



September 2023



Monday	Tuesday	Wednesday	Thursday	Friday
<p>08/28/2023</p> <p>Yogurt & Granola Fresh Pears</p> <p>Caprese Pasta Apples</p>	<p>08/29/2023</p> <p>Banana Muffin & Orange Juice</p> <p>Grilled Chicken w/Rice Grilled Chick'n w/Rice</p> <p>Tomato-Garlic Lentil Bowl</p>	<p>08/30/2023</p> <p>Cheese Croissant w/Fresh Apples</p> <p>Berry Salad w/Chicken & Feta Berry Salad w/Chick'n & Feta</p>	<p>08/31/2023</p> <p>Raspberry Peach Quick Bread (V) Fresh Tangerines</p> <p>Turkey Taco Rice w/Corn, Peppers Meatless Taco Rice w/Veggies,</p>	<p>09/01/2023</p> <p>Pancakes w/Bananas</p> <p>Chicken & Beef Pepperoni Pizza Cheese Pizza</p> <p>Corn, Zucchini & Tomato Pie</p>
<p>09/04/2023</p> <p>NO SCHOOL TODAY LABOR DAY</p>	<p>09/05/2023</p> <p>Sweet Potatoes Waffles Fruit Juice</p> <p>Great Garden Stew w/ Squash, Corn & Beans Brown Rice</p>	<p>09/06/2023</p> <p>Cocoa Puff Cereal & Bananas</p> <p>Turkey & Cheese Sandwich w/Spinach & Mushroom</p> <p>Veggie & Cheese Sandwich w/Spinach & Mushroom</p>	<p>09/07/2023</p> <p>Corn Muffin W/Fresh Apples</p> <p>Garlic Chicken Pasta w/ Kale, Squash & Carrots</p> <p>Meatless Chicken Pasta w/Kale, Squash & Carrot</p>	<p>09/08/2023</p> <p>Egg, Cheese & Turkey Bacon Breakfast Taco</p> <p>Taco Bk. w/Tofu, Vegan Ch. & Veggie Crumbles</p> <p>Cheeseburger/Veggie Burger</p>
<p>09/11/2023</p> <p>Bagel w/ Cream Cheese & Jelly Fresh Pears</p> <p>Spanish Rice w/Chicken, Kidney Beans & Tomato</p> <p>Rice w/Meatless Chicken, Kidney Bean & Tomato</p>	<p>09/12/2023</p> <p>Pancakes & Turkey Sausage Pancakes & Veggie Patty Bananas</p> <p>Turkey Wrap or Veggie Wrap w/ Corn, Tomato & Lettuce</p>	<p>09/13/2023</p> <p>English Muffin w/ Egg & Cheese Orange Juice</p> <p>Breaded Chicken Nuggets Vegan Chicken Nuggets Roasted Broccoli & Potato Medley</p>	<p>09/14/2023</p> <p>Blueberry Lemon Yogurt Muffins Fresh Apples</p> <p>Penne Pasta & Meatballs Penne Pasta & Veggie Meatballs Bananas</p>	<p>09/15/2023</p> <p>Parfait w/ Mandarins & Pears</p> <p>Pizza Sandwich w/Pepperoni Pizza Cheese Sandwich</p> <p>Sweet Creamy Coleslaw</p>
<p>09/18/2023</p> <p>Cheerios & Yoplait Yogurt Fresh Apples</p> <p>Spaghetti & Turkey Meat Sauce Spaghetti & Plant Based Sauce</p>	<p>09/19/2023</p> <p>Peach Cinnamon Cobbler</p> <p>Italian Turkey Sausage w/ Zucchini, Potato, & Carrot</p> <p>Veggie Crumble w/ Zucchini, Potato, & Carrot</p>	<p>09/20/2023</p> <p>Maple-Bacon Grits Puff Maple Meatless Grits Puff</p> <p>Chicken Penne Pasta w/ Zucchini Chicken Meatless Pasta w/Zuch.</p>	<p>09/21/2023</p> <p>Egg Burrito w/ Turkey & Cheese Egg & Cheese Burrito (V)</p> <p>Lime Chicken w/Beans &. Rice Lime Chicken Meatless. Bean & Rice</p>	<p>09/22/2023</p> <p>Carrot – Pineapple Muffin</p> <p>Turkey Nachos Romaine & Corn Pico</p> <p>Meatless Nachos w/Romaine & Corn Pico</p>
<p>09/25/2023</p> <p>French Toast Sticks</p> <p>Caprese Pasta w/Apples</p>	<p>09/26/2023</p> <p>Yoplait Yogurt & Granola</p> <p>Crunchy Chicken or Veggie Wrap w/Buffalo & Ranch</p> <p>Corn Salad w/ Celery Gr. Pepper & Tomato</p>	<p>09/27/2023</p> <p>Croissant w/Cheese</p> <p>Grilled Chicken w/Rice Grilled Chick'n w/Rice Tomato-Garlic Lentil Bowl</p>	<p>09/28/2023</p> <p>WG Banana Muffin</p> <p>Berry Salad w/Chicken & Feta Berry Salad w/Chick'n & Feta</p>	<p>09/29/2023</p> <p>Raspberry Peach Quick Bread</p> <p>Half day for students</p>

