Weighted Nutrient Analysis

Organization: Garden Grove USD
Session: 2026-2027 School Year
Menu: 2026-2027 Elementary Lunch Menu
Number Source: Planned
Dates: 12-01-2026 to 12-18-2026

Weighted Weekly Average

Date(s): 12-01-2026 to 12-18-2026

Nutrient	Menu Average	% of Calories	Target	Pass / Fail	Shortfall / Overage	Notes / Errors
Calories (kcal)	586.957*		600 min / 650 max	Fail	-13.043	Not enough Calories (min: 586.96 of 600) (max: 586.96 of 650)
Saturated Fat (g)	5.292*	8.115%	< 10%	Pass		
Sodium (mg)	783.394*		≤ 1110	Pass		
Added Sugars (g)	9.777*	6.663%				
Protein (g)	27.303*	18.607%				
Total Fat (g)	17.980*	27.569%				
Trans Fat (g)	0.026*					
Carbohydrates (g)	81.715*	55.687%				
Cholesterol (mg)	54.052*					
Potassium (mg)	1,179.382*					
Fiber (g)	5.493*					
Total Sugars (g)	43.924*					
Iron (g)	2.583*					
Calcium (mg)	606.196*					
Vitamin A (mcg RAE)	114.203*					
Vitamin C (mg)	17.313*					
Vitamin D (mcg)	5.087*					

* Indicates missing Nutrient Information.

July 1, 2027 Limit: ≤ 935 mg

July 1, 2027 Limit: No more than 10% of total weekly calories

Menu Detail

Date: 12-01-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	92.500	21.479
Yami Yogurt w/ String Cheese and Granola 2M/2G	1838048	1 serving	4000	400.000	59.000
Spaghetti w/ Cheesy Breadstick (Bosco) 2M/1.5G	79001	1 serving	12000	279.124*	33.786*
Cocoa Sandwich with String Cheese 2M/1.5G	1291537	1 serving	4000	340.000	31.000
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	30.000	7.000
Cucumbers, sliced, 1/2 cup	78772	0.5 cup	5000	7.800	1.888
Fruit					
Dried Fruit, Assorted	78632	1 each	5000	119.333	29.333
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	10000	57.000	14.400
Banana, Fresh	78890	1 each	5000	89.890	23.068
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	4000	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	2000	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	14000	110.000	20.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Total			20000		
Weighted Daily Average				532.135*	80.007*
% of Calories					60.141%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-02-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	92.500	21.479
Yami Yogurt w/ String Cheese and Granola 2M/2G	1838048	1 serving	4000	400.000	59.000
Breaded Popcorn Chicken (10 pcs) 2M/1G	1173755	10 pieces	12000	260.000	20.000
Sandwich, Grilled Cheese (IFS) 2M/2G	78850	1 each	4000	319.230	34.090
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	30.000	7.000
Tomatoes, Cherry or Grape, 1/2 cup	79132	0.5 cup	5000	13.410	2.898
Fruit					
Dried Fruit, Assorted	78632	1 each	5000	119.333	29.333
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	10000	57.000	14.400
Orange Slices, 1/2 cup	78889	0.5 cup	5000	42.300	10.575
Grains					
Mickey Goldfish Cheese Crackers 1G	1296634	1 each	20000	100.000	14.000
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	4000	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	2000	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	14000	110.000	20.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Total			20000		
Weighted Daily Average				606.012	83.483
% of Calories					55.103%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-03-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	92.500	21.479
Yami Yogurt w/ String Cheese and Granola 2M/2G	1838048	1 serving	4000	400.000	59.000
Mandarin Orange Chicken (#6 scoop) w/ White Rice (#8 scoop) 2M/1G	2163318	1 serving/#6 scoop chicken + #8 scoop rice	12000	273.004	46.604
Turkey, Cheese, & Crackers Lunch Pack 2M/2G	1184207	1 serving	4000	380.000	41.000
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	30.000	7.000
Fruit					
Dried Fruit, Assorted	78632	1 each	5000	119.333	29.333
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	10000	57.000	14.400
Grapes, Fresh, 1/2 cup	78869	0.5 cup	5000	30.820	7.889
Fruit Cups, Assorted	78625	0.5 cup	5000	84.200	20.200
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	4000	120.000	16.000

