



February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Apple Cinnamon Muffin Breakfast Chex Mix Popcorn Mac and Cheese Bowl Seasoned Corn	2 Waffles & Sausage Peri Peri Chicken Peri Peri Chick'n Beans & Rice
5 French Toast Chicken Parm Sandwich Chick'n Parm Sandwich Savory Collard Greens	6 Yogurt & Cinnamon Crisp Teriyaki Meatballs Mashed Potatoes & Peas	7 Sausage Biscuit Sandwich w/ Jelly Southwest Turkey Rice Southwest Chick'n Rice Seasoned Black Beans	8 Blueberry Muffin Assorted Graham Chicken Alfredo Chick'n Alfredo Green Beans	9 Pancakes and Sausage Huli Huli Chicken Huli Huli Chick'n Brown Rice Pilaf Glazed Carrot Coins
12 Waffles Chicken Tenders Chick'n Tenders Seasoned Carrots	13 Cereal & Blueberry Oatmeal Bars Meatball Sub Veggie Meatball Sub Corn and Black Beans	14 Chicken Biscuit w/ Jelly BBQ Chicken Sandwich BBQ Chick'n Sandwich Seasoned Green Beans	15 Banana Muffin Breakfast Chex Mix Shepherds Pie Peas and Carrots	16 French Toast & Sausage Pasta Primavera Savory Collard Greens
19 President's Day No School	20 Yogurt & Chocolate Crisp Turkey Sausage Pizza Cheese Pizza Seasoned Green Beans	21 Sausage Biscuit Sandwich w/ Jelly Sweet Sour Meatballs Brown Rice Savory Collard Greens	22 Corn Muffin Breakfast Chex Mix Nacho Queso Dip & Chip Black Beans & Corn	23 Waffles & Sausage Chopped Cheesesteak Veggie Cheesesteak Seasoned Carrots
26 French Toast Beef Cheeseburger Black Bean Burger Potato Wedges	27 Cereal & Blueberry Oatmeal Bars Chicken Nuggets Chick'n Nuggets	28 Turkey Ham and Cheese Bagel Sandwich w/ Jelly Wellness Day – Half Day for Students	29 Apple Muffin Breakfast Chex Mix Jerk Chicken Jerk Chick'n Brown Rice Corn and Black Beans	

Nutrient Detail Report

Organization: Genuine Foods DC
Session: 2023-2024 School Year
Menu: Genuine 23-24 K-12 Base Breakfast
Number Source: Planned
Dates: 02-01-2024 to 02-29-2024

Nutrient Summary

Date(s): 02-01-2024 to 02-29-2024

Nutrient	Menu Average	% of Calories	Target	Pass / Fail	Shortfall / Overage	Notes / Errors
Calories (kcal)	471.414		450 min / 500 max	Pass		
Protein (g)	15.658	13.286%				
Total Fat (g)	9.432	18.008%				
Saturated Fat (g)	2.845	5.431%	< 10%	Pass		
Trans Fat (g)	0.000					
Carbohydrates (g)	82.346	69.872%				
Cholesterol (mg)	20.762					
Sodium (mg)	466.455		≤ 540	Pass		
Potassium (mg)	504.155*					
Fiber (g)	6.198*					
Sugars (g)	47.134*					
Iron (g)	2.629*					
Calcium (mg)	395.722*					
Vitamin A (IU)	348.026*					
Vitamin C (mg)	20.117*					
Vitamin D (mcg)	1.917*					

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 02-01-2024

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													
Assorted Muffins (Muffin Town) 1WG	1178208	1 muffin	100	160.000	2.500	4.750	0.500	0.000	26.500	17.500	97.500	1.000	13.500
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
Assorted Breakfast Fruit Juice (1/2 cup) Option 2	1198205	1/2 cup	100	66.667	0.333	0.000	0.000	0.000	16.000	0.000	15.000	0.000	15.000
Grains													
Chex Mix, Assorted, 1WG	1179136	1 bag	100	120.000	2.000	2.750	0.500	0.000	21.500	0.000	92.500	2.000	5.000
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				490.867	13.606	8.905	1.75	0	87.045	25	342.624	4.7	52.712
% of Calories					11.087%	16.326%	3.209%	0%	70.932%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-02-2024

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, 1 WG (1 Waffle)	1409131	1 count	70	65.000	2.000	1.750	0.250	0.000	11.500	2.500	180.000	1.500	2.000
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	1213472	1 package	30	205.000	5.750	5.000	1.250	0.000	37.250	6.250	267.500	3.500	12.000
Fruit													
Apple, variety, 125 CT - 1 each	1162278	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
Misc.													

Sausage Patty (Jimmy Dean) .75 MMA	1199910	1 patty	70	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				355.759	15.573	7.677	2.368	0	56.77	28.625	478.02	5.616	29.733*
% of Calories				17.509%	19.422%	5.991%	0%	63.83%					

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-05-2024

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	70	260.000	6.000	10.000	1.500	0.000	38.000	0.000	300.000	3.000	9.000
Bagel WG 1.75 oz, Sliced, T&S, Bulk (Lenders) with Cream Cheese	1208913	1 each	30	195.000	8.000	5.000	2.500	0.000	29.000	15.000	240.000	4.000	6.000
Fruit													
Apple, variety, 125 CT - 1 each	1162278	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
Misc.													
Syrup, Breakfast, Smucker's, SS Cup, 1.4 oz	1178783	1 container	70	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				513.759	14.848	9.952	2.568	0	92.795	12	427.77	6.816	47.883*
% of Calories					11.56%	17.434%	4.499%	0%	72.248%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-06-2024

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	12.000
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
Assorted Breakfast Fruit Juice (1/2 cup) Option 2	1198205	1/2 cup	100	66.667	0.333	0.000	0.000	0.000	16.000	0.000	15.000	0.000	15.000
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				415.608	14.218	6.399	2	0	76.739	13.75	412.5	4.917	47.647
% of Calories					13.684%	13.857%	4.331%	0%	73.857%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-07-2024

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	30	205.000	5.750	5.000	1.250	0.000	37.250	6.250	267.500	3.500	12.000
Sausage Biscuit 2.5WG .75MMA (Jimmy Dean)	1178674	1 sandwich	70	284.705	10.993	13.987	5.994	0.000	28.461	25.000	529.536	1.997	3.496
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													
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				480.029	18.203	12.79	5.333	0	75.968	26.875	583.409	8.782	38.255
% of Calories					15.168%	23.979%	9.999%	0%	63.303%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-08-2024

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													
Assorted Muffins (Muffin Town) 1WG	1178208	1 muffin	100	160.000	2.500	4.750	0.500	0.000	26.500	17.500	97.500	1.000	13.500
Grahams, Assorted 1WG	1195733	1 package	100	120.000	1.667	3.667	1.000	0.000	20.667	0.000	123.333	1.333	7.667
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
Assorted Breakfast Fruit Juice (1/2 cup) Option 2	1198205	1/2 cup	100	66.667	0.333	0.000	0.000	0.000	16.000	0.000	15.000	0.000	15.000
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				490.867	13.273	9.821	2.25	0	86.212	25	373.458	4.033	55.379
% of Calories					10.816%	18.007%	4.125%	0%	70.253%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-09-2024

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													
Sausage Links 1MMA	1197244	2 links	70	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	30	205.000	5.750	5.000	1.250	0.000	37.250	6.250	267.500	3.500	12.000
Fruit													
Apple, variety, 125 CT - 1 each	1162278	1 each	100	96.259	0.248	0.202	0.018	0.000	24.195	0.000	1.770	3.516	12.383*
Grains													
Pancake, WG 1.2 oz cooked IQF, Hilltop Hearth	1153675	2 count	70	66.705	2.001	1.001	0.167	0.000	12.674	1.668	123.404	1.334	3.002
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	70	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				458.453	18.373	9.253	2.66	0	78.242	10.542	515.403	5.5*	46.184*
% of Calories					16.031%	18.164%	5.222%	0%	68.266%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-12-2024

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	70	130.000	4.000	3.500	0.500	0.000	23.000	5.000	360.000	3.000	4.000
Bagel WG 1.75 oz, Sliced, T&S, Bulk (Lenders) with Cream Cheese	1208913	1 each	30	195.000	8.000	5.000	2.500	0.000	29.000	15.000	240.000	4.000	6.000
Fruit													
Apple, variety, 125 CT - 1 each	1162278	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
Misc.													
Syrup, Breakfast, Smucker's, SS Cup, 1.4 oz	1178783	1 container	70	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				422.759	13.448	5.402	1.868	0	82.295	15.5	469.77	6.816	44.383*
% of Calories					12.724%	11.501%	3.977%	0%	77.865%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-13-2024

