



December 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fruit Serving Apples (Whole/Sliced) Fruit & Apple Juice Orange Pineapple Juice Cranberry Apple Juice Pears Oranges (Whole/Sliced)	Fruit Serving Fruit Cocktail Cups Tropical Fruit Cocktail Cups Papaya Mango Cups Mandarins Fruit Cups			1 Chicken and Waffles Turkey Meatloaf Veggie Meatloaf Mashed Sweet Potatoes Collard Greens
4 Pancakes & Sausage Buffalo Chicken Sandwich Buffalo Chick'n Sandwich Potato Wedges	5 Yogurt w/Cinnamon Crisp Teriyaki Meatballs Veggie Meatballs Fried Rice/ Green Beans	6 Sausage, Egg & Cheese Biscuit Cajun Pasta Bake Cajun Chick'n Pasta Savory Broccoli	7 Blueberry Cinnamon Bread Chicken Jambalaya Chick'n Jambalaya Red Beans	8 French Toast Half-Day no lunch service for students
11 Waffles & Sausage BBQ Cheeseburger Black Bean Burger Baked Beans	12 Cereal w/Grahams Southwest Chicken Southwest Chick'n Rice & Corn	13 Oatmeal w/Granola Chicken Broccoli Bake Chick'n Broccoli Bake Zesty Carrots	14 Cereal w/Oat Bars Greek Chicken Greek Chick'n Rice Pilaf Savory Broccoli	15 Pancakes w/Syrup Chicken Parm Sandwich Chick'n Parm Sandwich Seasoned Green Beans
18 French Toast & Sausage Sweet & Sour Meatballs Sweet & Sour Veggie Meatballs Rice & Corn	19 Yogurt w/Grahams BBQ Chicken Sandwich BBQ Chick'n Sandwich Sweet Potato Fries	20 HOLIDAY BREAK	21 HOLIDAY BREAK	22 HOLIDAY BREAK
25 HOLIDAY BREAK	26 HOLIDAY BREAK	27 HOLIDAY BREAK	28 HOLIDAY BREAK	29 HOLIDAY BREAK

Nutrient Detail Report

Organization: Genuine Foods DC
Session: 2023-2024 School Year
Menu: 2023-24 WDC Base Breakfast K-12
Number Source: Planned
Dates: 12-01-2023 to 12-22-2023

Nutrient Summary

Date(s): 12-01-2023 to 12-22-2023

Nutrient	Menu Average	% of Calories	Target	Pass / Fail	Shortfall / Overage	Notes / Errors
Calories (kcal)	472.011		450 min / 500 max	Pass		
Protein (g)	16.429	13.923%				
Total Fat (g)	9.306	17.744%				
Saturated Fat (g)	2.704	5.156%	< 10%	Pass		
Trans Fat (g)	0.000*					
Carbohydrates (g)	82.042	69.525%				
Cholesterol (mg)	39.698*					
Sodium (mg)	484.199		≤ 540	Pass		
Potassium (mg)	423.354*					
Fiber (g)	5.007*					
Sugars (g)	49.896					
Iron (g)	2.557*					
Calcium (mg)	409.717*					
Vitamin A (IU)	333.711*					
Vitamin C (mg)	22.838*					
Vitamin D (mcg)	1.859*					

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 12-01-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Breakfast Entree													
Bagel WG 2 oz, Sliced, T&S, Bulk (Lenders) with Cream Cheese	1208913	1 each	25	195.000	8.000	5.000	2.500	0.000	29.000	15.000	240.000	4.000	6.000
Lunch Entree													
Chicken & Waffle (2 MMA 2 WG) Advanced Pierre	1183862	1 serving	75	406.836	15.104	15.862	3.274	0.000	54.612	27.700	532.634	3.516	25.008
Fruit													
Fruit, Mixed Fruit Cup, 4oz	1165798	1 count	100	50.000	0.000	0.000	0.000	0.000	13.000	0.000	10.000	0.000	8.000
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1185878	1 carton	100	62.500	0.500	0.000	0.000	0.000	15.500	0.000	13.750	0.250	14.500
Milk													
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				566.377	21.828	14.396	3.83	0	89.709	32.025	613.226	3.887	54.756
% of Calories					15.416%	22.876%	6.087%	0%	63.356%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-04-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Breakfast Entree													
WG Pancakes (Hilltop Hearth 1.2 oz) 1WG	1185874	1 count	75	66.705	2.001	1.001	0.167	0.000	12.674	1.668	123.404	1.334	3.002
Assorted Muffins 2oz (Muffin Town) 1WG	1178680	1 muffin	25	155.000	2.500	4.500	0.500	0.000	26.500	17.500	117.500	1.000	13.000
Grahams, Assorted 1WG	1195733	1 package	25	120.000	1.667	3.667	1.000	0.000	20.667	0.000	123.333	1.333	7.667
Fruit													
Craisins/Raisins, Assorted Flavors													

- 1/2 F	1198486	1 packet	100	114.000	0.200	0.000	0.000	0.000*	28.600	0.000*	0.000	2.200	24.200
Fruit, Mixed Fruit Cup, 4oz	1165798	1 count	100	50.000	0.000	0.000	0.000	0.000	13.000	0.000	10.000	0.000	8.000
Milk													
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Misc.													
Sausage Link 0.5 MMA	1237583	2 links	75	55.000	5.000	4.000	1.000	0.000	0.500	0.000	145.000	N/A*	0.500
Total			100										
Weighted Daily Average				424.029	14.493	7.042	2	0	76.272	13.126*	401.511	3.784	51.993
% of Calories					13.671%	14.947%	4.245%	0%	71.95%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-05-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Breakfast Entree													
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	1213472	1 package	100	205.000	5.750	5.000	1.250	0.000	37.250	6.250	267.500	3.500	12.500
Fruit													
Apple Slices 1/2 cup	1312980	0.5 cup	100	43.942	0.135	0.149	0.000	0.000	10.489	0.000	0.000	1.417	8.647
Orange, Choice 138 CT - 1/2 cup	1162351	1 each	100	44.200	0.773	0.155	0.000	0.000	10.045	0.000	7.624	1.700	7.212
Milk													
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				393.142	14.657	6.553	2	0	70.785	13.75	405.124	6.617	40.359
% of Calories					14.913%	15.002%	4.579%	0%	72.02%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-06-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Breakfast Entree													
Breakfast Sandwich (Bacon, Egg & Cheese on Biscuit) - Bridgeford 1.75WG 1.5MMA	1255208	1 sandwich	75	320.000	13.000	15.000	5.250	0.000	32.000	112.500	765.000	2.000	6.500
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	1213472	1 package	25	205.000	5.750	5.000	1.250	0.000	37.250	6.250	267.500	3.500	12.500
Fruit													
Craisins/Raisins, Assorted Flavors - 1/2 F	1198486	1 packet	100	114.000	0.200	0.000	0.000	0.000*	28.600	0.000*	0.000	2.200	24.200
Orange, Choice 138 CT - 1/2 cup	1162351	1 each	100	44.200	0.773	0.155	0.000	0.000	10.045	0.000	7.624	1.700	7.212
Milk													
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				549.45	20.16	13.905	5	0	84.958	93.438*	778.249	6.275	51.412
% of Calories					14.677%	22.776%	8.19%	0%	61.849%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-07-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Breakfast Entree													
Blueberry Bread, scratch, 1.75 oz WG (needs ingred quantity checked)	1165428	1 count	100	281.184	5.568	10.795	1.212	0.000	40.669	41.384	224.930	1.647	18.110
Fruit													
Apple Slices 1/2 cup	1312980	0.5 cup	100	43.942	0.135	0.149	0.000	0.000	10.489	0.000	0.000	1.417	8.647
Fruit, Mixed Fruit Cup, 4oz	1165798	1 count	50	50.000	0.000	0.000	0.000	0.000	13.000	0.000	10.000	0.000	8.000
Milk													
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000

Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				450.126	13.703	12.194	1.962	0	70.658	48.884	359.93	3.065	42.756
% of Calories				12.177%	24.382%	3.923%	0%	62.789%					

* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-08-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Breakfast Entree													
French Toast Sticks, scratch, 2wg	1288248	6 sticks	75	282.493	14.960	8.546	2.414	0.000	36.985	217.941	426.647	2.000	10.985
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	1213472	1 package	25	205.000	5.750	5.000	1.250	0.000	37.250	6.250	267.500	3.500	12.500
Fruit													
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1185878	1 carton	100	62.500	0.500	0.000	0.000	0.000	15.500	0.000	13.750	0.250	14.500
Fruit, Mixed Fruit Cup, 4oz	1165798	1 count	100	50.000	0.000	0.000	0.000	0.000	13.000	0.000	10.000	0.000	8.000
Milk													
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				475.62	21.158	8.91	2.873	0	78.551	172.518	540.61	2.625	45.863
% of Calories				17.794%	16.859%	5.436%	0%	66.062%					

* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-11-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Breakfast Entree													
Waffle, WG 1.25 oz Thaw & Serve, CN FRZ - 2WG	1153889	2 count	75	130.000	4.000	3.500	0.500	0.000	23.000	5.000	360.000	3.000	4.000
Bagel WG 2 oz, Sliced, T&S, Bulk (Lenders) with Cream Cheese	1208913	1 each	25	195.000	8.000	5.000	2.500	0.000	29.000	15.000	240.000	4.000	6.000
Fruit													
Craisins/Raisins, Assorted Flavors - 1/2 F	1198486	1 packet	100	114.000	0.200	0.000	0.000	0.000*	28.600	0.000*	0.000	2.200	24.200
Fruit, Mixed Fruit Cup, 4oz	1165798	1 count	100	50.000	0.000	0.000	0.000	0.000	13.000	0.000	10.000	0.000	8.000
Milk													
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Misc.													
Sausage Patty (Jimmy Dean) .75 MMA	1199910	1 patty	75	75.000	6.000	5.000	1.500	0.000	0.500	25.000	200.000	0.000	0.500
Total			100										
Weighted Daily Average				466.5	17.7	8.875	2.875	0	79.475	33.75*	620	5.45	49.075
% of Calories				15.177%	17.122%	5.547%	0%	68.146%					

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Menu Detail

Date: 12-12-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Breakfast Entree													
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	1213472	1 package	100	205.000	5.750	5.000	1.250	0.000	37.250	6.250	267.500	3.500	12.500
Fruit													
Apple Slices 1/2 cup	1312980	0.5 cup	100	43.942	0.135	0.149	0.000	0.000	10.489	0.000	0.000	1.417	8.647
Orange, Choice 138 CT - 1/2 cup	1162351	1 each	100	44.200	0.773	0.155	0.000	0.000	10.045	0.000	7.624	1.700	7.212
Milk													
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000

Total	100												
Weighted Daily Average		393.142	14.657	6.553	2	0	70.785	13.75	405.124	6.617	40.359		
% of Calories			14.913%	15.002%	4.579%	0%	72.02%						

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Menu Detail

Date: 12-13-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Breakfast Entree													
Oatmeal with Toppings (2 oz WG)	1184801	1 cup	75	333.571	5.317	3.000	0.500	0.000	74.984	0.000	28.062	4.635	40.397
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	1213472	1 package	25	205.000	5.750	5.000	1.250	0.000	37.250	6.250	267.500	3.500	12.500
Fruit													
Craisins/Raisins, Assorted Flavors - 1/2 F	1198486	1 packet	100	114.000	0.200	0.000	0.000	0.000*	28.600	0.000*	0.000	2.200	24.200
Orange, Choice 138 CT - 1/2 cup	1162351	1 each	100	44.200	0.773	0.155	0.000	0.000	10.045	0.000	7.624	1.700	7.212
Milk													
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				559.629	14.398	4.905	1.438	0	117.196	9.063*	225.546	8.251	76.835
% of Calories					10.291%	7.888%	2.312%	0%	83.767%				

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Menu Detail

Date: 12-14-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Breakfast Entree													
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	1213472	1 package	100	205.000	5.750	5.000	1.250	0.000	37.250	6.250	267.500	3.500	12.500
Fruit													
Fruit, Mixed Fruit Cup, 4oz	1165798	1 count	100	50.000	0.000	0.000	0.000	0.000	13.000	0.000	10.000	0.000	8.000
Apple Slices 1/2 cup	1312980	0.5 cup	100	43.942	0.135	0.149	0.000	0.000	10.489	0.000	0.000	1.417	8.647
Milk													
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				398.942	13.885	6.399	2	0	73.739	13.75	407.5	4.917	41.147
% of Calories					13.921%	14.436%	4.512%	0%	73.935%				

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Menu Detail

Date: 12-15-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Breakfast Entree													
Pancake, WG, IQF, Hilltop Hearth 2WG	1153672	2 count	75	133.410	4.002	2.001	0.334	0.000	25.348	3.335	246.808	2.668	6.003
Assorted Muffins 2oz (Muffin Town) 1WG	1178680	1 muffin	25	155.000	2.500	4.500	0.500	0.000	26.500	17.500	117.500	1.000	13.000
Grahams, Assorted 1WG	1195733	1 package	25	120.000	1.667	3.667	1.000	0.000	20.667	0.000	123.333	1.333	7.667
Fruit													
Fruit, Mixed Fruit Cup, 4oz	1165798	1 count	100	50.000	0.000	0.000	0.000	0.000	13.000	0.000	10.000	0.000	8.000
Juice, Grape 100% , SS Cup Frozen, 4 oz, Ardmore	1235220	1 count	100	80.000	1.000	0.000	0.000	0.000	21.000	0.000	15.000	0.000	21.000
Milk													
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Misc.													
Syrup, Breakfast, Smucker's, SS Cup, 1.4 oz	1178783	1 container	75	110.000	0.000	0.000	0.000	0.000	29.000	0.000	20.000	0.000	22.000
Total			100										
Weighted Daily Average				481.307	13.043	4.793	1.375	0	99.553	14.376	415.314	2.584	67.169

% of Calories	10.84%	8.962%	2.571%	0%	82.735%								
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* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-18-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Breakfast Entree													
French Toast, WG Stick Cooked, Frozen (Richs) 2WG	1153903	4 pieces	75	260.000	6.000	10.000	1.500	0.000	38.000	0.000	300.000	3.000	9.000
Sausage Links 1MMA	1197244	2 links	75	110.000	10.000	8.000	2.000	0.000	1.000	0.000	290.000	N/A*	1.000
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	1213472	1 package	25	205.000	5.750	5.000	1.250	0.000	37.250	6.250	267.500	3.500	12.500
Fruit													
Craisins/Raisins, Assorted Flavors - 1/2 F	1198486	1 packet	100	114.000	0.200	0.000	0.000	0.000*	28.600	0.000*	0.000	2.200	24.200
Fruit, Mixed Fruit Cup, 4oz	1165798	1 count	100	50.000	0.000	0.000	0.000	0.000	13.000	0.000	10.000	0.000	8.000
Grains													
Snack Bar Oatmeal Apple IW	1155000	1 count	25	140.080	2.001	4.503	0.500	0.000	23.013	5.003	90.051	1.001	9.005
Milk													
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				627.77	22.138	17.126	3.813	0	98.916	10.313*	671.888	5.575*	57.076
% of Calories					14.106%	24.552%	5.466%	0%	63.027%				

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 12-19-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Breakfast Entree													
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	1213472	1 package	100	205.000	5.750	5.000	1.250	0.000	37.250	6.250	267.500	3.500	12.500
Fruit													
Apple Slices 1/2 cup	1312980	0.5 cup	100	43.942	0.135	0.149	0.000	0.000	10.489	0.000	0.000	1.417	8.647
Orange, Choice 138 CT - 1/2 cup	1162351	1 each	100	44.200	0.773	0.155	0.000	0.000	10.045	0.000	7.624	1.700	7.212
Milk													
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				393.142	14.657	6.553	2	0	70.785	13.75	405.124	6.617	40.359
% of Calories					14.913%	15.002%	4.579%	0%	72.02%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-20-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Breakfast Entree													
Breakfast Sandwich (Ham,Egg & Cheese on English Muffin) 2WG 2.5MMA	1255069	1 sandwich	75	231.364	10.631	9.596	4.051	0.000	25.052	108.016	597.761	3.000*	1.526
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	1213472	1 package	25	205.000	5.750	5.000	1.250	0.000	37.250	6.250	267.500	3.500	12.500
Fruit													
Craisins/Raisins, Assorted Flavors - 1/2 F	1198486	1 packet	100	114.000	0.200	0.000	0.000	0.000*	28.600	0.000*	0.000	2.200	24.200
Orange, Choice 138 CT - 1/2 cup	1162351	1 each	100	44.200	0.773	0.155	0.000	0.000	10.045	0.000	7.624	1.700	7.212
Milk													
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				482.973	18.384	9.852	4.101	0	79.747	90.075*	652.82	7.025*	47.682
% of Calories					15.225%	18.358%	7.642%	0%	66.047%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-21-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Breakfast Entree													
Chocolate Chip Banana Bread, scratch, 1.75 oz WG	1195701	1 count	100	358.055	6.690	14.392	3.495	0.000*	53.294	40.098	223.350	2.734	26.916
Fruit													
Fruit, Mixed Fruit Cup, 4oz	1165798	1 count	50	50.000	0.000	0.000	0.000	0.000	13.000	0.000	10.000	0.000	8.000
Apple Slices 1/2 cup	1312980	0.5 cup	50	43.942	0.135	0.149	0.000	0.000	10.489	0.000	0.000	1.417	8.647
Milk													
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				505.026	14.758	15.716	4.245	0	78.039	47.598	358.35	3.443	47.24
% of Calories					11.689%	28.008%	7.564%	0%	61.81%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-22-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Breakfast Entree													
Waffle, WG 1.25 oz Thaw & Serve, CN FRZ - 2WG	1153889	2 count	75	130.000	4.000	3.500	0.500	0.000	23.000	5.000	360.000	3.000	4.000
Bagel WG 2 oz, Sliced, T&S, Bulk (Lenders) with Cream Cheese	1208913	1 each	25	195.000	8.000	5.000	2.500	0.000	29.000	15.000	240.000	4.000	6.000
Fruit													
Juice 100% Variety, Ardmere Farms, 4oz (1/2 c fruit)	1185878	1 carton	50	62.500	0.500	0.000	0.000	0.000	15.500	0.000	13.750	0.250	14.500
Fruit, Mixed Fruit Cup, 4oz	1165798	1 count	50	50.000	0.000	0.000	0.000	0.000	13.000	0.000	10.000	0.000	8.000
Milk													
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Misc.													
Syrup, Breakfast, Smucker's, SS Cup, 1.4 oz	1178783	1 container	75	110.000	0.000	0.000	0.000	0.000	29.000	0.000	20.000	0.000	22.000
Total			100										
Weighted Daily Average				385	13.25	5.125	1.75	0	73.5	15	486.875	3.375	44.25
% of Calories					13.766%	11.981%	4.091%	0%	76.364%				