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	2000	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	14000	110.000	20.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Total			20000		
Weighted Daily Average				540.796	90.482
% of Calories					66.925%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-04-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	92.500	21.479
Yami Yogurt w/ String Cheese and Granola 2M/2G	1838048	1 serving	4000	400.000	59.000
Personal Cheese Pizza (Tony's) 2M/2G	78958	1 each	4000	320.000	34.000
Personal Pepperoni Pizza (Tony's) 2M/2G	78950	1 each	12000	310.000	33.000
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	30.000	7.000
Beans, Garbanzo, Canned, 1/2 cup	79028	0.5 cup	1000	105.000	16.992
Fruit					
Dried Fruit, Assorted	78632	1 each	5000	119.333	29.333
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	10000	57.000	14.400
Fresh Apple Slices, IW	78677	1 each	5000	30.159	7.037
Fruit Juice Jello Cups, Assorted	1338535	1 each	5000	80.000	19.667
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	4000	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	2000	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	14000	110.000	20.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Total			20000		
Weighted Daily Average				555.028	81.423
% of Calories					58.68%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-07-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	92.500	21.479
Yami Yogurt w/ String Cheese and Granola 2M/2G	1838048	1 serving	4000	400.000	59.000
Crispy Chicken Dippers (5 pcs) 2M/1.5G	2223147	1 serving/5 pieces	12000	275.000	13.750
Sandwich, Grilled Cheese (IFS) 2M/2G	78850	1 each	4000	319.230	34.090
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	30.000	7.000
Corn, Yellow, Canned 1/2 cup	78932	$^1/_2$ cup	5000	52.480	11.152
Fruit					

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Dried Fruit, Assorted	78632	1 each	2000	119.333	29.333
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	8000	57.000	14.400
Mixed Fruit, Canned 1/2 cup	78845	1/2 cup	5000	63.000	16.000
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	4000	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	2000	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	14000	110.000	20.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Brookie Treat, 1G	1480324	1 serving	20000	150.070	23.001
Total			20000		
Weighted Daily Average				656.424	86.314
% of Calories					52.596%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-08-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	92.500	21.479
Yami Yogurt w/ String Cheese and Granola 2M/2G	1838048	1 serving	4000	400.000	59.000
Seasoned Chicken w/ Buttered Noodles 2M/1.25G #2A (FINAL 2)	1320389	1 serving/1 CUP	12000	361.061	29.126*
Cocoa Sandwich with String Cheese 2M/1.5G	1291537	1 serving	4000	340.000	31.000
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	30.000	7.000
Cucumbers, sliced, 1/2 cup	78772	0.5 cup	2000	7.800	1.888
Fruit					
Dried Fruit, Assorted	78632	1 each	2000	119.333	29.333
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	8000	57.000	14.400
Banana, Fresh	78890	1 each	5000	89.890	23.068
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	4000	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	2000	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	14000	110.000	20.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Total			20000		
Weighted Daily Average				556.527	71.089*
% of Calories					51.094%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-09-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	92.500	21.479
Yami Yogurt w/ String Cheese and Granola 2M/2G	1838048	1 serving	4000	400.000	59.000
Hamburger (2.25 oz) w/ Hawaiian Bun 2M/2G	79057	1 serving	16000	310.000	30.000
Vegetables					

