



May 2024 -- Breakfast

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



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| <p>05/06/2024</p> <p>WW Sweet Potato Muffin (V) Fresh Tangerines Choice of Milk</p> | <p>05/07/2024</p> <p>Yoplait Yogurt & Granola (V) Orange Juice Choice of Milk</p> | <p>05/08/2024</p> <p>WG English Muffin w/ Egg Patty & Cheese (V) English Muffin & Tofu Scramble (VG) Bananas Choice of Milk</p> | <p>05/09/2024</p> <p>Blueberry WW Bread Pudding (V) Fresh Apples Choice of Milk</p> | <p>05/10/2024</p> <p>Turkey Patty & WG Biscuit Veggie Patty & Biscuit -V Fresh Pears Choice of Milk</p> |
| <p>05/13/2024</p> <p>Baked French Toast WW Muffin (V) Fresh Tangerines Choice of Milk</p> | <p>05/14/2024</p> <p>WG Bagel (V/VG) w/ Cream Cheese & Jelly Fruit Punch Juice Choice of Milk</p> | <p>05/15/2024</p> <p>WG Croissant w/ American Cheese(V) Fresh Oranges Choice of Milk</p> | <p>05/16/2024</p> <p>Cinnamon Soft Round Granola Bar (V) Fresh Apples Choice of Milk</p> | <p>05/17/2024</p> <p>WG English Muffin & Chicken Patty English Muffin w/ Meatless Patty (V/VG) Bananas Choice of Milk</p> |
| <p>05/20/2024</p> <p>Homemade Multigrain Muffin (V) Fresh Pears Choice of Milk</p> | <p>05/21/2024</p> <p>Homemade WW Sweet Potatoes Waffles (V/VG) Syrup Maple (ss) Fruit Punch Juice Choice of Milk</p> | <p>05/22/2024</p> <p>WG Cocoa Puff Cereal Bananas Choice of Milk</p> | <p>05/23/2024</p> <p>Peachy WG Cinnamon Roll Cobbler (V) Apples Choice of Milk</p> | <p>05/24/2024</p> <p>Chicken Sausage WG Pancake Veggie Patty & WG Pancakes (V) Grape Juice Choice of Milk</p> |
| <p>05/27/2024</p> <p>Memorial Day Holiday</p> | <p>05/28/2024</p> <p>Homemade Strawberry WW Muffin (V) Fruit Punch Juice Choice of Milk</p> | <p>05/29/2024</p> <p>Cereal Cheerios Multigrain (V/VG) Bananas Choice of Milk</p> | <p>05/30/2024</p> <p>Pillsbury WW Mini Bagel Strawberry & Cream Cheese Fresh Pears Choice of Milk</p> | <p>05/31/2024</p> <p>WW Egg Burrito w/ Turkey Breast & Cheese WW Egg & Cheese Burrito (V) Fresh Apples Choice of Milk</p> |



May 2024 -- Lunch

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



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| <p>05/06/2024</p> <p>Jerk Chicken & Brown Rice Jerk Chicken Meatless & Brown Rice (V/VG) Roasted Sweet Potatoes Apples Choice of Milk</p> | <p>05/07/2024</p> <p>WW Turkey Tacos Al Pastor WW Veggie Tacos Al Pastor (V/VG) Pico de Gallo w/Tomatoes & Onions Fresh Pears Choice of Milk</p> | <p>05/08/2024</p> <p>Turkey Bolognese WG Pasta w/Parmesan Veggie Bolognese WG Pasta w/Parmesan Fruit Punch Juice Choice of Milk</p> | <p>05/09/2024</p> <p>Creamy Cilantro Lime Chicken WW Burrito Veggie WW Burrito (V) Chili w/ Black Beans, Corn & Tomato Fresh Oranges Choice of Milk</p> | <p>05/10/2024</p> <p>Cheese Lunch Pizza w/ Chicken & Beef Pepperoni WG Cheese Pizza (V) Roasted Potatoes & Broccoli Medley Bananas Choice of Milk</p> |
| <p>05/13/2024</p> <p>Chicken Parmesan Ck. Meatless Parmesan(V) Steamed Brown Rice Steamed Asparagus Fresh Pears Choice of Milk</p> | <p>05/14/2024</p> <p>WW Chicken Fajitas Ck. Meatless Fajita(V/VG) Elote in Cups Apples Choice of Milk</p> | <p>05/15/2024</p> <p>WG Sub Sloppy Joe w/ Mozzarella Cheese Veggie Sloppy Joe (V) Roasted Sweet Potatoes Bananas Choice of Milk</p> | <p>05/16/2024</p> <p>Chicken Alfredo WG Penne Pasta Veggie Alfredo Pasta (V) Steamed Broccoli Cranberry Juice Choice of Milk</p> | <p>05/17/2024</p> <p>Beef Burger & WG Bun Vegan Burger (V/VG) Balela Salad w/ Garbanzo, Tomato & Cucumber Fresh Tangerines Choice of Milk</p> |
| <p>05/20/2024</p> <p>Chinese Chicken Fried Rice w/Corn,Peas, G Beans Chicken Meatless Fried Rice w/Corn,Peas, G Beans Apples Choice of Milk</p> | <p>05/21/2024</p> <p>BYO Scoop Nachos w/Cheddar Sauce Cup BYO Scoop Veggie Nacho(V) Black Beans w/ Tomato & Corn Salad Fruit Punch Juice Choice of Milk</p> | <p>05/22/2024</p> <p>Buffalo Chicken WG Mac & Cheese Buffalo Chicken Meatless WG Mac & Cheese (V) Roasted Broccoli Fresh Pears Choice of Milk</p> | <p>05/23/2024</p> <p>Chicken Salad WW Sandwich Veggie Salad Sand. (V) Baby Carrots Ranch Dressing (ss) Fresh Tangerines Choice of Milk</p> | <p>05/24/2024</p> <p>Golden Crispy Chicken Tenders Breaded Veggie Tender-VG WG Biscuit Ketchup (ss) Kale Salad w/ Cucumber & Tomatoes (V/VG) Bananas Choice of Milk</p> |
| <p>05/27/2024</p> <p>Memorial Day Holiday</p> | <p>05/28/2024</p> <p>Chicken Enchiladas Veggie Enchiladas (V) Roasted Broccoli & Potato Medley Fresh Pears Choice of Milk</p> | <p>05/29/2024</p> <p>Tomato N' Cheese Pasta(V) Apples Choice of Milk</p> | <p>05/30/2024</p> <p>Chicken Burrito Bowl w/Black Beans & Corn Chickenless Burrito Bowl w/ Beans and Corn (V/VG) Orange Juice Choice of Milk</p> | <p>05/31/2024</p> <p>Breaded Chicken Nuggets Veggie Chicken Nugget(VG) Tangy Salad w/Carrot, Celery & Yogurt Dress.(V) WG Biscuit Ketchup (ss) Bananas Choice of Milk</p> |

