



Monday	Tuesday	Wednesday	Thursday	Friday
<p>07/03/2023</p> <p>NO SCHOOL TODAY</p>	<p>07/04/2023</p> <p>NO SCHOOL TODAY</p>	<p>07/05/2023</p> <p>Bagel (w/Cr Cheese & Jelly</p> <p>Buffalo Chicken WG Mac & Cheese Buffalo Chicken Meatless WG Mac & Cheese (V)</p> <p>Roasted Cauliflower & Carrots Bananas</p>	<p>07/06/2023</p> <p>Whole Grain Pancakes (V) Maple Syrup (ss)</p> <p>Beef Meatballs w/ Brown Rice & Bk. Beans Veggie Meatballs w/Brown Rice & Beans (V/VG)</p> <p>Apples</p>	<p>07/07/2023</p> <p>Strawberry WW Muffin (V/VG)</p> <p>Cheese Beef Burger & WG Bun Vegan Ch. Burger & WG Bun (V/VG) Roasted Broccoli & Potato Medley</p> <p>Fresh Pears</p>
<p>07/10/2023</p> <p>Frosted Mini Wheat Cereal</p> <p>Grilled Chicken Baked Chickenless (V/VG) Brown Rice w/ Bl. Beans & Sweet Plantains (V)</p> <p>Apples</p>	<p>07/11/2023</p> <p>Sweet Potatoes Waffles (V/VG)</p> <p>Cheese Pizza or Pepperoni Pizza</p> <p>Roasted Potatoes & Cauliflower</p> <p>Pears</p>	<p>07/12/2023</p> <p>Yogurt & Granola</p> <p>Chicken & Tk. Bacon WG Pasta w/ Tomato & Spinach Chicken Meatless WG Pasta w/ Tomato & Spinach(V)</p> <p>Bananas</p>	<p>07/13/2023</p> <p>Pancakes & Turkey Sausage Stick** Veggie Patty & WG Pancakes (V)</p> <p>Turkey Meatballs WG Sub. w/Cheese Turkey Meatballs WG Submarine</p> <p>Sauteed Green Collards Fruit Punch</p>	<p>07/14/2023</p> <p>Chocolate Chip Oatmeal Muffin (V) Mozzarella Cheese Stick**</p> <p>Tomato N' Cheese Pasta(V)</p> <p>Fresh Oranges</p>
<p>07/17/2023</p> <p>WG French Toast Sticks (V/VG)</p> <p>Chicken & Brown Rice Jerk Chicken Meatless & Brown Rice Creamy Mashed Potato</p> <p>Fruit Punch</p>	<p>07/18/2023</p> <p>Egg & Cheese Burrito w/Turkey Egg & Cheese Burrito</p> <p>Italian Sub Italian Sub w/Plant Based Meat</p> <p>Roasted Broccoli & Carrot Bananas</p>	<p>07/19/2023</p> <p>Blueberry Muffin</p> <p>Turkey w/Br. Rice & Bl. Beans Plant Based Crumbles w/Br. Rice& Bl. Beans</p> <p>Apples</p>	<p>07/20/2023</p> <p>Eggo Mini Maple Waffles</p> <p>One Pot Chicken Fajita Pasta w/Rd. & Gr. Pepper Chicken Meatless Fajita Pasta Fresh Pears</p>	<p>07/21/2023</p> <p>Yogurt Crispy Cup Cereal w/ Peaches & Pineapple(V)</p> <p>NO LUNCH</p>
<p>07/24/2023</p> <p>Cinnamon Toast Crunch Cup (V/VG)</p> <p>NO LUNCH</p>	<p>07/25/2023</p> <p>Chai Cheesecake w/Muffin</p> <p>Crunchy Chicken WG Wrap Crunchy Veggie WG Wrap</p> <p>Salad w/ Cucumber and Tomatoes Fruit Punch</p>	<p>07/26/2023</p> <p>English Muffin and Chicken Patty or Veggie Patty</p> <p>Corn Dog Chicken Mini WG Veggie Hot Dog</p> <p>Roasted Broccoli & Potato Medley Peaches</p>	<p>07/27/2023</p> <p>Breakfast Roll with Cheesy Scrambled Eggs</p> <p>Rice w/Chicken Beans & Tomato Rice w/Chicken Meatless Beans & Tomato</p> <p>Fresh Pears</p>	<p>07/28/2023</p> <p>Chocolate Chip Banana Bread</p> <p>BYO Turkey Nachos WG w/ Romaine & Corn Pico BYO Meatless Nachos WG w/Rom. & Corn Pico</p> <p>Bananas</p>
<p>07/31/2023</p> <p>Cinnamon Toast Crunch Cup</p> <p>Breaded Chicken Nuggets Veggie Chicken Nuggets</p> <p>Roasted Potatoes & Cauliflower</p> <p>Fresh Oranges</p>	<p>08/01/2023</p> <p>One-Pan Breakfast Potato, Egg Scramble & Roll (V)</p> <p>Turkey Taco Rice w/Corn, Red & Gr. Peppers Meatless Taco Rice w/Corn Red & Gr. Peppers</p> <p>Cranberry Juice</p>	<p>08/02/2023</p> <p>Blueberry Muffin</p> <p>Buffalo Chicken Mac & Chs Buffalo Chicken Meatless Mac & Cheese</p> <p>Roasted Broccoli</p> <p>Bananas</p>	<p>08/03/2023</p> <p>Taco Breakfast w/Egg, Chs & T. Bacon)</p> <p>Taco Bk. w/Tofu,Vegan Cheese & Veggie Crumbles</p> <p>Chicken Ranch Wrap Meatless Ranch Wrap</p> <p>Fresh Pears</p>	<p>08/04/2023</p> <p>Bagel w/Cr Cheese & Jelly</p> <p>Cheeseburger Vegan Cheeseburger</p> <p>Black Beans & Corn Salad</p> <p>Apples</p>

