

Nutrient Detail Report

District: Genuine Foods DC

School: Learn DC

Menu: 22/23 DC Base Lunch PreK

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 PreK																			
		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*
Chick'n Parmesan & Marinara over Pasta 2MMA 2WG 0.5 RO	17309	1.00 portion	50	421.099	33.197	7.991	1.101	0.000	4.000	677.614	583.717*	59.481	8.535	9.565	2.722*	32.306*	0.377*	0.000*	0.000*
Roasted Potato Wedges/Fries (fresh) .5c S	918	1/2 cup	100	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*
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*
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
Weighted Daily Average				719.955	43.372	17.436	3.313*	0.000*	48.241*	1034.531	1438.150*	99.436	12.077	31.169	3.516*	387.253*	262.715*	65.461*	1.250*
					%	%	%	%				%							

% of Calories		24.1C	21.8C	4.14C	0.00C				55.2C								
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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 PreK																			
		Total	100																
Cajun Chicken Pasta Bake, 2 MMA, 2 WG, 1/2 O	5413	1.50 cups	25	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*
Roast Chick'n 2.25 MMA (Vegan)	1602	1.00 cup	50	221.934	21.772	13.014	0.800	0.000	0.000	208.652	235.868	3.629	0.000	0.885	0.000*	0.000*	0.000*	0.000*	N/A*
Pasta Primavera 2MMA 2WG	1776	2.00 cups	25	425.602	25.868	14.978	8.620	0.000	34.586	558.488	440.148*	52.274	12.634	5.058	3.079*	131.362*	1.173*	0.005*	0.000*
Green Beans (IQF), .5 O	1295	1/2 cup	100	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*
Unsweetened Applesauce, 4 oz	698	1.00 count	100	50.000	0.000	0.000	0.000	0.000	0.000	10.000	N/A*	12.000	2.000	8.000	N/A*	N/A*	N/A*	N/A*	N/A*
Pasta, Penne Noodles, WG, Cooked 2 WG	789	1.00 cup	100	180.000	8.000	1.500	0.000	0.000	0.000	0.000	274.000	39.000	7.000	1.000	1.800	20.000	0.000	0.000	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*
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
				88	34	18	2	0*	31	10	38*	20	47	38	3*	38*	33*	1*	7*

Weighted Daily Average	674.8	40.8%	16.5%	4.78%	0.00%	27.1%	447.8	916.5	96.9%	17.5%	25.0%	3.87%	392.3%	275.2%	1.20%	1.39%
% of Calories		24.23%	22.03%	6.38%	0.00%*				57.44%							

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 PreK																			
		Total	100																
DC -NOLA Chicken Sandwich (JTM) 2MMA 2WG	17641	1.00 sandwich	100	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*
Roasted Sweet Potato Wedges/Fries (Fresh) .5c R/O	1399	1/2 cup	100	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*
Apple Slices 1 cup	5346	1.00 cup	100	73.992	0.369	0.241	0.043	0.000	0.000	1.559	N/A*	19.575	3.430	N/A*	0.170	8.562	76.331	6.549	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*
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
Ketchup SS pkt	835	1.00 count	100	10.000	0.000	0.000	0.000	0.000	0.000	85.000	N/A*	3.000	0.000	2.000	N/A*	N/A*	N/A*	N/A*	N/A*
Weighted Daily Average				622.917	32.329	10.801	2.521	0.000	58.937*	1023.610	776.225*	102.085	9.580*	30.783*	3.614*	396.353*	19953.416*	11.069*	1.650*
					%	%	%	%				%							

% of Calories		20.76	15.61	3.64	0.00				65.55								
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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 PreK																			
		Total	100																
Sweet & Sour Meatballs (2MMA)	8405	5.00 meatballs	100	261.115	12.078	10.481	4.020	0.640	48.158	501.655	N/A*	28.502	0.779	23.915	1.901	45.601	0.000	3.072	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*
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*
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*
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
Weighted Daily Average				588.935	24.812	14.797	5.490	0.640	55.658	750.297	341.152*	88.388	5.151	46.169	2.776*	382.177*	250.000*	54.499*	1.250*
% of Calories					16.85%	22.61%	8.39%	0.98%				60.03%							

