



Monday	Tuesday	Wednesday	Thursday	Friday
<p>04/03/2023</p> <p>Waffles and Syrup</p> <p>Beef Meatballs w/Rice &amp; Beans Veggie Meatballs w/Rice &amp; Beans (V/VG)</p>	<p>04/04/2023</p> <p>Cinnamon Toast Crunch Cup</p> <p>Spaghetti &amp; Turkey Meat Sauce Spaghetti &amp; Plant Based Meat Sauce (V/VG)</p>	<p>04/05/2023</p> <p>Homemade Strawberry Muffin</p> <p>Spring Picnic Sandwich w/Turkey Breast &amp; Provolone Spring Picnic Sandwich w/Provolone (V)</p>	<p>04/06/2023</p> <p>Pancakes &amp; Turkey Sausage Veggie Patty &amp; Pancakes (V)</p> <p>Jerk Chicken &amp; Brown Rice Jerk Chicken Meatless &amp; Brown Rice (V/VG)</p>	<p>04/07/2023</p> <p><b>Asynchronous Day for Students</b></p> <p><b>No Meal Service</b></p>
<p>04/10/2023</p> <p>Chocolate Chip Oatmeal Muffin</p> <p>Turkey w/Brown Rice &amp; Black Beans Plant Based Crumbles w/Brown Rice &amp; Black Beans(V/VG)</p>	<p>04/11/2023</p> <p>Taco Breakfast (Egg, Cheese &amp; Turkey Bacon) Taco Breakfast w/Tofu, Vegan Cheese &amp; Veggie Crumbles (V/VG) Chicken &amp; Turkey Bacon Pasta w/ Tomato &amp; Spinach Chicken Meatless Pasta w/Tomato &amp; Spinach</p>	<p>04/12/2023</p> <p>Whole Grain Pancakes (V)</p> <p>Broccoli Rice Casserole w/ Cheddar Cheese (V)</p>	<p>04/13/2023</p> <p>White WW Loaf (V/VG) Hard Boiled Egg</p> <p>Chicken Shawarma Meatless Chicken Shawarma (V)</p>	<p>04/14/2023</p> <p>Yoplait Yogurt &amp; Granola (V)</p> <p>Cheese Pizza w/Chicken &amp; Beef Pepperoni Cheese Pizza (V)</p>
<p>04/17/2023</p> <p>NO SCHOOL TODAY</p>	<p>04/18/2023</p> <p>Baked French Toast Muffin (V)</p> <p>Turkey Meatball Sub. w/Cheese Veggie Meatball Submarine (V/VG)</p>	<p>04/19/2023</p> <p>Yogurt Crispy Cup Cereal w/ Peaches &amp; Apples (V)</p> <p>Curried Chicken Wrap Curried Meatless Chicken Wrap (V/VG)</p>	<p>04/20/2023</p> <p>Lemon Blueberry Pancakes Squares (V)</p> <p>Turkey Nachos w/ Romaine &amp; Corn Pico Meatless Nachos w/Romaine &amp; Corn Pico (V)</p>	<p>04/21/2023</p> <p>NO SCHOOL TODAY</p>
<p>04/24/2023</p> <p>Cereal Cheerios Multigrain (V/VG) Yoplait Yogurt</p> <p>Rice w/Chicken, Beans &amp; Tomato Rice w/Meatless Chicken Kidney Bean &amp; Tomato (V/VG)</p>	<p>04/25/2023</p> <p>WG Blueberry Muffin (V)</p> <p>Breaded Chicken Nuggets Veggie Chicken Nuggets (VG)</p>	<p>04/26/2023</p> <p>One-Pan Breakfast Potato, Egg Scramble &amp; Roll (V)</p> <p>Butter Chicken Butter Chicken Meatless (V)</p>	<p>04/27/2023</p> <p>WG French Toast Sticks (V/VG)</p> <p>One Pot Chicken Fajita Pasta w/Rd. &amp; Gr. Pepper Meatless Chicken Fajita Pasta(V/VG)</p>	<p>04/28/2023</p> <p>Homemade WW Chocolate Chip Banana Bread (V) Mozzarella Cheese Stick** Cheese Pizza (V)</p>