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	12.000
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
Assorted Breakfast Fruit Juice (1/2 cup) Option 2	1198205	1/2 cup	100	66.667	0.333	0.000	0.000	0.000	16.000	0.000	15.000	0.000	15.000
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				415.608	14.218	6.399	2	0	76.739	13.75	412.5	4.917	47.647
% of Calories					13.684%	13.857%	4.331%	0%	73.857%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-14-2024

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													
Yogurt Parfait (Bulk Yogurt + Granola) - 1MMA 1WG	1186844	1 parfait	30	170.046	5.002	2.500	0.000	0.000	31.676	3.335	103.370	1.000	18.341
Chicken Biscuit 2.5WG 2MMA (Tyson)	1199946	1 sandwich	70	402.336	15.112	22.152	7.530	0.000	35.122	30.305	722.844	4.010	2.000
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													
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.													
Jelly, Grape, SS Cup	1165489	1 count	70	35.000	0.000	0.000	0.000	0.000	9.000	0.000	0.000	0.000	5.000
Total			100										
Weighted Daily Average				576.384	20.861	17.755	6.034	0	85.259	29.714	669.485	9.442	42.61
% of Calories					14.477%	27.724%	9.421%	0%	59.168%				

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Menu Detail

Date: 02-15-2024

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													
Assorted Muffins (Muffin Town) 1WG	1178208	1 muffin	100	160.000	2.500	4.750	0.500	0.000	26.500	17.500	97.500	1.000	13.500
Grahams, Assorted 1WG	1195733	1 package	100	120.000	1.667	3.667	1.000	0.000	20.667	0.000	123.333	1.333	7.667
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
Assorted Breakfast Fruit Juice (1/2 cup) Option 2	1198205	1/2 cup	100	66.667	0.333	0.000	0.000	0.000	16.000	0.000	15.000	0.000	15.000
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				490.867	13.273	9.821	2.25	0	86.212	25	373.458	4.033	55.379
% of Calories					10.816%	18.007%	4.125%	0%	70.253%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-16-2024

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													
Sausage Links 1MMA	1197244	2 links	70	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	30	205.000	5.750	5.000	1.250	0.000	37.250	6.250	267.500	3.500	12.000
Fruit													
Apple, variety, 125 CT - 1 each	1162278	1 each	100	96.259	0.248	0.202	0.018	0.000	24.195	0.000	1.770	3.516	12.383*
Grains													
French Toast, WG Stick Cooked, Frozen	1153904	4 pieces	70	260.000	6.000	10.000	1.500	0.000	38.000	0.000	300.000	3.000	9.000
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	70	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				593.759	21.173	15.552	3.593	0	95.97	9.375	639.02	6.666*	50.383*
% of Calories					14.263%	23.574%	5.446%	0%	64.653%				

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 02-19-2024

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	30	205.000	5.750	5.000	1.250	0.000	37.250	6.250	267.500	3.500	12.000
Fruit													
Apple, variety, 125 CT - 1 each	1162278	1 each	100	96.259	0.248	0.202	0.018	0.000	24.195	0.000	1.770	3.516	12.383*
Grains													
Pancake, WG 1.2 oz cooked IQF, Hilltop Hearth	1153675	2 count	70	66.705	2.001	1.001	0.167	0.000	12.674	1.668	123.404	1.334	3.002
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	70	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				381.453	11.373	3.653	1.26	0	77.542	10.542	312.403	5.5	45.484*
% of Calories					11.926%	8.618%	2.973%	0%	81.312%				

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 02-20-2024

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	12.000
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
Assorted Breakfast Fruit Juice (1/2 cup) Option 2	1198205	1/2 cup	100	66.667	0.333	0.000	0.000	0.000	16.000	0.000	15.000	0.000	15.000
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				415.608	14.218	6.399	2	0	76.739	13.75	412.5	4.917	47.647
% of Calories					13.684%	13.857%	4.331%	0%	73.857%				

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 02-21-2024

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	12.000
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
Assorted Breakfast Fruit Juice (1/2 cup) Option 2	1198205	1/2 cup	100	66.667	0.333	0.000	0.000	0.000	16.000	0.000	15.000	0.000	15.000
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				415.608	14.218	6.399	2	0	76.739	13.75	412.5	4.917	47.647
% of Calories					13.684%	13.857%	4.331%	0%	73.857%				

Recipe Name	Recipe #	Size	Quantity	(kcal)	Protein (g)	(g)	Fat (g)	Fat (g)	es (g)	(mg)	(mg)	(g)	(g)
Breakfast Entree													
Sausage Biscuit 2.5WG .75MMA (Jimmy Dean)	1178674	1 sandwich	70	284.705	10.993	13.987	5.994	0.000	28.461	25.000	529.536	1.997	3.496
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	1213472	1 package	30	205.000	5.750	5.000	1.250	0.000	37.250	6.250	267.500	3.500	12.000
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													
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.													
Jelly, Grape, SS Cup	1165489	1 count	70	35.000	0.000	0.000	0.000	0.000	9.000	0.000	0.000	0.000	5.000
Total			100										
Weighted Daily Average				504.529	18.203	12.79	5.333	0	82.268	26.875	583.409	8.782	41.755
% of Calories					14.431%	22.815%	9.513%	0%	65.224%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-22-2024

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													
Assorted Muffins (Muffin Town) 1WG	1178208	1 muffin	100	160.000	2.500	4.750	0.500	0.000	26.500	17.500	97.500	1.000	13.500
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
Assorted Breakfast Fruit Juice (1/2 cup) Option 2	1198205	1/2 cup	100	66.667	0.333	0.000	0.000	0.000	16.000	0.000	15.000	0.000	15.000
Grains													
Grahams, Assorted 1WG	1182745	1 package	100	120.000	1.667	3.667	1.000	0.000	20.333	0.000	123.333	1.000	7.667
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				490.867	13.273	9.821	2.25	0	85.879	25	373.458	3.7	55.379
% of Calories					10.816%	18.007%	4.125%	0%	69.981%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-23-2024

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													
Half Bagel WG 1 oz, Sliced, T&S, Bulk (Lenders) with Cream Cheese	1266183	1 each	100	120.000	5.000	4.250	2.500	0.000	15.000	15.000	160.000	2.000	3.500
Fruit													
Apple, variety, 125 CT - 1 each	1162278	1 each	100	96.259	0.248	0.202	0.018	0.000	24.195	0.000	1.770	3.516	12.383*
Grains													
Waffle, WG 1.25 oz Thaw & Serve, CN FRZ, 1 WG (1 Waffle)	1153890	1 count	100	65.000	2.000	1.750	0.250	0.000	11.500	2.500	180.000	1.500	2.000
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 Patty (Jimmy Dean) .75 MMA	1199910	1 patty	100	75.000	6.000	5.000	1.500	0.000	0.500	25.000	200.000	0.000	0.500
Syrup, Breakfast, Smucker's, SS Cup, 1.4 oz	1178783	1 container	100	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				566.259	21.248	12.452	5.018	0	93.195	50	691.77	7.016	52.383*
% of Calories					15.009%	19.791%	7.976%	0%	65.832%				

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 02-26-2024

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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)
Breakfast Entree													
French Toast, WG Stick Cooked, Frozen (Richs) 2WG	1153903	4 pieces	70	260.000	6.000	10.000	1.500	0.000	38.000	0.000	300.000	3.000	9.000
Pick 2 Assorted Cereal, Grahams, Cheese, & Yogurts 1WG/1MMA	1213472	1 package	30	205.000	5.750	5.000	1.250	0.000	37.250	6.250	267.500	3.500	12.000
Fruit													
Apple, variety, 125 CT - 1 each	1162278	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
Misc.													
Syrup, Breakfast, Smucker's, SS Cup, 1.4 oz	1178783	1 container	70	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				516.759	14.173	9.952	2.193	0	95.27	9.375	436.02	6.666	49.683*
% of Calories					10.97%	17.333%	3.82%	0%	73.744%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-27-2024

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	12.000
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
Assorted Breakfast Fruit Juice (1/2 cup) Option 2	1198205	1/2 cup	100	66.667	0.333	0.000	0.000	0.000	16.000	0.000	15.000	0.000	15.000
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				415.608	14.218	6.399	2	0	76.739	13.75	412.5	4.917	47.647
% of Calories					13.684%	13.857%	4.331%	0%	73.857%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-28-2024