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 PreK																			
		Total	100																
Chicken Tenders (Tyson) 2MMA 1WG	2175	2.00 tenders	50	220.000	20.000	12.000	2.000	0.000	40.000	400.000	760.000	12.000	2.000	2.000	1.600	0.000	N/A*	0.000	0.000
Chick'n/Veggie Nuggets (Morningstar Farms) 2 MMA (Vegan)	932	5.00 nuggets	50	237.500	16.250	10.000	1.250	0.000	0.000	375.000	250.000	22.500	5.000	2.500	1.875	37.500	N/A*	N/A*	0.000
Black Beans, LS (Bush's), unheated, 1/4c B/L	889	1/4 cup	100	57.571	3.664	0.000	0.000	0.000	0.000	68.039	251.220	10.468	2.617	0.523	0.837	41.870	N/A*	N/A*	0.000
Unsweetened Applesauce, 4 oz	698	1.00 count	100	50.000	0.000	0.000	0.000	0.000	0.000	10.000	N/A*	12.000	2.000	8.000	N/A*	N/A*	N/A*	N/A*	N/A*
Whole Wheat Dinner Roll, Bridgford H&S 1WG	16804	1.00 Roll	100	140.000	5.000	2.000	0.500	0.000	0.000	250.000	85.000	26.000	2.000	3.000	1.080	20.000	0.000	N/A*	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*
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
Ketchup SS pkt	835	1.00 count	100	10.000	0.000	0.000	0.000	0.000	0.000	85.000	N/A*	3.000	0.000	2.000	N/A*	N/A*	N/A*	N/A*	N/A*
Weighted Daily Average				586.321	34.789	14.250	2.875	0.000	27.500	930.539	1041.220*	81.718	10.117	27.773	3.655*	380.620*	250.000*	1.200*	1.250*
					%	%	%	%				%							

% of Calories		23.73	21.87	4.41	0.00				55.75									
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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 PreK																			
		Total	100																
Chopped Cheese Steak Hoagie 2MMA 2.75WG	9929	1.00 each	100	432.317	23.829	18.896	7.299	0.000	55.027	590.497	346.106*	42.806	3.219	5.434	2.804*	172.765*	0.184*	1.128*	0.000*
Seasoned Green Beans	10027	1.00 cup	100	80.106	1.911	3.567	1.621	0.000	0.000	0.116	254.871*	9.563	5.617	1.875	1.356*	38.585*	0.061*	0.212*	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*
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
Ketchup SS pkt	835	1.00 count	100	10.000	0.000	0.000	0.000	0.000	0.000	85.000	N/A*	3.000	0.000	2.000	N/A*	N/A*	N/A*	N/A*	N/A*
Weighted Daily Average				666.623	34.513	23.868	9.670	0.000	62.527	813.237	942.129*	78.414	10.536	28.521	4.438*	547.926*	250.245*	52.767*	1.250*
% of Calories					20.71%	32.22%	13.06%	0.00%				47.05%							

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 - 06/09/2023																			
22/23 DC Base Lunch PreK																			
		Total	100																
Cheesy Baked Ziti 2MMA 2WG .5R/O	933	1.25 Cups	100	422.431	24.906	14.427	7.768	0.000	34.586	865.138	336.000*	52.873	7.913	7.106	1.000*	93.575*	0.000*	0.000*	0.000*
Broccoli, Florets, Steamed .5 DG	685	0.50 cup	100	23.213	2.321	0.000	0.000	0.000	0.000	11.607	164.814	3.869	2.321	0.774	0.836	15.475	N/A*	N/A*	N/A*
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*
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
Weighted Daily Average				619.933	35.826	15.849	8.552	0.000	42.086	1009.390	814.801*	88.469	13.226	29.304*	2.108*	427.864*	328.468*	19.968*	1.250*
% of Calories					23.12%	23.01%	12.42%	0.00%				57.08%							

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 - 06/12/2023																			

22/23 DC Base Lunch PreK																		
		Total	100															
Breakfast Pizza (Schwanns) 1MMA 1.5 WG	4003	1.00 slice	50	209.636	8.984	6.988	1.997	0.000	14.974	349.393	329.427	26.953	2.995	4.991	1.897	145.747	0.000	0.000
Chicken Patty Sandwich (3.5" Bun), Tyson 2MMA 3WG	5088	1.00 sandwich	80	390.000	23.000	14.400	2.500	0.000	25.000	760.000	480.000	45.000	4.000	4.000	2.800	81.000	0.000*	0.400
Veggie Burger - Gardenburger - 2MMA 2WG	967	1.00 burger	20	230.000	18.000	4.400	0.000	0.000	0.000	650.000	370.000	36.000	5.000	4.000	3.900	90.000	N/A*	0.400*
Cheese Pizza (Tony's) 2MMA 2 WG .125RO	1006	1.00 pizza	50	310.000	16.000	11.000	4.000	0.000	15.000	480.000	522.000	35.000	4.000	8.000	2.600	307.000	109.000	0.000
Roasted Sweet Potato Wedges/Fries (Fresh) .5c R/O	1399	1/2 cup	100	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*
Apple Slices 1 cup	5346	1.00 cup	100	73.992	0.369	0.241	0.043	0.000	0.000	1.559	N/A*	19.575	3.430	N/A*	0.170	8.562	76.331	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	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*	2.500
Weighted Daily Average				931.587	45.033	25.194	5.977	0.000	42.487	1417.946	1549.939*	134.587	15.278	28.279*	6.283*	659.240*	20007.916*	11.069*
% of Calories					19.34%	24.34%	5.77%	0.00%				57.79%						