**Locally Grown Components Daily Served: Milk (PA) According to the season fruits and vegetables locally grown will be added on Breakfast and/or Lunch menu: Apples (VA), Sweet Potato (VA/NC), Arugula (NY).**

# Base Menu Spreadsheet

## Weighted Values

Apr 3, 2023 thru Apr 28, 2023

<b>Menu Name:</b>	Washington Latin PCS - K-8 - Breakfast	<b>Include Cost:</b>	No
<b>Site:</b>		<b>Report Style:</b>	Detailed

### Monday - 04/03/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992279 WG Emoji Waffles (EGGO)	70gr (2 waffles)	100	210	1.50	380	2	6.00	0.00	5	26.00
991123 Syrup Maple SS Sugar Free (smuckers)	32 gr	100	10	0.00	80	0	0.00	0.00	0	4.00
991059 Cranberry Apple Juice	2 HC	100	120	0.00	0	24	0.00	0.00	0	26.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			440	2.25	590	*39	7.25	0.00	15	69.00
% of Calories				4.60%		*35.5%	14.8%	0.0%		62.7%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0			

### Tuesday - 04/04/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992004 Strawberry Breakfast Muffin (v/VG)	56 grams	100	232	0.67	1	18	9.75	*0.00	0	32.97
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	0.21	0.00	0	22.54

# Base Menu Spreadsheet

## Weighted Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>417</b>	<b>1.45</b>	<b>132</b>	<b>*46</b>	<b>11.21</b>	<b>*0.00</b>	<b>10</b>	<b>68.51</b>
% of Calories				3.13%		*44.1%	24.2%	*0.0%		65.7%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0			

## Wednesday - 04/05/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991062 CEREALS RTE,GENERAL MILLS,CINN TOAST CRUNCH KM	2 (28 gr)	100	240	2.00	320	16	6.00	0.00	0	44.00
991141 TANGERINES,FRESH - 1 cup (120 ct)	3 medium	100	140	0.10	5	28	0.82	0.00	0	35.22
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>480</b>	<b>2.85</b>	<b>455</b>	<b>*57</b>	<b>8.07</b>	<b>0.00</b>	<b>10</b>	<b>92.22</b>
% of Calories				5.34%		*47.5%	15.1%	0.0%		76.8%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0			

# Base Menu Spreadsheet

Weighted Values

Apr 3, 2023 thru Apr 28, 2023

**Thursday - 04/06/2023**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991379 Pancakes & Turkey Sausage on a Stick	2.5 oz	100	140	1.50	360	6	5.00	0.00	10	16.00
991777 VEGGIE Patty WG Pancakes	1 serving	1	3	0.00	8	0	0.09	0.00	0	0.37
991123 Syrup Maple SS Sugar Free (smuckers)	32 gr	100	10	0.00	80	0	0.00	0.00	0	4.00
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>330</b>	<b>2.30</b>	<b>580</b>	<b>*35</b>	<b>6.60</b>	<b>0.00</b>	<b>20</b>	<b>53.95</b>
<b>% of Calories</b>				<b>6.27%</b>		<b>*42.4%</b>	<b>18.0%</b>	<b>0.0%</b>		<b>65.4%</b>
<b>Weekly Nutrient Guideline</b>			<b>400 - 500</b>	<b>&lt;10</b>	<b>540</b>		<b>&lt;=0</b>			

**Friday - 04/07/2023**

**Reimbursable Meal Total 1**

# Base Menu Spreadsheet

## Weighted Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000167 NO BREAKFAST										
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0			

### Monday - 04/10/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991382 Chocolate Chip Oatmeal Muffin	serving	100	274	3.82	211	*22	34.91	*0.00	21	47.57
991141 TANGERINES,FRESH - 1 cup (120 ct)	3 medium	100	140	0.10	5	28	0.82	0.00	0	35.22
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			514	4.67	346	*63	36.98	*0.00	31	95.79
% of Calories				8.18%		*49.0%	64.8%	*0.0%		74.5%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0			