Base Menu Spreadsheet

Weighted Values

Aug 21, 2023 thru Sep 29, 2023

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

Include Cost: No

Site:

Report Style: Detailed

Use Alternate Menu Name: No

Monday - 08/21/2023

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)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 08/22/2023

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)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 08/23/2023

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Aug 21, 2023 thru Sep 29, 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)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 08/24/2023

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)
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
991123 Syrup Maple SS Sugar Free (smuckers)	32 gr	100	10	0.00	80	0	*N/A*	0.00	0.00	0	4.00
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	100	123	0.04	0	24	*N/A*	0.31	0.00	0	30.78
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			493	2.79	510	*46	*0	11.56	0.00	10	85.78
% of Calories				5.09%		*37.3%	*0%	21.1%	0.0%		69.6%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 08/25/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Aug 21, 2023 thru Sep 29, 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)
992337 Carrot-Pineapple WG Muffin	56 gr	100	130	1.53	203	*11	*0	30.63	0.00	4	24.16
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			440	2.55	336	*52	*0	32.66	0.00	14	91.06
% of Calories				5.22%		*47.3%	*0%	66.8%	0.0%		82.8%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 08/28/2023

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)
991204 Yogurt Yoplait & Granola	4oz Yg/1oz Gran	100	220	0.50	125	21	*N/A*	3.50	0.00	5	41.00
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
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50

Base Menu Spreadsheet

Weighted Values

Aug 21, 2023 thru Sep 29, 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)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			404	1.28	256	*48	*0	4.96	0.00	15	76.54
% of Calories				2.85%		*47.5%	*0%	11.0%	0.0%		75.8%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 08/29/2023

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)
991262 WG Banana Muffin (Chef Pierre)	57 gr	100	200	1.50	110	16	*N/A*	8.00	0.00	10	31.00
992366 Orange Juice - Suncup - 1 cup	8 fl. (2 HC)	100	120	0.00	10	24	0	0.00	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			420	2.25	250	*53	*0	9.25	0.00	20	72.00
% of Calories				4.82%		*50.5%	*0%	19.8%	0.0%		68.6%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 08/30/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Aug 21, 2023 thru Sep 29, 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)
992342 WG Croissant	servings	100	261	5.53	615	6	3	11.05	0.00	15	31.02
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			438	6.32	747	*35	*3	12.55	0.00	25	64.60
% of Calories				12.99 %		*32.0%	*2.7%	25.8%	0.0%		59.0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 08/31/2023

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)
992345 Raspberry Peach Sour Cream Quick Bread (V)	1 slice	100	248	2.90	327	26	0	49.30	*0.00	9	46.70
991141 TANGERINES,FRESH - 1 cup (120 ct)	3 medium	100	140	0.10	5	28	*N/A*	0.82	0.00	0	35.22
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50

Base Menu Spreadsheet

Weighted Values

Aug 21, 2023 thru Sep 29, 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)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			488	3.75	462	*67	*0	51.37	*0.00	19	94.92
% of Calories				6.92%		*54.9%	*0%	94.7%	*0.0%		77.8%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 09/01/2023

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)
991381 Whole Grain Pancakes (KRUSTEAZ)	2 pancakes	100	153	0.33	400	5	*N/A*	2.33	0.00	7	31.33
991123 Syrup Maple SS Sugar Free (smuckers)	32 gr	100	10	0.00	80	0	*N/A*	0.00	0.00	0	4.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			473	1.35	612	*47	*0	4.36	0.00	17	102.24
% of Calories				2.57%		*39.7%	*0%	8.3%	0.0%		86.5%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 09/04/2023

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Aug 21, 2023 thru Sep 29, 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)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 09/05/2023

