



Monday	Tuesday	Wednesday	Thursday	Friday
<p>01/01/2024</p> <p>Happy New Year!</p>	<p>01/02/2024</p> <p>Cheerios Multigrain Yoplait Yogurt</p> <p>WG Caprese Pasta</p>	<p>01/03/2024</p> <p>Blueberry Muffin</p> <p>Fiesta Brown Rice Chicken w/ Corn, G. Peas & Carrot</p> <p>Br. Rice Chicken Meatless Corn,G. Peas &Carrot(V/</p>	<p>01/04/2024</p> <p>One-Pan Breakfast Potato, Egg Scramble & Roll</p> <p>Chicken Caesar Wrap Chicken Meatless Caesar Wrap Celery Sticks</p>	<p>01/05/2024</p> <p>Pillsbury French Toast Triple Berry</p> <p>Chili Turkey Hot Dog Chili Veggie Hot Dog Mashed Sw. Potato (V)</p>
<p>01/08/2024</p> <p>Corn Muffin</p> <p>Roasted Chicken Baked Chickenless Middle Eastern Brown Rice w/ Lentils</p>	<p>01/09/2024</p> <p>Sweet Potato Waffles</p> <p>Golden Crispy Chicken Tenders Breaded Veggie Tender Biscuit</p> <p>Kale Salad w/ Cucumber & Tomatoes</p>	<p>01/10/2024</p> <p>Croissant w/Cheese</p> <p>Chicken Fajita Pasta Chicken Meatless Fajita Pasta Red. & Green Peppers</p>	<p>01/11/2024</p> <p>Cinn. Raisin Bagel w/Cream Cheese</p> <p>Turkey Meatball Sub w/Cheese Veggie Meatball Sub Sauted Green Collards</p>	<p>01/12/2024</p> <p>Yogurt & Granola</p> <p>Cheese Pizza Sweet Corn</p>
<p>01/15/2024</p> <p>MLK Day of Service No Classes</p>	<p>01/16/2024</p> <p>Gingerbread Muffin</p> <p>Meatballs w/Brown Rice & Bk. Beans Veggie Meatballs w/Brown Rice & Black Beans</p>	<p>01/17/2024</p> <p>English Muffin w/ Chicken Patty or Veggie Patty</p> <p>Chicken Corn Dog Veggie Hot Dog</p> <p>Roasted Potatoes & Green Beans</p>	<p>01/18/2024</p> <p>French Toast Sticks</p> <p>Chicken Fajitas w/ Red Peppers Meatless Chicken Fajita w/Rd. Pepper</p>	<p>01/19/2024</p> <p>Cheesy Scrambled Eggs w/Roll</p> <p>Turkey Burger Veggie Burger Romaine & Tomato Salad</p>
<p>01/22/2024</p> <p>Cinnamon Soft Round Granola Bar</p> <p>One-Pan Turkey Taco Mac & Cheese One-Pan Veggie Taco Mac & Cheese Roasted Broccoli</p>	<p>01/23/2024</p> <p>Pumpkin/Carrot Breakfast Bar</p> <p>Turkey Breast Strips w/Gravy over Mashed Potato & Roll Meatless Strips w/Gravy, Mashed Potato & Roll</p>	<p>01/24/2024</p> <p>Eggo Mini Maple Waffles</p> <p>Breaded Chicken Nuggets Veggie Chicken Nugget Steamed Carrots Biscuit</p>	<p>01/25/2024</p> <p>Oatmeal Chocolate Chip Muffin</p> <p>Black Beans & Rice Burrito w/ Cheese</p>	<p>01/26/2024</p> <p>Breakfast Pizza w/ Hash Brown Crust & Roll</p> <p>Half-Day for Students for Teacher Professional Development</p>
<p>01/29/2024</p> <p>Pnacakes w/Turkey Sausage Patty or Veggie Patty</p> <p>Brown Rice Chicken w/veggies Br. Rice Chicken Meatless w/Corn Peas &Carrot</p>	<p>01/30/2024</p> <p>Egg Burrito & Turkey Sausage Tofu Burrito & Vegan Sausage</p> <p>Chicken & Turkey Bacon Pasta w/ Tomato & Spinach Chicken Meatless Pasta w/Tomato & Spinach</p>	<p>01/31/2024</p> <p>Cheerios w/Assorted Yogurt</p> <p>Cranberry Turkey Chili over Brown Rice Cranberry Plant Based Chili & Brown Rice</p>	<p>02/01/2024</p> <p>Blueberry Muffin</p> <p>Chicken Caesar Wrap Chicken Meatless Caesar Wrap Baby Carrots</p>	<p>02/02/2024</p> <p>Cinn. Raisin Bagel w/Cream Cheese</p> <p>Cheese Pizza w/Chicken & Beef Pepperoni Cheese Pizza Winter Squash</p>