### Tuesday - 04/11/2023

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990645 Eggo Bites Waffles Maple	2.64 oz	100	190	1.50	220	11	5.00	0.00	36	36.00
991123 Syrup Maple SS Sugar Free (smuckers)	32 gr	100	10	0.00	80	0	0.00	0.00	0	4.00
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>377</b>	<b>2.29</b>	<b>431</b>	<b>*39</b>	<b>6.50</b>	<b>0.00</b>	<b>46</b>	<b>73.58</b>
<b>% of Calories</b>				<b>5.47%</b>		<b>*41.4%</b>	<b>15.5%</b>	<b>0.0%</b>		<b>78.1%</b>
<b>Weekly Nutrient Guideline</b>			<b>400 - 500</b>	<b>&lt;10</b>	<b>540</b>		<b>&lt;=0</b>			

**Wednesday - 04/12/2023**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991381 Whole Grain Pancakes (KRUSTEAZ)	2 pancakes	100	153	0.33	400	5	2.33	0.00	7	31.33
991923 Strawberry Syrup	2oz	100	84	0.00	2	18	0.00	*0.00	0	20.91
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	0.21	0.00	0	22.54
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50

# Base Menu Spreadsheet

## Weighted Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			422	1.12	533	*51	3.79	*0.00	17	87.78
% of Calories				2.39%		*48.3%	8.1%	*0.0%		83.2%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0			

### Thursday - 04/13/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990947 Taco Breakfast	1	100	199	2.68	359	*0	8.98	*0.00	98	16.06
991174 VEGGIE Taco Breakfast (V/VG)	1	1	3	0.04	5	*0	0.17	*0.00	0	0.25
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	0.78	0.00	0	53.90
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			512	3.73	497	*42	11.18	*0.00	108	83.21
% of Calories				6.56%		*32.8%	19.7%	*0.0%		65.0%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0			

### Friday - 04/14/2023

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991204 Yogurt Yoplait & Granola	4oz Yg/1oz Gran	100	220	0.50	125	21	3.50	0.00	5	41.00
990708 Fruit Punch, Juice	(2 HC)	100	120	0.00	10	24	0.00	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			440	1.25	265	*58	4.75	0.00	15	82.00
<b>% of Calories</b>				2.56%		*52.7%	9.7%	0.0%		74.5%
<b>Weekly Nutrient Guideline</b>			400 - 500	<10	540		<=0			

### Monday - 04/17/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY										
<b>Weighted Daily Average</b>			0	0.00	0	0	0.00	0.00	0	0.00
<b>% of Calories</b>				0%		0%	0%	0%		0%
<b>Weekly Nutrient Guideline</b>			400 - 500	<10	540		<=0			

### Tuesday - 04/18/2023

### Reimbursable Meal Total 100



# Base Menu Spreadsheet

## Weighted Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991524 Baked French Toast Muffin	serving	100	220	2.42	209	*18	6.02	*0.00	99	32.17
991141 TANGERINES,FRESH - 1 cup (120 ct)	3 medium	100	140	0.10	5	28	0.82	0.00	0	35.22
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			460	3.27	344	*59	8.09	*0.00	109	80.39
% of Calories				6.40%		*51.3%	15.8%	*0.0%		69.9%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0			

### Wednesday - 04/19/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991750 Yogurt Crispy Cup Cereal	serving	50	156	0.18	112	23	0.41	0.00	2	36.66
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			256	0.93	242	*36	1.66	0.00	12	49.66
% of Calories				3.27%		*56.2%	5.8%	0.0%		77.6%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0			

# Base Menu Spreadsheet

Weighted Values

Apr 3, 2023 thru Apr 28, 2023

## Thursday - 04/20/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992001 Egg Breakfast Quesadilla	quesadilla 6"	100	196	3.27	511	1	10.07	0.00	104	17.01
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	0.78	0.00	0	53.90
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			506	4.28	644	*43	12.10	0.00	114	83.91
% of Calories				7.61%		*34.0%	21.5%	0.0%		66.3%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0			

## Friday - 04/21/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY										
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0			

