

Menu Plan Nutrients By Item

Site: Peoria Flex Academy

Date: 05/15/2025 to 05/23/2025

Thu 05/15/2025 - Breakfast Elementary	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	mg Calcm	mg Iron	IU Vit-A	mg Vit-C	mg Cholst	g Fiber	g T-Sugars	g Carb
Milk, Carton, White 1%, 70/8oz	1 ea	1	100.00	125.00	1.50	0.00	2.50	8.00	300.00	0.00	750.00	0.00	10.00	0.00	12.00	12.00
Milk, Carton, Chocolate Skim, 70/8oz	1 ea	3	140.00	200.00	0.00	0.00	0.00	9.00	307.00	0.00	750.00	0.00	5.00	0.00	24.00	25.00
Milk, Carton, Strawberry Skim, 70/8oz	1 ea	1	140.00	95.00	0.00	0.00	0.00	8.00	300.00	0.00	500.00	0.00	5.00	0.00	25.00	26.00
Muffin, Blueberry (90/1.9oz) (G1)	1 Each	1	118.00	74.00	0.50	0.00	3.30	2.40	5.30	0.75	34.00	0.68	18.00	1.80	7.50	19.50
Muffin, Apple Cinnamon 90/1.9oz (G1)	1 Each	1	117.00	74.00	0.40	0.00	3.20	2.40	5.20	0.75	32.00	0.52	18.00	1.80	7.30	19.50
Muffin, Banana, 90/cs 1.9oz (G1)	1 Ounce	1	60.00	37.00	0.25	0.00	1.65	1.20	2.55	0.38	16.50	0.30	9.00	0.90	4.00	10.00
Muffin, Choc Chip WG IW 90/1.9oz (G1)	1 Each	1	118.00	74.00	0.60	0.00	3.20	2.40	3.70	0.70	30.00	0.50	18.00	1.70	7.50	19.80
Yogurt, Strawberry/Banana 48/cs	1 Each	1	70.00	60.00	0.00	0.00	0.00	4.00	150.00	0.00	0.00	0.00	0.00	0.00	10.00	14.00
Yogurt, Vanilla 48/4oz	1 Each	1	70.00	60.00	0.00	0.00	0.00	4.00	150.00	0.00	0.00	0.00	5.00	0.00	10.00	14.00
Yogurt, Strawberry 48/4oz	1 Each	1	100.00	60.00	0.00	0.00	0.50	3.00	80.00	0.00	500.00	0.00	5.00	0.00	14.00	20.00
Weighted Daily Average			218.83	209.83	0.54	0.00	2.39	10.40	319.63	0.43	685.42	0.33	17.17	1.03	28.22	38.30
% of calories					2.23	0.00	9.84	19.01								70.01

Thu 05/15/2025 - Lunch K-8	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	mg Calcm	mg Iron	IU Vit-A	mg Vit-C	mg Cholst	g Fiber	g T-Sugars	g Carb
Condiment, Ketchup Dispenser Pouch 2/1.5 gal (380 Tbsp/bag)	1 Tbs (Count)	2	20.00	160.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	1.20	0.00	0.00	4.00	5.00
Condiment, Mustard Individual, 500/5.5 gram packets	1 Each	2	5.00	50.00	0.00	0.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00
Condiment, Mayonnaise 200/12/gr	1 Each	2	36.39	113.69	0.44	0.00	2.73	0.00	0.00	0.00	0.00	0.00	5.73	0.00	1.45	2.73
Condiment, Ketchup 6/112oz Jugs	1 Tbs (Count)	4	15.00	45.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	3.00	4.00
Dressing, Ranch Lite (Naturally Fresh), 4/1gallon	1 Tbs (Count)	4	35.00	135.00	0.50	0.00	3.50	0.50	10.00	0.00	0.00	0.00	2.50	0.00	0.50	1.00
Milk, Carton, White 1%, 70/8oz	1 ea	9	100.00	125.00	1.50	0.00	2.50	8.00	300.00	0.00	750.00	0.00	10.00	0.00	12.00	12.00

* Missing nutrient value

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Menu Plan Nutrients By Item

Site: Peoria Flex Academy

Date: 05/15/2025 to 05/23/2025

Milk, Carton, Chocolate Skim, 70/8oz	1 ea	20	140.00	200.00	0.00	0.00	0.00	9.00	307.00	0.00	750.00	0.00	5.00	0.00	24.00	25.00
Milk, Carton, Strawberry Skim, 70/8oz	1 ea	13	140.00	95.00	0.00	0.00	0.00	8.00	300.00	0.00	500.00	0.00	5.00	0.00	25.00	26.00
Sandwich, Cheese Reimbursable (2G/2M) - WH Cheese	1 1 Serving	2	300.00	820.00	6.00	0.00	13.00	16.00	0.00	1.44	0.00	0.00	30.00	2.00	8.00	30.00
Fruit, Mandarin Orange 6/#10	1 1/2 Cup	2	70.00	10.00	0.00	0.00	0.00	0.00	20.00	0.72	300.00	21.00	0.00	1.00	17.00	17.00
Fruit, Apple Sliced Ind bags 100/cs (1sv)	1 Bag	2	30.00	0.00	0.00	0.00	0.00	0.00	10.00	0.18	50.00	39.00	0.00	1.00	6.00	7.00
Veg, Broccoli, Spear Frozen 12/2/lb (10 srv/bag; 120 srv/case)	1 1/2 Cup	2	25.80	22.10	0.00	0.00	0.10	2.85	46.90	0.56	929.00	36.90	0.00	2.76	1.35	4.93
Veg, Cauliflower Florets 2/3lb, 27 srv/bag (1 srv = 5 florets)	1 1/2 Cup	2	16.33	16.33	0.04	0.00	0.15	1.04	11.98	0.23	0.00	26.24	0.00	1.09	1.91	2.71
Chicken, Popcorn Chicken Bowl (G3/M2) - Chicken & Roll Only	1 Each	18	430.00	780.00	3.00	0.00	19.00	20.00	36.00	3.44	0.00	3.60	25.00	5.00	7.00	46.00
Pull Apart Cheesy Bread w/ Marinara (G2/M2)	1 Each	4	330.00	830.00	5.00	0.00	15.00	16.00	262.23	1.26	436.56	6.48	30.00	2.00	4.90	36.00
Sandwich, PB&J Uncrustable Grape - 72/2.6oz (G1 and M1)	1 Each	18	300.00	280.00	3.00	0.00	17.00	9.00	26.00	1.00	0.00	0.00	0.00	4.00	14.00	32.00
Sandwich, PB&J Uncrustable Strawberry - 72/2.6oz (G1 and M1)	1 Each	18	300.00	280.00	3.00	0.00	17.00	9.00	26.00	1.00	0.00	0.00	0.00	4.00	14.00	32.00
Sunbutter and Grape Jelly Crustless 96/2.8oz (G1.5 and M1)	1 Each	18	310.00	300.00	2.00	0.00	15.00	9.00	27.00	5.00	0.00	0.00	0.00	4.00	11.00	33.00
Cracker, Cheez-it 175/cs (G1)	1 Each	18	100.00	150.00	1.00	0.00	3.50	2.00	100.00	0.72	500.00	0.00	5.00	1.00	0.00	14.00
Cheese, Mozz String (168ea) (1oz=M1) - LOL Cheese	1 Each	18	80.00	200.00	4.00	0.00	6.00	6.00	150.00	0.00	0.00	0.00	20.00	0.00	1.00	2.00
Veg, Potato, Instant Mashed, 12/28oz, 39 srv/bag (1 srv = 4.18oz cooked)	1 1/2 c serv (Count)	2	90.00	410.00	0.00	0.00	1.00	2.00	7.10	0.19	1.90	6.38	0.00	1.00	0.00	17.00
Veg, Corn Whole, Frozen 1/30lb - 165srv/cs	1 1/4 Cup (cooked)	2	33.50	0.50	0.00	0.00	0.50	1.00	1.01	0.19	82.76	1.41	0.00	1.00	1.50	8.00
Weighted Daily Average			810.32	1,123.30	7.65	0.00	34.69	33.18	468.02	4.84	952.81	8.07	30.83	7.99	42.61	94.61
% of calories					8.49	0.00	38.53	16.38								46.70

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Menu Plan Nutrients By Item

Site: Peoria Flex Academy

Date: 05/15/2025 to 05/23/2025

Thu 05/15/2025 - Breakfast Pre-K	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	mg Calcm	mg Iron	IU Vit-A	mg Vit-C	mg Cholst	g Fiber	g T-Sugars	g Carb
Muffin, Blueberry (90/1.9oz) (G1)	1 Each	3	118.00	74.00	0.50	0.00	3.30	2.40	5.30	0.75	34.00	0.68	18.00	1.80	7.50	19.50
Muffin, Banana, 90/cs 1.9oz (G1)	1 Each	3	120.00	74.00	0.50	0.00	3.30	2.40	5.10	0.75	33.00	0.60	18.00	1.80	8.00	20.00
Muffin, Apple Cinnamon 90/1.9oz (G1)	1 Each	3	117.00	74.00	0.40	0.00	3.20	2.40	5.20	0.75	32.00	0.52	18.00	1.80	7.30	19.50
Weighted Daily Average			177.50	111.00	0.70	0.00	4.90	3.60	7.80	1.13	49.50	0.90	27.00	2.70	11.40	29.50
% of calories					3.55	0.00	24.85	8.11								66.48

Thu 05/15/2025 - Lunch Pre-K	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	mg Calcm	mg Iron	IU Vit-A	mg Vit-C	mg Cholst	g Fiber	g T-Sugars	g Carb
Muffin, Blueberry (90/1.9oz) (G1)	1 Each	22	118.00	74.00	0.50	0.00	3.30	2.40	5.30	0.75	34.00	0.68	18.00	1.80	7.50	19.50
Muffin, Banana, 90/cs 1.9oz (G1)	1 Each	22	120.00	74.00	0.50	0.00	3.30	2.40	5.10	0.75	33.00	0.60	18.00	1.80	8.00	20.00
Muffin, Apple Cinnamon 90/1.9oz (G1)	1 Each	22	117.00	74.00	0.40	0.00	3.20	2.40	5.20	0.75	32.00	0.52	18.00	1.80	7.30	19.50
No Nut Butter Chocolate Cups 120srv/cs (2oz = 2MMA)	1 serv	4	320.00	100.00	4.00	0.00	24.00	6.00	0.00	0.36	0.00	0.00	0.00	3.00	15.00	27.00
Fruit, Apple Sliced Ind bags 100/cs (1sv)	1 Bag	2	30.00	0.00	0.00	0.00	0.00	0.00	10.00	0.18	50.00	39.00	0.00	1.00	6.00	7.00
Veg, Carroteenies Indiv 100/3oz	1 Bag	2	35.00	65.00	0.00	0.00	0.00	1.00	20.00	0.36	6,000.00	6.00	0.00	2.00	5.00	8.00
Weighted Daily Average			209.55	123.05	1.06	0.00	7.08	4.19	9.16	1.18	324.50	2.95	27.00	3.11	13.26	32.64
% of calories					4.57	0.00	30.42	8.00								62.30

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Menu Plan Nutrients By Item

Site: Peoria Flex Academy

Date: 05/15/2025 to 05/23/2025

Thu 05/15/2025 - Breakfast High	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	mg Calcm	mg Iron	IU Vit-A	mg Vit-C	mg Cholst	g Fiber	g T-Sugars	g Carb
Fruit Juice, Orange Tangerine Shelf Stable 40/4.23oz	1 serv	1	60.00	10.00	0.00	0.00	0.00	0.00	19.00	0.00	0.00	0.00	0.00	0.00	13.00	15.00
Milk, Carton, Strawberry Skim, 70/8oz	1 ea	1	140.00	95.00	0.00	0.00	0.00	8.00	300.00	0.00	500.00	0.00	5.00	0.00	25.00	26.00
Milk, Carton, Chocolate Skim, 70/8oz	1 ea	1	140.00	200.00	0.00	0.00	0.00	9.00	307.00	0.00	750.00	0.00	5.00	0.00	24.00	25.00
Pizza, Sausage Breakfast, 128/cs (G1.5 and M1)	1 Each	1	210.00	350.00	2.00	0.00	7.00	9.00	146.00	1.90	0.00	0.00	15.00	3.00	5.00	27.00
Roll, Mini Cinnamon 72/cs (G2)	1 Each	1	240.00	270.00	2.00	0.00	7.00	5.00	40.00	1.44	0.00	0.00	0.00	2.00	15.00	39.00
Weighted Daily Average			131.67	154.17	0.67	0.00	2.33	5.17	135.33	0.56	208.33	0.00	4.17	0.83	13.67	22.00
% of calories					4.56	0.00	15.95	15.70								66.84

Thu 05/15/2025 - Lunch High	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	mg Calcm	mg Iron	IU Vit-A	mg Vit-C	mg Cholst	g Fiber	g T-Sugars	g Carb
Condiment, Sauce Taco Individual 200/cs	1 Packet	2	0.00	55.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00
Condiment, Sauce Tartar Indiv 500 pc/case	1 Each	2	40.00	100.00	0.00	0.00	3.00	0.00	0.00	0.00	0.00	0.00	5.00	0.00	2.00	3.00
Condiment, Sauce BBQ, Individual, 100/1 oz	1 Each	2	45.00	210.00	0.00	0.00	0.00	0.00	20.00	0.36	100.00	1.20	0.00	0.00	9.00	10.00
Condiment, Spice Tajin packet 1000/.035oz	1 Each	2	2.00	127.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.40	0.00	0.00	0.00	0.00
Condiment, Sauce Sweet & Sour Individual 100/1oz	1 Each	2	45.00	120.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1.20	0.00	0.00	4.00	12.00
Croutons, Cheese & Garlic IW WG 250/.5oz	1 serv	9	60.00	150.00	0.00	0.00	2.00	2.00	0.00	0.36	0.00	0.00	0.00	1.00	1.00	9.00
Dressing, Raspberry Vinaigrette Packet, 60/1.5 oz	1 Packet	2	40.00	370.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	9.00	9.00
Dressing, Boom Boom 4/1gal	2 Tbs (Count)	2	150.00	250.00	2.50	0.00	16.00	0.00	0.00	0.00	100.00	2.40	15.00	0.00	2.00	2.00
Dressing, Caesar 2/1gal	2 Tablespoon	2	150.00	290.00	3.00	0.00	16.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	1.00	1.00
Dressing, Balsamic Vinaigrette 2/1gal	2 Tbs (Count)	2	100.00	320.00	1.50	0.00	11.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00	1.00
Dressing, Honey Mustard, 2/1gal	2 Tbs (Count)	2	50.00	240.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	10.00	0.00	8.00	12.00
Dressing, Italian Old Venice 2/1gal	2 Tbs (Count)	2	100.00	480.00	1.50	0.00	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00	2.00

