

Nutrient Detail Report

Organization: Garden Grove USD
Session: 2025-2026 School Year
Menu: 2025-2026 Elementary Lunch Menu
Number Source: Planned
Dates: 01-05-2026 to 01-30-2026

Nutrient Summary

Date(s): 01-05-2026 to 01-30-2026

Nutrient	Menu Average	% of Calories	Target	Pass / Fail	Shortfall / Overage	Notes / Errors
Calories (kcal)	570.930*		600 min / 650 max	Fail	-29.07	Not enough Calories (min: 570.93 of 600) (max: 570.93 of 650)
Protein (g)	26.902*	18.848%				
Total Fat (g)	16.071*	25.334%				
Saturated Fat (g)	5.383*	8.486%	< 10%	Pass		
Trans Fat (g)	0.020*					
Carbohydrates (g)	82.263*	57.635%				
Cholesterol (mg)	51.721*					
Sodium (mg)	759.143*		≤ 1110	Pass		
Potassium (mg)	1,130.542*					
Fiber (g)	5.690*					
Sugars (g)	44.103*					
Added Sugars (g)	9.705*	6.8%				
Iron (g)	2.544*					
Calcium (mg)	615.469*					
Vitamin A (mcg RAE)	113.419*					
Vitamin C (mg)	13.582*					
Vitamin D (mcg)	5.083*					

* Indicates missing Nutrient Information.

Menu Detail

Date: 01-06-2026

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
Chicken Tenders, Whole Muscle (3 pcs) 2M/1G	1759681	1 serving/3 pcs	12000	250.000	21.000
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
Seasoned Potato Wedges, 1/2 cup	80897	0.5 cup/8 pieces	20000	130.000	19.000
Cucumbers, sliced, 1/2 cup	78772	0.5 cup	1000	7.800	1.888
Fruit					
Dried Fruit, Assorted	78632	1 each	5000	115.000	28.500
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Banana, Fresh	78890	1 each	5000	89.890	23.068
Peaches, Sliced, Canned 1/2 cup	78689	1/2 cup	5000	59.991	14.000
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	16000	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		

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Weighted Daily Average				682.765	94.15
% of Calories					55.158%

* Indicates missing Nutrient Information.

Menu Detail

Date: 01-07-2026

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	16000	268.000	29.500
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	1000	15.470	3.021
Lettuce, Iceberg, Shredded, 1/2 cup	79088	0.5 cup	5000	5.040	1.069
Fruit					
Dried Fruit, Assorted	78632	1 each	5000	115.000	28.500
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Cutie Tangerines (2 pcs)	2024737	1 serving/2 pcs	5000	80.560	20.277
Grains					
White Nacho Cheese Doritos 1.5G	1721104	1 each	20000	140.000	20.000
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	16000	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	10000	1.667	0.000
Total			20000		
Weighted Daily Average				658.154	93.982
% of Calories					57.119%

* Indicates missing Nutrient Information.

Menu Detail

Date: 01-08-2026

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
Fruit					
Dried Fruit, Assorted	78632	1 each	5000	115.000	28.500
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Grapes, Fresh, 1/2 cup	78869	0.5 cup	5000	30.820	7.889
Fruit Cup, Assorted	78625	0.5 cup	5000	82.200	19.800
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, Chocolate, Fat-free, Hollandia	1832146	1 each	16000	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				565.797	74.987*
% of Calories					53.013%

* Indicates missing Nutrient Information.

Menu Detail

Date: 01-09-2026

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
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	5000	115.000	28.500
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	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, Chocolate, Fat-free, Hollandia	1832146	1 each	16000	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				485.695	72.598
% of Calories					59.789%

* Indicates missing Nutrient Information.

Menu Detail

Date: 01-12-2026

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
Chicken Corn Dog 2M/2G	78802	1 each	12000	280.000	31.000
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	115.000	28.500
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Mixed Fruit, Canned 1/2 cup	78845	1/2 cup	5000	63.000	16.000

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, Chocolate, Fat-free, Hollandia	1832146	1 each	16000	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				513.621	76.595
% of Calories					59.651%

* Indicates missing Nutrient Information.

Menu Detail

Date: 01-13-2026

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
Sausage Patties w/ French Toast 3M/1.5G	79156	1 serving/2 patties + 1 french toast	12000	332.000	29.200
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
Jicama sticks, raw, 1/2 cup	78994	0.5 cup	1000	23.000	5.500
Fruit					
Dried Fruit, Assorted	78632	1 each	5000	115.000	28.500
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	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, Chocolate, Fat-free, Hollandia	1832146	1 each	16000	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				659.727	94.751
% of Calories					57.448%

* Indicates missing Nutrient Information.

Menu Detail

Date: 01-14-2026

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 Popcorn Chicken (10 pcs) 2M/1G	1173755	10 pieces	12000	260.000	20.000
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
Fruit					
Dried Fruit, Assorted	78632	1 each	5000	115.000	28.500

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Cara Cara Oranges, 1/2 cup	1323865	0.5 cup	5000	61.570	15.393
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, Chocolate, Fat-free, Hollandia	1832146	1 each	16000	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				572.601	86.673
% of Calories					60.547%

* Indicates missing Nutrient Information.

