250	267.500	3.500	12.500
Fruit												
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1185878	1 carton		62.500	0.500	0.000	0.000	0.000	15.500	13.750	0.250	14.500
Fruit, Mixed Fruit Cup, 4oz	1165798	1 count		50.000	0.000	0.000	0.000	0.000	13.000	10.000	0.000	8.000
Milk												
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton		110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton		90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Misc.												
Sausage Link 0.5 MMA	1237583	2 links		55.000	5.000	4.000	1.000	0.000	0.500	145.000	N/A*	0.500
Total												
Weighted Daily Average				0	0	0	0	0	0	0	0	0
% of Calories				0%	0%	0%	0%	0%	0%			

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### Menu Detail

Date: 11-13-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)

Recipe Name	Recipe #	Portion Size	Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Breakfast Entree</b>												
Waffle, WG 1.25 oz Thaw & Serve, CN FRZ - 2WG	1153889	2 count	0	130.000	4.000	3.500	0.500	0.000	23.000	360.000	3.000	4.000
Bagel WG 2 oz, Sliced, T&S, Bulk (Lenders) with Cream Cheese	1208913	1 each	130	185.000	8.000	4.500	2.500	0.000	30.000	260.000	4.000	6.000
<b>Fruit</b>												
Fruit, Mixed Fruit Cup, 4oz	1165798	1 count	130	50.000	0.000	0.000	0.000	0.000	13.000	10.000	0.000	8.000
Craisins/Raisins, Assorted Flavors - 1/2 F	1198486	1 packet	130	114.000	0.200	0.000	0.000*	0.000*	28.600	0.000	2.200	24.200
<b>Milk</b>												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	130	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	130	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
<b>Total</b>			130									
<b>Weighted Daily Average</b>				549	24.2	7	4*	0	97.6	530	6.2	62.2
<b>% of Calories</b>				17.632%	11.475%	6.557%	0%	71.111%				

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### Menu Detail

Date: 11-14-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Breakfast Entree</b>												
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	1213472	1 package	130	205.000	5.750	5.000	1.250	0.000	37.250	267.500	3.500	12.500
<b>Fruit</b>												
Apple Slices 1/2 cup	1312980	0.5 cup	130	43.942	0.135	0.149	0.000	0.000	10.489	0.000	1.417	8.647
Orange, Choice 138 CT - 1/2 cup	1162351	1 each	130	44.200	0.773	0.155	0.000	0.000	10.045	7.624	1.700	7.212
<b>Milk</b>												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	130	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	130	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
<b>Total</b>			130									
<b>Weighted Daily Average</b>				493.142	22.657	7.803	2.75	0	83.785	535.124	6.617	52.359
<b>% of Calories</b>				18.378%	14.241%	5.019%	0%	67.96%				

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### Menu Detail

Date: 11-15-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Breakfast Entree</b>												
Oatmeal with Toppings (2 oz WG)	1184801	1 cup	130	333.571	5.317	3.000	0.500	0.000	74.984	28.062	4.635	40.397
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	1213472	1 package	0	205.000	5.750	5.000	1.250	0.000	37.250	267.500	3.500	12.500
<b>Fruit</b>												
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1185878	1 carton	130	62.500	0.500	0.000	0.000	0.000	15.500	13.750	0.250	14.500
Craisins/Raisins, Assorted Flavors - 1/2 F	1198486	1 packet	130	114.000	0.200	0.000	0.000*	0.000*	28.600	0.000	2.200	24.200
<b>Milk</b>												

Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	130	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	130	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
Total			130									
Weighted Daily Average				710.071	22.017	5.5	2*	0	145.084	301.812	7.085	103.097
% of Calories				12.403%	6.971%	2.535%	0%	81.729%				

\* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

### Menu Detail

Date: 11-16-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Breakfast Entree</b>												
Grahams, Assorted 1WG	1195733	1 package	130	120.000	1.667	3.667	1.000	0.000	20.667	123.333	1.333	7.667
Assorted Muffins 2oz (Muffin Town) 1WG	1178680	1 muffin	130	155.000	2.500	4.500	0.500	0.000	26.500	117.500	1.000	13.000
<b>Fruit</b>												
Apple Slices 1/2 cup	1312980	0.5 cup	130	43.942	0.135	0.149	0.000	0.000	10.489	0.000	1.417	8.647
Fruit, Mixed Fruit Cup, 4oz	1165798	1 count	130	50.000	0.000	0.000	0.000	0.000	13.000	10.000	0.000	8.000
<b>Milk</b>												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	130	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	130	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
Total			130									
Weighted Daily Average				568.942	20.301	10.816	3	0	96.656	510.833	3.751	61.313
% of Calories				14.273%	17.109%	4.746%	0%	67.955%				

\* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

### Menu Detail

Date: 11-17-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Breakfast Entree</b>												
French Toast, WG Stick Cooked, Frozen (Richs) 2WG	1153903	4 pieces	130	260.000	6.000	10.000	1.500	0.000	38.000	300.000	3.000	9.000
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	1213472	1 package	0	205.000	5.750	5.000	1.250	0.000	37.250	267.500	3.500	12.500
<b>Fruit</b>												
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1185878	1 carton	130	62.500	0.500	0.000	0.000	0.000	15.500	13.750	0.250	14.500
Fruit, Mixed Fruit Cup, 4oz	1165798	1 count	130	50.000	0.000	0.000	0.000	0.000	13.000	10.000	0.000	8.000
<b>Milk</b>												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	130	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	130	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
Total			130									
Weighted Daily Average				572.5	22.5	12.5	3	0	92.5	583.75	3.25	55.5
% of Calories				15.721%	19.651%	4.716%	0%	64.629%				

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-20-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Breakfast Entree</b>												
Pancake, WG, IQF, Hilltop Hearth 2WG	1153672	2 count		133.410	4.002	2.001	0.334	0.000	25.348	246.808	2.668	6.003
Assorted Muffins 2oz (Muffin Town) 1WG	1178680	1 muffin		155.000	2.500	4.500	0.500	0.000	26.500	117.500	1.000	13.000
<b>Fruit</b>												
Fruit, Mixed Fruit Cup, 4oz	1165798	1 count		50.000	0.000	0.000	0.000	0.000	13.000	10.000	0.000	8.000
Craisins/Raisins, Assorted Flavors - 1/2 F	1198486	1 packet		114.000	0.200	0.000	0.000*	0.000*	28.600	0.000	2.200	24.200
<b>Grains</b>												
Grahams, Assorted 1WG	1182745	1 package		120.000	1.667	3.667	1.000	0.000	20.333	123.333	1.000	7.667
<b>Milk</b>												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton		90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton		110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
<b>Total</b>												
<b>Weighted Daily Average</b>				0	0	0	0	0	0	0	0	0
<b>% of Calories</b>				0%	0%	0%	0%	0%	0%			

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-21-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Breakfast Entree</b>												
Bagel WG 2 oz, Sliced, T&S, Bulk (Lenders) with Cream Cheese	1208913	1 each		185.000	8.000	4.500	2.500	0.000	30.000	260.000	4.000	6.000
<b>Fruit</b>												
Apple Slices 1/2 cup	1312980	0.5 cup		43.942	0.135	0.149	0.000	0.000	10.489	0.000	1.417	8.647
Orange, Choice 138 CT - 1/2 cup	1162351	1 each		44.200	0.773	0.155	0.000	0.000	10.045	7.624	1.700	7.212
<b>Milk</b>												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton		90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton		110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
<b>Total</b>												
<b>Weighted Daily Average</b>				0	0	0	0	0	0	0	0	0
<b>% of Calories</b>				0%	0%	0%	0%	0%	0%			

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-22-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Breakfast Entree</b>												
Sausage Biscuit 2.5WG .75MMA (Jimmy Dean)	1178674	1 sandwich		284.705	10.993	13.987	5.994	0.000	28.461	529.536	1.997	3.496
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	1213472	1 package		205.000	5.750	5.000	1.250	0.000	37.250	267.500	3.500	12.500
<b>Fruit</b>												
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1185878	1 carton		62.500	0.500	0.000	0.000	0.000	15.500	13.750	0.250	14.500
Craisins/Raisins, Assorted Flavors - 1/2 F	1198486	1 packet		114.000	0.200	0.000	0.000*	0.000*	28.600	0.000	2.200	24.200
<b>Milk</b>												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton		90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain												



(MA/DC)	1174909	1 carton		110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
Total												
Weighted Daily Average				0	0	0	0	0	0	0	0	0
% of Calories				0%	0%	0%	0%	0%				

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-23-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Breakfast Entree</b>												
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	1213472	1 package		205.000	5.750	5.000	1.250	0.000	37.250	267.500	3.500	12.500
<b>Fruit</b>												
Apple Slices 1/2 cup	1312980	0.5 cup		43.942	0.135	0.149	0.000	0.000	10.489	0.000	1.417	8.647
Fruit, Mixed Fruit Cup, 4oz	1165798	1 count		50.000	0.000	0.000	0.000	0.000	13.000	10.000	0.000	8.000
<b>Milk</b>												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton		90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton		110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
Total												
Weighted Daily Average				0	0	0	0	0	0	0	0	0
% of Calories				0%	0%	0%	0%	0%				

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-24-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Breakfast Entree</b>												
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	1213472	1 package		205.000	5.750	5.000	1.250	0.000	37.250	267.500	3.500	12.500
<b>Fruit</b>												
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1185878	1 carton		62.500	0.500	0.000	0.000	0.000	15.500	13.750	0.250	14.500
Fruit, Mixed Fruit Cup, 4oz	1165798	1 count		50.000	0.000	0.000	0.000	0.000	13.000	10.000	0.000	8.000
<b>Milk</b>												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton		90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton		110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
Total												
Weighted Daily Average				0	0	0	0	0	0	0	0	0
% of Calories				0%	0%	0%	0%	0%				

