Weighted Nutrient Analysis

Organization: Garden Grove USD
Session: 2026-2027 School Year
Menu: 2026-2027 Elementary Lunch Menu
Number Source: Planned
Dates: 10-01-2026 to 10-30-2026

Weighted Weekly Average

Date(s): 10-01-2026 to 10-30-2026

Nutrient	Menu Average	% of Calories	Target	Pass / Fail	Shortfall / Overage	Notes / Errors
Calories (kcal)	603.816*		600 min / 650 max	Pass		
Saturated Fat (g)	5.369*	8.002%	< 10%	Pass		
Sodium (mg)	756.753*		≤ 1110	Pass		
Added Sugars (g)	9.572*	6.341%				
Protein (g)	26.951*	17.854%				
Total Fat (g)	17.724*	26.418%				
Trans Fat (g)	0.017*					
Carbohydrates (g)	86.693*	57.43%				
Cholesterol (mg)	56.093*					
Potassium (mg)	1,443.324*					
Fiber (g)	5.485*					
Total Sugars (g)	48.447*					
Iron (g)	2.542*					
Calcium (mg)	614.402*					
Vitamin A (mcg RAE)	110.455*					
Vitamin C (mg)	22.401*					
Vitamin D (mcg)	5.094*					

* Indicates missing Nutrient Information.

Sodium: July 1, 2027 Limit: ≤ 935 mg

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

Menu Detail

Date: 10-01-2026

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
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
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

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Total			20000		
Weighted Daily Average				517.196	81.442
% of Calories					62.987%

* Indicates missing Nutrient Information.

Menu Detail

Date: 10-02-2026

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
Personal Cheese Pizza (Tony's) 2M/2G	78958	1 each	4000	310.000	31.000
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	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
Fruit Juice Jello Cups, Assorted	1338535	1 each	10000	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				549.428	79.899
% of Calories					58.169%

* Indicates missing Nutrient Information.

Menu Detail

Date: 10-05-2026

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	20000	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

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
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				639.624	94.504
% of Calories					59.1%

* Indicates missing Nutrient Information.

Menu Detail

Date: 10-06-2026

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	5000	7.800	1.888
Fruit					
Dried Fruit, Assorted	78632	1 each	2000	119.333	29.333
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	20000	57.000	14.400
Banana, Fresh	78890	1 each	10000	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				614.37	85.779*
% of Calories					55.848%

* Indicates missing Nutrient Information.

Menu Detail

Date: 10-07-2026

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
Hamburger (2.25 oz) w/ Hawaiian Bun 2M/2G	79057	1 serving	12000	310.000	30.000
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
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

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	20000	57.000	14.400
Orange Slices, 1/2 cup	78889	0.5 cup	10000	42.300	10.575
Grains					
Baked Doritos (Nacho Cheese Flavor) 1.5G	1173820	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				650.178	93.303
% of Calories					57.401%

* Indicates missing Nutrient Information.

Menu Detail

Date: 10-08-2026

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
BBQ Chicken Drumstick w/ Garlic Toast 2.5M/1G	2203254	1 serving/drumstick + corn bread	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	10000	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				547.098	71.652
% of Calories					52.387%

* Indicates missing Nutrient Information.

Menu Detail

Date: 10-09-2026

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

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Cheesy Pull Apart Bread 2M/2G	78936	1 serving	16000	260.000	29.000
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	2000	119.333	29.333
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	20000	57.000	14.400
Fresh Apple Slices, IW	78677	1 each	5000	30.159	7.037
Fruit Juice Jello Cups, Assorted	1338535	1 each	10000	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
Marinara Sauce Cup	78948	1 each	16000	15.000	3.000
Total			20000		
Weighted Daily Average				555.628	88.139
% of Calories					63.452%

* Indicates missing Nutrient Information.

Menu Detail

Date: 10-12-2026

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					
Dried Fruit, Assorted	78632	1 each	2000	119.333	29.333
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	20000	57.000	14.400
Peaches, Sliced, Canned 1/2 cup	78689	1/2 cup	5000	59.991	14.000
Grains					
Mixed Berry Animal Crackers 1G	2223142	1 serving	20000	110.000	18.000
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				649.802	89.453
% of Calories					55.065%

* Indicates missing Nutrient Information.

Menu Detail

Date: 10-13-2026

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	5000	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	20000	57.000	14.400
Banana, Fresh	78890	1 each	10000	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				623.708	89.297
% of Calories					57.268%

* Indicates missing Nutrient Information.

Menu Detail

Date: 10-14-2026

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
Breaded Chicken Filet w/ Hawaiian Bun 2M/3G	1308461	1 serving	12000	380.000	48.000
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
Rainbow Baby Carrots, 1/2 cup	2073620	1/2 cup	5000	17.500	4.120
Fruit					
Dried Fruit, Assorted	78632	1 each	2000	119.333	29.333
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	20000	57.000	14.400
Orange Slices, 1/2 cup	78889	0.5 cup	5000	42.300	10.575
Grains					
White Cheddar Popcorn 0.25G	2234044	1 package	20000	70.000	10.000
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
Pickles	78984	1 serving	5000	1.667	0.000
Total			20000		
Weighted Daily Average				660.051	99.389
% of Calories					60.231%

* Indicates missing Nutrient Information.

