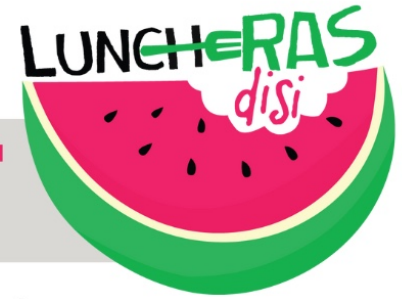




Milk, grain, fruit, meat or meat alternative

# BREAKFAST



Menu subject to change. For any feedback please contact us directly at [menu@luncherasdisi.com](mailto:menu@luncherasdisi.com)



Monday	Tuesday	Wednesday	Thursday	Friday
08/05/2024 NO SCHOOL TODAY	08/06/2024 NO SCHOOL TODAY	08/07/2024 NO SCHOOL TODAY	08/08/2024 NO SCHOOL TODAY	08/09/2024 NO SCHOOL TODAY
08/12/2024 NO SCHOOL TODAY	08/13/2024 NO SCHOOL TODAY	08/14/2024 NO SCHOOL TODAY	08/15/2024 NO SCHOOL TODAY	08/16/2024 NO SCHOOL TODAY
08/19/2024 NO SCHOOL TODAY	08/20/2024 NO SCHOOL TODAY	08/21/2024 NO SCHOOL TODAY	08/22/2024 Waffle Omelet w/ Cheese & Turkey Bacon Waffle Omelet w/Cheese(V) WG Roll Strawberry Smoothie Choice of Milk	08/23/2024 Turkey Patty & WG Biscuit Veggie Patty & Biscuit -V Fresh Tangerines Fruit Punch Juice Choice of Milk
08/26/2024 Eggo Mini Maple WW Waffles (V) Syrup Maple (ss) Fresh Apples Choice of Milk	08/27/2024 Homemade Spiced WW Pear Bread (V) Fruit Punch Juice Choice of Milk	08/28/2024 Yoplait Yogurt & Granola (V) Bananas Choice of Milk	08/29/2024 WG White Bagel w/ Egg Fried & Cheese (V) Fresh Oranges Choice of Milk	08/30/2024 WG Sandwich w/ Jelly & Sunflower Butter (V/VG) Fresh Pears Choice of Milk

**Available Choice of Milk: Unflavored 1% or skim milk, Lactose Free or Soy (upon request)**

**Locally Grown Components Daily Served: According to the season fruits and vegetables locally grown will be added on Breakfast and/or Lunch menu: Apples (MD/PA/WV).**

**Dairy - Free (DF), Gluten Free (GF), Vegan (VG), \*Vegetarian (V) options available daily upon request.**

**WG = Whole Grain WW = Whole Wheat**



Milk, grain, fruit, vegetables,  
meat or meat alternative

# LUNCH

Spring/Early Fall - LUNCH  
Washington Latin PCS - K-8 -Lunch



Menu subject to change. For any feedback please  
contact us directly at [menu@luncherasdisi.com](mailto:menu@luncherasdisi.com)



Monday	Tuesday	Wednesday	Thursday	Friday
08/05/2024 NO SCHOOL TODAY	08/06/2024 NO SCHOOL TODAY	08/07/2024 NO SCHOOL TODAY	08/08/2024 NO SCHOOL TODAY	08/09/2024 NO SCHOOL TODAY
08/12/2024 NO SCHOOL TODAY	08/13/2024 NO SCHOOL TODAY	08/14/2024 NO SCHOOL TODAY	08/15/2024 NO SCHOOL TODAY	08/16/2024 NO SCHOOL TODAY
08/19/2024 NO SCHOOL TODAY	08/20/2024 NO SCHOOL TODAY	08/21/2024 NO SCHOOL TODAY	08/22/2024 WG Spaghetti & Turkey Meat Sauce Spaghetti & Plant Based Meat Sauce (V/VG) Apples Choice of Milk	08/23/2024 Crunchy Chicken WG Wrap w/ Buffalo & Ranch Dress. Veggie Chicken WG Wrap w/ Buffalo & Ranch Dress. Kale Salad w/ Cucumber & Tomatoes (V/VG) Bananas Choice of Milk
08/26/2024 WG Penne Pasta & Beef Meatballs WG Penne Pasta & Veggie Meatballs (V/VG) Fresh Tangerines Choice of Milk	08/27/2024 Lime Chicken Black Beans & Br. Rice Lime Chicken Meatless w/ Bk. Bean & Br. Rice (V/VG) Fresh Watermelon Choice of Milk	08/28/2024 Chicken Philly Sub w/ Green Peppers Chicken Meatless Philly Sub w/Gr. Peppers Sweet Corn Apples Choice of Milk	08/29/2024 Chicken Mango Wrap w/ Romaine & Onions Veggie Mango Wrap w/ Romaine & Onions Cranberry Juice Choice of Milk	08/30/2024 Turkey Mozzarella WG Burger Vegan Burger (V/VG) Roasted Potatoes Ketchup (ss) Bananas Choice of Milk

