



February 2024 -- Breakfast

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>02/05/2024</p> <p>WG Corn Muffin (V) Fresh Apples Choice of Milk</p>	<p>02/06/2024</p> <p>Cereal Cheerios Multigrain (V/VG) Fresh Tangerines Choice of Milk</p>	<p>02/07/2024</p> <p>One-Pan Breakfast Potato, Egg Scramble & Roll (V) One-Pan Breakfast Potato, Tofu Scramble & Roll (VG) Bananas Choice of Milk</p>	<p>02/08/2024</p> <p>Apple Caramel WW Bread Pudding (V) Fresh Pears Choice of Milk</p>	<p>02/09/2024</p> <p>Pillsbury WW French Toast Triple Berry (V) Syrup Maple (ss) Orange Juice Choice of Milk</p>
<p>02/12/2024</p> <p>Yoplait Yogurt & Granola (V) Fresh Apples Choice of Milk</p>	<p>02/13/2024</p> <p>Homemade WW Sweet Potatoes Waffles (V/VG) Syrup Maple (ss) Cranberry Juice Choice of Milk</p>	<p>02/14/2024</p> <p>WW Breakfast Roll w/ Cheesy Scramble Eggs (V) Fresh Tangerines Choice of Milk</p>	<p>02/15/2024</p> <p>WG Blueberry Muffin (V) Fresh Pears Choice of Milk</p>	<p>02/16/2024</p> <p>WW Taco Breakfast incl. (Egg, Cheese & Tkey Bacon) Taco Bk. w/Tofu, Vegan Ch. & Veggie Crumbles (V/VG) Bananas Choice of Milk</p>
<p>02/19/2024</p> <p>NO SCHOOL TODAY</p>	<p>02/20/2024</p> <p>Cinnamon Soft Round Granola Bar (V) Bananas Choice of Milk</p>	<p>02/21/2024</p> <p>Homemade WW Gingerbread Muffin (V) Fruit Punch Juice Choice of Milk</p>	<p>02/22/2024</p> <p>WG French Toast Sticks (V/VG) Syrup Maple (ss) Fresh Apples Choice of Milk</p>	<p>02/23/2024</p> <p>Sunny Day Parfait w/ Mandarines & Pears (V) Choice of Milk</p>
<p>02/26/2024</p> <p>WG Eggo Mini Cinnamon Waffles (V) Maple Syrup (ss) Fruit Punch Juice Choice of Milk</p>	<p>02/27/2024</p> <p>Homemade Chocolate Chip Oatmeal WW Muffin (V) Fresh Apples Choice of Milk</p>	<p>02/28/2024</p> <p>WW Egg Burrito & Turkey Sausage Tofu Burrito & Vegan Sausage (V/VG) Bananas Choice of Milk</p>	<p>02/29/2024</p> <p>Cereal WG Cheerios (V/VG) Yoplait Yogurt Fresh Pears Choice of Milk</p>	<p>03/01/2024</p> <p>WW Zucchini Bread (V/VG) Mozzarella Cheese Stick** Fresh Oranges Choice of Milk</p>