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Menu Plan Nutrients By Item

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Site: Peoria Flex Academy

Date: 05/15/2025 to 05/23/2025

Dressing, Ranch Lite (Naturally Fresh), 4/1gallon	2 Tbs (Count)	2	70.00	270.00	1.00	0.00	7.00	1.00	20.00	0.00	0.00	0.00	5.00	0.00	1.00	2.00
Condiment, Mayonnaise 200/12/gr	1 Each	1	36.39	113.69	0.44	0.00	2.73	0.00	0.00	0.00	0.00	0.00	5.73	0.00	1.45	2.73
Condiment, Pickle, Sweet Relish Individual, 500/9 gram packets	1 Each	2	15.00	70.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	3.00	3.00
Condiment, Mustard Individual, 500/5.5 gram packets	1 Each	2	5.00	50.00	0.00	0.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00
Condiment, Ketchup Indiv 1000/9gr	1 Each	2	10.00	85.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	2.00	2.00
Condiment, Ketchup Dispenser Pouch 2/1.5 gal (380 Tbsp/bag)	2 Tbs (Count)	11	40.00	320.00	0.00	0.00	0.00	0.00	0.00	0.00	200.00	2.40	0.00	0.00	8.00	10.00
Condiment, Ketchup 6/112oz Jugs	2 Tbs (Count)	2	30.00	90.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	6.00	8.00
Milk, Carton, White 1%, 70/8oz	1 ea	2	100.00	125.00	1.50	0.00	2.50	8.00	300.00	0.00	750.00	0.00	10.00	0.00	12.00	12.00
Milk, Carton, Strawberry Skim, 70/8oz	1 ea	4	140.00	95.00	0.00	0.00	0.00	8.00	300.00	0.00	500.00	0.00	5.00	0.00	25.00	26.00
Milk, Carton, Chocolate Skim, 70/8oz	1 ea	4	140.00	200.00	0.00	0.00	0.00	9.00	307.00	0.00	750.00	0.00	5.00	0.00	24.00	25.00
Bev, Tea Bag Cold , 96/cs	1 Gallon	2	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Salad, Chef (M3/V1) - WH Turkey Ham & Cheese, Fairmeadow Egg	1 1 Serving	2	246.02	692.10	4.76	0.00	11.16	27.54	207.91	7.32	514.75	6.90	220.77	2.60	5.89	10.05
Salad, Cobb (M2.5/V1) - WH Turkey Ham & Cheese, Fairmeadow Egg	1 1 Serving	2	261.22	603.36	6.08	0.00	15.09	22.34	191.69	7.60	543.01	7.67	213.03	2.74	6.98	9.94
Salad, Garden (M2/V1) - WH Cheese, Fairmeadow Egg	1 Each	2	218.58	249.21	7.50	0.00	14.00	14.64	320.49	1.15	716.61	26.16	200.00	2.77	6.00	8.77
Salad, Chicken Caesar (M2) - Diced Chicken	1 Each	2	154.67	168.83	2.15	0.00	5.83	18.25	98.00	0.55	526.25	6.90	47.17	2.60	3.35	6.75
Dough, Roll W/G Proof & Bake 256/2.25oz (G2)	1 serv	2	160.00	260.00	0.50	0.00	3.50	5.00	0.00	1.44	0.00	3.60	0.00	2.00	5.00	27.00
Bar, Lemon Chip Crunch Bar 120/2.25 oz (G2)	1 Each	2	260.00	160.00	2.00	0.00	8.00	4.00	20.00	1.44	100.00	0.00	5.00	2.00	16.00	42.00
Bar, Cherry/Apple Crunch 120/2.25oz (G2)	1 Each	2	260.00	90.00	2.00	0.00	8.00	4.00	20.00	1.44	100.00	0.00	5.00	2.00	16.00	42.00
Wrap, Veggie (G2/M2) - SH Shredded Cheese	1 Each	2	465.94	736.39	17.00	0.00	30.00	18.75	536.88	2.18	999.78	19.51	80.00	3.72	4.31	33.05

* Missing nutrient value

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Run By: vperry

Filename: Menu Plan Nutrients By Item.rdlc

Run On: 5/15/2025 8:28:37 AM

Menu Plan Nutrients By Item

Site: Peoria Flex Academy

Date: 05/15/2025 to 05/23/2025

Wrap, Chicken Caesar (G2/M2) - SH Diced Chicken, WW Tortilla	1 Each	2	476.00	745.00	6.00	0.00	28.00	25.00	174.00	2.72	100.00	0.00	75.00	4.00	2.00	31.00
Wrap, Turkey Ham & Swiss Cheese - WH Turkey Ham	1 Each	2	380.64	594.21	8.51	0.00	20.24	25.80	410.92	8.23	409.97	6.74	55.26	4.09	2.03	31.44
Wrap, Spicy Chicken (G3/M2) - WH Cheese & Spicy Chicken Patty	1 Each	2	499.84	757.46	6.51	0.00	24.60	22.93	277.42	4.13	598.47	6.74	40.00	7.09	1.50	46.91
Wrap, Turkey Bacon (G2/M2) - Wh Cheese	1 Each	2	361.58	902.51	5.10	0.00	14.45	26.68	237.42	2.81	498.47	6.74	60.87	4.09	1.13	30.55
Sandwich, Cheese Reimbursable (2G/2M) - WH Cheese	1 1 Serving	2	300.00	820.00	6.00	0.00	13.00	16.00	0.00	1.44	0.00	0.00	30.00	2.00	8.00	30.00
Sandwich, Ham & Cheese - WH Turkey Ham & Cheese	1 Each	2	265.80	791.74	3.00	0.00	9.14	16.87	0.00	7.54	0.00	0.00	30.26	2.00	7.53	29.53
Sandwich, PB&J Uncrustable Grape 72/5.3oz (G2 and M2)	1 Each	2	600.00	540.00	6.00	0.00	34.00	18.00	78.00	3.00	0.00	0.00	0.00	7.00	29.00	64.00
Sandwich, PB&J Uncrustable Strawberry - 72/5.3oz (G2 and M2)	1 Each	2	600.00	540.00	6.00	0.00	34.00	18.00	78.00	3.00	0.00	0.00	0.00	7.00	29.00	64.00
Sandwich, Italian Sub (G2/M2)	1 Each	2	373.00	1,263.00	7.00	0.00	16.80	24.00	244.00	2.86	5.00	3.18	82.00	3.00	4.00	31.00
Sandwich, Turkey California (G2/M2)	1 Each	2	341.85	1,155.61	6.58	0.00	15.68	21.77	154.00	2.00	0.00	0.00	57.59	2.00	5.63	28.63
Box, Protein Peanut Butter (G2/M2.75/F0.5) - LOL Cheese	1 Each	2	621.55	446.74	7.28	0.00	32.53	21.37	204.92	3.05	48.56	37.88	19.42	9.71	29.14	70.90
Box, Protein Cottage Cheese & Bread Slice (G2/M2/F0.5)	1 Each	2	415.00	635.00	3.00	0.00	10.00	19.50	226.50	1.36	950.00	5.50	5.00	2.50	41.50	64.00
Plate, Benefit Bar (2G/2MMA) - LOL Cheese	1 1 Serving	2	453.33	473.33	7.50	0.00	15.83	15.33	326.13	3.99	261.36	0.00	43.33	3.00	33.67	64.00
Box, Protein 1 Grain Muffin (G1/M2) - Add Grain	1 Each	2	419.12	304.00	5.47	0.00	12.45	13.04	330.00	0.75	213.04	0.60	51.40	4.44	43.04	64.46
Pizza, HS Cheese Primo, 72 svs/cs (G2 and M2)	1 Each	2	360.00	490.00	7.00	0.00	16.00	21.00	450.00	2.70	400.00	0.00	35.00	3.00	9.00	36.00
Pizza, HS Pepperoni Primo, 72 svs/cs (G2 and M2)	1 Each	2	370.00	650.00	7.00	0.00	17.00	20.00	350.00	2.70	400.00	0.00	40.00	3.00	9.00	36.00
Burger, Hamburger (G2/M2) - SH Beef	1 Each	2	330.00	520.00	5.50	0.00	15.50	23.00	60.00	2.52	0.00	0.00	60.00	2.00	3.00	26.00
Burger, Cheeseburger (G2/M2.5) - Shamrock Beef & Warehouse Cheese	1 Each	2	370.00	660.00	7.00	0.00	18.00	26.00	60.00	2.52	0.00	0.00	67.50	2.00	4.00	27.00
Sandwich, Chicken Patty (G3/M2)	1 Each	2	380.00	720.00	3.00	0.00	15.50	20.00	95.00	3.08	0.00	0.00	25.00	5.00	4.00	41.00

* Missing nutrient value

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Menu Plan Nutrients By Item

Site: Peoria Flex Academy

Date: 05/15/2025 to 05/23/2025

Sandwich, Chicken Spicy Patty (G3/M2)	1 Each	2	410.00	660.00	3.50	0.00	17.50	21.00	100.00	3.08	100.00	0.00	25.00	5.00	4.00	43.00
Sandwich, Chicken Grilled (2G/2.25MMA)	1 Each	2	260.00	580.00	1.00	0.00	5.00	28.00	72.00	2.08	0.00	0.00	60.00	2.00	3.00	27.00
Burrito, Bean & Cheese W/W Lower Sodium 54/cs (G2.25 and M2)	1 Each	2	370.00	650.00	7.00	0.00	16.00	14.00	300.00	3.60	200.00	3.60	20.00	4.00	2.00	41.00
Chicken, Nuggets (5 nugg = G1/M2) - HS must add 1 grain	1 Each	2	260.00	400.00	2.50	0.00	15.00	16.00	37.00	2.00	0.00	0.00	25.00	3.00	1.00	16.00
Corn Dog, Mini G2/M2)	1 serv	2	270.00	410.00	3.50	0.00	12.00	10.00	0.00	6.00	0.00	0.00	40.00	5.00	5.00	30.00
Corn Dog (G2/M2)	1 Each	2	250.00	390.00	2.50	0.00	9.00	9.00	80.00	1.80	0.00	0.00	40.00	5.00	5.00	30.00
Veg, Potato Spiral Cut Curly GF 6/4/lb (1 srv = 2.17oz) - McCain Potatoes	1 1/2 Cup (cooked)	22	100.00	190.00	0.00	0.00	3.00	1.00	10.00	0.30	0.00	0.00	0.00	1.00	0.00	17.00
Veg, Potato, Seasoned 1/2" Stix 6/5lb, 34 srv/bag (1 srv = 2.29oz)	1 1/2 Cup	22	119.00	134.87	0.40	0.00	3.97	1.59	0.00	0.36	0.00	2.40	0.00	1.59	0.00	19.83
Veg, Potato, Seasoned Crinkle Cut, 6/5lb, 40 srv/bag (1 srv = 1.98oz)	1 1 Serving	22	130.00	240.00	0.50	0.00	4.50	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	22.00
Veg, Potato, Savory Wedge 6/5lb, 29 srv/bag (1 srv = 2.69oz)	1 Ounce	22	46.67	66.67	0.33	0.00	2.00	0.33	0.00	0.12	0.00	1.20	0.00	0.33	0.33	6.67
Veg, Potato, Tater Gems, 6/5lb, 32srv/bag (1 srv = 2.5oz = 10 tater tots)	1 Ounce	22	56.67	76.64	0.50	0.00	3.00	0.67	0.00	0.12	0.00	0.00	0.00	0.00	0.00	6.33
Salad, Bulk, Mixed Green Salad	1 Cup	2	18.70	13.31	0.00	0.00	0.02	1.10	17.24	0.29	0.00	5.87	0.00	1.37	1.63	4.01
Fruit, Apple, Red Delicious School Boy, 163 ct/cs (40lbs)	1 Each	2	95.08	2.00	0.00	0.00	0.17	0.00	11.07	0.00	97.98	8.35	0.00	4.00	10.39	25.04
Fruit, Apple Gala 150 ct/cs (40lb)	1 Each	2	70.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	6.00	0.00	3.00	14.00	19.00
Fruit, Orange Case 113 ct/cs	1 1/2 Cup	2	54.87	1.59	0.03	0.00	0.24	1.03	55.67	0.64	198.80	56.46	0.00	3.58	8.50	12.33
Fruit, Mandarin Orange 6/#10	1 1/2 Cup	2	70.00	10.00	0.00	0.00	0.00	0.00	20.00	0.72	300.00	21.00	0.00	1.00	17.00	17.00
Fruit, Apple Sliced Ind bags 100/cs (1sv)	1 Bag	2	30.00	0.00	0.00	0.00	0.00	0.00	10.00	0.18	50.00	39.00	0.00	1.00	6.00	7.00
Veg, Broccoli, Spear Frozen 12/2/lb (10 srv/bag; 120 srv/case)	1 1/2 Cup	2	25.80	22.10	0.00	0.00	0.10	2.85	46.90	0.56	929.00	36.90	0.00	2.76	1.35	4.93

* Missing nutrient value

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Menu Plan Nutrients By Item

Site: Peoria Flex Academy

Date: 05/15/2025 to 05/23/2025

Veg, Cauliflower Florets 2/3lb, 27 srv/bag (1 srv = 5 florets)	1 1/2 Cup	2	16.33	16.33	0.04	0.00	0.15	1.04	11.98	0.23	0.00	26.24	0.00	1.09	1.91	2.71
Chicken, Popcorn Chicken Bowl (G3/M2) - HS w/Mashed Potatoes & Frozen Corn	1 Each	22	587.00	1,191.00	3.00	0.00	21.00	24.00	45.12	4.01	167.42	12.81	25.00	8.00	10.00	79.00
Chef's Choice	1 1 Serving	4	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			1,163.54	2,106.75	10.85	0.00	46.43	45.06	366.97	7.31	716.03	24.79	96.20	11.99	33.29	146.09
% of calories					8.39	0.00	35.91	15.49								50.22

Fri 05/16/2025 - Breakfast Elementary	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	mg Calcm	mg Iron	IU Vit-A	mg Vit-C	mg Cholst	g Fiber	g T-Sugars	g Carb
Milk, Carton, White 1%, 70/8oz	1 ea	1	100.00	125.00	1.50	0.00	2.50	8.00	300.00	0.00	750.00	0.00	10.00	0.00	12.00	12.00
Milk, Carton, Chocolate Skim, 70/8oz	1 ea	3	140.00	200.00	0.00	0.00	0.00	9.00	307.00	0.00	750.00	0.00	5.00	0.00	24.00	25.00
Milk, Carton, Strawberry Skim, 70/8oz	1 ea	1	140.00	95.00	0.00	0.00	0.00	8.00	300.00	0.00	500.00	0.00	5.00	0.00	25.00	26.00
Breakfast Sandwich, Turkey HEC Croissant (G2/M2.5) - WH Turkey Ham & Cheese, Papetti Egg	1 Each	2	316.10	803.39	4.50	0.00	12.65	17.91	80.00	7.72	0.00	0.00	117.86	2.00	5.54	32.54
Weighted Daily Average			215.37	404.46	1.75	0.00	4.63	13.14	280.17	2.57	583.33	0.00	44.29	0.67	20.01	29.68
% of calories					7.31	0.00	19.36	24.40								55.12

Fri 05/16/2025 - Lunch K-8	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	mg Calcm	mg Iron	IU Vit-A	mg Vit-C	mg Cholst	g Fiber	g T-Sugars	g Carb
Condiment, Ketchup Dispenser Pouch 2/1.5 gal (380 Tbsp/bag)	1 Tbs (Count)	2	20.00	160.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	1.20	0.00	0.00	4.00	5.00
Condiment, Mustard Individual, 500/5.5 gram packets	1 Each	2	5.00	50.00	0.00	0.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00
Condiment, Mayonnaise 200/12/gr	1 Each	2	36.39	113.69	0.44	0.00	2.73	0.00	0.00	0.00	0.00	0.00	5.73	0.00	1.45	2.73
Condiment, Ketchup 6/112oz Jugs	1 Tbs (Count)	4	15.00	45.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	3.00	4.00
Dressing, Ranch Lite (Naturally Fresh), 4/1gallon	1 Tbs (Count)	4	35.00	135.00	0.50	0.00	3.50	0.50	10.00	0.00	0.00	0.00	2.50	0.00	0.50	1.00
Milk, Carton, White 1%, 70/8oz	1 ea	9	100.00	125.00	1.50	0.00	2.50	8.00	300.00	0.00	750.00	0.00	10.00	0.00	12.00	12.00