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													
Turkey Ham & Cheese on a Bagel 1.75WG .5MMA	1387811	1 sandwich	70	218.380	10.814	6.944	2.785	0.000	29.012	21.534	494.290	4.000*	5.506
Yogurt Parfait (IW Yogurt + Granola) 1MMA 1WG	1181363	1 serving	30	160.000	5.000	2.500	0.000	0.000	27.000	5.000	110.000	1.000	14.000
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													
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				420.102	17.852	7.109	2.712	0	73.279	24.074	511.487	9.434*	40.262
% of Calories					16.998%	15.23%	5.81%	0%	69.773%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-29-2024

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													
Assorted Muffins 2oz (Muffin Town) 1WG	1178680	1 muffin	100	155.000	2.500	4.500	0.500	0.000	26.500	17.500	117.500	1.000	13.000
		1											

Grahams, Assorted 1WG	1195733	package	100	120.000	1.667	3.667	1.000	0.000	20.667	0.000	123.333	1.333	7.667
Fruit													
Assorted Fruit (1 cup)	1191422	1 cup	100	118.780	1.037	0.363	0.048	0.000	29.949	0.000	3.763	4.646	19.715
Milk													
Fat Free Milk, Plain (NOLA)	1251826	1 carton	50	80.000	8.000	0.000	0.000	0.000	11.000	5.000	120.000	0.000	11.000
Low Fat (1%) Milk, Plain	1183661	1 carton	50	100.000	8.000	2.500	1.500	0.000	11.000	15.000	120.000	0.000	11.000
Total			100										
Weighted Daily Average				483.78	13.204	9.78	2.298	0	88.115	27.5	364.596	6.979	51.382
% of Calories					10.917%	18.194%	4.275%	0%	72.856%				

* Indicates missing Nutrient Information.

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Nutrient Detail Report

Organization: Genuine Foods DC
Session: 2023-2024 School Year
Menu: Genuine 23-24 Base Vended Lunch K-8
Number Source: Planned
Dates: 02-01-2024 to 02-29-2024

Nutrient Summary

Date(s): 02-01-2024 to 02-29-2024

Nutrient	Menu Average	% of Calories	Target	Pass / Fail	Shortfall / Overage	Notes / Errors
Calories (kcal)	648.861		600 min / 650 max	Pass		
Protein (g)	33.537*	20.674%				
Total Fat (g)	17.336*	24.046%				
Saturated Fat (g)	5.353*	7.425%	< 10%	Pass		
Trans Fat (g)	0.073*					
Carbohydrates (g)	91.094	56.156%				
Cholesterol (mg)	53.937*					
Sodium (mg)	872.330		≤ 1110	Pass		
Potassium (mg)	883.716*					
Fiber (g)	12.750*					
Sugars (g)	34.183*					
Iron (g)	3.560*					
Calcium (mg)	461.641*					
Vitamin A (IU)	3,026.777*					
Vitamin C (mg)	22.508*					
Vitamin D (mcg)	1.507*					

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-01-2024

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													
Popcorn Chicken Mac & Cheese Bowl (LOL) 2.5MMA 2 WG	1215017	1/2 cup	70	431.592	23.935	19.657	6.128	0.000	38.960	37.757	596.646	5.348	3.340
Crispy Chicken Ranch Wrap 2 MMA 2WG .25DG	1205231	1 wrap	30	354.381	15.564	18.028	4.238	0.000	31.525	48.801	632.283	4.090	2.268
Vegetables													
Corn Kernel Yellow Frozen IQF, 3/4 cup	1154785	0.75 cup	70	105.060	3.002	0.750	0.000	0.000	24.014	0.000	0.000	3.002	4.503
Celery Stick .75c Veg	1212300	9 sticks	30	32.080	0.349	2.086	0.021	0.000	3.502	0.000	150.456	0.809	1.678
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
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				635.536	31.764	21.718	6.317	0	78.079	48.57	782.473	8.732	27.32
% of Calories					19.992%	30.756%	8.946%	0%	49.142%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-02-2024

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													
Peri Peri Chicken 2 MMA	1350195	1 serving	70	203.601	20.904	11.686	2.499	0.000	1.262	74.843	126.675	0.038	0.018
Curry Chicken Salad Sandwich2 MMA 2WG .25O	1218561	1 sandwich	30	332.463	22.198	14.426	2.680	0.000	30.381	57.784	339.825	2.214	4.167
Vegetables													
Seasoned Black Beans (Bush's), heated, .75 c B/L	1179794	3/4 cup	70	284.346	18.095	0.000	0.000	0.000	52.870	0.000	336.046	12.925	2.585
Green Beans (IQF), .75c O	1177050	3/4 cup	30	34.686	1.387	0.000	0.000	0.000	6.937	0.000	0.000	4.162	1.387

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													
Red Rice, 1 cup 2WG	1178235	1 cup	70	214.039	5.800	1.293	0.002	0.000	46.124	0.000	281.263	3.244	2.881
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				820.771	47.217	14.912	3.317	0	126.245	77.225	755.22	19.592	37.713
% of Calories				23.011%	16.351%	3.637%	0%	61.525%					

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 02-05-2024

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	50	527.584	32.819	23.264	3.945	0.000	47.844	77.482	776.449	4.817	10.800
Chicken Parmesan Sub with Marinara 2MMA 2WG 0.25 RO	1278000	1 portion	10	517.584	30.819	23.764	3.945*	0.000*	44.844	77.482*	836.449	4.817	10.800
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													
Collard Greens (IQF) .75 c DG	1184086	3/4 cup	50	35.698	1.377	1.228	0.094	0.005	6.010	0.000	82.395	1.932	2.740
Broccoli, Florets, Blanched & Cooled.75 DG	1182495	0.75 cup	15	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	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				517.98	31.638	17.458	3.801*	0.002*	58.899	59.007*	741.427	6.471*	27.585
% of Calories				24.432%	30.333%	6.604%	0.004%	45.484%					

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-06-2024

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 Meatballs (2MMA)	1259690	5 meatballs	50	208.544	15.836	9.996	3.999	0.600	9.679	47.982	2,673.278	1.000	8.680
Teriyaki Meatballs 2MMA (DC)	1291405	5 meatballs	10	263.363	18.701	13.718	5.716	0.000	12.253	34.294	2,571.025	1.143	8.823
Chicken Salad Sandwich2 MMA 2WG .25O	1197216	1 sandwich	10	331.644	22.162	14.390	2.676	0.000	30.240	57.784	339.694	2.080	4.160
Vegetables													
Mashed Potatoes, Monarch Flakes, 3/4 S	1179375	3/4 Cup	50	212.239	2.224	12.336	5.607	0.000	21.130	0.000	159.098	2.224	0.000
Green Peas .75S	1183845	3/4 cup	50	112.379	0.000	0.000	0.000	0.000	19.265	0.000	96.325	8.027	6.422
Carrot Sticks .75 RO	1182479	3/4 cup	15	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	100	119.236	0.782	0.248	0.012	0.000	31.871	0.000	2.484	6.334	20.208
Grains													
Whole Grain Roll/Bun, 2WG	1195681	1 each	60	150.000	7.000	1.500	0.000	0.000	30.000	0.000	240.000	2.000	4.000
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				641	26.203	16.397	6.408	0.3	93.495	40.699	2044.571	13.953	44.23
% of Calories				16.351%	23.022%	8.998%	0.421%	58.343%					

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-07-2024

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 Turkey Rice Bowl 2MMA 1WG 0.5O	1177761	1 bowl	50	365.852	19.900	17.443	5.316	0.000	34.514	96.793	630.677	4.425	6.553
Southwest Chick'n Rice Bowl 2MMA 2WG 0.5O (Vegan)	1180909	1 bowl	15	407.905	27.243	7.914	0.416	0.000	58.194	0.000	619.125	5.069	7.439
Turkey & Cheese Wrap 2MMA 2WG	1218183	1 sandwich	15	352.343	21.706	14.308	6.365	0.000	35.846	50.177	881.630	4.000*	3.506
Vegetables													
Seasoned Black Beans (Bush's), heated, .5 c B/L	1179793	1/2 cup	50	188.035	11.966	0.000	0.000	0.000	34.962	0.000	222.224	8.547	1.709
Celery Stick .75c Veg	1212300	9 sticks	15	32.080	0.349	2.086	0.021	0.000	3.502	0.000	150.456	0.809	1.678
Fruit													
Assorted Fruit (1/2 cup) - Orange, Banana or Applesauce	1200243	1/2 cup	100	47.924	0.597	0.118	0.026	0.000	11.990	0.000	2.236	1.874	7.886
Milk													
Fat Free Milk, Plain (NOLA)	1251826	1 carton	49	80.000	8.000	0.000	0.000	0.000	11.000	5.000	120.000	0.000	11.000
Low Fat Chocolate Milk (NOLA)	1271813	1 carton	1	170.000	8.000	2.500	1.500	0.000	28.000	10.000	220.000	0.000	26.000
Low Fat (1%) Milk, Plain	1183661	1 carton	50	100.000	8.000	2.500	1.500	0.000	11.000	15.000	120.000	0.000	11.000
Total			100										
Weighted Daily Average				534.617	31.925	13.761	4.47	0	72.53	65.973	797.368	9.841*	25.061
% of Calories					23.886%	23.165%	7.525%	0%	54.267%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-08-2024