## Monday - 04/24/2023

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991380 Cereal Cheerios MULTIGRAIN (k-8) 28gr	28 gr	100	110	0.00	105	6	1.00	0.00	0	23.00
991346 Yogurt Yoplait 4oz	4 oz	100	100	0.00	55	15	0.50	0.00	5	21.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			520	1.01	292	*63	3.53	0.00	15	110.90
% of Calories				1.75%		*48.5%	6.1%	0.0%		85.3%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0			

**Tuesday - 04/25/2023**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991210 WG Blueberry Muffin (Chef Pierre)	57 gr	100	200	1.50	140	16	7.00	0.00	15	32.00
991141 TANGERINES,FRESH - 1 cup (120 ct)	3 medium	100	140	0.10	5	28	0.82	0.00	0	35.22
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50

# Base Menu Spreadsheet

## Weighted Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			440	2.35	275	*57	9.07	0.00	25	80.22
% of Calories				4.81%		*51.8%	18.6%	0.0%		72.9%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0			

### Wednesday - 04/26/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991522 One-Pan Breakfast Potatoes	serving	100	302	3.18	527	*4	13.27	*0.00	196	37.69
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			480	3.97	659	*32	14.77	*0.00	206	71.27
% of Calories				7.44%		*26.7%	27.7%	*0.0%		59.4%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0			

### Thursday - 04/27/2023

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991061 French Toast Sticks k-12	4 stick (92 gr)	100	260	2.00	300	9	10.00	0.00	0	38.00
991123 Syrup Maple SS Sugar Free (smuckers)	32 gr	100	10	0.00	80	0	0.00	0.00	0	4.00
990660 Orange Juice	2 HC	100	100	0.00	30	20	0.00	0.00	0	24.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>470</b>	<b>2.75</b>	<b>540</b>	<b>*42</b>	<b>11.25</b>	<b>0.00</b>	<b>10</b>	<b>79.00</b>
<b>% of Calories</b>				<b>5.27%</b>		<b>*35.7%</b>	<b>21.5%</b>	<b>0.0%</b>		<b>67.2%</b>
<b>Weekly Nutrient Guideline</b>			<b>400 - 500</b>	<b>&lt;10</b>	<b>540</b>		<b>&lt;=0</b>			

**Friday - 04/28/2023**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992280 Chocolate Chip Banana Bread - (V)	50 grams	100	206	0.79	145	*16	1.84	*0.00	0	43.25
000010 Mozzarella, Cheese String	1 oz	100	61	2.02	202	1	3.04	0.00	10	1.01
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50

# Base Menu Spreadsheet

## Weighted Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			451	3.59	479	*44	6.33	*0.00	20	79.80
% of Calories				7.16%		*39.0%	12.6%	*0.0%		70.8%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0			

			Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
Weighted Averages			442	3	430	*47	9.60	*0.00	46	78.89
% of Calories				5.27%		*42.5%	19.5%	*0.0%		71.4%

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

# Base Menu Spreadsheet

## Weighted Values

Apr 3, 2023 thru Apr 28, 2023

**Menu Name:** Washington Latin PCS - K-8 -Lunch

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Monday - 04/03/2023

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991153 Beef Meatballs w/ rice & Black Beans	1 cup cooked	100	490	5.00	535	5	15.97	0.00	45	61.63
991868 Veggie Meatballs and rice & Beans PreK-8	1 serving	1	5	0.00	5	0	0.09	0.00	0	0.78
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	0.13	0.00	0	10.29
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
<b>Weighted Daily Average</b>			634	5.78	671	*26	17.44	0.00	55	85.70
<b>% of Calories</b>				8.21%		*16.4%	24.8%	0.0%		54.1%
<b>Weekly Nutrient Guideline</b>			600 - 650	<10	1230		<=0			

### Tuesday - 04/04/2023

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991400 SPAGHETTI AND TURKEYMEAT SAUCE - 3/4	1 CUP	100	424	3.05	130	*9	12.80	*0.00	121	53.72
991724 V/VG - SPAGHETTI AND TURKEYMEAT SAUCE -	1 CUP	1	3	0.01	3	*0	0.03	*0.00	0	0.58

