

Nutrient Detail Report

Organization: Gourmet Gorilla

Session: 2023-24 School Year

Menu: FSP Hot Lunch SY 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)	609.097		600 min / 650 max	Pass		
Protein (g)	32.049*	21.047%				
Total Fat (g)	17.709*	26.167%				
Saturated Fat (g)	5.364*	7.925%	< 10%	Pass		
Trans Fat (g)	0.081*					
Carbohydrates (g)	78.781*	51.736%				
Cholesterol (mg)	58.411*					
Sodium (mg)	894.551		≤ 1110	Pass		
Potassium (mg)	210.527*					
Fiber (g)	9.151*					
Sugars (g)	31.474*					
Iron (g)	3.680*					
Calcium (mg)	514.318*					
Vitamin A (IU)	4,001.922*					
Vitamin C (mg)	71.119*					
Vitamin D (mcg)	0.300*					

* Indicates missing Nutrient Information.

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Menu Detail

Date: 04-01-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Zesty BBQ Chicken Drumsticks, 2 Each	82490	2 Each	100	431.590	7.637	0.113	5.157
Vegetables							
Roasted Potatoes, 1/2 Cup	82236	0.5 Cup	100	58.454	13.393	0.962	0.459
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
Grains							
Menu 036; Rice, Brown, 3/4 Cup	92019	3/4 Cup	100	162.544	34.421	0.956	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				784.274	78.598	4.273	24.992
% of Calories					40.087%		

* Indicates missing Nutrient Information.

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Menu Detail

Date: 04-02-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Menu 023; Beef, Hot Dog, 1 Each	82156	1 Each	100	180.000	1.000	0.000	1.000
Vegetables							
Veg, Carrots, Baby, 1/4 Cup	82244	1/4 Cup	100	12.799	2.957	1.049	0.000
Peas, 1/2 Cup	82237	1/2 Cup	100	48.783	8.363	4.181	1.394
Fruit							
Menu 114; Fruit, Applesauce, 1/2 Cup	82082	1/2 Cup	100	50.000	14.000	1.000	12.000
Grains							
WG Hot Dog Bun, 1 Each	82142	1 each	100	149.258	27.017	2.686	3.571
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.							
Ketchup Packet, 1 Each	82287	1 Each	100	10.000	2.000	0.000	2.000

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Mustard Packet, 1 Each	82385	1 Each	100	0.000	0.000	0.000	0.000
Total			100				
Weighted Daily Average				531.539	66.447	8.916	31.045
% of Calories					50.003%		

* Indicates missing Nutrient Information.

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Menu Detail

Date: 04-03-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Turkey Tacos, 2 oz, NSLP	82327	2 oz	100	133.333	0.000	0.000	0.000
Vegetables							
Beans, Black, Seasoned, 1/4 cup	1365660	1/4 cup	100	107.067	8.852	2.212	0.357
Jicama and Cucumber Relish, 1/2 cup	1481447	1/2 cup	100	44.125	10.283	3.765	3.138
Fruit							
Pear Slices, 4 Each	1352678	4 Each	100	57.399	15.337	3.122	9.818
Grains							
WG Tortilla (8")	1365671	1 ea	100	130.000	22.000	2.000	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				552.624	67.581	11.098	24.392
% of Calories					48.916%		

* Indicates missing Nutrient Information.

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Menu Detail

Date: 04-04-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Chicken Pozole, 1 cup, Green NEW	1275068	1 cup	100	158.049	10.294	1.880	1.217
Vegetables							
Green Cabbage, 1/2 cup	1265928	1/2 cup	100	11.000	2.500	1.000	1.500
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 Tortilla Chips, 11 Each	82158	11 each	100	150.000	21.000	2.000	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				563.016	68.526	10.277	25.875
% of Calories					48.685%		

* Indicates missing Nutrient Information.

