



Monday	Tuesday	Wednesday	Thursday	Friday	
<p>11/06/2023</p> <p>WG Corn Muffin</p> <p>WG Penne Pasta & Beef Meatballs</p> <p>WG Penne Pasta & Veggie Meatballs (V/VG)</p>	<p>11/07/2023</p> <p>Homemade WW Sweet Potatoes Waffles (V/VG)</p> <p>Chinese Chicken Fried Rice w/Corn, Peas, G Beans</p> <p>Chicken Meatless Fried Rice w/Corn, Peas, G Beans</p>	<p>11/08/2023</p> <p>WG Cocoa Puff Cereal</p> <p>Breaded Chicken Nuggets Vegan Chicken Nuggets WG Biscuit</p> <p>Roasted Potatoes, Broccoli & Cauliflower</p>	<p>11/09/2023</p> <p>Peachy WG Cinnamon Roll Cobbler (V)</p> <p>Spanish B. Rice w/Chicken Kidney Beans & Tomato</p> <p>B. Rice w/Chicken Meatless Kidney Bean & Tomato V/VG</p>	<p>11/10/2023</p> <p>Veteran's Day (Observed)</p> <p>NO SCHOOL FOR STUDENTS</p>	
<p>11/13/2023</p> <p>WG Pancakes & Turkey Sausage on a Stick Pancakes & Veggie Patty</p> <p>Chicken, Beans & Br. Rice</p> <p>Chicken Meatless w/Bk. Bean & Br. Rice (V/VG)</p>	<p>11/14/2023</p> <p>Blueberry Lemon Yogurt Whole Wheat Muffins</p> <p>Turkey Meatballs WG Sub. w/ Cheese Veggie Meatballs WG Submarine</p> <p>Sauteed Green Collards</p>	<p>11/15/2023</p> <p>WW Egg Burrito w/Turkey Breast & Cheese WW Egg & Cheese Burrito (V)</p> <p>Italian Tk. Sausage w/Zucchini, Potato & Carrot</p> <p>Veggie Italian Crumble w/ Zucchini, Potato & Carrot Steamed Brown Rice</p>	<p>11/16/2023</p> <p>Yoplait Yogurt & Granola (V)</p> <p>Carved Turkey Carved Meatless Turkey (VG)</p> <p>Fresh Green Beans Sweet Potatoes WG Biscuit & Pumpkin Pie</p>	<p>11/17/2023</p> <p>WG French Toast Sticks (V/VG)</p> <p>Cheeseburger & WG Bun</p> <p>Vegan Burger (V/VG) Sweet Creamy Coleslaw Ketchup (ss)</p>	
<p>11/20/2023</p> <p>Parent-Teacher Conferences (Virtual)</p>	<p>11/21/2023</p> <p>Parent-Teacher Conferences (Virtual)</p>	<p>11/22/2023</p> <p>Thanksgiving Break -- No School</p>			<p>11/23/2023</p>
<p>11/27/2023</p> <p>Cereal WG Cheerios (V/VG) Yoplait Yogurt</p> <p>WG Caprese Pasta (V)</p>	<p>11/28/2023</p> <p>Whole Grain Pancakes (V)</p> <p>Crunchy Chicken WG Wrap w/ Buffalo & Ranch Dressing</p> <p>Crunchy Veggie WG Wrap w/ Buffalo & Ranch Dress. Green Beans & Corn Medley</p>	<p>11/29/2023</p> <p>Raspberry Peach Sour Cream Quick Bread (V)</p> <p>Grilled Chicken over Brown Rice Grilled Chicken Meatless over Brown Rice</p> <p>Tomato-Garlic Lentil Bowls (V)</p>	<p>11/30/2023</p> <p>WG Banana Muffin (V) Mozzarella Cheese Stick</p> <p>Strawberry & Mix Greens Salad w/Chicken & Feta C. Strawberry & Mix Greens Salad w/Meatless Chicken</p>	<p>12/01/2023</p> <p>WW Zucchini Bread (V/VG)</p> <p>BYO Turkey Nachos WG w/ Romaine & Corn Pico</p> <p>BYO Meatless Nachos WG w/Rom. & Corn Pico (V) Sour Cream (ss)</p>	

Base Menu Spreadsheet

Weighted Values

Nov 6, 2023 thru Dec 1, 2023

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

Monday - 11/06/2023

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)
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
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			