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Menu Plan Nutrients By Item

Site: Peoria Flex Academy

Date: 05/15/2025 to 05/23/2025

Milk, Carton, Chocolate Skim, 70/8oz	1 ea	20	140.00	200.00	0.00	0.00	0.00	9.00	307.00	0.00	750.00	0.00	5.00	0.00	24.00	25.00
Milk, Carton, Strawberry Skim, 70/8oz	1 ea	13	140.00	95.00	0.00	0.00	0.00	8.00	300.00	0.00	500.00	0.00	5.00	0.00	25.00	26.00
Sandwich, Cheese Reimbursable (2G/2M) - WH Cheese	1 1 Serving	2	300.00	820.00	6.00	0.00	13.00	16.00	0.00	1.44	0.00	0.00	30.00	2.00	8.00	30.00
Fruit, Pear Dice 6/#10	1 1/2 Cup	2	60.00	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	3.60	0.00	2.00	12.00	16.00
Fruit, Slush Blue Raspberry 60/4oz (1F)	1 serv	2	60.00	15.00	0.00	0.00	0.00	0.00	1,000.00	0.36	500.00	60.00	0.00	0.00	12.00	15.00
Fruit, Slush Kiwi Strawberry 60/4oz (1F)	1 serv	2	60.00	15.00	0.00	0.00	0.00	0.00	0.00	0.36	500.00	60.00	0.00	0.00	12.00	15.00
Fruit, Ice Sour Cherry-Lemon 84/cs	1 serv	2	90.00	20.00	0.00	0.00	0.00	0.00	90.00	1.40	1,000.00	60.00	0.00	0.00	21.00	23.00
Fruit, Ice Kiwi-Strawberry, 84/cs	1 serv	2	90.00	20.00	0.00	0.00	0.00	0.00	90.00	1.40	1,000.00	60.00	0.00	0.00	21.00	23.00
Fruit, Ice Blue Raspberry-Lemon, 84/cs	1 serv	2	90.00	20.00	0.00	0.00	0.00	0.00	90.00	1.40	1,000.00	60.00	0.00	0.00	21.00	23.00
Fruit, Ice Strawberry-Mango, 84/cs	1 Cup	2	90.00	20.00	0.00	0.00	0.00	0.00	90.00	1.40	1,000.00	60.00	0.00	0.00	21.00	23.00
Veg, Celery Stick 1/5lb, 35 srv/cs (1 srv = 6 sticks)	1 1/2 Cup	2	8.08	40.40	0.02	0.00	0.09	0.35	20.20	0.10	226.75	1.57	0.00	0.81	*	1.50
Pizza, 16" Pepperoni Cheesy Bottom Cheese Pizza - 10 Cut (G2/M2)	1 Each	20	397.50	627.50	9.25	0.00	20.50	21.25	409.00	1.89	500.00	30.00	37.50	3.00	4.00	34.00
Pizza, 16" Cheesy Bottom Cheese Pizza - 10 Cut (G2/M2)	1 Each	20	360.00	510.00	8.00	0.00	17.00	20.00	404.00	1.80	500.00	30.00	30.00	3.00	4.00	34.00
Burrito, Bean & Cheese W/W Lower Sodium 54/cs (G2.25 and M2)	1 Each	20	370.00	650.00	7.00	0.00	16.00	14.00	300.00	3.60	200.00	3.60	20.00	4.00	2.00	41.00
Weighted Daily Average			683.84	1,032.46	11.67	0.00	25.87	34.04	859.10	3.67	1,429.62	45.56	47.42	4.76	31.68*	79.60
% of calories					15.36	0.00	34.04	19.91								46.56

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Menu Plan Nutrients By Item

Site: Peoria Flex Academy

Date: 05/15/2025 to 05/23/2025

Fri 05/16/2025 - Breakfast Pre-K	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	mg Calcm	mg Iron	IU Vit-A	mg Vit-C	mg Cholst	g Fiber	g T-Sugars	g Carb
Cereal, Rice Chex (96 bowl/cs) (G1)	1 Each	2	100.00	250.00	0.00	0.00	1.00	2.00	100.00	9.00	500.00	6.00	0.00	1.00	2.00	24.00
Cereal, Cinnamon Toast Crunch (96/cs) (G1)	1 bowl	2	110.00	160.00	1.00	0.00	3.00	1.00	200.00	3.60	400.00	4.80	0.00	3.00	6.00	22.00
Cereal, Cheerios Bowl Pack, 96/cs (G1)	1 bowl	2	100.00	140.00	1.00	0.00	2.00	3.00	100.00	8.10	500.00	6.00	0.00	3.00	1.00	20.00
Fruit, Mandarin Orange 6/#10	1 1/2 Cup	3	70.00	10.00	0.00	0.00	0.00	0.00	20.00	0.72	300.00	21.00	0.00	1.00	17.00	17.00
Weighted Daily Average			138.33	188.33	0.67	0.00	2.00	2.00	143.33	7.26	616.67	16.10	0.00	2.83	11.50	30.50
% of calories					4.34	0.00	13.01	5.78								88.19

Fri 05/16/2025 - Lunch Pre-K	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	mg Calcm	mg Iron	IU Vit-A	mg Vit-C	mg Cholst	g Fiber	g T-Sugars	g Carb
Cereal, Rice Chex (96 bowl/cs) (G1)	1 Each	11	100.00	250.00	0.00	0.00	1.00	2.00	100.00	9.00	500.00	6.00	0.00	1.00	2.00	24.00
Cereal, Cinnamon Toast Crunch (96/cs) (G1)	1 bowl	11	110.00	160.00	1.00	0.00	3.00	1.00	200.00	3.60	400.00	4.80	0.00	3.00	6.00	22.00
Cereal, Cheerios Bowl Pack, 96/cs (G1)	1 bowl	11	100.00	140.00	1.00	0.00	2.00	3.00	100.00	8.10	500.00	6.00	0.00	3.00	1.00	20.00
Yogurt, Strawberry/Banana 48/cs	1 Each	2	70.00	60.00	0.00	0.00	0.00	4.00	150.00	0.00	0.00	0.00	0.00	0.00	10.00	14.00
Yogurt, Vanilla 48/4oz	1 Each	2	70.00	60.00	0.00	0.00	0.00	4.00	150.00	0.00	0.00	0.00	5.00	0.00	10.00	14.00
SunButter 6/5lb (2Tbsp = M1)	3 Tablespoon	2	300.00	180.00	3.00	0.00	24.00	10.50	30.00	2.16	0.00	0.00	0.00	6.00	4.50	10.50
Fruit, Mandarin Orange 6/#10	1 1/2 Cup	22	70.00	10.00	0.00	0.00	0.00	0.00	20.00	0.72	300.00	21.00	0.00	1.00	17.00	17.00
Veg, Celery Stick 1/5lb, 35 srv/cs (1 srv = 6 sticks)	1 1/2 Cup	2	8.08	40.40	0.02	0.00	0.09	0.35	20.20	0.10	226.75	1.57	0.00	0.81	*	1.50
Dressing, Ranch Lite Cup (1oz) - 100srv/cs	1 1 Serving	2	70.00	230.00	1.00	0.00	7.00	1.00	0.00	0.00	0.00	0.00	5.00	0.00	1.00	1.00
Weighted Daily Average			136.05	168.43	0.68	0.00	2.91	2.40	125.92	5.64	510.31	14.77	0.45	2.56	11.91*	26.86
% of calories					4.52	0.00	19.27	7.06								78.98

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Menu Plan Nutrients By Item

Site: Peoria Flex Academy

Date: 05/15/2025 to 05/23/2025

Fri 05/16/2025 - Breakfast High	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	mg Calcm	mg Iron	IU Vit-A	mg Vit-C	mg Cholst	g Fiber	g T-Sugars	g Carb
Fruit Juice, Orange Tangerine Shelf Stable 40/4.23oz	1 serv	1	60.00	10.00	0.00	0.00	0.00	0.00	19.00	0.00	0.00	0.00	0.00	0.00	13.00	15.00
Milk, Carton, Strawberry Skim, 70/8oz	1 ea	1	140.00	95.00	0.00	0.00	0.00	8.00	300.00	0.00	500.00	0.00	5.00	0.00	25.00	26.00
Milk, Carton, Chocolate Skim, 70/8oz	1 ea	1	140.00	200.00	0.00	0.00	0.00	9.00	307.00	0.00	750.00	0.00	5.00	0.00	24.00	25.00
Pizza, Sausage Breakfast, 128/cs (G1.5 and M1)	1 Each	1	210.00	350.00	2.00	0.00	7.00	9.00	146.00	1.90	0.00	0.00	15.00	3.00	5.00	27.00
Cinnamon Bun, Ultra Baked Cinnamon Bun 72/2.9oz (G2) (Super Cinn. Bun)	1 Each	1	240.00	300.00	2.00	0.00	8.00	5.00	60.00	1.08	400.00	1.20	20.00	3.00	15.00	38.00
Weighted Daily Average			131.67	159.17	0.67	0.00	2.50	5.17	138.67	0.50	275.00	0.20	7.50	1.00	13.67	21.83
% of calories					4.56	0.00	17.09	15.70								66.33

Fri 05/16/2025 - Lunch High	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	mg Calcm	mg Iron	IU Vit-A	mg Vit-C	mg Cholst	g Fiber	g T-Sugars	g Carb
Condiment, Sauce Taco Individual 200/cs	1 Packet	2	0.00	55.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00
Condiment, Sauce Tartar Indiv 500 pc/case	1 Each	2	40.00	100.00	0.00	0.00	3.00	0.00	0.00	0.00	0.00	0.00	5.00	0.00	2.00	3.00
Condiment, Sauce BBQ, Individual, 100/1 oz	1 Each	2	45.00	210.00	0.00	0.00	0.00	0.00	20.00	0.36	100.00	1.20	0.00	0.00	9.00	10.00
Condiment, Spice Tajin packet 1000/.035oz	1 Each	2	2.00	127.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.40	0.00	0.00	0.00	0.00
Condiment, Sauce Sweet & Sour Individual 100/1oz	1 Each	2	45.00	120.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1.20	0.00	0.00	4.00	12.00
Croutons, Cheese & Garlic IW WG 250/.5oz	1 serv	9	60.00	150.00	0.00	0.00	2.00	2.00	0.00	0.36	0.00	0.00	0.00	1.00	1.00	9.00
Dressing, Raspberry Vinaigrette Packet, 60/1.5 oz	1 Packet	2	40.00	370.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	9.00	9.00
Dressing, Boom Boom 4/1gal	2 Tbs (Count)	2	150.00	250.00	2.50	0.00	16.00	0.00	0.00	0.00	100.00	2.40	15.00	0.00	2.00	2.00
Dressing, Caesar 2/1gal	2 Tablespoon	2	150.00	290.00	3.00	0.00	16.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	1.00	1.00
Dressing, Balsamic Vinaigrette 2/1gal	2 Tbs (Count)	2	100.00	320.00	1.50	0.00	11.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00	1.00
Dressing, Honey Mustard, 2/1gal	2 Tbs (Count)	2	50.00	240.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	10.00	0.00	8.00	12.00

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Menu Plan Nutrients By Item

Site: Peoria Flex Academy

Date: 05/15/2025 to 05/23/2025

Dressing, Italian Old Venice 2/1gal	2 Tbs (Count)	2	100.00	480.00	1.50	0.00	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00	2.00
Dressing, Ranch Lite (Naturally Fresh), 4/1gallon	2 Tbs (Count)	2	70.00	270.00	1.00	0.00	7.00	1.00	20.00	0.00	0.00	0.00	5.00	0.00	1.00	2.00
Condiment, Mayonnaise 200/12/gr	1 Each	1	36.39	113.69	0.44	0.00	2.73	0.00	0.00	0.00	0.00	0.00	5.73	0.00	1.45	2.73
Condiment, Pickle, Sweet Relish Individual, 500/9 gram packets	1 Each	2	15.00	70.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	3.00	3.00
Condiment, Mustard Individual, 500/5.5 gram packets	1 Each	2	5.00	50.00	0.00	0.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00
Condiment, Ketchup Indiv 1000/9gr	1 Each	2	10.00	85.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	2.00	2.00
Condiment, Ketchup Dispenser Pouch 2/1.5 gal (380 Tbsp/bag)	2 Tbs (Count)	11	40.00	320.00	0.00	0.00	0.00	0.00	0.00	0.00	200.00	2.40	0.00	0.00	8.00	10.00
Condiment, Ketchup 6/112oz Jugs	2 Tbs (Count)	2	30.00	90.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	6.00	8.00
Milk, Carton, White 1%, 70/8oz	1 ea	2	100.00	125.00	1.50	0.00	2.50	8.00	300.00	0.00	750.00	0.00	10.00	0.00	12.00	12.00
Milk, Carton, Strawberry Skim, 70/8oz	1 ea	4	140.00	95.00	0.00	0.00	0.00	8.00	300.00	0.00	500.00	0.00	5.00	0.00	25.00	26.00
Milk, Carton, Chocolate Skim, 70/8oz	1 ea	4	140.00	200.00	0.00	0.00	0.00	9.00	307.00	0.00	750.00	0.00	5.00	0.00	24.00	25.00
Bev, Tea Bag Cold , 96/cs	1 Gallon	2	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Salad, Chef (M3/V1) - WH Turkey Ham & Cheese, Fairmeadow Egg	1 1 Serving	2	246.02	692.10	4.76	0.00	11.16	27.54	207.91	7.32	514.75	6.90	220.77	2.60	5.89	10.05
Salad, Cobb (M2.5/V1) - WH Turkey Ham & Cheese, Fairmeadow Egg	1 1 Serving	2	261.22	603.36	6.08	0.00	15.09	22.34	191.69	7.60	543.01	7.67	213.03	2.74	6.98	9.94
Salad, Garden (M2/V1) - WH Cheese, Fairmeadow Egg	1 Each	2	218.58	249.21	7.50	0.00	14.00	14.64	320.49	1.15	716.61	26.16	200.00	2.77	6.00	8.77
Salad, Chicken Caesar (M2) - Diced Chicken	1 Each	2	154.67	168.83	2.15	0.00	5.83	18.25	98.00	0.55	526.25	6.90	47.17	2.60	3.35	6.75
Dough, Roll W/G Proof & Bake 256/2.25oz (G2)	1 serv	2	160.00	260.00	0.50	0.00	3.50	5.00	0.00	1.44	0.00	3.60	0.00	2.00	5.00	27.00
Bar, Lemon Chip Crunch Bar 120/2.25 oz (G2)	1 Each	2	260.00	160.00	2.00	0.00	8.00	4.00	20.00	1.44	100.00	0.00	5.00	2.00	16.00	42.00
Bar, Cherry/Apple Crunch 120/2.25oz (G2)	1 Each	2	260.00	90.00	2.00	0.00	8.00	4.00	20.00	1.44	100.00	0.00	5.00	2.00	16.00	42.00

