

Nutrient Detail Report

Organization: Gourmet Gorilla
Session: 2023-24 School Year
Menu: FSP NSLP A la Carte 2023-24
Number Source: Planned
Dates: 04-01-2024 to 05-03-2024

Nutrient Summary

Date(s): 04-01-2024 to 05-03-2024

Nutrient	Menu Average	% of Calories	Target	Pass / Fail	Shortfall / Overage	Notes / Errors
Calories (kcal)	642.190		600 min / 650 max	Pass		
Protein (g)	34.469*	21.47%				
Total Fat (g)	24.712	34.633%				
Saturated Fat (g)	6.024	8.442%	< 10%	Pass		
Trans Fat (g)	0.000					
Carbohydrates (g)	70.602*	43.976%				
Cholesterol (mg)	57.078*					
Sodium (mg)	1,070.656		≤ 1110	Pass		
Potassium (mg)	126.184*					
Fiber (g)	9.497*					
Sugars (g)	30.392*					
Iron (g)	3.573*					
Calcium (mg)	602.686*					
Vitamin A (IU)	6,305.564*					
Vitamin C (mg)	70.450*					
Vitamin D (mcg)	0.354*					

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 04-01-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
WG Turkey Swiss Sandwich, NSLP	82359	1 each	100	333.683	26.376	2.591	3.804
Vegetables							
Veg, Corn Salad, 1/2 Cup	82321	1/2 Cup	100	97.483	14.819	0.914	0.318
Cucumber Salad, 1/4 cup	327021	1/4 cup	100	8.892	2.159	0.210	1.336
Fruit							
Menu 316; Apple Slices, 1/2 Cup	82138	4 Slices	100	42.094	9.877	2.032	6.960
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	30	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Misc.							
Mustard Packet, 1 Each	82385	1 Each	100	0.000	0.000	0.000	0.000
Mayo Packet, 1 Each	82368	1 Each	100	50.000	2.000	0.000	0.000
Total			100				
Weighted Daily Average				630.152	69.332	5.747	25.718
% of Calories					44.01%		

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 04-02-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Main 063; Wrap, Ranch Chicken, 8", WG, 1 each	82100	1 each	100	397.293	24.529	2.247	2.283
Vegetables							
Veg, Carrots, Baby, 1/2 Cup	82199	1/2 Cup	100	25.597	5.915	2.097	0.000
Celery, 1/4 cup	1078402	0.25 cup	100	4.040	0.750	0.404	0.338
Fruit							
Menu 114; Fruit, Applesauce, 1/2 Cup	82082	1/2 Cup	100	50.000	14.000	1.000	12.000
Milk							
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	30	120.000	20.000	0.000	18.000
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000
Total			100				
Weighted Daily Average				574.931	59.294	5.748	27.921

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
% of Calories					41.253%		

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 04-03-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Chicken Caesar Salad, ALC 1 w/ breadstick	82643	1 Each	100	446.604	27.778*	3.388*	2.000*
Vegetables							
Beans, Black, Seasoned, 1/4 cup	1365660	1/4 cup	100	107.067	8.852	2.212	0.357
Fruit							
Pear Slices, 4 Each	1352678	4 Each	100	57.399	15.337	3.122	9.818
Milk							
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	30	120.000	20.000	0.000	18.000
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000
Total			100				
Weighted Daily Average				709.07	66.066*	8.722*	25.475*
% of Calories					37.269%		

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 04-04-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Southwest Chicken Salad, A La Carte (correct)	82239	1 each	100	335.406	29.950	6.480	3.446
Vegetables							
Veg, Salad, Three Bean, 1/4 Cup	82584	1/4 Cup	100	118.406	12.295	4.400	1.960
Fruit							
Menu 132; Honeydew, CC, 1/2 Cup	82124	1/2 Cup	100	44.861	11.327	0.997	10.119
Grains							
WG Breadstick, Rich's, Garlic & Herb	1291269	1 each	100	60.000	12.000	1.000	0.000
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	30	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				656.673	79.673	12.877	28.825
% of Calories					48.531%		

