



Milk, grain, fruit, meat or meat alternative

BREAKFAST



Menu subject to change. For any feedback please contact us directly at menu@luncherasdisi.com



Monday	Tuesday	Wednesday	Thursday	Friday
<p>09/02/2024</p> <p>NO SCHOOL TODAY</p>	<p>09/03/2024</p> <p>Cereal WG Cheerios (V/VG) Bananas Choice of Milk</p>	<p>09/04/2024</p> <p>WG English Muffin & Chicken Patty English Muffin w/ Meatless Patty (V/VG) Fruit Punch Juice Choice of Milk</p>	<p>09/05/2024</p> <p>WW Taco Breakfast incl. (Egg, Cheese & Tkey Bacon) Taco Bk. w/Tofu,Vegan Ch. & Veggie Crumbles (V/VG) Fresh Apples Choice of Milk</p>	<p>09/06/2024</p> <p>Carrot - Pineapple WG Loaf (V) Mozzarella Cheese Stick** Fresh Pears Choice of Milk</p>
<p>09/09/2024</p> <p>Cinnamon Toast Crunch Cereal (V/VG) Yoplait Yogurt Fresh Apples Choice of Milk</p>	<p>09/10/2024</p> <p>WG Pancakes & Turkey Sausage on a Stick** Veggie Patty & WG Pancakes (V) Maple Syrup (ss) Bananas Choice of Milk</p>	<p>09/11/2024</p> <p>Egg Cheese Bite Round (V) WG Biscuit Cranberry Juice Choice of Milk</p>	<p>09/12/2024</p> <p>WG Banana Muffin (V/DF) Fresh Oranges Choice of Milk</p>	<p>09/13/2024</p> <p>Yogurt Crispy Cup Cereal w/ Peaches & Pineapple(V) Choice of Milk</p>
<p>09/16/2024</p> <p>Cinnamon Soft Round Granola Bar (V) Fresh Apples Choice of Milk</p>	<p>09/17/2024</p> <p>Waffle Omelet w/ Cheese & Turkey Bacon Waffle Omelet w/Cheese(V) WG Biscuit Bananas Choice of Milk</p>	<p>09/18/2024</p> <p>Cereal Cheerios Multigrain (V/VG) Yoplait Yogurt Fresh Pears Choice of Milk</p>	<p>09/19/2024</p> <p>WG French Toast Sticks (V/VG) Syrup Maple (ss) Fresh Tangerines Choice of Milk</p>	<p>09/20/2024</p> <p>Banana Berry Yogurt WW Muffin (V) Fruit Punch Juice Choice of Milk</p>
<p>09/23/2024</p> <p>Turkey Patty & WG Biscuit Veggie Patty & Biscuit -V Fresh Tangerines Cranberry Juice Choice of Milk</p>	<p>09/24/2024</p> <p>Eggo Mini Maple WW Waffles (V) Syrup Maple (ss) Fresh Apples Choice of Milk</p>	<p>09/25/2024</p> <p>Homemade Spiced WW Pear Bread (V) Fruit Punch Juice Choice of Milk</p>	<p>09/26/2024</p> <p>Yoplait Yogurt & Granola (V) Fresh Pears Choice of Milk</p>	<p>09/27/2024</p> <p>WG White Bagel w/ Egg Fried & Cheese (V) Bananas Choice of Milk</p>
<p>09/30/2024</p> <p>WG Sandwich w/ Jelly & Sunflower Butter (V/VG) Fresh Pears Choice of Milk</p>	<p>10/01/2024</p> <p>WG Chai Cheesecake Muffin (V) Fresh Tangerines Choice of Milk</p>	<p>10/02/2024</p> <p>Cereal WG Cheerios (V/VG) Bananas Choice of Milk</p>	<p>10/03/2024</p> <p>WG English Muffin & Chicken Patty English Muffin w/ Meatless Patty (V/VG) Cranberry Juice Choice of Milk</p>	<p>10/04/2024</p> <p>Carrot - Pineapple WG Loaf (V) Mozzarella Cheese Stick** Fresh Apples Choice of Milk</p>