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	30.000	7.000
Tomatoes, Cherry or Grape, 1/2 cup	79132	0.5 cup	1000	13.410	2.898
Lettuce, Iceberg, Shredded, 1/2 cup	79088	0.5 cup	5000	5.040	1.069
Fruit					
Dried Fruit, Assorted	78632	1 each	2000	119.333	29.333
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	8000	57.000	14.400
Orange Slices, 1/2 cup	78889	0.5 cup	5000	42.300	10.575
Grains					
Baked Doritos (Cool Ranch Flavor) 1.5G	1167452	1 package	20000	130.000	19.000
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	4000	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	2000	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	14000	110.000	20.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Cheese Slice 0.5M	79062	1 slice	10000	55.686	1.012
Pickles	78984	1 serving	5000	1.667	0.000
Total			20000		
Weighted Daily Average				667.403	88.019
% of Calories					52.753%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-10-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	92.500	21.479
Yami Yogurt w/ String Cheese and Granola 2M/2G	1838048	1 serving	4000	400.000	59.000
BBQ Chicken Drumstick w/ Garlic Toast 2.5M/1G	2203254	1 serving/drumstick + garlic toast	12000	310.000	27.000
Wowbutter & Strawberry Jelly Sandwich with String Cheese 2M/1G	1596922	1 serving	4000	380.000	25.000
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	30.000	7.000
Fruit					
Dried Fruit, Assorted	78632	1 each	2000	119.333	29.333
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	8000	57.000	14.400
Grapes, Fresh, 1/2 cup	78869	0.5 cup	5000	30.820	7.889
Fruit Cups, Assorted	78625	0.5 cup	5000	84.200	20.200
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	4000	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	2000	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	14000	110.000	20.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Total			20000		
Weighted Daily Average				539.393	69.679
% of Calories					51.672%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-11-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	92.500	21.479
Yami Yogurt w/ String Cheese and Granola 2M/2G	1838048	1 serving	4000	400.000	59.000
Cheesy Pull Apart Bread 2M/2G	78936	1 serving	12000	260.000	29.000
Turkey, Cheese, & Crackers Lunch Pack 2M/2G	1184207	1 serving	4000	380.000	41.000
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	30.000	7.000
Beans, Garbanzo, Canned, 1/2 cup	79028	0.5 cup	5000	105.000	16.992
Fruit					
Dried Fruit, Assorted	78632	1 each	2000	119.333	29.333
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	8000	57.000	14.400
Fresh Apple Slices, IW	78677	1 each	5000	30.159	7.037
Cool Tropics Fruit Slush, Assorted	1227508	1 each	5000	60.000	15.333
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	4000	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	2000	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	14000	110.000	20.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Marinara Sauce Cup	78948	1 each	12000	15.000	3.000
Total			20000		
Weighted Daily Average				538.428	78.698
% of Calories					58.465%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-14-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	92.500	21.479
Yami Yogurt w/ String Cheese and Granola 2M/2G	1838048	1 serving	4000	400.000	59.000
Chicken Nuggets 2M/1G (Goldkist)	1319068	1 serving/5 pieces	12000	190.000	13.000
Sandwich, Grilled Cheese (IFS) 2M/2G	78850	1 each	4000	319.230	34.090
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	30.000	7.000
Corn, Yellow, Canned 1/2 cup	78932	$^1/_2$ cup	5000	52.480	11.152
Fruit					
Dried Fruit, Assorted	78632	1 each	2000	119.333	29.333
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	8000	57.000	14.400
Mixed Fruit, Canned 1/2 cup	78845	$^1/_2$ cup	5000	63.000	16.000
Desserts					
Holiday Tree Cookie, WG, Buena Vista 1G	80243	1 each	20000	130.000	22.000
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	4000	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	2000	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	14000	110.000	20.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Mustard Packet	78839	1 packet	500	5.000	0.000
Total			20000		
Weighted Daily Average				585.354	84.863
% of Calories					57.991%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-15-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	92.500	21.479
Yami Yogurt w/ String Cheese and Granola 2M/2G	1838048	1 serving	4000	400.000	59.000
"Walking" Beef Taco w/ Doritos Chips 2.5M/2G	1424957	1 serving/#12 scoop meat + chips	12000	366.663	32.733
Cocoa Sandwich with String Cheese 2M/1.5G	1291537	1 serving	4000	340.000	31.000
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	30.000	7.000
Jicama sticks, raw, 1/2 cup	78994	0.5 cup	2000	23.000	5.500
Lettuce, Iceberg, Shredded, 1/2 cup	79088	0.5 cup	5000	5.040	1.069
Fruit					
Dried Fruit, Assorted	78632	1 each	2000	119.333	29.333
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	8000	57.000	14.400
Banana, Fresh	78890	1 each	5000	89.890	23.068
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	4000	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	2000	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	14000	110.000	20.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Salsa	78943	1 tablespoon	5000	3.666	0.733
Total			20000		
Weighted Daily Average				563.585	74.065
% of Calories					52.567%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-16-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	92.500	21.479
Yami Yogurt w/ String Cheese and Granola 2M/2G	1838048	1 serving	4000	400.000	59.000
Breaded Chicken Filet w/ Hawaiian Bun 2M/3G	1308461	1 serving	12000	380.000	48.000
Wowbutter & Strawberry Jelly Sandwich with String Cheese 2M/1G	1596922	1 serving	4000	380.000	25.000
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	30.000	7.000
Seasoned Waffle Cut Fries, 1/2 cup	579469	$^1/_2$ cup	20000	170.533	20.063
Tomatoes, Cherry or Grape, 1/2 cup	79132	0.5 cup	5000	13.410	2.898
Fruit					
Dried Fruit, Assorted	78632	1 each	2000	119.333	29.333
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	8000	57.000	14.400
Cutie Tangerines (2 pcs)	2024737	1 serving/2 pcs	5000	80.560	20.277