Tuesday - 11/07/2023

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)
992212 Sweet Potato Waffles (V/VG)	serving	100	263	0.31	38	*14	*N/A*	4.91	0.00	0	48.45
990919 Syrup Maple (ss)	43 gr	100	120	0.00	40	17	*N/A*	0.00	0.00	0	31.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90

Base Menu Spreadsheet

Lunches Di Si

Weighted Values

Nov 6, 2023 thru Dec 1, 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			693	1.33	210	*73	*0	6.94	0.00	10	146.35
% of Calories				1.73%		*42.1%	*0%	9.0%	0.0%		84.5%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 11/08/2023

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)
991677 Cereal, WG Cocoa Puff Bowl	1.06 oz	100	110	0.00	120	8	*N/A*	1.50	0.00	0	25.00
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			294	0.78	251	*35	*0	2.96	0.00	10	60.54
% of Calories				2.39%		*47.6%	*0%	9.1%	0.0%		82.4%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 11/09/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Nov 6, 2023 thru Dec 1, 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)
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
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			

Friday - 11/10/2023

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			

Monday - 11/13/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Nov 6, 2023 thru Dec 1, 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)
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
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			329	2.28	576	*34	*0	6.55	0.00	20	53.79
% of Calories				6.24%		*41.3%	*0%	17.9%	0.0%		65.4%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 11/14/2023

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)
991526 Blueberry Lemon Yogurt WW Muffins	Muffins	100	144	0.40	132	*7	*N/A*	1.62	*0.00	47	26.15
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

Nov 6, 2023 thru Dec 1, 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			454	1.41	264	*49	*0	3.65	*0.00	57	93.05
% of Calories				2.80%		*43.2%	*0%	7.2%	*0.0%		82.0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 11/15/2023

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)
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
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			554	5.41	696	*43	*0	16.00	0.00	203	74.04
% of Calories				8.79%		*31.0%	*0%	26.0%	0.0%		53.5%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 11/16/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Nov 6, 2023 thru Dec 1, 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
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			440	1.25	265	*58	*0	4.75	0.00	15	82.00
% of Calories				2.56%		*52.7%	*0%	9.7%	0.0%		74.5%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 11/17/2023

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)
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	1	0	0.00	1	0	*N/A*	0.00	0.00	0	0.04
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

Base Menu Spreadsheet

Weighted Values

Nov 6, 2023 thru Dec 1, 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			444	2.78	432	*36	*0	11.46	0.00	10	73.58
% of Calories				5.64%		*32.4%	*0%	23.2%	0.0%		66.3%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 11/20/2023

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 - 11/21/2023

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			

Base Menu Spreadsheet

Weighted Values

Nov 6, 2023 thru Dec 1, 2023

Wednesday - 11/22/2023

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			

Thursday - 11/23/2023

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			

Friday - 11/24/2023

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Nov 6, 2023 thru Dec 1, 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			

Monday - 11/27/2023

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)
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
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			384	0.78	326	*43	*0	3.96	0.00	15	77.54
% of Calories				1.83%		*44.8%	*0%	9.3%	0.0%		80.8%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 11/28/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Nov 6, 2023 thru Dec 1, 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)
991381 Whole Grain Pancakes (KRUSTEAZ)	2 pancakes	100	153	0.33	400	5	*N/A*	2.33	0.00	7	31.33
990919 Syrup Maple (ss)	43 gr	100	120	0.00	40	17	*N/A*	0.00	0.00	0	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			493	1.08	580	*59	*0	3.58	0.00	17	103.33
% of Calories				1.97%		*47.9%	*0%	6.5%	0.0%		83.8%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 11/29/2023

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)
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

Base Menu Spreadsheet

Weighted Values

Nov 6, 2023 thru Dec 1, 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			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			

Thursday - 11/30/2023

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
000010 Mozzarella, Cheese String	1 oz	100	61	2.02	202	1	*N/A*	3.04	0.00	10	1.01
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
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			501	4.38	448	*58	*0	13.11	0.00	30	80.23
% of Calories				7.87%		*46.3%	*0%	23.6%	0.0%		64.1%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 12/01/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Nov 6, 2023 thru Dec 1, 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)
992005 Whole Wheat Zucchini Bread (V/VG)	slice	100	124	0.26	46	*9	*N/A*	3.31	*0.00	0	21.33
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			301	1.05	177	*37	*0	4.81	*0.00	10	54.90
% of Calories				3.14%		*49.2%	*0%	14.4%	*0.0%		73.0%
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	452	2	392	*49	*1	10.78	*0.00	33	82.85
% of Calories		4.76%		*43.4%	*0.9%	21.5%	*0.0%		73.3%

