

Carbohydrate Report

District: Genuine Foods DC

School: Learn DC

Menu: 22/23 DC Base Lunch PreK



Thu - 06/01/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch PreK			
Recipe	Total		
Chicken Parmesan Sub with Marinara 2MMA 2WG 0.25 RO	1.00 portion	517.584	44.844
Chick'n Parmesan & Marinara over Pasta 2MMA 2WG 0.5 RO	1.00 portion	421.099	59.481
Roasted Potato Wedges/Fries (fresh) .5c S	1/2 cup	106.413	24.228
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Weighted Daily Average		719.955	99.436
% of Calories			55.25%

Fri - 06/02/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch PreK			
Recipe	Total		
Cajun Chicken Pasta Bake, 2 MMA, 2 WG, 1/2 O	1.50 cups	416.695	53.473
Roast Chick'n 2.25 MMA (Vegan)	1.00 cup	221.934	3.629

Pasta Primavera 2MMA 2WG	2.00 cups	425.602	52.274
Green Beans (IQF), .5 O	1 $\frac{1}{2}$ cup	23.347	4.669
Unsweetened Applesauce, 4 oz	1.00 count	50.000	12.000
Pasta, Penne Noodles, WG, Cooked 2 WG	1.00 cup	180.000	39.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Weighted Daily Average		674.888	96.920
% of Calories			57.44%

Mon - 06/05/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch PreK			
Recipe	Total		
DC -NOLA Chicken Sandwich (JTM) 2MMA 2WG	1.00 sandwich	299.148	38.675
Roasted Sweet Potato Wedges/Fries (Fresh) .5c R/O	1 $\frac{1}{2}$ cup	139.777	27.835
Apple Slices 1 cup	1.00 cup	73.992	19.575
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Ketchup SS pkt	1.00 count	10.000	3.000
Weighted Daily Average		622.917	102.085
% of Calories			65.55%

Tue - 06/06/2023		Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch PreK				
Recipe	Total			
Sweet & Sour Meatballs (2MMA)	5.00 meatballs	261.115	28.502	
Steamed Corn, 1/2 cup	0.50 cup	86.974	16.223	
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045	
Brown Rice 1/2c 1WG	1 1/2 cup	96.646	20.618	
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000	
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000	
Weighted Daily Average		588.935	88.388	
% of Calories			60.03%	

Wed - 06/07/2023		Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch PreK				
Recipe	Total			
Chicken Tenders (Tyson) 2MMA 1WG	2.00 tenders	220.000	12.000	
Chick'n/Veggie Nuggets (Morningstar Farms) 2 MMA (Vegan)	5.00 nuggets	237.500	22.500	
Black Beans, LS (Bush's), unheated, 1/4c B/L	1 1/4 cup	57.571	10.468	
Unsweetened Applesauce, 4 oz	1.00 count	50.000	12.000	
Whole Wheat Dinner Roll, Bridgford H&S 1WG	1.00 Roll	140.000	26.000	
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000	

Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Ketchup SS pkt	1.00 count	10.000	3.000
Weighted Daily Average		586.321	81.718
% of Calories			55.75%

Thu - 06/08/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch PreK			
Recipe	Total		
Chopped Cheese Steak Hoagie 2MMA 2.75WG	1.00 each	432.317	42.806
Seasoned Green Beans	1.00 cup	80.106	9.563
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Ketchup SS pkt	1.00 count	10.000	3.000
Weighted Daily Average		666.623	78.414
% of Calories			47.05%

Fri - 06/09/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch PreK			
Recipe	Total		

Cheesy Baked Ziti 2MMA 2WG .5R/O	1.25 Cups	422.431	52.873
Broccoli, Florets, Steamed .5 DG	0.50 cup	23.213	3.869
Assorted Fruit (1/2 cup)	1/2 cup	74.289	18.727
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Weighted Daily Average		619.933	88.469
% of Calories			57.08%

Mon - 06/12/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch PreK			
Recipe	Total		
Breakfast Pizza (Schwanns) 1MMA 1.5 WG	1.00 slice	209.636	26.953
Chicken Patty Sandwich (3.5" Bun), Tyson 2MMA 3WG	1.00 sandwich	390.000	45.000
Veggie Burger - Gardenburger - 2MMA 2WG	1.00 burger	230.000	36.000
Cheese Pizza (Tony's) 2MMA 2 WG .125RO	1.00 pizza	310.000	35.000
Roasted Sweet Potato Wedges/Fries (Fresh) .5c R/O	1/2 cup	139.777	27.835
Apple Slices 1 cup	1.00 cup	73.992	19.575
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Weighted Daily Average		931.587	134.587
% of Calories			57.79%

Tue - 06/13/2023		Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch PreK				
Recipe		Total		
Sweet & Sour Chicken (JTM Sauce) 2 M/MA		2.00 ounce	208.244	8.511
Chick'n/Veggie Nuggets (Morningstar Farms) 2 MMA (Vegan)		5.00 nuggets	237.500	22.500
Seasoned/Roasted Carrots (IQF) .5c RO		1/2 cup	32.819	7.658
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)		1.00 each	44.200	10.045
Brown Rice 1/2c 1WG		1/2 cup	96.646	20.618
Fat Free (Skim) Milk, Plain (MA/DC)		1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)		1.00 carton	110.000	13.000
Dressing, Ranch Buttermilk, 12gm SS pouch		1.00 count	25.000	2.000
Weighted Daily Average			473.857	60.105
% of Calories				50.74%

Wed - 06/14/2023		Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch PreK				
Recipe		Total		
Meatball Marinara Sub (2MMA, 2.75WG, .25R/O)		1.00 sub	391.248	45.050
Veggie Burger - Gardenburger - 2MMA 2WG		1.00 burger	230.000	36.000
Green Peas .5S		1/2 cup	74.919	12.843

Unsweetened Applesauce, 4 oz	1.00 count	50.000	12.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Dressing, Ranch Buttermilk, 12gm SS pouch	1.00 count	25.000	2.000
Weighted Daily Average		586.417	81.283
% of Calories			55.44%

Thu - 06/15/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch PreK			
Recipe	Total		
Dry Rub BBQ Chicken Thigh	2.00 ounce	185.798	3.270
Chick'n/Veggie Nuggets (Morningstar Farms) 2 MMA (Vegan)	5.00 nuggets	237.500	22.500
Baked Beans Scratch (canned) .5B/L	0.67 cup	143.333	26.363
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Dough, Biscuit Easy Split Pillsbury 2.5WG	1.00 count	209.705	27.961
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Dressing, Ranch Buttermilk, 12gm SS pouch	1.00 count	25.000	2.000
Ketchup SS pkt	1.00 count	10.000	3.000
Sauce, BBQ Sauce 1oz SS	1.00 count	45.000	10.000
Weighted Daily Average		705.106	91.316
% of Calories			51.80%

Fri - 06/16/2023		Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch PreK				
Recipe		Total		
Pasta with Creamy Tomato Sauce (LOL) 2WG 2MMA .5RO (Needs Review)		1.25 cups	518.669	48.970
Seasoned/Roasted Carrots (IQF) .5c RO		1½ cup	32.819	7.658
Unsweetened Applesauce, 4 oz		1.00 count	50.000	12.000
Fat Free (Skim) Milk, Plain (MA/DC)		1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)		1.00 carton	110.000	13.000
Dressing, Ranch Buttermilk, 12gm SS pouch		1.00 count	25.000	2.000
Weighted Daily Average			713.988	82.628
% of Calories				46.29%

* = Indicates missing Nutrient Information.

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