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



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>09/02/2024</p> <p>NO SCHOOL TODAY</p>	<p>09/03/2024</p> <p>WG Caprese Pasta (V) Apples Choice of Milk</p>	<p>09/04/2024</p> <p>Turkey WW Burrito w/ Black Beans w/Cheese Veggie WW Burrito w/ Black Beans Fresh Pears Choice of Milk</p>	<p>09/05/2024</p> <p>Stir-Fry Chicken, Squash & Corn over Brown Rice Stir-Fry Veggie w/ Squash & Corn over Brown Rice Bananas Choice of Milk</p>	<p>09/06/2024</p> <p>BYO Turkey Nachos BYO Meatless Nachos Corn Pico de Gallo Shredded Romaine Sour Cream (ss) Grape Juice Choice of Milk</p>
<p>09/09/2024</p> <p>Roasted Chicken Roasted Vegan Chicken (V/VG) Mexican Brown Rice w/ Red & Green Peppers Diced Peaches Choice of Milk</p>	<p>09/10/2024</p> <p>Chicken Chickpea Curry w/ Zucchini Veggie Chickpea Curry w/ Zucchini WG Biscuit Fresh Tangerines Choice of Milk</p>	<p>09/11/2024</p> <p>Sweet & Sour Turkey Meatball Wrap Sweet & Sour Turkey Veggie Meatball Wrap Roasted Broccoli w/Garlic & Parmesan Apples Choice of Milk</p>	<p>09/12/2024</p> <p>Chicken WG Noddles w/Carrots & Spinach Chicken Meatless Noddles w/Carrots & Spinach (V) Bananas Choice of Milk</p>	<p>09/13/2024</p> <p>Cheese Lunch Pizza (V) Roasted Potatoes Fruit Punch Juice Choice of Milk</p>
<p>09/16/2024</p> <p>Chicken Parmesan Ck. Meatless Parmesan(V) Lemony Bulgur Chickpea Salad Fresh Pears Choice of Milk</p>	<p>09/17/2024</p> <p>WG Spaghetti & Turkey Meat Sauce Spaghetti & Plant Based Meat Sauce (V/VG) Apples Choice of Milk</p>	<p>09/18/2024</p> <p>Golden Crispy Chicken Tenders Breaded Veggie Tender w/ WG Roll (V/VG) SautØed Collards Green BBQ Sauce (ss) Cranberry Juice Choice of Milk</p>	<p>09/19/2024</p> <p>Chicken Enchiladas Veggie Enchiladas (V) Elote in Cups (V) Sour Cream (ss) Fresh Watermelon Choice of Milk</p>	<p>09/20/2024</p> <p>Corn Dog Chicken Mini WG Veggie Hot Dog** Sweet Creamy Coleslaw Ketchup (ss) Bananas Choice of Milk</p>
<p>09/23/2024</p> <p>WG Penne Pasta & Beef Meatballs WG Penne Pasta & Veggie Meatballs (V/VG) Fresh Pears Choice of Milk</p>	<p>09/24/2024</p> <p>Lime Chicken Black Beans & Br. Rice Lime Chicken Meatless w/ Bk. Bean & Br. Rice(V/VG) Fresh Oranges Choice of Milk</p>	<p>09/25/2024</p> <p>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</p>	<p>09/26/2024</p> <p>Chicken Philly Sub w/ Green Peppers Chicken Meatless Philly Sub w/Gr. Peppers Sweet Corn Apples Choice of Milk</p>	<p>09/27/2024</p> <p>NO LUNCH</p>

09/30/2024

WG Caprese Pasta (V)
Apples
Choice of Milk

10/01/2024

Turkey WW Burrito w/
Black Beans w/Cheese
Veggie WW Burrito
w/ Black Beans
Fruit Punch Juice
Choice of Milk

10/02/2024

Stir-Fry Chicken, Squash
& Corn over Brown Rice
Stir-Fry Veggie w/ Squash
& Corn over Brown Rice
Fresh Pears
Choice of Milk

10/03/2024

Italian Tk. Sausage w/
Zucchini, Potato & Carrot
Veggie Italian Crumble w/
Zucchini, Potato & Carrot
Steamed Brown Rice
Fresh Tangerines
Choice of Milk

10/04/2024

Crispy Chicken Burger
Chicken Meatless
Burger (V/VG)
Steamed Broccoli
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

Sep 2, 2024 thru Oct 4, 2024

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

Monday - 09/02/2024

Reimbursable Meal Total 1

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

Tuesday - 09/03/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991082 Cereal WG Cheerios 1 (28gr)	28 gr	100	100	0.00	140	1	1	2.00	0.00	0	21.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
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