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Menu Detail

Date: 04-05-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Menu 018; Sauce, Tomato Cream, Scratch, 3/8 Cup	82449	3/8 Cup	100	87.920	5.261	0.873	3.188
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 258; Fruit, Fruit Salad, CHP, 1/2 Cup	84783	1/2 Cup	100	60.461	15.331	1.577	12.934
Grains							
WG Rotini Pasta, 3/4 Cup	82269	3/4 CUP	100	145.455	29.818	4.364	1.455
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
Misc.							
Shredded Mozzarella Cheese, 2 oz	82294	2 Ounce	100	182.247	2.025	0.000	0.000
Total			100				

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Weighted Daily Average				662.082	84.378	11.121	32.462
% of Calories					50.977%		

* Indicates missing Nutrient Information.

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Menu Detail

Date: 04-08-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
WG Carolina BBQ Chicken Patty, 1 Each	1473449	1 each	100	262.160	21.152	3.000	6.824
Vegetables							
Veg, Coleslaw, GF/DF/EF 1/4 cup	91391	1/4 cup	100	16.417	4.260	0.679	3.308
Roasted Potatoes, 1/2 Cup	82236	0.5 Cup	100	58.454	13.393	0.962	0.459
Fruit							
Orange Slices, 4 Each	82042	4 Each	100	110.109	14.986	2.794	11.379
Grains							
Menu 013; Bread, Bun, Hamburger, WG, 1 each	82047	1 each	100	143.683	25.876	2.591	3.304
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				688.823	93.767	10.026	38.574
% of Calories					54.451%		

* Indicates missing Nutrient Information.

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Menu Detail

Date: 04-09-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Peri Peri Chicken Thigh, 2 oz	1174853	2 oz	100	192.718	0.082	0.356	0.705
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
Grains							
Spanish Rice, 3/4 Cup	1362005	3/4 Cup	100	199.284	33.423	1.060	0.877
Milk							
Milk, 1%, Sassy Cow, Half Pint	82074	1 Each	50	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	20	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	30	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				666.858	82.747	9.466	25.239
% of Calories					49.634%		

* Indicates missing Nutrient Information.

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Menu Detail

Date: 04-10-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Cheese Sauce, Scratch, 3/8 Cup	82240	3/8 Cup	100	170.019	4.648	0.038	3.102
Vegetables							
Veg, Tomato, Cherry, 1/4 cup (4 each)	82096	4 Each	100	6.705	1.449	0.447	0.980
Green Beans Garlic, 1/2 cup	1473451	1/2 cup	100	23.625	4.725	1.575	1.575
Fruit							
Menu 114; Fruit, Applesauce, 1/2 Cup	82082	1/2 Cup	100	50.000	14.000	1.000	12.000
Grains							
WG Elbow Pasta, 3/4 Cup	82218	3/4 CUP	100	135.460	29.350	4.515	1.505
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				483.808	68.272	7.576	32.462
% of Calories					56.445%		

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Menu Detail

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Pizza, Tomato Basil Pesto, Garlic Herb Breadstick Base	1306540	1 pizza	100	278.171	28.040	2.521*	1.492*
Vegetables							
Menu 070; Veg, Broccoli, 1/2 Cup	82243	1/2 Cup	100	27.272	5.326	2.085	1.364
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
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				652.227	81.1	9.905*	35.795*
% of Calories					49.737%		

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Menu Detail

Date: 04-12-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Vegetables							
Roasted Potatoes, 1/2 Cup	82236	0.5 Cup	100	58.454	13.393	0.962	0.459
Green Pepper Strips, 1/4 Cup	82241	1/4 Cup	100	14.175	3.289	1.205	1.701
Fruit							
Menu 119; Fruit, Cantaloupe, 1/2 Cup	82208	1/2 Cup	100	54.969	13.193	1.455	12.708
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.							
Menu 242; Eggs, Scrambled w/ Red Pepper, 1/4 Cup	1481553	1/4 Cup	100	98.186	0.052	0.018	0.036
Menu 098; WG Pancakes (2)	82057	2 Each	100	159.891	30.646	3.997	5.330
Syrup, Breakfast, Smuckers, Packet, 1 Each	82099	1 each	100	80.000	21.000	0.000	21.000
Total			100				
Weighted Daily Average				563.675	95.671	7.637	54.533
% of Calories					67.891%		