**Available Choice of Milk: Unflavored 1% milk, unflavored skim milk, Lactose Free or Soy (Upon Request)**

**\*\* Denotes meals only for K to 8th**

**Locally Grown Components Daily Served: According to the season fruits and vegetables locally grown will be added on Breakfast and/or Lunch menu: Apples (PA), Zucchini (MD/NC), Carrots (MD/PA), Cucumbers (PA), Romaine Lettuce (PA), Tomato (VA/PA/MD), Spinach (PA/MD), Peppers (PA/MD), Squash (PA/MD), Kale (MD), Mushrooms (PA), Broccoli (PA), Cabbage (PA/MD), Onions (MD/DE), Celery (PA), Cauliflower (PA/MD), Potato (DE/PA), Collards Green (NC), Kale (MD/NC), Squash (PA/MD), Cabbage (PA/MD), Sweet Potato (NC), Watermelon (DE/MD), Onions (MD/PA)**

**Dairy - Free (DF), Gluten Free (GF), Vegan (VG), Vegetarian (V) options available daily upon request.**

**WG = Whole Grain WW = Whole Wheat**

**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 - 08/05/2024      Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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 - 08/06/2024      Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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			

**Wednesday - 08/07/2024      Reimbursable Meal Total 1**

**Base Menu Spreadsheet**

Weighted Values

Aug 5, 2024 thru Aug 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

**Thursday - 08/08/2024**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

**Friday - 08/09/2024**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

# Base Menu Spreadsheet

Weighted Values

Aug 5, 2024 thru Aug 30, 2024

## Monday - 08/12/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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 - 08/13/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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			

## Wednesday - 08/14/2024

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Weighted Values

Aug 5, 2024 thru Aug 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

### Thursday - 08/15/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

### Friday - 08/16/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

# Base Menu Spreadsheet

Weighted Values

Aug 5, 2024 thru Aug 30, 2024

## Monday - 08/19/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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 - 08/20/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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			

## Wednesday - 08/21/2024

### Reimbursable Meal Total 1



# Base Menu Spreadsheet

## Weighted Values

Aug 5, 2024 thru Aug 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 08/22/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992588 Waffle Omelet w/ cheese & Tk. bacon	1	75	84	1.69	132	*0	*N/A*	5.41	*0.00	78	0.87
992591 V- Waffle Omelet w/ cheese	1	10	10	0.20	12	*0	*N/A*	0.64	*0.00	10	0.11
992626 VG/DF - WG Roll	32 gr	100	80	0.00	170	2	*2	1.00	0.00	0	15.00
992593 VG/DF- Cereal WG Cheerios 1 (28gr)	28 gr	5	5	0.00	7	0	0	0.10	0.00	0	1.05
000204 Strawberry Smoothie - 1 cup - No milk	1 cup	100	180	0.01	5	40	*N/A*	0.19	*0.00	0	47.29
000231 MILK,Skim	8 fl. oz.	48	43	0.00	62	6	*N/A*	0.00	0.00	2	6.24
000190 Low Fat Milk - 1%	8 fl. oz.	48	53	0.72	62	6	*N/A*	1.20	0.00	7	6.24
991919 Soy Milk	8 fl	4	5	0.02	4	0	*N/A*	0.18	0.00	0	0.52

# Base Menu Spreadsheet

## Weighted Values

Aug 5, 2024 thru Aug 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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			461	2.64	456	*55	*2	8.72	*0.00	97	77.32
% of Calories				5.15%		*47.7%	*1.7%	17.0%	*0.0%		67.1%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