Sep 2, 2024 thru Oct 4, 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			410	1.01	272	*43	*1	4.03	0.00	10	87.90
% of Calories				2.22%		*42.0%	*1.0%	8.8%	0.0%		85.8%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 09/04/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991560 WG English Muffin w/ Chicken Patty	serving	90	189	1.80	405	1	*1	6.75	0.00	36	23.40
991173 V-VG WG English Muffin w/ Meatless Patty (V/VG)	serving	10	25	0.00	58	0	*0	0.85	0.00	0	3.10
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
Weighted Daily Average			434	2.55	603	*38	*1	8.85	0.00	46	67.50
% of Calories				5.29%		*35.0%	*0.9%	18.4%	0.0%		62.2%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 09/05/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990947 Taco Breakfast	1	90	179	2.41	323	*0	*N/A*	8.08	*0.00	88	14.45
991174 V/VG- Veggie Taco Breakfast	1	10	33	0.39	52	*0	*N/A*	1.71	*0.00	0	2.50
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
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			389	3.60	507	*29	*N/A*	11.29	*0.00	98	50.53
% of Calories				8.33%		*29.8%	*N/A*	26.1%	*0.0%		52.0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 09/06/2024

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)
992600 V- Carrot-Pineapple WG Loaf	56 gr	99	129	1.52	201	*11	*0	30.32	0.00	4	23.92
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	1	1	0.00	1	0	0	0.02	0.00	0	0.21
000010 Mozzarella, Cheese String	1 oz	100	61	2.02	202	1	*N/A*	3.04	0.00	10	1.01
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

Base Menu Spreadsheet

Weighted Values

Sep 2, 2024 thru Oct 4, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
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			375	4.33	537	*39	*0	34.84	0.00	24	60.68
% of Calories				10.39 %		*41.6%	*0%	83.6%	0.0%		64.7%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 09/09/2024

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)
992601 CEREALS RTE,CINN TOAST CRUNCH (Low Sugar)	1 (28 GR)	100	110	1.00	160	6	6	2.50	0.00	0	22.00
991346 Yogurt Yoplait 4oz	4 oz	100	100	0.00	55	15	*11	0.50	0.00	5	21.00
992217 VG/DF - Dairy Free Yogurt	5.3 oz	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
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.	49	44	0.00	64	6	*N/A*	0.00	0.00	2	6.37
000190 Low Fat Milk - 1%	8 fl. oz.	49	54	0.74	64	6	*N/A*	1.22	0.00	7	6.37
991919 Soy Milk	8 fl	2	3	0.01	2	0	*N/A*	0.09	0.00	0	0.26

Base Menu Spreadsheet

Weighted Values

Sep 2, 2024 thru Oct 4, 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			388	1.79	346	*49	*17	4.57	0.00	15	76.58
% of Calories				4.15%		*50.5%	*17.5%	10.6%	0.0%		78.9%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 09/10/2024

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)
991379 Pancakes & Turkey Sausage on a Stick	2.5 oz	99	139	1.48	356	6	*N/A*	4.95	0.00	10	15.84
991777 VEGGIE Patty WG Pancakes	1 serving	1	3	0.00	8	0	*0	0.09	0.00	0	0.37
990919 Syrup Maple (ss)	43 gr	100	120	0.00	40	17	*N/A*	0.00	0.00	0	31.00
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
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			571	2.50	537	*65	*0	7.07	0.00	20	114.12
% of Calories				3.94%		*45.5%	*0%	11.1%	0.0%		79.9%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Base Menu Spreadsheet

Weighted Values

Sep 2, 2024 thru Oct 4, 2024

Wednesday - 09/11/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992589 V- Egg Cheese Bite	1.75 gr	100	90	3.00	260	1	*0	6.00	0.00	120	2.00
000341 WG Biscuit - 1 oz	28 g	100	100	4.00	210	1	*N/A*	5.00	0.00	0	14.00
991059 Cranberry Apple Juice	2 HC	100	120	0.00	0	24	*N/A*	0.00	0.00	0	26.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
991919 Soy Milk	8 fl	1	1	0.00	1	0	*N/A*	0.04	0.00	0	0.13
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			411	7.76	601	*39	*0	12.30	0.00	130	55.13
% of Calories				16.99 %		*38.0%	*0%	26.9%	0.0%		53.7%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 09/12/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991262 WG Banana Muffin (Chef Pierre)	57 gr	99	198	1.48	109	16	*N/A*	7.92	0.00	10	30.69
992223 VG- Homemade Vegan Muffins	64 gr	1	2	0.01	0	*0	*N/A*	0.08	*0.00	0	0.33
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

Base Menu Spreadsheet

Weighted Values

Sep 2, 2024 thru Oct 4, 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
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			423	2.28	239	*54	*N/A*	9.56	*0.00	20	74.81
% of Calories				4.85%		*51.1%	*N/A*	20.3%	*0.0%		70.7%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 09/13/2024