Menu Detail

Date: 10-15-2026

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
Chicken Corn Dog 2M/2G	78802	1 each	12000	280.000	31.000
Turkey, Cheese, Cracker Stacker Lunchables 2M/1G	1400143	1 serving	4000	275.300	19.250
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	20000	57.000	14.400
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				526.948	77.597
% of Calories					58.903%

* Indicates missing Nutrient Information.

Menu Detail

Date: 10-16-2026

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
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
Beans, Garbanzo, Canned, 1/2 cup	79028	0.5 cup	1000	105.000	16.992
Fruit					
Dried Fruit, Assorted	78632	1 each	2000	119.333	29.333
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	20000	57.000	14.400
Fresh Apple Slices, IW	78677	1 each	5000	30.159	7.037
Cool Tropics Fruit Slush, Assorted	1227508	1 each	10000	60.000	15.333
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				605.628	88.373
% of Calories					58.368%

* Indicates missing Nutrient Information.

Menu Detail

Date: 10-19-2026

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
Macaroni and Cheese (#6 Scoop) 2M/1G (JTM)	2040981	1 serving/#6 scoop	16000	286.000	29.000
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
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	20000	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
Chocolate Chip Cookie (Fat Cat) 1G	81803	1 each	20000	148.000	23.800
Total			20000		
Weighted Daily Average				701.558	107.245
% of Calories					61.147%

* Indicates missing Nutrient Information.

Menu Detail

Date: 10-20-2026

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 Tenders, Whole Muscle (3 pcs) 2M/1G	1759681	1 serving/3 pcs	12000	250.000	21.000
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
Cucumbers, sliced, 1/2 cup	78772	0.5 cup	5000	7.800	1.888
Fruit					
Dried Fruit, Assorted	78632	1 each	2000	119.333	29.333

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	8000	57.000	14.400
Banana, Fresh	78890	1 each	10000	89.890	23.068
Grains					
Rainbow Goldfish Cheese Crackers 1G	78702	1 package	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				609.379	86.881
% of Calories					57.029%

* Indicates missing Nutrient Information.

Menu Detail

Date: 10-21-2026

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
Pork Sausage Patties (2) w/ French Toast (1) 2M/1.5G	1136899	1 serving/2 pork patties + 1 french toast	12000	570.000	30.000
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
Broccoli, raw, 1/2 cup	80769	0.5 cup	5000	15.470	3.021
Fruit					
Dried Fruit, Assorted	78632	1 each	2000	119.333	29.333
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	20000	57.000	14.400
Orange Slices, 1/2 cup	78889	0.5 cup	5000	42.300	10.575
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
Syrup Cup	78716	1 each	12000	120.000	30.000
Total			20000		
Weighted Daily Average				787.281	94.496
% of Calories					48.011%

* Indicates missing Nutrient Information.

Menu Detail

Date: 10-22-2026

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
Sliders, Mini Cheeseburger 2M/2G	78922	1 serving	12000	290.000	30.000

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
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
Potato Smiles, 1/2 cup	79075	1 serving/4 pieces	20000	130.000	20.000
Fruit					
Dried Fruit, Assorted	78632	1 each	2000	119.333	29.333
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	20000	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
Pickles	78984	1 serving	5000	1.667	0.000
Total			20000		
Weighted Daily Average				684.01	101.319
% of Calories					59.25%

* Indicates missing Nutrient Information.

Menu Detail

Date: 10-23-2026

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
Cheese Quesadilla 2M/2G	78846	1 serving	8000	380.000	28.000
Mini Beef and Cheese Tacos, 4 pcs (ELEM) 2M/2G	2055482	1 serving/4 pcs	8000	239.497	35.925
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
Fruit Juice Jello Cups, Assorted	1338535	1 each	10000	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
Salsa, Homemade	1340514	1 tablespoon	5000	2.870	0.625
Total			20000		
Weighted Daily Average				570.944	83.024
% of Calories					58.166%

* Indicates missing Nutrient Information.

Menu Detail

Date: 10-26-2026

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 Drumstick with Belgian Waffle 2M/2.75G	1417412	1 serving	12000	380.000	37.000
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
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
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
Syrup Cup	78716	1 each	12000	120.000	30.000
Total			20000		
Weighted Daily Average				660.638	90.457
% of Calories					54.769%

* Indicates missing Nutrient Information.

Menu Detail

Date: 10-27-2026

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
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
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				484.112*	67.928*
% of Calories					56.126%

* Indicates missing Nutrient Information.

Menu Detail

Date: 10-28-2026

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
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
Desserts					
Pumpkin Cookie w/ Sprinkles 0.5G	79215	1 each	20000	85.630	12.490
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				554.114	72.765
% of Calories					52.527%

* Indicates missing Nutrient Information.

Menu Detail

Date: 10-29-2026

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	2000	119.333	29.333
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	8000	57.000	14.400
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				488.441	77.619
% of Calories					63.565%

* Indicates missing Nutrient Information.