Base Menu Spreadsheet

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

Menu Name: Washington Latin PCS - K-8 - Breakfast

Include Cost: Yes

Site:

Report Style: Detailed

Use Alternate Menu Name: No

Monday - 07/03/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
000145 NO SCHOOL TODAY												
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	\$0.000
% of Calories				0%		0%	0%	0%	0%		0%	
Weekly Nutrient Guideline			400 - 500	<10	540			<=0				

Tuesday - 07/04/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
000145 NO SCHOOL TODAY												
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	\$0.000
% of Calories				0%		0%	0%	0%	0%		0%	
Weekly Nutrient Guideline			400 - 500	<10	540			<=0				

Wednesday - 07/05/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
992021 WG Bagel (IW) & Cream Cheese & Jelly	1 serving	100	250	2.50	395	10	*N/A*	4.50	0.00	15	45.00	\$0.609
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58	\$0.366
991949 APPLES PreK - Half Cup (100-134 ct)	1/2 cup	1	0	0.00	0	0	*N/A*	0.00	0.00	0	0.10	\$0.003
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			428	3.29	526	*39	*0	6.00	0.00	25	78.68	\$1.464
% of Calories				6.92%		*36.4%	*0%	12.6%	0.0%		73.5%	
Weekly Nutrient Guideline			400 - 500	<10	540			<=0				

Thursday - 07/06/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
991381 Whole Grain Pancakes (KRUSTEAZ)	2 pancakes	100	153	0.33	400	5	*N/A*	2.33	0.00	7	31.33	\$0.505
990919 Syrup Maple (ss)	43 gr	100	120	0.00	40	17	*N/A*	0.00	0.00	0	31.00	\$0.104
990660 Orange Juice	2 HC	100	100	0.00	30	20	*N/A*	0.00	0.00	0	24.00	\$0.295
992024 Orange Juice - PreK	1 HC	1	0	0.00	0	0	*N/A*	0.00	0.00	0	0.12	\$0.001
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130

Base Menu Spreadsheet

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			474	1.08	600	*55	*0	3.58	0.00	17	99.45	\$1.391
% of Calories				2.05%		*46.4%	*0%	6.8%	0.0%		83.9%	
Weekly Nutrient Guideline			400 - 500	<10	540			<=0				

Friday - 07/07/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
992004 Strawberry Breakfast Muffin (v/VG)	56 grams	100	232	0.67	1	18	*N/A*	9.75	*0.00	0	32.97	\$0.308
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90	\$0.384
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			542	1.69	133	*60	*0	11.78	*0.00	10	99.87	\$1.177
% of Calories				2.81%		*44.3%	*0%	19.6%	*0.0%		73.7%	
Weekly Nutrient Guideline			400 - 500	<10	540			<=0				

Monday - 07/10/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
991670 Frosted Mini Wheats Cereal 2 (28)	2 (28 gr)	100	200	0.00	0	12	*N/A*	1.00	0.00	0	48.00	\$0.559
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90	\$0.384
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			510	1.01	132	*54	*0	3.03	0.00	10	114.90	\$1.428
% of Calories				1.78%		*42.4%	*0%	5.3%	0.0%		90.1%	
Weekly Nutrient Guideline			400 - 500	<10	540			<=0				

Tuesday - 07/11/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
992212 Sweet Potato Waffles	serving	100	263	0.31	38	*14	*N/A*	4.91	0.00	0	48.45	\$0.227
991123 Syrup Maple SS Sugar Free (smuckers)	32 gr	100	10	0.00	80	0	*N/A*	0.00	0.00	0	4.00	\$0.124
991059 Cranberry Apple Juice	2 HC	100	120	0.00	0	24	*N/A*	0.00	0.00	0	26.00	\$0.315
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130

Base Menu Spreadsheet

Lunches Di Si

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			493	1.06	248	*51	*0	6.16	0.00	10	91.45	\$1.151
% of Calories				1.94%		*41.4%	*0%	11.2%	0.0%		74.2%	
Weekly Nutrient Guideline			400 - 500	<10	540			<=0				

Wednesday - 07/12/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
991204 Yogurt Yoplait & Granola	4oz Yg/1oz Gran	100	220	0.50	125	21	*N/A*	3.50	0.00	5	41.00	\$0.589
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	1	1	0.00	0	0	*N/A*	0.00	0.00	0	0.21	\$0.004
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			321	1.25	255	*34	*0	4.75	0.00	15	54.21	\$1.078
% of Calories				3.50%		*42.4%	*0%	13.3%	0.0%		67.6%	
Weekly Nutrient Guideline			400 - 500	<10	540			<=0				