Base Menu Spreadsheet

Weighted Values

May 6, 2024 thru May 31, 2024

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

Monday - 05/06/2024 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) |
|---|----------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|---------------|-------------------------|-------------|--------------|
| 000192 WW Sweet Potato Muffin (V) | 1 serving | 100 | 157 | 0.22 | 29 | *9 | *N/A* | 2.70 | *0.00 | 1 | 28.22 |
| 992551 TANGERINES,FRESH -1 cup (150 ct) | 2 (150ct p/cs) | 100 | 127 | 0.09 | 5 | 25 | *N/A* | 0.74 | 0.00 | 0 | 32.02 |
| 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 | | | 384 | 1.07 | 163 | *47 | *0 | 4.69 | *0.00 | 11 | 73.24 |
| % of Calories | | | | 2.51% | | *49.0% | *0% | 11.0% | *0.0% | | 76.3% |
| Weekly Nutrient Guideline | | | 400 - 500 | <10 | 540 | | | <=0 | | | |

Tuesday - 05/07/2024 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) |
|--------------------------------------|-----------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 991204 Yogurt Yoplait & Granola (V) | 4oz Yg/1oz Gran | 100 | 220 | 0.50 | 125 | 21 | *N/A* | 3.50 | 0.00 | 5 | 41.00 |
| 992366 Orange Juice - Suncup - 1 cup | 8 fl. (2 HC) | 100 | 120 | 0.00 | 10 | 24 | 0 | 0.00 | 0.00 | 0 | 28.00 |
| 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

May 6, 2024 thru May 31, 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 |
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | *N/A* | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 440 | 1.25 | 265 | *58 | *0 | 4.75 | 0.00 | 15 | 82.00 |
| % of Calories | | | | 2.56% | | *52.7% | *0% | 9.7% | 0.0% | | 74.5% |
| Weekly Nutrient Guideline | | | 400 - 500 | <10 | 540 | | | <=0 | | | |

Wednesday - 05/08/2024

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 992347 V- WG English Muffin w/ Egg Patty & Cheese | serving | 100 | 218 | 2.77 | 462 | 2 | 1 | 9.48 | 0.00 | 104 | 25.37 |
| 991166 WG English Muffin w/ Tofu Scramble (VG) | serving | 1 | 3 | 0.02 | 2 | *0 | *0 | 0.10 | *0.00 | 0 | 0.28 |
| 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 | | | 531 | 3.80 | 595 | *44 | *1 | 11.60 | *0.00 | 114 | 92.56 |
| % of Calories | | | | 6.44% | | *33.1% | *0.8% | 19.7% | *0.0% | | 69.7% |
| Weekly Nutrient Guideline | | | 400 - 500 | <10 | 540 | | | <=0 | | | |

Thursday - 05/09/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

May 6, 2024 thru May 31, 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 990380 Blueberry Bread Pudding KM | serving | 100 | 258 | 2.16 | 353 | *15 | *0 | 5.69 | *0.00 | 130 | 40.05 |
| 000307 APPLES,Fresh - Cup (100 - 125 ct) | 1 cup | 100 | 77 | 0.04 | 1 | 15 | *N/A* | 0.25 | 0.00 | 0 | 20.58 |
| 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 | | | 436 | 2.95 | 485 | *43 | *0 | 7.19 | *0.00 | 140 | 73.62 |
| % of Calories | | | | 6.09% | | *39.4% | *0% | 14.8% | *0.0% | | 67.5% |
| Weekly Nutrient Guideline | | | 400 - 500 | <10 | 540 | | | <=0 | | | |

Friday - 05/10/2024

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 992533 WG Biscuit 2oz & Tk. Patty Sausage CR | 2oz Biscuit | 100 | 260 | 8.00 | 490 | 2 | *N/A* | 13.00 | 0.00 | 30 | 27.00 |
| 992260 V- WG Biscuit and Veggie Patty | 28 gr | 1 | 2 | 0.04 | 5 | 0 | *N/A* | 0.08 | 0.00 | 0 | 0.18 |
| 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