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

Nov 6, 2023 thru Dec 1, 2023

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

Monday - 11/06/2023 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)
991146 Penne Pasta w/ Meatballs-Tyson(M Paste T/Carrots)	SERVINGS (5 MB)	100	487	5.34	513	10	*N/A*	20.66	0.00	45	57.62
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
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			631	6.12	649	*30	*0	22.15	0.00	55	81.91
% of Calories				8.73%		*19.0%	*0%	31.6%	0.0%		51.9%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 11/07/2023 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)
991301 Chinese Chicken Fried Rice	1 serving	100	432	2.35	775	*4	*0	14.33	*0.00	206	54.10
992045 Chinese Chicken Fried Rice - Vegetarian	1 serving	1	5	0.02	10	*0	*0	0.15	*0.00	2	0.56

Base Menu Spreadsheet

Weighted Values

Nov 6, 2023 thru Dec 1, 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)
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
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			617	3.12	925	*35	*0	15.73	*0.00	218	86.67
% of Calories				4.55%		*22.7%	*0%	22.9%	*0.0%		56.2%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 11/08/2023

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)
991084 Chicken Nuggets Breaded	4 pc (91 gr)	100	210	2.50	340	1	*N/A*	12.00	0.00	40	12.00
991721 Vegan Chicken Nuggets	5 Nuggets	1	3	0.02	5	0	*N/A*	0.11	0.00	0	0.25
000341 WG Biscuit - 1 oz	28 g	100	100	4.00	210	1	*N/A*	5.00	0.00	0	14.00
991603 BBQ Sauce (ss)	0.44 oz	100	20	0.00	130	4	*N/A*	0.00	0.00	0	6.00
992410 Roasted Potatoes, Cauliflower & Broccoli - 1	1 cup	100	98	0.27	18	*1	*N/A*	3.71	0.00	0	14.52
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

Nov 6, 2023 thru Dec 1, 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			570	7.56	833	*28	*0	22.20	0.00	50	70.06
% of Calories				11.94 %		*19.6%	*0%	35.1%	0.0%		49.2%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 11/09/2023

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	100	470	0.98	343	*3	*N/A*	8.32	*0.00	43	69.05
991967 V/VG- Spanish Rice & Beans	serving	1	5	0.00	5	*0	*N/A*	0.08	*0.00	0	0.71
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			680	1.86	479	*31	*0	10.04	*0.00	53	109.71
% of Calories				2.46%		*18.2%	*0%	13.3%	*0.0%		64.5%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 11/10/2023

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Nov 6, 2023 thru Dec 1, 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			

Monday - 11/13/2023

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)
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
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			674	1.82	477	*34	*0	11.44	*0.00	50	107.01
% of Calories				2.43%		*20.2%	*0%	15.3%	*0.0%		63.5%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 11/14/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Nov 6, 2023 thru Dec 1, 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)
992276 Turkey Meatball Sub - w/Cheese	sub (4Meatballs)	100	310	3.02	714	7	*N/A*	9.51	0.00	53	37.19
992277 V-VG Meatball Sub	sub (4Meatballs)	1	3	0.00	5	0	*N/A*	0.09	0.00	0	0.41
990953 Collards Green	1/2 cup	100	58	0.23	23	0	*N/A*	2.81	0.00	0	7.17
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			511	4.02	873	*28	*0	13.75	0.00	63	68.43
% of Calories				7.08%		*21.9%	*0%	24.2%	0.0%		53.6%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 11/15/2023

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)
992395 Italian Turkey Sausage & Veggies 1/2 cup S	serving	100	378	5.34	804	*8	*N/A*	26.22	*0.00	41	25.94
992396 V- Veggie Italian Crumbles & Veggies 1/2 cup S	serving	1	3	0.04	4	*0	*N/A*	0.19	*0.00	0	0.27
990936 Brown Rice - Riceland	3/4 cup	100	150	0.00	0	0	*N/A*	1.00	0.00	0	32.00
990703 Cranberry Apple Juice	4 oz	100	60	0.00	0	12	*N/A*	0.00	0.00	0	13.00