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 04-05-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
WG Sunbutter & Jelly Sandwich, 1 Each	82111	1 each	100	372.620	41.460	6.800	13.880
Vegetables							
Red Pepper Strips, 1/4 Cup	84940	1/4 Cup	100	18.027	3.507	1.221	2.442
Broccoli Lemon, 1/2 Cup	1481367	1/2 Cup	100	27.272	5.326	2.085	1.364
Fruit							
Menu 339; Fruit, Fruit Salad, CHP, CC, 1/2 Cup	82121	1/2 Cup	100	60.575	15.360	1.580	12.958
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	1	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	98	80.000	11.000	0.000	11.000
Misc.							
Menu 277; Cheese, String, 1 Each	82098	1 Each	100	80.000	1.000	0.000	0.000
Total			100				
Weighted Daily Average				639.194	77.762	11.687	41.724
% of Calories					48.663%		

* Indicates missing Nutrient Information.

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

Date: 04-08-2024

Menu Detail

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
WG Turkey Swiss Sandwich, NSLP	82359	1 each	100	333.683	26.376	2.591	3.804
Vegetables							
Veg, Coleslaw, GF/DF/EF 1/4 cup	91391	1/4 cup	100	16.417	4.260	0.679	3.308
Veg, Corn Salad, 1/2 Cup	82321	1/2 Cup	100	97.483	14.819	0.914	0.318
Fruit							
Orange Slices, 4 Each	82042	4 Each	100	110.109	14.986	2.794	11.379
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	1	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	98	80.000	11.000	0.000	11.000
Misc.							
Mustard Packet, 1 Each	82385	1 Each	100	0.000	0.000	0.000	0.000
Mayo Packet, 1 Each	82368	1 Each	100	50.000	2.000	0.000	0.000
Total			100				
Weighted Daily Average				688.392	73.551	6.978	29.889
% of Calories					42.738%		

* Indicates missing Nutrient Information.

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

Date: 04-09-2024

Menu Detail

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Main 063; Wrap, Ranch Chicken, 8", WG, 1 each	82100	1 each	100	397.293	24.529	2.247	2.283
Vegetables							
Veg, Carrots, Baby, 1/2 Cup	82199	1/2 Cup	100	25.597	5.915	2.097	0.000
Black Bean & Corn Salad, 3/8 cup	1357893	3/8 cup	100	88.859	14.190	2.830	0.938
Fruit							
Pear Slices, 4 Each	1352678	4 Each	100	57.399	15.337	3.122	9.818
Milk							
Milk, Skim, Half Pint, Prime	82089	1 each	98	80.000	11.000	0.000	11.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	1	120.000	20.000	0.000	18.000
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Total			100				
Weighted Daily Average				649.849	71.081	10.296	24.119
% of Calories					43.752%		

* Indicates missing Nutrient Information.

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

Date: 04-10-2024

Menu Detail

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Chicken Caesar Salad, ALC 1 w/ breadstick	82643	1 Each	100	446.604	27.778*	3.388*	2.000*
Vegetables							
Veg, Tomato, Cherry, 1/4 cup (4 each)	82096	4 Each	100	6.705	1.449	0.447	0.980
Fruit							
Menu 114; Fruit, Applesauce, 1/2 Cup	82082	1/2 Cup	100	50.000	14.000	1.000	12.000
Milk							
Milk, Skim, Half Pint, Prime	82089	1 each	98	80.000	11.000	0.000	11.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	1	120.000	20.000	0.000	18.000
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Total			100				
Weighted Daily Average				584.009	54.337*	4.835*	26.06*
% of Calories					37.217%		

* Indicates missing Nutrient Information.

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

Date: 04-11-2024

Menu Detail

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Southwest Chicken Salad, A La Carte (correct)	82239	1 each	100	335.406	29.950	6.480	3.446
Vegetables							
Italian Chickpea Salad, 1/4 cup	1481379	1/4 cup	100	152.479	8.364	2.602*	0.668*
Fruit							
Menu 109; Pineapple, CC, 1/2 Cup	82190	1/2 Cup	100	96.304	25.270	2.697	18.972
Grains							

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
WG Breadstick, Rich's, Garlic & Herb	1291269	1 each	100	60.000	12.000	1.000	0.000
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	1	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	98	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				724.89	86.694	12.779*	34.166*
% of Calories					47.839%		