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-27-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Breakfast Entree</b>												
French Toast, WG Stick Cooked, Frozen (Richs) 2WG	1153903	4 pieces	130	260.000	6.000	10.000	1.500	0.000	38.000	300.000	3.000	9.000
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	1213472	1 package	0	205.000	5.750	5.000	1.250	0.000	37.250	267.500	3.500	12.500
<b>Fruit</b>												
Fruit, Mixed Fruit												

Cup, 4oz	1165798	1 count	130	50.000	0.000	0.000	0.000	0.000	13.000	10.000	0.000	8.000
Craisins/Raisins, Assorted Flavors - 1/2 F	1198486	1 packet	130	114.000	0.200	0.000	0.000*	0.000*	28.600	0.000	2.200	24.200
<b>Milk</b>												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	130	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	130	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
<b>Total</b>			130									
<b>Weighted Daily Average</b>				624	22.2	12.5	3*	0	105.6	570	5.2	65.2
<b>% of Calories</b>				14.231%	18.029%	4.327%	0%	67.692%				

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-28-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Breakfast Entree</b>												
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	1213472	1 package	130	205.000	5.750	5.000	1.250	0.000	37.250	267.500	3.500	12.500
<b>Fruit</b>												
Apple Slices 1/2 cup	1312980	0.5 cup	130	43.942	0.135	0.149	0.000	0.000	10.489	0.000	1.417	8.647
Orange, Choice 138 CT - 1/2 cup	1162351	1 each	130	44.200	0.773	0.155	0.000	0.000	10.045	7.624	1.700	7.212
<b>Milk</b>												
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	130	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	130	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
<b>Total</b>			130									
<b>Weighted Daily Average</b>				493.142	22.657	7.803	2.75	0	83.785	535.124	6.617	52.359
<b>% of Calories</b>				18.378%	14.241%	5.019%	0%	67.96%				

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-29-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Breakfast Entree</b>												
Oatmeal with Toppings (2 oz WG)	1184801	1 cup	0	333.571	5.317	3.000	0.500	0.000	74.984	28.062	4.635	40.397
Bagel WG 2 oz, Sliced, T&S, Bulk (Lenders) with Cream Cheese	1208913	1 each	130	185.000	8.000	4.500	2.500	0.000	30.000	260.000	4.000	6.000
<b>Fruit</b>												
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1185878	1 carton	130	62.500	0.500	0.000	0.000	0.000	15.500	13.750	0.250	14.500
Fruit, Mixed Fruit Cup, 4oz	1165798	1 count	130	50.000	0.000	0.000	0.000	0.000	13.000	10.000	0.000	8.000
<b>Milk</b>												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	130	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	130	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
<b>Total</b>			130									
<b>Weighted Daily Average</b>				497.5	24.5	7	4	0	84.5	543.75	4.25	52.5
<b>% of Calories</b>				19.698%	12.663%	7.236%	0%	67.94%				

\* Indicates missing Nutrient Information.

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Menu Detail

Date: 11-30-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Breakfast Entree</b>												
Assorted Muffins (Muffin Town) 1WG	1178208	1 muffin	130	160.000	2.500	4.750	0.500	0.000	26.500	97.500	1.000	13.500
Grahams, Assorted 1WG	1195733	1 package	130	120.000	1.667	3.667	1.000	0.000	20.667	123.333	1.333	7.667
<b>Fruit</b>												
Fruit, Mixed Fruit Cup, 4oz	1165798	1 count	130	50.000	0.000	0.000	0.000	0.000	13.000	10.000	0.000	8.000
Apple Slices 1/2 cup	1312980	0.5 cup	130	43.942	0.135	0.149	0.000	0.000	10.489	0.000	1.417	8.647
<b>Milk</b>												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	130	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	130	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
<b>Total</b>			130									
<b>Weighted Daily Average</b>				573.942	20.301	11.066	3	0	96.656	490.833	3.751	61.813
<b>% of Calories</b>					14.149%	17.352%	4.704%	0%	67.363%			

\* Indicates missing Nutrient Information.

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# Nutrient Detail Report

**Organization:** Genuine Foods DC  
**Session:** 2023-2024 School Year  
**Menu:** 2023-24 WDC Base Lunch K-8  
**Number Source:** Prepared  
**Site:** Washington Latin  
**Dates:** 11-01-2023 to 11-30-2023

## Nutrient Summary

Date(s): 11-01-2023 to 11-30-2023

Nutrient	Menu Average	% of Calories	Target	Pass / Fail	Shortfall / Overage	Notes / Errors
Calories (kcal)	584.646*					
Protein (g)	31.715	21.699%				
Total Fat (g)	14.483	22.296%				
Saturated Fat (g)	5.097*	7.847%	< 10%	Pass		
Trans Fat (g)	0.081*					
Carbohydrates (g)	81.217	55.567%				
Cholesterol (mg)	58.820*					
Sodium (mg)	819.214*		≤ 1110	Pass		
Potassium (mg)	680.102*					
Fiber (g)	9.830*					
Sugars (g)	36.398*					
Iron (g)	2.533*					
Calcium (mg)	539.912*					
Vitamin A (IU)	2,148.795*					
Vitamin C (mg)	19.795*					
Vitamin D (mcg)	1.940*					

\* Indicates missing Nutrient Information.

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## Menu Detail

Date: 11-01-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Lunch Entree</b>												
Beef Shepherds Pie	1297345	1 Square	78	381.287	21.147	23.418	8.202	0.000	20.307	637.005	2.763	3.389*
Turkey Shepherd's Pie	1325385	1 Square	18	320.233	26.929	14.636	3.927	0.000	20.181	632.380	2.763	3.578*
Turkey Sandwich 2MMA 2WG	1198415	1 sandwich	0	270.063	23.010	6.503	1.001	0.000	31.001	690.211	2.000	4.000
<b>Vegetables</b>												
Seasoned/Roasted Carrots (IQF) .75c RO	1177067	3/4 cup	96	48.828	0.000	0.814	0.000	0.000	11.393	81.380	4.883	4.883
Green Peas .75S	1183845	3/4 cup	96	112.379	0.000	0.000	0.000	0.000	19.265	96.325	8.027	6.422
Carrot Sticks .75 RO	1182479	3/4 cup	0	37.885	0.693	0.141	0.025	0.000	8.919	84.430	3.139	5.152
<b>Fruit</b>												
Apple, variety, 125 CT - 1 each	1162278	1 each	96	96.259	0.248	0.202	0.018	0.000	24.195	1.770	3.516	12.383*
<b>Grains</b>												
Whole Wheat Dinner Roll, Bridgford H&S 1WG	1177132	1 Roll	96	70.000	2.500	1.000	0.250	0.000	13.000	125.000	1.000	1.500
<b>Milk</b>												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	96	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	96	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
<b>Total</b>			96									
<b>Weighted Daily Average</b>				897.305	40.979	26.288	9.169	0	114.136	1200.612	20.189	52.612*

% of Calories	18.267%	26.367%	9.196%	0%	50.88%			
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\* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

### Menu Detail

Date: 11-02-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Lunch Entree</b>												
Popcorn Chicken Mac & Cheese Bowl (LOL) 2.5MMA 2 WG	1215017	1/2 cup	106	431.592	23.935	19.657	6.128	0.000	38.960	596.646	5.348	3.340
BBQ Chicken Sandwich 2MMA 2WG	1179137	1 sandwich	0	320.551	27.412	9.401	2.204	0.000	32.835	373.054	2.000	6.457
<b>Vegetables</b>												
Potato Salad .5S .5O	1182486	1 cup	0	297.442	2.683	22.788	3.430	0.000	21.171	236.410	3.893	3.386
Green Beans (IQF) .75c O	1177050	3/4 cup	106	34.686	1.387	0.000	0.000	0.000	6.937	0.000	4.162	1.387
<b>Fruit</b>												
Orange, Choice 138 CT - 1/2 cup	1162351	1 each	106	44.200	0.773	0.155	0.000	0.000	10.045	7.624	1.700	7.212
<b>Milk</b>												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	106	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	106	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
<b>Total</b>			106									
<b>Weighted Daily Average</b>				710.478	42.095	22.312	7.628	0	81.942	864.27	11.21	35.94
<b>% of Calories</b>				23.7%	28.263%	9.662%	0%	46.134%				

\* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

### Menu Detail

Date: 11-03-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Lunch Entree</b>												
Korean Beef Stir Fry over Brown Rice 2MMA 2 WG	1232648	4 ounce	106	473.637	18.702	20.245	5.829	0.000	52.834	485.026	1.943	5.497
Curry Chicken Salad Sandwich 2 MMA 2WG .25O	1218561	1 sandwich	0	332.463	22.198	14.326	2.680	0.000	30.381	339.825	2.214	4.167
<b>Vegetables</b>												
Seasoned/Roasted Carrots (IQF) .75c RO	1177067	3/4 cup	106	48.828	0.000	0.814	0.000	0.000	11.393	81.380	4.883	4.883
Carrot Sticks .75 RO	1182479	3/4 cup	0	37.885	0.693	0.141	0.025	0.000	8.919	84.430	3.139	5.152
<b>Fruit</b>												
Craisins/Raisins, Assorted Flavors - 1/2 F	1198486	1 packet	106	114.000	0.200	0.000	0.000*	0.000*	28.600	0.000	2.200	24.200
<b>Milk</b>												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	106	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	106	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
<b>Total</b>			106									
<b>Weighted Daily Average</b>				836.465	34.902	23.559	7.329*	0	118.828	826.405	9.025	58.58
<b>% of Calories</b>				16.69%	25.348%	7.886%	0%	56.824%				

\* Indicates missing Nutrient Information.