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													
Chipotle/Jerk Chicken Sandwich, 2WG 2MMA	1179358	1 sandwich	15	383.240	21.437	18.412	2.360	0.000*	34.735	51.437	283.205	2.420	7.027*
Chicken Alfredo over Whole Grain Rotini, 2 MMA, 2 oz WG	1390292	1 serving	70	395.352	24.922	15.043	6.489	0.000	46.465	47.223	252.330	8.211	3.452
Chick'n Alfredo over Whole Grain Spaghetti, 2 MMA, 2 oz WG (Vegetarian)	1180660	1 serving	15	440.650	37.327	13.656	5.632	0.000	48.724	18.646	437.169	6.841	5.231
Vegetables													
Green Beans (IQF), .75c O	1177050	3/4 cup	15	34.686	1.387	0.000	0.000	0.000	6.937	0.000	0.000	4.162	1.387
Seasoned Green Beans 1cO	1233421	1 cup	85	80.106	1.911	3.567	1.621	0.000	9.563	0.000	0.116	5.617	1.875
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
Grains													
Brown Rice Pilaf (1oz eq)	1300235	5 oz	85	118.795	2.518	1.980	0.063	0.000	22.675	0.000	85.739	0.818	0.759*
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				718.541	38.367	21.454	7.922	0	96.977	51.068	487.663	14.648	27.348*
% of Calories					21.358%	26.872%	9.923%	0%	53.986%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-09-2024

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	30	320.551	27.412	9.501	2.204	0.000	32.835	73.482	373.054	2.000	6.457
Huli Huli Chicken 2MMA	1388671	2 oz	70	150.835	17.100	3.295	0.733	0.000	10.941	76.544	658.014	0.105	4.430
Vegetables													
Potato Salad .5S .5O	1182486	1 cup	30	297.442	2.683	22.788	3.430	0.000	21.171	11.340	236.410	3.893	3.386
Carrot Sticks .75 RO	1182479	3/4 cup	70	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	100	119.236	0.782	0.248	0.012	0.000	31.871	0.000	2.484	6.334	20.208
Grains													
Brown Rice Pilaf (1oz eq)	1300235	5 oz	70	118.795	2.518	1.980	0.063	0.000	22.675	0.000	85.739	0.818	0.759*
Milk													
Fat Free (Skim) Milk, Plain	1178123	1 carton	50	90.000	8.000	0.000	0.000	0.000	13.000	5.000	130.000	0.000	12.000

(MA/DC)													
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				619.894	32.028	14.976	3.027	0	90.847	86.527	895.051	10.946	42.4*
% of Calories				20.667%	21.744%	4.395%	0%	58.621%					

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-12-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrate s (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
Chicken Tenders (Tyson) 2MMA 1WG	1184142	2 tenders	70	220.000	20.000	12.000	2.000	0.000	12.000	40.000	400.000	2.000	2.000
Chicken Salad Wrap 2MMA 2WG	1208916	1 wrap	30	395.639	20.451	18.961	5.685	0.000	35.013	57.784	421.574	4.574	3.440
Vegetables													
Seasoned/Roasted Carrots (IQF) .75c RO	1177067	3/4 cup	70	48.828	0.000	0.814	0.000	0.000	11.393	0.000	81.380	4.883	4.883
Celery Stick .75c Veg	1212300	9 sticks	30	32.080	0.349	2.086	0.021	0.000	3.502	0.000	150.456	0.809	1.678
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
Grains													
Whole Wheat Dinner Roll, Bridgford H&S 2WG	1291432	1 Roll	70	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				558.695	32.513	18.088	4.212	0	69.175	52.835	821.199	9.533	27.665
% of Calories				23.278%	29.138%	6.785%	0%	49.526%					

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-13-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrate s (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
Turkey Ham & Cheese Sandwich 2MMA 2WG	1182395	1 sandwich	30	299.403	19.946	10.995	3.799	0.000	31.012	57.045	898.967	2.000*	4.506
Meatball Marinara Sub (2MMA, 2.75WG, .25R/O)	1228940	1 sub	70	381.317	23.140	13.284	4.971	0.480	45.106	45.979	836.013	4.800	8.300
Vegetables													
Carrot Sticks .75 RO	1182479	3/4 cup	30	37.885	0.693	0.141	0.025	0.000	8.919	0.000	84.430	3.139	5.152
Seasoned Black Beans (Bush's), heated, .75 c B/L	1179794	3/4 cup	70	284.346	18.095	0.000	0.000	0.000	52.870	0.000	336.046	12.925	2.585
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													
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				786.386	43.838	14.138	5.389	0.336	125.433	56.799	1247.944	20.283*	42.725
% of Calories				22.299%	16.181%	6.168%	0.384%	63.802%					

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-14-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrate s (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
Curry Chicken Salad Sandwich2 MMA 2WG .250	1218561	1 sandwich	15	332.463	22.198	14.426	2.680	0.000	30.381	57.784	339.825	2.214	4.167
BBQ Chicken Sandwich 2MMA 2WG	1179137	1 sandwich	60	320.551	27.412	9.501	2.204	0.000	32.835	73.482	373.054	2.000	6.457
BBQ Chicken Sandwich 2MMA 2WG		1											

(GLUTEN FREE)	1203086	sandwich	15	370.551	22.412	12.501	3.704	0.000	42.835	73.482	573.054	2.000	5.457
Vegetables													
Green Beans (IQF), .75c O	1177050	3/4 cup	75	34.686	1.387	0.000	0.000	0.000	6.937	0.000	0.000	4.162	1.387
Seasoned Green Beans 1cO	1233421	1 cup	15	80.106	1.911	3.567	1.621	0.000	9.563	0.000	0.116	5.617	1.875
Fruit													
Apple, variety, 125 CT - 1 each	1162278	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				532.073	32.713	11.727	3.292	0	74.516	71.279	492.552	9.313	31.022*
% of Calories					24.593%	19.837%	5.568%	0%	56.019%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-15-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrate s (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
Turkey Shepherd's Pie	1325385	1 Square	60	316.472	26.965	14.721	3.945	0.000	19.865	79.931	631.892	2.788	3.603*
Beef Shepherds Pie	1297345	1 Square	15	377.526	21.183	23.503	8.220	0.000	19.991	68.799	636.517	2.788	3.414*
Turkey & Cheese Wrap 2MMA 2WG	1218183	1 sandwich	15	352.343	21.706	14.308	6.365	0.000	35.846	50.177	881.630	4.000*	3.506
Vegetables													
Green Peas .75S	1183845	3/4 cup	75	112.379	0.000	0.000	0.000	0.000	19.265	0.000	96.325	8.027	6.422
Glazed Carrots (IQF) .75c RO	1177730	0.75 cup	75	89.775	0.000	3.782	0.728	0.000	15.039	0.000	126.512	4.973	8.409
Potato Salad .375S .375O	1182488	3/4 cup	15	225.335	2.032	17.264	2.599	0.000	16.039	8.591	179.098	2.950	2.566
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
Grains													
Whole Wheat Dinner Roll, Bridgford H&S 1WG	1177132	1 Roll	75	70.000	2.500	1.000	0.250	0.000	13.000	0.000	125.000	1.000	1.500
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				681.221	32.927	22.079	6.428	0	81.668	74.594	1024.6	15.05*	36.479*
% of Calories					19.334%	29.17%	8.492%	0%	47.954%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-16-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrate s (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
Pasta Primavera Bake 2MMA 2WG .5 DG .5R/O	1180871	2 cups	60	425.604	25.868	14.978	8.620	0.000	52.275	34.586	558.489	12.634	5.058
Pasta Primavera Bake Spring 23	1334323	2 cups	15	534.422	28.373	24.072	14.402	0.346	53.141	62.069	650.560	11.834	6.329
Chicken Salad Sandwich2 MMA 2WG .25O	1197216	1 sandwich	15	331.644	22.162	14.390	2.676	0.000	30.240	57.784	339.694	2.080	4.160
Vegetables													
Collard Greens (IQF) .75 c DG	1184086	3/4 cup	75	35.698	1.377	1.228	0.094	0.005	6.010	0.000	82.395	1.932	2.740
Broccoli, Florets, Blanched & Cooled.75 DG	1182495	0.75 cup	15	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	100	119.236	0.782	0.248	0.012	0.000	31.871	0.000	2.484	6.334	20.208
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				636.427	33.431	17.176	8.566	0.056	94.108	46.23	680.484	17.966	39.043
% of Calories					21.012%	24.289%	12.114%	0.079%	59.148%				