May 6, 2024 thru May 31, 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 | | | 446 | 8.82 | 626 | *29 | *0 | 14.53 | 0.00 | 40 | 62.72 |
| % of Calories | | | | 17.80 % | | *26.0% | *0% | 29.3% | 0.0% | | 56.3% |
| Weekly Nutrient Guideline | | | 400 - 500 | <10 | 540 | | | <=0 | | | |

Monday - 05/13/2024

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) |
|--|----------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 991524 Baked French Toast Muffin | serving | 100 | 210 | 2.42 | 209 | *18 | *0 | 5.52 | *0.00 | 99 | 31.17 |
| 992551 TANGERINES,FRESH - 1 cup (150 ct) | 2 (150ct p/cs) | 100 | 127 | 0.09 | 5 | 25 | *N/A* | 0.74 | 0.00 | 0 | 32.02 |
| 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 | | | 437 | 3.26 | 344 | *56 | *0 | 7.51 | *0.00 | 109 | 76.18 |
| % of Calories | | | | 6.71% | | *51.3% | *0% | 15.5% | *0.0% | | 69.7% |
| Weekly Nutrient Guideline | | | 400 - 500 | <10 | 540 | | | <=0 | | | |

Tuesday - 05/14/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Lunches Di Si

Weighted Values

May 6, 2024 thru May 31, 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-------------|-------------------------|-------------|--------------|
| 992021 WG Bagel (IW) & Cream Cheese & Jelly | -serving | 100 | 250 | 2.50 | 395 | 10 | *N/A* | 4.50 | 0.00 | 15 | 45.00 |
| 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 | | | 470 | 3.25 | 535 | *47 | *0 | 5.75 | 0.00 | 25 | 86.00 |
| % of Calories | | | | 6.22% | | *40.0% | *0% | 11.0% | 0.0% | | 73.2% |
| Weekly Nutrient Guideline | | | 400 - 500 | <10 | 540 | | | <=0 | | | |

Wednesday - 05/15/2024

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 992342 WG Croissant | servings | 100 | 261 | 5.53 | 615 | 6 | 3 | 11.05 | 0.00 | 15 | 31.02 |
| 991024 ORANGES (2 oranges 113-125 ct) - 1 Cup | cup | 100 | 123 | 0.04 | 0 | 24 | *N/A* | 0.31 | 0.00 | 0 | 30.78 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 55 | 0.75 | 65 | 6 | *N/A* | 1.25 | 0.00 | 8 | 6.50 |
| 000231 MILK,Skim | 8 fl. oz. | 50 | 45 | 0.00 | 65 | 6 | *N/A* | 0.00 | 0.00 | 2 | 6.50 |

Base Menu Spreadsheet

Weighted Values

May 6, 2024 thru May 31, 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 | | | 484 | 6.32 | 745 | *44 | *3 | 12.61 | 0.00 | 25 | 74.81 |
| % of Calories | | | | 11.75 % | | *36.4% | *2.5% | 23.4% | 0.0% | | 61.8% |
| Weekly Nutrient Guideline | | | 400 - 500 | <10 | 540 | | | <=0 | | | |

Thursday - 05/16/2024

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 990668 Cinn Soft Round Granola Bar | 2.2 oz | 100 | 280 | 3.00 | 190 | 19 | *N/A* | 8.01 | 0.00 | 5 | 44.05 |
| 000307 APPLES,Fresh - Cup (100 - 125 ct) | 1 cup | 100 | 77 | 0.04 | 1 | 15 | *N/A* | 0.25 | 0.00 | 0 | 20.58 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 55 | 0.75 | 65 | 6 | *N/A* | 1.25 | 0.00 | 8 | 6.50 |
| 000231 MILK,Skim | 8 fl. oz. | 50 | 45 | 0.00 | 65 | 6 | *N/A* | 0.00 | 0.00 | 2 | 6.50 |
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | *N/A* | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 458 | 3.80 | 322 | *48 | *0 | 9.51 | 0.00 | 15 | 77.63 |
| % of Calories | | | | 7.47% | | *41.9% | *0% | 18.7% | 0.0% | | 67.8% |
| Weekly Nutrient Guideline | | | 400 - 500 | <10 | 540 | | | <=0 | | | |

Friday - 05/17/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

May 6, 2024 thru May 31, 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|---------------|-------------------------|-------------|--------------|
| 991560 WG English Muffin w/ Chicken Patty | 1 serving | 100 | 210 | 2.00 | 450 | 1 | 1 | 7.50 | 0.00 | 40 | 26.00 |
| 991173 V-VG WG English Muffin w/ Meatless Patty (V/VG) | 1 serving | 1 | 2 | 0.00 | 6 | 0 | 0 | 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 | *1 | 9.61 | 0.00 | 50 | 93.21 |
| % of Calories | | | | 5.18% | | *32.9% | *0.8% | 16.5% | 0.0% | | 71.3% |
| Weekly Nutrient Guideline | | | 400 - 500 | <10 | 540 | | | <=0 | | | |

Monday - 05/20/2024

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 992534 Homemade Multigrain Muffin | 50 grams | 100 | 216 | 1.13 | 147 | *11 | *N/A* | 5.66 | *0.00 | 43 | 35.79 |
| 000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct) | 1 cup | 100 | 84 | 0.03 | 1 | 14 | *N/A* | 0.21 | 0.00 | 0 | 22.54 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 55 | 0.75 | 65 | 6 | *N/A* | 1.25 | 0.00 | 8 | 6.50 |
| 000231 MILK,Skim | 8 fl. oz. | 50 | 45 | 0.00 | 65 | 6 | *N/A* | 0.00 | 0.00 | 2 | 6.50 |