### Friday - 08/23/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992533 WG Biscuit 2oz & Tk. Patty Sausage CR	2oz Biscuit	99	257	7.92	485	2	*0	12.87	0.00	30	26.73
992260 V- WG Biscuit and Veggie Patty	28 gr	1	2	0.04	5	0	*N/A*	0.08	0.00	0	0.18
992548 TANGERINES,FRESH - 1/2 cup (150 ct)	1 (150ct p/cs)	50	32	0.02	1	6	*N/A*	0.19	0.00	0	8.00
990692 Fruit Punch, Juice	4 fl.oz.	50	30	0.00	2	6	*0	0.00	0.00	0	7.00
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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			421	8.73	623	*27	*0	14.38	0.00	40	54.91
% of Calories				18.66 %		*25.7%	*0%	30.7%	0.0%		52.2%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

# Base Menu Spreadsheet

Weighted Values

Aug 5, 2024 thru Aug 30, 2024

## Monday - 08/26/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990645 Eggo Bites Waffles Maple	2.64 oz	99	188	1.48	218	11	*N/A*	4.95	0.00	36	35.64
991172 VG/DF-Homemade WG Waffles	2 oz	1	3	0.01	0	0	*N/A*	0.09	0.00	0	0.45
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0	0	0.00	0.00	0	4.00
000307 APPLES,Fresh - 1 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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			379	2.28	430	*39	*0	6.55	0.00	46	73.67
% of Calories				5.41%		*41.2%	*0%	15.6%	0.0%		77.8%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

## Tuesday - 08/27/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992590 WW Spiced Pear Bread (V)	1 loaf	99	144	0.72	47	*7	*N/A*	7.75	*0.00	23	16.81
992594 VG- WW Spiced Pear Bread	1 loaf	1	1	0.01	1	*0	*0	0.08	*0.00	0	0.17

# Base Menu Spreadsheet

## Weighted Values

Aug 5, 2024 thru Aug 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>366</b>	<b>1.48</b>	<b>188</b>	<b>*44</b>	<b>*0</b>	<b>9.08</b>	<b>*0.00</b>	<b>33</b>	<b>57.98</b>
<b>% of Calories</b>				<b>3.64%</b>		<b>*48.1%</b>	<b>*0%</b>	<b>22.3%</b>	<b>*0.0%</b>		<b>63.4%</b>
<b>Weekly Nutrient Guideline</b>			<b>400 - 500</b>	<b>&lt;10</b>	<b>540</b>			<b>&lt;=0</b>			

### Wednesday - 08/28/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991204 Yogurt Yoplait & Granola (V)	4oz Yg/1oz Gran	99	218	0.50	124	21	17	3.46	0.00	5	40.59
992443 VG -Dairy Free Yogurt & Granola	5.3 oz	1	2	0.00	2	0	*0	0.06	0.00	0	0.38
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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00

# Base Menu Spreadsheet

## Weighted Values

Aug 5, 2024 thru Aug 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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	1.51	258	*63	*17	5.56	0.00	15	107.87
% of Calories				2.56%		*47.5%	*12.8%	9.4%	0.0%		81.4%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

### Thursday - 08/29/2024

### Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992595 V- WG White Bagel w/ Egg Fried & Cheese	serving	50	265	2.75	475	5	*0	11.00	0.00	128	30.00
992596 DF- WG White Bagel w/ Egg Fried	serving	0	0	0.00	0	0	*0	0.00	0.00	0	0.00
992598 VG- WG White Bagel & Egg Substitute	serving	0	0	0.00	0	*0	*0	0.00	*0.00	0	0.00
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	50	123	0.04	0	24	*N/A*	0.31	0.00	0	30.78
000231 MILK,Skim	8 fl. oz.	24	43	0.00	62	6	*N/A*	0.00	0.00	2	6.24
000190 Low Fat Milk - 1%	8 fl. oz.	24	53	0.72	62	6	*N/A*	1.20	0.00	7	6.24
991919 Soy Milk	8 fl	2	5	0.02	4	0	*N/A*	0.18	0.00	0	0.52
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			489	3.53	604	*42	*0	12.69	*0.00	137	73.78
% of Calories				6.50%		*34.4%	*0%	23.4%	*0.0%		60.4%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