Thursday - 07/13/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Lunches Di Si

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
991379 Pancakes & Turkey Sausage on a Stick	2.5 oz	100	140	1.50	360	6	*N/A*	5.00	0.00	10	16.00	\$0.402
991777 VEGGIE Patty WG Pancakes	1 serving	1	3	0.00	8	0	*N/A*	0.09	0.00	0	0.37	\$0.010
991123 Syrup Maple SS Sugar Free (smuckers)	32 gr	100	10	0.00	80	0	*N/A*	0.00	0.00	0	4.00	\$0.124
991141 TANGERINES,FRESH - 1 cup (120 ct)	3 medium	100	140	0.10	5	28	*N/A*	0.82	0.00	0	35.22	\$0.819
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			393	2.36	584	*47	*0	7.16	0.00	20	68.59	\$1.840
% of Calories				5.40%		*47.8%	*0%	16.4%	0.0%		69.8%	
Weekly Nutrient Guideline			400 - 500	<10	540			<=0				

Friday - 07/14/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
991382 Chocolate Chip Oatmeal Muffin	serving	100	274	3.82	211	*22	*N/A*	34.91	*0.00	21	47.57	\$0.418
000010 Mozzarella, Cheese String	1 oz	100	61	2.02	202	1	*N/A*	3.04	0.00	10	1.01	\$0.216
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	*N/A*	0.21	0.00	0	22.54	\$0.533
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128

Base Menu Spreadsheet

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			520	6.62	545	*51	*0	39.40	*0.00	41	84.12	\$1.652
% of Calories				11.46 %		*39.2%	*0%	68.2%	*0.0%		64.7%	
Weekly Nutrient Guideline			400 - 500	<10	540			<=0				

Monday - 07/17/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
991061 French Toast Sticks k-12	4 stick (92 gr)	100	260	2.00	300	9	*N/A*	10.00	0.00	0	38.00	\$0.536
991123 Syrup Maple SS Sugar Free (smuckers)	32 gr	100	10	0.00	80	0	*N/A*	0.00	0.00	0	4.00	\$0.124
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	*N/A*	0.21	0.00	0	22.54	\$0.533
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			454	2.78	511	*36	*0	11.46	0.00	10	77.54	\$1.678
% of Calories				5.51%		*31.7%	*0%	22.7%	0.0%		68.3%	
Weekly Nutrient Guideline			400 - 500	<10	540			<=0				

Tuesday - 07/18/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Luncheras Di Si

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
991557 Egg, Turkey Breast & Cheese Burrito	1 burrito	100	314	4.54	563	*2	*N/A*	13.90	0.00	193	25.82	\$0.379
992259 V- Egg & Cheese Burrito	1 burrito	1	4	0.06	4	*0	*N/A*	0.17	0.00	2	0.26	\$0.003
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58	\$0.366
991949 APPLES PreK - Half Cup (100-134 ct)	1/2 cup	1	0	0.00	0	0	*N/A*	0.00	0.00	0	0.10	\$0.003
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			495	5.39	698	*31	*0	15.58	0.00	205	59.76	\$1.236
% of Calories				9.80%		*25.1%	*0%	28.3%	0.0%		48.3%	
Weekly Nutrient Guideline			400 - 500	<10	540			<=0				

Wednesday - 07/19/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
991210 WG Blueberry Muffin (Chef Pierre)	57 gr	100	200	1.50	140	16	*N/A*	7.00	0.00	15	32.00	\$0.307
990660 Orange Juice	2 HC	100	100	0.00	30	20	*N/A*	0.00	0.00	0	24.00	\$0.295
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130

Base Menu Spreadsheet

Lunches Di Si

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			400	2.25	300	*49	*0	8.25	0.00	25	69.00	\$1.088
% of Calories				5.06%		*49.0%	*0%	18.6%	0.0%		69.0%	
Weekly Nutrient Guideline			400 - 500	<10	540			<=0				

Thursday - 07/20/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
990645 Eggo Bites Waffles Maple	2.64 oz	100	190	1.50	220	11	*N/A*	5.00	0.00	36	36.00	\$0.463
991123 Syrup Maple SS Sugar Free (smuckers)	32 gr	100	10	0.00	80	0	*N/A*	0.00	0.00	0	4.00	\$0.124
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90	\$0.384
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			510	2.51	432	*53	*0	7.03	0.00	46	106.90	\$1.456
% of Calories				4.43%		*41.6%	*0%	12.4%	0.0%		83.8%	
Weekly Nutrient Guideline			400 - 500	<10	540			<=0				

Friday - 07/21/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
992316 Yogurt Crispy Cup Cereal (pineapple/peaches)	100	360	0.33	228	59	*N/A*	0.67	0.00	3	85.25	\$1.170	
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			460	1.08	358	*72	*0	1.92	0.00	13	98.25	\$1.656
% of Calories				2.11%		*62.6%	*0%	3.8%	0.0%		85.4%	
Weekly Nutrient Guideline			400 - 500	<10	540			<=0				