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Menu Detail

Date: 11-06-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Lunch Entree</b>												
Pulled Buffalo Chicken Sandwich 2MMA 2WG	1195258	1 sandwich	106	309.211	27.412	9.401	2.204	0.000	30.000	491.744	2.000	4.000
Chicken Ranch Wrap 2 MMA 2WG .25DG	1182491	1 wrap	0	352.943	19.577	14.421	4.927	0.000	35.273	429.744	4.494	3.530
<b>Vegetables</b>												
Roasted Sweet Potato Wedges/Fries (Fresh) .75c R/O	1179828	3/4 cup	106	247.326	3.394	6.723	0.511	0.000	43.492	118.891	6.485	9.036
Green Beans (IQF), .75c O	1177050	3/4 cup	0	34.686	1.387	0.000	0.000	0.000	6.937	0.000	4.162	1.387
<b>Fruit</b>												
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1185878	1 carton	106	62.500	0.500	0.000	0.000	0.000	15.500	13.750	0.250	14.500
<b>Milk</b>												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	106	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	106	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
<b>Total</b>			106									
<b>Weighted Daily Average</b>				819.037	47.305	18.624	4.216	0	114.992	884.385	8.735	51.536
<b>% of Calories</b>					23.103%	20.465%	4.633%	0%	56.16%			

\* Indicates missing Nutrient Information.

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Menu Detail

Date: 11-07-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Lunch Entree</b>												
Teriyaki Meatballs (2MMA)	1259690	5 meatballs	106	208.544	15.836	9.996	3.999	0.600	9.679	2,673.278	1.000	8.680
Turkey & Cheese on a Roll, Melt 2MMA 2WG	1200958	1 sandwich	0	289.216	23.453	9.753	3.797	0.000	32.278	784.210	2.000*	4.506
<b>Vegetables</b>												
Green Beans (IQF), .75c O	1177050	3/4 cup	106	34.686	1.387	0.000	0.000	0.000	6.937	0.000	4.162	1.387
Broccoli, Florets, Blanched & Cooled.75 DG	1182495	0.75 cup	0	34.305	3.431	0.000	0.000	0.000	5.718	17.153	3.431	1.144
<b>Fruit</b>												
Pear, D'Anjou 90 CT	1162358	1 each	106	119.236	0.782	0.248	0.012	0.000	31.871	2.484	6.334	20.208
<b>Grains</b>												
Brown Rice 1c 2WG	1177660	1 cup	106	193.292	3.866	1.289	0.000	0.000	41.236	41.236	1.289	0.000
<b>Milk</b>												
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	106	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	106	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
<b>Total</b>			106									

<b>Weighted Daily Average</b>	755.759	37.871	14.033	5.511	0.6	115.723	2976.997	12.785*	54.275
<b>% of Calories</b>		20.044%	16.712%	6.563%	0.714%	61.249%			

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-08-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Lunch Entree</b>												
Cajun Chicken Pasta Bake, 2 MMA, 2 WG, 1/2 O	1200520	1.5 cups	86	420.588	26.584	14.065	5.907	0.000*	54.448	256.393	10.636	5.872
Cheesy Pasta Salad 2 MMA 2WG .25 RO .5BL .25s	1182348	2 cups	0	691.654	30.554	31.983	9.380	0.000	72.894	694.514	14.300	4.541
<b>Vegetables</b>												
Seasoned/Roasted Carrots (IQF) .75c RO	1177067	3/4 cup	86	48.828	0.000	0.814	0.000	0.000	11.393	81.380	4.883	4.883
<b>Fruit</b>												
Apple, variety, 125 CT - 1 each	1162278	1 each	86	96.259	0.248	0.202	0.018	0.000	24.195	1.770	3.516	12.383*
<b>Milk</b>												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	86	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	86	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
<b>Total</b>			86									
<b>Weighted Daily Average</b>				765.676	42.831	17.582	7.425	0	116.036	599.544	19.035	47.137*
<b>% of Calories</b>					22.376%	20.666%	8.727%	0%	60.619%			

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-09-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Lunch Entree</b>												
Chicken Parmesan Sandwich with Marinara 2MMA 2WG 0.25 RO	1325632	1 portion	108	527.584	32.819	23.164	3.945	0.000	47.844	776.449	4.817	10.800
Chick'n Parmesan & Marinara over Pasta 2.25MMA 2WG 0.5 RO	1299397	1 portion	18	421.100	33.198	7.992	1.101	0.000	59.481	677.614	8.535	9.565
Chicken Salad Sandwich 2 MMA 2WG .25O	1197216	1 sandwich	0	331.644	22.162	14.290	2.676	0.000	30.240	339.694	2.080	4.160
<b>Vegetables</b>												
Black Bean & Corn Salad, unheated .5S .5BL	1212277	1 cup	126	177.132	8.589	0.768	0.021	0.000	34.978	235.158	6.896	4.235
Carrot Sticks .75 RO	1182479	3/4 cup	0	37.885	0.693	0.141	0.025	0.000	8.919	84.430	3.139	5.152
<b>Fruit</b>												
Orange, Choice 138 CT - 1/2 cup	1162351	1 each	126	44.200	0.773	0.155	0.000	0.000	10.045	7.624	1.700	7.212
<b>Milk</b>												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	126	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	126	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000

Total	126											
<b>Weighted Daily Average</b>		933.704	58.235	24.419	5.06	0	120.53	1265.112	13.944	46.071		
<b>% of Calories</b>			24.948%	23.538%	4.878%	0%	51.635%					

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-10-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Lunch Entree</b>												
BBQ Chicken Sandwich 2MMA 2WG	1179137	1 sandwich		320.551	27.412	9.401	2.204	0.000	32.835	373.054	2.000	6.457
BBQ Chick'n Sandwich 2.25 MMA 2WG (Vegan)	1179604	1 sandwich		279.746	28.772	3.214	0.000	0.000	36.582	523.464	2.000	7.445
Turkey & Cheese Wrap 2MMA 2WG	1218183	1 sandwich		352.343	21.706	14.308	6.365	0.000	35.846	881.630	4.000*	3.506
<b>Vegetables</b>												
Potato Salad .375S .375O	1182488	3/4 cup		225.335	2.032	17.264	2.599	0.000	16.039	179.098	2.950	2.566
Collard Greens (IQF) .75 c DG	1184086	3/4 cup		35.698	1.377	1.228	0.094	0.005	6.010	82.395	1.932	2.740
<b>Fruit</b>												
Craisins/Raisins, Assorted Flavors - 1/2 F	1198486	1 packet		114.000	0.200	0.000	0.000*	0.000*	28.600	0.000	2.200	24.200
<b>Grains</b>												
Rice Pilaf with Toasted Farro	1256475	0.5 cup		43.734*	0.806*	3.313*	0.221*	0.000*	3.318*	77.637*	0.474*	0.609*
Whole Wheat Dinner Roll, Bridgford H&S 1WG	1177132	1 Roll		70.000	2.500	1.000	0.250	0.000	13.000	125.000	1.000	1.500
<b>Milk</b>												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton		90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton		110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
<b>Total</b>												
<b>Weighted Daily Average</b>				0	0	0	0	0	0	0	0	0
<b>% of Calories</b>					0%	0%	0%	0%	0%			

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-13-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Lunch Entree</b>												
BBQ Cheeseburger on 3.5" WG Bun, pre-cooked patty	1325614	1 Each	128	399.071	21.681	19.118	7.594	1.012	39.619	1,040.987	3.012*	9.625
Spicy Black Bean Burger (MorningStar) Vegetarian 2.25MMA 2WG	1177151	1 burger	18	310.000	20.000	7.400	1.000	0.000	48.000	680.000	7.000	6.000
Chipotle/Jerk Chicken Sandwich .2WG 2MMA	1179358	1 sandwich	0	383.240	21.437	18.312	2.360	0.000*	34.735	283.205	2.420	7.027*
<b>Vegetables</b>												
Baked Beans Scratch	1179561	3/4 cup	146	217.172	11.442	0.032	0.000	0.000	39.944	227.882	8.299	4.815



(canned)												
.75 B/L												
Celery Stick .75c Veg	12123009	sticks	0	32.080	0.349	2.086	0.021	0.000	3.502	150.456	0.809	1.678
<b>Fruit</b>												
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1185878	1 carton	146	62.500	0.500	0.000	0.000	0.000	15.500	13.750	0.250	14.500
<b>Milk</b>												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	146	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	146	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
<b>Total</b>			146									
<b>Weighted Daily Average</b>				867.762	49.415	20.206	8.281	0.888*	122.096	1498.113	12.053*	52.493*
<b>% of Calories</b>				22.778%	20.957%	8.588%	0.921%	56.281%				

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-14-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Lunch Entree</b>												
Southwest Chicken 2 MMA	1208061	2 ounce	88	216.186	14.288	16.801	2.343	0.000	0.148	42.864	0.000	0.000
Southwest Chick'n Rice Bowl 2MMA 1WG 0.5O (Vegan)	1180655	1 bowl	18	311.259	25.310	7.270	0.416	0.000	37.576	675.307	4.425	7.439
Chicken Ranch Wrap 2 MMA 2WG .25DG	1182491	1 wrap	0	352.943	19.577	14.421	4.927	0.000	35.273	429.744	4.494	3.530
<b>Vegetables</b>												
Corn Kernel Yellow Frozen IQF, 3/4 cup	1154785	0.75 cup	106	105.060	3.002	0.750	0.000	0.000	24.014	0.000	3.002	4.503
Green Beans (IQF), .75c O	1177050	3/4 cup	0	34.686	1.387	0.000	0.000	0.000	6.937	0.000	4.162	1.387
<b>Fruit</b>												
Pear, D'Anjou 90 CT	1162358	1 each	106	119.236	0.782	0.248	0.012	0.000	31.871	2.484	6.334	20.208
<b>Grains</b>												
Spanish Rice, 1 oz WG, 0.125 O	1162624	5/8 cup	106	125.907	2.339	1.990	0.093	0.000	24.194	132.725	1.972	1.757
<b>Milk</b>												
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	106	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	106	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
<b>Total</b>			106									
<b>Weighted Daily Average</b>				782.533	38.283	20.671	3.621	0	112.582	545.469	12.059	51.731
<b>% of Calories</b>				19.569%	23.774%	4.164%	0%	57.548%				

