

**Menu Plan Nutrients By Item**

Site: Peoria Flex Academy

Date: 03/10/2025 to 03/14/2025

<b>Mon 03/10/2025 - Breakfast Elementary</b>	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	2	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
Ultimate Breakfast Round Chocolate Oatmeal I/W 126/2.2oz	1 Each	2	270.00	180.00	3.00	0.00	8.00	5.00	30.00	1.70	7.96	0.01	5.00	5.00	19.00	44.00
Weighted Daily Average			230.00	221.25	1.88	0.00	4.63	9.00	243.50	0.85	566.48	0.01	7.50	2.50	24.50	37.50
% of calories					7.34	0.00	18.10	15.65								65.22

<b>Mon 03/10/2025 - Lunch K-8</b>	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)	5	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)	5	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	21	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	14	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, 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

\* Missing nutrient value

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Date: 03/10/2025 to 03/14/2025

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
Muffin, Corn Star (128/cs) (G1)	1 Each	5	148.00	91.00	0.90	0.00	5.00	2.80	15.00	1.10	40.00	0.00	11.00	1.50	12.20	23.00
Fish, Nugget Sea Shapes W/G 320/1oz, 80 srv (1srv=4 pieces) (G1.75 and M2)	4 Each	5	250.00	330.00	1.50	0.00	10.00	14.00	0.00	2.70	0.00	2.40	15.00	4.00	2.00	28.00
Sandwich, Grilled Cheese (G2/M2)	1 Each	9	366.67	820.00	10.67	0.00	20.33	16.00	0.00	1.44	0.00	0.00	50.00	2.00	8.00	30.00
Sandwich, Chicken Salad Croissant (2G/2M) (1 serv Chicken = 4.5oz) - SH Diced Chicken	1 1 Serving	5	299.43	476.85	3.57	0.00	11.51	19.24	63.56	1.66	40.01	0.28	46.53	2.14	3.00	30.66
Weighted Daily Average			307.12	472.53*	3.36*	0.00*	8.42	15.98	300.33*	0.95*	677.14*	2.33*	25.25*	1.56	27.12	40.96
% of calories					9.86*	0.00*	24.68	20.81								53.35

<b>Mon 03/10/2025 - Breakfast Pre-K</b>	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	mg Calc	mg Iron	IU Vit-A	mg Vit-C	mg Cholst	g Fiber	g T-Sugars	g Carb
Bread, Banana Slice 75/3.4oz (G2)	1 ea	2	260.00	240.00	1.50	0.00	8.00	5.00	159.00	1.00	100.00	0.00	0.00	2.00	24.00	45.00
Bread, Pumpkin Slice 75/3.4oz (G2)	1 ea	2	260.00	250.00	1.50	0.00	8.00	5.00	114.00	1.00	1,000.00	0.00	0.00	2.00	24.00	44.00
Fruit Juice, Very Berry Shelf Stable 40/4.23oz	1 serv	1	60.00	10.00	0.00	0.00	0.00	0.00	10.00	0.00	0.00	0.00	0.00	0.00	15.00	17.00
Fruit Juice, Fruit Punch Shelf Stable 40/4.23oz	1 serv	1	60.00	5.00	0.00	0.00	0.00	0.00	18.00	0.00	0.00	0.00	0.00	0.00	14.00	15.00
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
Fruit Juice, Apple Shelf Stable 40/4.23oz	1 serv	1	60.00	5.00	0.00	0.00	0.00	0.00	0.00	0.00	500.00	60.00	0.00	0.00	12.00	14.00
Weighted Daily Average			320.00	252.50	1.50	0.00	8.00	5.00	148.25	1.00	675.00	15.00	0.00	2.00	37.50	59.75
% of calories					4.22	0.00	22.50	6.25								74.69

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**Menu Plan Nutrients By Item**