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 04-12-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
WG Sunbutter & Jelly Sandwich, 1 Each	82111	1 each	100	372.620	41.460	6.800	13.880
Vegetables							
Veg, Cauliflower, 1/2 Cup	330095	1/2 Cup	100	13.873	2.758	1.110	1.060
Green Pepper Strips, 1/4 Cup	82241	1/4 Cup	100	14.175	3.289	1.205	1.701
Fruit							
Menu 123; Fruit, Cantaloupe, CC, 1/2 Cup	82161	1/2 Cup	100	54.969	13.193	1.455	12.708
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	1	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	98	80.000	11.000	0.000	11.000
Misc.							
Menu 277; Cheese, String, 1 Each	82098	1 Each	100	80.000	1.000	0.000	0.000
Total			100				
Weighted Daily Average				616.337	72.809	10.57	40.428
% of Calories					47.253%		

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 04-15-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
WG Turkey Swiss Sandwich, NSLP	82359	1 each	100	333.683	26.376	2.591	3.804
Vegetables							
Veg, Carrots, Baby, 1/4 Cup	82244	1/4 Cup	100	12.799	2.957	1.049	0.000
Celery, 1/2 cup	1040991	0.5 cup	100	8.080	1.500	0.808	0.677
Fruit							
Orange Slices, 4 Each	82042	4 Each	100	110.109	14.986	2.794	11.379
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	1	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	98	80.000	11.000	0.000	11.000
Misc.							
Mayo Packet, 1 Each	82368	1 Each	100	50.000	2.000	0.000	0.000
Mustard Packet, 1 Each	82385	1 Each	100	0.000	0.000	0.000	0.000
Total			100				
Weighted Daily Average				595.371	58.93	7.241	26.94
% of Calories					39.592%		

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 04-16-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Main 063; Wrap, Ranch Chicken, 8", WG, 1 each	82100	1 each	100	397.293	24.529	2.247	2.283
Vegetables							
Lemony Chickpea Salad, 1/4 cup	1075166	1/4 Cup	100	89.228	8.204	2.526	0.553
Peas, 1/2 Cup	82237	1/2 Cup	100	48.783	8.363	4.181	1.394
Fruit							
Pear Slices, 4 Each	1352678	4 Each	100	57.399	15.337	3.122	9.818
Milk							
Milk, Skim, Half Pint, Prime	82089	1 each	98	80.000	11.000	0.000	11.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	1	120.000	20.000	0.000	18.000
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Total			100				

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Weighted Daily Average				673.404	67.543	12.076	25.128
% of Calories					40.12%		

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 04-17-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Chicken Caesar Salad, ALC 1 w/ breadstick	82643	1 Each	100	446.604	27.778*	3.388*	2.000*
Vegetables							
Beans, Black, Seasoned, 1/4 cup	1365660	1/4 cup	100	107.067	8.852	2.212	0.357
Fruit							
Menu 316; Apple Slices, 1/2 Cup	82138	4 Slices	100	42.094	9.877	2.032	6.960
Milk							
Milk, Skim, Half Pint, Prime	82089	1 each	98	80.000	11.000	0.000	11.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	1	120.000	20.000	0.000	18.000
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Total			100				
Weighted Daily Average				676.464	57.617*	7.632*	20.397*
% of Calories					34.07%		

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 04-18-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Southwest Chicken Salad, A La Carte (correct)	82239	1 each	100	335.406	29.950	6.480	3.446
Vegetables							
Red Pepper Strips, 1/4 Cup	84940	1/4 Cup	100	18.027	3.507	1.221	2.442
Fruit							
Menu 119; Fruit, Cantaloupe, 1/2 Cup	82208	1/2 Cup	100	54.969	13.193	1.455	12.708
Grains							
WG Breadstick, Rich's, Garlic & Herb	1291269	1 each	100	60.000	12.000	1.000	0.000
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	1	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	98	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				549.103	69.76	10.157	29.676
% of Calories					50.817%		

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 04-19-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
WG Sunbutter & Jelly Sandwich, 1 Each	82111	1 each	100	372.620	41.460	6.800	13.880
Vegetables							
Veg, Corn, 1/4 Cup	82273	1/4 Cup	100	36.287	8.619	0.453	0.000
Veg, Carrots, Baby, 1/2 Cup	82199	1/2 Cup	100	25.597	5.915	2.097	0.000
Fruit							
Menu 339; Fruit, Fruit Salad, CHP, CC, 1/2 Cup	82121	1/2 Cup	100	60.575	15.360	1.580	12.958
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	1	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	98	80.000	11.000	0.000	11.000
Misc.							
Menu 277; Cheese, String, 1 Each	82098	1 Each	100	80.000	1.000	0.000	0.000
Total			100				
Weighted Daily Average				655.779	83.463	10.931	37.918
% of Calories					50.909%		

* Indicates missing Nutrient Information.

