

Nutrient Detail Report

District: Genuine Foods DC

School: Learn DC

Menu: 22/23 DC Base Lunch K-8

Date Range: June 01, 2023 - June 30, 2023



Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 06/01/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Chicken Parmesan Sub with Marinara 2MMA 2WG 0.25 RO	16764	1.00 portion	50	517.584	30.819	23.763	3.945*	0.000*	77.482*	836.449	354.917*	44.844	4.817	10.800	2.150*	41.287*	0.377*	0.000*	0.000*
Chicken Ranch Wrap 2 MMA 2WG .25DG	1942	1.00 wrap	50	352.943	19.577	14.421	4.927	0.000	53.937	429.744	58.045*	35.273	4.494	3.530	2.028*	101.042*	2046.850*	0.940*	0.000*
Roasted Potato Wedges/Fries (fresh) .5c S	918	1/2 cup	50	106.413	2.591	0.154	0.040	0.000	0.000	139.875	627.681*	24.228	3.701	1.774	0.802	13.880*	12.338*	14.034*	0.000*
Roasted Cauliflower .5c O	1030	0.50 cup	50	33.729	2.530	0.422	0.000	0.000	0.000	33.729	N/A*	4.216	1.686	0.000	N/A*	33.729	N/A*	N/A*	N/A*
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	2939	1.00 carton	100	62.500	0.500	0.000	0.000	0.000	0.000	13.750	95.000	15.500	0.250	14.500	0.225	7.500	0.000	8.400	0.000
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	50	110.000	8.000	2.500	1.500	0.000	10.000	130.000	400.000	13.000	0.000	12.000	0.000	300.000	N/A*	N/A*	2.500
				35	39	30	3*	0*	0*	49	22*	31	9	52	5*	39*	83*	17*	0*

Weighted Daily Average	667.8	36.2%	20.6%	5.20%	0.00%	73.21	863.6	815.3	82.7%	7.59	34.5%	2.71%	402.4	1279.7	17.08	1.25%
% of Calories		21.72%	27.80%	7.02%*	0.00%*				49.58%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Fri - 06/02/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Cajun Chicken Pasta Bake, 2 MMA, 2 WG, 1/2 O	5413	1.50 cups	50	416.695	26.388	14.066	5.907	0.000*	44.136	255.447	353.860*	53.473	10.345	5.587	2.550*	83.523*	99.960*	0.000*	0.588*
Turkey Ham & Cheese Sandwich 2MMA 2WG	1933	1.00 sandwich	50	316.546	20.588	11.209	3.799	0.000	57.045	1013.252	N/A*	34.227	2.214*	4.935	2.906*	50.624	0.000*	0.000*	N/A*
Broccoli, Florets, Blanched & Cooled.75 DG	1943	0.75 cup	50	34.305	3.431	0.000	0.000	0.000	0.000	17.153	243.567	5.718	3.431	1.144	1.235	22.870	N/A*	N/A*	N/A*
Green Beans (IQF), .5 O	1295	1/2 cup	50	23.347	0.934	0.000	0.000	0.000	0.000	0.000	126.072	4.669	2.802	0.934	0.672	18.677	N/A*	N/A*	N/A*
100% Orange Juice, SS Cup	711	1.00 count	50	50.000	1.000	0.000	0.000	0.000	0.000	15.000	190.000	13.000	1.000	11.000	0.000	0.000	0.000	30.000	0.000
Pear, 90 CT	743	1.00 each	50	119.236	0.782	0.248	0.012	0.000	0.000	2.484	N/A*	31.871	6.334	20.208	0.348	18.631	47.197	8.694	N/A*
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
				0.000	0.000	0.500	0.500	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.500

Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	50	11	8	2	1	0	10	13	40	15	0	12	0	30	1	1	2
Weighted Daily Average				580.065	34.562	14.012	5.609	0.000*	58.091	781.668	656.750*	84.479	13.063*	33.904	3.856*	397.163*	323.579*	20.547*	1.544*
% of Calories					23.83%	21.74%	8.70%	0.00%*				58.25%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Mon - 06/05/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
DC -NOLA Chicken Sandwich (JTM) 2MMA 2WG	17641	1.00 sandwich	50	299.148	21.788	7.001	1.543	0.000	51.437*	673.361	110.000*	38.675	2.000*	11.000	2.600*	46.287*	0.000*	0.000*	0.400*
Pulled Buffalo Chicken Wrap 2MMA 2.5WG	7399	1.00 sandwich	50	369.211	25.412	14.001	5.204	0.000	73.482	1007.192	N/A*	34.000	4.000	3.000	2.143	95.981	136.078*	0.000*	N/A*
Roasted Sweet Potato Wedges/Fries (Fresh) .5c R/O	1399	1/2 cup	50	139.777	2.172	2.309	0.185	0.000	0.000	133.690	466.225*	27.835	4.150	5.783	0.844*	41.504*	19627.085*	3.320*	0.000*
Celery Stick	8659	6.00 sticks	50	15.993	0.172	1.042	0.010	0.000	0.000	74.958	64.864*	1.741	0.399	0.834	0.050*	9.979*	112.015*	0.773*	0.000*
Assorted Fruit (1/2 cup)	4218	1/2 cup	100	74.289	0.599	0.172	0.034	0.000	0.000	2.645	113.987*	18.727	2.992	9.424*	0.272*	18.814*	78.468*	18.768*	0.000*
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	2841	1.00 each	100	44.200	0.773	0.155	0.000	0.000	0.000	7.624	141.152	10.045	1.700	7.212	0.278	36.576	N/A*	50.227	N/A*
				00	0	0	0	0	00	00	00	00	0	00	0	00	*	*	0

Low Fat (1%) Milk, Plain (MA/DC)	865	1.00 carton	50	110.0	8.00	2.50	1.50	0.00	10.00	130.0	400.0	13.00	0.00	12.00	0.00	300.0	N/A	N/A	2.50
Fat Free (Skim) Milk, Plain (MA/DC)	972	1.00 carton	50	90.000	8.000	0.000	0.000	0.000	5.000	130.000	N/A*	13.000	0.000	12.000	0.000	300.000	500.000	2.400	N/A*
Weighted Daily Average				630.554	34.144	13.754	4.255	0.000	69.960*	1084.870	775.684*	92.898	9.967*	38.945*	3.369*	452.266*	10266.057*	72.242*	1.450*
% of Calories					21.66%	19.63%	6.07%	0.00%				58.93%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 06/06/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Teriyaki Meatballs (2MMA)	16802	5.00 meatballs	100	307.570	14.175*	14.175*	6.075*	0.000*	35.437*	472.342	38.399*	29.009	1.012*	24.052	0.000*	0.000*	0.000*	3.948	N/A*
Steamed Corn, 1/2 cup	624	0.50 cup	100	86.974	2.028	2.267	0.720	0.000	0.000	13.600	0.000*	16.223	2.028	3.042	0.365*	N/A*	N/A*	N/A*	N/A*
Brown Rice 1/2c 1WG	774	1/2 cup	100	96.646	1.933	0.644	0.000	0.000	0.000	97.418	0.000*	20.618	0.644	0.000	0.232	0.000*	0.000*	0.000*	N/A*
Weighted Daily Average				491.190	18.136*	17.086*	6.795*	0.000*	35.437*	583.360	38.399*	65.850	3.684*	27.094	0.597*	0.000*	0.000*	3.948*	N/A*
% of Calories					14.77%*	31.31%*	12.45%*	0.00%*				53.62%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Wed - 06/07/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Weighted Daily Average				N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
% of Calories					N/A	N/A	N/A	N/A				N/A							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 06/08/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Weighted Daily Average				N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
% of Calories					N/A	N/A	N/A	N/A				N/A							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
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				Calc	Pr	Tot	Satur	Tra	Chole	Soc	Pota	Carbo	F	Su	Ir	Calc	Vita	Vitar	Vitan
Fri - 06/09/2023																			
22/23 DC Base Lunch K-8																			
		Total	100																
Weighted Daily Average				N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
% of Calories					N/A	N/A	N/A	N/A				N/A							

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	338.520		600/650	Fail	-261.48	Not enough calories
Protein (g)	17.586*	20.78%*				
Total Fat (g)	9.354*	24.87%*				
Saturated Fat (g)	3.124*	8.30%*	<10	Pass		
Trans Fat (g)	0.000*					
Cholesterol (mg)	33.814*					
Sodium (mg)	473.364		≤ 1230	Pass		
Potassium (mg)	326.593*					
Carbohydrates (g)	46.572	55.03%				
Fiber (g)	4.902*					
Sugars (g)	19.214*					
Iron (mg)	1.505*					

Calcium (mg)	178.842*					
Vitamin A (IU)	1695.631*					
Vitamin C (mg)	16.261*					
Vitamin D (mcg)	0.606*					

* = Indicates missing Nutrient Information.

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