* 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: Planned
Dates: 12-01-2023 to 12-22-2023

Nutrient Summary

Date(s): 12-01-2023 to 12-22-2023

Nutrient	Menu Average	% of Calories	Target	Pass / Fail	Shortfall / Overage	Notes / Errors
Calories (kcal)	637.737*		600 min / 650 max	Pass		
Protein (g)	33.778*	21.186%				
Total Fat (g)	17.250*	24.343%				
Saturated Fat (g)	5.412*	7.638%	< 10%	Pass		
Trans Fat (g)	0.145*					
Carbohydrates (g)	87.712*	55.014%				
Cholesterol (mg)	61.938*					
Sodium (mg)	835.136*		≤ 1110	Pass		
Potassium (mg)	761.045*					
Fiber (g)	10.288*					
Sugars (g)	34.037*					
Iron (g)	3.341*					
Calcium (mg)	446.771*					
Vitamin A (IU)	1,766.092*					
Vitamin C (mg)	22.102*					
Vitamin D (mcg)	1.415*					

* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-01-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
Beef Cheeseburger on 3.5" WG Bun, pre-cooked patty	1194773	1 Each	80	372.746	21.681	19.118	7.594	1.012	33.037	48.093	715.867	3.012*	4.506
Turkey Sandwich 2MMA 2WG	1198415	1 sandwich	10	270.063	23.010	6.503	1.001	0.000	31.001	45.026	690.211	2.000	4.000
Spicy Black Bean Burger (MorningStar) Vegetarian 2.25MMA 2WG	1177151	1 burger	10	310.000	20.000	7.400	1.000	0.000	48.000	5.000	680.000	7.000	6.000
Vegetables													
Collard Greens (IQF) .75 c DG	1184086	3/4 cup	90	35.698	1.377	1.228	0.094	0.005	6.010	0.000	82.395	1.932	2.740
Carrot Sticks .75 RO	1182479	3/4 cup	10	37.885	0.693	0.141	0.025	0.000	8.919	0.000	84.430	3.139	5.152
Fruit													
Craisins/Raisins, Assorted Flavors - 1/2 F	1198486	1 packet	50	114.000	0.200	0.000	0.000	0.000*	28.600	0.000*	0.000	2.200	24.200
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1185878	1 carton	50	62.500	0.500	0.000	0.000	0.000	15.500	0.000	13.750	0.250	14.500
Milk													
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				580.37	31.304	19.055	7.112	0.814*	75.681	50.977*	929.188	6.588*	38.936
% of Calories					21.576%	29.549%	11.029%	1.263%	52.161%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-04-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
Pulled Buffalo Chicken Sandwich 2MMA 2WG	1195258	1 sandwich	60	309.211	27.412	9.401	2.204	0.000	30.000	73.482	491.744	2.000	4.000
Pulled Buffalo Chick'n Wrap 2MMA 2WG (VEGAN)	1208438	1 wrap	10	327.934	26.772	7.814	3.000	0.000	37.629	0.000	719.161	4.000	3.885

BBQ Chicken Sandwich 2MMA 2WG	1179137	1 sandwich	10	320.551	27.412	9.401	2.204	0.000	32.835	73.482	373.054	2.000	6.457
Vegetables													
Roasted Potato Wedges/Fries (fresh) .75c S	1177073	3/4 cup	90	127.213	2.591	2.394	0.200	0.000	24.228	0.000	139.875	3.701	1.774
Potato Salad .375S .375O	1182488	3/4 cup	10	225.335	2.032	17.264	2.599	0.000	16.039	8.591	179.098	2.950	2.566
Fruit													
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1185878	1 carton	50	62.500	0.500	0.000	0.000	0.000	15.500	0.000	13.750	0.250	14.500
Apple Slices 1/2 cup	1312980	0.5 cup	50	43.942	0.135	0.149	0.000	0.000	10.489	0.000	0.000	1.417	8.647
Milk													
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				540.621	32.718	12.568	3.033	0	74.45	59.796	684.94	6.26	28.86
% of Calories					24.208%	20.923%	5.049%	0%	55.085%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-05-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
Teriyaki Meatless meatball (DC) (check crediting)	1291626	4 meatballs	10	442.971	16.000	16.000	4.667	0.000*	57.763	0.000*	1,434.443	2.667	39.179*
Teriyaki Meatballs (2MMA)	1259690	5 meatballs	60	208.544	15.836	9.996	3.999	0.600	9.679	47.982	2,673.278	1.000	8.680
Crispy Chicken Ranch Wrap 2 MMA 2WG .25DG	1205231	1 wrap	10	354.381	15.564	18.028	4.238	0.000	31.525	48.801	632.283	4.090	2.268
Vegetables													
Green Beans (IQF), .75c O	1177050	3/4 cup	90	34.686	1.387	0.000	0.000	0.000	6.937	0.000	0.000	4.162	1.387
Broccoli, Florets, Blanched & Cooled.75 DG	1182495	0.75 cup	10	34.305	3.431	0.000	0.000	0.000	5.718	0.000	17.153	3.431	1.144
Fruit													
Pear, D'Anjou 90 CT	1162358	1 each	50	119.236	0.782	0.248	0.012	0.000	31.871	0.000	2.484	6.334	20.208
Grains													
Fried Rice (2WG)	1299880	12 ounce	90	348.971	8.120	12.117	1.193	0.000	51.337	76.204	397.565	3.558	5.158
Milk													
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				713.202	29.949	21.68	5.12	0.36*	96.69	109.753*	2301.405	11.734	37.462*
% of Calories					16.797%	27.358%	6.46%	0.454%	54.229%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-06-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
Cajun Chicken Pasta Bake, 2 MMA, 2 WG, 1/2 O	1200520	1.5 cups	60	420.588	26.584	14.065	5.907	0.000*	54.448	44.136	256.393	10.636	5.872
Curry Chicken Salad Sandwich2 MMA 2WG .25O	1218561	1 sandwich	20	332.463	22.198	14.326	2.680	0.000	30.381	57.784	339.825	2.214	4.167
Vegetables													
Collard Greens (IQF) .75 c DG	1184086	3/4 cup	90	35.698	1.377	1.228	0.094	0.005	6.010	0.000	82.395	1.932	2.740
Carrot Sticks .75 RO	1182479	3/4 cup	10	37.885	0.693	0.141	0.025	0.000	8.919	0.000	84.430	3.139	5.152
Fruit													
Apple, variety CPS	1276124	1 each	50	96.259	0.248	0.202	0.018	0.000	24.195	0.000	1.770	3.516	12.383*
Milk													
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				502.892	29.822	13.775	4.926	0.004*	70.144	45.538	435.285	10.635	25.529*
% of Calories					23.721%	24.653%	8.816%	0.008%	55.792%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-07-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
Chicken Jambalaya 2 MMA 2 WG .50	1183868	1.5 cups	60	366.489	21.195	9.217	1.085	0.000	48.392	76.544	187.961	3.485	3.353
Turkey & Cheese Wrap 2MMA 2WG	1218183	1 sandwich	20	352.343	21.706	14.308	6.365	0.000	35.846	50.177	881.630	4.000*	3.506
Vegetables													
Red Beans (NOLA), heated, .75 c B/L	1183981	3/4 cup	90	185.950	12.409	0.584	0.085	0.000	33.825	0.000	6.609	8.372	1.157
Potato Salad .375S .375O	1182488	3/4 cup	10	225.335	2.032	17.264	2.599	0.000	16.039	8.591	179.098	2.950	2.566
Fruit													
Orange Wedges, Choice 138 CT - 1/2 cup	1185823	1 each	50	44.200	0.773	0.155	0.000	0.000	10.045	0.000	7.624	1.700	7.212
Orange, Choice 138 CT - 1/2 cup	1162351	1 each	50	44.200	0.773	0.155	0.000	0.000	10.045	0.000	7.624	1.700	7.212
Milk													
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				624.45	37.203	12.048	3.01	0	91.296	64.321	450.585	12.421*	23.223
% of Calories					23.831%	17.365%	4.338%	0%	58.481%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-08-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
Turkey Bean Chili, 2 MMA, 0.625 RO, 0.5 BL, 0.125 O	1177755	1.5 cups	60	434.066	26.867	15.081	4.806	0.000	48.805	79.784	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	10	371.697	22.898	9.978	1.971	0.000	48.238	65.609	296.864	17.339	13.181
Chicken Salad Sandwich 2 MMA 2WG .25O	1197216	1 sandwich	10	331.644	22.162	14.290	2.676	0.000	30.240	57.784	339.694	2.080	4.160
Vegetables													
Seasoned/Roasted Carrots (IQF) .75c RO	1177067	3/4 cup	90	48.828	0.000	0.814	0.000	0.000	11.393	0.000	81.380	4.883	4.883
Broccoli, Florets, Blanched & Cooled.75 DG	1182495	0.75 cup	10	34.305	3.431	0.000	0.000	0.000	5.718	0.000	17.153	3.431	1.144
Fruit													
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1185878	1 carton	50	62.500	0.500	0.000	0.000	0.000	15.500	0.000	13.750	0.250	14.500
Craisins/Raisins, Assorted Flavors - 1/2 F	1198486	1 packet	50	114.000	0.200	0.000	0.000	0.000*	28.600	0.000*	0.000	2.200	24.200
Grains													
Brown Rice Pilaf (1oz eq)	1300235	5 oz	90	118.795	2.518	1.980	0.063	0.000	22.675	0.000	85.739	0.818	0.759*
Whole Wheat Dinner Roll, Bridgford H&S 2WG	1291432	1 Roll	90	140.000	5.000	2.000	0.500	0.000	26.000	0.000	250.000	2.000	3.000
Milk													
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				799.315	36.085	17.04	4.605	0	126.814	67.71*	817.006	20.844	48.884*
% of Calories					18.058%	19.186%	5.185%	0%	63.461%				