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

Menu Detail

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
WG Turkey Swiss Sandwich, NSLP	82359	1 each	100	333.683	26.376	2.591	3.804
Vegetables							
Veg, Carrots, Baby, 1/2 Cup	82199	1/2 Cup	100	25.597	5.915	2.097	0.000
Veg, Salad, Three Bean, 1/4 Cup	82584	1/4 Cup	100	118.406	12.295	4.400	1.960
Fruit							
Orange Slices, 4 Each	82042	4 Each	100	110.109	14.986	2.794	11.379
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	1	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	98	80.000	11.000	0.000	11.000
Misc.							
Mustard Packet, 1 Each	82385	1 Each	100	0.000	0.000	0.000	0.000
Mayo Packet, 1 Each	82368	1 Each	100	50.000	2.000	0.000	0.000
Total			100				
Weighted Daily Average				718.495	72.682	11.882	28.223
% of Calories					40.464%		

* Indicates missing Nutrient Information.

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

Menu Detail

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Main 063; Wrap, Ranch Chicken, 8", WG, 1 each	82100	1 each	100	397.293	24.529	2.247	2.283
Vegetables							
Veg, Edamame, 1/4 Cup	82141	1/4 Cup	100	43.013	3.519	1.955	0.782
Green Beans, 1/2 Cup	82175	1/2 Cup	100	23.625	4.725	1.575	1.575
Fruit							
Menu 008; Fruit, Appleberry Sauce, 1/2 Cup	82211	1/2 Cup	100	47.977	13.348	1.138	11.025
Milk							
Milk, Skim, Half Pint, Prime	82089	1 each	98	80.000	11.000	0.000	11.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	1	120.000	20.000	0.000	18.000
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Total			100				
Weighted Daily Average				592.608	57.232	6.915	26.745
% of Calories					38.63%		

* Indicates missing Nutrient Information.

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

Menu Detail

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Chicken Caesar Salad, ALC 1 w/ breadstick	82643	1 Each	100	446.604	27.778*	3.388*	2.000*
Vegetables							
Steamed Carrots, Honey, 1/4 Cup	1362370	1/4 Cup	100	29.865	7.704	1.189	4.096
Fruit							
Fruit, Pearsauce, 1/2 Cup	87872	1/2 Cup	100	99.387	26.549	4.683	18.271
Milk							
Milk, Skim, Half Pint, Prime	82089	1 each	98	80.000	11.000	0.000	11.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	1	120.000	20.000	0.000	18.000
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Total			100				
Weighted Daily Average				656.557	73.141*	9.259*	35.447*
% of Calories					44.56%		

* Indicates missing Nutrient Information.

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

Menu Detail

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Southwest Chicken Salad, A La Carte (correct)	82239	1 each	100	335.406	29.950	6.480	3.446
Vegetables							
Pineapple & Jicama, Pico De Gallo, 1/4 cup	1453474	1/4 cup	100	46.089	11.558	2.516	6.729
Veg, Corn Salad, 1/2 Cup	82321	1/2 Cup	100	97.483	14.819	0.914	0.318
Fruit							
Menu 119; Fruit, Cantaloupe, 1/2 Cup	82208	1/2 Cup	100	54.969	13.193	1.455	12.708

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Grains							
WG Breadstick, Rich's, Garlic & Herb	1291269	1 each	100	60.000	12.000	1.000	0.000
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	1	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	98	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				674.647	92.63	12.365	34.28
% of Calories				54.921%			