# Base Menu Spreadsheet

## Weighted Values

Aug 5, 2024 thru Aug 30, 2024

Friday - 08/30/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992599 V/VG - Sandwich, Sunflower Butter & Jelly	2.8 OZ	100	311	2.01	322	12	12	15.07	0.00	0	32.15
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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			496	2.79	453	*39	*12	16.53	0.00	10	67.69
% of Calories				5.06%		*31.5%	*9.7%	30.0%	0.0%		54.6%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
Weighted Averages	449	3	430	*44	*4	10.50	*0.00	54	73.32
% of Calories		6.57%		*39.2%	*3.6%	21.0%	*0.0%		65.3%

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

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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

**Base Menu Spreadsheet**

Weighted Values

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

**Include Cost:** No  
**Report Style:** Detailed

**Monday - 08/05/2024                      Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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 - 08/06/2024                      Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

**Wednesday - 08/07/2024                      Reimbursable Meal Total 1**

**Base Menu Spreadsheet**

Weighted Values

Aug 5, 2024 thru Aug 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

**Thursday - 08/08/2024 Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

**Friday - 08/09/2024 Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			



**Base Menu Spreadsheet**

Weighted Values

Aug 5, 2024 thru Aug 30, 2024

**Monday - 08/12/2024**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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 - 08/13/2024**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

**Wednesday - 08/14/2024**

**Reimbursable Meal Total 1**

**Base Menu Spreadsheet**

Weighted Values

Aug 5, 2024 thru Aug 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

**Thursday - 08/15/2024 Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

**Friday - 08/16/2024 Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

**Base Menu Spreadsheet**

Weighted Values

Aug 5, 2024 thru Aug 30, 2024

**Monday - 08/19/2024**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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 - 08/20/2024**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

**Wednesday - 08/21/2024**

**Reimbursable Meal Total 1**

**Base Menu Spreadsheet**

Weighted Values

Aug 5, 2024 thru Aug 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

**Thursday - 08/22/2024**

**Reimbursable Meal Total 160**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991400 SPAGHETTI AND TURKEYMEAT SAUCE - 3/4 cup: R:3/4	1 CUP	142	376	2.71	115	*8	*0	11.36	*0.00	108	47.68
991724 V/VG - SPAGHETTI AND TK. MEAT SAUCE -3/4 cup: R:3/4	1 CUP	18	36	0.00	30	*1	*0	0.34	*0.00	0	6.57
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	160	39	0.02	1	8	*N/A*	0.13	0.00	0	10.29
000190 Low Fat Milk - 1%	8 fl. oz.	78	54	0.73	63	6	*N/A*	1.22	0.00	7	6.34
000231 MILK,Skim	8 fl. oz.	78	44	0.00	63	6	*N/A*	0.00	0.00	2	6.34
991919 Soy Milk	8 fl	4	3	0.01	3	0	*N/A*	0.11	0.00	0	0.32
990556 Place Settings	1	160	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			552	3.48	275	*29	*0	13.15	*0.00	118	77.54
% of Calories				5.67%		*21.0%	*0%	21.4%	*0.0%		56.2%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

**Base Menu Spreadsheet**

Weighted Values

Aug 5, 2024 thru Aug 30, 2024

**Friday - 08/23/2024**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992308 Crunchy Chicken Wrap	wrap 10"	99	503	6.28	843	0	*0	23.76	0.00	42	47.25
992309 V - Veggie Chicken Meatless Wrap	wrap 10"	1	4	0.04	6	0	*0	0.13	0.00	0	0.35
992619 VG/DF - Veggie Chicken Meatless Wrap	wrap 10"	0	0	0.00	0	0	*0	0.00	0.00	0	0.00
992573 Salad, Kale, Cucumber & Tom. 1cup: DG:1/2, OT:1/2	1 cup	100	93	1.18	174	3	*N/A*	7.19	0.00	0	7.16
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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>805</b>	<b>8.38</b>	<b>1154</b>	<b>*30</b>	<b>*0</b>	<b>32.73</b>	<b>0.00</b>	<b>52</b>	<b>94.71</b>
<b>% of Calories</b>				<b>9.37%</b>		<b>*14.9%</b>	<b>*0%</b>	<b>36.6%</b>	<b>0.0%</b>		<b>47.1%</b>
<b>Weekly Nutrient Guideline</b>			<b>600 - 650</b>	<b>&lt;10</b>	<b>1110</b>			<b>&lt;=0</b>			

**Monday - 08/26/2024**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991146 WG Pasta w/ Meatballs-Tyson-3/4cup: R:3/4	SERVINGS (5 MB)	100	487	5.34	513	9	*0	20.66	0.00	45	57.62

