Weighted Nutrient Analysis

Organization: Garden Grove USD
Session: 2026-2027 School Year
Menu: 2026-2027 Elementary Lunch Menu
Number Source: Planned
Dates: 11-02-2026 to 11-30-2026

Weighted Weekly Average

Date(s): 11-02-2026 to 11-30-2026

Nutrient	Menu Average	% of Calories	Target	Pass / Fail	Shortfall / Overage	Notes / Errors
Calories (kcal)	622.600		600 min / 650 max	Pass		
Saturated Fat (g)	5.476*	7.916%	< 10%	Pass		
Sodium (mg)	785.069		≤ 1110	Pass		
Added Sugars (g)	11.140*	7.157%				
Protein (g)	26.589*	17.082%				
Total Fat (g)	18.580*	26.859%				
Trans Fat (g)	0.000*					
Carbohydrates (g)	89.854	57.728%				
Cholesterol (mg)	51.338*					
Potassium (mg)	1,201.044*					
Fiber (g)	5.947*					
Total Sugars (g)	51.260*					
Iron (g)	5.239*					
Calcium (mg)	631.601*					
Vitamin A (mcg RAE)	102.836*					
Vitamin C (mg)	21.795*					
Vitamin D (mcg)	5.174*					

* 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: 11-02-2026

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
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	5000	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
Desserts					
Brownie Cup, Whole Grain, Dave's Baking Company 0.5G	79216	1 each	20000	147.633	26.291
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

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
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				655.087	102.194
% of Calories					62.4%

* Indicates missing Nutrient Information.

Menu Detail

Date: 11-03-2026

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
Meatballs (5 pcs) with Marinara Sauce & Garlic Knot Roll 2M/2G	1149970	1 serving/5 meatballs + garlic knot	12000	233.104	32.235
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
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	20000	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				541.023	85.077
% of Calories					62.901%

* Indicates missing Nutrient Information.

Menu Detail

Date: 11-04-2026

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
Hamburger (2.25 oz) w/ Hawaiian Bun 2M/2G	79057	1 serving	16000	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
Lettuce, Iceberg, Shredded, 1/2 cup	79088	0.5 cup	5000	5.040	1.069
Broccoli, raw, 1/2 cup	80769	0.5 cup	1000	15.470	3.021
Fruit					
Dried Fruit, Assorted	78632	1 each	5000	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					
Baked Doritos (Cool Ranch Flavor) 1.5G	1167452	1 package	20000	130.000	19.000

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
Cheese Slice 0.5M	79062	1 slice	20000	55.686	1.012
Total			20000		
Weighted Daily Average				747.449	101.571
% of Calories					54.356%

* Indicates missing Nutrient Information.

Menu Detail

Date: 11-05-2026

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
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	5000	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
Mixed Berries Frozen Fruit Cup	1340657	1 each	5000	90.000	20.000
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				592.943	82.669
% of Calories					55.769%

* Indicates missing Nutrient Information.

Menu Detail

Date: 11-06-2026

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
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

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
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	5000	119.333	29.333
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	20000	57.000	14.400
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	20000	15.000	3.000
Total			20000		
Weighted Daily Average				588.988	91.178
% of Calories					61.922%

* Indicates missing Nutrient Information.

Menu Detail

Date: 11-09-2026

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
Chicken Nuggets, "Zoo Crew" Animal-Shaped 2M/1.25G	78830	1 serving/3 nuggets	12000	220.000	12.000
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
Peaches, Diced, Canned 1/2 cup	78905	1/2 cup	5000	60.968	14.226
Grains					
Bunny Friends Graham Crackers 1G	79598	1 package	20000	160.000	24.000
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				632.846	85.819
% of Calories					54.243%

* Indicates missing Nutrient Information.

Menu Detail

Date: 11-10-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Lunch Entree					

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
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
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
Lettuce, Iceberg, Shredded, 1/2 cup	79088	0.5 cup	5000	5.040	1.069
Jicama sticks, raw, 1/2 cup	78994	0.5 cup	5000	23.000	5.500
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				554.095	72.54
% of Calories					52.366%

* Indicates missing Nutrient Information.

Menu Detail

Date: 11-12-2026

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
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
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
Mixed Berries Frozen Fruit Cup	1340657	1 each	5000	90.000	20.000
Grains					
Sun Chips Cheddar Chips 1.25G	79043	1 each	20000	140.000	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
Pickles	78984	1 serving	5000	1.667	0.000

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Total			20000		
Weighted Daily Average				713.976	103.719
% of Calories					58.108%

* Indicates missing Nutrient Information.

Menu Detail

Date: 11-13-2026

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
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	8000	57.000	14.400
Fresh Apple Slices, IW	78677	1 each	5000	30.159	7.037
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
Strawberry Jello (Homemade)	1473211	1/2 cup	5000	70.000	17.000
Total			20000		
Weighted Daily Average				558.928	76.316
% of Calories					54.616%

* Indicates missing Nutrient Information.

Menu Detail

Date: 11-16-2026

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
Macaroni and Cheese (#6 Scoop) 2M/1G (JTM)	2040981	1 serving/#6 scoop	12000	310.800	25.620
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
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
Chocolate Chip Cookie (Fat Cat) 1G	81803	1 each	20000	148.000	23.800
Total			20000		
Weighted Daily Average				701.248	99.907
% of Calories					56.988%

* Indicates missing Nutrient Information.

Menu Detail

Date: 11-17-2026

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
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
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	20000	57.000	14.400
Banana, Fresh	78890	1 each	5000	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				621.107	89.754
% of Calories					57.803%

* Indicates missing Nutrient Information.

Menu Detail

Date: 11-18-2026

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
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
Tomatoes, Cherry or Grape, 1/2 cup	79132	0.5 cup	5000	13.410	2.898
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	20000	57.000	14.400
Orange Slices, 1/2 cup	78889	0.5 cup	5000	42.300	10.575
Desserts					
Turkey Cookie w/ Sprinkles, IW 1G	79329	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
Mustard Packet	78839	1 packet	500	5.000	0.000
Total			20000		
Weighted Daily Average				502.766	80.465
% of Calories					64.018%

* Indicates missing Nutrient Information.

Menu Detail

Date: 11-19-2026

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
Cheese Quesadilla 2M/2G	78846	1 serving	12000	380.000	28.000
Mini Beef and Cheese Tacos, 4 pcs (ELEM) 2M/2G	2055482	1 serving/4 pcs	4000	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
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
Mixed Berries Frozen Fruit Cup	1340657	1 each	5000	90.000	20.000
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				588.943	81.054
% of Calories					55.051%

* Indicates missing Nutrient Information.

Menu Detail

Date: 11-20-2026

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 Corn Dog 2M/2G	78802	1 each	12000	280.000	31.000

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
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
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
NuHealth Fruit Cups, Assorted	1586503	1 each	5000	75.000	17.500
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
Total			20000		
Weighted Daily Average				601.838	86.555
% of Calories					57.527%

* Indicates missing Nutrient Information.

Menu Detail

Date: 11-30-2026

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
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
Peaches, Diced, Canned 1/2 cup	78905	1/2 cup	5000	60.968	14.226
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	20000	120.769	30.192
Total			20000		
Weighted Daily Average				737.769	108.994
% of Calories					59.094%

* Indicates missing Nutrient Information.