# Base Menu Spreadsheet

## Weighted Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991143 TANGERINES,FRESH - 1/2 cup (120 ct)	2 medium	100	93	0.07	4	19	0.55	0.00	0	23.48
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>620</b>	<b>3.89</b>	<b>266</b>	<b>*40</b>	<b>14.62</b>	<b>*0.00</b>	<b>131</b>	<b>90.78</b>
% of Calories				5.65%		*25.8%	21.2%	*0.0%		58.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Wednesday - 04/05/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992254 Spring Picnic Sandwich	serving	100	392	4.95	1232	*7	16.05	*0.00	52	37.26
992255 V- Spring Picnic Sandwich	serving	1	4	0.09	8	*0	0.24	*0.00	0	0.36
990905 Celery Sticks 1/2 cup	1/2 cup	100	15	0.00	119	2	0.00	0.00	119	4.12
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	0.39	0.00	0	26.95
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50



# Base Menu Spreadsheet

## Weighted Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			617	5.92	1490	*36	17.92	*0.00	181	81.69
% of Calories				8.64%		*23.3%	26.1%	*0.0%		53.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Thursday - 04/06/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990401 Jamaican Jerk Chicken Bowl - K to 12	serving	100	347	0.61	203	*2	3.79	*0.00	41	56.87
991888 V/VG- Jamaican Jerk Chicken Bowl	serving	1	4	0.00	3	*0	0.04	*0.00	0	0.59
991386 BROCCOLI - POTATO 1 (0.5 DG/0.5 Stcy)	1	100	122	0.41	26	*1	4.85	0.00	0	17.13
990545 Orange Juice - Admore Farms - 4oz	4 oz	100	50	0.00	15	10	0.00	0.00	0	12.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			623	1.77	378	*26	9.92	*0.00	51	99.59
% of Calories				2.56%		*16.7%	14.3%	*0.0%		63.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Friday - 04/07/2023

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Weighted Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000156 NO LUNCH										
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Monday - 04/10/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991351 Turkey, Rice & Beans - 3/4 cup	3/4 cup	100	467	2.21	213	*6	9.75	0.00	87	69.02
992256 V/VG - Turkey, Rice & Beans - 3/4 cup	3/4 cup	1	4	0.01	4	*0	0.03	0.00	0	0.74
000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup	1/2 cup	100	40	0.02	1	7	0.10	0.00	0	10.66
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			611	2.99	347	*26	11.13	0.00	97	93.42
% of Calories				4.40%		*17.0%	16.4%	0.0%		61.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Tuesday - 04/11/2023

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990875 Creamy Chicken Penne Pasta	3/4 cup	100	398	6.91	272	5	14.61	*0.00	79	44.92
992134 Creamy Chicken Meatless Penne Pasta (V)	3/4 cup	1	4	0.06	3	0	0.13	*0.00	0	0.47
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	0.39	0.00	0	26.95
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>607</b>	<b>7.85</b>	<b>406</b>	<b>*33</b>	<b>16.38</b>	<b>*0.00</b>	<b>89</b>	<b>85.34</b>
% of Calories				11.64%		*21.7%	24.3%	*0.0%		56.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Wednesday - 04/12/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991223 Broccoli Rice Casserole	serving	100	445	10.86	351	*2	17.93	*0.00	53	54.26
000077 GRAPE JUICE - HC - 4oz	4 fl.oz.	100	80	0.00	15	18	0.00	0.00	0	18.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50

# Base Menu Spreadsheet

## Weighted Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			625	11.61	496	*33	19.18	*0.00	63	85.26
% of Calories				16.72%		*21.1%	27.6%	*0.0%		54.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Thursday - 04/13/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992268 Chicken Shawarma	serving	100	434	2.15	381	*2	20.51	*0.00	45	35.92
992273 V- Chicken Shawarma	serving	1	4	0.02	4	*0	0.20	*0.00	0	0.37
992269 Tahini Salad	3/4 cup	100	65	0.07	6	*1	4.48	*0.00	0	4.94
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	0.13	0.00	0	10.29
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			642	3.01	522	*24	26.56	*0.00	55	64.52
% of Calories				4.22%		*15.0%	37.2%	*0.0%		40.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Friday - 04/14/2023