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)
992212 Sweet Potato Waffles (V/VG)	serving	100	263	0.31	38	*14	*N/A*	4.91	0.00	0	48.45
991123 Syrup Maple SS Sugar Free (smuckers)	32 gr	100	10	0.00	80	0	*N/A*	0.00	0.00	0	4.00
990708 Fruit Punch, Juice	(2 HC)	100	120	0.00	10	24	0	0.00	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			493	1.06	258	*51	*0	6.16	0.00	10	93.45
% of Calories				1.94%		*41.4%	*0%	11.2%	0.0%		75.8%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 09/06/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Aug 21, 2023 thru Sep 29, 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)
991677 Cereal, WG Cocoa Puff Bowl	1.06 oz	100	110	0.00	120	8	*N/A*	1.50	0.00	0	25.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			420	1.01	252	*50	*0	3.53	0.00	10	91.90
% of Calories				2.16%		*47.6%	*0%	7.6%	0.0%		87.5%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 09/07/2023

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)
992343 WG Corn Muffin (Muffin Twon -Smart Choice)	2.5 oz	100	220	1.00	115	18	18	8.00	0.00	20	36.00
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50

Base Menu Spreadsheet

Weighted Values

Aug 21, 2023 thru Sep 29, 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)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			397	1.79	246	*46	*18	9.50	0.00	30	69.58
% of Calories				4.06%		*46.3%	*18.1%	21.5%	0.0%		70.1%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 09/08/2023

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)
990947 Taco Breakfast	1	99	197	2.65	356	*0	*N/A*	8.89	*0.00	97	15.89
991174 VEGGIE Taco Breakfast (V/VG)	1	1	3	0.04	5	*0	*N/A*	0.17	*0.00	0	0.25
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
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			385	3.47	492	*27	*0	10.52	*0.00	107	51.69
% of Calories				8.11%		*28.1%	*0%	24.6%	*0.0%		53.7%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 09/11/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Aug 21, 2023 thru Sep 29, 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)
992021 WG Bagel (IW) & Cream Cheese & Jelly	1 serving	100	250	2.50	395	10	*N/A*	4.50	0.00	15	45.00
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
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			434	3.28	526	*37	*0	5.96	0.00	25	80.54
% of Calories				6.80%		*34.1%	*0%	12.4%	0.0%		74.2%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 09/12/2023

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)
991379 Pancakes & Turkey Sausage on a Stick	2.5 oz	99	139	1.48	356	6	*N/A*	4.95	0.00	10	15.84
991777 VEGGIE Patty WG Pancakes	1 serving	1	3	0.00	8	0	*N/A*	0.09	0.00	0	0.37
991123 Syrup Maple SS Sugar Free (smuckers)	32 gr	100	10	0.00	80	0	*N/A*	0.00	0.00	0	4.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50

Base Menu Spreadsheet

Weighted Values

Aug 21, 2023 thru Sep 29, 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)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			461	2.50	577	*48	*0	7.07	0.00	20	87.12
% of Calories				4.88%		*41.6%	*0%	13.8%	0.0%		75.6%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 09/13/2023

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)
992347 V- WG English Muffin w/ Egg Patty & Cheese	serving	100	218	2.77	462	2	*N/A*	9.48	0.00	104	25.37
992366 Orange Juice - Suncup - 1 cup	8 fl. (2 HC)	100	120	0.00	10	24	0	0.00	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			438	3.52	602	*39	*0	10.73	0.00	114	66.37
% of Calories				7.23%		*35.6%	*0%	22.0%	0.0%		60.6%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 09/14/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Aug 21, 2023 thru Sep 29, 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)
991526 Blueberry Lemon Yogurt WW Muffins	Muffins	100	144	0.40	132	*7	*N/A*	1.62	*0.00	47	26.15
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			321	1.19	263	*36	*0	3.12	*0.00	57	59.72
% of Calories				3.34%		*44.9%	*0%	8.7%	*0.0%		74.4%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 09/15/2023

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)
992341 V- Sunny Day Parfait	portions	100	308	0.83	151	39	15	5.17	0.00	3	60.30
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			408	1.58	281	*52	*15	6.42	0.00	13	73.30
% of Calories				3.49%		*51.0%	*14.7%	14.2%	0.0%		71.9%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Base Menu Spreadsheet

Weighted Values

Aug 21, 2023 thru Sep 29, 2023

Monday - 09/18/2023

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)
991082 Cereal WG Cheerios 1 (28gr)	28 gr	100	100	0.00	140	1	*N/A*	2.00	0.00	0	21.00
991346 Yogurt Yoplait 4oz	4 oz	100	100	0.00	55	15	*N/A*	0.50	0.00	5	21.00
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			377	0.79	326	*44	*0	4.00	0.00	15	75.58
% of Calories				1.89%		*46.7%	*0%	9.5%	0.0%		80.2%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 09/19/2023

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)
992346 V- Peachy WG Cinnamon Roll Cobbler	3 oz (serving)	100	323	4.50	424	20	*N/A*	11.00	0.00	0	50.32
990692 Fruit Punch, Juice	4 fl.oz.	100	60	0.00	5	12	0	0.00	0.00	0	14.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50