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)
992316 Yogurt Crispy Cup Cereal (pineapple/peaches)	serving	99	356	0.33	226	59	*N/A*	0.66	0.00	3	84.40
992603 VG/DF- Yogurt Crispy Cup Cereal	serving	1	4	0.05	2	1	*0	0.05	0.00	0	0.78
000231 MILK,Skim	8 fl. oz.	49	44	0.00	64	6	*N/A*	0.00	0.00	2	6.37
000190 Low Fat Milk - 1%	8 fl. oz.	49	54	0.74	64	6	*N/A*	1.22	0.00	7	6.37
991919 Soy Milk	8 fl	2	3	0.01	2	0	*N/A*	0.09	0.00	0	0.26

Base Menu Spreadsheet

Weighted Values

Sep 2, 2024 thru Oct 4, 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			460	1.13	357	*72	*0	2.03	0.00	13	98.18
% of Calories				2.21%		*62.6%	*0%	4.0%	0.0%		85.4%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 09/16/2024

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 V- Cinnamon Soft Round Granola Bar	2.2 oz	100	280	3.00	190	18	*18	8.01	0.00	5	44.05
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	0	0	0.00	0	0	0	0.00	0.00	0	0.00
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
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			458	3.80	322	*47	*18	9.51	0.00	15	77.63
% of Calories				7.47%		*41.0%	*15.7%	18.7%	0.0%		67.8%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 09/17/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

	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)
992588 Waffle Omelet w/ cheese & Tk. bacon	1	99	111	4.23	195	*0	*0	8.65	*0.00	103	1.15
992591 V- Waffle Omelet w/ cheese	1	1	1	0.04	1	*0	*0	0.08	*0.00	1	0.01
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	0	0	0.00	0	0	0	0.00	0.00	0	0.00
000341 WG Biscuit - 1 oz	28 g	100	100	4.00	210	1	*N/A*	5.00	0.00	0	14.00
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
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			523	9.29	539	*43	*0	15.76	*0.00	114	82.06
% of Calories				15.99 %		*32.9%	*0%	27.1%	*0.0%		62.8%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 09/18/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991380 Cereal Cheerios MULTIGRAIN (28gr)	28 gr	100	110	0.00	105	6	*N/A*	1.00	0.00	0	23.00
991346 Yogurt Yoplait 4oz	4 oz	99	99	0.00	54	15	*11	0.50	0.00	5	20.79

Base Menu Spreadsheet

Weighted Values

Sep 2, 2024 thru Oct 4, 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)
992217 VG/DF - Dairy Free Yogurt	5.3 oz	1	1	0.00	1	0	*N/A*	0.04	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
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			395	0.78	292	*48	*11	2.99	0.00	15	79.51
% of Calories				1.78%		*48.6%	*11.1%	6.8%	0.0%		80.5%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 09/19/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991061 V/VG- French Toast Sticks PreK-12	4 stick (92 gr)	100	260	2.00	300	9	*8	10.00	0.00	0	38.00
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0	0	0.00	0.00	0	4.00
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
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

Sep 2, 2024 thru Oct 4, 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			497	2.84	515	*47	*8	11.99	0.00	10	87.02
% of Calories				5.14%		*37.8%	*6.4%	21.7%	0.0%		70.0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 09/20/2024

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)
992587 Banana berry yogurt WW muffins (V)	Muffins	99	201	0.49	19	*14	*N/A*	5.49	0.00	18	31.58
992592 VG/DF- Banana berry yogurt WW muffins	Muffins	1	2	0.02	0	*0	*0	0.07	0.00	0	0.35
990708 Fruit Punch, Juice	(2 HC)	100	120	0.00	10	24	*0	0.00	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
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			423	1.26	159	*51	*0	6.81	0.00	28	72.92
% of Calories				2.68%		*48.2%	*0%	14.5%	0.0%		69.0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 09/23/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Sep 2, 2024 thru Oct 4, 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)
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
990703 Cranberry Apple Juice 1/2 cup	4 oz fl	50	30	0.00	0	6	*N/A*	0.00	0.00	0	6.50
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	621	*27	*0	14.38	0.00	40	54.41
% of Calories				18.66 %		*25.7%	*0%	30.7%	0.0%		51.7%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 09/24/2024

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)
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

Base Menu Spreadsheet

Weighted Values

Sep 2, 2024 thru Oct 4, 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)
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			

Wednesday - 09/25/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
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
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