February 2024 Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
<p>02/05/2024</p> <p>Roasted Chicken Baked Chickenless (V/VG) Middle Eastern Brown Rice w/Lentils (V/VG) Fresh Pears Choice of Milk</p>	<p>02/06/2024</p> <p>Turkey Hot Dog** on a WG Bun Veggie Hot Dog** Mashed Sweet Potatoe(V) Ketchup (ss) Grape Juice Choice of Milk</p>	<p>02/07/2024</p> <p>One Pot Chicken Fajita Pasta w/Rd. & Gr. Pepper Chicken Meatless Fajita WG Pasta(V/VG) Apples Choice of Milk</p>	<p>02/08/2024</p> <p>Turkey Meatballs WG Sub. w/Cheese Veggie Meatballs WG Submarine (V/VG) Sauted Green Collards Fresh Oranges Choice of Milk</p>	<p>02/09/2024</p> <p>Golden Crispy Chicken Tenders Breaded Veggie Tender-VG WG Roll Roasted Potatoes Ketchup (ss) Bananas Choice of Milk</p>
<p>02/12/2024</p> <p>Creamy Baked Chicken WG Penne Pasta Baked Chicken Meatless WG Pasta (V/VG) Roasted Cauliflower Fresh Pears Choice of Milk</p>	<p>02/13/2024</p> <p>Corn Dog Chicken Mini WG Veggie Hot Dog** Roasted Potatoes & Green Beans Medley Ketchup (ss) Fresh Oranges Choice of Milk</p>	<p>02/14/2024</p> <p>Beef Meatballs w/ Brown Rice & Bk. Beans Veggie Meatballs w/ Brown Rice & Beans (V/VG) Bananas Choice of Milk</p>	<p>02/15/2024</p> <p>WW Chicken Fajitas w/ Red Peppers WW Chicken Meatless Fajita w/Rd. Pepper(V/VG) Apples Choice of Milk</p>	<p>02/16/2024</p> <p>WG Cheese Pizza (V) Arugula Salad w/ Mandarin Oranges & Feta Cheese Fruit Punch Juice Choice of Milk</p>
<p>02/19/2024</p> <p>NO SCHOOL TODAY</p>	<p>02/20/2024</p> <p>One-Pan Turkey Taco WG Macaroni & Cheese One-Pan Veggie Taco WG Macaroni & Cheese(V) Broccoli Florets Apples Choice of Milk</p>	<p>02/21/2024</p> <p>Breaded Chicken Nuggets Veggie Chicken Nugget(VG) BBQ Sauce (ss) Mashed Potatoes & Cauliflower Fresh Oranges Choice of Milk</p>	<p>02/22/2024</p> <p>Black Beans & Rice WW Burrito w/Cheese (V) Fresh Pears Choice of Milk</p>	<p>02/23/2024</p> <p>Cheese Beef Burger & WG Bun Vegan Burger (V/VG) Steamed Carrots Ketchup (ss) Cranberry Juice Choice of Milk</p>
<p>02/26/2024</p> <p>Fiesta Brown Rice Chicken w/ Corn, G. Peas & Carrot Br. Rice Chicken Meatless Corn,G. Peas &Carrot(V/VG) Diced Peaches Choice of Milk</p>	<p>02/27/2024</p> <p>Chipotle BBQ Pulled Chicken WG Slider Chipotle BBQ Meatless WG Slider (V/VG) Green Beans Fresh Oranges Choice of Milk</p>	<p>02/28/2024</p> <p>Cranberry Turkey Chili over Brown Rice Cranberry Plant Based Chili & Brown Rice (V/VG) Apples Choice of Milk</p>	<p>02/29/2024</p> <p>Chicken & Tk. Bacon WG Pasta w/Tomato & Spinach Chicken Meatless WG Pasta w/Tomato & Spinach(V) Grape Juice Choice of Milk</p>	<p>03/01/2024</p> <p>Cheese Lunch Pizza w/ Chicken & Beef Pepperoni WG Cheese Pizza (V) Roasted Broccoli & Potato Medley Bananas Choice of Milk</p>

Base Menu Spreadsheet

Weighted Values

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

Monday - 02/05/2024 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)
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 - 02/06/2024 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
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

Base Menu Spreadsheet

Lunches Di Si

Weighted Values

Feb 5, 2024 thru Mar 1, 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			350	0.85	240	*47	*0	3.07	0.00	10	71.22
% of Calories				2.19%		*53.7%	*0%	7.9%	0.0%		81.4%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 02/07/2024

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	210	2.00	450	1	*N/A*	7.50	0.00	40	26.00
991173 V-VG WG English Muffin w/ Meatless Patty (V/VG)	serving	1	2	0.00	6	0	*N/A*	0.08	0.00	0	0.31
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			523	3.01	588	*43	*0	9.61	0.00	50	93.21
% of Calories				5.18%		*32.9%	*0%	16.5%	0.0%		71.3%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 02/08/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Feb 5, 2024 thru Mar 1, 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)
992002 Banana Bread - (V)	50 grams	100	195	0.28	157	*13	*N/A*	1.39	*0.00	30	39.73
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			379	1.06	288	*41	*0	2.84	*0.00	40	75.27
% of Calories				2.52%		*43.3%	*0%	6.7%	*0.0%		79.4%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 02/09/2024

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)
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
992366 Orange Juice - Suncup - 1 cup	8 fl. (2 HC)	100	120	0.00	10	24	0	0.00	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50

Base Menu Spreadsheet

Weighted Values

Feb 5, 2024 thru Mar 1, 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			440	1.75	410	*48	*0	8.25	0.00	10	81.00
% of Calories				3.58%		*43.6%	*0%	16.9%	0.0%		73.6%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 02/12/2024

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)
991204 Yogurt Yoplait & Granola (V)	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
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			

Tuesday - 02/13/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Feb 5, 2024 thru Mar 1, 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
991059 Cranberry Apple Juice	2 HC	100	120	0.00	0	24	*N/A*	0.00	0.00	0	26.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			493	1.06	248	*51	*0	6.16	0.00	10	91.45
% of Calories				1.94%		*41.4%	*0%	11.2%	0.0%		74.2%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 02/14/2024