Base Menu Spreadsheet

Weighted Values

Jan 1, 2024 thru Feb 2, 2024

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

Monday - 01/01/2024 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 - 01/02/2024 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)
991380 Cereal Cheerios MULTIGRAIN (k-8) 28gr	28 gr	100	110	0.00	105	6	*N/A*	1.00	0.00	0	23.00
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

Base Menu Spreadsheet

Lunches Di Si

Weighted Values

Jan 1, 2024 thru Feb 2, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	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			394	0.78	291	*48	*0	2.96	0.00	15	79.54
% of Calories				1.78%		*48.7%	*0%	6.8%	0.0%		80.8%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 01/03/2024

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)
991210 WG Blueberry Muffin (Chef Pierre) (V)	57 gr	100	200	1.50	140	16	*N/A*	7.00	0.00	15	32.00
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	280	*53	*0	8.25	0.00	25	73.00
% of Calories				4.82%		*50.5%	*0%	17.7%	0.0%		69.5%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 01/04/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Jan 1, 2024 thru Feb 2, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991522 One-Pan Breakfast Potatoes	serving	100	302	3.18	527	*4	*N/A*	13.27	*0.00	196	37.69
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			480	3.97	659	*32	*0	14.77	*0.00	206	71.27
% of Calories				7.44%		*26.7%	*0%	27.7%	*0.0%		59.4%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 01/05/2024

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
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

Lunches Di Si

Weighted Values

Jan 1, 2024 thru Feb 2, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	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			530	2.01	402	*53	*0	9.03	0.00	10	106.90
% of Calories				3.41%		*40.0%	*0%	15.3%	0.0%		80.7%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 01/08/2024

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 - 01/09/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Jan 1, 2024 thru Feb 2, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	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
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			513	1.17	253	*55	*0	6.98	0.00	10	100.67
% of Calories				2.05%		*42.9%	*0%	12.2%	0.0%		78.5%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 01/10/2024

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
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

Lunches Di Si

Weighted Values

Jan 1, 2024 thru Feb 2, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	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			445	6.31	747	*33	*3	12.51	0.00	25	66.57
% of Calories				12.76 %		*29.7%	*2.7%	25.3%	0.0%		59.8%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 01/11/2024

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)
990661 Cinnamon Raisin WG Bagel (V/VG)	1 bagel	100	170	0.00	160	8	*N/A*	1.00	0.00	0	34.00
990298 CHEESE,"SCHOOL CHOICE NEUFCHATEL CREAM CHEESE	1 oz	100	70	4.00	125	1	*N/A*	6.00	0.00	20	2.00
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			460	4.75	425	*46	*0	8.25	0.00	30	77.00
% of Calories				9.29%		*40.0%	*0%	16.1%	0.0%		67.0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 01/12/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Jan 1, 2024 thru Feb 2, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	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
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			530	1.51	257	*63	*0	5.53	0.00	15	107.90
% of Calories				2.56%		*47.5%	*0%	9.4%	0.0%		81.4%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 01/15/2024

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 - 01/16/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

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Weighted Values

Jan 1, 2024 thru Feb 2, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991328 WW Gingerbread Muffin	56 grams	100	278	0.86	69	*25	*N/A*	10.18	*0.00	16	42.58
992225 WW Gingerbread Muffin (VG)	56 grams	1	3	0.01	1	*0	*N/A*	0.10	*0.00	0	0.42
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			458	1.66	201	*54	*0	11.78	*0.00	26	76.58
% of Calories				3.26%		*47.2%	*0%	23.1%	*0.0%		66.9%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 01/17/2024