Recipe Name	Recipe #	Portion Size	Plan Qty	ies (kcal)	tein (g)	il Fat (g)	ted Fat (g)	s Fat (g)	sterol (mg)	um (mg)	sium (mg)	yd rates (g)	er (g)	ars (g)	n (mg)	um (mg)	in A (IU)	in C (mg)	n D (mcg)
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				Calor	Pro	Tota	Satura	Tran	Choles	Sodi	Potas	Carboh	Fil	Suç	Iro	Calci	Vitan	Vitam	Vitami
Tue - 06/13/2023																			
22/23 DC Base Lunch PreK																			
		Total	100																
Sweet & Sour Chicken (JTM Sauce) 2 M/MA	8454	2.00 ounce	70	208.244	20.660	9.958	2.330	0.000	72.919	174.559	0.000*	8.511	0.120	5.700	1.314	8.910*	0.000*	8.415*	N/A*
Chick'n/Veggie Nuggets (Morningstar Farms) 2 MMA (Vegan)	932	5.00 nuggets	30	237.500	16.250	10.000	1.250	0.000	0.000	375.000	250.000	22.500	5.000	2.500	1.875	37.500	N/A*	N/A*	0.000
Seasoned/Roasted Carrots (IQF) .5c RO	2170	1/2 cup	100	32.819	0.000	0.547	0.000	0.000	0.000	54.698	N/A*	7.658	3.282	3.282	0.394	21.879	N/A*	N/A*	N/A*
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*
Brown Rice 1/2c 1WG	774	1/2 cup	80	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*
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
Dressing, Ranch Buttermilk, 12gm SS pouch	848	1.00 count	10	25.000	0.000	2.000	0.000	0.000	0.000	110.000	N/A*	2.000	0.000	1.000	N/A*	N/A*	N/A*	N/A*	N/A*
Weighted Daily Average				473.857	29.656	12.638	2.756	0.000	58.543	515.948	416.152*	60.105	7.081	27.334	2.340*	375.942*	250.000*	57.318*	1.250*
% of Calories					25.03%	24.00%	5.23%	0.00%				50.74%							

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 - 06/14/2023																			
22/23 DC Base Lunch PreK																			
		Total	100																
Meatball Marinara Sub (2MMA, 2.75WG, .25R/O)	9423	1.00 sub	80	391.248	22.960	14.172	4.988	0.512	46.100	876.077	168.000*	45.050	4.480	8.180	3.452	167.749	50.624*	0.000*	0.000*
Veggie Burger - Gardenburger - 2MMA 2WG	967	1.00 burger	20	230.000	18.000	4.400	0.000	0.000	0.000	650.000	370.000	36.000	5.000	4.000	3.900	90.000	N/A*	N/A*	0.400*
Green Peas .5S	2149	1/2 cup	100	74.919	0.000	0.000	0.000	0.000	0.000	64.216	N/A*	12.843	5.351	4.281	N/A*	N/A*	N/A*	N/A*	N/A*
Unsweetened Applesauce, 4 oz	698	1.00 count	100	50.000	0.000	0.000	0.000	0.000	0.000	10.000	N/A*	12.000	2.000	8.000	N/A*	N/A*	N/A*	N/A*	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*
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
Dressing, Ranch Buttermilk, 12gm SS pouch	848	1.00 count	10	25.000	0.000	2.000	0.000	0.000	0.000	110.000	N/A*	2.000	0.000	1.000	N/A*	N/A*	N/A*	N/A*	N/A*
Weighted Daily Average				586.417	29.968	13.668	4.740	0.410	44.380	1046.078	408.400*	81.283	11.935	31.725	3.542*	452.199*	290.499*	1.200*	1.330*
% of Calories					20.44%	20.98%	7.28%	0.63%				55.44%							