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 04-26-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
WG Sunbutter & Jelly Sandwich, 1 Each	82111	1 each	100	372.620	41.460	6.800	13.880
Vegetables							
Cucumber Slices, 1/4 Cup	82220	1/4 Cup	100	6.446	1.560	0.215	0.718
Menu 070; Veg, Broccoli, 1/2 Cup	82243	1/2 Cup	100	27.272	5.326	2.085	1.364
Fruit							
Menu 258; Fruit, Fruit Salad, CHP, 1/2 Cup	84783	1/2 Cup	100	60.461	15.331	1.577	12.934
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	1	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	98	80.000	11.000	0.000	11.000
Misc.							
Menu 277; Cheese, String, 1 Each	82098	1 Each	100	80.000	1.000	0.000	0.000
Total			100				
Weighted Daily Average				627.5	75.787	10.678	39.975
% of Calories				48.311%			

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 04-29-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
WG Turkey Swiss Sandwich, NSLP	82359	1 each	100	333.683	26.376	2.591	3.804
Vegetables							
Cucumber Salad, 1/4 cup	327021	1/4 cup	100	8.892	2.159	0.210	1.336
Veg, Carrots, Baby, 1/2 Cup	82199	1/2 Cup	100	25.597	5.915	2.097	0.000
Fruit							
Menu 114; Fruit, Applesauce, 1/2 Cup	82082	1/2 Cup	100	50.000	14.000	1.000	12.000
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	30	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Misc.							
Mustard Packet, 1 Each	82385	1 Each	100	0.000	0.000	0.000	0.000
Mayo Packet, 1 Each	82368	1 Each	100	50.000	2.000	0.000	0.000
Total			100				
Weighted Daily Average				566.173	64.551	5.898	30.44
% of Calories				45.605%			

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 04-30-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Main 063; Wrap, Ranch Chicken, 8", WG, 1 each	82100	1 each	100	397.293	24.529	2.247	2.283
Vegetables							
Celery, 1/4 cup	1078402	0.25 cup	100	4.040	0.750	0.404	0.338
Peas, 1/2 Cup	82237	1/2 Cup	100	48.783	8.363	4.181	1.394
Fruit							
Menu 316; Apple Slices, 1/2 Cup	82138	4 Slices	100	42.094	9.877	2.032	6.960
Milk							
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	30	120.000	20.000	0.000	18.000
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Total			100				
Weighted Daily Average				590.21	57.62	8.864	24.275
% of Calories					39.05%		

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 05-01-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Chicken Caesar Salad, ALC 1 w/ breadstick	82643	1 Each	100	446.604	27.778*	3.388*	2.000*
Vegetables							
Beans, Black, Seasoned, 1/4 cup	1365660	1/4 cup	100	107.067	8.852	2.212	0.357
Fruit							
Pear Slices, 4 Each	1352678	4 Each	100	57.399	15.337	3.122	9.818
Milk							
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	30	120.000	20.000	0.000	18.000
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000
Total			100				
Weighted Daily Average				709.07	66.066*	8.722*	25.475*
% of Calories					37.269%		

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 05-02-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Southwest Chicken Salad, A La Carte (correct)	82239	1 each	100	335.406	29.950	6.480	3.446
Vegetables							
Veg, Salad, Three Bean, 1/4 Cup	82584	1/4 Cup	100	118.406	12.295	4.400	1.960
Fruit							
Menu 132; Honeydew, CC, 1/2 Cup	82124	1/2 Cup	100	44.861	11.327	0.997	10.119
Grains							
WG Breadstick, Rich's, Garlic & Herb	1291269	1 each	100	60.000	12.000	1.000	0.000
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	20	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	30	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	50	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				656.673	79.673	12.877	28.825
% of Calories					48.531%		

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 05-03-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
WG Sunbutter & Jelly Sandwich, 1 Each	82111	1 each	100	372.620	41.460	6.800	13.880
Vegetables							
Red Pepper Strips, 1/4 Cup	84940	1/4 Cup	100	18.027	3.507	1.221	2.442
Broccoli Lemon, 1/2 Cup	1481367	1/2 Cup	100	27.272	5.326	2.085	1.364
Fruit							
Menu 339; Fruit, Fruit Salad, CHP, CC, 1/2 Cup	82121	1/2 Cup	100	60.575	15.360	1.580	12.958
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	1	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	1	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	98	80.000	11.000	0.000	11.000
Misc.							
Menu 277; Cheese, String, 1 Each	82098	1 Each	100	80.000	1.000	0.000	0.000
Total			100				
Weighted Daily Average				639.194	77.762	11.687	41.724
% of Calories					48.663%		

* Indicates missing Nutrient Information.

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