Monday - 07/24/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
991425 WG Cinnamon Roll Freezer to Oven	3 oz	100	270	4.50	420	9	*N/A*	11.00	0.00	0	37.00	\$0.620
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	*N/A*	0.21	0.00	0	22.54	\$0.533
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			454	5.28	551	*36	*0	12.46	0.00	10	72.54	\$1.638
% of Calories				10.47 %		*31.7%	*0%	24.7%	0.0%		63.9%	
Weekly Nutrient Guideline			400 - 500	<10	540			<=0				

Base Menu Spreadsheet

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

Tuesday - 07/25/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
990505 WW Chai Cheesecake Muffin - CR	2 oz	100	299	2.94	213	*30	*N/A*	11.75	*0.00	35	45.44	\$0.325
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90	\$0.384
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			610	3.95	346	*71	*0	13.78	*0.00	45	112.34	\$1.195
% of Calories				5.83%		*46.6%	*0%	20.3%	*0.0%		73.7%	
Weekly Nutrient Guideline			400 - 500	<10	540			<=0				

Wednesday - 07/26/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
991560 WG English Muffin w/ Chicken Patty	serving	100	203	2.02	444	1	*N/A*	7.48	0.00	40	24.37	\$0.626
991173 WG English Muffin w/ Meatless Patty (V/VG)	serving	1	2	0.00	4	0	*N/A*	0.02	0.00	0	0.33	\$0.008
990660 Orange Juice	2 HC	100	100	0.00	30	20	*N/A*	0.00	0.00	0	24.00	\$0.295
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130

Base Menu Spreadsheet

Lunches Di Si

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			405	2.78	608	*34	*0	8.75	0.00	50	61.70	\$1.415
% of Calories				6.18%		*33.6%	*0%	19.4%	0.0%		60.9%	
Weekly Nutrient Guideline			400 - 500	<10	540			<=0				

Thursday - 07/27/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
991058 WW Breakfast Roll & Cheesy Scramble eggs	serving	100	253	3.40	362	*3	*N/A*	10.31	0.00	241	20.94	\$0.345
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58	\$0.366
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			430	4.20	493	*31	*0	11.81	0.00	251	54.52	\$1.196
% of Calories				8.79%		*28.8%	*0%	24.7%	0.0%		50.7%	
Weekly Nutrient Guideline			400 - 500	<10	540			<=0				

Friday - 07/28/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
992280 Chocolate Chip Banana Bread - (V)	50 grams	100	206	0.79	145	*16	*N/A*	1.84	*0.00	0	43.25	\$0.149
991141 TANGERINES,FRESH - 1 cup (120 ct)	3 medium	100	140	0.10	5	28	*N/A*	0.82	0.00	0	35.22	\$0.819
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			446	1.64	281	*57	*0	3.91	*0.00	10	91.47	\$1.453
% of Calories				3.31%		*51.1%	*0%	7.9%	*0.0%		82.0%	
Weekly Nutrient Guideline			400 - 500	<10	540			<=0				

Monday - 07/31/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
991103 CEREALS RTE,GENERAL MILLS,CINN TOAST CRUNCH KM	1 (28 GR)	100	120	1.00	160	8	*N/A*	3.00	0.00	0	22.00	\$0.375
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	*N/A*	0.21	0.00	0	22.54	\$0.533
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130

Base Menu Spreadsheet

Lunches Di Si

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			304	1.78	291	*35	*0	4.46	0.00	10	57.54	\$1.394
% of Calories				5.27%		*46.1%	*0%	13.2%	0.0%		75.7%	
Weekly Nutrient Guideline			400 - 500	<10	540			<=0				

Tuesday - 08/01/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
991522 One-Pan Breakfast Potatoes	serving	100	302	3.18	527	*4	*N/A*	13.27	*0.00	196	37.69	\$0.732
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90	\$0.384
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			612	4.19	660	*46	*0	15.30	*0.00	206	104.59	\$1.602
% of Calories				6.16%		*30.1%	*0%	22.5%	*0.0%		68.4%	
Weekly Nutrient Guideline			400 - 500	<10	540			<=0				

Wednesday - 08/02/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
991210 WG Blueberry Muffin (Chef Pierre)	57 gr	100	200	1.50	140	16	*N/A*	7.00	0.00	15	32.00	\$0.307
991141 TANGERINES,FRESH - 1 cup (120 ct)	3 medium	100	140	0.10	5	28	*N/A*	0.82	0.00	0	35.22	\$0.819
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			440	2.35	275	*57	*0	9.07	0.00	25	80.22	\$1.612
% of Calories				4.81%		*51.8%	*0%	18.6%	0.0%		72.9%	
Weekly Nutrient Guideline			400 - 500	<10	540			<=0				

Thursday - 08/03/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
990947 Taco Breakfast	1	100	199	2.68	359	*0	*N/A*	8.98	*0.00	98	16.06	\$0.350
991174 VEGGIE Taco Breakfast (V/VG)	1	1	3	0.04	5	*0	*N/A*	0.17	*0.00	0	0.25	\$0.034
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58	\$0.366
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128