Base Menu Spreadsheet

Weighted Values

Sep 2, 2024 thru Oct 4, 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			366	1.48	188	*44	*0	9.08	*0.00	33	57.98
% of Calories				3.64%		*48.1%	*0%	22.3%	*0.0%		63.4%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 09/26/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
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
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
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			405	1.28	257	*48	*17	4.99	0.00	15	76.51
% of Calories				2.84%		*47.4%	*16.8%	11.1%	0.0%		75.6%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 09/27/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Sep 2, 2024 thru Oct 4, 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)
992595 V- WG White Bagel w/ Egg Fried & Cheese	serving	99	262	2.72	470	5	*0	10.89	0.00	126	29.70
992596 DF- WG White Bagel w/ Egg Fried	serving	1	2	0.02	3	0	*0	0.09	0.00	1	0.29
992598 VG- WG White Bagel & Egg Substitute	serving	0	0	0.00	0	*0	*0	0.00	*0.00	0	0.00
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
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			575	3.75	605	*47	*0	13.01	*0.00	137	96.89
% of Calories				5.87%		*32.7%	*0%	20.4%	*0.0%		67.4%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 09/30/2024

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)
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

Base Menu Spreadsheet

Weighted Values

Sep 2, 2024 thru Oct 4, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
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			

Tuesday - 10/01/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990972 WG Chai Cheesecake Muffin Mix-CR	2.2	99	253	3.98	407	*19	*N/A*	59.19	*0.00	12	42.84
992223 VG- Homemade Vegan Muffins	64 gr	1	2	0.01	0	*0	*N/A*	0.08	*0.00	0	0.33
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
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

Sep 2, 2024 thru Oct 4, 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			482	4.82	542	*58	*N/A*	61.26	*0.00	22	88.18
% of Calories				9.00%		*48.1%	*N/A*	114.4%	*0.0%		73.2%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 10/02/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991082 Cereal WG Cheerios 1 (28gr)	28 gr	100	100	0.00	140	1	1	2.00	0.00	0	21.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
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			410	1.01	272	*43	*1	4.03	0.00	10	87.90
% of Calories				2.22%		*42.0%	*1.0%	8.8%	0.0%		85.8%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 10/03/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Sep 2, 2024 thru Oct 4, 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	-serving	99	208	1.98	446	1	*1	7.42	0.00	40	25.74
991173 V-VG WG English Muffin w/ Meatless Patty (V/VG)	-serving	1	2	0.00	6	0	*0	0.08	0.00	0	0.31
991059 Cranberry Apple Juice	2 HC	100	120	0.00	0	24	*N/A*	0.00	0.00	0	26.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
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			430	2.73	581	*38	*1	8.76	0.00	50	65.05
% of Calories				5.71%		*35.3%	*0.9%	18.3%	0.0%		60.5%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 10/04/2024

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)
992600 V- Carrot-Pineapple WG Loaf	56 gr	99	129	1.52	201	*11	*0	30.32	0.00	4	23.92
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	1	1	0.00	1	0	0	0.02	0.00	0	0.21
000010 Mozzarella, Cheese String	1 oz	100	61	2.02	202	1	*N/A*	3.04	0.00	10	1.01
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
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

Sep 2, 2024 thru Oct 4, 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
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			368	4.34	537	*40	*0	34.88	0.00	24	58.72
% of Calories				10.61 %		*43.5%	*0%	85.3%	0.0%		63.8%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
Weighted Averages	437	3	430	*45	*4	13.13	*0.00	39	75.48
% of Calories		6.71%		*41.2%	*3.7%	27.0%	*0.0%		69.1%

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

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

Base Menu Spreadsheet

Weighted Values

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

Monday - 09/02/2024 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 - 09/03/2024 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991411 V- Caprese WG Pasta 3/4cup: R:1/2, OT:1/4	serving	99	436	7.55	554	*9	*1	15.06	*0.00	38	54.44
992622 VG/DF- Caprese WG Pasta 3/4cup: R:1/2, OT:1/4	serving	1	4	0.10	7	*0	*0	0.15	*0.00	0	0.62
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

Sep 2, 2024 thru Oct 4, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			579	8.42	691	*30	*1	16.58	*0.00	48	78.35
% of Calories				13.09 %		*20.7%	*0.7%	25.8%	*0.0%		54.1%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 09/04/2024

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)
992605 Turkey WW Burrito w/Bl. Beans 3/4cup: R:1/4, L:1/2	10" Tortilla	99	549	5.82	580	*8	*0	18.91	0.00	105	63.64
992607 V/VG- WW Burrito w/Bl. Beans 3/4cup: R:1/4, L:1/2	10" Tortilla	1	4	0.01	7	*0	*0	0.08	0.00	0	0.69
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
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			694	6.59	717	*28	*0	20.33	0.00	115	87.99
% of Calories				8.55%		*16.1%	*0%	26.4%	0.0%		50.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Base Menu Spreadsheet