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)
991560 WG English Muffin w/ Chicken Patty	serving	100	203	2.02	444	1	*N/A*	7.48	0.00	40	24.37
991173 V-VG WG English Muffin w/ Meatless Patty (V/VG)	serving	1	2	0.00	4	0	*N/A*	0.02	0.00	0	0.33
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

Base Menu Spreadsheet

Weighted Values

Jan 1, 2024 thru Feb 2, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	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			425	2.78	578	*38	*0	8.75	0.00	50	63.70
% of Calories				5.89%		*35.8%	*0%	18.5%	0.0%		60.0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 01/18/2024

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
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			454	2.78	511	*36	*0	11.46	0.00	10	77.54
% of Calories				5.51%		*31.7%	*0%	22.7%	0.0%		68.3%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 01/19/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Jan 1, 2024 thru Feb 2, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991058 WW Breakfast Roll & Cheesy Scramble eggs	serving	100	253	3.40	362	*3	*N/A*	10.31	0.00	241	20.94
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			563	4.42	494	*45	*0	12.34	0.00	251	87.84
% of Calories				7.07%		*32.0%	*0%	19.7%	0.0%		62.4%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 01/22/2024

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
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

Lunches Di Si

Weighted Values

Jan 1, 2024 thru Feb 2, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	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			465	3.79	322	*46	*0	9.47	0.00	15	79.59
% of Calories				7.34%		*39.6%	*0%	18.3%	0.0%		68.5%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 01/23/2024

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)
991334 Pumpkin Carrot Breakfast Bar (V)	1 squares	100	223	2.59	231	*21	*N/A*	4.77	*0.00	36	41.54
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
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			447	3.38	361	*58	*0	6.34	*0.00	46	85.32
% of Calories				6.81%		*51.9%	*0%	12.8%	*0.0%		76.3%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 01/24/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Jan 1, 2024 thru Feb 2, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990645 Eggo Bites Waffles Maple	2.64 oz	100	190	1.50	220	11	*N/A*	5.00	0.00	36	36.00
990919 Syrup Maple (ss)	43 gr	100	120	0.00	40	17	*N/A*	0.00	0.00	0	31.00
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			530	2.25	400	*65	*0	6.25	0.00	46	108.00
% of Calories				3.82%		*49.1%	*0%	10.6%	0.0%		81.5%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 01/25/2024

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)
990795 Homemade Chocolate Chip Oatmeal Muffin	serving	100	207	2.55	70	*12	*N/A*	9.10	*0.05	16	27.98
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

Jan 1, 2024 thru Feb 2, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	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			385	3.34	202	*40	*0	10.61	*0.05	26	61.56
% of Calories				7.81%		*41.6%	*0%	24.8%	*0.1%		64.0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 01/26/2024

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)
991528 Breakfast Pizza w/ Hashbrown Crust	serving	100	210	1.60	274	*3	*N/A*	6.17	*0.00	78	26.93
992240 VEGAN Breakfast Pizza w/ Hashbrown Crust	serving	1	2	0.03	5	*0	*0	0.05	*0.00	0	0.33
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			522	2.64	412	*45	*0	8.25	*0.00	88	94.16
% of Calories				4.55%		*34.5%	*0%	14.2%	*0.0%		72.2%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 01/29/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Jan 1, 2024 thru Feb 2, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991694 Turkey Sausage Patty WG Pancakes	1 serving	100	223	1.83	660	5	*N/A*	7.33	0.00	37	31.33
991777 VEGGIE Patty WG Pancakes	1 serving	1	3	0.00	8	0	*N/A*	0.09	0.00	0	0.37
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			524	2.63	840	*51	*0	8.93	0.00	47	96.28
% of Calories				4.52%		*38.9%	*0%	15.3%	0.0%		73.5%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 01/30/2024