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 02-19-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrate s (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
DC -NOLA Chicken Sandwich 2MMA 2WG	1325622	1 sandwich	70	299.148	21.788	7.101	1.543	0.000	38.675	51.437*	673.362	2.000*	11.000
BBQ Chicken Sandwich 2MMA 2WG	1179137	1 sandwich	30	320.551	27.412	9.501	2.204	0.000	32.835	73.482	373.054	2.000	6.457
Vegetables													
Roasted Sweet Potato Wedges/Fries (Fresh) .75c R/O	1179828	3/4 cup	70	247.326	3.394	6.723	0.511	0.000	43.492	0.000	118.891	6.485	9.036
Carrot Sticks .75 RO	1182479	3/4 cup	30	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	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				634.262	34.831	13.974	2.857	0	93.089	65.551*	829.446	9.181*	36.72
% of Calories					21.967%	19.829%	4.054%	0%	58.707%				

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 02-20-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrate s (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
Cheese Pizza (Tony's) 2MMA 2 WG .125RO	1178744	1 pizza	90	280.000	16.000	11.000	3.500	0.000	33.000	15.000	470.000	4.000	8.000
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													
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													
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													
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				560.221	26.805	14.556	4.809	0	86.003	26.877	661.557	14.375*	41.264
% of Calories					19.139%	23.384%	7.725%	0%	61.406%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-21-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrate s (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugars (g)
Lunch Entree													
Sweet and Sour Meatless meatball (DC) (check crediting)	1291623	4 meatballs	80	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	10	260.829	11.996	9.996	3.999	0.600	27.554	47.982	502.093	1.000	23.999
Chipotle/Jerk Chicken Sandwich, 2WG 2MMA	1179358	1 sandwich	10	383.240	21.437	18.412	2.360	0.000*	34.735	51.437	283.205	2.420	7.027*
Vegetables													
Collard Greens (IQF) .75 c DG	1184086	3/4 cup	60	35.698	1.377	1.228	0.094	0.005	6.010	0.000	82.395	1.932	2.740
Celery Stick .75c Veg	1212300	9 sticks	10	32.080	0.349	2.086	0.021	0.000	3.502	0.000	150.456	0.809	1.678
Fruit													
Apple, variety, 125 CT - 1 each	1162278	1 each	100	96.259	0.248	0.202	0.018	0.000	24.195	0.000	1.770	3.516	12.383*
Grains													
Brown Rice 1c 2WG	1177660	1 cup	60	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	644.231	27.571*	18.812*	5.196*	0.063*	90.275	17.442*	790.388	8.005*	35.223*
% of Calories		17.119%	26.281%	7.259%	0.088%	56.051%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-22-2024

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													
Queso Dip and Chip Vegetarian 2MMA 2WG	1325484	1 serving	50	518.845	19.323	28.112	13.733	0.000	42.763	54.285	1,459.382	5.037	4.960
Queso Dip and Chip with Ground Turkey	1325482	1 serving	10	457.505	17.377	24.295	8.818	0.000	39.747	68.452	1,116.000	5.037	4.640
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													
Black Beans, LS (Bush's), unheated, 3/4c B/L	1190488	3/4 cup	60	172.714	10.991	0.000	0.000	0.000	31.403	0.000	204.117	7.851	1.570
Corn Kernel Yellow Frozen IQF, 3/4 cup	1154785	0.75 cup	50	105.060	3.002	0.750	0.000	0.000	24.014	0.000	0.000	3.002	4.503
Celery Stick .75c Veg	1212300	9 sticks	10	32.080	0.349	2.086	0.021	0.000	3.502	0.000	150.456	0.809	1.678
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
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				643.919	29.22	20.271	8.924	0	83.197	46.368	1172.035	11.141	27.179
% of Calories					18.152%	28.332%	12.473%	0%	51.681%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-23-2024

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													
Chopped Cheese Steak Hoagie 2MMA 2.75WG	1232835	1 each	50	422.317	23.829	18.396	7.299	0.000	42.326	55.027	564.689	3.219	5.434
Curry Chicken Salad Sandwich 2 MMA 2WG .25O	1218561	1 sandwich	20	332.463	22.198	14.426	2.680	0.000	30.381	57.784	339.825	2.214	4.167
Vegetables													
Seasoned/Roasted Carrots (IQF) .75c RO	1177067	3/4 cup	50	48.828	0.000	0.814	0.000	0.000	11.393	0.000	81.380	4.883	4.883
Green Beans (IQF), .75c O	1177050	3/4 cup	20	34.686	1.387	0.000	0.000	0.000	6.937	0.000	0.000	4.162	1.387
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													
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				528.238	25.414	13.988	4.948	0	79.194	46.57	523.483	11.66	38.477
% of Calories					19.244%	23.833%	8.43%	0%	59.968%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-26-2024

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	70	377.809	21.713	19.345	8.068	1.107	32.120	45.878	725.675	3.107*	4.506
Spicy Black Bean Burger (MorningStar) Vegetarian 2.25MMA 2WG	1177151	1 burger	15	310.000	20.000	7.500	1.000	0.000	48.000	5.000	680.000	7.000	6.000
Turkey Sandwich 2MMA 2WG	1198415	1 sandwich	15	270.063	23.010	6.503	1.001	0.000	31.001	45.026	610.211	2.000	4.000
Vegetables													
Roasted Potato Wedges/Fries (fresh) .75c S	1177073	3/4 cup	85	127.213	2.591	2.394	0.200	0.000	24.228	0.000	139.875	3.701	1.774

Broccoli, Florets, Blanched & Cooled.75 DG	1182495	0.75 cup	15	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	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				608.952	33.14	19.082	6.868	0.775	78.831	47.119	960.596	8.886*	25.546
% of Calories				21.768%	28.202%	10.15%	1.146%	51.781%					

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-27-2024

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 Nuggets, 5 each, 2 MMA 1 WG Advanced Pierre	1176919	5 each	70	231.836	13.104	14.112	3.024	0.000	14.112	25.200	332.634	2.016	1.008
Chick'n/Veggie Nuggets (Morningstar Farms) 2 MMA (Vegan)	1177169	5 nuggets	15	237.500	16.250	10.000	1.250	0.000	22.500	0.000	375.000	5.000	2.500
Chicken Salad Wrap 2MMA 2WG	1208916	1 wrap	15	395.639	20.451	18.961	5.685	0.000	35.013	57.784	421.574	4.574	3.440
Vegetables													
Green Beans (IQF), .75c O	1177050	3/4 cup	85	34.686	1.387	0.000	0.000	0.000	6.937	0.000	0.000	4.162	1.387
Carrot Sticks .75 RO	1182479	3/4 cup	15	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	100	119.236	0.782	0.248	0.012	0.000	31.871	0.000	2.484	6.334	20.208
Grains													
Whole Wheat Dinner Roll, Bridgford H&S 1WG	1177132	1 Roll	85	70.000	2.500	1.000	0.250	0.000	13.000	0.000	125.000	1.000	1.500
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				571.158	26.869	16.592	4.136	0	81.661	33.807	603.729	14.04	37.032
% of Calories				18.817%	26.145%	6.517%	0%	57.189%					

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-28-2024

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													
Cheeseburger Mac & Cheese 2 MMA 2 WG	1205551	1 cup	70	437.015	25.591	16.705	8.557	0.000	47.905	54.817	360.586	4.126	5.666
Cheeseburger Mac & Cheese Reduced LOL 2 MMA 2 WG	1397895	1 cup	15	393.649	27.239	11.765	4.790	0.000	43.644	68.313	249.391	4.050	2.505
Turkey Ham & Cheese Sandwich 2MMA 2WG	1182395	1 sandwich	15	299.403	19.946	10.995	3.799	0.000	31.012	57.045	898.967	2.000*	4.506
Vegetables													
Seasoned/Roasted Carrots (IQF) .75c RO	1177067	3/4 cup	85	48.828	0.000	0.814	0.000	0.000	11.393	0.000	81.380	4.883	4.883
Potato Salad .375S .375O	1182488	3/4 cup	15	225.335	2.032	17.264	2.599	0.000	16.039	8.591	179.098	2.950	2.566
Fruit													
Apple, variety, 125 CT - 1 each	1162278	1 each	100	96.259	0.248	0.202	0.018	0.000	24.195	0.000	1.770	3.516	12.383*
Grains													
Spanish Rice, 2 oz WG, 0.25 O	1163750	1.25 cup	85	251.814	6.554	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				895.474	39.115	23.224	8.593	0	135.148	65.964	878.104	15.257*	36.922*
% of Calories				17.472%	23.341%	8.637%	0%	60.369%					

