



October 2023 -- Breakfast

Juice or Fresh Fruit and Choice of Milk available at every meal



Monday	Tuesday	Wednesday	Thursday	Friday
<p>10/02/2023</p> <p>Whole Grain Pancakes (V) Maple Syrup (ss) Fresh Apples Choice of Milk</p>	<p>10/03/2023</p> <p>Peach Crisp Overnight Oats (V) Orange Juice Choice of Milk</p>	<p>10/04/2023</p> <p>WG Cocoa Puff Cereal Fresh Tangerines Choice of Milk</p>	<p>10/05/2023</p> <p>Homemade WW Sweet Potatoes Waffles (V/VG) Syrup Maple (ss) Bananas Choice of Milk</p>	<p>10/06/2023</p> <p>WG Corn Muffin Fresh Pears Choice of Milk</p>
<p>10/09/2023</p> <p>NO SCHOOL TODAY</p>	<p>10/10/2023</p> <p>WG Bagel (V/VG) w/ Cream Cheese & Jelly Fresh Pears Choice of Milk</p>	<p>10/11/2023</p> <p>WG Pancakes & Turkey Sausage on a Stick** Veggie Patty & WG Pancakes (V) Fruit Punch Juice Maple Syrup (ss) Choice of Milk</p>	<p>10/12/2023</p> <p>WG English Muffin w/ Egg Patty & Cheese (V) Fresh Apples Choice of Milk</p>	<p>10/13/2023</p> <p>Blueberry Lemon Yogurt Whole Wheat Muffins Bananas Choice of Milk</p>
<p>10/16/2023</p> <p>Cinnamon Soft Round Granola Bar (V) Fresh Apples Choice of Milk</p>	<p>10/17/2023</p> <p>Cereal WG Cheerios (V/VG) Bananas Choice of Milk</p>	<p>10/18/2023</p> <p>WW Egg Burrito w/ Turkey Breast & Cheese WW Egg & Cheese Burrito (V) Fresh Pears Choice of Milk</p>	<p>10/19/2023</p> <p>WG French Toast Sticks (V/VG) Syrup Maple (ss) Cranberry Juice Choice of Milk</p>	<p>10/20/2023</p> <p>Sunny Day Parfait w/ Mandarines & Pears (V) Choice of Milk</p>
<p>10/23/2023</p> <p>Peachy WG Cinnamon Roll Cobbler (V) Fruit Punch Juice Choice of Milk</p>	<p>10/24/2023</p> <p>Carrot - Pineapple WG Muffin (V) Bananas Choice of Milk</p>	<p>10/25/2023</p> <p>Yoplait Yogurt & Granola (V) Fresh Apples Choice of Milk</p>	<p>10/26/2023</p> <p>WG Croissant w/ American Cheese(V) Fresh Tangerines Choice of Milk</p>	<p>10/27/2023</p> <p>Raspberry Peach Sour Cream Quick Bread (V) Fresh Pears Choice of Milk</p>
<p>10/30/2023</p> <p>WG Banana Muffin (V) Fresh Pears Choice of Milk</p>	<p>10/31/2023</p> <p>Pillsbury WW French Toast Triple Berry (V) Maple Syrup (ss) Fresh Apples Choice of Milk</p>	<p>11/01/2023</p> <p>WW Taco Breakfast incl. (Egg, Cheese & Tkey Bacon) Taco Bk. w/Tofu, Vegan Ch. & Veggie Crumbles (V/VG) Orange Juice Choice of Milk</p>	<p>11/02/2023</p> <p>WG Cocoa Puff Cereal Bananas Choice of Milk</p>	<p>11/03/2023</p> <p>WG Bagel (V/VG) w/ Cream Cheese & Jelly Fresh Tangerines Choice of Milk</p>