Base Menu Spreadsheet

Weighted Values

May 6, 2024 thru May 31, 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 | | | 400 | 1.91 | 278 | *39 | *0 | 7.12 | *0.00 | 53 | 71.34 |
| % of Calories | | | | 4.30% | | *39.0% | *0% | 16.0% | *0.0% | | 71.3% |
| Weekly Nutrient Guideline | | | 400 - 500 | <10 | 540 | | | <=0 | | | |

Tuesday - 05/21/2024

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 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 | 0 | 0.00 | 0.00 | 0 | 4.00 |
| 991024 ORANGES (2 oranges 113-125 ct) - 1 Cup | cup | 100 | 123 | 0.04 | 0 | 24 | *N/A* | 0.31 | 0.00 | 0 | 30.78 |
| 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 | | | 496 | 1.10 | 248 | *52 | *0 | 6.47 | 0.00 | 10 | 96.24 |
| % of Calories | | | | 2.00% | | *41.9% | *0% | 11.7% | 0.0% | | 77.6% |
| Weekly Nutrient Guideline | | | 400 - 500 | <10 | 540 | | | <=0 | | | |

Wednesday - 05/22/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Lunches Di Si

Weighted Values

May 6, 2024 thru May 31, 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) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 991677 Cereal, WG Cocoa Puff Bowl | 1.06 oz | 100 | 110 | 0.00 | 120 | 8 | *N/A* | 1.50 | 0.00 | 0 | 25.00 |
| 991006 Banana - 1 cup (2 Bananas) | 2 Bananas | 100 | 210 | 0.26 | 2 | 29 | *N/A* | 0.78 | 0.00 | 0 | 53.90 |
| 000231 MILK,Skim | 8 fl. oz. | 50 | 45 | 0.00 | 65 | 6 | *N/A* | 0.00 | 0.00 | 2 | 6.50 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 55 | 0.75 | 65 | 6 | *N/A* | 1.25 | 0.00 | 8 | 6.50 |
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | *N/A* | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 420 | 1.01 | 252 | *50 | *0 | 3.53 | 0.00 | 10 | 91.90 |
| % of Calories | | | | 2.16% | | *47.6% | *0% | 7.6% | 0.0% | | 87.5% |
| Weekly Nutrient Guideline | | | 400 - 500 | <10 | 540 | | | <=0 | | | |

Thursday - 05/23/2024

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) |
|---|----------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 992346 V- Peachy WG Cinnamon Roll Cobbler | 3 oz (serving) | 100 | 323 | 4.50 | 424 | 20 | *N/A* | 11.00 | 0.00 | 0 | 50.32 |
| 990398 APPLES - Half Cup (100-134 ct) | 1/2 cup | 100 | 39 | 0.02 | 1 | 8 | *N/A* | 0.13 | 0.00 | 0 | 10.29 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 55 | 0.75 | 65 | 6 | *N/A* | 1.25 | 0.00 | 8 | 6.50 |
| 000231 MILK,Skim | 8 fl. oz. | 50 | 45 | 0.00 | 65 | 6 | *N/A* | 0.00 | 0.00 | 2 | 6.50 |

Base Menu Spreadsheet

Weighted Values

May 6, 2024 thru May 31, 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 | | | 462 | 5.27 | 555 | *40 | *0 | 12.38 | 0.00 | 10 | 73.61 |
| % of Calories | | | | 10.27 % | | *34.6% | *0% | 24.1% | 0.0% | | 63.7% |
| Weekly Nutrient Guideline | | | 400 - 500 | <10 | 540 | | | <=0 | | | |

Friday - 05/24/2024

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) |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 991373 Chicken Sausage Pancake | 1 serving | 100 | 253 | 1.83 | 650 | 5 | *N/A* | 8.33 | 0.00 | 47 | 32.33 |
| 991777 VEGGIE Patty WG Pancakes | 1 serving | 1 | 3 | 0.00 | 8 | 0 | 0 | 0.09 | 0.00 | 0 | 0.37 |
| 992362 Grape Juice - Suncup | 2 (4 fl) | 100 | 160 | 0.00 | 20 | 36 | 0 | 0.00 | 0.00 | 0 | 38.00 |
| 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 | | | 516 | 2.59 | 808 | *54 | *0 | 9.68 | 0.00 | 57 | 83.71 |
| % of Calories | | | | 4.52% | | *41.9% | *0% | 16.9% | 0.0% | | 64.9% |
| Weekly Nutrient Guideline | | | 400 - 500 | <10 | 540 | | | <=0 | | | |

Monday - 05/27/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

May 6, 2024 thru May 31, 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 | | | 400 - 500 | <10 | 540 | | | <=0 | | | |

Tuesday - 05/28/2024

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 991080 Strawberry Breakfast Muffin | 50 grams | 100 | 250 | 1.13 | 16 | 19 | *N/A* | 10.81 | *0.00 | 36 | 33.59 |
| 992004 Strawberry Breakfast Muffin (VG) | 56 grams | 1 | 2 | 0.01 | 0 | 0 | *N/A* | 0.10 | *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 |
| 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 | | | 472 | 1.89 | 156 | *56 | *0 | 12.15 | *0.00 | 46 | 74.92 |
| % of Calories | | | | 3.60% | | *47.5% | *0% | 23.2% | *0.0% | | 63.5% |
| Weekly Nutrient Guideline | | | 400 - 500 | <10 | 540 | | | <=0 | | | |