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991746 Cheese Lunch Individual Pizza w/ Chicken/BeefPeppe	4.56oz 5 pepper	100	317	4.50	930	5	13.00	0.00	10	24.33
991692 WG Cheese Pizza (V)	4.6 oz	1	3	0.04	6	0	0.11	0.00	0	0.37
991207 CORN: frozen, yellow - 0.625 cup	6/8 CUP	100	118	2.51	33	3	4.55	*0.00	7	19.90
991143 TANGERINES,FRESH - 1/2 cup (120 ct)	2 medium	100	93	0.07	4	19	0.55	0.00	0	23.48
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>631</b>	<b>7.87</b>	<b>1102</b>	<b>*40</b>	<b>19.45</b>	<b>*0.00</b>	<b>28</b>	<b>81.08</b>
<b>% of Calories</b>				<b>11.23%</b>		<b>*25.4%</b>	<b>27.7%</b>	<b>*0.0%</b>		<b>51.4%</b>
<b>Weekly Nutrient Guideline</b>			<b>600 - 650</b>	<b>&lt;10</b>	<b>1230</b>		<b>&lt;=0</b>			

### Monday - 04/17/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY										
<b>Weighted Daily Average</b>			<b>0</b>	<b>0.00</b>	<b>0</b>	<b>0</b>	<b>0.00</b>	<b>0.00</b>	<b>0</b>	<b>0.00</b>
<b>% of Calories</b>				<b>0%</b>		<b>0%</b>	<b>0%</b>	<b>0%</b>		<b>0%</b>
<b>Weekly Nutrient Guideline</b>			<b>600 - 650</b>	<b>&lt;10</b>	<b>1230</b>		<b>&lt;=0</b>			

# Base Menu Spreadsheet

Weighted Values

Apr 3, 2023 thru Apr 28, 2023

**Tuesday - 04/18/2023**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992276 Meatball Sub - w/Cheese	sub (4Meatballs)	100	310	3.02	714	7	9.51	0.00	53	37.19
992277 V-VG Meatball Sub	sub (4Meatballs)	1	3	0.00	5	0	0.09	0.00	0	0.41
990882 BROCCOLI - POTATO 3/4 (0.5 DG/0.25 Stcy)	3/4	100	82	0.33	21	*1	3.95	0.00	0	10.07
991584 DRESSING, RANCH SS CUP SHELF STABLE 1OZ	1oz	100	130	2.00	180	1	14.00	0.00	10	1.00
000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup	1/2 cup	100	40	0.02	1	7	0.10	0.00	0	10.66
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			664	6.12	1051	*29	28.89	0.00	73	72.33
% of Calories				8.30%		*17.5%	39.2%	0.0%		43.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

**Wednesday - 04/19/2023**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990810 Curried Chicken Wrap	serving	100	310	1.59	321	1	8.97	*0.00	45	35.02
992253 V/VG - Curried Chicken Wrap	serving	1	3	0.01	4	0	0.06	0.00	0	0.34

# Base Menu Spreadsheet

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## Weighted Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990275 Black Beans - Veg 3/4cup - EXTRA OTHER	3/4 cup	100	127	0.02	130	2	0.52	0.00	0	22.96
990545 Orange Juice - Admore Farms - 4oz	4 oz	100	50	0.00	15	10	0.00	0.00	0	12.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			590	2.37	601	*26	10.81	*0.00	55	83.32
<b>% of Calories</b>				3.62%		*17.6%	16.5%	*0.0%		56.5%
<b>Weekly Nutrient Guideline</b>			600 - 650	<10	1230		<=0			

**Thursday - 04/20/2023**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991570 BYO Turkey Nachos	SERVING	100	377	7.83	350	7	18.73	0.00	82	34.32
991709 BYO Plant Based Nachos (Vegetarian)	SERVING	1	4	0.08	5	0	0.15	0.00	0	0.39
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2	0.00	0.00	0	4.00
991143 TANGERINES,FRESH - 1/2 cup (120 ct)	2 medium	100	93	0.07	4	19	0.55	0.00	0	23.48
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50