Weighted Values

Sep 2, 2024 thru Oct 4, 2024

Thursday - 09/05/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991940 Stir-Fry Ch,Squash,Corn 3/4 c: R:3/8, S:1/4,OT:1/8	serving	99	401	1.00	198	6	*0	9.45	0.00	40	58.05
992621 V/VG-Veggie Squash,Corn 3/4 c: R:3/8, S:1/4,OT:1/8	serving	1	4	0.00	3	0	*0	0.10	0.00	0	0.61
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
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			611	1.89	333	*33	*0	11.19	0.00	50	98.61
% of Calories				2.78%		*21.6%	*0%	16.5%	0.0%		64.6%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 09/06/2024

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)
992560 BYO Turkey Nachos (No Vegetables)	SERVING	99	300	7.71	325	0	*0	18.05	0.00	81	18.81
992624 V- BYO Plant Based Nachos	SERVING	1	3	0.07	5	0	*0	0.15	0.00	0	0.24
992623 VG/DF- BYO Veggie Nachos	SERVING	0	0	0.00	0	0	*0	0.00	0.00	0	0.00

Base Menu Spreadsheet

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Weighted Values

Sep 2, 2024 thru Oct 4, 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)
992625 Corn Pico de Gallo - 1/2cup: S:1/4, OT:1/4	1/2 cup	100	58	0.02	12	6	*0	0.35	0.00	0	12.33
990689 Romaine Lettuce - 1/2cup: DG: 1/2	1/2 cup	100	8	0.02	4	1	*N/A*	0.14	0.00	0	1.55
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2	*N/A*	0.00	0.00	0	4.00
992361 Grape Juice - Suncup	4 fl	100	80	0.00	10	18	0	0.00	0.00	0	19.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
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			574	8.57	516	*39	*0	19.94	0.00	91	68.93
% of Calories				13.44 %		*27.2%	*0%	31.3%	0.0%		48.0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 09/09/2024

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)
990777 Roasted Chicken	2.87 oz	99	115	0.80	134	*0	*N/A*	4.66	0.00	40	2.84
991179 V/VG- Roasted Chicken	88 gr	1	1	0.01	4	*0	*N/A*	0.07	0.00	0	0.07
992614 Mexican Brown Rice 3/4 Cup: R:1/2, OT:1/4	3/4 cup	100	303	0.23	52	*5	*0	4.67	*0.00	0	59.64
990597 PEACHES, DICED IN JUICE SS PLASTIC CUP - HC	HC	100	80	0.00	5	18	*N/A*	0.00	0.00	0	19.00

Base Menu Spreadsheet

Weighted Values

Sep 2, 2024 thru Oct 4, 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
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			599	1.79	325	*36	*0	10.64	*0.00	50	94.54
% of Calories				2.69%		*24.0%	*0%	16.0%	*0.0%		63.1%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 09/10/2024

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)
990874 Chicken Chickpea Curry-3/4 cup: OT:1/4, L:1/2	servings	99	242	0.97	336	*5	*0	8.57	0.00	40	22.52
992627 V/VG-Veggie Chickpea Curry-3/4 cup: OT:1/4, L:1/2	servings	1	3	0.00	5	*0	*0	0.08	0.00	0	0.25
990672 WG Biscuit 2oz	56g	100	200	7.00	410	2	*0	9.00	0.00	0	27.00
992626 VG/DF - WG Roll	32 gr	0	0	0.00	0	0	*0	0.00	0.00	0	0.00
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

Sep 2, 2024 thru Oct 4, 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)
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			608	8.77	883	*32	*0	19.28	0.00	50	78.78
% of Calories				12.98 %		*21.1%	*0%	28.5%	0.0%		51.8%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 09/11/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992612 Sweet & Sour Turkey Meatball 3/8CUP:R:1/4,OT:1/8	serving (4MB)	99	343	1.70	526	14	*N/A*	7.96	*0.00	34	51.55
992613 V/VG-Sw.& Sour Turkey Meatball 3/8CUP:R:1/4,OT:1/8	serving (4MB)	1	4	0.04	6	0	*0	0.11	*0.00	0	0.58
992628 Roasted Broccoli w/ Garlic & Parm. 1/2cup DG:1/2	1/2 CUP	100	100	1.33	103	*0	*N/A*	8.43	*0.00	6	4.10
992629 VG/DF Roasted Broccoli w/ Garlic 1/2cup DG:1/2	1/2 CUP	1	1	0.00	0	*0	*N/A*	0.07	0.00	0	0.04
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
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