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Menu Plan Nutrients By Item

Site: Peoria Flex Academy

Date: 05/15/2025 to 05/23/2025

Wrap, Veggie (G2/M2) - SH Shredded Cheese	1 Each	2	465.94	736.39	17.00	0.00	30.00	18.75	536.88	2.18	999.78	19.51	80.00	3.72	4.31	33.05
Wrap, Chicken Caesar (G2/M2) - SH Diced Chicken, WW Tortilla	1 Each	2	476.00	745.00	6.00	0.00	28.00	25.00	174.00	2.72	100.00	0.00	75.00	4.00	2.00	31.00
Wrap, Turkey Ham & Swiss Cheese - WH Turkey Ham	1 Each	2	380.64	594.21	8.51	0.00	20.24	25.80	410.92	8.23	409.97	6.74	55.26	4.09	2.03	31.44
Wrap, Spicy Chicken (G3/M2) - WH Cheese & Spicy Chicken Patty	1 Each	2	499.84	757.46	6.51	0.00	24.60	22.93	277.42	4.13	598.47	6.74	40.00	7.09	1.50	46.91
Wrap, Turkey Bacon (G2/M2) - Wh Cheese	1 Each	2	361.58	902.51	5.10	0.00	14.45	26.68	237.42	2.81	498.47	6.74	60.87	4.09	1.13	30.55
Sandwich, Cheese Reimbursable (2G/2M) - WH Cheese	1 1 Serving	2	300.00	820.00	6.00	0.00	13.00	16.00	0.00	1.44	0.00	0.00	30.00	2.00	8.00	30.00
Sandwich, Ham & Cheese - WH Turkey Ham & Cheese	1 Each	2	265.80	791.74	3.00	0.00	9.14	16.87	0.00	7.54	0.00	0.00	30.26	2.00	7.53	29.53
Sandwich, PB&J Uncrustable Grape 72/5.3oz (G2 and M2)	1 Each	2	600.00	540.00	6.00	0.00	34.00	18.00	78.00	3.00	0.00	0.00	0.00	7.00	29.00	64.00
Sandwich, PB&J Uncrustable Strawberry - 72/5.3oz (G2 and M2)	1 Each	2	600.00	540.00	6.00	0.00	34.00	18.00	78.00	3.00	0.00	0.00	0.00	7.00	29.00	64.00
Sandwich, Italian Sub (G2/M2)	1 Each	2	373.00	1,263.00	7.00	0.00	16.80	24.00	244.00	2.86	5.00	3.18	82.00	3.00	4.00	31.00
Sandwich, Turkey California (G2/M2)	1 Each	2	341.85	1,155.61	6.58	0.00	15.68	21.77	154.00	2.00	0.00	0.00	57.59	2.00	5.63	28.63
Box, Protein Peanut Butter (G2/M2.75/F0.5) - LOL Cheese	1 Each	2	621.55	446.74	7.28	0.00	32.53	21.37	204.92	3.05	48.56	37.88	19.42	9.71	29.14	70.90
Box, Protein Cottage Cheese & Bread Slice (G2/M2/F0.5)	1 Each	2	415.00	635.00	3.00	0.00	10.00	19.50	226.50	1.36	950.00	5.50	5.00	2.50	41.50	64.00
Plate, Benefit Bar (2G/2MMA) - LOL Cheese	1 1 Serving	2	453.33	473.33	7.50	0.00	15.83	15.33	326.13	3.99	261.36	0.00	43.33	3.00	33.67	64.00
Box, Protein 1 Grain Muffin (G1/M2) - Add Grain	1 Each	2	419.12	304.00	5.47	0.00	12.45	13.04	330.00	0.75	213.04	0.60	51.40	4.44	43.04	64.46
Pizza, HS Cheese Primo, 72 svs/cs (G2 and M2)	1 Each	2	360.00	490.00	7.00	0.00	16.00	21.00	450.00	2.70	400.00	0.00	35.00	3.00	9.00	36.00
Pizza, HS Pepperoni Primo, 72 svs/cs (G2 and M2)	1 Each	2	370.00	650.00	7.00	0.00	17.00	20.00	350.00	2.70	400.00	0.00	40.00	3.00	9.00	36.00
Burger, Hamburger (G2/M2) - SH Beef	1 Each	2	330.00	520.00	5.50	0.00	15.50	23.00	60.00	2.52	0.00	0.00	60.00	2.00	3.00	26.00
Burger, Cheeseburger (G2/M2.5) - Shamrock Beef & Warehouse Cheese	1 Each	2	370.00	660.00	7.00	0.00	18.00	26.00	60.00	2.52	0.00	0.00	67.50	2.00	4.00	27.00

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Menu Plan Nutrients By Item

Site: Peoria Flex Academy

Date: 05/15/2025 to 05/23/2025

Sandwich, Chicken Patty (G3/M2)	1 Each	2	380.00	720.00	3.00	0.00	15.50	20.00	95.00	3.08	0.00	0.00	25.00	5.00	4.00	41.00
Sandwich, Chicken Spicy Patty (G3/M2)	1 Each	2	410.00	660.00	3.50	0.00	17.50	21.00	100.00	3.08	100.00	0.00	25.00	5.00	4.00	43.00
Sandwich, Chicken Grilled (2G/2.25MMA)	1 Each	2	260.00	580.00	1.00	0.00	5.00	28.00	72.00	2.08	0.00	0.00	60.00	2.00	3.00	27.00
Burrito, Bean & Cheese W/W Lower Sodium 54/cs (G2.25 and M2)	1 Each	2	370.00	650.00	7.00	0.00	16.00	14.00	300.00	3.60	200.00	3.60	20.00	4.00	2.00	41.00
Chicken, Nuggets (5 nugg = G1/M2) - HS must add 1 grain	1 Each	2	260.00	400.00	2.50	0.00	15.00	16.00	37.00	2.00	0.00	0.00	25.00	3.00	1.00	16.00
Corn Dog, Mini G2/M2)	1 serv	2	270.00	410.00	3.50	0.00	12.00	10.00	0.00	6.00	0.00	0.00	40.00	5.00	5.00	30.00
Corn Dog (G2/M2)	1 Each	2	250.00	390.00	2.50	0.00	9.00	9.00	80.00	1.80	0.00	0.00	40.00	5.00	5.00	30.00
Veg, Potato Spiral Cut Curly GF 6/4/lb (1 srv = 2.17oz) - McCain Potatoes	1 1/2 Cup (cooked)	22	100.00	190.00	0.00	0.00	3.00	1.00	10.00	0.30	0.00	0.00	0.00	1.00	0.00	17.00
Veg, Potato, Seasoned 1/2" Stix 6/5lb, 34 srv/bag (1 srv = 2.29oz)	1 1/2 Cup	22	119.00	134.87	0.40	0.00	3.97	1.59	0.00	0.36	0.00	2.40	0.00	1.59	0.00	19.83
Veg, Potato, Seasoned Crinkle Cut, 6/5lb, 40 srv/bag (1 srv = 1.98oz)	1 1 Serving	22	130.00	240.00	0.50	0.00	4.50	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	22.00
Veg, Potato, Savory Wedge 6/5lb, 29 srv/bag (1 srv = 2.69oz)	1 Ounce	22	46.67	66.67	0.33	0.00	2.00	0.33	0.00	0.12	0.00	1.20	0.00	0.33	0.33	6.67
Veg, Potato, Tater Gems, 6/5lb, 32srv/bag (1 srv = 2.5oz = 10 tater tots)	1 Ounce	22	56.67	76.64	0.50	0.00	3.00	0.67	0.00	0.12	0.00	0.00	0.00	0.00	0.00	6.33
Salad, Bulk, Mixed Green Salad	1 Cup	2	18.70	13.31	0.00	0.00	0.02	1.10	17.24	0.29	0.00	5.87	0.00	1.37	1.63	4.01
Fruit, Apple, Red Delicious School Boy, 163 ct/cs (40lbs)	1 Each	2	95.08	2.00	0.00	0.00	0.17	0.00	11.07	0.00	97.98	8.35	0.00	4.00	10.39	25.04
Fruit, Apple Gala 150 ct/cs (40lb)	1 Each	2	70.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	6.00	0.00	3.00	14.00	19.00
Fruit, Orange Case 113 ct/cs	1 1/2 Cup	2	54.87	1.59	0.03	0.00	0.24	1.03	55.67	0.64	198.80	56.46	0.00	3.58	8.50	12.33
Fruit, Pear Dice 6/#10	1 1/2 Cup	2	60.00	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	3.60	0.00	2.00	12.00	16.00
Fruit, Slush Blue Raspberry 60/4oz (1F)	1 serv	2	60.00	15.00	0.00	0.00	0.00	0.00	1,000.00	0.36	500.00	60.00	0.00	0.00	12.00	15.00
Fruit, Slush Kiwi Strawberry 60/4oz (1F)	1 serv	2	60.00	15.00	0.00	0.00	0.00	0.00	0.00	0.36	500.00	60.00	0.00	0.00	12.00	15.00

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Menu Plan Nutrients By Item

Site: Peoria Flex Academy

Date: 05/15/2025 to 05/23/2025

Fruit, Ice Kiwi-Strawberry, 84/cs	1 serv	2	90.00	20.00	0.00	0.00	0.00	0.00	90.00	1.40	1,000.00	60.00	0.00	0.00	21.00	23.00
Fruit, Ice Blue Raspberry-Lemon, 84/cs	1 serv	2	90.00	20.00	0.00	0.00	0.00	0.00	90.00	1.40	1,000.00	60.00	0.00	0.00	21.00	23.00
Fruit, Ice Strawberry-Mango, 84/cs	1 Cup	2	90.00	20.00	0.00	0.00	0.00	0.00	90.00	1.40	1,000.00	60.00	0.00	0.00	21.00	23.00
Fruit, Ice Watermelon 96/4.4oz	1 serv	2	70.00	10.00	0.00	0.00	0.00	0.00	80.00	0.00	0.00	60.00	0.00	3.00	15.00	20.00
Veg, Celery Stick 1/5lb, 35 srv/cs (1 srv = 6 sticks)	1 1/2 Cup	2	8.08	40.40	0.02	0.00	0.09	0.35	20.20	0.10	226.75	1.57	0.00	0.81	*	1.50
Salad, Bulk, Caesar Salad	1 Cup	2	143.08	290.65	2.67	0.00	11.51	4.05	88.00	0.39	816.89	8.53	13.33	1.46	1.53	5.95
Fish & Chips (G2/M2/0.5V) - Lattice Fries	1 1 Serving	7	421.07	475.00	2.50	0.00	17.55	15.01	28.05	2.40	0.00	5.03	35.00	3.00	2.00	51.14
Sandwich, Fish (G3/M2)	1 Each	4	310.00	520.00	1.50	0.00	9.50	17.00	60.00	1.98	0.00	0.00	35.00	3.00	4.00	42.00
Side, Lite Cole Slaw	1 1/4 cup	4	22.59	60.05	0.13	0.00	0.86	0.02	23.87	0.43	0.00	32.34	1.15	2.39	2.87	6.63
Side, Creamy Cole Slaw	1 1/4 cup	4	40.12	89.24	0.39	0.00	2.54	0.06	17.55	0.32	0.00	23.70	3.39	1.76	3.17	6.38
Weighted Daily Average			994.95	1,665.28	10.06	0.00	40.41	37.02	420.34	6.10	803.44	35.67	93.47	9.18	33.58*	124.76
% of calories					9.10	0.00	36.56	14.88								50.16

Sat 05/17/2025 - Lunch K-8	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	mg Calcm	mg Iron	IU Vit-A	mg Vit-C	mg Cholst	g Fiber	g T-Sugars	g Carb
Supply, Glove Power Free Synthetic Extra Large 10/100	1 Each	2	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Supply, Glove Powder Free Synthetic Large 10/100/PK	1 Each	2	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Supply, Glove Powder Free Vinyl Small 10/100	1 Each	2	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Supply, Glove Powder Free Vinyl, Medium 10/100	1 Each	2	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Cup, Plastic 12-14oz, (PARFAIT) 20/50pks (lid 42029)	1 Each	2	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Cup, Plastic 5.5 oz 25/100pk (lid 42065)	1 ea	2	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Cup, Plastic 2 oz 10/250 (lid 42057)	1 ea	2	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Lid, Plastic 9oz-24oz 10/1000pk (PARFAIT)(cup42028)	1 Each	2	*	*	*	*	*	*	*	*	*	*	*	*	*	*

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Menu Plan Nutrients By Item

Site: Peoria Flex Academy

Date: 05/15/2025 to 05/23/2025

Lid, Plastic 5.5 oz 10/250PK (cup 42026)	1 lid	2	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Lid, Plastic 2 oz 25/100/pk (cup42034)	1 ea	2	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Warehouse Glove LG 2000CT (10x200)	1 Each	2	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Pan Coating, Vegeline 6/21.5 oz	1 serv	2	2.21	0.14	0.00	0.00	0.25	0.00	*	*	*	*	0.00	0.00	0.00	0.00
Liner, Pan Parchment Full	1 ea	2	0.00	0.00	0.00	*	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	*	0.00
Bag, Food Storage 27x37 (Sheet Pan)	1 ea	2	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Tray, 4 oz Paper 4/250	1 ea	2	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Supply, Tray 5 Compartment	1 Each	2	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Supply, Tray 1 Compartment w/ Hinged Lid, 200/cs	1 Each	2	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Supply, Bag Saddle Plain 6 1/2" x 7"	1 ea	2	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Supply, Bag Plastic 10x15	1 ea	2	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Supply, Bag Sandwich Plain Foil	1 ea	2	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Supply, Liner Large Blue 44gl 150/cs	1 Each	2	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Supply, Glove Powder Free Synthetic Medium white 10/100	1 ea	2	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Supply, Glove Powder Free Synthetic, Small 10/100	1 ea	2	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Supply, Glove Powder Free Vinyl, Extra Large 10/100	1 ea	2	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Supply, Glove Powder Free Vinyl, Large 10/100	1 ea	2	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Supply, Napkin 501 Tall (16 pks of 5000 napkins/cs)	1 Pack	2	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Supply, Kit Spork and Napkin, 1000/cs	1 Each	2	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Milk, Soy Very Vanilla Aseptic, 18/8oz	1 1 Serving	4	150.00	80.00	0.50	0.00	4.50	8.00	470.00	1.30	150.00	0.00	0.00	2.00	15.00	18.00
Dairy Free Burrito, Bean IW 1ea	1 Each	4	360.00	630.00	1.00	0.00	11.00	13.00	150.00	4.30	0.00	0.00	0.00	7.00	1.00	55.00