Site: Peoria Flex Academy

Date: 03/10/2025 to 03/14/2025

<b>Mon 03/10/2025 - Lunch Pre-K</b>	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, Graham Honey Belly Bears, 200/cs 1oz (G1)	1 Ounce	2	120.00	90.00	0.00	0.00	4.00	2.00	100.00	0.72	0.00	0.00	0.00	1.00	7.00	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)	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 Juice, Very Berry Shelf Stable 40/4.23oz	1 serv	12	60.00	10.00	0.00	0.00	0.00	0.00	10.00	0.00	0.00	0.00	0.00	0.00	15.00	17.00
Fruit Juice, Fruit Punch Shelf Stable 40/4.23oz	1 serv	12	60.00	5.00	0.00	0.00	0.00	0.00	18.00	0.00	0.00	0.00	0.00	0.00	14.00	15.00
Fruit Juice, Orange Tangerine Shelf Stable 40/4.23oz	1 serv	12	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
Fruit Juice, Apple Shelf Stable 40/4.23oz	1 serv	12	60.00	5.00	0.00	0.00	0.00	0.00	0.00	0.00	500.00	60.00	0.00	0.00	12.00	14.00
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			82.95	22.22	0.09	0.00	0.87	0.75	30.87	0.10	132.78	15.72	0.22	0.23	15.43	18.37
% of calories					0.94	0.00	9.43	3.64								88.58

<b>Mon 03/10/2025 - Breakfast High</b>	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
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
Weighted Daily Average			120.00	160.00	1.50	0.00	3.75	3.25	41.75	0.73	0.00	0.00	5.00	1.00	6.50	17.50
% of calories					11.25	0.00	28.13	10.83								58.33

<b>Mon 03/10/2025 - Lunch High</b>	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

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Date: 03/10/2025 to 03/14/2025

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)	12	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	5	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	5	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

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**Menu Plan Nutrients By Item**

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Date: 03/10/2025 to 03/14/2025

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
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

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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
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, Seasoned 1/2" Stix 6/5lb, 34 srv/bag (1 srv = 2.29oz)	1 1/2 Cup	23	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	23	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	23	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: 03/10/2025 to 03/14/2025

Veg, Potato, Tater Gems, 6/5lb, 32srv/bag (1 srv = 2.5oz = 10 tater tots)	1 Ounce	23	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
Veg, Potato, Ranch Curly Fry 6/5lb, 36 srv/bag (1 srv = 2.20oz) - Simplot	1 1/2 Cup	23	112.39	213.55	0.00	0.00	3.37	1.12	11.24	11.24	0.00	0.00	0.00	1.12	0.00	7.87
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
Hot Veg, Garlic Roasted Zucchini	1 1/2 c serv (Count)	5	29.45	2.72	0.16	0.00	1.72	2.46	19.05	0.72	444.53	30.94	0.00	1.00	3.26	3.54
Rice Bowl, Teriyaki Chicken	1 Each	5	331.00	340.00	1.00	0.00	5.50	21.00	0.00	2.56	0.00	0.00	70.00	4.00	6.00	50.00
Cookie, Fortune, 350 ct/case	1 Each	2	22.00	27.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	2.00	5.00
Weighted Daily Average			898.45	1,522.94*	9.11*	0.00*	35.69	34.58	342.23*	10.85*	647.50*	17.45*	87.89*	8.18	29.46	106.43
% of calories					9.12*	0.00*	35.76	15.40								47.38

<b>Tue 03/11/2025 - Breakfast Elementary</b>	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	2	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			95.00	131.25	0.38	0.00	0.63	6.50	228.50	0.00	562.50	0.00	5.00	0.00	15.00	15.50
% of calories					3.55	0.00	5.92	27.37								65.26

\* Missing nutrient value

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**Menu Plan Nutrients By Item**

Site: Peoria Flex Academy

Date: 03/10/2025 to 03/14/2025

<b>Tue 03/11/2025 - Lunch K-8</b>	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	mg Calc	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)	5	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)	5	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	21	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	14	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
Cracker, Honey Maid Lil' Squares 72/cs (G1)	1 Each	2	130.00	150.00	0.00	0.00	3.00	2.00	0.00	0.72	0.00	0.00	0.00	2.00	8.00	24.00
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
Enchilada, Pepper Jack Cheese w/Green Sauce - WH Cheese	1 1 Serving	9	346.77	763.40	12.15	0.00	21.46	17.49	44.29	1.00	955.40	5.33	56.00	3.14	2.01	20.97
Enchilada, Pepper Jack Cheese w/Red Sauce - WH Cheese	1 1 Serving	9	335.66	796.74	12.15	0.00	20.35	18.60	44.29	1.00	1,955.40	1.33	56.00	4.25	3.12	20.97
Cracker, Honey Graham 150pk/cs (G1)	2 Each	2	180.00	190.00	0.00	0.00	5.00	4.00	0.00	1.44	0.00	0.00	0.00	2.00	8.00	34.00

\* Missing nutrient value

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**Menu Plan Nutrients By Item**