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Menu Detail

Date: 04-15-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Fajita Seasoned Chicken B, 2 oz	1317181	2 oz	100	110.163	1.349*	0.457*	0.101*
Vegetables							
Veg, Carrots, Baby, 1/4 Cup	82244	1/4 Cup	100	12.799	2.957	1.049	0.000
Peppers & Onions, 1/2 Cup	82203	1/2 Cup	100	37.463	3.122	0.780	0.000
Fruit							
Orange Slices, 4 Each	82042	4 Each	100	110.109	14.986	2.794	11.379
Grains							
Menu 013; Bread, Bun, Hamburger, WG, 1 each	82047	1 each	100	143.683	25.876	2.591	3.304
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	98	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	1	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				533.717	68.13*	7.671*	32.654*
% of Calories					51.061%		

* Indicates missing Nutrient Information.

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Menu Detail

Date: 04-16-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Menu 050; Chicken, Nuggets, WG, 4 Each	82068	4 Each	100	198.261	13.217	2.478	0.826
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

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Fruit							
Pear Slices, 4 Each	1352678	4 Each	100	57.399	15.337	3.122	9.818
Grains							
WG Bread, 1 Slice	82064	1 Slice	100	71.310	13.230	1.400	1.440
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	98	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	1	80.000	11.000	0.000	11.000
Misc.							
Ketchup Packet, 1 Each	82287	1 Each	100	10.000	2.000	0.000	2.000
Total			100				
Weighted Daily Average				594.481	80.191	13.707	33.901
% of Calories					53.957%		

* Indicates missing Nutrient Information.

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Menu Detail

Date: 04-17-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
WG Turkey Tinga Quesadilla, 1 Each	1481344	1 each	100	292.649	23.812	2.149	0.410
Vegetables							
Beans, Black, Seasoned, 1/4 cup	1365660	1/4 cup	100	107.067	8.852	2.212	0.357
Veg, Corn Salad, 1/2 Cup	82321	1/2 Cup	100	97.483	14.819	0.914	0.318
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	1	110.000	13.000	0.000	12.000
Milk, Skim, Chocolate, Half Pint, Deans	82086	1 each	98	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	1	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				658.793	77.2	7.307	25.914
% of Calories					46.874%		

* Indicates missing Nutrient Information.

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Menu Detail

Date: 04-18-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
MMA 017; Chicken, Thigh, Teriyaki, 2 oz	91985	2 ounce	100	178.169	1.337	0.010	1.014
Vegetables							
Menu 070; Veg, Broccoli, 1/2 Cup	82243	1/2 Cup	100	27.272	5.326	2.085	1.364
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							
Menu 036; Rice, Brown, 3/4 Cup	92019	3/4 Cup	100	162.544	34.421	0.956	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	98	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	1	80.000	11.000	0.000	11.000
Total			100				
Weighted Daily Average				560.482	77.623	5.728	35.398
% of Calories					55.397%		

* Indicates missing Nutrient Information.

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Menu Detail

Date: 04-19-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Sauce, Chili Mac, 1/2 Cup	1473472	1/2 cup	100	43.188	5.906	1.604	2.512
Vegetables							
Veg, Carrots, Baby, 1/2 Cup	82199	1/2 Cup	100	25.597	5.915	2.097	0.000
Veg, Corn, 1/4 Cup	82273	1/4 Cup	100	36.287	8.619	0.453	0.000
Fruit							
Menu 258; Fruit, Fruit Salad, CHP, 1/2 Cup	84783	1/2 Cup	100	60.461	15.331	1.577	12.934
Grains							
WG Elbow Pasta, 1/2 Cup	1344601	1/2 CUP	100	90.307	19.566	3.010	1.003
WG Breadstick, Rich's, Garlic & Herb	1291269	1 each	100	60.000	12.000	1.000	0.000