Base Menu Spreadsheet

Weighted Values

Aug 21, 2023 thru Sep 29, 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)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			483	5.25	559	*45	*0	12.25	0.00	10	77.32
% of Calories				9.78%		*37.3%	*0%	22.8%	0.0%		64.0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 09/20/2023

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)
992335 Maple-Bacon Grits Puff	serving	99	285	3.14	389	*3	*N/A*	8.79	*0.00	126	37.01
992336 V- Maple-Bacon Meatless Grits Puff	serving	1	3	0.02	3	*0	*N/A*	0.09	*0.00	1	0.39
991141 TANGERINES,FRESH - 1 cup (120 ct)	3 medium	100	140	0.10	5	28	*N/A*	0.82	0.00	0	35.22
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			527	4.02	527	*44	*0	10.94	*0.00	137	85.62
% of Calories				6.87%		*33.4%	*0%	18.7%	*0.0%		65.0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 09/21/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Aug 21, 2023 thru Sep 29, 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)
991557 Egg, Turkey Breast & Cheese Burrito	1 burrito	99	310	4.50	557	*2	*N/A*	13.76	0.00	191	25.57
992259 V- Egg & Cheese Burrito	1 burrito	1	4	0.06	4	*0	*N/A*	0.17	0.00	2	0.26
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
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			498	5.34	693	*30	*0	15.39	0.00	203	61.37
% of Calories				9.65%		*24.1%	*0%	27.8%	0.0%		49.3%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 09/22/2023

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)
992337 Carrot-Pineapple WG Muffin	56 gr	100	130	1.53	203	*11	*0	30.63	0.00	4	24.16
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50

Base Menu Spreadsheet

Weighted Values

Aug 21, 2023 thru Sep 29, 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)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			440	2.55	336	*52	*0	32.66	0.00	14	91.06
% of Calories				5.22%		*47.3%	*0%	66.8%	0.0%		82.8%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 09/25/2023

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)
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
991123 Syrup Maple SS Sugar Free (smuckers)	32 gr	100	10	0.00	80	0	*N/A*	0.00	0.00	0	4.00
991141 TANGERINES,FRESH - 1 cup (120 ct)	3 medium	100	140	0.10	5	28	*N/A*	0.82	0.00	0	35.22
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			510	2.85	515	*50	*0	12.07	0.00	10	90.22
% of Calories				5.03%		*39.2%	*0%	21.3%	0.0%		70.8%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 09/26/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Aug 21, 2023 thru Sep 29, 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)
991204 Yogurt Yoplait & Granola	4oz Yg/1oz Gran	100	220	0.50	125	21	*N/A*	3.50	0.00	5	41.00
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
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			404	1.28	256	*48	*0	4.96	0.00	15	76.54
% of Calories				2.85%		*47.5%	*0%	11.0%	0.0%		75.8%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 09/27/2023

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)
992342 WG Croissant	servings	100	261	5.53	615	6	3	11.05	0.00	15	31.02
992366 Orange Juice - Suncup - 1 cup	8 fl. (2 HC)	100	120	0.00	10	24	0	0.00	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50

Base Menu Spreadsheet

Weighted Values

Aug 21, 2023 thru Sep 29, 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)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			481	6.28	755	*43	*3	12.30	0.00	25	72.03
% of Calories				11.75 %		*35.8%	*2.5%	23.0%	0.0%		59.9%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 09/28/2023

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)
991262 WG Banana Muffin (Chef Pierre)	57 gr	100	200	1.50	110	16	*N/A*	8.00	0.00	10	31.00
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			377	2.29	241	*44	*0	9.50	0.00	20	64.58
% of Calories				5.47%		*46.7%	*0%	22.7%	0.0%		68.5%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 09/29/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Aug 21, 2023 thru Sep 29, 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)
992345 Raspberry Peach Sour Cream Quick Bread (V)	1 slice	100	248	2.90	327	26	0	49.30	*0.00	9	46.70
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			558	3.91	459	*68	*0	51.33	*0.00	19	113.60
% of Calories				6.31%		*48.7%	*0%	82.8%	*0.0%		81.4%
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)
Weighted Averages	445	3	436	*46	*2	13.66	*0.00	37	79.57
% of Calories		5.78%		*41.3%	*1.8%	27.6%	*0.0%		71.5%

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

Weighted Values

Aug 21, 2023 thru Sep 29, 2023

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

Include Cost: No

Site:

Report Style: Detailed

Use Alternate Menu Name: No

Monday - 08/21/2023

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)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 08/22/2023