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Menu Plan Nutrients By Item

Site: Peoria Flex Academy

Date: 05/15/2025 to 05/23/2025

Veg, Bean, Refried w/ Green Chili (Dairy Free) 1/8lb bag	1 1 Serving	4	209.05	388.24	1.00	0.00	5.97	9.95	60.73	1.99	0.00	0.00	0.00	6.97	1.00	28.87
Gluten Free, Chicken Tender 1 bag	1 serv	4	170.00	350.00	1.00	0.00	7.00	13.00	5.00	0.36	100.00	0.00	35.00	1.00	0.00	14.00
Gluten Free, Cookie, Choc Chip 1 each	1 serv	4	210.00	120.00	6.00	0.00	10.00	2.00	*	*	*	*	30.00	1.00	16.00	30.00
Gluten Free, Bread 1 Loaf	1 Loaf	4	1,760.00	3,040.00	0.00	0.00	40.00	48.00	320.00	9.60	0.00	0.00	240.00	0.00	48.00	336.00
Gluten Free, Bun Hamburger 1 bag of 4	1 serv	4	200.00	400.00	0.00	0.00	3.00	4.00	20.00	0.00	0.00	0.00	5.00	1.00	5.00	41.00
Gluten Free, Hot Dog Bun 1 each	1 serv	4	190.00	350.00	0.00	0.00	5.00	4.00	20.00	0.00	0.00	0.00	0.00	5.00	5.00	35.00
Gluten Free, Pizza Crust 1 bag of 10 crust (1 srv = 1/4 crust)	1 1 Serving	4	200.00	330.00	0.00	0.00	6.00	3.00	40.00	0.00	0.00	0.00	0.00	1.00	3.00	33.00
Gluten Free, Muffin Blueberry 1 each	1 serv	4	260.00	260.00	2.50	0.00	9.00	3.00	20.00	0.72	100.00	0.00	70.00	1.00	21.00	40.00
Gluten Free, Muffin Chocolate 1 Muffin	1 serv	4	300.00	320.00	5.00	0.00	13.00	4.00	20.00	2.70	100.00	0.00	70.00	3.00	27.00	42.00
Gluten Free Tortilla, Wrap 10", 12 each per bag	1 ea	4	200.00	500.00	1.00	0.00	5.00	5.00	50.00	0.70	0.00	0.00	0.00	3.00	4.00	34.00
Gluten Free, Tortilla Corn 1 bag of 36	1 serv	4	50.00	5.00	0.00	0.00	0.50	1.00	10.00	0.18	0.00	0.00	0.00	1.00	0.00	10.50
Gluten Free, Crackers Original 4.4oz box, 5 serv, 6 crackers/serv	1 1 Serving	4	105.00	225.00	1.50	0.00	3.38	0.75	0.00	0.00	0.00	0.00	3.75	0.75	0.75	17.25
Gluten Free, Bagel Plain 1 bag of 4	1 serv	4	220.00	450.00	1.00	0.00	6.00	3.00	40.00	1.00	0.00	0.00	0.00	2.00	3.00	45.00
Gluten Free, English Muffin 1 Bag 5	1 serv	4	180.00	430.00	0.00	0.00	2.50	4.00	41.00	1.00	0.00	0.00	5.00	2.00	3.00	36.00
Gluten Free, Pupusa, Bean and Cheese 5 each per bag (2MM/2G)	1 1 Serving	4	290.00	480.00	3.50	0.00	11.00	13.00	250.00	1.00	0.00	0.00	15.00	4.00	1.00	35.00
Gluten Free, Pretzel 1oz = srv (224 srv/cs)	1 1 Serving	4	101.25	607.50	0.00	0.00	2.02	1.01	0.00	0.00	0.00	0.00	0.00	0.00	1.01	20.25
Gluten Free, Pasta 20lb/cs (Order by multiples of 8 cup)	1 1 Serving	4	115.00	80.00	0.25	0.00	1.25	3.50	0.00	0.45	0.00	0.00	32.50	1.00	0.00	23.00
Gluten Free Chicken, Yang's Teriyaki (5lb bag) (1srv = 2.4oz, 1bag = 33 srv)	1 1 Serving	4	115.00	330.00	1.00	0.00	3.50	15.00	0.00	0.72	0.00	0.00	70.00	0.00	6.00	6.00
Corn dog, Mini (DFEF) - 6 Pieces = 1 serving (Order by the bag - 30 srv/bag) - 2G/2MMA	1 1 Serving	4	310.00	490.00	3.50	0.00	16.00	14.00	16.00	2.00	0.00	0.00	50.00	3.00	6.00	26.00

* Missing nutrient value

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Gluten Free Chicken Nugget 1/5lb bag	1 1 Serving	4	306.18	521.64	1.13	0.00	11.34	15.88	22.68	0.82	0.00	0.00	39.69	0.00	0.00	31.75
Gluten Free Dinner Roll 1ea (1.4oz)	1 1 Serving	4	110.00	200.00	0.00	0.00	4.50	4.00	40.00	0.60	0.00	0.00	0.00	4.00	1.00	17.00
Cheese, Dairy Free Plant Based Cheddar Shredded, 1lb/bag	1 Pound	4	1,458.00	3,240.00	64.80	0.00	113.40	16.20	6,901.20	0.00	0.00	0.00	0.00	0.00	0.00	113.40
Cheese, Dairy Free Plant Based Mozzarella Shredded, 1lb/bag	1 Pound	4	1,458.00	3,402.00	64.80	0.00	113.40	16.20	6,917.40	0.00	0.00	0.00	0.00	0.00	0.00	113.40
Yogurt, Vanilla Dairy Free 1/ea 4oz (Coconut Base)	1 1 Serving	4	106.60	6.80	5.67	0.00	5.67	1.13	1.13	0.00	0.00	0.00	0.00	0.00	9.07	13.61
Gluten Free, Muffin, Blueberry 2oz/ 1 each	1 muffin	4	173.00	190.00	1.00	0.00	8.00	2.00	30.00	0.72	100.00	1.80	18.00	1.00	13.00	25.00
Gluten Free Waffle, Banana Nut 2oz/ 1 each	1 waffle	4	190.00	190.00	1.00	0.00	8.00	2.00	13.00	0.36	0.00	0.00	25.00	1.00	13.00	25.00
Gluten Free Pancake, Banana Nut 2oz/ea	1 ea	4	190.00	190.00	1.00	0.00	8.00	2.00	13.00	0.36	0.00	0.00	25.00	1.00	13.00	25.00
Weighted Daily Average			880.74*	1,618.75*	15.29*	0.00*	39.82*	21.06*	1,406.47*	2.81*	50.00*	0.16*	66.72*	4.79*	19.62*	117.28*
% of calories					15.62*	0.00*	40.69*	9.56*								53.26*

Sat 05/17/2025 - Lunch High	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	mg Calcm	mg Iron	IU Vit-A	mg Vit-C	mg Cholst	g Fiber	g T-Sugars	g Carb
Milk, Soy Very Vanilla Aseptic, 18/8oz	1 1 Serving	4	150.00	80.00	0.50	0.00	4.50	8.00	470.00	1.30	150.00	0.00	0.00	2.00	15.00	18.00
Dairy Free Burrito, Bean IW 1ea	1 Each	4	360.00	630.00	1.00	0.00	11.00	13.00	150.00	4.30	0.00	0.00	0.00	7.00	1.00	55.00
Veg, Bean, Refried w/ Green Chili (Dairy Free) 1/8lb bag	1 1 Serving	4	209.05	388.24	1.00	0.00	5.97	9.95	60.73	1.99	0.00	0.00	0.00	6.97	1.00	28.87
Gluten Free, Chicken Tender 1 bag	1 serv	4	170.00	350.00	1.00	0.00	7.00	13.00	5.00	0.36	100.00	0.00	35.00	1.00	0.00	14.00
Gluten Free, Cookie, Choc Chip 1 each	1 serv	4	210.00	120.00	6.00	0.00	10.00	2.00	*	*	*	*	30.00	1.00	16.00	30.00
Gluten Free, Bread 1 Loaf	1 Loaf	4	1,760.00	3,040.00	0.00	0.00	40.00	48.00	320.00	9.60	0.00	0.00	240.00	0.00	48.00	336.00
Gluten Free, Bun Hamburger 1 bag of 4	1 serv	4	200.00	400.00	0.00	0.00	3.00	4.00	20.00	0.00	0.00	0.00	5.00	1.00	5.00	41.00
Gluten Free, Hot Dog Bun 1 each	1 serv	4	190.00	350.00	0.00	0.00	5.00	4.00	20.00	0.00	0.00	0.00	0.00	5.00	5.00	35.00
Gluten Free, Pizza Crust 1 bag of 10 crust (1 srv = 1/4 crust)	1 1 Serving	4	200.00	330.00	0.00	0.00	6.00	3.00	40.00	0.00	0.00	0.00	0.00	1.00	3.00	33.00
Gluten Free, Muffin Blueberry 1 each	1 serv	4	260.00	260.00	2.50	0.00	9.00	3.00	20.00	0.72	100.00	0.00	70.00	1.00	21.00	40.00

* Missing nutrient value

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Gluten Free, Muffin Chocolate 1 Muffin	1 serv	4	300.00	320.00	5.00	0.00	13.00	4.00	20.00	2.70	100.00	0.00	70.00	3.00	27.00	42.00
Gluten Free Tortilla, Wrap 10", 12 each per bag	1 ea	4	200.00	500.00	1.00	0.00	5.00	5.00	50.00	0.70	0.00	0.00	0.00	3.00	4.00	34.00
Gluten Free, Tortilla Corn 1 bag of 36	1 serv	4	50.00	5.00	0.00	0.00	0.50	1.00	10.00	0.18	0.00	0.00	0.00	1.00	0.00	10.50
Gluten Free, Crackers Original 4.4oz box, 5 serv, 6 crackers/serv	1 1 Serving	4	105.00	225.00	1.50	0.00	3.38	0.75	0.00	0.00	0.00	0.00	3.75	0.75	0.75	17.25
Gluten Free, Bagel Plain 1 bag of 4	1 serv	4	220.00	450.00	1.00	0.00	6.00	3.00	40.00	1.00	0.00	0.00	0.00	2.00	3.00	45.00
Gluten Free, English Muffin 1 Bag 5	1 serv	4	180.00	430.00	0.00	0.00	2.50	4.00	41.00	1.00	0.00	0.00	5.00	2.00	3.00	36.00
Gluten Free, Pupusa, Bean and Cheese 5 each per bag (2MM/2G)	1 1 Serving	4	290.00	480.00	3.50	0.00	11.00	13.00	250.00	1.00	0.00	0.00	15.00	4.00	1.00	35.00
Gluten Free, Pretzel 1oz = srv (224 srv/cs)	1 1 Serving	4	101.25	607.50	0.00	0.00	2.02	1.01	0.00	0.00	0.00	0.00	0.00	0.00	1.01	20.25
Gluten Free, Pasta 20lb/cs (Order by multiples of 8 cup)	1 1 Serving	4	115.00	80.00	0.25	0.00	1.25	3.50	0.00	0.45	0.00	0.00	32.50	1.00	0.00	23.00
Gluten Free Chicken, Yang's Teriyaki (5lb bag) (1srv = 2.4oz, 1bag = 33 srv)	1 1 Serving	4	115.00	330.00	1.00	0.00	3.50	15.00	0.00	0.72	0.00	0.00	70.00	0.00	6.00	6.00
Corn dog, Mini (DFEF) - 6 Pieces = 1 serving (Order by the bag - 30 srv/bag) - 2G/2MMA	1 1 Serving	4	310.00	490.00	3.50	0.00	16.00	14.00	16.00	2.00	0.00	0.00	50.00	3.00	6.00	26.00
Gluten Free Chicken Nugget 1/5lb bag	1 1 Serving	4	306.18	521.64	1.13	0.00	11.34	15.88	22.68	0.82	0.00	0.00	39.69	0.00	0.00	31.75
Gluten Free Dinner Roll 1ea (1.4oz)	1 1 Serving	4	110.00	200.00	0.00	0.00	4.50	4.00	40.00	0.60	0.00	0.00	0.00	4.00	1.00	17.00
Cheese, Dairy Free Plant Based Cheddar Shredded, 1lb/bag	1 Pound	4	1,458.00	3,240.00	64.80	0.00	113.40	16.20	6,901.20	0.00	0.00	0.00	0.00	0.00	0.00	113.40
Cheese, Dairy Free Plant Based Mozzarella Shredded, 1lb/bag	1 Pound	4	1,458.00	3,402.00	64.80	0.00	113.40	16.20	6,917.40	0.00	0.00	0.00	0.00	0.00	0.00	113.40
Yogurt, Vanilla Dairy Free 1/ea 4oz (Coconut Base)	1 1 Serving	4	106.60	6.80	5.67	0.00	5.67	1.13	1.13	0.00	0.00	0.00	0.00	0.00	9.07	13.61
Gluten Free, Muffin, Blueberry 2oz/ 1 each	1 muffin	4	173.00	190.00	1.00	0.00	8.00	2.00	30.00	0.72	100.00	1.80	18.00	1.00	13.00	25.00
Gluten Free Waffle, Banana Nut 2oz/ 1 each	1 waffle	4	190.00	190.00	1.00	0.00	8.00	2.00	13.00	0.36	0.00	0.00	25.00	1.00	13.00	25.00

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Gluten Free Pancake, Banana Nut 2oz/ea	1 ea	4	190.00	190.00	1.00	0.00	8.00	2.00	13.00	0.36	0.00	0.00	25.00	1.00	13.00	25.00
Weighted Daily Average			880.64	1,618.74	15.29	0.00	39.81	21.06	1,406.47*	2.81*	50.00*	0.16*	66.72	4.79	19.62	117.28
% of calories					15.62	0.00	40.69	9.56								53.27

Mon 05/19/2025 - Breakfast Elementary	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	mg Calcm	mg Iron	IU Vit-A	mg Vit-C	mg Cholst	g Fiber	g T-Sugars	g Carb
Milk, Carton, White 1%, 70/8oz	1 ea	1	100.00	125.00	1.50	0.00	2.50	8.00	300.00	0.00	750.00	0.00	10.00	0.00	12.00	12.00
Milk, Carton, Chocolate Skim, 70/8oz	1 ea	3	140.00	200.00	0.00	0.00	0.00	9.00	307.00	0.00	750.00	0.00	5.00	0.00	24.00	25.00
Milk, Carton, Strawberry Skim, 70/8oz	1 ea	1	140.00	95.00	0.00	0.00	0.00	8.00	300.00	0.00	500.00	0.00	5.00	0.00	25.00	26.00
Weighted Daily Average			110.00	136.67	0.25	0.00	0.42	7.17	253.50	0.00	583.33	0.00	5.00	0.00	18.17	18.83
% of calories					2.05	0.00	3.41	26.06								68.48

Mon 05/19/2025 - Lunch K-8	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	mg Calcm	mg Iron	IU Vit-A	mg Vit-C	mg Cholst	g Fiber	g T-Sugars	g Carb
Condiment, Ketchup Dispenser Pouch 2/1.5 gal (380 Tbsp/bag)	1 Tbs (Count)	2	20.00	160.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	1.20	0.00	0.00	4.00	5.00
Condiment, Mustard Individual, 500/5.5 gram packets	1 Each	2	5.00	50.00	0.00	0.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00
Condiment, Mayonnaise 200/12/gr	1 Each	2	36.39	113.69	0.44	0.00	2.73	0.00	0.00	0.00	0.00	0.00	5.73	0.00	1.45	2.73
Condiment, Ketchup 6/112oz Jugs	1 Tbs (Count)	4	15.00	45.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	3.00	4.00
Dressing, Ranch Lite (Naturally Fresh), 4/1gallon	1 Tbs (Count)	4	35.00	135.00	0.50	0.00	3.50	0.50	10.00	0.00	0.00	0.00	2.50	0.00	0.50	1.00
Milk, Carton, White 1%, 70/8oz	1 ea	9	100.00	125.00	1.50	0.00	2.50	8.00	300.00	0.00	750.00	0.00	10.00	0.00	12.00	12.00
Milk, Carton, Chocolate Skim, 70/8oz	1 ea	20	140.00	200.00	0.00	0.00	0.00	9.00	307.00	0.00	750.00	0.00	5.00	0.00	24.00	25.00
Milk, Carton, Strawberry Skim, 70/8oz	1 ea	13	140.00	95.00	0.00	0.00	0.00	8.00	300.00	0.00	500.00	0.00	5.00	0.00	25.00	26.00