# Base Menu Spreadsheet

## Weighted Values

Aug 5, 2024 thru Aug 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991968 V/VG- WG Pasta w/ Veggie Meatballs 3/4cup: R:3/4	SERVINGS (5 MB)	1	5	0.04	6	0	*0	0.14	0.00	0	0.63
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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>655</b>	<b>6.17</b>	<b>651</b>	<b>*35</b>	<b>*0</b>	<b>22.42</b>	<b>0.00</b>	<b>55</b>	<b>87.26</b>
<b>% of Calories</b>				<b>8.48%</b>		<b>*21.4%</b>	<b>*0%</b>	<b>30.8%</b>	<b>0.0%</b>		<b>53.3%</b>
<b>Weekly Nutrient Guideline</b>			<b>600 - 650</b>	<b>&lt;10</b>	<b>1110</b>			<b>&lt;=0</b>			

### Tuesday - 08/27/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992357 Lime Chicken Bl. Bean & Rice 3/4 cup:L:1/2,OT:1/4	serving	99	476	1.00	339	*3	*0	9.55	*0.00	40	69.80
992358 V/VG-Lime Chic. Bl.Bean & Rice 3/4cup:L:1/2,OT:1/4	serving	1	5	0.00	4	*0	*0	0.09	*0.00	0	0.73
990384 WATERMELON,CHUNKS - Half Cup	1/2 cup	100	23	0.01	1	5	*N/A*	0.11	0.00	0	5.74
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

Aug 5, 2024 thru Aug 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			604	1.77	474	*20	*0	11.01	*0.00	50	89.27
% of Calories				2.64%		*13.2%	*0%	16.4%	*0.0%		59.1%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

### Wednesday - 08/28/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991282 Chicken WG Philly Sub 1/2cup: OT:1/2	1 sandwich	99	317	1.28	334	5	*N/A*	12.86	0.00	41	31.71
991755 V/VG-Veggie Philly Sub 1/2cup: OT:1/2	1 sandwich	1	3	0.01	5	0	*0	0.13	0.00	0	0.34
992394 CORN: frozen, yellow - 1/4cup: S:1/4	1/4 CUP	100	57	0.00	0	5	*0	0.57	0.00	0	11.34
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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00

# Base Menu Spreadsheet

## Weighted Values

Aug 5, 2024 thru Aug 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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			515	2.05	470	*31	*0	14.93	0.00	51	66.68
% of Calories				3.58%		*24.1%	*0%	26.1%	0.0%		51.8%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

### Thursday - 08/29/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000018 Mango Chicken Wraps -3/4cup DG:1/2,OT:1/4	Wraps	99	345	1.60	311	8	*N/A*	8.96	*0.00	44	44.20
992620 V/VG-Mango Chicken Wraps -3/4cup DG:1/2,OT:1/4	Wraps	1	4	0.02	6	0	*0	0.16	0.00	0	0.45
990703 Cranberry Apple Juice	4 oz fl	100	60	0.00	0	12	*N/A*	0.00	0.00	0	13.00
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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			509	2.36	447	*33	*0	10.38	*0.00	54	70.66
% of Calories				4.17%		*25.9%	*0%	18.4%	*0.0%		55.5%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

### Friday - 08/30/2024

### Reimbursable Meal Total 100



# Base Menu Spreadsheet

## Weighted Values

Aug 5, 2024 thru Aug 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990665 Turkey Mozzarella Burger	3.5 oz	99	491	8.20	1105	*4	*4	30.24	0.00	89	28.72
992265 V/VG Vegan Burger -	serving	1	3	0.00	8	0	*0	0.07	0.00	0	0.36
000279 Roasted Potatoes - 3/4cup: S:3/4	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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			884	9.46	1277	*33	*4	36.73	0.00	99	102.77
% of Calories				9.63%		*14.9%	*1.8%	37.4%	0.0%		46.5%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
Weighted Averages	646	5	678	*30	*1	20.19	*0.00	68	84.13
% of Calories		6.70%		*18.6%	*0.6%	28.1%	*0.0%		52.1%

# Base Menu Spreadsheet

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Weighted Values

Aug 5, 2024 thru Aug 30, 2024

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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*

*<sup>1</sup> - denotes required nutrient values*

*<sup>2</sup> - 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.