Monday	Tuesday	Wednesday	Thursday	Friday
<p>10/02/2023</p> <p>Chinese Chicken Fried Rice w/Corn,Peas, G Beans Chicken Meatless Fried Rice w/Corn,Peas, G Beans Fresh Tangerines Choice of Milk</p>	<p>10/03/2023</p> <p>Garlic Chicken WG Pasta w/ Kale, Squash & Carrots Chicken Meatless WG Pasta w/Kale,Squash & Carrot(V) Bananas Choice of Milk</p>	<p>10/04/2023</p> <p>Tk. Breast & Cheese Sand. w/Spinach & Mushroom Veggie & Cheese WW Sand. w/Spinach & Mushrooms Sweet Corn Fresh Pears Choice of Milk</p>	<p>10/05/2023</p> <p>Great Garden Stew w/ Squash, Corn & K.Beans Meatless Stew w/Squash Corn & Beans (V/VG) Steamed Brown Rice Apples Choice of Milk</p>	<p>10/06/2023</p> <p>Cheese Lunch Pizza w/ Chicken & Beef Pepperoni WG Cheese Pizza (V) Sauted Green Collards Grape Juice Choice of Milk</p>
<p>10/09/2023</p> <p>NO SCHOOL TODAY</p>	<p>10/10/2023</p> <p>Breaded Chicken Nuggets Vegan Chicken Nuggets WG Roll Roasted Potatoes & Broccoli Medley Ketchup (ss) Apples Choice of Milk</p>	<p>10/11/2023</p> <p>Spanish B. Rice w/Chicken Kidney Beans & Tomato B.Rice w/Chicken Meatless Kidney Bean & Tomato V/VG Bananas Choice of Milk</p>	<p>10/12/2023</p> <p>WW Turkey Wraps w/ Corn, Tomato & Lettuce WW Veggie Wrap w/Corn Tomato & Lettuce (V) Diced Peaches Choice of Milk</p>	<p>10/13/2023</p> <p>Cheese Beef Burger & WG Bun Vegan Burger (V/VG) Sweet Creamy Coleslaw Ketchup (ss) Orange Juice Choice of Milk</p>
<p>10/16/2023</p> <p>Lime Chicken Black Beans & Br. Rice Lime Chicken Meatless w/ Bk. Bean & Br. Rice(V/VG) Fresh Pears Choice of Milk</p>	<p>10/17/2023</p> <p>Italian Tk. Sausage w/ Zucchini,Potato & Carrot Veggie Italian Crumble w/ Zucchini,Potato & Carrot Steamed Brown Rice Fresh Oranges Choice of Milk</p>	<p>10/18/2023</p> <p>WW Pizza Sandwich w/ Ck.& Beef Pepperoni WW Pizza Cheese Sandwich (V) Kale Salad w/Broccoli & Cheddar Cheese Fruit Punch Juice Choice of Milk</p>	<p>10/19/2023</p> <p>Baked Chicken WG Penne Pasta w/ Eggplant Baked Chicken Meatless WG Pasta w/Eggplant (VG) Bananas Choice of Milk</p>	<p>10/20/2023</p> <p>Half Day for Professional Devleopment</p>
<p>10/23/2023</p> <p>WG Spaghetti & Turkey Meat Sauce Spaghetti & Plant Based Meat Sauce (V/VG) Apples Choice of Milk</p>	<p>10/24/2023</p> <p>Crunchy Chicken WG Wrap w/Bufalo & Ranch Dress. Crunchy Veggie WG Wrap w/Bufalo & Ranch Dress. Green Beans & Corn Medley Fresh Pears Choice of Milk</p>	<p>10/25/2023</p> <p>Grilled Chicken over Brown Rice Grilled Chicken Meatless over Brown Rice Tomato-Garlic Lentils Bowls (V) Mixed Tropical Fruit Choice of Milk</p>	<p>10/26/2023</p> <p>Strawberry & Mix Greens Salad w/Chicken & Feta C. Strawberry & Mix Greens Salad w/Meatless Chicken WG Biscuit Bananas Choice of Milk</p>	<p>10/27/2023</p> <p>BYO Turkey Nachos WG w/ Romaine & Corn Pico BYO Meatless Nachos WG w/Rom. & Corn Pico (V) Sour Cream (ss) Cranberry Juice Choice of Milk</p>
<p>10/30/2023</p> <p>Turkey Taco Rice w/Corn, Red & Gr. Peppers Meatless Taco Rice w/Corn Red & Gr. Peppers (V/VG) Fresh Tangerines Choice of Milk</p>	<p>10/31/2023</p> <p>Tk. Breast & Cheese Sand. w/Spinach & Mushroom Veggie & Cheese WW Sand. w/Spinach & Mushrooms Potato Tater Tots Ranch Dressing (ss) Bananas Choice of Milk</p>	<p>11/01/2023</p> <p>Garlic Chicken WG Pasta w/ Kale, Squash & Carrots Chicken Meatless WG Pasta w/Kale,Squash & Carrot(V) Fresh Pears Choice of Milk</p>	<p>11/02/2023</p> <p>Great Garden Stew w/ Squash, Corn & K.Beans Meatless Stew w/Squash Corn & Beans (V/VG) Steamed Brown Rice Apples Choice of Milk</p>	<p>11/03/2023</p> <p>Cheese Lunch Pizza w/ Chicken & Beef Pepperoni WG Cheese Pizza (V) Sauted Green Collards Grape Juice Choice of Milk</p>