Menu Detail

Date: 01-15-2026

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
Teriyaki Beef Dippers w/ White Rice (1/2 cup) 2M/1G	1759592	1 serving/4 dippers + #8 scoop rice	12000	319.876	40.253
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	115.000	28.500
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Peaches, Sliced, Canned 1/2 cup	78689	1/2 cup	5000	59.991	14.000
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	16000	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				535.828	77.04
% of Calories					57.511%

* Indicates missing Nutrient Information.

Menu Detail

Date: 01-16-2026

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

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Beans, Garbanzo, Canned, 1/2 cup	79028	0.5 cup	1000	105.000	16.992
Fruit					
Dried Fruit, Assorted	78632	1 each	5000	115.000	28.500
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Fresh Apple Slices, IW	78677	1 each	20000	30.159	7.037
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	16000	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				568.314	80.275
% of Calories					56.501%

* Indicates missing Nutrient Information.

Menu Detail

Date: 01-20-2026

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
Macaroni and Cheese (#6 Scoop) 2M/1G	78766	1 serving	12000	290.015	32.002
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
Corn, Yellow, Canned 1/2 cup	78932	1/2 cup	5000	52.480	11.152
Fruit					
Dried Fruit, Assorted	78632	1 each	5000	115.000	28.500
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Peaches, Sliced, Canned 1/2 cup	78689	1/2 cup	5000	59.991	14.000
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	16000	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				671.031	99.878
% of Calories					59.537%

* Indicates missing Nutrient Information.

Menu Detail

Date: 01-21-2026

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
Sliders, Mini Cheeseburger 2M/2G	78922	1 serving	12000	290.000	30.000
Sandwich, Grilled Cheese (IFS) 2M/2G	78850	1 each	4000	319.230	34.090

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
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	1000	15.470	3.021
Fruit					
Dried Fruit, Assorted	78632	1 each	5000	115.000	28.500
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	16000	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				491.524	69.358
% of Calories					56.443%

* Indicates missing Nutrient Information.

Menu Detail

Date: 01-22-2026

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
Spaghetti w/ Cheesy Breadstick (Bosco) 2M/1.5G	79001	1 serving	12000	280.262*	33.820*
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	115.000	28.500
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Grapes, Fresh, 1/2 cup	78869	0.5 cup	5000	30.820	7.889
Fruit Cup, Assorted	78625	0.5 cup	5000	82.200	19.800
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	16000	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				525.317*	76.603*
% of Calories					58.329%

* Indicates missing Nutrient Information.

Menu Detail

Date: 01-23-2026

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
BBQ Chicken Drumstick w/ Sweet Corn Bread 2.5M/1G	1986553	1 serving/drumstick + corn bread	12000	336.000	33.000

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	5000	115.000	28.500
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	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, Chocolate, Fat-free, Hollandia	1832146	1 each	16000	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				579.295	75.598
% of Calories					52.2%

* Indicates missing Nutrient Information.

Menu Detail

Date: 01-26-2026

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
Chicken Double Dogs 2M/2G	78987	1 each	12000	260.000	31.500
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	115.000	28.500
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	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, Chocolate, Fat-free, Hollandia	1832146	1 each	16000	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				501.621	76.895
% of Calories					61.317%

* Indicates missing Nutrient Information.

Menu Detail

Date: 01-27-2026

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

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
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	1000	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	5000	115.000	28.500
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	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, Chocolate, Fat-free, Hollandia	1832146	1 each	16000	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				566.702	76.721
% of Calories					54.153%

* Indicates missing Nutrient Information.

Menu Detail

Date: 01-28-2026

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 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
Tomatoes, Cherry or Grape, 1/2 cup	79132	0.5 cup	1000	13.410	2.898
Fruit					
Dried Fruit, Assorted	78632	1 each	5000	115.000	28.500
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Cara Cara Oranges, 1/2 cup	1323865	0.5 cup	5000	61.570	15.393
Grains					
Goldfish Mickey 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, Chocolate, Fat-free, Hollandia	1832146	1 each	16000	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				661.231	98
% of Calories					59.283%

* Indicates missing Nutrient Information.

Menu Detail

Date: 01-29-2026

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
Orange Popcorn Chicken w/ White Rice (1/2 cup) 2M/1G	1408914	1 serving	12000	299.876	51.253
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	115.000	28.500
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Peaches, Sliced, Canned 1/2 cup	78689	1/2 cup	5000	59.991	14.000
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	4000	120.000	16.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	16000	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				523.828	83.64
% of Calories					63.868%

* Indicates missing Nutrient Information.

Menu Detail

Date: 01-30-2026

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
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	5000	115.000	28.500
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	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, Chocolate, Fat-free, Hollandia	1832146	1 each	16000	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				513.695	72.998
% of Calories					56.841%

* Indicates missing Nutrient Information.