Sep 2, 2024 thru Oct 4, 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			587	3.84	767	*35	*0	17.95	*0.00	50	79.56
% of Calories				5.89%		*23.9%	*0%	27.5%	*0.0%		54.2%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 09/12/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991943 Chicken WG Noddles R:1/4, DG:1/8, OT:1/8	serving	99	394	2.09	440	*9	*N/A*	8.52	*0.00	51	55.11
992049 V- Chicken WG Noddles - R:1/4, DG:1/8, OT:1/8	serving	1	4	0.01	4	*0	*0	0.08	*0.00	0	0.59
992604 VG- Chicken WG Noddles - R:1/4, DG:1/8, OT:1/8	serving	0	0	0.00	0	*0	*0	0.00	*0.00	0	0.00
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
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

Sep 2, 2024 thru Oct 4, 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			603	2.99	575	*37	*0	10.25	*0.00	61	95.65
% of Calories				4.46%		*24.5%	*0%	15.3%	*0.0%		63.4%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 09/13/2024

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)
991392 Cheese Lunch Individual Pizza	4.56oz (129gr)	100	270	3.00	750	5	*N/A*	9.00	0.00	0	24.00
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
990692 Fruit Punch, Juice 1/2 cup	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
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			606	4.13	893	*30	*0	15.03	0.00	10	81.74
% of Calories				6.13%		*19.8%	*0%	22.3%	0.0%		54.0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 09/16/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Sep 2, 2024 thru Oct 4, 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)
992495 Chicken Parmesan R: 1/4	serving	99	242	3.24	315	*2	*0	16.03	*0.00	51	4.38
992526 V- Chicken Meatless Parmesan R:1/4	serving	1	3	0.03	4	*0	*0	0.16	*0.00	0	0.06
992630 VG/DF- Chicken Meatless Mozzarella R:1/4	serving	0	0	0.00	0	*0	*0	0.00	*0.00	0	0.00
991810 Lemony Bulgur Chickpea Salad 1/2 cup: L:1/2	serving	100	364	0.66	157	*0	*N/A*	8.94	*0.00	0	63.01
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
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			749	4.69	607	*22	*0	26.48	*0.00	61	91.12
% of Calories				5.64%		*11.7%	*0%	31.8%	*0.0%		48.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 09/17/2024

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)
991400 SPAGHETTI AND TURKEYMEAT SAUCE - 3/4 cup: R:3/4	1 CUP	99	420	3.02	128	*8	*0	12.67	*0.00	120	53.19

Base Menu Spreadsheet

Weighted Values

Sep 2, 2024 thru Oct 4, 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)
991724 V/VG - SPAGHETTI AND TK. MEAT SAUCE -3/4 cup: R:3/4	1 CUP	1	3	0.00	3	*0	*0	0.03	*0.00	0	0.58
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*N/A*	0.13	0.00	0	10.29
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
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			562	3.80	262	*29	*0	14.08	*0.00	130	77.06
% of Calories				6.09%		*20.6%	*0%	22.5%	*0.0%		54.8%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 09/18/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992450 Golden Crispy Chicken Tenders	3 tenders	99	257	0.00	386	1	*1	14.85	0.00	25	15.84
992616 V/VG - Breaded Veggie Tenders w/WG Roll	3 tenders	1	2	0.03	5	0	*0	0.08	0.00	0	0.26
990951 Sautéed Collards Green 3/4cup: DG:3/4	3/4 cup	100	103	2.85	141	5	*N/A*	6.43	*0.01	11	11.21
992634 VG/DF - Collards Green	3/4 cup	1	1	0.00	1	0	*N/A*	0.04	0.00	0	0.11
991603 BBQ Sauce (ss)	0.44 oz	100	20	0.00	130	4	*N/A*	0.00	0.00	0	6.00

Base Menu Spreadsheet

Weighted Values

Sep 2, 2024 thru Oct 4, 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)
990703 Cranberry Apple Juice 1/2 cup	4 oz fl	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
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			544	3.63	794	*35	*1	22.65	*0.01	46	59.42
% of Calories				6.01%		*25.7%	*0.7%	37.5%	*0.0%		43.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 09/19/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992508 Chicken Enchiladas 1/4 cup: R: 1/4	serving	99	344	4.05	399	2	*0	12.21	0.00	46	36.25
992520 V -Chicken Enchiladas 1/4 cup: R: 1/4	serving	1	4	0.04	5	0	*0	0.13	0.00	0	0.38
992632 VG/DF -Chicken Enchiladas 1/4 cup: R: 1/4	serving	0	0	0.00	0	0	*0	0.00	0.00	0	0.00
992562 Elote in Cups - 1/2 cup: S:1/2	1/2 CUP	100	115	0.88	136	*3	*0	13.55	*0.00	10	17.58
992631 VG/DF Elote in Cups - 1/2 cup: S:1/2	1/2 CUP	0	0	0.00	0	*0	*0	0.00	*0.00	0	0.00
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2	*N/A*	0.00	0.00	0	4.00
990384 WATERMELON,CHUNKS - Half Cup	1/2 cup	100	23	0.01	1	5	*N/A*	0.11	0.00	0	5.74