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-15-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Lunch Entree</b>												
Turkey Bean Chili, 2 MMA, 0.625 RO, 0.5	1177755	1.5 cups	68	434.066	26.867	15.081	4.806	0.000	48.805	398.922	17.339	13.181

<b>BL, 0.125 O</b>												
Turkey Bean Chili, 2 MMA, 0.625 RO, 0.5 BL, 0.125 O (Dairy Free)	1193511	1.5 cups	18	371.697	22.898	9.978	1.971	0.000	48.238	296.864	17.339	13.181
Turkey Sandwich 2MMA 2WG	1198415	1 sandwich	0	270.063	23.010	6.503	1.001	0.000	31.001	690.211	2.000	4.000
<b>Vegetables</b>												
Seasoned/Roasted Carrots (IQF) .75c RO	1177067	3/4 cup	86	48.828	0.000	0.814	0.000	0.000	11.393	81.380	4.883	4.883
Broccoli, Florets, Blanched & Cooled.75 DG	1182495	0.75 cup	0	34.305	3.431	0.000	0.000	0.000	5.718	17.153	3.431	1.144
<b>Fruit</b>												
Apple, variety, 125 CT - 1 each	1162278	1 each	86	96.259	0.248	0.202	0.018	0.000	24.195	1.770	3.516	12.383*
<b>Grains</b>												
Whole Wheat Dinner Roll, Bridgford H&S 1WG	1177132	1 Roll	86	70.000	2.500	1.000	0.250	0.000	13.000	125.000	1.000	1.500
<b>Milk</b>												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	86	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	86	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
<b>Total</b>			86									
<b>Weighted Daily Average</b>				836.099	44.784	18.529	5.981	0	123.275	845.711	26.738	55.946*
<b>% of Calories</b>				21.425%	19.945%	6.438%	0%	58.976%				

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-16-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Lunch Entree</b>												
Chicken Broccoli Pasta Bake, 2 MMA, 2 WG, 1/2 DG	1184389	2 cups	88	420.950	26.255	12.547	5.907	0.000*	52.349	375.317	7.494	5.293
Chicken Broccoli Pasta Bake (Halal), 2 MMA, 2 WG, 1/2 DG	1179759	2 cups	18	420.950	26.255	12.547	5.907	0.000*	52.349	375.317	7.494	5.293
Cheesy Pasta Salad 2 MMA 2WG .25 RO .5BL .25s	1182348	2 cups	0	691.654	30.554	31.983	9.380	0.000	72.894	694.514	14.300	4.541
<b>Vegetables</b>												
Green Beans (IQF), .75c O	1177050	3/4 cup	106	34.686	1.387	0.000	0.000	0.000	6.937	0.000	4.162	1.387
<b>Fruit</b>												
Orange, Choice 138 CT - 1/2 cup	1162351	1 each	106	44.200	0.773	0.155	0.000	0.000	10.045	7.624	1.700	7.212
<b>Milk</b>												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	106	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	106	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
<b>Total</b>			106									
<b>Weighted Daily Average</b>				699.837	44.416	15.201	7.407	0	95.332	642.941	13.357	37.892
<b>% of Calories</b>				25.386%	19.549%	9.525%	0%	54.488%				

\* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

### Menu Detail

Date: 11-17-2023

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Recipe Name	Recipe #	Portion Size	Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Lunch Entree</b>												
Turkey Meatloaf, 2 MMA	1165435	1 slice	106	208.914	15.593	8.113	2.266	0.000	19.205	649.069	0.753	7.387
BBQ Chicken Sandwich 2MMA 2WG	1179137	1 sandwich	0	320.551	27.412	9.401	2.204	0.000	32.835	373.054	2.000	6.457
<b>Vegetables</b>												
Collard Greens (IQF) .75 c DG	1184086	3/4 cup	106	35.698	1.377	1.228	0.094	0.005	6.010	82.395	1.932	2.740
Carrot Sticks .75 RO	1182479	3/4 cup	0	37.885	0.693	0.141	0.025	0.000	8.919	84.430	3.139	5.152
<b>Fruit</b>												
Craisins/Raisins, Assorted Flavors - 1/2 F	1198486	1 packet	106	114.000	0.200	0.000	0.000*	0.000*	28.600	0.000	2.200	24.200
<b>Grains</b>												
Macaroni & Cheese, 1.5 MMA, 2 WG	1392281	1 cup	106	389.114	20.447	13.742	7.967	0.000	47.905	460.926	4.126	5.666
<b>Milk</b>												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	106	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	106	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
<b>Total</b>			106									
<b>Weighted Daily Average</b>				947.726	53.618	25.583	11.826*	0.005*	127.72	1452.39	9.011	63.993
<b>% of Calories</b>				22.63%	24.295%	11.231%	0.005%	53.906%				

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-20-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Lunch Entree</b>												
Beef Cheeseburger on 3.5" WG Bun, pre-cooked patty	1194773	1 Each		372.746	21.681	19.118	7.594	1.012	33.037	715.867	3.012*	4.506
Spicy Black Bean Burger (MorningStar) Vegetarian 2.25MMA 2WG	1177151	1 burger		310.000	20.000	7.400	1.000	0.000	48.000	680.000	7.000	6.000
Curry Chicken Salad Sandwich 2 MMA 2WG .250	1218561	1 sandwich		332.463	22.198	14.326	2.680	0.000	30.381	339.825	2.214	4.167
<b>Vegetables</b>												
Potato Salad .5S .50	1182486	1 cup		297.442	2.683	22.788	3.430	0.000	21.171	236.410	3.893	3.386
Corn Kernel Yellow Frozen IQF, 3/4 cup	1154785	0.75 cup		105.060	3.002	0.750	0.000	0.000	24.014	0.000	3.002	4.503
<b>Fruit</b>												
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1185878	1 carton		62.500	0.500	0.000	0.000	0.000	15.500	13.750	0.250	14.500
<b>Milk</b>												
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton		110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton		90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
<b>Total</b>												
<b>Weighted Daily Average</b>				0	0	0	0	0	0	0	0	0
<b>% of Calories</b>				0%	0%	0%	0%	0%				

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-21-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Lunch Entree</b>												
Chicken Tenders (Tyson) 2MMA 1WG	1184142	2 tenders		220.000	20.000	12.000	2.000	0.000	12.000	400.000	2.000	2.000

Chicken Ranch Wrap 2 MMA 2WG .25DG	1182491	1 wrap		352.943	19.577	14.421	4.927	0.000	35.273	429.744	4.494	3.530
<b>Vegetables</b>												
Roasted Sweet Potato Wedges/Fries (Fresh) .75c R/O	1179828	3/4 cup		247.326	3.394	6.723	0.511	0.000	43.492	118.891	6.485	9.036
Celery Stick .75c Veg	1212300	9 sticks		32.080	0.349	2.086	0.021	0.000	3.502	150.456	0.809	1.678
<b>Fruit</b>												
Pear, D'Anjou 90 CT	1162358	1 each		119.236	0.782	0.248	0.012	0.000	31.871	2.484	6.334	20.208
<b>Grains</b>												
Whole Wheat Dinner Roll, Bridgford H&S 1WG	1177132	1 Roll		70.000	2.500	1.000	0.250	0.000	13.000	125.000	1.000	1.500
<b>Milk</b>												
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton		110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton		90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
<b>Total</b>												
Weighted Daily Average				0	0	0	0	0	0	0	0	0
% of Calories				0%	0%	0%	0%	0%				

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-22-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Lunch Entree</b>												
Sweet and Sour Meatless meatball (DC) (check crediting)	1291623	4 meatballs		303.704	16.000*	16.000*	4.667*	N/A*	22.691	613.580	2.667*	7.407*
Sweet & Sour Meatballs (2MMA)	1213284	5 meatballs		260.829	11.996	9.996	3.999	0.600	27.554	502.093	1.000	23.999
Turkey & Cheese on a Roll, Melt 2MMA 2WG	1200958	1 sandwich		289.216	23.453	9.753	3.797	0.000	32.278	784.210	2.000*	4.506
<b>Vegetables</b>												
Collard Greens (IQF) .75 c DG	1184086	3/4 cup		35.698	1.377	1.228	0.094	0.005	6.010	82.395	1.932	2.740
Green Beans (IQF) .75c O	1177050	3/4 cup		34.686	1.387	0.000	0.000	0.000	6.937	0.000	4.162	1.387
<b>Fruit</b>												
Apple, variety, 125 CT - 1 each	1162278	1 each		96.259	0.248	0.202	0.018	0.000	24.195	1.770	3.516	12.383*
<b>Grains</b>												
Jollof Rice	1351666	6 oz		167.132	3.226	1.927	0.066	0.000	34.030	99.702	1.329*	0.539*
<b>Milk</b>												
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton		110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton		90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
<b>Total</b>												
Weighted Daily Average				0	0	0	0	0	0	0	0	0
% of Calories				0%	0%	0%	0%	0%				

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-23-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Total</b>												
Weighted Daily Average				0	0	0	0	0	0	0	0	0
% of Calories				0%	0%	0%	0%	0%				

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-24-2023

Recipe	Recipe #	Portion	Prepared	Calories	Protein	Total Fat	Saturated	Trans Fat	Carbohydrate	Sodium	Fiber	Sugars
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Name	e #	Size	Quantity	(kcal)	(g)	(g)	Fat (g)	(g)	s (g)	(mg)	(g)	(g)
Total												
Weighted Daily Average				0	0	0	0	0	0	0	0	0
% of Calories				0%	0%	0%	0%	0%				