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)
990976 Egg Burrito and Turkey Sausage Burrito 8"	1 burrito	100	266	3.93	369	*2	*N/A*	12.17	*0.00	180	25.43
991171 Tofu Burrito and Vegan Sausage Burrito 8" (V/VG)	1 burrito	1	4	0.03	4	*0	*N/A*	0.12	*0.00	0	0.33
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

Base Menu Spreadsheet

Weighted Values

Jan 1, 2024 thru Feb 2, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	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			489	4.71	513	*39	*0	13.55	*0.00	190	66.76
% of Calories				8.67%		*31.9%	*0%	24.9%	*0.0%		54.6%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 01/31/2024

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
992028 Dannon, Assorted Yogurt (Strawberry, Blueberry, Rap	4oz	100	50	0.00	55	7	*N/A*	0.00	0.00	5	10.00
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			460	1.01	327	*50	*0	4.03	0.00	15	97.90
% of Calories				1.98%		*43.5%	*0%	7.9%	0.0%		85.1%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 02/01/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Lunches Di Si

Weighted Values

Jan 1, 2024 thru Feb 2, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991210 WG Blueberry Muffin (Chef Pierre) (V)	57 gr	100	200	1.50	140	16	*N/A*	7.00	0.00	15	32.00
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	2.28	271	*43	*0	8.46	0.00	25	67.54
% of Calories				5.34%		*44.8%	*0%	19.8%	0.0%		70.4%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 02/02/2024

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)
990661 Cinnamon Raisin WG Bagel (V/VG)	1 bagel	100	170	0.00	160	8	*N/A*	1.00	0.00	0	34.00
990298 CHEESE,"SCHOOL CHOICE NEUFCHATEL CREAM CHEESE	1 oz	100	70	4.00	125	1	*N/A*	6.00	0.00	20	2.00
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

Base Menu Spreadsheet

Weighted Values

Jan 1, 2024 thru Feb 2, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	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			480	4.85	420	*50	*0	9.07	0.00	30	84.22
% of Calories				9.09%		*41.7%	*0%	17.0%	0.0%		70.2%
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	468	3	409	*47	*1	9.00	*0.00	54	82.58
% of Calories		5.62%		*40.2%	*0.9%	17.3%	*0.0%		70.6%

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.

Base Menu Spreadsheet

Weighted Values

Menu Name: Washington Latin PCS - K-8 -Lunch
Site:
Use Alternate Menu Name: No

Include Cost: No
Report Style: Detailed

Monday - 01/01/2024 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 - 01/02/2024 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

Lunches Di Si

Weighted Values

Jan 1, 2024 thru Feb 2, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	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			

Wednesday - 01/03/2024

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)
991044 Fiesta Rice Chicken - 3/4	serving	100	443	0.92	260	*7	*N/A*	8.90	0.00	41	68.36
992180 Fiesta Rice Chicken - Meatless (V/VG)	serving	1	5	0.01	5	*0	*N/A*	0.11	0.00	0	0.70
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			654	1.81	397	*34	*0	10.64	0.00	51	109.01
% of Calories				2.49%		*20.8%	*0%	14.6%	0.0%		66.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 01/04/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

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Weighted Values

Jan 1, 2024 thru Feb 2, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992043 Wrap - Chicken Caesar - 1/2 DG	1 wrap	100	398	4.53	624	*4	*N/A*	13.05	*0.00	56	42.60
992032 V-Wrap - Chicken Caesar	1 wrap	1	4	0.04	8	*0	*N/A*	0.13	*0.00	0	0.41
992102 Celery Sticks 1/4 cup -	1/4 cup	100	8	0.00	59	1	*N/A*	0.00	0.00	59	2.06
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			550	5.33	821	*25	*0	14.53	*0.00	125	68.73
% of Calories				8.72%		*18.2%	*0%	23.8%	*0.0%		50.0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 01/05/2024

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)
991038 Chili hot dog, turkey + Bun	serving	100	349	6.05	1080	*8	*N/A*	16.03	*0.00	50	35.51
992242 V/VG- Chili hot dog, turkeyMeatless + Bun	serving	1	3	0.03	9	*0	*0	0.07	*0.00	0	0.39
992128 MASHED SWEET POTATOES - 0.25	1/4 cup	100	84	0.61	39	*2	*N/A*	1.09	*0.00	3	16.50
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