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
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	98	120.000	20.000	0.000	18.000
Milk, Skim, Half Pint, Prime	82089	1 each	1	80.000	11.000	0.000	11.000
Misc.							
Menu 261; Cheese, Cheddar, Shredded, 1/2 Oz	88225	1/2 Ounce	100	55.687	0.000	0.000	0.000
Total			100				
Weighted Daily Average				491.027	87.177	9.743	34.32
% of Calories				71.016%			

* Indicates missing Nutrient Information.

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Menu Detail

Date: 04-22-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Beef Burger & American Cheese, 1 Each	1168773	1 Each	100	245.000	0.500	0.000	0.500
Vegetables							
Veg, Sweet Potato, Fries, 1/2 Cup	82297	1/2 Cup	100	111.944	17.591	2.399	3.998
Veg, Salad, Three Bean, 1/4 Cup	82584	1/4 Cup	100	118.406	12.295	4.400	1.960
Pickle, Chips, Crinkle Cut, 2 each	1362865	2 each	100	0.000	N/A*	N/A*	N/A*
Fruit							
Orange Slices, 4 Each	82042	4 Each	100	110.109	14.986	2.794	11.379
Grains							
Menu 013; Bread, Bun, Hamburger, WG, 1 each	82047	1 each	100	143.683	25.876	2.591	3.304
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.							
Ketchup Packet, 1 Each	82287	1 Each	100	10.000	2.000	0.000	2.000
Mustard Packet, 1 Each	82385	1 Each	100	0.000	0.000	0.000	0.000
Total			100				
Weighted Daily Average				819.842	84.358*	12.183*	34.221*
% of Calories				41.158%			

* Indicates missing Nutrient Information.

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

Menu Detail

Date: 04-23-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Orange Breaded Chicken, Nugget, NSLP K-8	1472839	4 each	100	209.645	16.078	2.485*	3.356
Vegetables							
Green Beans, 1/2 Cup	82175	1/2 Cup	100	23.625	4.725	1.575	1.575
Veg, Edamame, 1/4 Cup	82141	1/4 Cup	100	43.013	3.519	1.955	0.782
Fruit							
Menu 008; Fruit, Appleberry Sauce, 1/2 Cup, Com	1320355	1/2 Cup	100	49.403	12.849	2.065	8.671
Grains							
(not so) Fried Rice, 3/4 Cup	258424	3/4 cup	100	279.025	58.425	2.672	3.400
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				685.411	106.706	10.753*	28.864
% of Calories				62.273%			

* Indicates missing Nutrient Information.

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Menu Detail

Date: 04-24-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Mostaccioli, WG, 3/4 cup	1332511	3/4 cup	100	327.138	36.480	5.452	4.634
Vegetables							
Peas, 1/2 Cup	82237	1/2 Cup	100	48.783	8.363	4.181	1.394
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							

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
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				585.873	90.205	15.504	39.474
% of Calories					61.587%		

* Indicates missing Nutrient Information.

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Menu Detail

Date: 04-25-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Jerk Glaze Chicken, 2 oz	1481332	2 oz	100	185.484	3.222	0.393*	2.096
Vegetables							
Veg, Corn, 1/2 Cup	82127	1/2 Cup	100	60.443	14.356	0.755	0.000
Pineapple & Jicama, Pico De Gallo, 1/4 cup	1453474	1/4 cup	100	46.089	11.558	2.516	6.729
Fruit							
Menu 119; Fruit, Cantaloupe, 1/2 Cup	82208	1/2 Cup	100	54.969	13.193	1.455	12.708
Grains							
Arroz Verde Rice, 3/4 cup	1481320	3/4 cup	100	164.791	34.814	1.067	0.032
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				592.475	88.254	6.186*	32.644
% of Calories					59.583%		

* Indicates missing Nutrient Information.