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)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 08/23/2023

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Aug 21, 2023 thru Sep 29, 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)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 08/24/2023

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)
992357 Lime Chicken Black Beans & Rice	serving	99	476	1.00	339	*3	*N/A*	9.55	*0.00	40	69.80
992358 V/VG - Lime Chicken Black Beans & Rice	serving	1	5	0.00	4	*0	*N/A*	0.09	*0.00	0	0.73
990385 PEACHES,RAW - Half Cup (56 count) 1 peach	1/2 cup	100	51	0.02	0	11	*N/A*	0.32	0.00	0	12.40
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			632	1.78	473	*27	*0	11.22	*0.00	50	95.93
% of Calories				2.53%		*17.1%	*0%	16.0%	*0.0%		60.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 08/25/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Aug 21, 2023 thru Sep 29, 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)
991570 BYO Turkey Nachos	SERVING	99	369	7.74	345	7	*N/A*	18.47	0.00	81	33.21
991709 BYO Plant Based Nachos (Vegetarian)	SERVING	1	4	0.08	5	0	*N/A*	0.15	0.00	0	0.39
990692 Fruit Punch, Juice	4 fl.oz.	100	60	0.00	5	12	0	0.00	0.00	0	14.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			533	8.57	485	*32	*0	19.87	0.00	91	60.60
% of Calories				14.47 %		*24.0%	*0%	33.6%	0.0%		45.5%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 08/28/2023

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)
991411 Caprese Pasta (V)	serving	100	440	7.63	560	*10	*N/A*	15.21	*0.00	38	54.99
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
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50

Base Menu Spreadsheet

Weighted Values

Aug 21, 2023 thru Sep 29, 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)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			579	8.40	690	*31	*0	16.59	*0.00	48	78.28
% of Calories				13.06 %		*21.4%	*0%	25.8%	*0.0%		54.1%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 08/29/2023

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)
991580 Grilled Chicken & Rice	2.87 oz	99	251	0.74	144	*0	*N/A*	5.35	*0.00	40	31.79
991866 Grilled Chicken Meatless & Rice (9-12)	2.87 oz	1	4	0.00	3	*0	*N/A*	0.06	*0.00	0	0.66
992352 Tomato-Garlic Lentil Bowls	serving	100	211	0.18	21	*4	*N/A*	1.58	*0.00	0	38.18
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			671	1.81	299	*31	*0	8.63	*0.00	50	110.58
% of Calories				2.43%		*18.5%	*0%	11.6%	*0.0%		65.9%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 08/30/2023

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)
992317 Strawberry & Mix Green Salad	serving	99	221	3.50	347	*5	*N/A*	10.90	*0.00	*52	10.74
992318 V-Strawberry & Mix Green Salad	serving	1	2	0.03	5	*0	*N/A*	0.11	*0.00	*0	0.13
991057 WW Bread Roll	43 gr	100	110	0.50	200	3	*N/A*	1.50	0.00	0	20.00
991143 TANGERINES, FRESH - 1/2 cup (120 ct)	2 medium	100	93	0.07	4	19	*N/A*	0.55	0.00	0	23.48
000231 MILK, Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			526	4.85	686	*39	*0	14.30	*0.00	*62	67.34
% of Calories				8.30%		*29.7%	*0%	24.5%	*0.0%		51.2%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 08/31/2023

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)
992298 Turkey Taco Rice w/Corn, Red & Gr. Peppers	3/4 cup	99	418	2.46	447	*6	*N/A*	12.39	0.00	90	56.93
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
991695 SOUR CREAM, FAT FREE (SS)	1oz	100	25	0.00	30	2	*N/A*	0.00	0.00	0	4.00
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

Base Menu Spreadsheet

Weighted Values

Aug 21, 2023 thru Sep 29, 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)
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			627	3.23	618	*39	*0	13.70	0.00	100	93.54
% of Calories				4.64%		*24.9%	*0%	19.7%	0.0%		59.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 09/01/2023

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)
991746 Cheese Lunch Individual Pizza w/ Chicken/BeefPeppe	4.56oz 5 pepper	99	314	4.46	921	5	*N/A*	12.87	0.00	10	24.09
991692 WG Cheese Pizza (V)	4.6 oz	1	3	0.04	6	0	*N/A*	0.11	0.00	0	0.37
991980 Corn, Zucchini, and Tomato Pie 3/4	serving	100	101	1.95	233	*3	*N/A*	3.45	*0.00	12	13.27
992361 Grape Juice - Suncup	4 fl	100	80	0.00	10	18	0	0.00	0.00	0	19.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50