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Sandwich, Cheese Reimbursable (2G/2M) - WH Cheese	1 1 Serving	2	300.00	820.00	6.00	0.00	13.00	16.00	0.00	1.44	0.00	0.00	30.00	2.00	8.00	30.00
Fruit, Mixed 6/#10	1 1/2 Cup	2	60.00	10.00	0.00	0.00	0.00	0.00	0.00	0.00	200.00	1.20	0.00	0.00	14.00	17.00
Fruit, Apple Fuji 88-113 ct/cs (45lb)	1 apple	2	135.00	*	*	*	0.17	0.26	*	*	*	*	*	2.40	10.39	13.81
Fruit, Apple Gala 150 ct/cs (40lb)	1 Each	2	70.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	6.00	0.00	3.00	14.00	19.00
Veg, Cucumber 1/24pk, 87 srv/cs (1 srv = 5-6 slices)	1 1/2 Cup	2	7.80	1.00	0.00	0.00	0.00	0.34	8.00	0.15	54.00	1.46	0.00	0.26	0.87	1.50
Veg, Pepper, Green, Red & Yellow Bell 1/15lb, 109srv/cs (approx. 54 peppers/cs)	1 1/2 Cup	2	11.00	1.38	0.00	0.00	0.00	0.03	4.60	0.16	170.20	36.98	0.00	0.07	2.40	2.00
Cracker, Wheat Basics, WG(1G) 1.60z/100ct	1 Each	11	90.00	125.00	0.00	0.00	3.00	2.00	4.00	4.00	0.00	0.00	0.00	1.00	2.00	15.00
Macaroni & Cheese - (80/6oz sv/cs - G1/M2)	1 #6 Scoop	11	299.00	649.00	6.70	0.00	12.00	15.00	383.00	1.00	0.00	0.00	36.00	2.00	8.00	32.00
Chef's Choice	1 1 Serving	4	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			256.58	406.96*	2.32*	0.00*	5.30	13.19	387.78*	1.33*	670.42*	2.13*	16.65*	1.10	26.07	37.89
% of calories					8.14*	0.00*	18.60	20.56								59.07

Mon 05/19/2025 - Breakfast
Pre-K

There are no items to display. Meal quantity/% or A la carte quantity/% must be > 0.

* Missing nutrient value

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Run By: vperry

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Date: 05/15/2025 to 05/23/2025

Mon 05/19/2025 - Lunch Pre-K	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	mg Calcm	mg Iron	IU Vit-A	mg Vit-C	mg Cholst	g Fiber	g T-Sugars	g Carb
Cracker, Animal, 150/cs (G1)	1 Each	9	120.00	115.00	1.00	0.00	3.50	2.00	100.00	1.08	0.00	0.00	0.00	2.00	8.00	22.00
Yogurt, Strawberry/Banana 48/cs	1 Each	2	70.00	60.00	0.00	0.00	0.00	4.00	150.00	0.00	0.00	0.00	0.00	0.00	10.00	14.00
Yogurt, Vanilla 48/4oz	1 Each	2	70.00	60.00	0.00	0.00	0.00	4.00	150.00	0.00	0.00	0.00	5.00	0.00	10.00	14.00
SunButter 6/5lb (2Tbsp = M1)	2 Tablespoon	2	200.00	120.00	2.00	0.00	16.00	7.00	20.00	1.44	0.00	0.00	0.00	4.00	3.00	7.00
Fruit, Mixed Fruit Cup Harvest, 72/4.5oz	1 Each	2	80.00	0.00	0.00	0.00	0.00	1.00	14.00	0.00	0.00	0.00	0.00	1.00	16.00	19.00
Veg, Cucumber 1/24pk, 87 srv/cs (1 srv = 5-6 slices)	1 1/2 Cup	2	7.80	1.00	0.00	0.00	0.00	0.34	8.00	0.15	54.00	1.46	0.00	0.26	0.87	1.50
Weighted Daily Average			43.99	34.48	0.30	0.00	1.44	1.15	36.00	0.29	2.45	0.07	0.23	0.65	3.45	7.02
% of calories					6.04	0.00	29.53	10.47								63.86

Mon 05/19/2025 - Breakfast High	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	mg Calcm	mg Iron	IU Vit-A	mg Vit-C	mg Cholst	g Fiber	g T-Sugars	g Carb
Fruit Juice, Orange Tangerine Shelf Stable 40/4.23oz	1 serv	1	60.00	10.00	0.00	0.00	0.00	0.00	19.00	0.00	0.00	0.00	0.00	0.00	13.00	15.00
Milk, Carton, Strawberry Skim, 70/8oz	1 ea	1	140.00	95.00	0.00	0.00	0.00	8.00	300.00	0.00	500.00	0.00	5.00	0.00	25.00	26.00
Milk, Carton, Chocolate Skim, 70/8oz	1 ea	1	140.00	200.00	0.00	0.00	0.00	9.00	307.00	0.00	750.00	0.00	5.00	0.00	24.00	25.00
Pizza, Sausage Breakfast, 128/cs (G1.5 and M1)	1 Each	1	210.00	350.00	2.00	0.00	7.00	9.00	146.00	1.90	0.00	0.00	15.00	3.00	5.00	27.00
Breakfast Bar, Glazed Honey Wheat, 72/cs (G2)	1 Each	1	270.00	290.00	4.00	0.00	8.00	4.00	21.00	1.00	0.00	0.00	5.00	1.00	21.00	43.00
Benefit Bar, Banana Choc Chunk, 48cs (G2)	1 Each	1	280.00	220.00	3.00	0.00	8.00	5.00	4.00	10.00	0.00	0.00	15.00	3.00	23.00	47.00
Benefit Bar, Oatmeal Choc Chip 48cs (G2)	1 Each	1	280.00	240.00	3.00	0.00	9.00	5.00	0.00	0.00	0.00	0.00	20.00	3.00	20.00	47.00
Benefit Bar, Oatmeal Raisin, 48cs (G2)	1 Each	1	290.00	180.00	3.00	0.00	9.00	4.00	0.00	0.00	0.00	0.00	15.00	3.00	20.00	47.00
Benefit Bar, French Toast, 48cs (2G)	1 Each	1	280.00	220.00	3.00	0.00	8.00	5.00	40.00	1.80	0.00	0.00	15.00	3.00	23.00	47.00
Weighted Daily Average			325.00	300.83	3.00	0.00	8.17	8.17	139.50	2.45	208.33	0.00	15.83	2.67	29.00	54.00
% of calories					8.31	0.00	22.62	10.05								66.46

* Missing nutrient value

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Menu Plan Nutrients By Item

Site: Peoria Flex Academy

Date: 05/15/2025 to 05/23/2025

Mon 05/19/2025 - Lunch High	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	mg Calcm	mg Iron	IU Vit-A	mg Vit-C	mg Cholst	g Fiber	g T-Sugars	g Carb
Condiment, Sauce Taco Individual 200/cs	1 Packet	2	0.00	55.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00
Condiment, Sauce Tartar Indiv 500 pc/case	1 Each	2	40.00	100.00	0.00	0.00	3.00	0.00	0.00	0.00	0.00	0.00	5.00	0.00	2.00	3.00
Condiment, Sauce BBQ, Individual, 100/1 oz	1 Each	2	45.00	210.00	0.00	0.00	0.00	0.00	20.00	0.36	100.00	1.20	0.00	0.00	9.00	10.00
Condiment, Spice Tajin packet 1000/.035oz	1 Each	2	2.00	127.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.40	0.00	0.00	0.00	0.00
Condiment, Sauce Sweet & Sour Individual 100/1oz	1 Each	2	45.00	120.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1.20	0.00	0.00	4.00	12.00
Croutons, Cheese & Garlic IW WG 250/.5oz	1 serv	9	60.00	150.00	0.00	0.00	2.00	2.00	0.00	0.36	0.00	0.00	0.00	1.00	1.00	9.00
Dressing, Raspberry Vinaigrette Packet, 60/1.5 oz	1 Packet	2	40.00	370.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	9.00	9.00
Dressing, Boom Boom 4/1gal	2 Tbs (Count)	2	150.00	250.00	2.50	0.00	16.00	0.00	0.00	0.00	100.00	2.40	15.00	0.00	2.00	2.00
Dressing, Caesar 2/1gal	2 Tablespoon	2	150.00	290.00	3.00	0.00	16.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	1.00	1.00
Dressing, Balsamic Vinaigrette 2/1gal	2 Tbs (Count)	2	100.00	320.00	1.50	0.00	11.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00	1.00
Dressing, Honey Mustard, 2/1gal	2 Tbs (Count)	2	50.00	240.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	10.00	0.00	8.00	12.00
Dressing, Italian Old Venice 2/1gal	2 Tbs (Count)	2	100.00	480.00	1.50	0.00	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00	2.00
Dressing, Ranch Lite (Naturally Fresh), 4/1gallon	2 Tbs (Count)	2	70.00	270.00	1.00	0.00	7.00	1.00	20.00	0.00	0.00	0.00	5.00	0.00	1.00	2.00
Condiment, Mayonnaise 200/12/gr	1 Each	1	36.39	113.69	0.44	0.00	2.73	0.00	0.00	0.00	0.00	0.00	5.73	0.00	1.45	2.73
Condiment, Pickle, Sweet Relish Individual, 500/9 gram packets	1 Each	2	15.00	70.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	3.00	3.00
Condiment, Mustard Individual, 500/5.5 gram packets	1 Each	2	5.00	50.00	0.00	0.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00
Condiment, Ketchup Indiv 1000/9gr	1 Each	2	10.00	85.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	2.00	2.00
Condiment, Ketchup Dispenser Pouch 2/1.5 gal (380 Tbsp/bag)	2 Tbs (Count)	11	40.00	320.00	0.00	0.00	0.00	0.00	0.00	0.00	200.00	2.40	0.00	0.00	8.00	10.00
Condiment, Ketchup 6/112oz Jugs	2 Tbs (Count)	2	30.00	90.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	6.00	8.00

* Missing nutrient value

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Menu Plan Nutrients By Item

Site: Peoria Flex Academy

Date: 05/15/2025 to 05/23/2025

Milk, Carton, White 1%, 70/8oz	1 ea	2	100.00	125.00	1.50	0.00	2.50	8.00	300.00	0.00	750.00	0.00	10.00	0.00	12.00	12.00
Milk, Carton, Strawberry Skim, 70/8oz	1 ea	4	140.00	95.00	0.00	0.00	0.00	8.00	300.00	0.00	500.00	0.00	5.00	0.00	25.00	26.00
Milk, Carton, Chocolate Skim, 70/8oz	1 ea	4	140.00	200.00	0.00	0.00	0.00	9.00	307.00	0.00	750.00	0.00	5.00	0.00	24.00	25.00
Bev, Tea Bag Cold , 96/cs	1 Gallon	2	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Pizza, HS Cheese Primo, 72 svs/cs (G2 and M2)	1 Each	2	360.00	490.00	7.00	0.00	16.00	21.00	450.00	2.70	400.00	0.00	35.00	3.00	9.00	36.00
Pizza, HS Pepperoni Primo, 72 svs/cs (G2 and M2)	1 Each	2	370.00	650.00	7.00	0.00	17.00	20.00	350.00	2.70	400.00	0.00	40.00	3.00	9.00	36.00
Burger, Hamburger (G2/M2) - SH Beef	1 Each	2	330.00	520.00	5.50	0.00	15.50	23.00	60.00	2.52	0.00	0.00	60.00	2.00	3.00	26.00
Burger, Cheeseburger (G2/M2.5) - Shamrock Beef & Warehouse Cheese	1 Each	2	370.00	660.00	7.00	0.00	18.00	26.00	60.00	2.52	0.00	0.00	67.50	2.00	4.00	27.00
Sandwich, Chicken Patty (G3/M2)	1 Each	2	380.00	720.00	3.00	0.00	15.50	20.00	95.00	3.08	0.00	0.00	25.00	5.00	4.00	41.00
Sandwich, Chicken Spicy Patty (G3/M2)	1 Each	2	410.00	660.00	3.50	0.00	17.50	21.00	100.00	3.08	100.00	0.00	25.00	5.00	4.00	43.00
Sandwich, Chicken Grilled (2G/2.25MMA)	1 Each	2	260.00	580.00	1.00	0.00	5.00	28.00	72.00	2.08	0.00	0.00	60.00	2.00	3.00	27.00
Burrito, Bean & Cheese W/W Lower Sodium 54/cs (G2.25 and M2)	1 Each	2	370.00	650.00	7.00	0.00	16.00	14.00	300.00	3.60	200.00	3.60	20.00	4.00	2.00	41.00
Chicken, Nuggets (5 nugg = G1/M2) - HS must add 1 grain	1 Each	2	260.00	400.00	2.50	0.00	15.00	16.00	37.00	2.00	0.00	0.00	25.00	3.00	1.00	16.00
Corn Dog, Mini G2/M2)	1 serv	2	270.00	410.00	3.50	0.00	12.00	10.00	0.00	6.00	0.00	0.00	40.00	5.00	5.00	30.00
Corn Dog (G2/M2)	1 Each	2	250.00	390.00	2.50	0.00	9.00	9.00	80.00	1.80	0.00	0.00	40.00	5.00	5.00	30.00
Veg, Potato Spiral Cut Curly GF 6/4/lb (1 srv = 2.17oz) - McCain Potatoes	1 1/2 Cup (cooked)	22	100.00	190.00	0.00	0.00	3.00	1.00	10.00	0.30	0.00	0.00	0.00	1.00	0.00	17.00
Veg, Potato, Seasoned 1/2" Stix 6/5lb, 34 srv/bag (1 srv = 2.29oz)	1 1/2 Cup	22	119.00	134.87	0.40	0.00	3.97	1.59	0.00	0.36	0.00	2.40	0.00	1.59	0.00	19.83
Veg, Potato, Seasoned Crinkle Cut, 6/5lb, 40 srv/bag (1 srv = 1.98oz)	1 1 Serving	22	130.00	240.00	0.50	0.00	4.50	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	22.00
Veg, Potato, Savory Wedge 6/5lb, 29 srv/bag (1 srv = 2.69oz)	1 Ounce	22	46.67	66.67	0.33	0.00	2.00	0.33	0.00	0.12	0.00	1.20	0.00	0.33	0.33	6.67