Base Menu Spreadsheet

Lunches Di Si

Weighted Values

Jan 1, 2024 thru Feb 2, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	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			616	7.44	1268	*40	*0	18.44	*0.00	63	84.40
% of Calories				10.87 %		*26.0%	*0%	26.9%	*0.0%		54.8%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 01/08/2024

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)
990777 Roasted Chicken	2.87 oz	100	116	0.81	135	*0	*N/A*	4.70	0.00	41	2.87
991197 Baked Chicken Meatless (V/VG)	80 gr	1	1	0.00	2	*0	*N/A*	0.04	0.00	0	0.04
992421 Middle Eastern Brown Rice w/ Lentils	serving	100	458	0.25	28	*4	*N/A*	3.53	*0.00	0	88.34
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
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			715	1.83	296	*24	*0	9.62	*0.00	51	114.91
% of Calories				2.30%		*13.4%	*0%	12.1%	*0.0%		64.3%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Base Menu Spreadsheet

Weighted Values

Jan 1, 2024 thru Feb 2, 2024

Tuesday - 01/09/2024

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)
992450 Golden Crispy Chicken Tenders	3 tenders	100	260	0.00	390	1	1	15.00	0.00	25	16.00
992451 V/VG - Breaded Veggie Tenders	3 tenders	1	2	0.03	4	0	0	0.07	0.00	0	0.11
000341 WG Biscuit - 1 oz	28 g	100	100	4.00	210	1	*N/A*	5.00	0.00	0	14.00
990720 Salad, Kale, Cucumber and Tomatoes	3/4 cup	100	78	1.10	156	2	*N/A*	6.64	0.00	0	4.96
000222 KETCHUP: individual	9 gr	100	10	0.00	25	2	*N/A*	0.00	0.00	0	3.00
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			610	5.88	919	*31	*1	27.96	0.00	35	65.07
% of Calories				8.68%		*20.3%	*0.7%	41.3%	0.0%		42.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 01/10/2024

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)
991419 One Pot Chicken Fajita Pasta	serving	100	490	6.35	378	*4	*N/A*	22.91	*0.00	53	50.65

Base Menu Spreadsheet

Lunches Di Si

Weighted Values

Jan 1, 2024 thru Feb 2, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992257 V/VG One Pot Chicken Fajita Pasta	serving	1	4	0.04	5	*0	*0	0.18	*0.00	0	0.49
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			700	7.27	515	*32	*0	24.73	*0.00	63	91.09
% of Calories				9.35%		*18.3%	*0%	31.8%	*0.0%		52.1%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 01/11/2024

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)
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
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

Base Menu Spreadsheet

Lunches Di Si

Weighted Values

Jan 1, 2024 thru Feb 2, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	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			532	4.02	872	*33	*0	13.81	0.00	63	73.16
% of Calories				6.80%		*24.8%	*0%	23.4%	0.0%		55.0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 01/12/2024

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)
991692 WG Cheese Pizza (V)	4.6 oz	100	300	4.00	580	14	*N/A*	11.00	0.00	15	37.00
990877 CORN: frozen, yellow - 3/4 cup	3/4CUP	100	100	0.13	1	4	*N/A*	0.83	0.00	0	23.88
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			539	4.90	712	*39	*0	13.21	0.00	25	84.17
% of Calories				8.18%		*28.9%	*0%	22.1%	0.0%		62.5%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 01/15/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Jan 1, 2024 thru Feb 2, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	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 - 01/16/2024

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)
992208 Beef Meatballs w/ rice & Black Beans	1 serving	100	502	3.54	439	4	*N/A*	11.46	0.00	35	73.12
991868 Veggie Meatballs and rice & Beans PreK-8	1 serving	1	5	0.00	5	0	*N/A*	0.09	0.00	0	0.78
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			647	4.31	575	*24	*0	12.90	0.00	45	97.56
% of Calories				6.00%		*14.8%	*0%	17.9%	0.0%		60.3%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 01/17/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