Wednesday - 05/29/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

May 6, 2024 thru May 31, 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-------------|-------------------------|-------------|--------------|
| 991380 Cereal Cheerios MULTIGRAIN (k-8) 28gr | 28 gr | 100 | 110 | 0.00 | 105 | 6 | *N/A* | 1.00 | 0.00 | 0 | 23.00 |
| 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 | | | 420 | 1.01 | 237 | *48 | *0 | 3.03 | 0.00 | 10 | 89.90 |
| % of Calories | | | | 2.16% | | *45.7% | *0% | 6.5% | 0.0% | | 85.6% |
| Weekly Nutrient Guideline | | | 400 - 500 | <10 | 540 | | | <=0 | | | |

Thursday - 05/30/2024

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 990675 Pillsbury Mini Bagel Strawberry and Cheese | 69 gr | 100 | 230 | 2.00 | 190 | 13 | *N/A* | 6.00 | 0.00 | 10 | 42.00 |
| 000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct) | 1 cup | 100 | 84 | 0.03 | 1 | 14 | *N/A* | 0.21 | 0.00 | 0 | 22.54 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 55 | 0.75 | 65 | 6 | *N/A* | 1.25 | 0.00 | 8 | 6.50 |
| 000231 MILK,Skim | 8 fl. oz. | 50 | 45 | 0.00 | 65 | 6 | *N/A* | 0.00 | 0.00 | 2 | 6.50 |

Base Menu Spreadsheet

Weighted Values

May 6, 2024 thru May 31, 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 | | | 414 | 2.78 | 321 | *40 | *0 | 7.46 | 0.00 | 20 | 77.54 |
| % of Calories | | | | 6.04% | | *38.6% | *0% | 16.2% | 0.0% | | 74.9% |
| Weekly Nutrient Guideline | | | 400 - 500 | <10 | 540 | | | <=0 | | | |

Friday - 05/31/2024

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 991557 Egg, Turkey Breast & Cheese Burrito | 1 burrito | 100 | 314 | 4.54 | 563 | *2 | *N/A* | 13.90 | 0.00 | 193 | 25.82 |
| 992259 V- Egg & Cheese Burrito | 1 burrito | 1 | 4 | 0.06 | 4 | *0 | *N/A* | 0.17 | 0.00 | 2 | 0.26 |
| 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 | | | 495 | 5.39 | 698 | *31 | *0 | 15.57 | 0.00 | 205 | 59.66 |
| % of Calories | | | | 9.80% | | *25.1% | *0% | 28.3% | 0.0% | | 48.2% |
| 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 | 458 | 3 | 433 | *46 | *0 | 8.69 | *0.00 | 51 | 79.52 |

Base Menu Spreadsheet

Weighted Values

May 6, 2024 thru May 31, 2024

| | | | | | | | | | | |
|---------------|--|--|-------|--|--------|-----|-------|-------|--|-------|
| % of Calories | | | 6.25% | | *40.2% | *0% | 17.1% | *0.0% | | 69.4% |
|---------------|--|--|-------|--|--------|-----|-------|-------|--|-------|

**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

May 6, 2024 thru May 31, 2024

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

Monday - 05/06/2024

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 990318 Jamaican Jerk Chicken Bowl | serving | 100 | 401 | 0.62 | 218 | *2 | *N/A* | 4.16 | *0.00 | 41 | 68.25 |
| 991888 V/VG- Jamaican Jerk Chicken Bowl | serving | 1 | 4 | 0.00 | 3 | *0 | *0 | 0.04 | *0.00 | 0 | 0.59 |
| 000242 Roasted Sweet Potato - .75 | .75 cup | 100 | 169 | 0.34 | 54 | 10 | *N/A* | 3.95 | 0.00 | 0 | 31.06 |
| 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 | | | 712 | 1.73 | 406 | *33 | *0 | 9.52 | *0.00 | 51 | 123.19 |
| % of Calories | | | | 2.19% | | *18.5% | *0% | 12.0% | *0.0% | | 69.2% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | | <=0 | | | |

Tuesday - 05/07/2024

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) |
|---------------------------|-----------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 992506 WW Tacos al Pastor | 2 (tortillas 6) | 100 | 336 | 3.44 | 483 | 1 | 0 | 14.85 | 0.00 | 91 | 31.06 |

Base Menu Spreadsheet

Luncheras Di Si

Weighted Values

May 6, 2024 thru May 31, 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) |
|---|-----------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|---------------|-------------------------|-------------|--------------|
| 992524 V/VG- WW Tacos al Pastor | 2 (tortillas 6) | 1 | 3 | 0.01 | 6 | 0 | 0 | 0.08 | 0.00 | 0 | 0.35 |
| 990399 Pico de Gallo - 3/4 cup | 3/4 cup | 100 | 45 | 0.03 | 18 | 5 | *N/A* | 0.09 | 0.00 | 0 | 9.97 |
| 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 | | | 524 | 4.25 | 638 | *26 | *0 | 16.36 | 0.00 | 101 | 65.04 |
| % of Calories | | | | 7.30% | | *19.8% | *0% | 28.1% | 0.0% | | 49.6% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | | <=0 | | | |

Wednesday - 05/08/2024

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 992500 Turkey Bolognese WG Pasta - 3/4 | serving | 100 | 401 | 2.72 | 305 | *8 | *1 | 11.65 | *0.00 | 94 | 55.31 |
| 992522 V-Veggie Bolognese WG Pasta - 3/4 | serving | 1 | 3 | 0.00 | 5 | *0 | *0 | 0.05 | *0.00 | 0 | 0.60 |
| 990692 Fruit Punch, Juice | 4 fl.oz. | 100 | 60 | 0.00 | 5 | 12 | 0 | 0.00 | 0.00 | 0 | 14.00 |
| 000231 MILK,Skim | 8 fl. oz. | 50 | 45 | 0.00 | 65 | 6 | *N/A* | 0.00 | 0.00 | 2 | 6.50 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 55 | 0.75 | 65 | 6 | *N/A* | 1.25 | 0.00 | 8 | 6.50 |