* Missing nutrient value

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Menu Plan Nutrients By Item

Site: Peoria Flex Academy

Date: 05/15/2025 to 05/23/2025

Veg, Potato, Tater Gems, 6/5lb, 32srv/bag (1 srv = 2.5oz = 10 tater tots)	1 Ounce	22	56.67	76.64	0.50	0.00	3.00	0.67	0.00	0.12	0.00	0.00	0.00	0.00	0.00	6.33
Salad, Bulk, Mixed Green Salad	1 Cup	2	18.70	13.31	0.00	0.00	0.02	1.10	17.24	0.29	0.00	5.87	0.00	1.37	1.63	4.01
Fruit, Orange Case 113 ct/cs	1 1/2 Cup	2	54.87	1.59	0.03	0.00	0.24	1.03	55.67	0.64	198.80	56.46	0.00	3.58	8.50	12.33
Fruit, Mixed 6/#10	1 1/2 Cup	2	60.00	10.00	0.00	0.00	0.00	0.00	0.00	0.00	200.00	1.20	0.00	0.00	14.00	17.00
Fruit, Apple, Red Delicious School Boy, 163 ct/cs (40lbs)	1 Each	2	95.08	2.00	0.00	0.00	0.17	0.00	11.07	0.00	97.98	8.35	0.00	4.00	10.39	25.04
Fruit, Apple Fuji 88-113 ct/cs (45lb)	1 apple	2	135.00	*	*	*	0.17	0.26	*	*	*	*	*	2.40	10.39	13.81
Fruit, Apple Gala 150 ct/cs (40lb)	1 Each	2	70.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	6.00	0.00	3.00	14.00	19.00
Veg, Cucumber 1/24pk, 87 srv/cs (1 srv = 5-6 slices)	1 1/2 Cup	2	7.80	1.00	0.00	0.00	0.00	0.34	8.00	0.15	54.00	1.46	0.00	0.26	0.87	1.50
Veg, Pepper, Green, Red & Yellow Bell 1/15lb, 109srv/cs (approx. 54 peppers/cs)	1 1/2 Cup	2	11.00	1.38	0.00	0.00	0.00	0.03	4.60	0.16	170.20	36.98	0.00	0.07	2.40	2.00
Weighted Daily Average			503.56	921.95*	3.63*	0.00*	18.82	14.78	152.94*	2.05*	294.14*	8.32*	23.65*	4.10	14.69	68.99
% of calories					6.48*	0.00*	33.64	11.74								54.80

Tue 05/20/2025 - Breakfast Elementary	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	mg Calcm	mg Iron	IU Vit-A	mg Vit-C	mg Cholest	g Fiber	g T-Sugars	g Carb
Milk, Carton, White 1%, 70/8oz	1 ea	1	100.00	125.00	1.50	0.00	2.50	8.00	300.00	0.00	750.00	0.00	10.00	0.00	12.00	12.00
Milk, Carton, Chocolate Skim, 70/8oz	1 ea	3	140.00	200.00	0.00	0.00	0.00	9.00	307.00	0.00	750.00	0.00	5.00	0.00	24.00	25.00
Milk, Carton, Strawberry Skim, 70/8oz	1 ea	1	140.00	95.00	0.00	0.00	0.00	8.00	300.00	0.00	500.00	0.00	5.00	0.00	25.00	26.00
French Toast, Sticks WG 54srv/cs 1srv = 2 sticks (1 stick = G1)	2 ea	3	240.00	260.00	1.00	0.00	7.00	6.00	0.00	0.00	0.00	0.00	10.00	2.00	10.00	38.00
Weighted Daily Average			230.00	266.67	0.75	0.00	3.92	10.17	253.50	0.00	583.33	0.00	10.00	1.00	23.17	37.83
% of calories					2.93	0.00	15.33	17.68								65.80

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Menu Plan Nutrients By Item

Site: Peoria Flex Academy

Date: 05/15/2025 to 05/23/2025

Tue 05/20/2025 - Lunch K-8	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	mg Calcm	mg Iron	IU Vit-A	mg Vit-C	mg Cholst	g Fiber	g T-Sugars	g Carb
Condiment, Ketchup Dispenser Pouch 2/1.5 gal (380 Tbsp/bag)	1 Tbs (Count)	2	20.00	160.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	1.20	0.00	0.00	4.00	5.00
Condiment, Mustard Individual, 500/5.5 gram packets	1 Each	2	5.00	50.00	0.00	0.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00
Condiment, Mayonnaise 200/12/gr	1 Each	2	36.39	113.69	0.44	0.00	2.73	0.00	0.00	0.00	0.00	0.00	5.73	0.00	1.45	2.73
Condiment, Ketchup 6/112oz Jugs	1 Tbs (Count)	4	15.00	45.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	3.00	4.00
Dressing, Ranch Lite (Naturally Fresh), 4/1gallon	1 Tbs (Count)	4	35.00	135.00	0.50	0.00	3.50	0.50	10.00	0.00	0.00	0.00	2.50	0.00	0.50	1.00
Milk, Carton, White 1%, 70/8oz	1 ea	9	100.00	125.00	1.50	0.00	2.50	8.00	300.00	0.00	750.00	0.00	10.00	0.00	12.00	12.00
Milk, Carton, Chocolate Skim, 70/8oz	1 ea	20	140.00	200.00	0.00	0.00	0.00	9.00	307.00	0.00	750.00	0.00	5.00	0.00	24.00	25.00
Milk, Carton, Strawberry Skim, 70/8oz	1 ea	13	140.00	95.00	0.00	0.00	0.00	8.00	300.00	0.00	500.00	0.00	5.00	0.00	25.00	26.00
Sandwich, Cheese Reimbursable (2G/2M) - WH Cheese	1 1 Serving	2	300.00	820.00	6.00	0.00	13.00	16.00	0.00	1.44	0.00	0.00	30.00	2.00	8.00	30.00
Fruit, Applesauce 6/#10	1 1/2 Cup	2	51.00	2.00	0.00	0.00	0.00	0.00	80.00	2.88	0.00	0.00	0.00	1.00	11.00	14.00
Fruit, Orange Case 113 ct/cs	1 1/2 Cup	2	54.87	1.59	0.03	0.00	0.24	1.03	55.67	0.64	198.80	56.46	0.00	3.58	8.50	12.33
Veg, Tomato Salsa, Red Gold 6/#10 cans (3.0oz = 1 srv = 1/2 Red/Orange)	1 1 Serving	2	30.00	208.00	0.00	0.00	0.00	0.00	0.00	2.00	266.00	26.00	0.00	0.00	2.00	6.00
Veg, Bean Green 6/#10	1 1/2 Cup	2	16.00	140.00	0.00	0.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	2.00	1.00	3.00
Veg, Corn Whole, Frozen 1/30lb - 165srv/cs	1 1/2 Cup	2	67.00	1.00	0.00	0.00	1.00	2.00	2.02	0.38	165.52	2.83	0.00	2.00	3.00	16.00
Cracker, Wheat Basics, WG(1G) 1.60z/100ct	1 Each	22	90.00	125.00	0.00	0.00	3.00	2.00	4.00	4.00	0.00	0.00	0.00	1.00	2.00	15.00
Chicken, Nuggets (5 nugg = G1/M2) - HS must add 1 grain	1 Each	22	260.00	400.00	2.50	0.00	15.00	16.00	37.00	2.00	0.00	0.00	25.00	3.00	1.00	16.00
Chef's Choice	1 1 Serving	4	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			331.38	491.42	1.90	0.00	10.60	18.09	317.21	3.33	675.24	3.93	20.15	2.48	24.34	41.55
% of calories					5.15	0.00	28.79	21.84								50.15

* Missing nutrient value

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Menu Plan Nutrients By Item

Site: Peoria Flex Academy

Date: 05/15/2025 to 05/23/2025

Tue 05/20/2025 - Breakfast Pre-K	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	mg Calcm	mg Iron	IU Vit-A	mg Vit-C	mg Cholst	g Fiber	g T-Sugars	g Carb
French Toast, Sticks WG 54srv/cs 1srv = 2 sticks (1 stick = G1)	2 ea	3	240.00	260.00	1.00	0.00	7.00	6.00	0.00	0.00	0.00	0.00	10.00	2.00	10.00	38.00
Fruit, Orange Case 113 ct/cs	1 1/2 Cup	1	54.87	1.59	0.03	0.00	0.24	1.03	55.67	0.64	198.80	56.46	0.00	3.58	8.50	12.33
Condiment, Syrup Maple 200/1.5oz	1 1 Serving	3	120.00	40.00	0.00	0.00	0.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	17.00	31.00
Weighted Daily Average			189.15	150.27	0.50	0.00	3.54	3.17	9.78	0.11	33.13	9.41	5.00	1.60	14.92	36.55
% of calories					2.40	0.00	16.84	6.71								77.30

Tue 05/20/2025 - Lunch Pre-K	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	mg Calcm	mg Iron	IU Vit-A	mg Vit-C	mg Cholst	g Fiber	g T-Sugars	g Carb
Cheese, Mozz String (168ea) (1oz=M1) - LOL Cheese	1 Each	2	80.00	200.00	4.00	0.00	6.00	6.00	150.00	0.00	0.00	0.00	20.00	0.00	1.00	2.00
Cheese, Cubes RF Cheddar 200/1oz (1oz = M1)	1 ea	2	90.00	190.00	4.50	0.00	7.00	7.00	204.40	0.17	284.07	0.00	20.00	0.00	0.00	0.00
Fruit, Orange Case 113 ct/cs	1 1/2 Cup	4	54.87	1.59	0.03	0.00	0.24	1.03	55.67	0.64	198.80	56.46	0.00	3.58	8.50	12.33
Veg, Bean Green 6/#10	1 1/2 Cup	44	16.00	140.00	0.00	0.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	2.00	1.00	3.00
Condiment, Sauce Sweet & Sour Individual 100/1oz	1 Each	2	45.00	120.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1.20	0.00	0.00	4.00	12.00
Condiment, Sauce BBQ, Individual, 100/1 oz	1 Each	2	45.00	210.00	0.00	0.00	0.00	0.00	20.00	0.36	100.00	1.20	0.00	0.00	9.00	10.00
Dressing, Ranch Lite Cup (1oz) - 100srv/cs	1 1 Serving	2	70.00	230.00	1.00	0.00	7.00	1.00	0.00	0.00	0.00	0.00	5.00	0.00	1.00	1.00
Weighted Daily Average			35.99	183.33	0.43	0.00	0.93	1.73	22.08	0.08	35.53	5.24	2.05	2.33	2.45	5.26
% of calories					10.86	0.00	23.28	19.23								58.43

* Missing nutrient value

** The Trans Fat value is provided for informational purposes only and is not used for monitoring purposes.

Menu Plan Nutrients By Item

Site: Peoria Flex Academy

Date: 05/15/2025 to 05/23/2025

Tue 05/20/2025 - Breakfast High	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	mg Calcm	mg Iron	IU Vit-A	mg Vit-C	mg Cholst	g Fiber	g T-Sugars	g Carb
Fruit Juice, Orange Tangerine Shelf Stable 40/4.23oz	1 serv	1	60.00	10.00	0.00	0.00	0.00	0.00	19.00	0.00	0.00	0.00	0.00	0.00	13.00	15.00
Milk, Carton, Strawberry Skim, 70/8oz	1 ea	1	140.00	95.00	0.00	0.00	0.00	8.00	300.00	0.00	500.00	0.00	5.00	0.00	25.00	26.00
Milk, Carton, Chocolate Skim, 70/8oz	1 ea	1	140.00	200.00	0.00	0.00	0.00	9.00	307.00	0.00	750.00	0.00	5.00	0.00	24.00	25.00
Pizza, Sausage Breakfast, 128/cs (G1.5 and M1)	1 Each	1	210.00	350.00	2.00	0.00	7.00	9.00	146.00	1.90	0.00	0.00	15.00	3.00	5.00	27.00
Weighted Daily Average			91.67	109.17	0.33	0.00	1.17	4.33	128.67	0.32	208.33	0.00	4.17	0.50	11.17	15.50
% of calories					3.27	0.00	11.45	18.91								67.64

Tue 05/20/2025 - Lunch High	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	mg Calcm	mg Iron	IU Vit-A	mg Vit-C	mg Cholst	g Fiber	g T-Sugars	g Carb
Condiment, Sauce Taco Individual 200/cs	1 Packet	2	0.00	55.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00
Condiment, Sauce Tartar Indiv 500 pc/case	1 Each	2	40.00	100.00	0.00	0.00	3.00	0.00	0.00	0.00	0.00	0.00	5.00	0.00	2.00	3.00
Condiment, Sauce BBQ, Individual, 100/1 oz	1 Each	2	45.00	210.00	0.00	0.00	0.00	0.00	20.00	0.36	100.00	1.20	0.00	0.00	9.00	10.00
Condiment, Spice Tajin packet 1000/.035oz	1 Each	2	2.00	127.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.40	0.00	0.00	0.00	0.00
Condiment, Sauce Sweet & Sour Individual 100/1oz	1 Each	2	45.00	120.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1.20	0.00	0.00	4.00	12.00
Croutons, Cheese & Garlic IW WG 250/.5oz	1 serv	9	60.00	150.00	0.00	0.00	2.00	2.00	0.00	0.36	0.00	0.00	0.00	1.00	1.00	9.00
Dressing, Raspberry Vinaigrette Packet, 60/1.5 oz	1 Packet	2	40.00	370.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	9.00	9.00
Dressing, Boom Boom 4/1gal	2 Tbs (Count)	2	150.00	250.00	2.50	0.00	16.00	0.00	0.00	0.00	100.00	2.40	15.00	0.00	2.00	2.00
Dressing, Caesar 2/1gal	2 Tablespoon	2	150.00	290.00	3.00	0.00	16.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	1.00	1.00
Dressing, Balsamic Vinaigrette 2/1gal	2 Tbs (Count)	2	100.00	320.00	1.50	0.00	11.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00	1.00
Dressing, Honey Mustard, 2/1gal	2 Tbs (Count)	2	50.00	240.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	10.00	0.00	8.00	12.00
Dressing, Italian Old Venice 2/1gal	2 Tbs (Count)	2	100.00	480.00	1.50	0.00	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00	2.00
Dressing, Ranch Lite (Naturally Fresh), 4/1gallon	2 Tbs (Count)	2	70.00	270.00	1.00	0.00	7.00	1.00	20.00	0.00	0.00	0.00	5.00	0.00	1.00	2.00