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)
991058 WW Breakfast Roll & Cheesy Scramble eggs	serving	100	253	3.40	362	*3	*N/A*	10.31	0.00	241	20.94
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

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Weighted Values

Feb 5, 2024 thru Mar 1, 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			493	4.26	497	*44	*0	12.38	0.00	251	69.16
% of Calories				7.78%		*35.7%	*0%	22.6%	0.0%		56.1%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 02/15/2024

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
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 - 02/16/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Feb 5, 2024 thru Mar 1, 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)
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
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			512	3.73	497	*42	*0	11.18	*0.00	108	83.21
% of Calories				6.56%		*32.8%	*0%	19.7%	*0.0%		65.0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 02/19/2024

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 - 02/20/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Feb 5, 2024 thru Mar 1, 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)
990668 Cinn Soft Round Granola Bar	2.2 oz	100	280	3.00	190	19	*N/A*	8.01	0.00	5	44.05
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			590	4.02	323	*61	*0	10.04	0.00	15	110.95
% of Calories				6.13%		*41.4%	*0%	15.3%	0.0%		75.2%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 02/21/2024

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)
991328 WW Gingerbread Muffin (V)	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
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

Feb 5, 2024 thru Mar 1, 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			500	1.62	210	*62	*0	11.52	*0.00	26	84.00
% of Calories				2.92%		*49.6%	*0%	20.7%	*0.0%		67.2%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 02/22/2024

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)
991061 VG- 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
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			447	2.79	511	*37	*0	11.50	0.00	10	75.58
% of Calories				5.62%		*33.1%	*0%	23.2%	0.0%		67.6%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 02/23/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

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Weighted Values

Feb 5, 2024 thru Mar 1, 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)
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 - 02/26/2024

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)
992207 Eggo Bites Waffles Cinnamon	75 gr	100	190	1.50	210	11	*N/A*	5.00	0.00	0	35.00
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

Base Menu Spreadsheet

Weighted Values

Feb 5, 2024 thru Mar 1, 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	2.25	390	*65	*0	6.25	0.00	10	107.00
% of Calories				3.82%		*49.1%	*0%	10.6%	0.0%		80.8%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 02/27/2024

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	206	2.53	69	*12	*N/A*	9.05	*0.00	20	27.90
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			384	3.32	200	*40	*0	10.55	*0.00	30	61.48
% of Calories				7.78%		*41.7%	*0%	24.7%	*0.0%		64.0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 02/28/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Feb 5, 2024 thru Mar 1, 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)
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
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			579	4.98	505	*44	*0	14.32	*0.00	190	92.66
% of Calories				7.74%		*30.4%	*0%	22.3%	*0.0%		64.0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 02/29/2024

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)
991082 Cereal WG Cheerios 1 (28gr)	28 gr	100	100	0.00	140	1	*N/A*	2.00	0.00	0	21.00
991346 Yogurt Yoplait 4oz	4 oz	100	100	0.00	55	15	*N/A*	0.50	0.00	5	21.00
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	*N/A*	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50

Base Menu Spreadsheet

Weighted Values

Feb 5, 2024 thru Mar 1, 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			384	0.78	326	*43	*0	3.96	0.00	15	77.54
% of Calories				1.83%		*44.8%	*0%	9.3%	0.0%		80.8%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 03/01/2024

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)
992005 Whole Wheat Zucchini Bread (V/VG)	slice	100	124	0.26	46	*9	*N/A*	3.31	*0.00	0	21.33
000010 Mozzarella, Cheese String	1 oz	100	61	2.02	202	1	*N/A*	3.04	0.00	10	1.01
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			408	3.07	378	*47	*0	7.91	*0.00	20	66.12
% of Calories				6.77%		*46.1%	*0%	17.4%	*0.0%		64.8%
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	453	2	351	*48	*2	8.36	*0.00	46	80.26

Base Menu Spreadsheet

Weighted Values

Feb 5, 2024 thru Mar 1, 2024

% of Calories			4.75%		*42.4%	*1.8%	16.6%	*0.0%		70.9%
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**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

Feb 5, 2024 thru Mar 1, 2024

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

Include Cost: No
Report Style: Detailed

Monday - 02/05/2024 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)
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
992470 Middle Eastern Brown Rice w/ Lentils	serving	100	367	0.23	27	*4	*N/A*	3.07	*0.00	0	70.26
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			624	1.81	295	*24	*0	9.17	*0.00	51	96.83
% of Calories				2.61%		*15.4%	*0%	13.2%	*0.0%		62.1%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 02/06/2024 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)
991027 Turkey Hot Dog	serving	100	270	3.00	930	*6	*N/A*	11.00	0.00	35	31.00

