

Nutrient Detail Report

Organization: Gourmet Gorilla
Session: 2023-24 School Year
Menu: FSP Hot Lunch HS, SY 23-24
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)	854.341		750 min / 850 max			
Protein (g)	37.072*	17.357%				
Total Fat (g)	20.783*	21.894%				
Saturated Fat (g)	6.151*	6.48%	< 10%	Pass		
Trans Fat (g)	0.081*					
Carbohydrates (g)	124.225*	58.162%				
Cholesterol (mg)	61.962*					
Sodium (mg)	1,058.603		≤ 1280	Pass		
Potassium (mg)	416.554*					
Fiber (g)	16.699*					
Sugars (g)	55.362*					
Iron (g)	4.876*					
Calcium (mg)	612.077*					
Vitamin A (IU)	4,897.878*					
Vitamin C (mg)	123.774*					
Vitamin D (mcg)	0.490*					

* 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							
Zesty BBQ Chicken Drumsticks, 2 Each	82490	2 Each	100	431.590	7.637	0.113	5.157
Vegetables							
Cucumber Salad, 1/2 cup	327023	1/2 cup	100	17.691	4.296	0.418	2.659
Roasted Potatoes, 1/2 Cup	82236	0.5 Cup	100	58.454	13.393	0.962	0.459
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
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
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	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				1014.381	125.814	11.5	49.069
% of Calories					49.612%		

* 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, 1/2 Cup	82199	1/2 Cup	100	25.597	5.915	2.097	0.000
Peas, 1/2 Cup	82237	1/2 Cup	100	48.783	8.363	4.181	1.394
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
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

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
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				694.336	101.253	15.584	52.36
% of Calories					58.331%		

* 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 Taco Meat, 2 oz, NSLP	1291260	2 oz	100	133.333	0.000	0.000	0.000
Vegetables							
Jicama and Cucumber Relish, 1/2 cup	1481447	1/2 cup	100	44.125	10.283	3.765	3.138
Beans, Black, Seasoned, 1/2 cup	1380051	1/2 cup	100	207.442	17.150	4.285	0.691
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
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
WG Tortilla Chips, 6 Each	82176	6 each	100	81.818	11.455	1.091	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				884.815	119.183	19.882	46.042
% of Calories					53.879%		

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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, 1/2 Cup	82380	1/2 Cup	100	133.972	21.218	5.546	6.472
Fruit							
Menu 132; Honeydew, CC, 1/2 Cup	82124	1/2 Cup	100	44.861	11.327	0.997	10.119
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Grains							
WG Tortilla Chips, 11 Each	82158	11 each	100	150.000	21.000	2.000	0.000
Menu 036; Rice, Brown, 1/2 Cup	82234	1/2 Cup	100	99.183	21.004	0.583	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				827.763	130.302	17.626	51.703
% of Calories					62.966%		

* 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							
Broccoli Lemon, 1/2 Cup	1481367	1/2 Cup	100	27.272	5.326	2.085	1.364
Red Pepper Strips, 1/2 Cup	84942	1/2 Cup	100	30.659	5.964	2.077	4.154
Fruit							
Menu 258; Fruit, Fruit Salad, CHP, 1/2 Cup	84783	1/2 Cup	100	60.461	15.331	1.577	12.934
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Grains							
WG Rotini Pasta, 3/4 Cup	82269	3/4 CUP	100	145.455	29.818	4.364	1.455

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
Misc.							
Shredded Mozzarella Cheese, 2 oz	82294	2 Ounce	100	182.247	2.025	0.000	0.000
Total			100				
Weighted Daily Average				824.711	118.684	17.596	55.489
% of Calories					57.564%		

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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							
GF/DF/EF Coleslaw, 1/2 cup	1380054	1/2 cup	100	31.808	8.254	1.316	6.409
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
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
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				854.212	129.61	16.282	62.991
% of Calories					60.692%		

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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, 5/8 cup	308590	5/8 cup	100	167.337	26.722	5.330	1.766
Fruit							
Pear Slices, 4 Each	1352678	4 Each	100	57.399	15.337	3.122	9.818
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Grains							
Spanish Rice, 3/4 Cup	1362005	3/4 Cup	100	199.284	33.423	1.060	0.877
WG Roll, 1 Each	82281	1 Each	100	75.500	13.300	1.500	1.200
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				970.834	140.428	19.085	48.582
% of Calories					57.859%		