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-29-2024

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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													
Jerk Chicken 2 MMA	1176709	2 ounce	70	233.240	14.437	16.912	2.360	0.000*	4.735	51.437	43.205	0.420	3.027*
Jerk Chick'n 2.25 MMA (Vegan)	1177908	1 cup	15	244.174	21.958	13.153	0.821	0.000*	9.548	0.000	209.078	0.525	4.669*
Curry Chicken Salad Sandwich2 MMA 2WG .25O	1218561	1 sandwich	15	332.463	22.198	14.426	2.680	0.000	30.381	57.784	339.825	2.214	4.167
Vegetables													
Seasoned Black Beans (Del Pasado), heated .75 c B/L	1177081	3/4 cup	85	336.046	20.680	1.292	0.000	0.000	60.625	0.000	930.588	15.510	2.585
Carrot Sticks .75 RO	1182479	3/4 cup	15	37.885	0.693	0.141	0.025	0.000	8.919	0.000	84.430	3.139	5.152
Corn Kernel Yellow Frozen IQF, 3/4 cup	1154785	0.75 cup	85	105.060	3.002	0.750	0.000	0.000	24.014	0.000	0.000	3.002	4.503
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
Grains													
Brown Rice 1/2c 1WG	1163197	1/2 cup	85	96.646	1.933	0.644	0.000	0.000	20.618	0.000	97.418	0.644	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				856.477	46.74	19.679	2.931	0	123.599	52.174	1129.048	18.876	30.888*
% of Calories					21.829%	20.68%	3.08%	0%	57.724%				

* Indicates missing Nutrient Information.

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Nutrient Detail Report

Organization: Genuine Foods DC
Session: 2023-2024 School Year
Menu: Genuine 23-24 Vended Lunch 9-12
Number Source: Planned
Dates: 02-01-2024 to 02-29-2024

Nutrient Summary

Date(s): 02-01-2024 to 02-29-2024

Nutrient	Menu Average	% of Calories	Target	Pass / Fail	Shortfall / Overage	Notes / Errors
Calories (kcal)	817.081		750 min / 850 max	Pass		
Protein (g)	38.519*	18.857%				
Total Fat (g)	19.895*	21.914%				
Saturated Fat (g)	6.188*	6.816%	< 10%	Pass		
Trans Fat (g)	0.082*					
Carbohydrates (g)	123.522	60.47%				
Cholesterol (mg)	57.865*					
Sodium (mg)	1,052.849		≤ 1280	Pass		
Potassium (mg)	1,231.008*					
Fiber (g)	17.708*					
Sugars (g)	43.418*					
Iron (g)	4.562*					
Calcium (mg)	507.348*					
Vitamin A (IU)	3,550.557*					
Vitamin C (mg)	27.223*					
Vitamin D (mcg)	1.425*					

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-01-2024

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													
Popcorn Chicken Mac & Cheese Bowl (LOL) 2.5MMA 2 WG	1215017	1/2 cup	70	431.592	23.935	19.657	6.128	0.000	38.960	37.757	596.646	5.348	3.340
Crispy Chicken Ranch Wrap 2 MMA 2WG .25DG	1205231	1 wrap	30	354.381	15.564	18.028	4.238	0.000	31.525	48.801	632.283	4.090	2.268
Vegetables													
Corn Kernel Yellow Frozen IQF, 1 cup	1154782	1 cup	70	135.835	3.881	0.970	0.000	0.000	31.048	0.000	0.000	3.881	5.822
Celery Stick 1c Veg	1208602	12 sticks	30	31.985	0.344	2.085	0.021	0.000	3.482	0.000	149.916	0.798	1.669
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
Bananas 40# - 1/2 cup	1162302	1 count	100	105.020	1.286	0.389	0.132	0.000	26.951	0.000	1.180	3.068	14.431
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				762.071	33.664	22.261	6.449	0	109.948	48.57	783.491	12.412	42.672
% of Calories					17.67%	26.29%	7.617%	0%	57.71%				

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 02-02-2024

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													
Peri Peri Chicken 2 MMA	1350195	1 serving	70	203.601	20.904	11.686	2.499	0.000	1.262	74.843	126.675	0.038	0.018
Curry Chicken Salad Sandwich2 MMA 2WG .250	1218561	1 sandwich	30	332.463	22.198	14.426	2.680	0.000	30.381	57.784	339.825	2.214	4.167
Vegetables													
Seasoned Black Beans (Bush's), heated, 1 c B/L	1177080	1 cup	70	376.071	23.932	0.000	0.000	0.000	69.925	0.000	444.447	17.094	3.419

Green Beans (IQF), 1c O	1177048	1 cup	30	46.693	1.868	0.000	0.000	0.000	9.339	0.000	0.000	5.603	1.868
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													
Red Rice, 1 cup 2WG	1178235	1 cup	100	214.039	5.800	1.293	0.002	0.000	46.124	0.000	281.263	3.244	2.881
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				952.791	53.188	15.3	3.317	0	152.741	77.225	915.481	23.915	39.305
% of Calories					22.329%	14.452%	3.134%	0%	64.124%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-05-2024

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	60	527.584	32.819	23.264	3.945	0.000	47.844	77.482	776.449	4.817	10.800
Chicken Parmesan Sub with Marinara 2MMA 2WG 0.25 RO	1278000	1 portion	15	517.584	30.819	23.764	3.945*	0.000*	44.844	77.482*	836.449	4.817	10.800
Turkey & Cheese Wrap 2MMA 2WG	1218183	1 sandwich	15	352.343	21.706	14.308	6.365	0.000	35.846	50.177	881.630	4.000*	3.506
Vegetables													
Collard Greens (IQF) 1 c DG	1184083	1 cup	75	71.396	2.754	2.457	0.188	0.010	12.021	0.000	164.790	3.864	5.480
Broccoli, Florets, Blanched & Cooled 1c DG	1182709	1 cup	15	46.427	4.643	0.000	0.000	0.000	7.738	0.000	23.213	4.643	1.548
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
Bananas 40# - 1/2 cup	1162302	1 count	100	105.020	1.286	0.389	0.132	0.000	26.951	0.000	1.180	3.068	14.431
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				756.771	40.391	23.306	4.937*	0.007*	100.983	73.138*	989.46	12.575*	46.612
% of Calories					21.349%	27.716%	5.871%	0.009%	53.376%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-06-2024

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 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
Teriyaki Meatballs 2MMA (DC)	1291405	5 meatballs	15	263.363	18.701	13.718	5.716	0.000	12.253	34.294	2,571.025	1.143	8.823
Chicken Salad Sandwich2 MMA 2WG .25O	1197216	1 sandwich	15	331.644	22.162	14.390	2.676	0.000	30.240	57.784	339.694	2.080	4.160
Vegetables													
Mashed Potatoes, Monarch Flakes, 1 S	1179374	1 Cup	75	282.997	2.966	16.449	7.477	0.000	28.175	0.000	212.139	2.966	0.000
Green Peas 1c S	1183844	1 cup	75	149.838	0.000	0.000	0.000	0.000	25.687	0.000	128.433	10.703	8.562
Carrot Sticks 1c RO	1182478	1 cup	15	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
Grains													
Whole Wheat Dinner Roll, Bridgford H&S 2WG	1291432	1 Roll	85	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				884.741	31.025	25.777	10.458	0.36	121.314	50.101	2657.705	19.991	49.355
% of Calories					14.027%	26.222%	10.638%	0.366%	54.847%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-07-2024

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 Turkey Rice Bowl 2MMA 1WG 0.5O	1177761	1 bowl	60	365.852	19.900	17.443	5.316	0.000	34.514	96.793	630.677	4.425	6.553
Southwest Chick'n Rice Bowl 2MMA 2WG 0.5O (Vegan)	1180909	1 bowl	15	407.905	27.243	7.914	0.416	0.000	58.194	0.000	619.125	5.069	7.439
Turkey & Cheese Wrap 2MMA 2WG	1218183	1 sandwich	15	352.343	21.706	14.308	6.365	0.000	35.846	50.177	881.630	4.000*	3.506
Vegetables													
Celery Stick 1c Veg	1208602	12 sticks	15	31.985	0.344	2.085	0.021	0.000	3.482	0.000	149.916	0.798	1.669
Seasoned Black Beans (Bush's), heated, 1 c B/L	1177080	1 cup	75	376.071	23.932	0.000	0.000	0.000	69.925	0.000	444.447	17.094	3.419
Fruit													
Apple, variety, 125 CT - 1 each	1162278	1 each	100	96.259	0.248	0.202	0.018	0.000	24.195	0.000	1.770	3.516	12.383*
Grains													
Brown Rice 1c 2WG	1177660	1 cup	85	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				980.958	48.816	16.66	4.978	0	160.026	73.103	1126.163	21.567*	32.771*
% of Calories					19.905%	15.285%	4.567%	0%	65.253%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-08-2024