Base Menu Spreadsheet

Weighted Values

Feb 5, 2024 thru Mar 1, 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)
991712 Veggie Hot Dog	serving	1	2	0.00	7	*0	*N/A*	0.02	0.00	0	0.32
991931 MASHED SWEET POTATOES - 3/4	3/4 cup	100	218	2.67	79	*0	*N/A*	4.39	*0.00	8	41.55
000222 KETCHUP: individual	9 gr	100	10	0.00	25	2	*N/A*	0.00	0.00	0	3.00
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			681	6.42	1180	*39	*0	16.66	*0.00	53	107.87
% of Calories				8.48%		*22.9%	*0%	22.0%	*0.0%		63.4%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 02/07/2024

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	7.36	389	*4	*0	22.91	*0.00	53	50.65
992257 V/VG One Pot Chicken Fajita Pasta	serving	1	4	0.04	5	*0	*0	0.18	*0.00	0	0.49
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*N/A*	0.13	0.00	0	10.29
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50

Base Menu Spreadsheet

Weighted Values

Feb 5, 2024 thru Mar 1, 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			634	8.17	524	*25	*0	24.46	*0.00	63	74.43
% of Calories				11.60 %		*15.8%	*0%	34.7%	*0.0%		47.0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 02/08/2024

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)
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	75	0.26	34	0	*N/A*	3.05	0.00	0	10.39
991025 ORANGES - Half Cup (1orange)	1 orange	100	62	0.02	0	12	*N/A*	0.16	0.00	0	15.39
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			549	4.06	884	*33	*0	14.05	0.00	63	76.39
% of Calories				6.66%		*24.0%	*0%	23.0%	0.0%		55.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 02/09/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Feb 5, 2024 thru Mar 1, 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)
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
991056 WG Roll	32 gr	100	80	0.00	170	2	*N/A*	1.00	0.00	0	15.00
000279 Roasted Potatoes - .75	3/4 cup	100	176	0.38	8	*0	*N/A*	4.78	0.00	0	30.74
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			732	1.30	728	*32	*1	22.49	0.00	35	104.80
% of Calories				1.60%		*17.5%	*0.5%	27.7%	0.0%		57.3%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 02/12/2024

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)
992422 Baked Chicken Penne Pasta	3/4 cup	100	397	5.38	339	7	*N/A*	12.35	*0.00	67	47.86
992423 V/VG Baked Chicken Penne Pasta	3/4 cup	1	4	0.03	6	0	*N/A*	0.10	0.00	0	0.55

Base Menu Spreadsheet

Weighted Values

Feb 5, 2024 thru Mar 1, 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)
990075 CAULIFLOWER,raw: fresh - 1/4 cup	1/4 cup	100	69	0.53	8	0	*N/A*	7.07	0.00	0	1.24
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			611	6.71	483	*27	*0	20.86	*0.00	77	73.32
% of Calories				9.88%		*17.7%	*0%	30.7%	*0.0%		48.0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 02/13/2024

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)
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
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

Base Menu Spreadsheet

Weighted Values

Feb 5, 2024 thru Mar 1, 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			624	4.71	767	*34	*0	22.22	0.00	58	81.09
% of Calories				6.79%		*21.8%	*0%	32.0%	0.0%		52.0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 02/14/2024

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 (5MB)	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 (3VM)	1	5	0.00	5	0	*N/A*	0.09	0.00	0	0.78
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			712	4.43	575	*32	*0	13.19	0.00	45	113.85
% of Calories				5.60%		*18.0%	*0%	16.7%	0.0%		64.0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 02/15/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Feb 5, 2024 thru Mar 1, 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)
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
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2	*N/A*	0.00	0.00	0	4.00
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			599	3.43	677	*27	*0	22.19	0.00	51	67.27
% of Calories				5.15%		*18.0%	*0%	33.3%	0.0%		44.9%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 02/16/2024

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)
991692 WG Cheese Pizza (V)	4.6 oz	100	300	4.00	580	14	*N/A*	11.00	0.00	15	37.00
992471 Mandarin Orange Arugula Salad 3/4 cup	3/4	100	87	0.81	166	*8	*4	3.51	*0.00	2	10.94
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

Base Menu Spreadsheet

Weighted Values

Feb 5, 2024 thru Mar 1, 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			547	5.56	881	*47	*4	15.76	*0.00	27	74.94
% of Calories				9.15%		*34.4%	*2.9%	25.9%	*0.0%		54.8%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 02/19/2024