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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, 1/2 Cup	82560	1/2 Cup	100	236.548	6.467	0.053	4.316
Vegetables							
Green Beans Garlic, 1/2 cup	1473451	1/2 cup	100	23.625	4.725	1.575	1.575
Veg, Tomato, Cherry, 1/2 cup (6 each)	82222	6 Each	100	13.410	2.898	0.894	1.959
Fruit							
Menu 114; Fruit, Applesauce, 1/2 Cup	82082	1/2 Cup	100	50.000	14.000	1.000	12.000
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Grains							
WG Elbow Pasta, 3/4 Cup	82218	3/4 CUP	100	135.460	29.350	4.515	1.505
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				767.04	115.388	14.657	55.971
% of Calories					60.173%		

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Menu Detail

Date: 04-11-2024

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
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
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				802.225	112.949	15.524*	57.111*
% of Calories					56.318%		

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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
Veg, Green Pepper, Strips, 1/2 Cup	84932	1/2 Cup	100	24.107	5.593	2.049	2.893
Fruit							
Menu 119; Fruit, Cantaloupe, 1/2 Cup	82208	1/2 Cup	100	54.969	13.193	1.455	12.708
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
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				723.605	129.825	14.1	77.04
% of Calories					71.766%		

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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							
Peppers & Onions, 1/2 Cup	82203	1/2 Cup	100	37.463	3.122	0.780	0.000
Veg, Carrots, Baby, 1/2 Cup	82199	1/2 Cup	100	25.597	5.915	2.097	0.000
Fruit							
Orange Slices, 4 Each	82042	4 Each	100	110.109	14.986	2.794	11.379
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Grains							
Menu 013; Bread, Bun, Hamburger, WG, 1 each	82047	1 each	100	143.683	25.876	2.591	3.304
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	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				696.514	102.937*	14.338*	53.97*
% of Calories					59.116%		

* 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 051; Chicken, Nuggets, WG, 5 Each	82342	5 Each	100	247.826	16.522	3.098	1.033
Vegetables							
Peas, 1/2 Cup	82237	1/2 Cup	100	48.783	8.363	4.181	1.394
Lemony Chickpea Salad, 1/2 cup	1041001	1/2 Cup	100	178.456	16.408	5.052	1.106
Fruit							
Pear Slices, 4 Each	1352678	4 Each	100	57.399	15.337	3.122	9.818
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
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				883.272	123.548	22.472	55.976
% of Calories					55.95%		

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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, 2 Each	1487508	2 each	100	578.487	47.548	4.283	0.780
Vegetables							
Veg, Corn Salad, 1/2 Cup	82321	1/2 Cup	100	97.483	14.819	0.914	0.318
Beans, Black, Seasoned, 1/2 cup	1380051	1/2 cup	100	207.442	17.150	4.285	0.691
Fruit							
Menu 316; Apple Slices, 1/2 Cup	82138	4 Slices	100	42.094	9.877	2.032	6.960
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
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				1195.003	141.084	17.134	47.934
% of Calories					47.224%		

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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, 1/2 Cup	84942	1/2 Cup	100	30.659	5.964	2.077	4.154
Fruit							
Menu 119; Fruit, Cantaloupe, 1/2 Cup	82208	1/2 Cup	100	54.969	13.193	1.455	12.708
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Grains							
Menu 036; Rice, Brown, 3/4 Cup	92019	3/4 Cup	100	162.544	34.421	0.956	0.000
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

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
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				794.421	125.159	13.603	59.865
% of Calories					63.019%		

* 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							
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
Celery, 1/2 cup	1040991	0.5 cup	100	8.080	1.500	0.808	0.677
Fruit							
Menu 258; Fruit, Fruit Salad, CHP, 1/2 Cup	84783	1/2 Cup	100	60.461	15.331	1.577	12.934
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
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
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				612.817	111.907	15.716	56.312
% of Calories					73.044%		

* 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							
Pickle, Chips, Crinkle Cut, 2 each	1362865	2 each	100	0.000	N/A*	N/A*	N/A*
Veg, Sweet Potato, Fries, 1/2 Cup	82297	1/2 Cup	100	111.944	17.591	2.399	3.998
Veg, Salad, Three Bean, 1/2 Cup (CORRECT)	1422332	1/2 Cup	100	232.315	24.123	8.633	3.845
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
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
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				1101.049	131.026*	22.035*	59.641*
% of Calories					47.6%		

* Indicates missing Nutrient Information.