Base Menu Spreadsheet

Weighted Values

Oct 2, 2023 thru Nov 3, 2023

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

Include Cost: No

Site:

Report Style: Detailed

Use Alternate Menu Name: No

Monday - 10/02/2023

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
990919 Syrup Maple (ss)	43 gr	100	120	0.00	40	17	*N/A*	0.00	0.00	0	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			451	1.12	571	*51	*0	3.84	0.00	17	95.91
% of Calories				2.24%		*45.2%	*0%	7.7%	0.0%		85.1%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 10/03/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992344 Peach Crisp Overnight Oats (V)	serving	100	255	0.81	112	26	4	4.18	0.00	4	49.40
992366 Orange Juice - Suncup - 1 cup	8 fl. (2 HC)	100	120	0.00	10	24	0	0.00	0.00	0	28.00

Base Menu Spreadsheet

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Weighted Values

Oct 2, 2023 thru Nov 3, 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			475	1.56	252	*63	*4	5.43	0.00	14	90.40
% of Calories				2.96%		*53.1%	*3.4%	10.3%	0.0%		76.1%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 10/04/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991677 Cereal, WG Cocoa Puff Bowl	1.06 oz	100	110	0.00	120	8	*N/A*	1.50	0.00	0	25.00
991141 TANGERINES,FRESH - 1 cup (120 ct)	3 medium	100	140	0.10	5	28	*N/A*	0.82	0.00	0	35.22
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			350	0.85	255	*49	*0	3.57	0.00	10	73.22
% of Calories				2.19%		*56.0%	*0%	9.2%	0.0%		83.7%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 10/05/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Oct 2, 2023 thru Nov 3, 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)
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
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			583	1.33	250	*56	*0	6.94	0.00	10	119.35
% of Calories				2.05%		*38.4%	*0%	10.7%	0.0%		81.9%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 10/06/2023

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
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

Oct 2, 2023 thru Nov 3, 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	1.78	246	*45	*18	9.46	0.00	30	71.54
% of Calories				3.97%		*44.6%	*17.8%	21.1%	0.0%		70.8%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 10/09/2023

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 - 10/10/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992021 WG Bagel (IW) & Cream Cheese & Jelly	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

Base Menu Spreadsheet

Weighted Values

Oct 2, 2023 thru Nov 3, 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			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			

Wednesday - 10/11/2023

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)
991379 Pancakes & Turkey Sausage on a Stick	2.5 oz	100	140	1.50	360	6	*N/A*	5.00	0.00	10	16.00
991777 VEGGIE Patty WG Pancakes	1 serving	1	3	0.00	8	0	*N/A*	0.09	0.00	0	0.37
990708 Fruit Punch, Juice	(2 HC)	100	120	0.00	10	24	0	0.00	0.00	0	28.00
990919 Syrup Maple (ss)	43 gr	100	120	0.00	40	17	*N/A*	0.00	0.00	0	31.00
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			483	2.25	548	*60	*0	6.34	0.00	20	88.37
% of Calories				4.19%		*49.7%	*0%	11.8%	0.0%		73.2%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 10/12/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Oct 2, 2023 thru Nov 3, 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)
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
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			395	3.56	593	*30	*0	10.98	0.00	114	58.95
% of Calories				8.11%		*30.4%	*0%	25.0%	0.0%		59.7%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 10/13/2023

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)
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

Oct 2, 2023 thru Nov 3, 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			

Monday - 10/16/2023

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)
990668 Cinn Soft Round Granola Bar	2.2 oz	100	280	3.00	190	19	*N/A*	8.01	0.00	5	44.05
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
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			458	3.80	322	*48	*0	9.51	0.00	15	77.63
% of Calories				7.47%		*41.9%	*0%	18.7%	0.0%		67.8%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 10/17/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Oct 2, 2023 thru Nov 3, 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)
991082 Cereal WG Cheerios 1 (28gr)	28 gr	100	100	0.00	140	1	*N/A*	2.00	0.00	0	21.00
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			410	1.01	272	*43	*0	4.03	0.00	10	87.90
% of Calories				2.22%		*42.0%	*0%	8.8%	0.0%		85.8%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 10/18/2023

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)
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

Base Menu Spreadsheet

Weighted Values

Oct 2, 2023 thru Nov 3, 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			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			