# Base Menu Spreadsheet

## Weighted Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			599	8.73	519	*41	20.68	0.00	92	75.18
% of Calories				13.12%		*27.4%	31.1%	0.0%		50.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Friday - 04/21/2023

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY										
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Monday - 04/24/2023

#### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991921 Spanish Rice & Beans	serving	100	470	0.98	343	*3	8.32	*0.00	43	69.05
991967 Spanish Rice & Beans (Vegetarian)	serving	1	5	0.00	5	*0	0.08	*0.00	0	0.71
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	0.13	0.00	0	10.29
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50



# Base Menu Spreadsheet

## Weighted Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			614	1.75	478	*24	9.77	*0.00	53	93.04
% of Calories				2.57%		*15.6%	14.3%	*0.0%		60.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

## Tuesday - 04/25/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991084 Chicken Nuggets Breaded	4 pc (91 gr)	100	210	2.50	340	1	12.00	0.00	40	12.00
991720 Vegan Chicken Nuggets	5 Nuggets	1	3	0.02	5	0	0.11	0.00	0	0.25
000279 Roasted Potatoes - .75	3/4 cup	100	176	0.38	8	*0	4.78	0.00	0	30.74
991056 WG Roll	32 gr	100	80	0.00	170	2	1.00	0.00	0	15.00
990692 Fruit Punch, Juice	4 fl.oz.	100	60	0.00	5	12	0.00	0.00	0	14.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50

# Base Menu Spreadsheet

## Weighted Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			628	3.65	658	*28	19.15	0.00	50	84.99
% of Calories				5.23%		*17.8%	27.4%	0.0%		54.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Wednesday - 04/26/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992272 Butter Chicken	serving	100	267	7.70	599	*8	15.34	*0.18	69	15.47
992274 V- Butter Chicken Meatless	serving	1	3	0.08	9	*0	0.17	*0.00	0	0.22
992271 Salvadorian Carrot Rice	serving	100	231	0.12	20	*2	2.98	*0.00	0	46.54
000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup	1/2 cup	100	40	0.02	1	7	0.10	0.00	0	10.66
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			640	8.66	759	*29	19.84	*0.19	79	85.89
% of Calories				12.18%		*18.1%	27.9%	*0.3%		53.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Thursday - 04/27/2023

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991419 One Pot Chicken Fajita Pasta	serving	100	490	6.35	378	*4	22.91	*0.00	53	50.65
992257 V/VG One Pot Chicken Fajita Pasta	serving	1	4	0.04	5	*0	0.18	*0.00	0	0.49
991143 TANGERINES,FRESH - 1/2 cup (120 ct)	2 medium	100	93	0.07	4	19	0.55	0.00	0	23.48
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>688</b>	<b>7.21</b>	<b>517</b>	<b>*36</b>	<b>24.88</b>	<b>*0.00</b>	<b>63</b>	<b>87.62</b>
% of Calories				9.43%		*20.9%	32.5%	*0.0%		50.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Friday - 04/28/2023

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991692 WG Cheese Pizza (V)	4.6 oz	100	300	4.00	580	14	11.00	0.00	15	37.00
991698 BROCCOLI,raw: fresh roasted	3/4 CUP	100	65	0.41	23	1	4.90	0.00	0	4.53
990928 Ranch Dressing (ss)	2 ss	100	39	0.00	156	2	0.00	0.00	0	7.82
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	0.39	0.00	0	26.95
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50

# Base Menu Spreadsheet

## Weighted Values

Apr 3, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			609	5.29	890	*45	17.54	0.00	25	89.30
% of Calories				7.82%		*29.6%	25.9%	0.0%		58.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

			Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
Weighted Averages			626	6	656	*32	17.89	*0.01	73	84.65
% of Calories				7.99%		*20.4%	25.7%	*0.0%		54.1%

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - denotes required nutrient values  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.