Site: Peoria Flex Academy

Date: 03/10/2025 to 03/14/2025

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
Weighted Daily Average			318.86	574.01	5.58	0.00	11.00	17.80	320.34	0.90	1,258.25	5.24	32.64	2.24	24.75	37.16
% of calories					15.76	0.00	31.04	22.33								46.61

<b>Tue 03/11/2025 - Breakfast Pre-K</b>	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
Pancake N Sausage on Stick 56/2.85oz (1G / 1MMA)	1 1 Serving	2	200.00	310.00	2.50	0.00	10.00	7.00	20.00	10.00	0.00	0.00	25.00	3.00	4.00	17.00
Condiment, Syrup Maple 200/1.5oz	1 1 Serving	2	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
Fruit, Applesauce, Straw/Banana Cup 96/4.5oz	1 Each	1	60.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	60.00	0.00	1.00	11.00	16.00
Fruit, Applesauce, Mango Peach Cup 96/4.5oz	1 Each	1	60.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	60.00	0.00	1.00	12.00	15.00
Fruit, Applesauce, Strawberry Cup 96/4.5oz	1 Each	1	50.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	60.00	0.00	1.00	11.00	14.00
Fruit, Applesauce, Cinnamon Cup 96/4.5cs	1 Each	1	50.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	60.00	0.00	1.00	12.00	14.00
Fruit, Applesauce, Cup 96/4.5oz	1 Each	1	50.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	60.00	0.00	1.00	12.00	14.00
Weighted Daily Average			227.50	175.00	1.25	0.00	5.00	3.50	10.50	5.00	0.00	75.00	12.50	2.75	25.00	42.25
% of calories					4.95	0.00	19.78	6.15								74.29

\* Missing nutrient value

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**Menu Plan Nutrients By Item**

Site: Peoria Flex Academy

Date: 03/10/2025 to 03/14/2025

<b>Tue 03/11/2025 - Lunch Pre-K</b>	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, Wheat Basics, WG(1G) 1.60z/100ct	1 Each	9	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
Turkey, Small Sliced, 1.75", 6/2/LB (1 srv = 5 slices = 1.65oz = 1MMA)	5 Each	23	50.00	260.00	0.50	0.00	1.00	10.00	0.00	0.00	0.00	0.00	25.00	0.00	0.00	0.00
Cheese, Sliced American/Skim Blend 6/5, 480 serv (2 slices=1 oz=M1)	1 Slice	2	40.00	140.00	1.50	0.00	2.50	3.00	0.00	0.00	0.00	0.00	7.50	0.00	1.00	1.00
Fruit, Applesauce, Straw/Banana Cup 96/4.5oz	1 Each	9	60.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	60.00	0.00	1.00	11.00	16.00
Fruit, Applesauce, Mango Peach Cup 96/4.5oz	1 Each	9	60.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	60.00	0.00	1.00	12.00	15.00
Fruit, Applesauce, Strawberry Cup 96/4.5oz	1 Each	9	50.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	60.00	0.00	1.00	11.00	14.00
Fruit, Applesauce, Cup 96/4.5oz	1 Each	9	50.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	60.00	0.00	1.00	12.00	14.00
Fruit, Applesauce, Cinnamon Cup 96/4.5cs	1 Each	9	50.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	60.00	0.00	1.00	12.00	14.00
Veg, Bean Green 6/#10	1 1/2 Cup	46	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
Weighted Daily Average			113.17	300.54	0.32	0.00	1.20	6.52	0.78	0.78	0.00	58.70	12.83	3.17	12.78	20.26
% of calories					2.51	0.00	9.51	23.05								71.61

<b>Tue 03/11/2025 - Breakfast High</b>	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
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			52.50	87.50	0.50	0.00	1.75	2.25	36.50	0.48	0.00	0.00	3.75	0.75	1.25	6.75
% of calories					8.57	0.00	30.00	17.14								51.43

<b>Tue 03/11/2025 - Lunch High</b>	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

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Menu Plan Nutrients By Item

Site: Peoria Flex Academy

Date: 03/10/2025 to 03/14/2025

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)	12	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	5	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	5	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

\* Missing nutrient value

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Menu Plan Nutrients By Item

Site: Peoria Flex Academy

Date: 03/10/2025 to 03/14/2025

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
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

\* Missing nutrient value

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**Menu Plan Nutrients By Item**