Base Menu Spreadsheet

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			380	3.51	496	*28	*0	10.65	*0.00	108	49.88	\$1.235
% of Calories				8.31%		*29.5%	*0%	25.2%	*0.0%		52.5%	
Weekly Nutrient Guideline			400 - 500	<10	540			<=0				

Friday - 08/04/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
992021 WG Bagel (IW) & Cream Cheese & Jelly	serving	100	250	2.50	395	10	*N/A*	4.50	0.00	15	45.00	\$0.609
990660 Orange Juice	2 HC	100	100	0.00	30	20	*N/A*	0.00	0.00	0	24.00	\$0.295
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			450	3.25	555	*43	*0	5.75	0.00	25	82.00	\$1.390
% of Calories				6.50%		*38.2%	*0%	11.5%	0.0%		72.9%	
Weekly Nutrient Guideline			400 - 500	<10	540			<=0				

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
Weighted Averages	458	3	429	*47	*0	9.65	*0.00	52	81.28	\$1.410
% of Calories		5.58%		*41.0%	*0%	19.0%	*0.0%		71.0%	

**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*

¹ - denotes required nutrient values

² - 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

Luncheras Di Si

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

Menu Name:	Washington Latin PCS - K-8 -Lunch	Include Cost:	Yes
Site:		Report Style:	Detailed
Use Alternate Menu Name:	No		

Monday - 07/03/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
000145 NO SCHOOL TODAY												
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	\$0.000
% of Calories				0%		0%	0%	0%	0%		0%	
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0				

Tuesday - 07/04/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
000145 NO SCHOOL TODAY												
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	\$0.000
% of Calories				0%		0%	0%	0%	0%		0%	
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0				

Wednesday - 07/05/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
992173 Buffalo Chicken Mac & Cheese - (Cheese Sauce)	1 Portion	100	373	6.32	806	2	*N/A*	12.64	0.00	51	46.00	\$1.019
992175 Buffalo Chicken Meatless Mac & Cheese - Vegetarian	1 Portion	1	4	0.06	9	0	*N/A*	0.12	0.00	0	0.47	\$0.010
992326 Cauliflower & Carrots ,raw: fresh - (0.5 o/0.25R)	3/4 cup	1	0	0.00	0	0	*N/A*	0.00	0.00	0	0.06	\$0.005
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	\$0.192
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			582	7.26	946	*30	*0	14.41	0.00	62	86.48	\$1.711
% of Calories				11.23 %		*20.6%	*0%	22.3%	0.0%		59.4%	
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0				

Thursday - 07/06/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
991153 Beef Meatballs w/ rice & Black Beans	1 cup cooked	100	490	5.00	535	5	*N/A*	15.97	0.00	45	61.63	\$1.465
991868 Veggie Meatballs and rice & Beans PreK-8	1 serving	1	5	0.00	5	0	*N/A*	0.09	0.00	0	0.78	\$0.012
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*N/A*	0.13	0.00	0	10.29	\$0.313
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130

Base Menu Spreadsheet

Lunches Di Si

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			634	5.78	671	*26	*0	17.44	0.00	55	85.70	\$2.275
% of Calories				8.21%		*16.4%	*0%	24.8%	0.0%		54.1%	
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0				

Friday - 07/07/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
990548 Cheese Burger -	serving	100	389	4.79	918	6	*N/A*	18.19	0.00	43	15.15	\$1.075
992237 V/VG- Cheese Vegan Burger -	serving	1	3	0.02	9	0	*N/A*	0.12	0.00	0	0.21	\$0.011
991386 BROCCOLI - POTATO 1 (0.5 DG/0.5 Stcy)	1	100	122	0.41	26	*1	*N/A*	4.85	0.00	0	17.13	\$0.587
991258 Mayonnaise SS Pouch (Low Sodium)	0.38 oz	100	70	1.50	70	0	*N/A*	8.00	0.00	5	0.00	\$0.105
000222 KETCHUP: individual	9 gr	100	10	0.00	25	2	*N/A*	0.00	0.00	0	3.00	\$0.017
000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup	1/2 cup	100	40	0.02	1	7	*N/A*	0.10	0.00	0	10.66	\$0.374
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130

Base Menu Spreadsheet

Lunches Di Si

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			734	7.49	1179	*29	*0	32.51	0.00	58	59.15	\$2.655
% of Calories				9.18%		*15.8%	*0%	39.9%	0.0%		32.2%	
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0				

Monday - 07/10/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
991359 Chicken - 2.87 oz KM	2.87 oz	100	103	0.75	146	*0	*N/A*	4.40	*0.00	41	0.11	\$0.884
991197 Baked Chicken Meatless (V/VG)	80 gr	1	1	0.00	2	*0	*N/A*	0.04	0.00	0	0.04	\$0.008
991934 Brown Rice w/ Bl. Beans & Sweet Plantains	serving	100	408	0.33	170	*11	*N/A*	6.56	0.00	0	76.45	\$0.662
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*N/A*	0.13	0.00	0	10.29	\$0.313
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			651	1.85	449	*31	*0	12.38	*0.00	51	99.90	\$2.352
% of Calories				2.56%		*19.0%	*0%	17.1%	*0.0%		61.4%	
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0				