Base Menu Spreadsheet

Weighted Values

May 6, 2024 thru May 31, 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 | | | 564 | 3.47 | 445 | *33 | *1 | 12.95 | *0.00 | 104 | 82.91 |
| % of Calories | | | | 5.54% | | *23.4% | *0.7% | 20.7% | *0.0% | | 58.8% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | | <=0 | | | |

Thursday - 05/09/2024

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) |
|---|-----------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 991703 Creamy Cilantro Lime Chicken Burrito (tortill10") | 1 tortillas 10" | 100 | 345 | 2.75 | 334 | *2 | *N/A* | 11.92 | *0.00 | 50 | 35.91 |
| 992050 Creamy Cilantro Lime Chicken Burrito (t 10") VEGET | 1 tortillas 10" | 1 | 4 | 0.02 | 5 | *0 | *0 | 0.12 | *0.00 | 0 | 0.37 |
| 992496 Chili Black Bean, Corn, Tomato 3/4 | 3/4 cup | 100 | 156 | 0.02 | 191 | 4 | 0 | 0.84 | 0.00 | 0 | 28.41 |
| 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 | | | 667 | 3.56 | 659 | *31 | *0 | 14.29 | *0.00 | 60 | 93.08 |
| % of Calories | | | | 4.80% | | *18.6% | *0% | 19.3% | *0.0% | | 55.8% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | | <=0 | | | |

Friday - 05/10/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

May 6, 2024 thru May 31, 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) |
|---|-----------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 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 |
| 990984 Roasted Potatoes & Broccoli - .75 (DG 0.5) | 3/4 cup | 100 | 93 | 0.33 | 17 | *1 | *N/A* | 3.93 | 0.00 | 0 | 13.17 |
| 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 | | | 618 | 5.76 | 1084 | *33 | *0 | 18.68 | 0.00 | 20 | 77.82 |
| % of Calories | | | | 8.39% | | *21.4% | *0% | 27.2% | 0.0% | | 50.4% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | | <=0 | | | |

Monday - 05/13/2024

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) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 992495 Chicken Parmesan | serving | 99 | 242 | 3.24 | 315 | *2 | *0 | 16.03 | *0.00 | 51 | 4.38 |
| 992526 V- Chicken Meatless Parmesan | serving | 1 | 3 | 0.03 | 4 | *0 | *0 | 0.16 | *0.00 | 0 | 0.06 |
| 990936 Brown Rice - Riceland | 3/4 cup | 100 | 150 | 0.00 | 0 | 0 | *N/A* | 1.00 | 0.00 | 0 | 32.00 |
| 992545 Steamed Asparagus - 1/2 cup | 1/2 cup | 100 | 19 | 0.43 | 4 | *1 | *N/A* | 0.72 | *0.00 | 1 | 2.60 |

Base Menu Spreadsheet

Weighted Values

May 6, 2024 thru May 31, 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 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 | | | 554 | 4.46 | 454 | *24 | *0 | 19.26 | *0.00 | 62 | 62.71 |
| % of Calories | | | | 7.25% | | *17.3% | *0% | 31.3% | *0.0% | | 45.3% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | | <=0 | | | |

Tuesday - 05/14/2024

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) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 992505 Chicken Fajitas | 2 fajitas 6" | 99 | 306 | 1.87 | 513 | *0 | *N/A* | 10.16 | 0.00 | 40 | 32.06 |
| 992527 V- Chicken Fajitas | 2 fajitas 6" | 1 | 3 | 0.01 | 6 | *0 | *0 | 0.10 | 0.00 | 0 | 0.34 |
| 990877 Elote in Cups - 3/4 cup | 3/4 CUP | 100 | 173 | 1.32 | 204 | *5 | *0 | 20.32 | *0.00 | 14 | 26.38 |
| 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

May 6, 2024 thru May 31, 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 | | | 621 | 3.97 | 853 | *26 | *0 | 31.96 | *0.00 | 65 | 82.07 |
| % of Calories | | | | 5.75% | | *16.7% | *0% | 46.3% | *0.0% | | 52.9% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | | <=0 | | | |

Wednesday - 05/15/2024

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) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 992528 WG Sub Sloppy Joe - Turkey | SERVINGS | 100 | 341 | 3.44 | 501 | *11 | *0 | 12.83 | *0.00 | 77 | 39.42 |
| 992529 V- WG Sub Sloppy Joe - Turkey | SERVINGS | 1 | 3 | 0.02 | 6 | *0 | *0 | 0.07 | *0.00 | 0 | 0.43 |
| 000128 Roasted Sweet Potato - Half C | 1/2 cup | 100 | 130 | 0.24 | 37 | 7 | *N/A* | 2.57 | 0.00 | 0 | 27.00 |
| 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 | | | 679 | 4.58 | 675 | *46 | *0 | 17.11 | *0.00 | 88 | 106.80 |
| % of Calories | | | | 6.07% | | *27.1% | *0% | 22.7% | *0.0% | | 62.9% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | | <=0 | | | |