Thursday - 10/19/2023

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)
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
991059 Cranberry Apple Juice	2 HC	100	120	0.00	0	24	*N/A*	0.00	0.00	0	26.00
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			490	2.75	510	*46	*0	11.25	0.00	10	81.00
% of Calories				5.05%		*37.6%	*0%	20.7%	0.0%		66.1%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 10/20/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Oct 2, 2023 thru Nov 3, 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)
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			

Monday - 10/23/2023

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
990708 Fruit Punch, Juice	(2 HC)	100	120	0.00	10	24	0	0.00	0.00	0	28.00
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			543	5.25	564	*57	*0	12.25	0.00	10	91.32
% of Calories				8.70%		*42.0%	*0%	20.3%	0.0%		67.3%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Base Menu Spreadsheet

Weighted Values

Oct 2, 2023 thru Nov 3, 2023

Tuesday - 10/24/2023

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)
992337 Carrot-Pineapple WG Muffin (v)	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			

Wednesday - 10/25/2023

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)
991204 Yogurt Yoplait & Granola	4oz Yg/1oz Gran	100	220	0.50	125	21	*N/A*	3.50	0.00	5	41.00
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

Oct 2, 2023 thru Nov 3, 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	1.29	256	*49	*0	5.00	0.00	15	74.58
% of Calories				2.92%		*49.4%	*0%	11.3%	0.0%		75.1%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 10/26/2023

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)
992342 WG Croissant	servings	100	261	5.53	615	6	3	11.05	0.00	15	31.02
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	6.38	751	*47	*3	13.12	0.00	25	79.24
% of Calories				11.46 %		*37.5%	*2.4%	23.6%	0.0%		63.3%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 10/27/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Oct 2, 2023 thru Nov 3, 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
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			432	3.68	458	*53	*0	50.76	*0.00	19	82.24
% of Calories				7.67%		*49.1%	*0%	105.8%	*0.0%		76.1%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 10/30/2023

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
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

Oct 2, 2023 thru Nov 3, 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			384	2.28	241	*43	*0	9.46	0.00	20	66.54
% of Calories				5.34%		*44.8%	*0%	22.2%	0.0%		69.3%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 10/31/2023

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)
991054 Pillsbury French Toast Triple Berry	75 gr	100	210	1.00	190	11	*N/A*	7.00	0.00	0	36.00
990919 Syrup Maple (ss)	43 gr	100	120	0.00	40	17	*N/A*	0.00	0.00	0	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			507	1.79	361	*56	*0	8.50	0.00	10	100.58
% of Calories				3.18%		*44.2%	*0%	15.1%	0.0%		79.4%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 11/01/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Oct 2, 2023 thru Nov 3, 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)
990947 Taco Breakfast	1	100	199	2.68	359	*0	*N/A*	8.98	*0.00	98	16.06
991174 VEGGIE Taco Breakfast (V/VG)	1	1	3	0.04	5	*0	*N/A*	0.17	*0.00	0	0.25
992366 Orange Juice - Suncup - 1 cup	8 fl. (2 HC)	100	120	0.00	10	24	0	0.00	0.00	0	28.00
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			422	3.47	504	*37	*0	10.40	*0.00	108	57.31
% of Calories				7.40%		*35.1%	*0%	22.2%	*0.0%		54.3%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 11/02/2023

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
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

Oct 2, 2023 thru Nov 3, 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			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			

Friday - 11/03/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992021 WG Bagel (IW) & Cream Cheese & Jelly	serving	100	250	2.50	395	10	*N/A*	4.50	0.00	15	45.00
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			490	3.35	530	*51	*0	6.57	0.00	25	93.22
% of Calories				6.15%		*41.6%	*0%	12.1%	0.0%		76.1%
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	451	3	410	*48	*2	10.63	*0.00	34	82.52
% of Calories		5.21%		*42.6%	*1.8%	21.2%	*0.0%		73.2%

Base Menu Spreadsheet

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Weighted Values

Oct 2, 2023 thru Nov 3, 2023

**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

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

Monday - 10/02/2023 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	440	2.35	1010	*4	*N/A*	14.42	0.00	206	54.61
992045 Chinese Chicken Fried Rice - Vegetarian	1 serving	1	5	0.02	12	*0	*N/A*	0.15	0.00	2	0.57
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			639	3.19	1155	*36	*0	16.37	0.00	218	91.65
% of Calories				4.49%		*22.5%	*0%	23.1%	0.0%		57.4%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 10/03/2023 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992349 Garlic Chicken WG Pasta w/ Veggies	serving	100	394	1.06	206	*5	*N/A*	9.60	*0.00	41	58.84
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