Base Menu Spreadsheet

Weighted Values

Aug 21, 2023 thru Sep 29, 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)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			598	7.19	1300	*39	*0	17.68	*0.00	33	69.73
% of Calories				10.82 %		*26.1%	*0%	26.6%	*0.0%		46.6%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 09/04/2023

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)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 09/05/2023

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)
991930 Great Garden Stew	serving	99	266	2.24	267	*4	*N/A*	8.59	*0.00	88	26.16
991962 Great Garden Stew Meatless (V)	serving	1	2	0.02	5	*0	*N/A*	0.02	*0.00	0	0.32
990924 Brown Rice - Riceland	1 cup	100	200	0.00	4	*0	*N/A*	1.33	*0.00	0	42.67
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

Base Menu Spreadsheet

Weighted Values

Aug 21, 2023 thru Sep 29, 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)
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			607	3.03	406	*25	*0	11.32	*0.00	98	92.43
% of Calories				4.49%		*16.5%	*0%	16.8%	*0.0%		60.9%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 09/06/2023

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)
992351 Turkey Florentine WW Sandwich	servings	100	313	5.01	1059	*6	*0	12.19	*0.00	40	31.66
992378 V- Veggie Florentine WW Sandwich	servings	1	4	0.05	8	*0	*0	0.14	*0.00	0	0.33
992033 BROCCOLI - 1/4 cup - Fresh	1/4 cup	100	2	0.01	2	0	*N/A*	0.02	0.00	0	0.38
991277 Ranch Dressing (ss)	1 ss (pouch)	100	20	0.00	80	1	*N/A*	0.00	0.00	0	4.00
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
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50

Base Menu Spreadsheet

Weighted Values

Aug 21, 2023 thru Sep 29, 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)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			478	5.84	1279	*27	*0	13.70	*0.00	50	60.03
% of Calories				11.00 %		*22.6%	*0%	25.8%	*0.0%		50.2%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 09/07/2023

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)
992349 Garlic Chicken WG Pasta w/ Veggies	serving	99	390	1.05	204	*5	*N/A*	9.50	*0.00	40	58.25
992359 V- Garlic Chicken Meatless WG Pasta w/ Veggies	serving	1	4	0.00	3	*0	*N/A*	0.09	*0.00	0	0.61
992365 Orange Juice - Suncup - 4oz	4 fl.	100	60	0.00	5	12	0	0.00	0.00	0	14.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			554	1.80	342	*30	*0	10.85	*0.00	50	85.86
% of Calories				2.92%		*21.7%	*0%	17.6%	*0.0%		62.0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 09/08/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

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Weighted Values

Aug 21, 2023 thru Sep 29, 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)
990548 Cheese Burger -	-serving	99	385	4.75	908	6	*N/A*	18.01	0.00	43	15.00
992265 V/VG Vegan Burger -	-serving	1	3	0.00	8	0	*N/A*	0.07	0.00	0	0.16
991341 Roasted Potatoes & Carrots - .75 (S- 0.5)	3/4 cup	100	136	0.30	28	*2	*N/A*	3.89	0.00	0	23.56
991258 Mayonnaise SS Pouch (Low Sodium)	0.38 oz	100	70	1.50	70	0	*N/A*	8.00	0.00	5	0.00
000222 KETCHUP: individual	9 gr	100	10	0.00	25	2	*N/A*	0.00	0.00	0	3.00
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			809	7.43	1170	*37	*0	31.61	0.00	58	81.66
% of Calories				8.27%		*18.3%	*0%	35.2%	0.0%		40.4%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 09/11/2023

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)
991921 Spanish Rice & Beans	-serving	99	465	0.97	339	*3	*N/A*	8.23	*0.00	42	68.36
991967 V/VG- Spanish Rice & Beans	-serving	1	5	0.00	5	*0	*N/A*	0.08	*0.00	0	0.71
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

Base Menu Spreadsheet

Weighted Values

Aug 21, 2023 thru Sep 29, 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)
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			609	1.74	475	*24	*0	9.69	*0.00	52	92.35
% of Calories				2.57%		*15.8%	*0%	14.3%	*0.0%		60.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 09/12/2023

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)
992354 WW Turkey Wraps w/Corn, Tomato & Lettuce	1 serving	100	360	1.49	1311	4	0	10.90	0.00	*45	41.57
992388 V- WW Veggie w/Corn, Tomato & Lettuce	1 serving	1	4	0.01	5	0	0	0.12	0.00	*0	0.42
991025 ORANGES - Half Cup (1orange)	1 orange	100	62	0.02	0	12	*N/A*	0.16	0.00	0	15.39
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			525	2.27	1447	*29	*0	12.43	0.00	*55	70.39
% of Calories				3.89%		*22.1%	*0%	21.3%	0.0%		53.6%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Base Menu Spreadsheet