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	4000	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	2000	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	14000	110.000	20.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Pickles	78984	1 serving	5000	1.667	0.000
Total			20000		
Weighted Daily Average				747.081	101.113
% of Calories					54.138%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-17-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	92.500	21.479
Yami Yogurt w/ String Cheese and Granola 2M/2G	1838048	1 serving	4000	400.000	59.000
Pizza, Cheese, French Bread, Tony's 2M/2G	78719	1 each	4000	350.000	35.000
Pizza, Pepperoni, French Bread, Tony's 2M/2G	1227496	1 serving	12000	350.000	35.000
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	30.000	7.000
Fruit					
Dried Fruit, Assorted	78632	1 each	2000	119.333	29.333
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	8000	57.000	14.400
Grapes, Fresh, 1/2 cup	78869	0.5 cup	5000	30.820	7.889
Applesauce Cup	78674	1 serving	5000	60.000	14.000
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	4000	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	2000	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	14000	110.000	20.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Total			20000		
Weighted Daily Average				551.343	74.929
% of Calories					54.361%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-18-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					
Special Meal (L)	1340566	1 serving	1	N/A*	N/A*
Lunch Pal	1252730	1 bag	1	92.500	21.479
Yami Yogurt w/ String Cheese and Granola 2M/2G	1838048	1 serving	4000	400.000	59.000
Chicken Corn Dog 2M/2G	78802	1 each	12000	280.000	31.000
Tortilla Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds 2M/2.5G	83060	1 serving	4000	560.000	44.000
Vegetables					
Salad, Romaine, 3 Way, 1 cup	1418267	1 cup	2000	15.000	3.000
Grab-it Carrots, 1/2 cup	78824	0.5 cup	5000	30.000	7.000

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Beans, Garbanzo, Canned, 1/2 cup	79028	0.5 cup	2000	105.000	16.992
Fruit					
Dried Fruit, Assorted	78632	1 each	2000	119.333	29.333
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	8000	57.000	14.400
NuHealth Fruit Cups, Assorted	1586503	1 each	5000	75.000	17.500
Fruit Juice Jello Cups, Assorted	1338535	1 each	5000	80.000	19.667
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	4000	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	2000	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	14000	110.000	20.000
Misc.					
Ketchup	78887	1 tablespoon	2000	20.000	4.000
Ranch Dressing	78813	1 tablespoon	5000	27.101	0.850
Mustard Packet	78839	1 packet	500	5.000	0.000
Total			20000		
Weighted Daily Average				577.888	79.848
% of Calories					55.269%

* Indicates missing Nutrient Information.