Site: Peoria Flex Academy

Date: 03/10/2025 to 03/14/2025

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
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, Seasoned 1/2" Stix 6/5lb, 34 srv/bag (1 srv = 2.29oz)	1 1/2 Cup	23	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	23	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	23	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: 03/10/2025 to 03/14/2025

Veg, Potato, Tater Gems, 6/5lb, 32srv/bag (1 srv = 2.5oz = 10 tater tots)	1 Ounce	23	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
Veg, Potato, Ranch Curly Fry 6/5lb, 36 srv/bag (1 srv = 2.20oz) - Simplot	1 1/2 Cup	23	112.39	213.55	0.00	0.00	3.37	1.12	11.24	11.24	0.00	0.00	0.00	1.12	0.00	7.87
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
Nacho, Supreme Beef (G2/M2.5) - SH Beef Filling	1 1 Serving	5	530.29	908.00	9.94	0.00	29.72	23.79	276.71	1.99	811.15	13.03	74.39	6.27	1.51	44.95
Weighted Daily Average			910.87	1,597.89	10.06	0.00	38.13	34.64	373.16	10.91	680.48	14.91	88.37	8.33	27.94	104.79
% of calories					9.94	0.00	37.68	15.21								46.02

Wed 03/12/2025 - 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	2	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
Donut, Glazed Bites 72/2.75oz (2G)	1 Bag	1	250.00	190.00	4.50	0.00	10.00	5.00	10.00	10.00	0.00	0.00	0.00	3.00	13.00	37.00
Donut, Super Plain WG 80/1.9 oz (G1)	1 Piece	1	150.00	190.00	1.50	0.00	5.00	4.00	200.00	6.30	2,500.00	30.00	0.00	1.00	12.00	23.00
Weighted Daily Average			195.00	226.25	1.88	0.00	4.38	8.75	281.00	4.08	1,187.50	7.50	5.00	1.00	21.25	30.50
% of calories					8.65	0.00	20.19	17.95								62.56

\* Missing nutrient value

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Menu Plan Nutrients By Item

Site: Peoria Flex Academy

Date: 03/10/2025 to 03/14/2025

Wed 03/12/2025 - Lunch K-8	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	mg Calc	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)	5	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)	5	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	21	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	14	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
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
Sandwich, BBQ Pork Rib (G2/M2)	1 Each	23	410.00	1,160.00	5.00	0.00	14.50	19.00	80.00	2.16	300.00	1.20	45.00	3.00	24.00	53.00
Plate, Banana/Pumpkin Bread (2G/2MMA) - LOL Cheese	1 1 Serving	5	343.33	313.33	1.67	0.00	8.42	8.92	269.42	1.00	716.67	0.00	4.17	2.00	35.38	60.58
Chef's Choice	1 1 Serving	5	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			402.05	833.55	3.31	0.00	9.74	19.54	363.46	1.31	94,883.25	2.40	30.54	2.15	39.21	59.00
% of calories					7.41	0.00	21.80	19.44								58.70

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**Menu Plan Nutrients By Item**

Site: Peoria Flex Academy

Date: 03/10/2025 to 03/14/2025

<b>Wed 03/12/2025 - Breakfast High</b>	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
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			52.50	87.50	0.50	0.00	1.75	2.25	36.50	0.48	0.00	0.00	3.75	0.75	1.25	6.75
% of calories					8.57	0.00	30.00	17.14								51.43

<b>Wed 03/12/2025 - Lunch High</b>	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

Site: Peoria Flex Academy

Date: 03/10/2025 to 03/14/2025

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)	12	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	5	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	5	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
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

\* Missing nutrient value

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**Menu Plan Nutrients By Item**

Site: Peoria Flex Academy

Date: 03/10/2025 to 03/14/2025

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 svgs/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 svgs/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

\* Missing nutrient value

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Menu Plan Nutrients By Item

Site: Peoria Flex Academy

Date: 03/10/2025 to 03/14/2025

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, Hashbrown Square 6/5lb, 17 srv/bag (1 srv = 4.50oz = 2 patties)	1 Each	2	120.00	270.00	1.00	0.00	6.00	1.00	0.00	0.36	0.00	0.00	0.00	1.00	0.00	15.00
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, 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, 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, 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
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
Breakfast Sandwich, HEC Croissant (G2/M2) - SH Ham, WH Cheese, Papetti Egg	1 Each	2	300.00	1,011.67	4.50	0.00	12.33	16.33	80.00	1.44	0.00	0.00	124.17	2.00	5.33	31.33
Breakfast Sandwich, EC Croissant (G2/M2) - WH Cheese, Papetti Omelet	1 Each	2	290.00	600.00	5.50	0.00	15.00	12.00	140.00	1.88	0.00	0.00	165.00	2.00	3.00	30.00
Breakfast Sandwich, Turkey SEC Croissant (G2/M2.5) - WH Cheese, Papetti Egg	1 Each	2	330.00	630.00	5.50	0.00	15.50	17.00	100.00	2.30	0.00	0.00	132.50	2.00	4.00	31.00

