

Weighted Nutrient Analysis

Organization: Garden Grove USD
Session: 2026-2027 School Year
Menu: 2026-2027 Elementary Lunch Menu
Number Source: Planned
Dates: 09-01-2026 to 09-30-2026

Weighted Weekly Average

Date(s): 09-01-2026 to 09-30-2026

Nutrient	Menu Average	% of Calories	Target	Pass / Fail	Shortfall / Overage	Notes / Errors
Calories (kcal)	594.717*		600 min / 650 max	Fail	-5.283	Not enough Calories (min: 594.72 of 600) (max: 594.72 of 650)
Saturated Fat (g)	5.330*	8.066%	< 10%	Pass		
Sodium (mg) 	761.582*		≤ 1110	Pass		
Added Sugars (g) 	9.204*	6.191%				
Protein (g)	26.936*	18.117%				
Total Fat (g)	18.100*	27.392%				
Trans Fat (g)	0.000*					
Carbohydrates (g)	83.550*	56.195%				
Cholesterol (mg)	55.596*					
Potassium (mg)	1,437.224*					
Fiber (g)	5.517*					
Total Sugars (g)	45.369*					
Iron (g)	4.686*					
Calcium (mg)	614.652*					
Vitamin A (mcg RAE)	102.594*					
Vitamin C (mg)	18.509*					
Vitamin D (mcg)	5.105*					

* 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: 09-01-2026

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	1000	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
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				541.175*	82.43*
% of Calories					60.927%

* Indicates missing Nutrient Information.

Menu Detail

Date: 09-02-2026

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
Broccoli, raw, 1/2 cup	80769	0.5 cup	1000	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
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
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				661.666	98.001
% of Calories					59.245%

* Indicates missing Nutrient Information.

Menu Detail

Date: 09-03-2026

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
Teriyaki Beef Dippers w/ White Rice (1/2 cup) 2M/1G	1759592	1 serving/4 dippers + #8 scoop rice	12000	303.004	36.604
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	15000	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				555.146	80.482
% of Calories					57.989%

* Indicates missing Nutrient Information.

Menu Detail

Date: 09-04-2026

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	6000	310.000	31.000
Personal Pepperoni Pizza (Tony's) 2M/2G	78950	1 each	10000	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	20000	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
Total			20000		
Weighted Daily Average				543.628	78.506
% of Calories					57.764%

* Indicates missing Nutrient Information.

Menu Detail

Date: 09-08-2026

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
Chicken Nuggets 2M/1G (Goldkist)	1319068	1 serving/5 pieces	12000	190.000	13.000
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
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

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
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
Total			20000		
Weighted Daily Average				446.568	59.895
% of Calories					53.649%

* Indicates missing Nutrient Information.

Menu Detail

Date: 09-09-2026

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					
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: 09-10-2026

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

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
BBQ Chicken Drumstick w/ Garlic Toast 2.5M/1G	2203254	1 serving/drumstick + corn bread	12000	310.000	27.000
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	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
Total			20000		
Weighted Daily Average				565.593	79.519
% of Calories					56.238%

* Indicates missing Nutrient Information.

Menu Detail

Date: 09-11-2026

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	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
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				518.628	79.739
% of Calories					61.5%

* Indicates missing Nutrient Information.

Menu Detail

Date: 09-14-2026

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 Corn Dog 2M/2G	78802	1 each	12000	280.000	31.000
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
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, 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, 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				520.756	74.545
% of Calories					57.259%

* Indicates missing Nutrient Information.

Menu Detail

Date: 09-15-2026

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
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
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	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		

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Weighted Daily Average				570.435	72.59
% of Calories					50.901%

* Indicates missing Nutrient Information.

Menu Detail

Date: 09-16-2026

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
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
Broccoli, raw, 1/2 cup	80769	0.5 cup	1000	15.470	3.021
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					
Munchie Snack Mix 1G	2203965	1 package	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
Pickles	78984	1 serving	5000	1.667	0.000
Total			20000		
Weighted Daily Average				662.249	97.87
% of Calories					59.114%

* Indicates missing Nutrient Information.

Menu Detail

Date: 09-17-2026

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
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
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
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				509.196	82.642
% of Calories					64.919%

* Indicates missing Nutrient Information.

Menu Detail

Date: 09-18-2026

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
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
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				561.428	76.983
% of Calories					54.848%

* Indicates missing Nutrient Information.

Menu Detail

Date: 09-21-2026

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
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

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
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
Chocolate Chip Cookie (Fat Cat) 1G	81803	1 each	20000	148.000	23.800
Total			20000		
Weighted Daily Average				654.308	95.245
% of Calories					58.226%

* Indicates missing Nutrient Information.

Menu Detail

Date: 09-22-2026

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
Chicken Tenders, Whole Muscle (4 pcs) 2.5M/1.25G (ATP/MT)	1760111	1 serving/4 pcs	12000	333.333	28.000
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	1000	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
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				635.347	84.936
% of Calories					53.474%

* Indicates missing Nutrient Information.

Menu Detail

Date: 09-23-2026

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
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

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
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	1000	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
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	20000	120.000	30.000
Total			20000		
Weighted Daily Average				797.884	97.246
% of Calories					48.752%

* Indicates missing Nutrient Information.

Menu Detail

Date: 09-24-2026

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
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
Tater Squares, 1/2 cup (7 pcs)	2073956	1 serving/7 pcs	20000	180.000	20.000
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
Pickles	78984	1 serving	5000	1.667	0.000
Total			20000		
Weighted Daily Average				699.81	92.679
% of Calories					52.974%

* Indicates missing Nutrient Information.

Menu Detail

Date: 09-25-2026

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
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
Salsa	78943	1 tablespoon	5000	3.666	0.733
Total			20000		
Weighted Daily Average				574.244	75.466
% of Calories					52.567%

* Indicates missing Nutrient Information.

Menu Detail

Date: 09-28-2026

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 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, 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, 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

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Total			20000		
Weighted Daily Average				688.756	96.745
% of Calories					56.185%

* Indicates missing Nutrient Information.

Menu Detail

Date: 09-29-2026

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
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	1000	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				487.363	71.66
% of Calories					58.814%

* Indicates missing Nutrient Information.

Menu Detail

Date: 09-30-2026

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 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
Broccoli, raw, 1/2 cup	80769	0.5 cup	1000	15.470	3.021
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
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

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				627.466	89.361
% of Calories					56.966%

* Indicates missing Nutrient Information.