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 12-11-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
BBQ Cheeseburger on 3.5" WG Bun, pre-cooked patty	1325614	1 Each	70	399.071	21.681	19.118	7.594	1.012	39.619	48.093	1,040.987	3.012*	9.625
Spicy Black Bean Burger (MorningStar) Vegetarian 2.25MMA 2WG	1177151	1 burger	10	310.000	20.000	7.400	1.000	0.000	48.000	5.000	680.000	7.000	6.000
Chipotle/Jerk Chicken Sandwich, 2WG 2MMA	1179358	1 sandwich	10	383.240	21.437	18.312	2.360	0.000*	34.735	51.437	283.205	2.420	7.027*
Vegetables													
Baked Beans Scratch (canned) .75 B/L	1179561	3/4 cup	90	217.172	11.442	0.032	0.000	0.000	39.944	0.000	227.882	8.299	4.815
Carrot Sticks .75 RO	1182479	3/4 cup	10	37.885	0.693	0.141	0.025	0.000	8.919	0.000	84.430	3.139	5.152
Fruit													

Juice, Apple 100% , SS Cup Frozen, 4 oz, Ardmore	1162209	1 count	50	60.000	0.000	0.000	0.000	0.000	0.000	14.000	0.000	15.000	0.000	13.000
Apple Slices 1/2 cup	1312980	0.5 cup	50	43.942	0.135	0.149	0.000	0.000	0.000	10.489	0.000	0.000	1.417	8.647
Milk														
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	0.000	13.000	10.000	130.000	0.000	12.000
Total			100											
Weighted Daily Average				699.888	37.754	17.322	6.404	0.709*	98.093	46.809	1176.047	11.543*	35.712*	
% of Calories					21.577%	22.274%	8.235%	0.911%	56.062%					

* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-12-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
Southwest Chicken 2 MMA	1208061	2 ounce	70	216.186	14.288	16.801	2.343	0.000	0.148	51.437	42.864	0.000	0.000
Southwest Chick'n Rice Bowl 2MMA 2WG 0.50 (Vegan)	1180909	1 bowl	10	407.905	27.243	7.914	0.416	0.000	58.194	0.000	619.125	5.069	7.439
Turkey Cheese Roll Up, 2 MMA, 2 oz WG, .125 O (needs creciting check)	1165869	1 wrap	10	448.742	29.798	24.535	11.375	0.000	31.344	84.644	2,091.865	3.729*	2.889
Vegetables													
Corn Kernel Yellow Frozen IQF, 3/4 cup	1154785	0.75 cup	90	105.060	3.002	0.750	0.000	0.000	24.014	0.000	0.000	3.002	4.503
Potato Salad .375S .375O	1182488	3/4 cup	10	225.335	2.032	17.264	2.599	0.000	16.039	8.591	179.098	2.950	2.566
Fruit													
Pear, D'Anjou 90 CT	1162358	1 each	50	119.236	0.782	0.248	0.012	0.000	31.871	0.000	2.484	6.334	20.208
Grains													
Spanish Rice, 2 oz WG, 0.25 O	1163750	1.25 cup	90	251.814	4.677	3.979	0.185	0.000	48.389	0.000	265.449	3.944	3.514
Milk													
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				740.333	31.211	22.363	4.002	0	104.759	52.83	689.161	10.593*	30.608
% of Calories					16.863%	27.186%	4.865%	0%	56.601%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-13-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
Chicken Broccoli Pasta Bake, 2 MMA, 2 WG, 1/2 DG	1184389	2 cups	70	420.950	26.255	12.547	5.907	0.000*	52.349	44.136	375.317	7.494	5.293
Turkey Sandwich 2MMA 2WG	1198415	1 sandwich	20	270.063	23.010	6.503	1.001	0.000	31.001	45.026	690.211	2.000	4.000
Vegetables													
Seasoned/Roasted Carrots (IQF) .75c RO	1177067	3/4 cup	90	48.828	0.000	0.814	0.000	0.000	11.393	0.000	81.380	4.883	4.883
Broccoli, Florets, Blanched & Cooled.75 DG	1182495	0.75 cup	10	34.305	3.431	0.000	0.000	0.000	5.718	0.000	17.153	3.431	1.144
Fruit													
Apple, variety CPS	1276124	1 each	50	96.259	0.248	0.202	0.018	0.000	24.195	0.000	1.770	3.516	12.383*
Milk													
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				544.183	31.447	12.167	5.094	0	78.768	47.4	606.606	12.142	27.205*
% of Calories					23.115%	20.122%	8.425%	0%	57.898%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-14-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
Greek Chicken 2 MMA	1193464	2 ounce	70	216.197	14.327	16.818	2.351	0.000*	0.425	51.437	43.065	0.112	0.008*
Greek Chick'n 2 MMA	1195916	1 cup	10	225.682	21.968	13.099	0.837	0.000*	5.755	0.000	209.656	0.558	0.924*
Crispy Chicken Ranch Wrap 2 MMA 2WG .25DG	1205231	1 wrap	10	354.381	15.564	18.028	4.238	0.000	31.525	48.801	632.283	4.090	2.268
Vegetables													
Collard Greens (IQF) .75 c DG	1184086	3/4 cup	90	35.698	1.377	1.228	0.094	0.005	6.010	0.000	82.395	1.932	2.740
Carrot Sticks .75 RO	1182479	3/4 cup	10	37.885	0.693	0.141	0.025	0.000	8.919	0.000	84.430	3.139	5.152
Fruit													
Orange, Choice 138 CT - 1/2 cup	1162351	1 each	50	44.200	0.773	0.155	0.000	0.000	10.045	0.000	7.624	1.700	7.212
Orange Wedges, Choice 138 CT - 1/2 cup	1185823	1 each	50	44.200	0.773	0.155	0.000	0.000	10.045	0.000	7.624	1.700	7.212
Grains													
Rice Pilaf with Toasted Orzo	1256319	0.5 cup	50	75.172*	2.173*	3.518*	0.221*	0.000*	9.970*	0.000*	64.880*	1.112*	0.655*
Whole Wheat Dinner Roll, Bridgford H&S 2WG	1291432	1 Roll	50	140.000	5.000	2.000	0.500	0.000	26.000	0.000	250.000	2.000	3.000
Milk													
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				497.047*	27.45*	20.169*	3.351*	0.004*	51.357*	48.386*	492.002*	5.852*	24.346*
% of Calories					22.091%	36.519%	6.067%	0.008%	41.33%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-15-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
Chicken Parmesan Sandwich with Marinara 2MMA 2WG 0.25 RO	1325632	1 portion	80	527.584	32.819	23.164	3.945	0.000	47.844	77.482	776.449	4.817	10.800
Chick'n Parmesan & Marinara over Pasta 2.25MMA 2WG 0.5 RO	1299397	1 portion	10	421.100	33.198	7.992	1.101	0.000	59.481	4.000	677.614	8.535	9.565
BBQ Chicken Sandwich 2MMA 2WG	1179137	1 sandwich	10	320.551	27.412	9.401	2.204	0.000	32.835	73.482	373.054	2.000	6.457
Vegetables													
Green Beans (IQF) .75c O	1177050	3/4 cup	90	34.686	1.387	0.000	0.000	0.000	6.937	0.000	0.000	4.162	1.387
Potato Salad .375S .375O	1182488	3/4 cup	10	225.335	2.032	17.264	2.599	0.000	16.039	8.591	179.098	2.950	2.566
Fruit													
Craisins/Raisins, Assorted Flavors - 1/2 F	1198486	1 packet	50	114.000	0.200	0.000	0.000	0.000*	28.600	0.000*	0.000	2.200	24.200
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1185878	1 carton	50	62.500	0.500	0.000	0.000	0.000	15.500	0.000	13.750	0.250	14.500
Milk													
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				738.234	42.118	23.247	4.497	0	90.404	78.093*	881.011	10.174	43.098
% of Calories					22.821%	28.341%	5.482%	0%	48.984%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-18-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
Sweet and Sour Meatless meatball (DC) (check crediting)	1291623	4 meatballs	10	303.704	16.000*	16.000*	4.667*	N/A*	22.691	N/A*	613.580	2.667*	7.407*
Sweet & Sour Meatballs (2MMA)	1213284	5 meatballs	70	260.829	11.996	9.996	3.999	0.600	27.554	47.982	502.093	1.000	23.999
Turkey Sandwich 2MMA 2WG	1198415	1 sandwich	10	270.063	23.010	6.503	1.001	0.000	31.001	45.026	690.211	2.000	4.000
Vegetables													
Seasoned/Roasted Carrots (IQF) .75c RO	1177067	3/4 cup	90	48.828	0.000	0.814	0.000	0.000	11.393	0.000	81.380	4.883	4.883
Broccoli, Florets, Blanched & Cooled.75 DG	1182495	0.75 cup	10	34.305	3.431	0.000	0.000	0.000	5.718	0.000	17.153	3.431	1.144
Fruit													

Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1185878	1 carton	50	62.500	0.500	0.000	0.000	0.000	15.500	0.000	13.750	0.250	14.500
Craisins/Raisins, Assorted Flavors - 1/2 F	1198486	1 packet	50	114.000	0.200	0.000	0.000	0.000*	28.600	0.000*	0.000	2.200	24.200
Grains													
Brown Rice 1c 2WG	1177660	1 cup	100	193.292	3.866	1.289	0.000	0.000	41.236	0.000	41.236	1.289	0.000
Milk													
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				668.875	24.857*	12.519*	4.116*	0.42*	111.768	45.59*	734.912	8.418*	53.799*
% of Calories				14.865%	16.844%	5.538%	0.565%	66.84%					

* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-19-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
BBQ Chicken Sandwich 2MMA 2WG	1179137	1 sandwich	70	320.551	27.412	9.401	2.204	0.000	32.835	73.482	373.054	2.000	6.457
BBQ Chick'n Sandwich 2.25 MMA 2WG (Vegan)	1179604	1 sandwich	10	279.746	28.772	3.214	0.000	0.000	36.582	0.000	523.464	2.000	7.445
Turkey & Cheese Wrap 2MMA 2WG	1218183	1 sandwich	10	352.343	21.706	14.308	6.365	0.000	35.846	50.177	881.630	4.000*	3.506
Vegetables													
Roasted Potato Wedges/Fries (fresh) .75c S	1177073	3/4 cup	90	127.213	2.591	2.394	0.200	0.000	24.228	0.000	139.875	3.701	1.774
Carrot Sticks .75 RO	1182479	3/4 cup	10	37.885	0.693	0.141	0.025	0.000	8.919	0.000	84.430	3.139	5.152
Fruit													
Pear, D'Anjou 90 CT	1162358	1 each	50	119.236	0.782	0.248	0.012	0.000	31.871	0.000	2.484	6.334	20.208
Milk													
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				565.492	35.028	11.876	3.118	0	81.86	63.955	667.22	8.812*	29.83
% of Calories				24.777%	18.902%	4.963%	0%	57.903%					

* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-20-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
Chicken Alfredo over Whole Grain Spaghetti, 2 MMA, 2 oz WG	1165864	1 serving	70	384.632	23.492	14.954	6.489	0.000	45.095	47.223	252.330	6.841	4.346
Chick'n Alfredo over Whole Grain Spaghetti, 2 MMA, 2 oz WG (Vegetarian)	1180660	1 serving	10	440.650	37.327	13.656	5.632	0.000	48.724	18.646	437.169	6.841	5.231
Curry Chicken Salad Sandwich 2 MMA 2WG .250	1218561	1 sandwich	10	332.463	22.198	14.326	2.680	0.000	30.381	57.784	339.825	2.214	4.167
Vegetables													
Collard Greens (IQF) .75 c DG	1184086	3/4 cup	90	35.698	1.377	1.228	0.094	0.005	6.010	0.000	82.395	1.932	2.740
Carrot Sticks .75 RO	1182479	3/4 cup	10	37.885	0.693	0.141	0.025	0.000	8.919	0.000	84.430	3.139	5.152
Fruit													
Apple, variety CPS	1276124	1 each	50	96.259	0.248	0.202	0.018	0.000	24.195	0.000	1.770	3.516	12.383*
Milk													
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				530.6	31.83	15.737	6.22	0.004	70.876	48.199	467.814	9.505	25.155*
% of Calories				23.995%	26.692%	10.55%	0.008%	53.431%					

* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-21-2023

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Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
Cheese Pizza (Tony's) 2MMA 2 WG .125RO	1178744	1 pizza	10	280.000	16.000	11.000	3.500	0.000	33.000	15.000	470.000	4.000	8.000
Turkey Cheese Roll Up, 2 MMA, 2 oz WG, .125 O (needs creciting check)	1165869	1 wrap	10	448.742	29.798	24.535	11.375	0.000	31.344	84.644	2,091.865	3.729*	2.889
Breakfast Pizza (Schwanns) for Lunch 2MMA 1.5 WG	1177022	1 slice	70	300.759	16.072	13.063	6.046	0.000	27.966	30.161	572.139	2.995	4.991
Vegetables													
Black Bean & Corn Salad, heated .5S .5B/L	1225734	1 cup	10	277.999	14.153	2.285	0.808	0.000	51.056	0.000	224.230	10.787	4.769
Seasoned/Roasted Carrots (IQF) .75c RO	1177067	3/4 cup	90	48.828	0.000	0.814	0.000	0.000	11.393	0.000	81.380	4.883	4.883
Broccoli, Florets, Blanched & Cooled.75 DG	1182495	0.75 cup	10	34.305	3.431	0.000	0.000	0.000	5.718	0.000	17.153	3.431	1.144
Fruit													
Orange, Choice 138 CT - 1/2 cup	1162351	1 each	50	44.200	0.773	0.155	0.000	0.000	10.045	0.000	7.624	1.700	7.212
Orange Wedges, Choice 138 CT - 1/2 cup	1185823	1 each	50	44.200	0.773	0.155	0.000	0.000	10.045	0.000	7.624	1.700	7.212
Grains													
Whole Wheat Dinner Roll, Bridgford H&S 2WG	1291432	1 Roll	10	140.000	5.000	2.000	0.500	0.000	26.000	0.000	250.000	2.000	3.000
Milk													
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				516.781	26.861	15.263	6.601	0	67.587	38.577	916.688	10.586*	29.081
% of Calories					20.791%	26.581%	11.496%	0%	52.314%				

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 12-22-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
BBQ Chicken 2MMA	1199897	2 ounce	70	170.551	20.412	8.001	2.204	0.000	2.835	73.482	133.054	0.000	2.457
BBQ Chick'n 2.25MMA (Vegan)	1200910	1 cup	10	129.746	21.772	1.814	0.000	0.000	6.582	0.000	283.464	0.000	3.445
Chicken Salad Sandwich2 MMA 2WG .25O	1197216	1 sandwich	10	331.644	22.162	14.290	2.676	0.000	30.240	57.784	339.694	2.080	4.160
Vegetables													
Corn Kernel Yellow Frozen IQF, 3/4 cup	1154785	0.75 cup	90	105.060	3.002	0.750	0.000	0.000	24.014	0.000	0.000	3.002	4.503
Carrot Sticks .75 RO	1182479	3/4 cup	10	37.885	0.693	0.141	0.025	0.000	8.919	0.000	84.430	3.139	5.152
Fruit													
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1185878	1 carton	50	62.500	0.500	0.000	0.000	0.000	15.500	0.000	13.750	0.250	14.500
Craisins/Raisins, Assorted Flavors - 1/2 F	1198486	1 packet	50	114.000	0.200	0.000	0.000	0.000*	28.600	0.000*	0.000	2.200	24.200
Grains													
Macaroni & Cheese (LOL) 2 MMA, 2 WG Side	1390302	1.5 cup	100	489.396	24.999	20.016	12.824	0.000	49.620	58.351	811.529	4.050	4.465
Milk													
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				941.513	54.802	29.167	15.387	0	112.841	123.067*	1112.301	8.498	42.863
% of Calories					23.282%	27.881%	14.709%	0%	47.94%				