\* Missing nutrient value

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**Menu Plan Nutrients By Item**

Site: Peoria Flex Academy

Date: 03/10/2025 to 03/14/2025

Burrito, Breakfast Turkey Chorizo Sausage - SH Precooked egg, WH Cheese, WH Chorizo	1 Each	2	403.67	825.74	6.38	0.00	20.61	17.32	258.04	3.18	300.89	0.00	234.15	3.24	0.00	37.59
Burrito, Breakfast BEC - SH Precooked Egg, WH Cheese	1 serv	2	407.93	826.93	6.80	0.00	21.62	16.07	254.89	3.14	300.89	0.00	230.78	3.00	0.32	37.42
Burrito, Breakfast Green Chili, Egg, Cheese - SH Precooked Egg, Warehouse Cheese	1 Each	2	383.20	736.29	6.01	0.00	19.40	14.16	254.89	2.95	300.89	6.83	224.44	3.38	0.38	37.10
Weighted Daily Average			726.31	1,336.72	9.67	0.00	31.30	33.40	384.22	5.29	94,629.69	12.61	128.59	7.06	29.05	79.11
% of calories					11.98	0.00	38.79	18.40								43.57

<b>Thu 03/13/2025 - Breakfast Pre-K</b>	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	2	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, Banakast 90/cs 1.9oz (G1)	1 Each	2	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	2	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			142.00	88.80	0.56	0.00	3.92	2.88	6.24	0.90	39.60	0.72	21.60	2.16	9.12	23.60
% of calories					3.55	0.00	24.85	8.11								66.48

\* Missing nutrient value

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**Menu Plan Nutrients By Item**

Site: Peoria Flex Academy

Date: 03/10/2025 to 03/14/2025

Thu 03/13/2025 - Lunch Pre-K	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	mg Calc	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			204.89	120.31	1.04	0.00	6.92	4.10	8.96	1.16	317.29	2.88	26.40	3.04	12.97	31.91
% of calories					4.57	0.00	30.42	8.00								62.30

Thu 03/13/2025 - Breakfast Elementary	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	mg Calc	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	2	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
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			206.60	192.80	0.65	0.00	2.87	9.08	262.15	0.52	572.50	0.40	18.60	1.24	24.06	35.76
% of calories					2.83	0.00	12.50	17.58								69.24

\* Missing nutrient value

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Menu Plan Nutrients By Item

Site: Peoria Flex Academy

Date: 03/10/2025 to 03/14/2025

Thu 03/13/2025 - Lunch K-8	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	mg Calc	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	14	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

\* Missing nutrient value

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**Menu Plan Nutrients By Item**

Site: Peoria Flex Academy

Date: 03/10/2025 to 03/14/2025

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			795.42	1,100.45	7.48	0.00	33.92	32.62	464.29	4.73	942.75	7.89	30.25	7.82	42.22	93.08
% of calories					8.46	0.00	38.38	16.40								46.81

<b>Thu 03/13/2025 - Breakfast High</b>	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Prottn	mg Calcm	mg Iron	IU Vit-A	mg Vit-C	mg Cholst	g Fiber	g T-Sugars	g Carb
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			42.00	70.00	0.40	0.00	1.40	1.80	29.20	0.38	0.00	0.00	3.00	0.60	1.00	5.40
% of calories					8.57	0.00	30.00	17.14								51.43

<b>Thu 03/13/2025 - Lunch High</b>	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Prottn	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

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Menu Plan Nutrients By Item

Site: Peoria Flex Academy

Date: 03/10/2025 to 03/14/2025

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)	12	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	5	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	5	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

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Menu Plan Nutrients By Item

Site: Peoria Flex Academy

Date: 03/10/2025 to 03/14/2025

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
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

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**Menu Plan Nutrients By Item**