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-27-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Lunch Entree</b>												
Breakfast Pizza (Schwanns) for Lunch 2MMA 1.5 WG	1177022	1 slice	98	300.759	16.072	13.063	6.046	0.000	27.966	572.139	2.995	4.991
Cheese Pizza (Tony's) 2MMA 2 WG .125RO	1178744	1 pizza	18	280.000	16.000	11.000	3.500	0.000	33.000	470.000	4.000	8.000
Cheesy Pasta Salad 2 MMA 2WG .25 RO .5BL .25s	1182348	2 cups	0	691.654	30.554	31.983	9.380	0.000	72.894	694.514	14.300	4.541
<b>Vegetables</b>												
Seasoned Green Beans 1cO	1233421	1 cup	116	80.106	1.911	3.567	1.621	0.000	9.563	0.116	5.617	1.875
<b>Fruit</b>												
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1185878	1 carton	116	62.500	0.500	0.000	0.000	0.000	15.500	13.750	0.250	14.500
<b>Milk</b>												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	116	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	116	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
Total			116									
Weighted Daily Average				640.144	34.472	18.81	8.772	0	79.81	830.155	9.018	45.833
% of Calories					21.54%	26.446%	12.333%	0%	49.87%			

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-28-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Lunch Entree</b>												
Huli Huli Chicken 2MMA	1388671	2 oz	106	150.835	17.100	3.295	0.733	0.000	10.941	658.014	0.105	4.430
Chicken Salad Sandwich 2 MMA 2WG .25O	1197216	1 sandwich	0	331.644	22.162	14.290	2.676	0.000	30.240	339.694	2.080	4.160
<b>Vegetables</b>												
Collard Greens (IQF) .75 c DG	1184086	3/4 cup	106	35.698	1.377	1.228	0.094	0.005	6.010	82.395	1.932	2.740
Carrot Sticks .75 RO	1182479	3/4 cup	0	37.885	0.693	0.141	0.025	0.000	8.919	84.430	3.139	5.152
<b>Fruit</b>												
Pear, D'Anjou 90 CT	1162358	1 each	106	119.236	0.782	0.248	0.012	0.000	31.871	2.484	6.334	20.208
<b>Grains</b>												
Brown Rice 1c 2WG	1177660	1 cup	106	193.292	3.866	1.289	0.000	0.000	41.236	41.236	1.289	0.000
<b>Milk</b>												
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	106	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	106	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000

Total	106											
Weighted Daily Average	699.061	39.126	8.561	2.339	0.005	116.058	1044.128	9.66	51.379			
% of Calories	22.388%	11.021%	3.011%	0.006%	66.408%							

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-29-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Lunch Entree</b>												
Pasta Primavera Bake Spring 23	1334323	2 cups	78	534.422	28.373	24.072	14.402	0.346	53.141	650.560	11.834	6.329
Turkey Sandwich 2MMA 2WG	1198415	1 sandwich	0	270.063	23.010	6.503	1.001	0.000	31.001	690.211	2.000	4.000
Chick'n Alfredo over Whole Grain Spaghetti, 2 MMA, 2 oz WG (Vegetarian)	1180660	1 serving	18	440.650	37.327	13.656	5.632	0.000	48.724	437.169	6.841	5.231
<b>Vegetables</b>												
Potato Salad .5S .5O	1182486	1 cup	0	297.442	2.683	22.788	3.430	0.000	21.171	236.410	3.893	3.386
Seasoned/Roasted Carrots (IQF) .75c RO	1177067	3/4 cup	96	48.828	0.000	0.814	0.000	0.000	11.393	81.380	4.883	4.883
<b>Fruit</b>												
Apple, variety, 125 CT - 1 each	1162278	1 each	96	96.259	0.248	0.202	0.018	0.000	24.195	1.770	3.516	12.383*
<b>Milk</b>												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	96	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	96	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
Total			96									
Weighted Daily Average				861.927	46.299	25.636	14.276	0.281	113.901	953.699	19.296	47.389*
% of Calories				21.486%	26.768%	14.906%	0.293%	52.859%				

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-30-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Lunch Entree</b>												
Teriyaki Chicken 2MMA	1182863	2 oz	88	163.607	17.487	3.285	0.732	0.000	14.234	926.172	0.015	5.284
Teriyaki Chick'n (JTM) 2MMA	1298430	1 cup	18	181.820	21.772	1.814	0.000	0.000	18.961	455.253	0.000	13.663
BBQ Chicken Sandwich 2MMA 2WG	1179137	1 sandwich	0	320.551	27.412	9.401	2.204	0.000	32.835	373.054	2.000	6.457
<b>Vegetables</b>												
Seasoned/Roasted Carrots (IQF) .75c RO	1177067	3/4 cup	106	48.828	0.000	0.814	0.000	0.000	11.393	81.380	4.883	4.883
Celery Stick .75c Veg	1212300	9 sticks	0	32.080	0.349	2.086	0.021	0.000	3.502	150.456	0.809	1.678
<b>Fruit</b>												
Orange, Choice 138 CT - 1/2 cup	1162351	1 each	106	44.200	0.773	0.155	0.000	0.000	10.045	7.624	1.700	7.212

Grains												
Fried Rice (2WG)	1299880	12 ounce	106	348.971	8.120	12.117	1.193	0.000	51.337	397.565	3.558	5.158
Milk												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	106	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	106	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
Total			106									
Weighted Daily Average				808.698	43.107	18.62	3.3	0	113.812	1592.774	10.152	47.96
% of Calories					21.322%	20.723%	3.673%	0%	56.294%			

\* Indicates missing Nutrient Information.

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# Nutrient Detail Report

**Organization:** Genuine Foods DC  
**Session:** 2023-2024 School Year  
**Menu:** 2023-24 WDC Base Lunch 9-12.  
**Number Source:** Prepared  
**Site:** Washington Latin  
**Dates:** 11-01-2023 to 11-30-2023

## Nutrient Summary

Date(s): 11-01-2023 to 11-30-2023

Nutrient	Menu Average	% of Calories	Target	Pass / Fail	Shortfall / Overage	Notes / Errors
Calories (kcal)	661.562*					
Protein (g)	32.821	19.844%				
Total Fat (g)	14.773	20.098%				
Saturated Fat (g)	4.976*	6.769%	< 10%	Pass		
Trans Fat (g)	0.048*					
Carbohydrates (g)	98.962	59.835%				
Cholesterol (mg)	57.656*					
Sodium (mg)	867.954*		≤ 1280	Pass		
Potassium (mg)	800.645*					
Fiber (g)	12.882*					
Sugars (g)	45.236*					
Iron (g)	2.934*					
Calcium (mg)	561.626*					
Vitamin A (IU)	3,806.518*					
Vitamin C (mg)	32.383*					
Vitamin D (mcg)	1.940*					

\* Indicates missing Nutrient Information.

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## Menu Detail

Date: 11-01-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Lunch Entree</b>												
Beef Shepherds Pie	1297345	1 Square	72	381.287	21.147	23.418	8.202	0.000	20.307	637.005	2.763	3.389*
Turkey Shepherd's Pie	1325385	1 Square	12	320.233	26.929	14.636	3.927	0.000	20.181	632.380	2.763	3.578*
Turkey Sandwich 2MMA 2WG	1198415	1 sandwich	0	270.063	23.010	6.503	1.001	0.000	31.001	690.211	2.000	4.000
<b>Vegetables</b>												
Seasoned/Roasted Carrots (IQF) 1c RO	1177066	1 cup	84	65.637	0.000	1.094	0.000	0.000	15.315	109.396	6.564	6.564
Green Peas 1c S	1183844	1 cup	84	149.838	0.000	0.000	0.000	0.000	25.687	128.433	10.703	8.562
Carrot Sticks 1c RO	1182478	1 cup	0	50.009	0.914	0.186	0.033	0.000	11.773	111.448	4.144	6.801
<b>Fruit</b>												
Apple, variety, 125 CT - 1 each	1162278	1 each	84	96.259	0.248	0.202	0.018	0.000	24.195	1.770	3.516	12.383*
Orange, Choice 138 CT - 1/2 cup	1162351	1 each	84	44.200	0.773	0.155	0.000	0.000	10.045	7.624	1.700	7.212
<b>Grains</b>												
Whole Wheat Dinner Roll, Bridgford H&S 2WG	1291432	1 Roll	84	140.000	5.000	2.000	0.500	0.000	26.000	250.000	2.000	3.000
<b>Milk</b>												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	84	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain	1174909	1 carton	84	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000



(MA/DC)													
Total		84											
Weighted Daily Average		1068.5	43.993	28.114	9.609	0	147.531	1393.567	27.246	65.137*			
% of Calories		16.469%	23.681%	8.094%	0%	55.229%							

\* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

### Menu Detail

Date: 11-02-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)	
<b>Lunch Entree</b>													
Popcorn Chicken Mac & Cheese Bowl (LOL) 2.5MMA 2 WG	1215017	1/2 cup	84	431.592	23.935	19.657	6.128	0.000	38.960	596.646	5.348	3.340	
BBQ Chicken Sandwich 2MMA 2WG	1179137	1 sandwich	0	320.551	27.412	9.401	2.204	0.000	32.835	373.054	2.000	6.457	
<b>Vegetables</b>													
Potato Salad .5S .5O	1182486	1 cup	0	297.442	2.683	22.788	3.430	0.000	21.171	236.410	3.893	3.386	
Green Beans (IQF), 1c O	1177048	1 cup	84	46.693	1.868	0.000	0.000	0.000	9.339	0.000	5.603	1.868	
<b>Fruit</b>													
Orange, Choice 138 CT - 1/2 cup	1162351	1 each	84	44.200	0.773	0.155	0.000	0.000	10.045	7.624	1.700	7.212	
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1185878	1 carton	84	62.500	0.500	0.000	0.000	0.000	15.500	13.750	0.250	14.500	
<b>Milk</b>													
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	84	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000	
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	84	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000	
Total		84											
Weighted Daily Average		784.985	43.075	22.312	7.628	0	99.844	878.02	12.901	50.92			
% of Calories		21.95%	25.581%	8.745%	0%	50.877%							