* 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: Planned
Dates: 12-01-2023 to 12-22-2023

Nutrient Summary

Date(s): 12-01-2023 to 12-22-2023

Nutrient	Menu Average	% of Calories	Target	Pass / Fail	Shortfall / Overage	Notes / Errors
Calories (kcal)	773.497*		750 min / 850 max	Pass		
Protein (g)	37.816*	19.556%				
Total Fat (g)	19.715*	22.939%				
Saturated Fat (g)	5.972*	6.949%	< 10%	Pass		
Trans Fat (g)	0.163*					
Carbohydrates (g)	112.960*	58.415%				
Cholesterol (mg)	69.499*					
Sodium (mg)	950.147*		≤ 1280	Pass		
Potassium (mg)	916.807*					
Fiber (g)	14.234*					
Sugars (g)	46.948*					
Iron (g)	4.147*					
Calcium (mg)	482.463*					
Vitamin A (IU)	4,630.891*					
Vitamin C (mg)	32.942*					
Vitamin D (mcg)	1.436*					

* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-01-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
Beef Cheeseburger on 3.5" WG Bun, pre-cooked patty	1194773	1 Each	80	372.746	21.681	19.118	7.594	1.012	33.037	48.093	715.867	3.012*	4.506
Turkey Sandwich 2MMA 2WG	1198415	1 sandwich	10	270.063	23.010	6.503	1.001	0.000	31.001	45.026	690.211	2.000	4.000
Spicy Black Bean Burger (MorningStar) Vegetarian 2.25MMA 2WG	1177151	1 burger	10	310.000	20.000	7.400	1.000	0.000	48.000	5.000	680.000	7.000	6.000
Vegetables													
Collard Greens (IQF) 1 c DG	1184083	1 cup	90	71.396	2.754	2.457	0.188	0.010	12.021	0.000	164.790	3.864	5.480
Carrot Sticks 1c RO	1182478	1 cup	10	50.009	0.914	0.186	0.033	0.000	11.773	0.000	111.448	4.144	6.801
Fruit													
Craisins/Raisins, Assorted Flavors - 1/2 F	1198486	1 packet	100	114.000	0.200	0.000	0.000	0.000*	28.600	0.000*	0.000	2.200	24.200
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1185878	1 carton	100	62.500	0.500	0.000	0.000	0.000	15.500	0.000	13.750	0.250	14.500
Milk													
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				701.961	32.916	20.165	7.197	0.819*	103.426	50.977*	1012.92	9.652*	60.918
% of Calories					18.757%	25.854%	9.228%	1.05%	58.936%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-04-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
Pulled Buffalo Chicken Sandwich 2MMA 2WG	1195258	1 sandwich	80	309.211	27.412	9.401	2.204	0.000	30.000	73.482	491.744	2.000	4.000
Pulled Buffalo Chick'n Wrap 2MMA 2WG (VEGAN)	1208438	1 wrap	10	327.934	26.772	7.814	3.000	0.000	37.629	0.000	719.161	4.000	3.885

BBQ Chicken Sandwich 2MMA 2WG	1179137	1 sandwich	10	320.551	27.412	9.401	2.204	0.000	32.835	73.482	373.054	2.000	6.457
Vegetables													
Roasted Potato Wedges/Fries (fresh) 1c S	1177070	1 cup	90	140.840	3.429	0.204	0.053	0.000	32.067	0.000	147.859	4.899	2.347
Potato Salad .5S .5O	1182486	1 cup	10	297.442	2.683	22.788	3.430	0.000	21.171	11.340	236.410	3.893	3.386
Fruit													
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1185878	1 carton	100	62.500	0.500	0.000	0.000	0.000	15.500	0.000	13.750	0.250	14.500
Apple Slices 1/2 cup	1312980	0.5 cup	100	43.942	0.135	0.149	0.000	0.000	10.489	0.000	0.000	1.417	8.647
Milk													
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				675.16	39.337	13.104	3.425	0	101.013	74.768	803.08	8.666	41.832
% of Calories					23.305%	17.468%	4.565%	0%	59.845%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-05-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
Teriyaki Meatless meatball (DC) (check crediting)	1291626	4 meatballs	10	442.971	16.000	16.000	4.667	0.000*	57.763	0.000*	1,434.443	2.667	39.179*
Teriyaki Meatballs (2MMA)	1259690	5 meatballs	80	208.544	15.836	9.996	3.999	0.600	9.679	47.982	2,673.278	1.000	8.680
Crispy Chicken Ranch Wrap 2 MMA 2WG .25DG	1205231	1 wrap	10	354.381	15.564	18.028	4.238	0.000	31.525	48.801	632.283	4.090	2.268
Vegetables													
Green Beans (IQF), 1c O	1177048	1 cup	90	46.693	1.868	0.000	0.000	0.000	9.339	0.000	0.000	5.603	1.868
Broccoli, Florets, Blanched & Cooled 1c DG	1182709	1 cup	10	46.427	4.643	0.000	0.000	0.000	7.738	0.000	23.213	4.643	1.548
Fruit													
Pear, D'Anjou 90 CT	1162358	1 each	100	119.236	0.782	0.248	0.012	0.000	31.871	0.000	2.484	6.334	20.208
Grains													
Fried Rice (2WG)	1299880	12 ounce	100	348.971	8.120	12.117	1.193	0.000	51.337	76.204	397.565	3.558	5.158
Milk													
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				861.444	34.872	25.015	6.045	0.48*	122.058	126.969*	2877.665	16.874	50.291*
% of Calories					16.193%	26.135%	6.315%	0.501%	56.676%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-06-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
Cajun Chicken Pasta Bake, 2 MMA, 2 WG, 1/2 O	1200520	1.5 cups	80	420.588	26.584	14.065	5.907	0.000*	54.448	44.136	256.393	10.636	5.872
Curry Chicken Salad Sandwich2 MMA 2WG .25O	1218561	1 sandwich	20	332.463	22.198	14.326	2.680	0.000	30.381	57.784	339.825	2.214	4.167
Vegetables													
Collard Greens (IQF) 1 c DG	1184083	1 cup	90	71.396	2.754	2.457	0.188	0.010	12.021	0.000	164.790	3.864	5.480
Carrot Sticks 1c RO	1182478	1 cup	10	50.009	0.914	0.186	0.033	0.000	11.773	0.000	111.448	4.144	6.801
Fruit													
Apple, variety CPS	1276124	1 each	100	96.259	0.248	0.202	0.018	0.000	24.195	0.000	1.770	3.516	12.383*
Milk													
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				668.48	36.524	17.8	6.202	0.009*	98.826	54.366	564.306	16.36	35.526*
% of Calories					21.855%	23.964%	8.349%	0.012%	59.135%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-07-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
Chicken Jambalaya 2 MMA 2 WG .50	1183868	1.5 cups	80	366.489	21.195	9.217	1.085	0.000	48.392	76.544	187.961	3.485	3.353
Turkey & Cheese Wrap 2MMA 2WG	1218183	1 sandwich	20	352.343	21.706	14.308	6.365	0.000	35.846	50.177	881.630	4.000*	3.506
Vegetables													
Red Beans (NOLA), heated, 1 c B/L	1183976	1 cup	90	260.330	17.373	0.817	0.119	0.000	47.354	0.000	9.253	11.721	1.619
Potato Salad .5S .5O	1182486	1 cup	10	297.442	2.683	22.788	3.430	0.000	21.171	11.340	236.410	3.893	3.386
Fruit													
Orange Wedges, Choice 138 CT - 1/2 cup	1185823	1 each	100	44.200	0.773	0.155	0.000	0.000	10.045	0.000	7.624	1.700	7.212
Orange, Choice 138 CT - 1/2 cup	1162351	1 each	100	44.200	0.773	0.155	0.000	0.000	10.045	0.000	7.624	1.700	7.212
Milk													
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				816.101	46.747	14.809	3.341	0	123.71	79.904	503.912	17.926*	31.604
% of Calories					22.912%	16.331%	3.684%	0%	60.635%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-08-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
Turkey Bean Chili, 2 MMA, 0.625 RO, 0.5 BL, 0.125 O	1177755	1.5 cups	80	434.066	26.867	15.081	4.806	0.000	48.805	79.784	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	10	371.697	22.898	9.978	1.971	0.000	48.238	65.609	296.864	17.339	13.181
Chicken Salad Sandwich 2 MMA 2WG .25O	1197216	1 sandwich	10	331.644	22.162	14.290	2.676	0.000	30.240	57.784	339.694	2.080	4.160
Vegetables													
Seasoned/Roasted Carrots (IQF) 1c RO	1177066	1 cup	90	65.637	0.000	1.094	0.000	0.000	15.315	0.000	109.396	6.564	6.564
Seasoned/Roasted Carrots (IQF) .25c RO	1326977	1/4 cup	90	16.409	0.000	0.273	0.000	0.000	3.829	0.000	27.349	1.641	1.641
Broccoli, Florets, Blanched & Cooled 1c DG	1182709	1 cup	10	46.427	4.643	0.000	0.000	0.000	7.738	0.000	23.213	4.643	1.548
Fruit													
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1185878	1 carton	100	62.500	0.500	0.000	0.000	0.000	15.500	0.000	13.750	0.250	14.500
Craisins/Raisins, Assorted Flavors - 1/2 F	1198486	1 packet	100	114.000	0.200	0.000	0.000	0.000*	28.600	0.000*	0.000	2.200	24.200
Grains													
Brown Rice Pilaf (1oz eq)	1300235	5 oz	100	118.795	2.518	1.980	0.063	0.000	22.675	0.000	85.739	0.818	0.759*
Whole Wheat Dinner Roll, Bridgford H&S 2WG	1291432	1 Roll	100	140.000	5.000	2.000	0.500	0.000	26.000	0.000	250.000	2.000	3.000
Milk													
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				1031.367	42.682	20.952	5.622	0	170.67	83.666*	987.674	28.929	74.276*
% of Calories					16.553%	18.283%	4.906%	0%	66.192%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-11-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
BBQ Cheeseburger on 3.5" WG Bun, pre-cooked patty	1325614	1 Each	80	399.071	21.681	19.118	7.594	1.012	39.619	48.093	1,040.987	3.012*	9.625
Spicy Black Bean Burger (MorningStar) Vegetarian 2.25MMA 2WG	1177151	1 burger	10	310.000	20.000	7.400	1.000	0.000	48.000	5.000	680.000	7.000	6.000
Chipotle/Jerk Chicken Sandwich, 2WG 2MMA	1179358	1 sandwich	10	383.240	21.437	18.312	2.360	0.000*	34.735	51.437	283.205	2.420	7.027*
Vegetables													
Baked Beans Scratch (canned) 1c B/L	1179196	1 cup	90	286.667	15.103	0.043	0.000	0.000	52.726	0.000	300.804	10.955	6.355
Carrot Sticks 1c RO	1182478	1 cup	10	50.009	0.914	0.186	0.033	0.000	11.773	0.000	111.448	4.144	6.801