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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 HS	1481585	5 each	100	259.210	19.382	3.104*	3.562
Vegetables							
Veg, Edamame, 1/2 Cup	82213	1/2 Cup	100	94.858	7.761	4.312	1.725
Green Beans, 1/2 Cup	82175	1/2 Cup	100	23.625	4.725	1.575	1.575
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
Menu 008; Fruit, Appleberry Sauce, 1/2 Cup	82211	1/2 Cup	100	47.977	13.348	1.138	11.025
Grains							
(not so) Fried Rice, 3/4 Cup	258424	3/4 cup	100	279.025	58.425	2.672	3.400
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	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				1024.002	162.82	19.82*	57.343
% of Calories					63.602%		

* 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, 1 cup HS	1308162	1 cup	100	407.691	41.547	6.247	6.126
Vegetables							
Peas, 1/2 Cup	82237	1/2 Cup	100	48.783	8.363	4.181	1.394
Steamed Carrots, Honey, 1/2 Cup	1363138	1/2 Cup	100	59.730	15.407	2.377	8.192
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Fruit, Pearsauce, 1/2 Cup	87872	1/2 Cup	100	99.387	26.549	4.683	18.271
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				923.59	149.815	24.107	68.598
% of Calories					64.884%		

* 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, 1/2 cup	1453471	1/2 cup	100	92.177	23.117	5.032	13.458
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
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
WG Tortilla Chips, 6 Each	82176	6 each	100	81.818	11.455	1.091	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				887.68	146.106	15.412*	62.908
% of Calories					65.837%		

* 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, 1/2 Cup	82187	1/2 Cup	100	12.904	3.123	0.430	1.437
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
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	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				678.57	100.115	12.57	52.623
% of Calories					59.016%		

* 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							
Veg, Carrots, Baby, 1/2 Cup	82199	1/2 Cup	100	25.597	5.915	2.097	0.000
Cucumber Salad, 1/2 cup	327023	1/2 cup	100	17.691	4.296	0.418	2.659
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
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
Mustard Packet, 1 Each	82385	1 Each	100	0.000	0.000	0.000	0.000
Total			100				
Weighted Daily Average				663.244	97.187	11.82	53.625
% of Calories					58.613%		

* 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, 1/2 cup	1040991	0.5 cup	100	8.080	1.500	0.808	0.677
Roasted Potatoes, 1/2 Cup	82236	0.5 Cup	100	58.454	13.393	0.962	0.459
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
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
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	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				1004.77	123.017	11.89	47.087
% of Calories					48.973%		

* 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 Taco Meat, 2 oz, NSLP	1291260	2 oz	100	133.333	0.000	0.000	0.000
Vegetables							
Jicama and Cucumber Relish, 1/2 cup	1481447	1/2 cup	100	44.125	10.283	3.765	3.138
Beans, Black, Seasoned, 1/2 cup	1380051	1/2 cup	100	207.442	17.150	4.285	0.691
Fruit							
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)	Fiber (g)	Sugars (g)
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
WG Tortilla Chips, 6 Each	82176	6 each	100	81.818	11.455	1.091	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				884.815	119.183	19.882	46.042
% of Calories					53.879%		

* 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, 1/2 Cup	82380	1/2 Cup	100	133.972	21.218	5.546	6.472
Fruit							
Menu 132; Honeydew, CC, 1/2 Cup	82124	1/2 Cup	100	44.861	11.327	0.997	10.119
Lime, 1/4 each	1381770	1/4 each	100	5.025	1.765	0.469	0.283
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
Grains							
WG Tortilla Chips, 11 Each	82158	11 each	100	150.000	21.000	2.000	0.000
Menu 036; Rice, Brown, 1/2 Cup	82234	1/2 Cup	100	99.183	21.004	0.583	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				832.788	132.067	18.095	51.986
% of Calories					63.434%		

* Indicates missing Nutrient Information.

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Menu Detail

Date: 05-03-2024

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
Whole Fruit, 1 Each	82050	1 Each	100	149.998	31.849	5.619	21.315
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				812.08	116.227	16.74	53.778
% of Calories					57.249%		

* Indicates missing Nutrient Information.

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