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 - 06/15/2023																			
22/23 DC Base Lunch PreK																			
		Total	100																
Dry Rub BBQ Chicken Thigh	2178	2.00 ounce	70	185.798	20.629	8.135	2.227	0.000	73.482	234.730	25.446*	3.270	0.327	1.662	1.385	19.228	6.471*	0.049*	0.000*
Chick'n/Veggie Nuggets (Morningstar Farms) 2 MMA (Vegan)	932	5.00 nuggets	30	237.500	16.250	10.000	1.250	0.000	0.000	375.000	250.000	22.500	5.000	2.500	1.875	37.500	N/A*	N/A*	0.000
Baked Beans Scratch (canned) .5B/L	1043	0.67 cup	100	143.333	7.551	0.021	0.000	0.000	0.000	150.402	504.482*	26.363	5.478	3.178	2.122*	44.813*	0.000*	0.098*	N/A*
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*
Dough, Biscuit Easy Split Pillsbury 2.5WG	9424	1.00 count	80	209.705	4.993	8.987	4.494	0.000	0.000	329.536	289.592	27.961	1.997	2.996	1.598	119.831	N/A*	N/A*	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
Dressing, Ranch Buttermilk, 12gm SS pouch	848	1.00 count	10	25.000	0.000	2.000	0.000	0.000	0.000	110.000	N/A*	2.000	0.000	1.000	N/A*	N/A*	N/A*	N/A*	N/A*
Ketchup SS pkt	835	1.00 count	10	10.000	0.000	0.000	0.000	0.000	0.000	85.000	N/A*	3.000	0.000	2.000	N/A*	N/A*	N/A*	N/A*	N/A*
Sauce, BBQ Sauce 1oz SS	826	1.00 count	100	15.000	0.000	0.000	0.000	0.000	0.000	10.000	N/A*	10.000	0.000	9.000	N/A*	N/A*	N/A*	N/A*	N/A*

Weighted Daily Average	705.106	39.634	17.510	6.279	0.000	58.937	1057.966	1170.120*	91.316	10.505	36.000	5.210*	501.963*	254.530*	51.559*	1.250*
% of Calories		22.48%	22.35%	8.01%	0.00%				51.80%							

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 - 06/16/2023																			
22/23 DC Base Lunch PreK																			
		Total	100																
Pasta with Creamy Tomato Sauce (LOL) 2WG 2MMA .5RO (Needs Review)	8458	1.25 cups	100	518.669	28.944	24.531	14.068	0.000	63.357	1100.365	1657.978*	48.970	8.061	3.591	2.300*	607.923*	0.000*	0.000*	0.000*
Seasoned/Roasted Carrots (IQF) .5c RO	2170	1/2 cup	100	32.819	0.000	0.547	0.000	0.000	0.000	54.698	N/A*	7.658	3.282	3.282	0.394	21.879	N/A*	N/A*	N/A*
Unsweetened Applesauce, 4 oz	698	1.00 count	100	50.000	0.000	0.000	0.000	0.000	0.000	10.000	N/A*	12.000	2.000	8.000	N/A*	N/A*	N/A*	N/A*	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*
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
Dressing, Ranch Buttermilk, 12gm SS pouch	848	1.00 count	50	25.000	0.000	2.000	0.000	0.000	0.000	110.000	N/A*	2.000	0.000	1.000	N/A*	N/A*	N/A*	N/A*	N/A*
Weighted Daily Average				13.988	16.944	17.328	4.818	0.000	10.857	150.063	57.978*	12.628	3.343	17.373	2.694*	29.802*	50.000*	1.200*	1.250*

	7	3	2	1	1	7	13	18	3	1	2	2	9	2	1	1
% of Calories		20.70%	34.45%	18.68%	0.00%				46.29%							

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	657.544					
Protein (g)	35.647	21.68%				
Total Fat (g)	17.488	23.94%				
Saturated Fat (g)	5.981*	8.19%*				
Trans Fat (g)	0.087*					
Cholesterol (mg)	49.778*					
Sodium (mg)	949.784					
Potassium (mg)	972.731*					
Carbohydrates (g)	90.446	55.02%				
Fiber (g)	11.365*					
Sugars (g)	30.789*					
Iron (mg)	3.671*					
Calcium (mg)	486.145*					
Vitamin A (IU)	3551.923*					
Vitamin C (mg)	27.376*					
Vitamin D (mcg)	1.336*					

* = Indicates missing Nutrient Information.

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