Thursday - 05/16/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

May 6, 2024 thru May 31, 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) |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 992502 Chicken Alfredo Pasta | SERVING | 100 | 414 | 6.90 | 647 | *2 | *0 | 15.41 | *0.00 | 76 | 44.40 |
| 992525 V- Chicken Alfredo Pasta | serving | 1 | 4 | 0.08 | 8 | *0 | *0 | 0.17 | *0.00 | 0 | 0.47 |
| 991994 BROCCOLI,raw: fresh .75 | 3/4 CUP | 100 | 23 | 0.00 | 11 | 1 | *N/A* | 0.25 | 0.00 | 0 | 4.53 |
| 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 | | | 602 | 7.72 | 796 | *28 | *0 | 17.08 | *0.00 | 86 | 75.40 |
| % of Calories | | | | 11.54 % | | *18.6% | *0% | 25.5% | *0.0% | | 50.1% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | | <=0 | | | |

Friday - 05/17/2024

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) |
|--|----------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 990149 Beef Burger | 1 serving | 99 | 365 | 3.51 | 730 | 5 | 4 | 16.22 | 0.00 | 35 | 36.65 |
| 992265 V/VG Vegan Burger - | serving | 1 | 3 | 0.00 | 8 | 0 | 0 | 0.07 | 0.00 | 0 | 0.36 |
| 991922 Balela Salad | serving | 100 | 199 | 0.51 | 149 | *1 | *N/A* | 6.18 | *0.00 | *0 | 30.37 |
| 992548 TANGERINES,FRESH - 1/2 cup (150 ct) | 1 (150ct p/cs) | 100 | 64 | 0.05 | 2 | 13 | *N/A* | 0.37 | 0.00 | 0 | 16.01 |

Base Menu Spreadsheet

Weighted Values

May 6, 2024 thru May 31, 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 | | | 730 | 4.81 | 1019 | *32 | *4 | 24.09 | *0.00 | *45 | 96.38 |
| % of Calories | | | | 5.93% | | *17.5% | *2.2% | 29.7% | *0.0% | | 52.8% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | | <=0 | | | |

Monday - 05/20/2024

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|--------------|-------------------------|-------------|--------------|
| 992532 Chinese Chicken Fried Rice | 1 serving | 99 | 477 | 2.62 | 849 | *5 | *0 | 15.26 | *0.00 | 225 | 55.50 |
| 992045 V- Chinese Chicken Fried Rice - | 1 serving | 1 | 5 | 0.02 | 10 | *0 | *0 | 0.15 | *0.00 | 2 | 0.58 |
| 990398 APPLES - Half Cup (100-134 ct) | 1/2 cup | 100 | 39 | 0.02 | 1 | 8 | *N/A* | 0.13 | 0.00 | 0 | 10.29 |
| 000231 MILK,Skim | 8 fl. oz. | 50 | 45 | 0.00 | 65 | 6 | *N/A* | 0.00 | 0.00 | 2 | 6.50 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 55 | 0.75 | 65 | 6 | *N/A* | 1.25 | 0.00 | 8 | 6.50 |
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | *N/A* | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 621 | 3.41 | 989 | *26 | *0 | 16.79 | *0.00 | 237 | 79.37 |
| % of Calories | | | | 4.94% | | *16.7% | *0% | 24.3% | *0.0% | | 51.1% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | | <=0 | | | |

Base Menu Spreadsheet

Weighted Values

May 6, 2024 thru May 31, 2024

Tuesday - 05/21/2024

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|--------------|-------------------------|-------------|--------------|
| 992530 BYO Scoop Nachos | serving | 99 | 392 | 7.53 | 913 | 10 | 0 | 18.43 | 0.00 | 85 | 34.26 |
| 992535 V- BYO Scoop Nachos | serving | 1 | 4 | 0.06 | 9 | 0 | 0 | 0.14 | 0.00 | 0 | 0.38 |
| 990400 Black Bean and Corn Salad - 3/4 cup | 3/4 cup | 100 | 176 | 0.03 | 139 | 6 | 0 | 0.85 | 0.00 | 0 | 33.01 |
| 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 | | | 732 | 8.37 | 1196 | *42 | *0 | 20.67 | 0.00 | 96 | 94.65 |
| % of Calories | | | | 10.29 % | | *23.0% | *0% | 25.4% | 0.0% | | 51.7% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | | <=0 | | | |

Wednesday - 05/22/2024

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 992173 Buffalo Chicken Mac & Cheese - (Cheese Sauce) | 1 Portion | 99 | 369 | 6.26 | 798 | 2 | *N/A* | 12.51 | 0.00 | 51 | 45.54 |
| 992175 V- Buffalo Chicken Meatless Mac & Cheese | 1 Portion | 1 | 4 | 0.06 | 9 | 0 | 0 | 0.12 | 0.00 | 0 | 0.47 |
| 000266 BROCCOLI,raw: roasted fresh .75 | 3/4 CUP | 100 | 65 | 0.33 | 11 | 1 | *N/A* | 4.90 | 0.00 | 0 | 4.53 |

Base Menu Spreadsheet

Weighted Values

May 6, 2024 thru May 31, 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|--------------|-------------------------|-------------|--------------|
| 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 | | | 578 | 7.42 | 948 | *23 | *0 | 18.89 | 0.00 | 61 | 74.21 |
| % of Calories | | | | 11.55 % | | *15.9% | *0% | 29.4% | 0.0% | | 51.4% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | | <=0 | | | |