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													
Chipotle/Jerk Chicken Sandwich, 2WG 2MMA	1179358	1 sandwich	15	383.240	21.437	18.412	2.360	0.000*	34.735	51.437	283.205	2.420	7.027*
Chicken Alfredo over Whole Grain Rotini, 2 MMA, 2 oz WG	1390292	1 serving	70	395.352	24.922	15.043	6.489	0.000	46.465	47.223	252.330	8.211	3.452
Chick'n Alfredo over Whole Grain Spaghetti, 2 MMA, 2 oz WG (Vegetarian)	1180660	1 serving	15	440.650	37.327	13.656	5.632	0.000	48.724	18.646	437.169	6.841	5.231
Vegetables													
Green Beans (IQF), 1c O	1177048	1 cup	15	46.693	1.868	0.000	0.000	0.000	9.339	0.000	0.000	5.603	1.868
Seasoned Green Beans 1cO	1233421	1 cup	85	80.106	1.911	3.567	1.621	0.000	9.563	0.000	0.116	5.617	1.875
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
Bananas 40# - 1/2 cup	1162302	1 count	100	105.020	1.286	0.389	0.132	0.000	26.951	0.000	1.180	3.068	14.431
Grains													
Brown Rice 1c 2WG	1177660	1 cup	85	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				888.684	40.871	21.256	8.001	0	140.065	51.068	451.016	18.333	41.207*
% of Calories					18.396%	21.527%	8.103%	0%	63.044%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-09-2024

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	15	320.551	27.412	9.501	2.204	0.000	32.835	73.482	373.054	2.000	6.457
Huli Huli Chicken 2MMA	1388671	2 oz	85	150.835	17.100	3.295	0.733	0.000	10.941	76.544	658.014	0.105	4.430
Vegetables													
Potato Salad .5S .5O	1182486	1 cup	15	297.442	2.683	22.788	3.430	0.000	21.171	11.340	236.410	3.893	3.386
Glazed Carrots (IQF) 1c RO	1177721	1 cup	85	118.503	0.000	4.993	0.961	0.000	19.851	0.000	109.396	6.564	11.100
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													
Brown Rice 1c 2WG	1177660	1 cup	85	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				705.17	31.118	14.482	3.048	0	114.195	85.285	911.252	13.982	46.885
% of Calories				17.651%	18.483%	3.89%	0%	64.776%					

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-12-2024

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 Tenders (Tyson) 2MMA 1WG	1184142	2 tenders	70	220.000	20.000	12.000	2.000	0.000	12.000	40.000	400.000	2.000	2.000
Chicken Salad Wrap 2MMA 2WG	1208916	1 wrap	30	395.639	20.451	18.961	5.685	0.000	35.013	57.784	421.574	4.574	3.440
Vegetables													
Glazed Carrots (IQF) 1c RO	1177721	1 cup	70	118.503	0.000	4.993	0.961	0.000	19.851	0.000	109.396	6.564	11.100
Celery Stick 1c Veg	1208602	12 sticks	30	31.985	0.344	2.085	0.021	0.000	3.482	0.000	149.916	0.798	1.669
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
Bananas 40# - 1/2 cup	1162302	1 count	100	105.020	1.286	0.389	0.132	0.000	26.951	0.000	1.180	3.068	14.431
Grains													
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				754.459	35.298	22.003	5.167	0	109.841	52.835	916.828	14.374	47.346
% of Calories				18.714%	26.247%	6.163%	0%	58.236%					

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-13-2024

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 Ham & Cheese Sandwich 2MMA 2WG	1182395	1 sandwich	30	299.403	19.946	10.995	3.799	0.000	31.012	57.045	898.967	2.000*	4.506
Meatball Marinara Sub (2MMA, 2.75WG, .25R/O)	1228940	1 sub	70	381.317	23.140	13.284	4.971	0.480	45.106	45.979	836.013	4.800	8.300
Vegetables													
Carrot Sticks 1c RO	1182478	1 cup	30	50.009	0.914	0.186	0.033	0.000	11.773	0.000	111.448	4.144	6.801
Seasoned Black Beans (Del Pasado), heated, 1 c B/L	1179797	1 cup	70	444.447	27.351	1.709	0.000	0.000	80.181	0.000	1,230.777	20.513	3.419
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													
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				902.094	50.384	15.348	5.392	0.336	145.407	56.799	1882.361	25.896*	43.803
% of Calories				22.341%	15.313%	5.379%	0.335%	64.475%					

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-14-2024

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													
Curry Chicken Salad Sandwich2 MMA 2WG .250	1218561	1 sandwich	15	332.463	22.198	14.426	2.680	0.000	30.381	57.784	339.825	2.214	4.167
Total			1										

BBQ Chicken Sandwich 2MMA 2WG	1179137	sandwich	70	320.551	27.412	9.501	2.204	0.000	32.835	73.482	373.054	2.000	6.457
BBQ Chicken Sandwich 2MMA 2WG (GLUTEN FREE)	1203086	1 sandwich	15	370.551	22.412	12.501	3.704	0.000	42.835	73.482	573.054	2.000	5.457
Vegetables													
Seasoned Green Beans 1cO	1233421	1 cup	15	80.106	1.911	3.567	1.621	0.000	9.563	0.000	0.116	5.617	1.875
Green Beans (IQF), 1c O	1177048	1 cup	85	46.693	1.868	0.000	0.000	0.000	9.339	0.000	0.000	5.603	1.868
Fruit													
Apple, variety, 125 CT - 1 each	1162278	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				577.802	36.001	12.677	3.512	0	80.534	78.627	529.857	11.154	32.215*
% of Calories				24.923%	19.747%	5.47%	0%	55.752%					

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-15-2024

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 Shepherd's Pie	1325385	1 Square	70	316.472	26.965	14.721	3.945	0.000	19.865	79.931	631.892	2.788	3.603*
Beef Shepherds Pie	1297345	1 Square	15	377.526	21.183	23.503	8.220	0.000	19.991	68.799	636.517	2.788	3.414*
Turkey & Cheese Wrap 2MMA 2WG	1218183	1 sandwich	15	352.343	21.706	14.308	6.365	0.000	35.846	50.177	881.630	4.000*	3.506
Vegetables													
Green Peas 1c S	1183844	1 cup	85	149.838	0.000	0.000	0.000	0.000	25.687	0.000	128.433	10.703	8.562
Glazed Carrots (IQF) 1c RO	1177721	1 cup	85	118.503	0.000	4.993	0.961	0.000	19.851	0.000	109.396	6.564	11.100
Potato Salad .5S .5O	1182486	1 cup	15	297.442	2.683	22.788	3.430	0.000	21.171	11.340	236.410	3.893	3.386
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
Bananas 40# - 1/2 cup	1162302	1 count	100	105.020	1.286	0.389	0.132	0.000	26.951	0.000	1.180	3.068	14.431
Grains													
Whole Wheat Dinner Roll, Bridgford H&S 2WG	1291432	1 Roll	85	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				971.679	39.382	27.127	7.588	0	136.705	82.999	1251.343	24.416*	58.408*
% of Calories				16.212%	25.126%	7.028%	0%	56.276%					

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 02-16-2024

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													
Pasta Primavera Bake 2MMA 2WG .5 DG .5R/O	1180871	2 cups	70	425.604	25.868	14.978	8.620	0.000	52.275	34.586	558.489	12.634	5.058
Pasta Primavera Bake Spring 23	1334323	2 cups	15	534.422	28.373	24.072	14.402	0.346	53.141	62.069	650.560	11.834	6.329
Chicken Salad Sandwich2 MMA 2WG .25O	1197216	1 sandwich	15	331.644	22.162	14.390	2.676	0.000	30.240	57.784	339.694	2.080	4.160
Vegetables													
Collard Greens (IQF) 1 c DG	1184083	1 cup	85	71.396	2.754	2.457	0.188	0.010	12.021	0.000	164.790	3.864	5.480
Broccoli, Florets, Blanched & Cooled 1c DG	1182709	1 cup	15	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
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				714.719	37.508	19.841	9.517	0.06	105.348	49.688	815.518	21.246	42.212
% of Calories				20.992%	24.984%	11.985%	0.076%	58.959%					