Fruit													
Juice, Apple 100% , SS Cup Frozen, 4 oz, Ardmore	1162209	1 count	100	60.000	0.000	0.000	0.000	0.000	14.000	0.000	15.000	0.000	13.000
Apple Slices 1/2 cup	1312980	0.5 cup	100	43.942	0.135	0.149	0.000	0.000	10.489	0.000	0.000	1.417	8.647
Milk													
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				855.524	43.307	19.322	7.164	0.81*	126.088	51.618	1355.978	15.043*	49.049*
% of Calories				20.248%	20.326%	7.537%	0.852%	58.953%					

* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-12-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
Southwest Chicken 2 MMA	1208061	2 ounce	80	216.186	14.288	16.801	2.343	0.000	0.148	51.437	42.864	0.000	0.000
Southwest Chick'n Rice Bowl 2MMA 2WG 0.5O (Vegan)	1180909	1 bowl	10	407.905	27.243	7.914	0.416	0.000	58.194	0.000	619.125	5.069	7.439
Turkey Cheese Roll Up, 2 MMA, 2 oz WG, .125 O (needs creciting check)	1165869	1 wrap	10	448.742	29.798	24.535	11.375	0.000	31.344	84.644	2,091.865	3.729*	2.889
Vegetables													
Corn Kernel Yellow Frozen IQF, 1 cup	1154782	1 cup	90	135.835	3.881	0.970	0.000	0.000	31.048	0.000	0.000	3.881	5.822
Potato Salad .5S .5O	1182486	1 cup	10	297.442	2.683	22.788	3.430	0.000	21.171	11.340	236.410	3.893	3.386
Fruit													
Pear, D'Anjou 90 CT	1162358	1 each	100	119.236	0.782	0.248	0.012	0.000	31.871	0.000	2.484	6.334	20.208
Grains													
Spanish Rice, 2 oz WG, 0.25 O	1163750	1.25 cup	90	251.814	4.677	3.979	0.185	0.000	48.389	0.000	265.449	3.944	3.514
Milk													
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				856.478	33.888	24.917	4.326	0	127.553	58.248	700.42	14.646*	41.981
% of Calories				15.827%	26.183%	4.545%	0%	59.571%					

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 12-13-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
Chicken Broccoli Pasta Bake, 2 MMA, 2 WG, 1/2 DG	1184389	2 cups	80	420.950	26.255	12.547	5.907	0.000*	52.349	44.136	375.317	7.494	5.293
Turkey Sandwich 2MMA 2WG	1198415	1 sandwich	20	270.063	23.010	6.503	1.001	0.000	31.001	45.026	690.211	2.000	4.000
Vegetables													
Seasoned/Roasted Carrots (IQF) 1c RO	1177066	1 cup	90	65.637	0.000	1.094	0.000	0.000	15.315	0.000	109.396	6.564	6.564
Broccoli, Florets, Blanched & Cooled 1c DG	1182709	1 cup	10	46.427	4.643	0.000	0.000	0.000	7.738	0.000	23.213	4.643	1.548
Fruit													
Apple, variety CPS	1276124	1 each	100	96.259	0.248	0.202	0.018	0.000	24.195	0.000	1.770	3.516	12.383*
Milk													
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				650.749	34.318	13.775	5.694	0	99.832	51.814	670.844	16.283	35.479*
% of Calories				21.094%	19.051%	7.874%	0%	61.365%					

* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-14-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
Greek Chicken 2 MMA	1193464	2 ounce	80	216.197	14.327	16.818	2.351	0.000*	0.425	51.437	43.065	0.112	0.008*
Greek Chick'n 2 MMA	1195916	1 cup	10	225.682	21.968	13.099	0.837	0.000*	5.755	0.000	209.656	0.558	0.924*
Crispy Chicken Ranch Wrap 2 MMA 2WG .25DG	1205231	1 wrap	10	354.381	15.564	18.028	4.238	0.000	31.525	48.801	632.283	4.090	2.268
Vegetables													
Collard Greens (IQF) .25 c DG	1331251	1/4 cup	90	17.849	0.689	0.614	0.047	0.002	3.005	0.000	41.197	0.966	1.370
Carrot Sticks 1c RO	1182478	1 cup	10	50.009	0.914	0.186	0.033	0.000	11.773	0.000	111.448	4.144	6.801
Fruit													
Orange, Choice 138 CT - 1/2 cup	1162351	1 each	100	44.200	0.773	0.155	0.000	0.000	10.045	0.000	7.624	1.700	7.212
Orange Wedges, Choice 138 CT - 1/2 cup	1185823	1 each	100	44.200	0.773	0.155	0.000	0.000	10.045	0.000	7.624	1.700	7.212
Grains													
Rice Pilaf with Toasted Orzo	1256319	0.5 cup	50	75.172*	2.173*	3.518*	0.221*	0.000*	9.970*	0.000*	64.880*	1.112*	0.655*
Whole Wheat Dinner Roll, Bridgford H&S 2WG	1291432	1 Roll	50	140.000	5.000	2.000	0.500	0.000	26.000	0.000	250.000	2.000	3.000
Milk													
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				548.015*	29.058*	21.457*	3.544*	0.002*	59.026*	53.53*	469.557*	6.794*	30.49*
% of Calories					21.21%	35.238%	5.821%	0.004%	43.084%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-15-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
Chicken Parmesan Sandwich with Marinara 2MMA 2WG 0.25 RO	1325632	1 portion	80	527.584	32.819	23.164	3.945	0.000	47.844	77.482	776.449	4.817	10.800
Chick'n Parmesan & Marinara over Pasta 2.25MMA 2WG 0.5 RO	1299397	1 portion	10	421.100	33.198	7.992	1.101	0.000	59.481	4.000	677.614	8.535	9.565
BBQ Chicken Sandwich 2MMA 2WG	1179137	1 sandwich	10	320.551	27.412	9.401	2.204	0.000	32.835	73.482	373.054	2.000	6.457
Vegetables													
Green Beans (IQF), 1c O	1177048	1 cup	90	46.693	1.868	0.000	0.000	0.000	9.339	0.000	0.000	5.603	1.868
Potato Salad .5S .5O	1182486	1 cup	10	297.442	2.683	22.788	3.430	0.000	21.171	11.340	236.410	3.893	3.386
Fruit													
Craisins/Raisins, Assorted Flavors - 1/2 F	1198486	1 packet	100	114.000	0.200	0.000	0.000	0.000*	28.600	0.000*	0.000	2.200	24.200
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1185878	1 carton	100	62.500	0.500	0.000	0.000	0.000	15.500	0.000	13.750	0.250	14.500
Milk													
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				844.501	42.965	23.799	4.58	0	115.129	78.368*	893.617	12.79	62.962
% of Calories					20.351%	25.363%	4.881%	0%	54.531%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-18-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
Sweet and Sour Meatless meatball (DC) (check crediting)	1291623	4 meatballs	10	303.704	16.000*	16.000*	4.667*	N/A*	22.691	N/A*	613.580	2.667*	7.407*
Sweet & Sour Meatballs (2MMA)	1213284	5 meatballs	80	260.829	11.996	9.996	3.999	0.600	27.554	47.982	502.093	1.000	23.999
Turkey Sandwich 2MMA 2WG	1198415	1 sandwich	10	270.063	23.010	6.503	1.001	0.000	31.001	45.026	690.211	2.000	4.000
Vegetables													
Seasoned/Roasted Carrots (IQF) 1c RO	1177066	1 cup	90	65.637	0.000	1.094	0.000	0.000	15.315	0.000	109.396	6.564	6.564
Broccoli, Florets, Blanched & Cooled 1c DG	1182709	1 cup	10	46.427	4.643	0.000	0.000	0.000	7.738	0.000	23.213	4.643	1.548
Fruit													

Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1185878	1 carton	50	62.500	0.500	0.000	0.000	0.000	15.500	0.000	13.750	0.250	14.500
Craisins/Raisins, Assorted Flavors - 1/2 F	1198486	1 packet	50	114.000	0.200	0.000	0.000	0.000*	28.600	0.000*	0.000	2.200	24.200
Grains													
Brown Rice 1c 2WG	1177660	1 cup	100	193.292	3.866	1.289	0.000	0.000	41.236	0.000	41.236	1.289	0.000
Milk													
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				711.298	26.178*	13.77*	4.516*	0.48*	118.256	50.388*	810.942	10.152*	57.752*
% of Calories				14.721%	17.424%	5.713%	0.607%	66.501%					

* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-19-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
BBQ Chicken Sandwich 2MMA 2WG	1179137	1 sandwich	80	320.551	27.412	9.401	2.204	0.000	32.835	73.482	373.054	2.000	6.457
BBQ Chick'n Sandwich 2.25 MMA 2WG (Vegan)	1179604	1 sandwich	10	279.746	28.772	3.214	0.000	0.000	36.582	0.000	523.464	2.000	7.445
Turkey & Cheese Wrap 2MMA 2WG	1218183	1 sandwich	10	352.343	21.706	14.308	6.365	0.000	35.846	50.177	881.630	4.000*	3.506
Vegetables													
Roasted Sweet Potato Wedges/Fries (Fresh) 1c R/O	1179826	1 cup	90	329.768	4.525	8.964	0.682	0.000	57.990	0.000	278.521	8.647	12.048
Carrot Sticks 1c RO	1182478	1 cup	10	50.009	0.914	0.186	0.033	0.000	11.773	0.000	111.448	4.144	6.801
Fruit													
Pear, D'Anjou 90 CT	1162358	1 each	100	119.236	0.782	0.248	0.012	0.000	31.871	0.000	2.484	6.334	20.208
Milk													
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				840.677	39.924	18.858	3.779	0	131.75	71.303	833.25	16.731*	49.992
% of Calories				18.996%	20.189%	4.046%	0%	62.687%					

* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-20-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
Chicken Alfredo over Whole Grain Spaghetti, 2 MMA, 2 oz WG	1165864	1 serving	80	384.632	23.492	14.954	6.489	0.000	45.095	47.223	252.330	6.841	4.346
Chick'n Alfredo over Whole Grain Spaghetti, 2 MMA, 2 oz WG (Vegetarian)	1180660	1 serving	10	440.650	37.327	13.656	5.632	0.000	48.724	18.646	437.169	6.841	5.231
Curry Chicken Salad Sandwich 2 MMA 2WG .250	1218561	1 sandwich	10	332.463	22.198	14.326	2.680	0.000	30.381	57.784	339.825	2.214	4.167
Vegetables													
Collard Greens (IQF) 1 c DG	1184083	1 cup	90	71.396	2.754	2.457	0.188	0.010	12.021	0.000	164.790	3.864	5.480
Potato Salad .5S .50	1182486	1 cup	10	297.442	2.683	22.788	3.430	0.000	21.171	11.340	236.410	3.893	3.386
Fruit													
Apple, variety CPS	1276124	1 each	100	96.259	0.248	0.202	0.018	0.000	24.195	0.000	1.770	3.516	12.383*
Milk													
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				675.277	35.741	20.703	7.303	0.009	94.118	54.055	583.286	13.761	34.07*
% of Calories				21.171%	27.593%	9.733%	0.012%	55.751%					

* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-21-2023

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Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
Cheese Pizza (Tony's) 2MMA 2 WG .125RO	1178744	1 pizza	10	280.000	16.000	11.000	3.500	0.000	33.000	15.000	470.000	4.000	8.000
Turkey Cheese Roll Up, 2 MMA, 2 oz WG, .125 O (needs creciting check)	1165869	1 wrap	10	448.742	29.798	24.535	11.375	0.000	31.344	84.644	2,091.865	3.729*	2.889
Breakfast Pizza (Schwanns) for Lunch 2MMA 1.5 WG	1177022	1 slice	80	300.759	16.072	13.063	6.046	0.000	27.966	30.161	572.139	2.995	4.991
Vegetables													
Seasoned/Roasted Carrots (IQF) 1c RO	1177066	1 cup	90	65.637	0.000	1.094	0.000	0.000	15.315	0.000	109.396	6.564	6.564
Broccoli, Florets, Blanched & Cooled 1c DG	1182709	1 cup	10	46.427	4.643	0.000	0.000	0.000	7.738	0.000	23.213	4.643	1.548
Black Bean & Corn Salad, heated .5S .5B/L	1225734	1 cup	10	277.999	14.153	2.285	0.808	0.000	51.056	0.000	224.230	10.787	4.769
Fruit													
Orange, Choice 138 CT - 1/2 cup	1162351	1 each	50	44.200	0.773	0.155	0.000	0.000	10.045	0.000	7.624	1.700	7.212
Orange Wedges, Choice 138 CT - 1/2 cup	1185823	1 each	50	44.200	0.773	0.155	0.000	0.000	10.045	0.000	7.624	1.700	7.212
Grains													
Whole Wheat Dinner Roll, Bridgford H&S 2WG	1291432	1 Roll	10	140.000	5.000	2.000	0.500	0.000	26.000	0.000	250.000	2.000	3.000
Milk													
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				563.198	28.59	16.821	7.205	0	74.116	41.593	999.723	12.519*	31.133
% of Calories				20.305%	26.881%	11.514%	0%	52.639%					

* Indicates missing Nutrient Information.

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Menu Detail

Date: 12-22-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
BBQ Chicken 2MMA	1199897	2 ounce	80	170.551	20.412	8.001	2.204	0.000	2.835	73.482	133.054	0.000	2.457
BBQ Chick'n 2.25MMA (Vegan)	1200910	1 cup	10	129.746	21.772	1.814	0.000	0.000	6.582	0.000	283.464	0.000	3.445
Chicken Salad Sandwich2 MMA 2WG .25O	1197216	1 sandwich	10	331.644	22.162	14.290	2.676	0.000	30.240	57.784	339.694	2.080	4.160
Vegetables													
Corn Kernel Yellow Frozen IQF, 1 cup	1154782	1 cup	90	135.835	3.881	0.970	0.000	0.000	31.048	0.000	0.000	3.881	5.822
Carrot Sticks 1c RO	1182478	1 cup	10	50.009	0.914	0.186	0.033	0.000	11.773	0.000	111.448	4.144	6.801
Fruit													
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1185878	1 carton	100	62.500	0.500	0.000	0.000	0.000	15.500	0.000	13.750	0.250	14.500
Craisins/Raisins, Assorted Flavors - 1/2 F	1198486	1 packet	100	114.000	0.200	0.000	0.000	0.000*	28.600	0.000*	0.000	2.200	24.200
Grains													
Macaroni & Cheese (LOL) 2 MMA, 2 WG Side	1390302	1.5 cup	100	489.396	24.999	20.016	12.824	0.000	49.620	58.351	811.529	4.050	4.465
Milk													
Fat Free (Skim) Milk, Plain (MA/DC)	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000
Low Fat (1%) Milk, Plain (MA/DC)	1174909	1 carton	50	110.000	8.000	2.500	1.500	0.000	13.000	10.000	130.000	0.000	12.000
Total			100										
Weighted Daily Average				1075.728	58.007	30.17	15.608	0	141.791	130.415*	1135.183	10.615	63.81
% of Calories				21.569%	25.241%	13.059%	0%	52.724%					

* Indicates missing Nutrient Information.

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