Thursday - 05/23/2024

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) |
|---|----------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 990845 Chicken Salad Sandwich | serving | 99 | 282 | 0.94 | 470 | *10 | *0 | 3.49 | *0.00 | 43 | 36.28 |
| 992034 V- Chicken Salad Sandwich (vegetarian) | serving | 1 | 3 | 0.00 | 6 | *0 | *0 | 0.03 | *0.00 | 0 | 0.39 |
| 992494 Carrots, Baby (Pre-Packaged) | 2.6 oz (74gr) | 100 | 30 | 0.00 | 56 | 4 | 0 | 0.00 | 0.00 | 0 | 6.96 |
| 991277 Ranch Dressing (ss) | 1 ss (pouch) | 100 | 20 | 0.00 | 80 | 1 | *N/A* | 0.00 | 0.00 | 0 | 4.00 |
| 992548 TANGERINES,FRESH - 1/2 cup (150 ct) | 1 (150ct p/cs) | 100 | 64 | 0.05 | 2 | 13 | *N/A* | 0.37 | 0.00 | 0 | 16.01 |
| 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

May 6, 2024 thru May 31, 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 | 1.74 | 745 | *42 | *0 | 5.14 | *0.00 | 53 | 76.64 |
| % of Calories | | | | 3.13% | | *33.6% | *0% | 9.3% | *0.0% | | 61.3% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | | <=0 | | | |

Friday - 05/24/2024

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 992450 Golden Crispy Chicken Tenders | 3 tenders | 99 | 257 | 0.00 | 386 | 1 | 1 | 14.85 | 0.00 | 25 | 15.84 |
| 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 |
| 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

May 6, 2024 thru May 31, 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 | | | 652 | 6.01 | 911 | *33 | *1 | 28.20 | 0.00 | 35 | 77.86 |
| % of Calories | | | | 8.30% | | *20.2% | *0.6% | 38.9% | 0.0% | | 47.8% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | | <=0 | | | |

Monday - 05/27/2024

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 - 05/28/2024

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 992508 Chicken Enchiladas | serving | 100 | 348 | 4.09 | 403 | 2 | 0 | 12.34 | 0.00 | 47 | 36.61 |
| 992520 V -Chicken Enchiladas | serving | 1 | 4 | 0.04 | 5 | 0 | 0 | 0.13 | 0.00 | 0 | 0.38 |
| 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 |

Base Menu Spreadsheet

Weighted Values

May 6, 2024 thru May 31, 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 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 | | | 573 | 5.22 | 560 | *23 | *0 | 17.76 | 0.00 | 57 | 70.73 |
| % of Calories | | | | 8.20% | | *16.1% | *0% | 27.9% | 0.0% | | 49.4% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | | <=0 | | | |

Wednesday - 05/29/2024

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) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 991229 Tomato N' Cheese Pasta | serving | 100 | 408 | 5.25 | 589 | *9 | *N/A* | 13.40 | *0.00 | 26 | 56.29 |
| 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 | | | 547 | 6.02 | 719 | *30 | *0 | 14.78 | *0.00 | 36 | 79.58 |
| % of Calories | | | | 9.90% | | *21.9% | *0% | 24.3% | *0.0% | | 58.2% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | | <=0 | | | |

Base Menu Spreadsheet

Weighted Values

May 6, 2024 thru May 31, 2024

Thursday - 05/30/2024

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|---------------|-------------------------|-------------|---------------|
| 990282 Chicken Burrito Bowl -3/4 | serving | 100 | 539 | 2.64 | 472 | *5 | *0 | 11.40 | *0.00 | *52 | 73.56 |
| 991190 Meatless Chicken Burrito Bowl -3/4 (V/VG) | serving | 1 | 5 | 0.04 | 7 | 0 | 0 | 0.11 | 0.00 | 0 | 0.69 |
| 992365 Orange Juice - Suncup - 4oz | 4 fl. | 100 | 60 | 0.00 | 5 | 12 | 0 | 0.00 | 0.00 | 0 | 14.00 |
| 000231 MILK,Skim | 8 fl. oz. | 50 | 45 | 0.00 | 65 | 6 | *N/A* | 0.00 | 0.00 | 2 | 6.50 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 55 | 0.75 | 65 | 6 | *N/A* | 1.25 | 0.00 | 8 | 6.50 |
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | *N/A* | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 704 | 3.42 | 614 | *30 | *0 | 12.76 | *0.00 | *62 | 101.25 |
| % of Calories | | | | 4.37% | | *17.0% | *0% | 16.3% | *0.0% | | 57.5% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | | <=0 | | | |

Friday - 05/31/2024

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 991084 Chicken Nuggets Breaded | 4 pc (91 gr) | 100 | 210 | 2.50 | 340 | 1 | 0 | 12.00 | 0.00 | 40 | 12.00 |
| 991720 Vegan Chicken Nuggets | 5 Nuggets | 1 | 3 | 0.02 | 5 | 0 | 0 | 0.11 | 0.00 | 0 | 0.25 |
| 000341 WG Biscuit - 1 oz | 28 g | 100 | 100 | 4.00 | 210 | 1 | *N/A* | 5.00 | 0.00 | 0 | 14.00 |
| 992498 Salad w/ Carrot, Celery & Yogurt Dressing - 3/4 cup | serving | 100 | 46 | 0.08 | 68 | 7 | *N/A* | 0.30 | 0.00 | 1 | 10.52 |

Base Menu Spreadsheet

Weighted Values

May 6, 2024 thru May 31, 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) |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 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 | | | 574 | 7.48 | 779 | *38 | *0 | 19.05 | 0.00 | 51 | 79.72 |
| % of Calories | | | | 11.73 % | | *26.5% | *0% | 29.9% | 0.0% | | 55.6% |
| 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 | 619 | 5 | 763 | *32 | *0 | 17.65 | *0.00 | *72 | 84.18 |
| % of Calories | | 7.15% | | *20.7% | *0% | 25.7% | *0.0% | | 54.4% |

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.