Site: Peoria Flex Academy

Date: 03/10/2025 to 03/14/2025

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, Seasoned 1/2" Stix 6/5lb, 34 srv/bag (1 srv = 2.29oz)	1 1/2 Cup	23	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	23	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	23	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	23	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
Veg, Potato, Ranch Curly Fry 6/5lb, 36 srv/bag (1 srv = 2.20oz) - Simplot	1 1/2 Cup	23	112.39	213.55	0.00	0.00	3.37	1.12	11.24	11.24	0.00	0.00	0.00	1.12	0.00	7.87
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

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Menu Plan Nutrients By Item

Site: Peoria Flex Academy

Date: 03/10/2025 to 03/14/2025

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) - HS w/Mashed Potatoes & Frozen Corn	1 Each	23	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	5	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			1,148.69	2,081.58	10.48	0.00	45.41	44.18	366.03	12.57	720.06	24.12	92.78	11.77	33.31	139.78
% of calories					8.21	0.00	35.58	15.38								48.67

Fri 03/14/2025 - Breakfast Pre-K	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	mg Calc	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	1	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	1	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	1	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	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
Weighted Daily Average			90.00	114.00	0.40	0.00	1.20	1.20	88.00	4.43	400.00	11.76	0.00	1.80	8.60	20.00
% of calories					4.00	0.00	12.00	5.33								88.89

\* Missing nutrient value

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Menu Plan Nutrients By Item

Site: Peoria Flex Academy

Date: 03/10/2025 to 03/14/2025

Fri 03/14/2025 - 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
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, 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			127.25	174.02	0.91	0.00	2.36	2.46	137.54	5.42	511.59	14.44	2.22	2.24	11.49*	25.89
% of calories					6.45	0.00	16.69	7.73								81.38

Fri 03/14/2025 - 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	2	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
Breakfast Sandwich, Turkey HEC Croissant (G2/M2.5) - WH Turkey Ham & Cheese, Papetti Egg	1 Each	1	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			139.22	265.68	1.20	0.00	3.03	8.78	198.80	1.54	450.00	0.00	27.57	0.40	13.11	18.91
% of calories					7.76	0.00	19.59	25.23								54.33

\* Missing nutrient value

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**Menu Plan Nutrients By Item**

Site: Peoria Flex Academy

Date: 03/10/2025 to 03/14/2025

<b>Fri 03/14/2025 - Lunch K-8</b>	Portion Size	Plan Qty	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	mg Calc	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	14	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

\* Missing nutrient value

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**Menu Plan Nutrients By Item**

Site: Peoria Flex Academy

Date: 03/10/2025 to 03/14/2025

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			671.75	1,011.63	11.41	0.00	25.29	33.46	846.68	3.59	1,408.97	44.55	46.48	4.66	31.53*	78.41
% of calories					15.29	0.00	33.89	19.92								46.69

<b>Fri 03/14/2025 - Breakfast High</b>	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
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			90.00	130.00	0.80	0.00	3.00	2.80	41.20	0.60	80.00	0.24	7.00	1.20	4.00	13.00
% of calories					8.00	0.00	30.00	12.44								57.78

<b>Fri 03/14/2025 - Lunch High</b>	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

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Menu Plan Nutrients By Item

Site: Peoria Flex Academy

Date: 03/10/2025 to 03/14/2025

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)	12	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	5	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	5	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

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**Menu Plan Nutrients By Item**

Site: Peoria Flex Academy

Date: 03/10/2025 to 03/14/2025

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
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

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**Menu Plan Nutrients By Item**

Site: Peoria Flex Academy

Date: 03/10/2025 to 03/14/2025

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, Seasoned 1/2" Stix 6/5lb, 34 srv/bag (1 srv = 2.29oz)	1 1/2 Cup	23	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	23	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	23	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	23	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
Veg, Potato, Ranch Curly Fry 6/5lb, 36 srv/bag (1 srv = 2.20oz) - Simplot	1 1/2 Cup	23	112.39	213.55	0.00	0.00	3.37	1.12	11.24	11.24	0.00	0.00	0.00	1.12	0.00	7.87
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

\* Missing nutrient value

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**Menu Plan Nutrients By Item**

Site: Peoria Flex Academy

Date: 03/10/2025 to 03/14/2025

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 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	5	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
Weighted Daily Average			975.97	1,631.74	9.64	0.00	39.11	36.33	413.80	11.30	800.03	29.38	89.99	8.61	32.93*	117.44
% of calories					8.89	0.00	36.07	14.89								48.13

\* Missing nutrient value

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