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-03-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Lunch Entree</b>												
Korean Beef Stir Fry over Brown Rice 2MMA 2 WG	1232648	4 ounce	84	473.637	18.702	20.245	5.829	0.000	52.834	485.026	1.943	5.497
Curry Chicken Salad Sandwich 2 MMA 2WG .25O	1218561	1 sandwich	0	332.463	22.198	14.326	2.680	0.000	30.381	339.825	2.214	4.167
<b>Vegetables</b>												
Seasoned/Roasted Carrots (IQF) 1c RO	1177066	1 cup	84	65.637	0.000	1.094	0.000	0.000	15.315	109.396	6.564	6.564
Carrot Sticks 1c RO	1182478	1 cup	84	50.009	0.914	0.186	0.033	0.000	11.773	111.448	4.144	6.801
Broccoli, Florets, Blanched & Cooled 1c DG	1182709	1 cup	0	46.427	4.643	0.000	0.000	0.000	7.738	23.213	4.643	1.548
<b>Fruit</b>												
Craisins/Raisins, Assorted Flavors - 1/2 F	1198486	1 packet	84	114.000	0.200	0.000	0.000*	0.000*	28.600	0.000	2.200	24.200
Applesauce, Unsweetened SS Plastic Cup Tray Packed in Juice, 4 oz	1162199	1 count	84	50.000	0.000	0.000	0.000	0.000	12.000	10.000	2.000	8.000
<b>Milk</b>												
Fat Free (Skim) Milk, Plain	1178123	1 carton	84	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000

(MA/DC)												
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	84	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
Total			84									
Weighted Daily Average				953.283	35.816	24.025	7.362*	0	146.523	975.869	16.85	75.062
% of Calories				15.029%	22.682%	6.95%	0%	61.482%				

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-06-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Lunch Entree</b>												
Pulled Buffalo Chicken Sandwich 2MMA 2WG	1195258	1 sandwich	84	309.211	27.412	9.401	2.204	0.000	30.000	491.744	2.000	4.000
Chicken Ranch Wrap 2 MMA 2WG .25DG	1182491	1 wrap	0	352.943	19.577	14.421	4.927	0.000	35.273	429.744	4.494	3.530
<b>Vegetables</b>												
Roasted Sweet Potato Wedges/Fries (Fresh) 1c R/O	1179826	1 cup	84	329.768	4.525	8.964	0.682	0.000	57.990	278.521	8.647	12.048
Green Beans (IQF), 1c O	1177048	1 cup	0	46.693	1.868	0.000	0.000	0.000	9.339	0.000	5.603	1.868
<b>Fruit</b>												
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1185878	1 carton	84	62.500	0.500	0.000	0.000	0.000	15.500	13.750	0.250	14.500
Apple Slices 1/2 cup	1312980	0.5 cup	84	43.942	0.135	0.149	0.000	0.000	10.489	0.000	1.417	8.647
<b>Milk</b>												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	84	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	84	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
Total			84									
Weighted Daily Average				945.421	48.571	21.014	4.386	0	139.979	1044.015	12.314	63.194
% of Calories				20.55%	20.005%	4.176%	0%	59.224%				

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-07-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Lunch Entree</b>												
Teriyaki Meatballs (2MMA)	1259690	5 meatballs	84	208.544	15.836	9.996	3.999	0.600	9.679	2,673.278	1.000	8.680
Turkey & Cheese on a Roll, Melt 2MMA 2WG	1200958	1 sandwich	0	289.216	23.453	9.753	3.797	0.000	32.278	784.210	2.000*	4.506
<b>Vegetables</b>												
Green Beans (IQF), 1c O	1177048	1 cup	84	46.693	1.868	0.000	0.000	0.000	9.339	0.000	5.603	1.868
Broccoli, Florets, Blanched & Cooled 1c DG	1182709	1 cup	0	46.427	4.643	0.000	0.000	0.000	7.738	23.213	4.643	1.548
<b>Fruit</b>												
Pear, D'Anjou 90 CT	1162358	1 each	84	119.236	0.782	0.248	0.012	0.000	31.871	2.484	6.334	20.208

Apple, variety, 125 CT - 1 each	1162278	1 each	84	96.259	0.248	0.202	0.018	0.000	24.195	1.770	3.516	12.383*
<b>Grains</b>												
Brown Rice 1c 2WG	1177660	1 cup	84	193.292	3.866	1.289	0.000	0.000	41.236	41.236	1.289	0.000
<b>Milk</b>												
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	84	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	84	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
<b>Total</b>			84									
<b>Weighted Daily Average</b>				864.025	38.599	14.236	5.529	0.6	142.32	2978.768	17.742*	67.138*
<b>% of Calories</b>				17.869%	14.828%	5.759%	0.625%	65.887%				

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-08-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Lunch Entree</b>												
Cajun Chicken Pasta Bake, 2 MMA, 2 WG, 1/2 O	1200520	1.5 cups	84	420.588	26.584	14.065	5.907	0.000*	54.448	256.393	10.636	5.872
Cheesy Pasta Salad 2 MMA 2WG .25 RO .5BL .25s	1182348	2 cups	0	691.654	30.554	31.983	9.380	0.000	72.894	694.514	14.300	4.541
<b>Vegetables</b>												
Seasoned/Roasted Carrots (IQF) 1c RO	1177066	1 cup	84	65.637	0.000	1.094	0.000	0.000	15.315	109.396	6.564	6.564
<b>Fruit</b>												
Apple, variety, 125 CT - 1 each	1162278	1 each	84	96.259	0.248	0.202	0.018	0.000	24.195	1.770	3.516	12.383*
Orange, Choice 138 CT - 1/2 cup	1162351	1 each	84	44.200	0.773	0.155	0.000	0.000	10.045	7.624	1.700	7.212
<b>Milk</b>												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	84	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	84	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
<b>Total</b>			84									
<b>Weighted Daily Average</b>				826.685	43.604	18.016	7.425	0	130.004	635.184	22.416	56.03*
<b>% of Calories</b>				21.098%	19.614%	8.083%	0%	62.904%				

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-09-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Lunch Entree</b>												
Chicken Parmesan Sandwich with Marinara 2MMA 2WG 0.25 RO	1325632	1 portion	72	527.584	32.819	23.164	3.945	0.000	47.844	776.449	4.817	10.800
Chick'n Parmesan & Marinara over Pasta 2.25MMA 2WG 0.5 RO	1299397	1 portion	12	421.100	33.198	7.992	1.101	0.000	59.481	677.614	8.535	9.565
Chicken Salad		1										

Sandwich2 MMA 2WG .250	1197216	sandwich	0	331.644	22.162	14.290	2.676	0.000	30.240	339.694	2.080	4.160
<b>Vegetables</b>												
Black Bean & Corn Salad, unheated .5S .5B/L	1212277	1 cup	84	177.132	8.589	0.768	0.021	0.000	34.978	235.158	6.896	4.235
Carrot Sticks 1c RO	1182478	1 cup	0	50.009	0.914	0.186	0.033	0.000	11.773	111.448	4.144	6.801
<b>Fruit</b>												
Orange, Choice 138 CT - 1/2 cup	1162351	1 each	84	44.200	0.773	0.155	0.000	0.000	10.045	7.624	1.700	7.212
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1185878	1 carton	84	62.500	0.500	0.000	0.000	0.000	15.500	13.750	0.250	14.500
<b>Milk</b>												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	84	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	84	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
Total			84									
Weighted Daily Average				996.204	58.735	24.419	5.06	0	136.03	1278.862	14.194	60.571
% of Calories				23.584%	22.061%	4.572%	0%	54.619%				

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-10-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Lunch Entree</b>												
BBQ Chicken Sandwich 2MMA 2WG	1179137	1 sandwich		320.551	27.412	9.401	2.204	0.000	32.835	373.054	2.000	6.457
BBQ Chick'n Sandwich 2.25 MMA 2WG (Vegan)	1179604	1 sandwich		279.746	28.772	3.214	0.000	0.000	36.582	523.464	2.000	7.445
Turkey & Cheese Wrap 2MMA 2WG	1218183	1 sandwich		352.343	21.706	14.308	6.365	0.000	35.846	881.630	4.000*	3.506
<b>Vegetables</b>												
Potato Salad .5S .5O	1182486	1 cup		297.442	2.683	22.788	3.430	0.000	21.171	236.410	3.893	3.386
Collard Greens (IQF) 1 c DG	1184083	1 cup		71.396	2.754	2.457	0.188	0.010	12.021	164.790	3.864	5.480
<b>Fruit</b>												
Craisins/Raisins, Assorted Flavors - 1/2 F	1198486	1 packet		114.000	0.200	0.000	0.000*	0.000*	28.600	0.000	2.200	24.200
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1185878	1 carton		62.500	0.500	0.000	0.000	0.000	15.500	13.750	0.250	14.500
<b>Grains</b>												
Rice Pilaf with Toasted Farro	1256475	0.5 cup		43.734*	0.806*	3.313*	0.221*	0.000*	3.318*	77.637*	0.474*	0.609*
Whole Wheat Dinner Roll, Bridgford H&S 1WG	1177132	1 Roll		70.000	2.500	1.000	0.250	0.000	13.000	125.000	1.000	1.500
<b>Milk</b>												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton		90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton		110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
Total												
Weighted Daily Average				0	0	0	0	0	0	0	0	0
% of Calories				0%	0%	0%	0%	0%	0%			