Weighted Values

Aug 21, 2023 thru Sep 29, 2023

Wednesday - 09/13/2023

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)
991084 Chicken Nuggets Breaded	4 pc (91 gr)	99	208	2.48	337	1	*N/A*	11.88	0.00	40	11.88
991721 Vegan Chicken Nuggets	5 Nuggets	1	3	0.02	5	0	*N/A*	0.11	0.00	0	0.25
990672 WG Biscuit 2oz	56g	100	200	7.00	410	2	*N/A*	9.00	0.00	0	27.00
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
991258 Mayonnaise SS Pouch (Low Sodium)	0.38 oz	100	70	1.50	70	0	*N/A*	8.00	0.00	5	0.00
000222 KETCHUP: individual	9 gr	100	10	0.00	25	2	*N/A*	0.00	0.00	0	3.00
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
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			712	12.09	998	*26	*0	34.29	0.00	55	75.87
% of Calories				15.28 %		*14.6%	*0%	43.3%	0.0%		42.6%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 09/14/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Aug 21, 2023 thru Sep 29, 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)
991146 Penne Pasta w/ Meatballs-Tyson(M Paste T/Carrots)	SERVINGS (5 MB)	99	482	5.29	508	10	*N/A*	20.45	0.00	45	57.05
991968 V/VG- Penne Pasta w/ Veggies Meatballs	SERVINGS (5 MB)	1	5	0.01	5	0	*N/A*	0.14	0.00	0	0.63
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			691	6.18	644	*37	*0	22.24	0.00	55	97.63
% of Calories				8.05%		*21.4%	*0%	29.0%	0.0%		56.5%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 09/15/2023

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)
992376 Pizza WW Sandwich	servings	100	372	9.00	967	6	0	19.38	0.00	43	33.52
992350 V- Pizza WW Sandwich	servings	1	3	0.07	8	0	0	0.15	0.00	0	0.33
990604 CREAMY COLESLAW - 3/4 cup	3/4 cup	100	77	0.29	111	7	*N/A*	2.03	*0.00	3	12.79
990692 Fruit Punch, Juice	4 fl.oz.	100	60	0.00	5	12	0	0.00	0.00	0	14.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50

Base Menu Spreadsheet

Weighted Values

Aug 21, 2023 thru Sep 29, 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)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			613	10.12	1221	*39	*0	22.81	*0.00	56	73.64
% of Calories				14.86 %		*25.4%	*0%	33.5%	*0.0%		48.1%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 09/18/2023

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)
991400 SPAGHETTI AND TURKEYMEAT SAUCE - 3/4	1 CUP	99	420	3.02	128	*8	*N/A*	12.67	*0.00	120	53.19
991724 V/VG - SPAGHETTI AND TURKEYMEAT SAUCE -	1 CUP	1	3	0.01	3	*0	*N/A*	0.03	*0.00	0	0.58
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
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			563	3.80	262	*28	*0	14.05	*0.00	130	77.43
% of Calories				6.07%		*19.9%	*0%	22.5%	*0.0%		55.0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 09/19/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Aug 21, 2023 thru Sep 29, 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)
992348 Italian Turkey Sausage & Veggies	1 serving	100	391	5.34	826	*9	*N/A*	26.29	*0.00	41	29.00
992377 V- Veggie Italian Crumbles & Veggies	1 serving	1	3	0.04	4	*0	*N/A*	0.19	*0.00	0	0.30
990936 Brown Rice - Riceland	3/4 cup	100	150	0.00	0	0	*N/A*	1.00	0.00	0	32.00
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			749	6.26	962	*37	*0	29.12	*0.00	51	101.25
% of Calories				7.52%		*19.8%	*0%	35.0%	*0.0%		54.1%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 09/20/2023

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)
991095 Baked Chicken Penne Pasta	3/4 cup	99	401	5.35	338	8	*N/A*	12.34	*0.00	66	48.73
991870 Baked Chicken Penne Pasta (V/VG)	3/4 cup	1	4	0.01	5	0	*N/A*	0.08	*0.00	0	0.57
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
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50

Base Menu Spreadsheet

Weighted Values

Aug 21, 2023 thru Sep 29, 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)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			543	6.13	474	*28	*0	13.80	*0.00	76	72.59
% of Calories				10.16 %		*20.6%	*0%	22.9%	*0.0%		53.5%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 09/21/2023