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 - 02/20/2024

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
991088 BROCCOLI FLORETS 0.75	3/4 CUP	100	23	0.00	11	1	*N/A*	0.25	0.00	0	4.53

Base Menu Spreadsheet

Weighted Values

Feb 5, 2024 thru Mar 1, 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)
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			647	5.28	661	*24	*0	20.00	0.00	132	73.44
% of Calories				7.34%		*14.8%	*0%	27.8%	0.0%		45.4%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 02/21/2024

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
991603 BBQ Sauce (ss)	0.44 oz	100	20	0.00	130	4	*N/A*	0.00	0.00	0	6.00
992158 Mashed Potatoes (0.5) & Cauliflower - .75 cup	3/4 cup	100	169	1.22	41	*4	*N/A*	2.18	*0.00	6	32.86
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

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Weighted Values

Feb 5, 2024 thru Mar 1, 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			563	4.51	646	*34	*0	15.70	*0.00	56	79.50
% of Calories				7.21%		*24.2%	*0%	25.1%	*0.0%		56.5%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 02/22/2024

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)
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			

Friday - 02/23/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

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Weighted Values

Feb 5, 2024 thru Mar 1, 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)
990548 Cheese Beef Burger -	100	100	389	4.79	918	6	*N/A*	18.19	0.00	43	15.15
992265 V/VG Vegan Burger -	1	1	3	0.00	8	0	*N/A*	0.07	0.00	0	0.16
000263 CARROTS: fresh - 3/4 cup	100	100	38	0.03	63	4	*N/A*	0.22	0.00	0	8.77
000222 KETCHUP: individual	100	100	10	0.00	25	2	*N/A*	0.00	0.00	0	3.00
990703 Cranberry Apple Juice	100	100	60	0.00	0	12	*N/A*	0.00	0.00	0	13.00
000231 MILK,Skim	50	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	50	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			599	5.57	1143	*37	*0	19.73	0.00	53	53.07
% of Calories				8.37%		*24.7%	*0%	29.6%	0.0%		35.4%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 02/26/2024

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)
991044 Fiesta Rice Chicken - 3/4	100	100	443	0.92	260	*7	*N/A*	8.90	0.00	41	68.36
992180 Fiesta Rice Chicken - Meatless (V/VG)	1	1	5	0.01	5	*0	*N/A*	0.11	0.00	0	0.70
990597 PEACHES, DICED IN JUICE SS PLASTIC CUP - HC	100	100	80	0.00	5	18	*N/A*	0.00	0.00	0	19.00
000231 MILK,Skim	50	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50

Base Menu Spreadsheet

Weighted Values

Feb 5, 2024 thru Mar 1, 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			629	1.68	400	*38	*0	10.25	0.00	51	101.06
% of Calories				2.40%		*24.2%	*0%	14.7%	0.0%		64.3%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 02/27/2024

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	serving	100	295	0.61	825	17	0	4.13	0.00	43	22.25
992420 V/VG- Chipotle BBQ Pulled Chicken MeatlesWG Slider	serving	1	3	0.00	10	0	0	0.04	0.00	0	0.24
992492 Roasted Sweet Potato (0.25) & Green Beans (0.5)	.75 cup	100	112	0.42	19	6	*N/A*	5.05	*0.00	0	15.85
991025 ORANGES - Half Cup (1orange)	1 orange	100	62	0.02	0	12	*N/A*	0.16	0.00	0	15.39
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			572	1.80	983	*48	*0	10.62	*0.00	53	66.73
% of Calories				2.83%		*33.6%	*0%	16.7%	*0.0%		46.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Base Menu Spreadsheet

Weighted Values

Feb 5, 2024 thru Mar 1, 2024

Wednesday - 02/28/2024

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)
000156 NO LUNCH											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 02/29/2024

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)
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
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			665	3.13	514	*44	*0	12.19	*0.00	97	104.17
% of Calories				4.24%		*26.5%	*0%	16.5%	*0.0%		62.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Base Menu Spreadsheet

Weighted Values

Feb 5, 2024 thru Mar 1, 2024

Friday - 03/01/2024

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)
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
990882 BROCCOLI - POTATO 3/4 (0.5 DG/0.25 Stcy)	3/4	100	82	0.33	21	*1	*N/A*	3.95	0.00	0	10.07
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			607	5.75	1088	*33	*0	18.70	0.00	20	74.73
% of Calories				8.53%		*21.7%	*0%	27.7%	0.0%		49.2%
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	630	4	756	*33	*0	17.16	*0.00	56	85.10
% of Calories		6.34%		*21.0%	*0%	24.5%	*0.0%		54.0%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes required nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.