Tuesday - 07/11/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Lunches Di Si

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
991746 Cheese Lunch Individual Pizza w/ Chicken/BeefPepper	4.56oz 5 pepper	100	317	4.50	930	5	*N/A*	13.00	0.00	10	24.33	\$0.746
991692 WG Cheese Pizza (V)	4.6 oz	1	3	0.04	6	0	*N/A*	0.11	0.00	0	0.37	\$0.005
991586 Roasted Potatoes & Cauliflower - .75	3/4 cup	100	128	0.28	14	*0	*N/A*	3.59	0.00	0	21.74	\$0.394
991584 DRESSING, RANCH SS CUP SHELF STABLE 1OZ	1oz	100	130	2.00	180	1	*N/A*	14.00	0.00	10	1.00	\$0.133
000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup	1/2 cup	100	40	0.02	1	7	*N/A*	0.10	0.00	0	10.66	\$0.374
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			717	7.59	1260	*26	*0	32.05	0.00	30	71.11	\$2.137
% of Calories				9.53%		*14.5%	*0%	40.2%	0.0%		39.7%	
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0				

Wednesday - 07/12/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
990875 Creamy Chicken Penne Pasta	3/4 cup	100	398	6.91	272	5	*N/A*	14.61	*0.00	79	44.92	\$1.866
992134 Creamy Chicken Meatless Penne Pasta (V)	3/4 cup	1	4	0.06	3	0	*N/A*	0.13	*0.00	0	0.47	\$0.016
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	\$0.192

Base Menu Spreadsheet

Lunches Di Si

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			607	7.85	406	*33	*0	16.38	*0.00	89	85.34	\$2.559
% of Calories				11.64 %		*21.7%	*0%	24.3%	*0.0%		56.2%	
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0				

Thursday - 07/13/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
992276 Meatball Sub - w/Cheese	sub (4Meatballs)	100	310	3.02	714	7	*N/A*	9.51	0.00	53	37.19	\$0.878
992277 V-VG Meatball Sub	sub (4Meatballs)	1	3	0.00	5	0	*N/A*	0.09	0.00	0	0.41	\$0.011
990953 Collards Green	1/2 cup	100	58	0.23	23	0	*N/A*	2.81	0.00	0	7.17	\$0.290
990692 Fruit Punch, Juice	4 fl.oz.	100	60	0.00	5	12	*N/A*	0.00	0.00	0	14.00	\$0.165
000231 MILK,Skim	8 fl. oz.	30	27	0.00	39	4	*N/A*	0.00	0.00	2	3.90	\$0.077
000190 Low Fat Milk - 1%	8 fl. oz.	70	77	1.05	91	9	*N/A*	1.75	0.00	10	9.10	\$0.183

Base Menu Spreadsheet

Lunches Di Si

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			535	4.30	877	*33	*0	14.16	0.00	65	71.77	\$1.831
% of Calories				7.23%		*24.7%	*0%	23.8%	0.0%		53.7%	
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0				

Friday - 07/14/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
991229 Tomato N' Cheese Pasta	serving	100	408	5.25	589	*9	*N/A*	13.40	*0.00	26	56.29	\$0.906
991025 ORANGES - Half Cup (1orange)	1 orange	100	62	0.02	0	12	*N/A*	0.16	0.00	0	15.39	\$0.365
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			570	6.02	719	*35	*0	14.81	*0.00	36	84.68	\$1.756
% of Calories				9.51%		*24.6%	*0%	23.4%	*0.0%		59.4%	
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0				

Monday - 07/17/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
990401 Jamaican Jerk Chicken Bowl - K to 12	serving	100	347	0.61	203	*2	*N/A*	3.79	*0.00	41	56.87	\$1.056
991888 V/VG- Jamaican Jerk Chicken Bowl	1	1	4	0.00	3	*0	*N/A*	0.04	*0.00	0	0.59	\$0.010
000249 MASHED POTATOES - .75 cup	3/4 cup	100	126	1.83	21	*2	*N/A*	2.96	*0.00	6	22.01	\$0.466
990692 Fruit Punch, Juice	4 fl.oz.	100	60	0.00	5	12	*N/A*	0.00	0.00	0	14.00	\$0.165
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			636	3.19	362	*28	*0	8.04	*0.00	57	106.48	\$2.183
% of Calories				4.51%		*17.6%	*0%	11.4%	*0.0%		67.0%	
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0				

Tuesday - 07/18/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
992294 WG Italian SUB Turkey Ham, Salami & Pepperoni	1	100	285	2.42	795	5	*N/A*	10.20	0.00	61	31.63	\$0.903
992295 WG Sub Plant Based Ham & Bacon	1	1	3	0.01	9	0	*N/A*	0.12	0.00	0	0.37	\$0.026
990728 BROCCOLI - CARROTS 3/4 (0.5 DG/0.25 Red)	3/4	100	75	0.42	37	2	*N/A*	5.43	0.00	0	6.09	\$0.539
991277 Ranch Dressing (ss)	1 ss (pouch)	100	20	0.00	80	1	*N/A*	0.00	0.00	0	4.00	\$0.065
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	\$0.192