Base Menu Spreadsheet

Weighted Values

Oct 2, 2023 thru Nov 3, 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			603	1.95	340	*33	*0	11.33	*0.00	51	99.39
% of Calories				2.91%		*21.9%	*0%	16.9%	*0.0%		65.9%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 10/04/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
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
992394 CORN: frozen, yellow - 1/4 cup	1/4 CUP	100	57	0.00	0	5	0	0.57	0.00	0	11.34
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

Oct 2, 2023 thru Nov 3, 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			513	5.83	1198	*30	*0	14.24	*0.00	50	66.99
% of Calories				10.23 %		*23.4%	*0%	25.0%	*0.0%		52.2%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 10/05/2023

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	100	269	2.27	270	*4	*N/A*	8.68	*0.00	89	26.42
991962 Great Garden Stew Meatless (V)	serving	1	2	0.02	5	*0	*0	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
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	3.05	409	*25	*0	11.41	*0.00	99	92.69
% of Calories				4.50%		*16.4%	*0%	16.8%	*0.0%		60.8%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 10/06/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Oct 2, 2023 thru Nov 3, 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)
991746 Cheese Lunch Individual Pizza w/ Chicken/BeefPepper	4.56oz 5 pepper	100	317	4.50	930	5	*N/A*	13.00	0.00	10	24.33
991692 WG Cheese Pizza (V)	4.6 oz	1	3	0.04	6	0	*N/A*	0.11	0.00	0	0.37
990951 Collards Green	3/4 cup	100	103	2.85	141	5	*N/A*	6.43	*0.01	11	11.21
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			603	8.14	1217	*41	*0	20.79	*0.01	32	67.91
% of Calories				12.15 %		*27.2%	*0%	31.0%	*0.0%		45.0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 10/09/2023

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

Oct 2, 2023 thru Nov 3, 2023

Tuesday - 10/10/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
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
991056 WG Roll	32 gr	100	80	0.00	170	2	*N/A*	1.00	0.00	0	15.00
991679 Roasted Potatoes & Broccoli - .75 (st0.5)	3/4 cup	100	130	0.33	13	*0	*N/A*	3.90	0.00	0	21.95
000222 KETCHUP: individual	9 gr	100	10	0.00	25	2	*N/A*	0.00	0.00	0	3.00
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
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			572	3.61	683	*26	*0	18.39	0.00	50	75.49
% of Calories				5.68%		*18.2%	*0%	28.9%	0.0%		52.8%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 10/11/2023

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

Base Menu Spreadsheet

Weighted Values

Oct 2, 2023 thru Nov 3, 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)
991967 V/VG- Spanish Rice & Beans	1 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			675	1.86	475	*31	*0	9.95	*0.00	52	109.02
% of Calories				2.48%		*18.4%	*0%	13.3%	*0.0%		64.6%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 10/12/2023

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
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
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

Oct 2, 2023 thru Nov 3, 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			544	2.25	1452	*35	*0	12.27	0.00	*55	73.99
% of Calories				3.72%		*25.7%	*0%	20.3%	0.0%		54.4%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 10/13/2023

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)
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
992365 Orange Juice - Suncup - 4oz	4 fl.	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			635	5.79	1187	*40	*0	21.36	*0.00	55	57.95
% of Calories				8.21%		*25.2%	*0%	30.3%	*0.0%		36.5%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Base Menu Spreadsheet

Weighted Values

Oct 2, 2023 thru Nov 3, 2023

Monday - 10/16/2023

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)
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
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			621	1.77	474	*23	*0	10.99	*0.00	50	94.19
% of Calories				2.57%		*14.8%	*0%	15.9%	*0.0%		60.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 10/17/2023

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)
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
991025 ORANGES - Half Cup (1orange)	1 orange	100	62	0.02	0	12	*N/A*	0.16	0.00	0	15.39

Base Menu Spreadsheet

Weighted Values

Oct 2, 2023 thru Nov 3, 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	6.15	938	*33	*0	28.81	*0.00	51	86.60
% of Calories				7.99%		*19.0%	*0%	37.4%	*0.0%		50.0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 10/18/2023

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)
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
992392 Kale Salad w/Broccoli & Cheddar	3/4 cup	100	165	1.79	356	*3	*N/A*	10.44	*0.00	15	9.23
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