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-13-2023

Recipe	Portion	Prepared Qty	Calories	Total Fat	Saturated	Trans Fat	Carbohydrate	Sodium	Sugars
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Name	Recipe #	Size	Portion	(kcal)	Protein (g)	(g)	Fat (g)	(g)	Carbs (g)	(mg)	Fiber (g)	(g)
<b>Lunch Entree</b>												
Spicy Black Bean Burger (MorningStar)	1177151	1 burger	72	310.000	20.000	7.400	1.000	0.000	48.000	680.000	7.000	6.000
Vegetarian 2.25MMA 2WG												
BBQ Cheeseburger on 3.5" WG Bun, pre-cooked patty	1325614	1 Each	12	399.071	21.681	19.118	7.594	1.012	39.619	1,040.987	3.012*	9.625
Chipotle/Jerk Chicken Sandwich, 2WG 2MMA	1179358	1 sandwich	0	383.240	21.437	18.312	2.360	0.000*	34.735	283.205	2.420	7.027*
<b>Vegetables</b>												
Baked Beans Scratch (canned) 1c B/L	1179196	1 cup	84	286.667	15.103	0.043	0.000	0.000	52.726	300.804	10.955	6.355
Celery Stick 1c Veg	1208602	12 sticks	0	31.985	0.344	2.085	0.021	0.000	3.482	149.916	0.798	1.669
<b>Fruit</b>												
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1185878	1 carton	84	62.500	0.500	0.000	0.000	0.000	15.500	13.750	0.250	14.500
Apple Slices 1/2 cup	1312980	0.5 cup	84	43.942	0.135	0.149	0.000	0.000	10.489	0.000	1.417	8.647
<b>Milk</b>												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	84	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	84	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
<b>Total</b>			84									
<b>Weighted Daily Average</b>				915.833	51.978	11.766	3.442	0.145*	151.518	1306.123	19.053*	60.02*
<b>% of Calories</b>					22.702%	11.562%	3.382%	0.142%	66.177%			

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-14-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Lunch Entree</b>												
Southwest Chicken 2 MMA	1208061	2 ounce	72	216.186	14.288	16.801	2.343	0.000	0.148	42.864	0.000	0.000
Southwest Chick'n Rice Bowl 2MMA 1WG 0.5O (Vegan)	1180655	1 bowl	12	311.259	25.310	7.270	0.416	0.000	37.576	675.307	4.425	7.439
Chicken Ranch Wrap 2 MMA 2WG .25DG	1182491	1 wrap	0	352.943	19.577	14.421	4.927	0.000	35.273	429.744	4.494	3.530
<b>Vegetables</b>												
Corn Kernel Yellow Frozen IQF, 1 cup	1154782	1 cup	84	135.835	3.881	0.970	0.000	0.000	31.048	0.000	3.881	5.822
Green Beans (IQF), 1c O	1177048	1 cup	0	46.693	1.868	0.000	0.000	0.000	9.339	0.000	5.603	1.868
<b>Fruit</b>												
Pear, D'Anjou 90 CT	1162358	1 each	84	119.236	0.782	0.248	0.012	0.000	31.871	2.484	6.334	20.208
Apple, variety, 125 CT - 1 each	1162278	1 each	84	96.259	0.248	0.202	0.018	0.000	24.195	1.770	3.516	12.383*
<b>Grains</b>												
Spanish Rice, 2 oz WG, 0.25 O	1163750	1.25 cup	84	251.814	4.677	3.979	0.185	0.000	48.389	265.449	3.944	3.514
<b>Milk</b>												

Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	84	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	84	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Total			84									
Weighted Daily Average				1032.913	41.451	23.339	3.784	0	166.997	662.917	18.307	66.989*
% of Calories				16.052%	20.336%	3.297%	0%	64.671%				

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-15-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Lunch Entree</b>												
Turkey Bean Chili, 2 MMA, 0.625 RO, 0.5 BL, 0.125 O	1177755	1.5 cups	72	434.066	26.867	15.081	4.806	0.000	48.805	398.922	17.339	13.181
Turkey Bean Chili, 2 MMA, 0.625 RO, 0.5 BL, 0.125 O (Dairy Free)	1193511	1.5 cups	12	371.697	22.898	9.978	1.971	0.000	48.238	296.864	17.339	13.181
Turkey Sandwich 2MMA 2WG	1198415	1 sandwich	0	270.063	23.010	6.503	1.001	0.000	31.001	690.211	2.000	4.000
<b>Vegetables</b>												
Seasoned/Roasted Carrots (IQF) 1c RO	1177066	1 cup	84	65.637	0.000	1.094	0.000	0.000	15.315	109.396	6.564	6.564
Broccoli, Florets, Blanched & Cooled 1c DG	1182709	1 cup	0	46.427	4.643	0.000	0.000	0.000	7.738	23.213	4.643	1.548
<b>Fruit</b>												
Apple, variety, 125 CT - 1 each	1162278	1 each	84	96.259	0.248	0.202	0.018	0.000	24.195	1.770	3.516	12.383*
Orange, Choice 138 CT - 1/2 cup	1162351	1 each	84	44.200	0.773	0.155	0.000	0.000	10.045	7.624	1.700	7.212
<b>Grains</b>												
Whole Wheat Dinner Roll, Bridgford H&S 2WG	1291432	1 Roll	84	140.000	5.000	2.000	0.500	0.000	26.000	250.000	2.000	3.000
<b>Milk</b>												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	84	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	84	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
Total			84									
Weighted Daily Average				971.253	48.32	20.303	6.419	0	150.28	1013.133	31.119	66.339*
% of Calories				19.9%	18.814%	5.948%	0%	61.891%				

\* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

### Menu Detail

Date: 11-16-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Lunch Entree</b>												
Chicken Broccoli Pasta Bake, 2 MMA, 2 WG, 1/2 DG	1184389	2 cups	72	420.950	26.255	12.547	5.907	0.000*	52.349	375.317	7.494	5.293
Chicken Broccoli Pasta Bake (Halal), 2 MMA, 2 WG, 1/2 DG	1179759	2 cups	12	420.950	26.255	12.547	5.907	0.000*	52.349	375.317	7.494	5.293
Cheesy Pasta Salad 2 MMA 2WG .25 RO .5BL .25s	1182348	2 cups	0	691.654	30.554	31.983	9.380	0.000	72.894	694.514	14.300	4.541
<b>Vegetables</b>												
Green Beans (IQF),	1177048	1 cup	84	46.693	1.868	0.000	0.000	0.000	9.339	0.000	5.603	1.868

1c O												
<b>Fruit</b>												
Orange, Choice 138 CT - 1/2 cup	1162351	1 each	84	44.200	0.773	0.155	0.000	0.000	10.045	7.624	1.700	7.212
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1185878	1 carton	84	62.500	0.500	0.000	0.000	0.000	15.500	13.750	0.250	14.500
<b>Milk</b>												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	84	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	84	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
<b>Total</b>			84									
<b>Weighted Daily Average</b>				774.344	45.396	15.201	7.407	0	113.234	656.691	15.048	52.873
<b>% of Calories</b>				23.45%	17.668%	8.609%	0%	58.493%				

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-17-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Lunch Entree</b>												
Turkey Meatloaf, 2 MMA	1165435	1 slice	84	208.914	15.593	8.113	2.266	0.000	19.205	649.069	0.753	7.387
BBQ Chicken Sandwich 2MMA 2WG	1179137	1 sandwich	0	320.551	27.412	9.401	2.204	0.000	32.835	373.054	2.000	6.457
<b>Vegetables</b>												
Collard Greens (IQF) 1 c DG	1184083	1 cup	84	71.396	2.754	2.457	0.188	0.010	12.021	164.790	3.864	5.480
Carrot Sticks 1c RO	1182478	1 cup	0	50.009	0.914	0.186	0.033	0.000	11.773	111.448	4.144	6.801
<b>Fruit</b>												
Craisins/Raisins, Assorted Flavors - 1/2 F	1198486	1 packet	84	114.000	0.200	0.000	0.000*	0.000*	28.600	0.000	2.200	24.200
Applesauce, Unsweetened SS Plastic Cup Tray Packed in Juice, 4 oz	1162199	1 count	84	50.000	0.000	0.000	0.000	0.000	12.000	10.000	2.000	8.000
<b>Grains</b>												
Macaroni & Cheese, 1.5 MMA, 2 WG	1392281	1 cup	84	389.114	20.447	13.742	7.967	0.000	47.905	460.926	4.126	5.666
<b>Milk</b>												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	84	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	84	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
<b>Total</b>			84									
<b>Weighted Daily Average</b>				1033.424	54.995	26.812	11.92*	0.01*	145.73	1544.785	12.943	74.733
<b>% of Calories</b>				21.286%	23.35%	10.381%	0.009%	56.407%				

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-20-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Lunch Entree</b>												
Beef Cheeseburger on 3.5" WG Bun, pre-cooked patty	1194773	1 Each		372.746	21.681	19.118	7.594	1.012	33.037	715.867	3.012*	4.506

Spicy Black Bean Burger (MorningStar) Vegetarian 2.25MMA 2WG	1177151	1 burger		310.000	20.000	7.400	1.000	0.000	48.000	680.000	7.000	6.000
Curry Chicken Salad Sandwich 2 MMA 2WG .250	1218561	1 sandwich		332.463	22.198	14.326	2.680	0.000	30.381	339.825	2.214	4.167
<b>Vegetables</b>												
Potato Salad .5S .5O	1182486	1 cup		297.442	2.683	22.788	3.430	0.000	21.171	236.410	3.893	3.386
Corn Kernel Yellow Frozen IQF, 1 cup	1154782	1 cup		135.835	3.881	0.970	0.000	0.000	31.048	0.000	3.881	5.822
<b>Fruit</b>												
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1185878	1 carton		62.500	0.500	0.000	0.000	0.000	15.500	13.750	0.250	14.500
Apple Slices 1/2 cup	1312980	0.5 cup		43.942	0.135	0.149	0.000	0.000	10.489	0.000	1.417	8.647
<b>Milk</b>												
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton		110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton		90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
<b>Total</b>												
<b>Weighted Daily Average</b>				0	0	0	0	0	0	0	0	0
<b>% of Calories</b>					0%	0%	0%	0%	0%			