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-19-2024

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													
DC -NOLA Chicken Sandwich 2MMA 2WG	1325622	1 sandwich	70	299.148	21.788	7.101	1.543	0.000	38.675	51.437*	673.362	2.000*	11.000
BBQ Chicken Sandwich 2MMA 2WG	1179137	1 sandwich	30	320.551	27.412	9.501	2.204	0.000	32.835	73.482	373.054	2.000	6.457
Vegetables													
Roasted Sweet Potato Wedges/Fries (Fresh) 1c R/O	1179826	1 cup	70	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	30	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
Bananas 40# - 1/2 cup	1162302	1 count	100	105.020	1.286	0.389	0.132	0.000	26.951	0.000	1.180	3.068	14.431
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				800.629	36.976	15.946	3.111	0	131.045	65.551*	950.472	14.064*	53.754
% of Calories					18.473%	17.925%	3.497%	0%	65.471%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-20-2024

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	90	280.000	16.000	11.000	3.500	0.000	33.000	15.000	470.000	4.000	8.000
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													
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													
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													
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				578.238	27.302	15.108	4.892	0	88.677	27.152	667.288	15.767*	41.778
% of Calories					18.887%	23.515%	7.614%	0%	61.343%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-21-2024

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	80	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	10	260.829	11.996	9.996	3.999	0.600	27.554	47.982	502.093	1.000	23.999
Chipotle/Jerk Chicken Sandwich, 2WG 2MMA	1179358	1 sandwich	10	383.240	21.437	18.412	2.360	0.000*	34.735	51.437	283.205	2.420	7.027*
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
Celery Stick 1c Veg	1208602	12 sticks	10	31.985	0.344	2.085	0.021	0.000	3.482	0.000	149.916	0.798	1.669
Fruit													
Apple, variety, 125 CT - 1 each	1162278	1 each	100	96.259	0.248	0.202	0.018	0.000	24.195	0.000	1.770	3.516	12.383*
Grains													
Brown Rice 1c 2WG	1177660	1 cup	90	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				745.047	30.383*	20.673*	5.308*	0.069*	109.856	17.442*	901.579	10.709*	38.51*
% of Calories				16.312%	24.972%	6.412%	0.083%	58.979%					

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-22-2024

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													
Queso Dip and Chip Vegetarian 2MMA 2WG	1325484	1 serving	80	518.845	19.323	28.112	13.733	0.000	42.763	54.285	1,459.382	5.037	4.960
Queso Dip and Chip with Ground Turkey	1325482	1 serving	10	457.505	17.377	24.295	8.818	0.000	39.747	68.452	1,116.000	5.037	4.640
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													
Black Beans, LS (Bush's), unheated, 1c B/L	1194363	1 cup	90	235.519	14.988	0.000	0.000	0.000	42.822	0.000	278.341	10.705	2.141
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
Celery Stick 1c Veg	1208602	12 sticks	10	31.985	0.344	2.085	0.021	0.000	3.482	0.000	149.916	0.798	1.669
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
Bananas 40# - 1/2 cup	1162302	1 count	100	105.020	1.286	0.389	0.132	0.000	26.951	0.000	1.180	3.068	14.431
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				1082.644	45.189	29.592	13.176	0	158.609	62.653	1739.012	22.636	47.07
% of Calories				16.696%	24.6%	10.953%	0%	58.601%					

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-23-2024

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													
Chopped Cheese Steak Hoagie 2MMA 2.75WG	1232835	1 each	80	422.317	23.829	18.396	7.299	0.000	42.326	55.027	564.689	3.219	5.434
Curry Chicken Salad Sandwich 2 MMA 2WG .25O	1218561	1 sandwich	20	332.463	22.198	14.426	2.680	0.000	30.381	57.784	339.825	2.214	4.167
Vegetables													
Seasoned/Roasted Carrots (IQF) 1c RO	1177066	1 cup	80	65.637	0.000	1.094	0.000	0.000	15.315	0.000	109.396	6.564	6.564
Green Beans (IQF), 1c O	1177048	1 cup	20	46.693	1.868	0.000	0.000	0.000	9.339	0.000	0.000	5.603	1.868
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													
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				685.43	32.659	19.975	7.138	0	98.928	63.078	739.717	15.724	43.013
% of Calories				19.059%	26.228%	9.372%	0%	57.732%					

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-26-2024

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	377.809	21.713	19.345	8.068	1.107	32.120	45.878	725.675	3.107*	4.506
Spicy Black Bean Burger (MorningStar)													

Vegetarian 2.25MMA 2WG	1177151	1 burger	10	310.000	20.000	7.500	1.000	0.000	48.000	5.000	680.000	7.000	6.000
Turkey Sandwich 2MMA 2WG	1198415	1 sandwich	10	270.063	23.010	6.503	1.001	0.000	31.001	45.026	610.211	2.000	4.000
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
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													
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
Bananas 40# - 1/2 cup	1162302	1 count	100	105.020	1.286	0.389	0.132	0.000	26.951	0.000	1.180	3.068	14.431
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				740.872	35.281	18.854	7.585	0.886	113.226	49.205	983.76	13.027*	40.516
% of Calories					19.048%	22.903%	9.214%	1.076%	61.131%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-27-2024

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 Nuggets, 5 each, 2 MMA 1 WG Advanced Pierre	1176919	5 each	80	231.836	13.104	14.112	3.024	0.000	14.112	25.200	332.634	2.016	1.008
Chick'n/Veggie Nuggets (Morningstar Farms) 2 MMA (Vegan)	1177169	5 nuggets	10	237.500	16.250	10.000	1.250	0.000	22.500	0.000	375.000	5.000	2.500
Chicken Salad Wrap 2MMA 2WG	1208916	1 wrap	10	395.639	20.451	18.961	5.685	0.000	35.013	57.784	421.574	4.574	3.440
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
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
Grains													
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				655.043	29.708	17.702	4.378	0	97.494	33.438	739.394	16.362	38.969
% of Calories					18.141%	24.322%	6.016%	0%	59.534%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-28-2024

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													
Cheeseburger Mac & Cheese 2 MMA 2 WG	1205551	1 cup	80	437.015	25.591	16.705	8.557	0.000	47.905	54.817	360.586	4.126	5.666
Cheeseburger Mac & Cheese Reduced LOL 2 MMA 2 WG	1397895	1 cup	10	393.649	27.239	11.765	4.790	0.000	43.644	68.313	249.391	4.050	2.505
Turkey Ham & Cheese Sandwich 2MMA 2WG	1182395	1 sandwich	10	299.403	19.946	10.995	3.799	0.000	31.012	57.045	898.967	2.000*	4.506
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
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													
Apple, variety, 125 CT - 1 each	1162278	1 each	100	96.259	0.248	0.202	0.018	0.000	24.195	0.000	1.770	3.516	12.383*
Grains													
Spanish Rice, 2 oz WG, 0.25 O	1163750	1.25 cup	60	251.814	6.554	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				855.083	37.64	22.744	8.926	0	127.919	65.024	816.442	16.085*	37.971*
% of Calories					17.608%	23.938%	9.395%	0%	59.839%				

* Indicates missing Nutrient Information.

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Menu Detail

Date: 02-29-2024

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													
Curry Chicken Salad Sandwich2 MMA 2WG .250	1218561	1 sandwich	15	332.463	22.198	14.426	2.680	0.000	30.381	57.784	339.825	2.214	4.167
Jerk Chicken 2 MMA	1176709	2 ounce	70	233.240	14.437	16.912	2.360	0.000*	4.735	51.437	43.205	0.420	3.027*
Jerk Chick'n 2.25 MMA (Vegan)	1177908	1 cup	15	244.174	21.958	13.153	0.821	0.000*	9.548	0.000	209.078	0.525	4.669*
Vegetables													
Seasoned Black Beans (Del Pasado), heated, 1 c B/L	1179797	1 cup	85	444.447	27.351	1.709	0.000	0.000	80.181	0.000	1,230.777	20.513	3.419
Carrot Sticks 1c RO	1182478	1 cup	15	50.009	0.914	0.186	0.033	0.000	11.773	0.000	111.448	4.144	6.801
Corn Kernel Yellow Frozen IQF, 1 cup	1154782	1 cup	85	135.835	3.881	0.970	0.000	0.000	31.048	0.000	0.000	3.881	5.822
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
Bananas 40# - 1/2 cup	1162302	1 count	100	105.020	1.286	0.389	0.132	0.000	26.951	0.000	1.180	3.068	14.431
Grains													
Brown Rice 1c 2WG	1177660	1 cup	85	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				1163.765	56.12	21.165	3.064	0	191.106	52.174	1341.687	27.642	47.397*
% of Calories					19.289%	16.368%	2.37%	0%	65.685%				

* Indicates missing Nutrient Information.

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