Base Menu Spreadsheet

Lunches Di Si

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			588	3.73	1053	*36	*0	17.39	0.00	71	82.04	\$2.210
% of Calories				5.71%		*24.5%	*0%	26.6%	0.0%		55.8%	
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0				

Wednesday - 07/19/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
991351 Turkey, Rice & Beans - 3/4 cup	3/4 cup	100	467	2.21	213	*6	*N/A*	9.75	0.00	87	69.02	\$1.204
992256 V/VG - Turkey, Rice & Beans - 3/4 cup	3/4 cup	1	4	0.01	4	*0	*N/A*	0.03	0.00	0	0.74	\$0.013
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*N/A*	0.13	0.00	0	10.29	\$0.313
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			609	2.99	347	*27	*0	11.16	0.00	97	93.05	\$2.016
% of Calories				4.42%		*17.7%	*0%	16.5%	0.0%		61.1%	
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0				

Base Menu Spreadsheet

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

Thursday - 07/20/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
991419 One Pot Chicken Fajita Pasta	100	490	6.35	378	*4	*N/A*	22.91	*0.00	53	50.65	\$1.144	
992257 V/VG One Pot Chicken Fajita Pasta	1	4	0.04	5	*0	*N/A*	0.18	*0.00	0	0.49	\$0.014	
000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup	100	40	0.02	1	7	*N/A*	0.10	0.00	0	10.66	\$0.374	
000190 Low Fat Milk - 1%	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130	
000231 MILK,Skim	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128	
990556 Place Settings	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227	
Weighted Daily Average		635	7.16	514	*24	*0	24.44	*0.00	63	74.80	\$2.017	
% of Calories			10.15 %		*15.1%	*0%	34.6%	*0.0%		47.1%		
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0				

Friday - 07/21/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
000156 NO LUNCH												
Weighted Daily Average		0	0.00	0	0	0	0	0.00	0.00	0	0.00	\$0.000
% of Calories			0%		0%	0%	0%	0%		0%		
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0				

Base Menu Spreadsheet

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

Monday - 07/24/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
000156 NO LUNCH												
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	\$0.000
% of Calories				0%		0%	0%	0%	0%		0%	
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0				

Tuesday - 07/25/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
992308 Crunchy Chicken Wrap	wrap 10"	100	496	6.18	861	*0	*N/A*	22.09	*0.00	42	48.71	\$0.921
992309 V - Crunchy Chicken Meatless Wrap	wrap 10"	1	4	0.04	6	*0	*N/A*	0.11	*0.00	0	0.36	\$0.011
990925 Salad, Romaine, Cucumber & Tomato (0.50 O/0.25 R)	3/4 cup	100	29	0.21	92	1	*N/A*	1.23	0.00	0	4.24	\$0.635
990692 Fruit Punch, Juice	4 fl.oz.	100	60	0.00	5	12	*N/A*	0.00	0.00	0	14.00	\$0.165
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			688	7.17	1094	*26	*0	24.68	*0.00	52	80.31	\$2.217
% of Calories				9.38%		*15.1%	*0%	32.3%	*0.0%		46.7%	
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0				

Wednesday - 07/26/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
991613 Corn Dog Chicken Mini WG	6 pc (4.02oz)	100	315	3.64	497	6	*N/A*	16.97	0.00	48	26.67	\$0.751
991712 Veggie Hot Dog	serving	1	2	0.00	7	*0	*N/A*	0.02	0.00	0	0.32	\$0.013
990882 BROCCOLI - POTATO 3/4 (0.5 DG/0.25 Stcy)	3/4	100	82	0.33	21	*1	*N/A*	3.95	0.00	0	10.07	\$0.515
000222 KETCHUP: individual	9 gr	100	10	0.00	25	2	*N/A*	0.00	0.00	0	3.00	\$0.017
990597 PEACHES, DICED IN JUICE SS PLASTIC CUP - HC	HC	100	80	0.00	5	18	*N/A*	0.00	0.00	0	19.00	\$0.502
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			589	4.72	684	*40	*0	22.20	0.00	58	72.07	\$2.283
% of Calories				7.21%		*27.2%	*0%	33.9%	0.0%		48.9%	
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0				

Base Menu Spreadsheet

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

Thursday - 07/27/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
991921 Spanish Rice & Beans	serving	100	470	0.98	343	*3	*N/A*	8.32	*0.00	43	69.05	\$1.643
991967 Spanish Rice & Beans (Vegetarian)	serving	1	5	0.00	5	*0	*N/A*	0.08	*0.00	0	0.71	\$0.016
000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup	1/2 cup	100	40	0.02	1	7	*N/A*	0.10	0.00	0	10.66	\$0.374
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			615	1.75	478	*23	*0	9.75	*0.00	53	93.42	\$2.519
% of Calories				2.56%		*15.0%	*0%	14.3%	*0.0%		60.8%	
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0				

Friday - 07/28/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
991570 BYO Turkey Nachos	SERVING	100	373	7.82	348	7	*N/A*	18.66	0.00	82	33.54	\$1.538
991709 BYO Plant Based Nachos (Vegetarian)	SERVING	1	4	0.08	5	0	*N/A*	0.15	0.00	0	0.39	\$0.018
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2	*N/A*	0.00	0.00	0	4.00	\$0.160
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	\$0.192