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-21-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Lunch Entree</b>												
Chicken Tenders (Tyson) 2MMA 1WG	1184142	2 tenders		220.000	20.000	12.000	2.000	0.000	12.000	400.000	2.000	2.000
Chicken Ranch Wrap 2 MMA 2WG .25DG	1182491	1 wrap		352.943	19.577	14.421	4.927	0.000	35.273	429.744	4.494	3.530
<b>Vegetables</b>												
Roasted Sweet Potato Wedges/Fries (Fresh) 1c R/O	1179826	1 cup		329.768	4.525	8.964	0.682	0.000	57.990	278.521	8.647	12.048
Celery Stick 1c Veg	1208602	12 sticks		31.985	0.344	2.085	0.021	0.000	3.482	149.916	0.798	1.669
<b>Fruit</b>												
Pear, D'Anjou 90 CT	1162358	1 each		119.236	0.782	0.248	0.012	0.000	31.871	2.484	6.334	20.208
Apple, variety, 125 CT - 1 each	1162278	1 each		96.259	0.248	0.202	0.018	0.000	24.195	1.770	3.516	12.383*
<b>Grains</b>												
Whole Wheat Dinner Roll, Bridgford H&S 2WG	1291432	1 Roll		140.000	5.000	2.000	0.500	0.000	26.000	250.000	2.000	3.000
<b>Milk</b>												
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton		110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton		90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
<b>Total</b>												
<b>Weighted Daily Average</b>				0	0	0	0	0	0	0	0	0
<b>% of Calories</b>					0%	0%	0%	0%	0%			

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-22-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Lunch Entree</b>												
Sweet and Sour Meatless meatball (DC) (check crediting)	1291623	4 meatballs		303.704	16.000*	16.000*	4.667*	N/A*	22.691	613.580	2.667*	7.407*
Sweet & Sour Meatballs (2MMA)	1213284	5 meatballs		260.829	11.996	9.996	3.999	0.600	27.554	502.093	1.000	23.999
Turkey & Cheese on a Roll, Melt 2MMA	1200958	1 sandwich		289.216	23.453	9.753	3.797	0.000	32.278	784.210	2.000*	4.506



2WG												
<b>Vegetables</b>												
Collard Greens (IQF) 1 c DG	1184083	1 cup		71.396	2.754	2.457	0.188	0.010	12.021	164.790	3.864	5.480
Green Beans (IQF), 1c O	1177048	1 cup		46.693	1.868	0.000	0.000	0.000	9.339	0.000	5.603	1.868
<b>Fruit</b>												
Apple, variety, 125 CT - 1 each	1162278	1 each		96.259	0.248	0.202	0.018	0.000	24.195	1.770	3.516	12.383*
Orange, Choice 138 CT - 1/2 cup	1162351	1 each		44.200	0.773	0.155	0.000	0.000	10.045	7.624	1.700	7.212
<b>Grains</b>												
Jollof Rice	1351666	6 oz		167.132	3.226	1.927	0.066	0.000	34.030	99.702	1.329*	0.539*
Whole Wheat Dinner Roll, Bridgford H&S 2WG	1291432	1 Roll		140.000	5.000	2.000	0.500	0.000	26.000	250.000	2.000	3.000
<b>Milk</b>												
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton		110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton		90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
<b>Total</b>												
Weighted Daily Average				0	0	0	0	0	0	0	0	0
% of Calories				0%	0%	0%	0%	0%	0%			

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-23-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Total</b>												
Weighted Daily Average				0	0	0	0	0	0	0	0	0
% of Calories				0%	0%	0%	0%	0%	0%			

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-24-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Total</b>												
Weighted Daily Average				0	0	0	0	0	0	0	0	0
% of Calories				0%	0%	0%	0%	0%	0%			

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-27-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Lunch Entree</b>												
Breakfast Pizza (Schwanns) for Lunch 2MMA 1.5 WG	1177022	1 slice	72	300.759	16.072	13.063	6.046	0.000	27.966	572.139	2.995	4.991
Cheese Pizza (Tony's) 2MMA 2 WG .125RO	1178744	1 pizza	12	280.000	16.000	11.000	3.500	0.000	33.000	470.000	4.000	8.000
Cheesy Pasta Salad 2 MMA 2WG .25 RO .5BL .25s	1182348	2 cups	0	691.654	30.554	31.983	9.380	0.000	72.894	694.514	14.300	4.541
<b>Vegetables</b>												
Seasoned Green Beans 1cO	1233421	1 cup	84	80.106	1.911	3.567	1.621	0.000	9.563	0.116	5.617	1.875
<b>Fruit</b>												
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1185878	1 carton	84	62.500	0.500	0.000	0.000	0.000	15.500	13.750	0.250	14.500
Apple Slices 1/2 cup	1312980	0.5 cup	84	43.942	0.135	0.149	0.000	0.000	10.489	0.000	1.417	8.647

Grains												
Whole Wheat Dinner Roll, Bridgford H&S 1WG	1177132	1 Roll	84	70.000	2.500	1.000	0.250	0.000	13.000	125.000	1.000	1.500
Milk												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	84	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	84	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
Total			84									
Weighted Daily Average				754.341	37.107	19.984	9.053	0	103.238	956.413	11.423	55.942
% of Calories				19.677%	23.843%	10.801%	0%	54.743%				

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-28-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree												
Huli Huli Chicken 2MMA	1388671	2 oz	84	150.835	17.100	3.295	0.733	0.000	10.941	658.014	0.105	4.430
Chicken Salad Sandwich 2 MMA 2WG .250	1197216	1 sandwich	0	331.644	22.162	14.290	2.676	0.000	30.240	339.694	2.080	4.160
Vegetables												
Collard Greens (IQF) 1 c DG	1184083	1 cup	84	71.396	2.754	2.457	0.188	0.010	12.021	164.790	3.864	5.480
Carrot Sticks 1c RO	1182478	1 cup	0	50.009	0.914	0.186	0.033	0.000	11.773	111.448	4.144	6.801
Fruit												
Pear, D'Anjou 90 CT	1162358	1 each	84	119.236	0.782	0.248	0.012	0.000	31.871	2.484	6.334	20.208
Apple, variety, 125 CT - 1 each	1162278	1 each	84	96.259	0.248	0.202	0.018	0.000	24.195	1.770	3.516	12.383*
Grains												
Brown Rice 1c 2WG	1177660	1 cup	84	193.292	3.866	1.289	0.000	0.000	41.236	41.236	1.289	0.000
Milk												
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	84	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	84	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Total			84									
Weighted Daily Average				831.018	40.75	9.991	2.451	0.01	146.263	1128.293	15.108	66.501*
% of Calories				19.615%	10.821%	2.655%	0.011%	70.402%				

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-29-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree												
Pasta Primavera Bake Spring 23	1334323	2 cups	72	534.422	28.373	24.072	14.402	0.346	53.141	650.560	11.834	6.329
Turkey Sandwich 2MMA 2WG	1198415	1 sandwich	0	270.063	23.010	6.503	1.001	0.000	31.001	690.211	2.000	4.000

Chick'n Alfredo over Whole Grain Spaghetti, 2 MMA, 2 oz WG (Vegetarian)	1180660	1 serving	12	440.650	37.327	13.656	5.632	0.000	48.724	437.169	6.841	5.231
<b>Vegetables</b>												
Potato Salad SS 50	1182486	1 cup	0	297.442	2.683	22.788	3.430	0.000	21.171	236.410	3.893	3.386
Seasoned/Roasted Carrots (IQF) 1c RO	1177066	1 cup	84	65.637	0.000	1.094	0.000	0.000	15.315	109.396	6.564	6.564
<b>Fruit</b>												
Apple, variety, 125 CT - 1 each	1162278	1 each	84	96.259	0.248	0.202	0.018	0.000	24.195	1.770	3.516	12.383*
Orange, Choice 138 CT - 1/2 cup	1162351	1 each	84	44.200	0.773	0.155	0.000	0.000	10.045	7.624	1.700	7.212
<b>Milk</b>												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	84	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	84	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
Total			84									
Weighted Daily Average				927.123	46.672	26.535	14.667	0.296	128.066	998.866	22.9	56.331*
% of Calories					20.136%	25.759%	14.238%	0.288%	55.253%			

\* Indicates missing Nutrient Information.

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### Menu Detail

Date: 11-30-2023

Recipe Name	Recipe #	Portion Size	Prepared Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)
<b>Lunch Entree</b>												
Teriyaki Chicken 2MMA	1182863	2 oz	72	163.607	17.487	3.285	0.732	0.000	14.234	926.172	0.015	5.284
Teriyaki Chick'n (JTM) 2MMA	1298430	1 cup	12	181.820	21.772	1.814	0.000	0.000	18.961	455.253	0.000	13.663
BBQ Chicken Sandwich 2MMA 2WG	1179137	1 sandwich	0	320.551	27.412	9.401	2.204	0.000	32.835	373.054	2.000	6.457
<b>Vegetables</b>												
Seasoned/Roasted Carrots (IQF) 1c RO	1177066	1 cup	84	65.637	0.000	1.094	0.000	0.000	15.315	109.396	6.564	6.564
Celery Stick 1c Veg	1208602	12 sticks	0	31.985	0.344	2.085	0.021	0.000	3.482	149.916	0.798	1.669
<b>Fruit</b>												
Orange, Choice 138 CT - 1/2 cup	1162351	1 each	84	44.200	0.773	0.155	0.000	0.000	10.045	7.624	1.700	7.212
Applesauce, Unsweetened SS Plastic Cup Tray Packed in Juice, 4 oz	1162199	1 count	84	50.000	0.000	0.000	0.000	0.000	12.000	10.000	2.000	8.000
<b>Grains</b>												
Fried Rice (2WG)	1299880	12 ounce	84	348.971	8.120	12.117	1.193	0.000	51.337	397.565	3.558	5.158
<b>Milk</b>												
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	84	90.000	8.000	0.000	0.000	0.000	13.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	84	110.000	8.000	2.500	1.500	0.000	13.000	130.000	0.000	12.000
Total			84									
Weighted Daily Average				875.017	42.992	18.94	3.32	0	129.607	1643.483	13.834	57.415
% of Calories					19.653%	19.481%	3.415%	0%	59.248%			

\* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.