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Menu Detail

Date: 04-26-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Pizza, Cheese, Garlic Herb Breadstick Base	1305148	1 pizza	100	329.935	30.386	2.858	2.274
Vegetables							
Menu 070; Veg, Broccoli, 1/2 Cup	82243	1/2 Cup	100	27.272	5.326	2.085	1.364
Cucumber Slices, 1/4 Cup	82220	1/4 Cup	100	6.446	1.560	0.215	0.718
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
Total			100				
Weighted Daily Average				504.815	63.713	6.736	28.369
% of Calories					50.485%		

* Indicates missing Nutrient Information.

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Menu Detail

Date: 04-29-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Menu 023; Beef, Hot Dog, 1 Each	82156	1 Each	100	180.000	1.000	0.000	1.000
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
Grains							
WG Hot Dog Bun, 1 Each	82142	1 each	100	149.258	27.017	2.686	3.571
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				494.447	61.201	5.993	28.987
% of Calories					49.511%		

* Indicates missing Nutrient Information.

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Menu Detail

Date: 04-30-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Zesty BBQ Chicken Drumsticks, 2 Each	82490	2 Each	100	431.590	7.637	0.113	5.157
Vegetables							
Celery, 1/4 cup	1078402	0.25 cup	100	4.040	0.750	0.404	0.338
Roasted Potatoes, 1/2 Cup	82236	0.5 Cup	100	58.454	13.393	0.962	0.459
Fruit							
Menu 316; Apple Slices, 1/2 Cup	82138	4 Slices	100	42.094	9.877	2.032	6.960
Grains							
Menu 036; Rice, Brown, 3/4 Cup	92019	3/4 Cup	100	162.544	34.421	0.956	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				779.422	77.188	4.467	23.994
% of Calories					39.613%		

* Indicates missing Nutrient Information.

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Menu Detail

Date: 05-01-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Turkey Tacos, 2 oz, NSLP	82327	2 oz	100	133.333	0.000	0.000	0.000
Vegetables							
Beans, Black, Seasoned, 1/4 cup	1365660	1/4 cup	100	107.067	8.852	2.212	0.357
Jicama and Cucumber Relish, 1/2 cup	1481447	1/2 cup	100	44.125	10.283	3.765	3.138
Fruit							
Pear Slices, 4 Each	1352678	4 Each	100	57.399	15.337	3.122	9.818
Grains							
WG Tortilla (8")	1365671	1 ea	100	130.000	22.000	2.000	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				552.624	67.581	11.098	24.392
% of Calories					48.916%		

* Indicates missing Nutrient Information.

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Menu Detail

Date: 05-02-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Chicken Pozole, 1 cup, Green NEW	1275068	1 cup	100	158.049	10.294	1.880	1.217
Vegetables							
Green Cabbage, 1/2 cup	1265928	1/2 cup	100	11.000	2.500	1.000	1.500
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 Tortilla Chips, 11 Each	82158	11 each	100	150.000	21.000	2.000	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				563.016	68.526	10.277	25.875
% of Calories					48.685%		

* Indicates missing Nutrient Information.

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Menu Detail

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Lunch Entree							
Menu 018; Sauce, Tomato Cream, Scratch, 3/8 Cup	82449	³ / ₈ Cup	100	87.920	5.261	0.873	3.188
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 258; Fruit, Fruit Salad, CHP, 1/2 Cup	84783	¹ / ₂ Cup	100	60.461	15.331	1.577	12.934
Grains							
WG Rotini Pasta, 3/4 Cup	82269	³ / ₄ CUP	100	145.455	29.818	4.364	1.455
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
Misc.							
Shredded Mozzarella Cheese, 2 oz	82294	2 Ounce	100	182.247	2.025	0.000	0.000
Total			100				
Weighted Daily Average				662.082	84.378	11.121	32.462
% of Calories					50.977%		

* Indicates missing Nutrient Information.

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