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Weighted Values

Jan 1, 2024 thru Feb 2, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991613 Corn Dog Chicken Mini WG	6 pc (4.02oz)	100	315	3.64	497	6	*N/A*	16.97	0.00	48	26.67
991712 Veggie Hot Dog	serving	1	2	0.00	7	*0	*N/A*	0.02	0.00	0	0.32
991577 Roasted Potatoes & Green Beans - .75 (Other0.25)	3/4 cup	100	135	0.30	109	*1	*N/A*	3.81	0.00	0	22.70
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			667	4.82	769	*36	*0	22.45	0.00	58	92.64
% of Calories				6.50%		*21.6%	*0%	30.3%	0.0%		55.6%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 01/18/2024

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)
990349 Chicken Fajitas	2 fajitas	100	431	2.64	510	*4	*N/A*	20.61	0.00	41	39.56
991761 Chicken Meatless Fajitas	2 fajitas	1	5	0.02	6	*0	*N/A*	0.21	0.00	0	0.42
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

Base Menu Spreadsheet

Weighted Values

Jan 1, 2024 thru Feb 2, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	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			574	3.43	647	*25	*0	22.19	0.00	51	63.27
% of Calories				5.38%		*17.4%	*0%	34.8%	0.0%		44.1%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 01/19/2024

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)
990986 Turkey Burger	3.5 oz	100	450	6.00	1020	*4	*N/A*	27.00	0.00	80	8.00
992265 V/VG Vegan Burger -	serving	1	3	0.00	8	0	*N/A*	0.07	0.00	0	0.16
990865 Romaine & Tomato Salad	3/4 cup	100	73	1.18	21	3	*N/A*	3.47	*0.00	0	9.82
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
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

Lunches Di Si

Weighted Values

Jan 1, 2024 thru Feb 2, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	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			696	7.93	1209	*34	*0	31.79	*0.00	90	47.98
% of Calories				10.25 %		*19.5%	*0%	41.1%	*0.0%		27.6%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 01/22/2024

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)
992417 One-Pan Taco Macaroni & Cheese	3/4 cup	100	481	4.47	511	*3	*N/A*	18.25	0.00	121	45.09
992418 V- One-Pan Taco Macaroni & Cheese	3/4 cup	1	5	0.04	8	*0	*N/A*	0.12	0.00	0	0.53
991698 BROCCOLI,raw: fresh roasted	3/4 CUP	100	65	0.41	23	1	*N/A*	4.90	0.00	0	4.53
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			689	5.69	673	*25	*0	24.65	0.00	132	73.44
% of Calories				7.43%		*14.5%	*0%	32.2%	0.0%		42.6%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 01/23/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Jan 1, 2024 thru Feb 2, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992452 Turkey Breast Strips w/Gravy	serving	100	348	3.72	917	*4	*0	8.40	*0.00	52	43.46
992455 V/VG- Meatless Strips w/Gravy	serving	1	3	0.00	5	*0	*N/A*	0.04	*0.00	0	0.41
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			511	4.47	1052	*29	*0	9.69	*0.00	62	69.87
% of Calories				7.87%		*22.7%	*0%	17.1%	*0.0%		54.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 01/24/2024

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
991720 Vegan Chicken Nuggets	5 Nuggets	1	3	0.02	5	0	*N/A*	0.11	0.00	0	0.25
000263 CARROTS: fresh - 3/4 cup	3/4 cup	100	38	0.03	63	4	*N/A*	0.22	0.00	0	8.77
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

Base Menu Spreadsheet

Lunches Di Si

Weighted Values

Jan 1, 2024 thru Feb 2, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	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			575	7.43	879	*38	*0	18.97	0.00	50	80.97
% of Calories				11.63 %		*26.4%	*0%	29.7%	0.0%		56.3%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 01/25/2024

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)
992328 Bean & Rice Burrito 10" tortilla	10" Tortilla	100	599	4.83	1057	*4	*N/A*	19.31	*0.00	22	84.62
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			739	5.60	1188	*24	*0	20.65	*0.00	32	108.29
% of Calories				6.82%		*13.0%	*0%	25.1%	*0.0%		58.6%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Base Menu Spreadsheet