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)
992357 Lime Chicken Black Beans & Rice	serving	99	476	1.00	339	*3	*N/A*	9.55	*0.00	40	69.80
992358 V/VG - Lime Chicken Black Beans & Rice	serving	1	5	0.00	4	*0	*N/A*	0.09	*0.00	0	0.73
991025 ORANGES - Half Cup (1orange)	1 orange	100	62	0.02	0	12	*N/A*	0.16	0.00	0	15.39
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			643	1.78	473	*28	*0	11.05	*0.00	50	98.92
% of Calories				2.49%		*17.4%	*0%	15.5%	*0.0%		61.5%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 09/22/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Aug 21, 2023 thru Sep 29, 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)
992380 BYO Turkey Nachos (0.5 DG)	SERVING	100	377	7.83	350	7	*N/A*	18.73	0.00	82	34.32
991709 BYO Plant Based Nachos (Vegetarian)	SERVING	1	4	0.08	5	0	*N/A*	0.15	0.00	0	0.39
990692 Fruit Punch, Juice	4 fl.oz.	100	60	0.00	5	12	0	0.00	0.00	0	14.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			540	8.66	490	*32	*0	20.13	0.00	92	61.71
% of Calories				14.43 %		*23.7%	*0%	33.6%	0.0%		45.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 09/25/2023

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)
991411 Caprese Pasta (V)	serving	100	440	7.63	560	*10	*N/A*	15.21	*0.00	38	54.99
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
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50

Base Menu Spreadsheet

Weighted Values

Aug 21, 2023 thru Sep 29, 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)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			579	8.40	690	*31	*0	16.59	*0.00	48	78.28
% of Calories				13.06 %		*21.4%	*0%	25.8%	*0.0%		54.1%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 09/26/2023

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)
992308 Crunchy Chicken Wrap	wrap 10"	99	500	6.25	837	0	0	23.60	0.00	42	47.06
992309 V - Crunchy Chicken Meatless Wrap	wrap 10"	1	4	0.04	6	0	0	0.13	0.00	0	0.35
990781 Corn Salad	3/4 cup	100	137	0.82	157	8	0	6.62	0.00	5	17.61
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			846	7.98	1131	*35	*0	31.99	0.00	57	104.97
% of Calories				8.49%		*16.5%	*0%	34.0%	0.0%		49.6%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 09/27/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Aug 21, 2023 thru Sep 29, 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)
991580 Grilled Chicken & Rice	2.87 oz	99	251	0.74	144	*0	*N/A*	5.35	*0.00	40	31.79
991866 Grilled Chicken Meatless & Rice (9-12)	2.87 oz	1	4	0.00	3	*0	*N/A*	0.06	*0.00	0	0.66
992352 Tomato-Garlic Lentil Bowls	serving	100	211	0.18	21	*4	*N/A*	1.58	*0.00	0	38.18
990591 FRUIT, MIXED, BOWL, FRUIT AND 100% JUICE	4oz	100	80	0.00	5	18	*N/A*	0.00	0.00	0	19.07
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			646	1.67	303	*35	*0	8.24	*0.00	50	102.69
% of Calories				2.33%		*21.7%	*0%	11.5%	*0.0%		63.6%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 09/28/2023

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)
992317 Strawberry & Mix Green Salad	serving	99	221	3.50	347	*5	*N/A*	10.90	*0.00	*52	10.74
992318 V-Strawberry & Mix Green Salad	serving	1	2	0.03	5	*0	*N/A*	0.11	*0.00	*0	0.13
991056 WG Roll	32 gr	100	80	0.00	170	2	*N/A*	1.00	0.00	0	15.00
991025 ORANGES - Half Cup (1orange)	1 orange	1	1	0.00	0	0	*N/A*	0.00	0.00	0	0.15

Base Menu Spreadsheet

Weighted Values

Aug 21, 2023 thru Sep 29, 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)
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			404	4.28	652	*20	*0	13.26	*0.00	*62	39.02
% of Calories				9.53%		*19.8%	*0%	29.5%	*0.0%		38.6%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 09/29/2023

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)
992298 Turkey Taco Rice w/Corn, Red & Gr. Peppers	3/4 cup	99	418	2.46	447	*6	*N/A*	12.39	0.00	90	56.93
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
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2	*N/A*	0.00	0.00	0	4.00
990703 Cranberry Apple Juice	4 oz	100	60	0.00	0	12	*N/A*	0.00	0.00	0	13.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50

Weighted Values

Aug 21, 2023 thru Sep 29, 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)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			607	3.23	613	*33	*0	13.70	0.00	100	87.54
% of Calories				4.79%		*21.7%	*0%	20.3%	0.0%		57.7%
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)
Weighted Averages	611	5	715	*32	*0	17.03	*0.00	*65	81.93
% of Calories		7.85%		*20.9%	*0%	25.1%	*0.0%		53.6%

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.