Base Menu Spreadsheet

Weighted Values

Nov 6, 2023 thru Dec 1, 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			691	6.13	938	*33	*0	28.65	*0.00	51	84.21
% of Calories				7.98%		*19.1%	*0%	37.3%	*0.0%		48.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 11/16/2023

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)
990152 Carved Turkey - KT	3.4 oz	100	116	0.70	653	*0	*N/A*	2.12	*0.00	51	6.17
992056 Carved Plant Based Turkey - KT	90gr	1	1	0.00	3	0	*N/A*	0.02	0.00	0	0.02
990693 GREEN BEANS: fresh,boiled - 1/2 cup	1/2 CUP	100	22	0.04	1	2	*N/A*	0.18	0.00	0	4.92
990540 Roasted Sweet Potato - 1/4 cup	1/4 cup	100	70	0.27	19	1	*N/A*	3.56	0.00	0	9.83
000341 WG Biscuit - 1 oz	28 g	100	100	4.00	210	1	*N/A*	5.00	0.00	0	14.00
992053 Pie, Pumpkin	152 gr	100	360	6.00	460	25	*N/A*	13.00	0.00	60	56.00
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

Nov 6, 2023 thru Dec 1, 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			807	11.78	1476	*50	*0	25.26	*0.00	121	114.23
% of Calories				13.14 %		*24.8%	*0%	28.2%	*0.0%		56.6%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 11/17/2023

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)
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
990604 CREAMY COLESLAW - 3/4 cup	3/4 cup	100	77	0.29	111	7	*N/A*	2.03	*0.00	3	12.79
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
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			680	5.92	1183	*43	*0	21.75	*0.00	55	70.90
% of Calories				7.84%		*25.3%	*0%	28.8%	*0.0%		41.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Base Menu Spreadsheet

Weighted Values

Nov 6, 2023 thru Dec 1, 2023

Monday - 11/20/2023

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 - 11/21/2023

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			

Wednesday - 11/22/2023

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Nov 6, 2023 thru Dec 1, 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 - 11/23/2023

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			

Friday - 11/24/2023

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)
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			

Base Menu Spreadsheet

Weighted Values

Nov 6, 2023 thru Dec 1, 2023

Monday - 11/27/2023

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)
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
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 - 11/28/2023

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)
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
991902 Green Beans and Corn Medley (0.5o/0.25s)	3/4	100	99	0.22	2	3	*N/A*	4.04	0.00	0	18.28
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

Base Menu Spreadsheet

Weighted Values

Nov 6, 2023 thru Dec 1, 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)
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			742	7.28	975	*23	*0	29.12	0.00	52	89.35
% of Calories				8.83%		*12.4%	*0%	35.3%	0.0%		48.2%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 11/29/2023

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*	5.34	*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	302	*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			

Base Menu Spreadsheet

Weighted Values

Nov 6, 2023 thru Dec 1, 2023

Thursday - 11/30/2023

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	100	223	3.54	351	*5	*N/A*	11.01	*0.00	*53	10.85
992318 V-Strawberry & Mix Green Salad	serving	0	0	0.00	0	*0	*N/A*	0.00	*0.00	*0	0.00
991056 WG Roll	32 gr	100	80	0.00	170	2	*N/A*	1.00	0.00	0	15.00
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
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			463	4.28	651	*32	*0	13.26	*0.00	*63	51.85
% of Calories				8.32%		*27.6%	*0%	25.8%	*0.0%		44.8%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 12/01/2023

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)
992380 BYO Turkey Nachos (0.5 DG)	SERVING	100	377	7.83	350	7	0	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
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2	*N/A*	0.00	0.00	0	4.00

Base Menu Spreadsheet

Weighted Values

Nov 6, 2023 thru Dec 1, 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)
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			610	8.79	517	*37	*0	20.52	0.00	92	78.66
% of Calories				12.97 %		*24.3%	*0%	30.3%	0.0%		51.6%
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	636	6	783	*34	*0	18.48	*0.00	*73	85.28
% of Calories		7.95%		*21.4%	*0%	26.2%	*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.