* Missing nutrient value

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Menu Plan Nutrients By Item

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Site: Peoria Flex Academy

Date: 05/15/2025 to 05/23/2025

Condiment, Mayonnaise 200/12/gr	1 Each	1	36.39	113.69	0.44	0.00	2.73	0.00	0.00	0.00	0.00	0.00	5.73	0.00	1.45	2.73
Condiment, Pickle, Sweet Relish Individual, 500/9 gram packets	1 Each	2	15.00	70.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	3.00	3.00
Condiment, Mustard Individual, 500/5.5 gram packets	1 Each	2	5.00	50.00	0.00	0.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00
Condiment, Ketchup Indiv 1000/9gr	1 Each	2	10.00	85.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	2.00	2.00
Condiment, Ketchup Dispenser Pouch 2/1.5 gal (380 Tbsp/bag)	2 Tbs (Count)	11	40.00	320.00	0.00	0.00	0.00	0.00	0.00	0.00	200.00	2.40	0.00	0.00	8.00	10.00
Condiment, Ketchup 6/112oz Jugs	2 Tbs (Count)	2	30.00	90.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	6.00	8.00
Milk, Carton, White 1%, 70/8oz	1 ea	2	100.00	125.00	1.50	0.00	2.50	8.00	300.00	0.00	750.00	0.00	10.00	0.00	12.00	12.00
Milk, Carton, Strawberry Skim, 70/8oz	1 ea	4	140.00	95.00	0.00	0.00	0.00	8.00	300.00	0.00	500.00	0.00	5.00	0.00	25.00	26.00
Milk, Carton, Chocolate Skim, 70/8oz	1 ea	4	140.00	200.00	0.00	0.00	0.00	9.00	307.00	0.00	750.00	0.00	5.00	0.00	24.00	25.00
Bev, Tea Bag Cold , 96/cs	1 Gallon	2	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Pizza, HS Cheese Primo, 72 svs/cs (G2 and M2)	1 Each	2	360.00	490.00	7.00	0.00	16.00	21.00	450.00	2.70	400.00	0.00	35.00	3.00	9.00	36.00
Pizza, HS Pepperoni Primo, 72 svs/cs (G2 and M2)	1 Each	2	370.00	650.00	7.00	0.00	17.00	20.00	350.00	2.70	400.00	0.00	40.00	3.00	9.00	36.00
Burger, Hamburger (G2/M2) - SH Beef	1 Each	2	330.00	520.00	5.50	0.00	15.50	23.00	60.00	2.52	0.00	0.00	60.00	2.00	3.00	26.00
Burger, Cheeseburger (G2/M2.5) - Shamrock Beef & Warehouse Cheese	1 Each	2	370.00	660.00	7.00	0.00	18.00	26.00	60.00	2.52	0.00	0.00	67.50	2.00	4.00	27.00
Sandwich, Chicken Patty (G3/M2)	1 Each	2	380.00	720.00	3.00	0.00	15.50	20.00	95.00	3.08	0.00	0.00	25.00	5.00	4.00	41.00
Sandwich, Chicken Spicy Patty (G3/M2)	1 Each	2	410.00	660.00	3.50	0.00	17.50	21.00	100.00	3.08	100.00	0.00	25.00	5.00	4.00	43.00
Sandwich, Chicken Grilled (2G/2.25MMA)	1 Each	2	260.00	580.00	1.00	0.00	5.00	28.00	72.00	2.08	0.00	0.00	60.00	2.00	3.00	27.00
Burrito, Bean & Cheese W/W Lower Sodium 54/cs (G2.25 and M2)	1 Each	2	370.00	650.00	7.00	0.00	16.00	14.00	300.00	3.60	200.00	3.60	20.00	4.00	2.00	41.00
Chicken, Nuggets (5 nugg = G1/M2) - HS must add 1 grain	1 Each	2	260.00	400.00	2.50	0.00	15.00	16.00	37.00	2.00	0.00	0.00	25.00	3.00	1.00	16.00

* Missing nutrient value

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Run By: vperry

Filename: Menu Plan Nutrients By Item.rdlc

Run On: 5/15/2025 8:28:37 AM

Menu Plan Nutrients By Item

Site: Peoria Flex Academy

Date: 05/15/2025 to 05/23/2025

Corn Dog, Mini G2/M2)	1 serv	2	270.00	410.00	3.50	0.00	12.00	10.00	0.00	6.00	0.00	0.00	40.00	5.00	5.00	30.00
Corn Dog (G2/M2)	1 Each	2	250.00	390.00	2.50	0.00	9.00	9.00	80.00	1.80	0.00	0.00	40.00	5.00	5.00	30.00
Veg, Potato Spiral Cut Curly GF 6/4/lb (1 srv = 2.17oz) - McCain Potatoes	1 1/2 Cup (cooked)	22	100.00	190.00	0.00	0.00	3.00	1.00	10.00	0.30	0.00	0.00	0.00	1.00	0.00	17.00
Veg, Potato, Seasoned 1/2" Stix 6/5lb, 34 srv/bag (1 srv = 2.29oz)	1 1/2 Cup	22	119.00	134.87	0.40	0.00	3.97	1.59	0.00	0.36	0.00	2.40	0.00	1.59	0.00	19.83
Veg, Potato, Seasoned Crinkle Cut, 6/5lb, 40 srv/bag (1 srv = 1.98oz)	1 1 Serving	22	130.00	240.00	0.50	0.00	4.50	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	22.00
Veg, Potato, Savory Wedge 6/5lb, 29 srv/bag (1 srv = 2.69oz)	1 Ounce	22	46.67	66.67	0.33	0.00	2.00	0.33	0.00	0.12	0.00	1.20	0.00	0.33	0.33	6.67
Veg, Potato, Tater Gems, 6/5lb, 32srv/bag (1 srv = 2.5oz = 10 tater tots)	1 Ounce	22	56.67	76.64	0.50	0.00	3.00	0.67	0.00	0.12	0.00	0.00	0.00	0.00	0.00	6.33
Salad, Bulk, Mixed Green Salad	1 Cup	2	18.70	13.31	0.00	0.00	0.02	1.10	17.24	0.29	0.00	5.87	0.00	1.37	1.63	4.01
Fruit, Apple, Red Delicious School Boy, 163 ct/cs (40lbs)	1 Each	2	95.08	2.00	0.00	0.00	0.17	0.00	11.07	0.00	97.98	8.35	0.00	4.00	10.39	25.04
Fruit, Apple Gala 150 ct/cs (40lb)	1 Each	2	70.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	6.00	0.00	3.00	14.00	19.00
Fruit, Applesauce 6/#10	1 1/2 Cup	2	51.00	2.00	0.00	0.00	0.00	0.00	80.00	2.88	0.00	0.00	0.00	1.00	11.00	14.00
Fruit, Orange Case 113 ct/cs	1 1/2 Cup	2	54.87	1.59	0.03	0.00	0.24	1.03	55.67	0.64	198.80	56.46	0.00	3.58	8.50	12.33
Veg, Tomato Salsa, Red Gold 6/#10 cans (3.0oz = 1 srv = 1/2 Red/Orange)	1 1 Serving	2	30.00	208.00	0.00	0.00	0.00	0.00	0.00	2.00	266.00	26.00	0.00	0.00	2.00	6.00
Veg, Bean Green 6/#10	1 1/2 Cup	2	16.00	140.00	0.00	0.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	2.00	1.00	3.00
Treat, Chocolate Creme Filled Cupcake WG 72ct - Nut Allergy Warning	1 1 Serving	44	140.00	170.00	1.00	0.00	3.50	2.00	130.00	2.00	0.00	0.00	20.00	5.00	16.00	30.00
Weighted Daily Average			638.25	1,107.30	4.63	0.00	22.32	16.80	286.00	4.26	286.94	7.69	43.65	9.12	30.06	98.47
% of calories					6.52	0.00	31.47	10.53								61.71

* Missing nutrient value

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Menu Plan Nutrients By Item

Site: Peoria Flex Academy

Date: 05/15/2025 to 05/23/2025

Wed 05/21/2025 - Breakfast Elementary	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	mg Calcm	mg Iron	IU Vit-A	mg Vit-C	mg Cholst	g Fiber	g T-Sugars	g Carb
Milk, Carton, White 1%, 70/8oz	1 ea	1	100.00	125.00	1.50	0.00	2.50	8.00	300.00	0.00	750.00	0.00	10.00	0.00	12.00	12.00
Milk, Carton, Chocolate Skim, 70/8oz	1 ea	3	140.00	200.00	0.00	0.00	0.00	9.00	307.00	0.00	750.00	0.00	5.00	0.00	24.00	25.00
Milk, Carton, Strawberry Skim, 70/8oz	1 ea	1	140.00	95.00	0.00	0.00	0.00	8.00	300.00	0.00	500.00	0.00	5.00	0.00	25.00	26.00
Roll, Mini Cinnamon 72/cs (G2)	1 Each	3	240.00	270.00	2.00	0.00	7.00	5.00	40.00	1.44	0.00	0.00	0.00	2.00	15.00	39.00
Weighted Daily Average			230.00	271.67	1.25	0.00	3.92	9.67	273.50	0.72	583.33	0.00	5.00	1.00	25.67	38.33
% of calories					4.89	0.00	15.33	16.81								66.67

Wed 05/21/2025 - Lunch K-8	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	mg Calcm	mg Iron	IU Vit-A	mg Vit-C	mg Cholst	g Fiber	g T-Sugars	g Carb
Condiment, Ketchup Dispenser Pouch 2/1.5 gal (380 Tbsp/bag)	1 Tbs (Count)	2	20.00	160.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	1.20	0.00	0.00	4.00	5.00
Condiment, Mustard Individual, 500/5.5 gram packets	1 Each	2	5.00	50.00	0.00	0.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00
Condiment, Mayonnaise 200/12/gr	1 Each	2	36.39	113.69	0.44	0.00	2.73	0.00	0.00	0.00	0.00	0.00	5.73	0.00	1.45	2.73
Condiment, Ketchup 6/112oz Jugs	1 Tbs (Count)	4	15.00	45.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	3.00	4.00
Dressing, Ranch Lite (Naturally Fresh), 4/1gallon	1 Tbs (Count)	4	35.00	135.00	0.50	0.00	3.50	0.50	10.00	0.00	0.00	0.00	2.50	0.00	0.50	1.00
Milk, Carton, White 1%, 70/8oz	1 ea	9	100.00	125.00	1.50	0.00	2.50	8.00	300.00	0.00	750.00	0.00	10.00	0.00	12.00	12.00
Milk, Carton, Chocolate Skim, 70/8oz	1 ea	20	140.00	200.00	0.00	0.00	0.00	9.00	307.00	0.00	750.00	0.00	5.00	0.00	24.00	25.00
Milk, Carton, Strawberry Skim, 70/8oz	1 ea	13	140.00	95.00	0.00	0.00	0.00	8.00	300.00	0.00	500.00	0.00	5.00	0.00	25.00	26.00
Sandwich, Cheese Reimbursable (2G/2M) - WH Cheese	1 1 Serving	2	300.00	820.00	6.00	0.00	13.00	16.00	0.00	1.44	0.00	0.00	30.00	2.00	8.00	30.00
Fruit, Peach Dice 6/#10	1 1/2 Cup	2	60.00	10.00	0.00	0.00	0.00	0.00	0.00	0.00	300.00	2.00	0.00	0.00	13.00	14.00
Fruit, Pear Fresh 135 ct/cs (43lb)	1 1 Serving	2	148.00	0.00	0.00	0.00	0.14	0.36	9.00	0.18	25.00	4.30	0.00	3.10	9.60	15.23
Veg, Carrot, Baby 2/5 Lb, 32 srv/bag (1 srv = 6 sticks)	1 1/2 Cup	2	29.79	50.14	0.00	0.00	0.00	0.67	23.97	0.22	2,155,557.61	4.28	0.00	2.04	4.00	6.91

* Missing nutrient value

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Menu Plan Nutrients By Item

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Site: Peoria Flex Academy

Date: 05/15/2025 to 05/23/2025

Veg, Carroteenies Indiv 100/3oz	1 Bag	2	35.00	65.00	0.00	0.00	0.00	1.00	20.00	0.36	6,000.00	6.00	0.00	2.00	5.00	8.00
Veg, Zucchini, 1/5lb, 33 srv/cs (1 srv = 5-6 slices)	1 1/2 cup	2	14.60	2.09	0.00	0.00	0.28	1.88	14.60	0.55	340.55	23.70	0.00	0.76	2.50	2.16
Pizza, 16" Pepperoni Cheesy Bottom Cheese Pizza - 10 Cut (G2/M2)	1 Each	20	397.50	627.50	9.25	0.00	20.50	21.25	409.00	1.89	500.00	30.00	37.50	3.00	4.00	34.00
Pizza, 16" Cheesy Bottom Cheese Pizza - 10 Cut (G2/M2)	1 Each	20	360.00	510.00	8.00	0.00	17.00	20.00	404.00	1.80	500.00	30.00	30.00	3.00	4.00	34.00
Chef's Choice	1 1 Serving	4	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Treat, Chocolate Creme Filled Cupcake WG 72ct - Nut Allergy Warning	1 1 Serving	44	140.00	170.00	1.00	0.00	3.50	2.00	130.00	2.00	0.00	0.00	20.00	5.00	16.00	30.00
Weighted Daily Average			643.81	905.72	9.49	0.00	22.11	29.84	793.07	3.80	99,384.01	29.16	58.33	8.18	42.87	86.73
% of calories					13.26	0.00	30.91	18.54								53.88

Wed 05/21/2025 - Breakfast High	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	mg Calcm	mg Iron	IU Vit-A	mg Vit-C	mg Cholest	g Fiber	g T-Sugars	g Carb
Fruit Juice, Orange Tangerine Shelf Stable 40/4.23oz	1 serv	1	60.00	10.00	0.00	0.00	0.00	0.00	19.00	0.00	0.00	0.00	0.00	0.00	13.00	15.00
Milk, Carton, Strawberry Skim, 70/8oz	1 ea	1	140.00	95.00	0.00	0.00	0.00	8.00	300.00	0.00	500.00	0.00	5.00	0.00	25.00	26.00
Milk, Carton, Chocolate Skim, 70/8oz	1 ea	1	140.00	200.00	0.00	0.00	0.00	9.00	307.00	0.00	750.00	0.00	5.00	0.00	24.00	25.00
Pizza, Sausage Breakfast, 128/cs (G1.5 and M1)	1 Each	1	210.00	350.00	2.00	0.00	7.00	9.00	146.00	1.90	0.00	0.00	15.00	3.00	5.00	27.00
Parfait, Lunch Strawberry Parfait (G2/M2)	1 Each	1	445.56	201.70	0.67	0.00	3.83	11.67	226.38	2.36	1,046.20	41.81	5.34	6.04	50.44	95.48
Parfait, Lunch Peach & Yogurt Parfait (G2/M2) - WH Peaches	1 Each	1	456.14	198.94	0.59	0.00	3.67	10.87	186.14	1.60	1,180.71	2.00	4.70	4.00	54.83	97.40
Strudel Stick, Apple, 72/2.29 oz (G2)	1 Each	1	210.00	260.00	1.00	0.00	6.00	5.00	0.00	1.08	0.00	0.00	0.00	2.00	11.00	36.00
Weighted Daily Average			276.95	219.27	0.71	0.00	3.42	8.92	197.42	1.16	579.49	7.30	5.84	2.51	30.55	53.65
% of calories					2.30	0.00	11.11	12.89								77.48

* Missing nutrient value

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Run By: vperry

Filename: Menu Plan Nutrients By Item.rdlc

Run On: 5/15/2025 8:28:37 AM

Menu Plan Nutrients By Item

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Site: Peoria Flex Academy

Date: 05/15/2025 to 05/23/2025

Thu 05/22/2025 - Breakfast High	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	mg Calcm	mg Iron	IU Vit-A	mg Vit-C	mg Cholst	g Fiber	g T-Sugars	g Carb
Fruit Juice, Orange Tangerine Shelf Stable 40/4.23oz	1 serv	1	60.00	10.00	0.00	0.00	0.00	0.00	19.00	0.00	0.00	0.00	0.00	0.00	13.00	15.00
Milk, Carton, Strawberry Skim, 70/8oz	1 ea	1	140.00	95.00	0.00	0.00	0.00	8.00	300.00	0.00	500.00	0.00	5.00	0.00	25.00	26.00
Milk, Carton, Chocolate Skim, 70/8oz	1 ea	1	140.00	200.00	0.00	0.00	0.00	9.00	307.00	0.00	750.00	0.00	5.00	0.00	24.00	25.00
Weighted Daily Average			56.67	50.83	0.00	0.00	0.00	2.83	104.33	0.00	208.33	0.00	1.67	0.00	10.33	11.00
% of calories					0.00	0.00	0.00	20.00								77.65

* Missing nutrient value

** The Trans Fat value is provided for informational purposes only and is not used for monitoring purposes.

Run By: vperry

Filename: Menu Plan Nutrients By Item.rdlc

Run On: 5/15/2025 8:28:37 AM