Weighted Values

Jan 1, 2024 thru Feb 2, 2024

Friday - 01/26/2024

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)
992419 Chipotle BBQ Pulled Chicken WG Slider	1 serving	100	295	0.61	825	17	0	4.13	0.00	43	22.25
992420 V/VG- Chipotle BBQ Pulled Chicken MeatlesWG Slider	1 serving	1	3	0.00	10	0	0	0.04	0.00	0	0.24
990749 Carrots and Cucumber Salad	3/4 cup	100	41	0.26	69	4	*N/A*	0.80	0.00	0	8.19
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
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			533	1.69	1037	*53	*0	6.77	0.00	53	67.16
% of Calories				2.85%		*39.8%	*0%	11.4%	0.0%		50.4%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 01/29/2024

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)
991044 Fiesta Rice Chicken - 3/4	1 serving	100	443	0.92	260	*7	*N/A*	8.90	0.00	41	68.36
992180 Fiesta Rice Chicken - Meatless (V/VG)	1 serving	1	5	0.01	5	*0	*N/A*	0.11	0.00	0	0.70
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

Base Menu Spreadsheet

Lunches Di Si

Weighted Values

Jan 1, 2024 thru Feb 2, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	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			588	1.69	396	*27	*0	10.35	0.00	51	92.72
% of Calories				2.59%		*18.4%	*0%	15.8%	0.0%		63.1%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 01/30/2024

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)
990875 Creamy Chicken Penne Pasta	3/4 cup	100	398	6.91	272	5	*N/A*	14.61	*0.00	79	44.92
992134 Creamy Chicken Meatless Penne Pasta (V)	3/4 cup	1	4	0.06	3	0	*N/A*	0.13	*0.00	0	0.47
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			595	7.79	409	*37	*0	16.54	*0.00	89	81.87
% of Calories				11.78 %		*24.9%	*0%	25.0%	*0.0%		55.0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Base Menu Spreadsheet

Weighted Values

Jan 1, 2024 thru Feb 2, 2024

Wednesday - 01/31/2024

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)
991690 Cranberry Turkey Chili & Br Rice k-8	serving	100	480	2.37	369	*13	*N/A*	10.90	*0.00	87	71.41
991710 Cranberry Meatless Chili & Br Rice k-8	serving	1	4	0.02	5	*0	*N/A*	0.04	*0.00	0	0.76
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			623	3.15	505	*34	*0	12.32	*0.00	97	95.46
% of Calories				4.55%		*21.8%	*0%	17.8%	*0.0%		61.3%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 02/01/2024

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)
992043 Wrap - Chicken Caesar - 1/2 DG	1 wrap	100	398	4.53	624	*4	*N/A*	13.05	*0.00	56	42.60
992032 V-Wrap - Chicken Caesar	1 wrap	1	4	0.04	8	*0	*N/A*	0.13	*0.00	0	0.41
990807 CARROT STICKS - / Baby Carrots	0.25	100	25	0.02	42	3	*N/A*	0.15	0.00	0	5.84
992361 Grape Juice - Suncup	4 fl	100	80	0.00	10	18	0	0.00	0.00	0	19.00

Base Menu Spreadsheet

Lunches Di Si

Weighted Values

Jan 1, 2024 thru Feb 2, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	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	5.34	813	*38	*0	14.58	*0.00	66	80.85
% of Calories				7.92%		*25.0%	*0%	21.6%	*0.0%		53.3%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 02/02/2024

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	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
992460 Vanilla Winter Squash	3/4 cup	100	103	2.71	6	*0	*N/A*	7.54	*0.00	7	8.56
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

Base Menu Spreadsheet

Weighted Values

Jan 1, 2024 thru Feb 2, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	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			628	8.13	1073	*33	*0	22.29	*0.00	28	73.22
% of Calories				11.65 %		*21.0%	*0%	31.9%	*0.0%		46.6%
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	616	5	770	*32	*0	17.20	*0.00	62	82.35
% of Calories		7.52%		*20.8%	*0%	25.1%	*0.0%		53.5%

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.