Base Menu Spreadsheet

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			606	8.78	515	*36	*0	20.45	0.00	92	77.88	\$2.394
% of Calories				13.04 %		*23.8%	*0%	30.4%	0.0%		51.4%	
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0				

Monday - 07/31/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
991084 Chicken Nuggets Breaded	4 pc (91 gr)	100	210	2.50	340	1	*N/A*	12.00	0.00	40	12.00	\$0.902
991720 Vegan Chicken Nuggets	5 Nuggets	1	3	0.02	5	0	*N/A*	0.11	0.00	0	0.25	\$0.014
991586 Roasted Potatoes & Cauliflower - .75	3/4 cup	100	128	0.28	14	*0	*N/A*	3.59	0.00	0	21.74	\$0.394
000222 KETCHUP: individual	9 gr	100	10	0.00	25	2	*N/A*	0.00	0.00	0	3.00	\$0.017
991025 ORANGES - Half Cup (1orange)	1 orange	100	62	0.02	0	12	*N/A*	0.16	0.00	0	15.39	\$0.365
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128

Base Menu Spreadsheet

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			512	3.57	513	*29	*0	17.11	0.00	50	65.38	\$2.177
% of Calories				6.28%		*22.7%	*0%	30.1%	0.0%		51.1%	
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0				

Tuesday - 08/01/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
992298 Turkey Taco Rice w/Corn, Red & Gr. Peppers	3/4 cup	100	423	2.49	452	*6	*N/A*	12.52	0.00	91	57.50	\$0.956
992299 V/VG- Turkey Taco Rice w/Corn, Red & Gr. Peppers	3/4 cup	1	4	0.02	6	*0	*N/A*	0.05	0.00	0	0.61	\$0.010
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2	*N/A*	0.00	0.00	0	4.00	\$0.160
990703 Cranberry Apple Juice	4 oz	100	60	0.00	0	12	*N/A*	0.00	0.00	0	13.00	\$0.158
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			611	3.25	618	*33	*0	13.82	0.00	101	88.11	\$1.770
% of Calories				4.79%		*21.6%	*0%	20.4%	0.0%		57.7%	
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0				

Wednesday - 08/02/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
992173 Buffalo Chicken Mac & Cheese - (Cheese Sauce)	1 Portion	100	373	6.32	806	2	*N/A*	12.64	0.00	51	46.00	\$1.019
992175 Buffalo Chicken Meatless Mac & Cheese - Vegetarian	1 Portion	1	4	0.06	9	0	*N/A*	0.12	0.00	0	0.47	\$0.010
991698 BROCCOLI,raw: fresh roasted	3/4 CUP	100	65	0.41	23	1	*N/A*	4.90	0.00	0	4.53	\$0.538
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	\$0.192
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			646	7.67	968	*31	*0	19.31	0.00	62	90.96	\$2.244
% of Calories				10.69 %		*19.2%	*0%	26.9%	0.0%		56.3%	
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0				

Thursday - 08/03/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
991877 Chicken Ranch Wrap - 3/4 (0.5 r/0.25 dg)	serving	100	498	7.67	746	4	*N/A*	24.31	0.00	71	41.92	\$1.662
992334 Chicken MEATLESS Ranch Wrap - 1 (0.5 r/0.2 dg)K-8	serving	1	5	0.08	7	0	*N/A*	0.24	0.00	1	0.42	\$0.017
000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup	1/2 cup	100	40	0.02	1	7	*N/A*	0.10	0.00	0	10.66	\$0.374
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128

Base Menu Spreadsheet

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			643	8.51	884	*24	*0	25.90	0.00	82	66.00	\$2.538
% of Calories				11.91 %		*14.9%	*0%	36.3%	0.0%		41.1%	
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0				

Friday - 08/04/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
990548 Cheese Burger -	serving	100	389	4.79	918	6	*N/A*	18.19	0.00	43	15.15	\$1.075
992237 V/VG- Cheese Vegan Burger -	serving	1	3	0.02	9	0	*N/A*	0.12	0.00	0	0.21	\$0.011
990400 Black Bean and Corn Salad - 3/4 cup	3/4 cup	100	145	0.02	107	6	*N/A*	0.72	0.00	0	27.42	\$0.584
000222 KETCHUP: individual	9 gr	100	10	0.00	25	2	*N/A*	0.00	0.00	0	3.00	\$0.017
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*N/A*	0.13	0.00	0	10.29	\$0.313
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50	\$0.128
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50	\$0.130

Base Menu Spreadsheet

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	\$0.227
Weighted Daily Average			686	5.61	1189	*35	*0	20.41	0.00	53	69.07	\$2.486
% of Calories				7.36%		*20.4%	*0%	26.8%	0.0%		40.3%	
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0				

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
Weighted Averages	624	6	749	*30	*0	18.51	*0.00	64	81.13	\$2.206
% of Calories		7.99%		*19.2%	*0%	26.7%	*0.0%		52.0%	

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

¹ - denotes required nutrient values

² - 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.