Oct 2, 2023 thru Nov 3, 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			700	11.62	1466	*34	*0	31.23	*0.00	69	70.09
% of Calories				14.94 %		*19.4%	*0%	40.2%	*0.0%		40.1%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 10/19/2023

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)
992397 Baked Chicken Penne Pasta w/Eggplant	3/4 cup	100	405	5.39	339	8	*N/A*	12.41	*0.00	67	49.56
992398 Baked Chicken Penne Pasta (V/VG)-Eggplant	3/4 cup	1	4	0.01	5	0	*N/A*	0.07	*0.00	0	0.57
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			614	6.28	476	*35	*0	14.12	*0.00	77	90.08
% of Calories				9.21%		*22.8%	*0%	20.7%	*0.0%		58.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 10/20/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Oct 2, 2023 thru Nov 3, 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)
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			

Monday - 10/23/2023

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
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
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

Oct 2, 2023 thru Nov 3, 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			562	3.81	262	*29	*0	14.08	*0.00	130	77.06
% of Calories				6.10%		*20.6%	*0%	22.5%	*0.0%		54.8%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 10/24/2023

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)
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
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 - 10/25/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Oct 2, 2023 thru Nov 3, 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 - 10/26/2023

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)
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	1	2	0.03	5	*0	*N/A*	0.11	*0.00	*0	0.13
000341 WG Biscuit - 1 oz	28 g	100	100	4.00	210	1	*N/A*	5.00	0.00	0	14.00
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95

Base Menu Spreadsheet

Weighted Values

Oct 2, 2023 thru Nov 3, 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			530	8.45	697	*33	*0	17.75	*0.00	*63	64.93
% of Calories				14.35 %		*24.9%	*0%	30.1%	*0.0%		49.0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 10/27/2023

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)
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
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

Base Menu Spreadsheet

Weighted Values

Oct 2, 2023 thru Nov 3, 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			565	8.66	515	*34	*0	20.13	0.00	92	64.71
% of Calories				13.79 %		*24.1%	*0%	32.1%	0.0%		45.8%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 10/30/2023

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)
992298 Turkey Taco Rice w/Corn, Red & Gr. Peppers	3/4 cup	100	423	2.49	452	*6	*N/A*	12.52	0.00	91	57.50
992299 V/VG- Turkey Taco Rice w/Corn, Red & Gr. Peppers	3/4 cup	1	4	0.02	6	*0	*0	0.05	0.00	0	0.61
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			619	3.32	591	*38	*0	14.37	0.00	101	94.59
% of Calories				4.83%		*24.6%	*0%	20.9%	0.0%		61.1%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 10/31/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

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Weighted Values

Oct 2, 2023 thru Nov 3, 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)
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
991363 Potato Tater Tots 1/4 CUP	1/4 (5pc)	100	72	0.90	148	0	*N/A*	3.58	0.00	0	8.51
990928 Ranch Dressing (ss)	2 ss	100	39	0.00	156	2	*N/A*	0.00	0.00	0	7.82
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			632	6.84	1502	*36	*0	17.55	*0.00	50	88.27
% of Calories				9.74%		*22.8%	*0%	25.0%	*0.0%		55.9%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 11/01/2023

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)
992349 Garlic Chicken WG Pasta w/ Veggies	serving	100	394	1.06	206	*5	*N/A*	9.60	*0.00	41	58.84
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
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

Oct 2, 2023 thru Nov 3, 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			538	1.83	340	*25	*0	11.04	*0.00	51	83.10
% of Calories				3.06%		*18.6%	*0%	18.5%	*0.0%		61.8%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 11/02/2023

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	*0	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
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			

Base Menu Spreadsheet

Weighted Values

Oct 2, 2023 thru Nov 3, 2023

Friday - 11/03/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991746 Cheese Lunch Individual Pizza w/ Chicken/BeefPepe	4.56oz 5 pepper	100	317	4.50	930	5	*N/A*	13.00	0.00	10	24.33
991692 WG Cheese Pizza (V)	4.6 oz	1	3	0.04	6	0	*N/A*	0.11	0.00	0	0.37
990951 Collards Green	3/4 cup	100	103	2.85	141	5	*N/A*	6.43	*0.01	11	11.21
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			603	8.14	1217	*41	*0	20.79	*0.01	32	67.91
% of Calories				12.15 %		*27.2%	*0%	31.0%	*0.0%		45.0%
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	610	5	790	*32	*0	16.76	*0.00	*70	82.47
% of Calories		7.55%		*21.0%	*0%	24.7%	*0.0%		54.1%

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

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

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.