Base Menu Spreadsheet

Weighted Values

Sep 2, 2024 thru Oct 4, 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
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			611	5.72	701	*25	*0	27.25	*0.00	66	76.95
% of Calories				8.43%		*16.4%	*0%	40.1%	*0.0%		50.4%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 09/20/2024

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)
991613 Corn Dog Chicken Mini WG	6 pc (4.02oz)	99	312	3.60	492	6	*N/A*	16.80	0.00	48	26.41
991712 Veggie Hot Dog	serving	1	2	0.00	7	*0	*N/A*	0.02	0.00	0	0.32
990604 CREAMY COLESLAW 3/4cup: OT: 1/2, R:1/4	3/4 cup	100	77	0.29	111	7	*N/A*	2.03	*0.00	3	12.79
992633 VG- CREAMY COLESLAW 3/4cup: OT: 1/2, R:1/4	3/4 cup	0	0	0.00	0	0	*0	0.00	*0.00	0	0.00
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

Sep 2, 2024 thru Oct 4, 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)
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			606	4.77	766	*43	*0	20.50	*0.00	61	82.47
% of Calories				7.08%		*28.4%	*0%	30.4%	*0.0%		54.4%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 09/23/2024

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)
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
991968 V/VG- WG Pasta w/ Veggie Meatballs 3/4cup: R:3/4	SERVINGS (3 MB)	1	5	0.04	6	0	*0	0.14	0.00	0	0.63
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
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

Sep 2, 2024 thru Oct 4, 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			631	6.14	650	*29	*0	22.15	0.00	55	81.91
% of Calories				8.76%		*18.4%	*0%	31.6%	0.0%		51.9%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 09/24/2024

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)
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
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
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			643	1.78	473	*28	*0	11.05	*0.00	50	98.92
% of Calories				2.49%		*17.4%	*0%	15.5%	*0.0%		61.5%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 09/25/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992308 Crunchy Chicken Wrap	wrap 10"	99	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
992581 Salad, Kale, Cucumber, Tomatoe DG:1/2,R:1/4, OT:1/4	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
Weighted Daily Average			805	8.38	1154	*30	*0	32.73	0.00	52	94.71
% of Calories				9.37%		*14.9%	*0%	36.6%	0.0%		47.1%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 09/26/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
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

Base Menu Spreadsheet

Weighted Values

Sep 2, 2024 thru Oct 4, 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)
992635 CORN: frozen, yellow - 1/2cup: S:1/2	1/2 CUP	100	67	0.08	1	3	*N/A*	0.55	0.00	0	15.92
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
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			526	2.14	471	*29	*0	14.92	0.00	51	71.26
% of Calories				3.66%		*22.1%	*0%	25.5%	0.0%		54.2%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 09/27/2024

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

Monday - 09/30/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Sep 2, 2024 thru Oct 4, 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)
991411 V- Caprese WG Pasta 3/4cup: R:1/2, OT:1/4	serving	99	436	7.55	554	*9	*1	15.06	*0.00	38	54.44
992622 VG/DF- Caprese WG Pasta 3/4cup: R:1/2, OT:1/4	serving	1	4	0.10	7	*0	*0	0.15	*0.00	0	0.62
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
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			579	8.42	691	*30	*1	16.58	*0.00	48	78.35
% of Calories				13.09 %		*20.7%	*0.7%	25.8%	*0.0%		54.1%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 10/01/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992605 Turkey WW Burrito w/Bl. Beans 3/4cup: R:1/4, L:1/2	10" Tortilla	99	549	5.82	580	*8	*0	18.91	0.00	105	63.64
992607 V/VG- WW Burrito w/Bl. Beans 3/4cup: R:1/4, L:1/2	10" Tortilla	1	4	0.01	7	*0	*0	0.08	0.00	0	0.69
990692 Fruit Punch, Juice 1/2 cup	4 fl.oz.	100	60	0.00	5	12	0	0.00	0.00	0	14.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50

Base Menu Spreadsheet

Weighted Values

Sep 2, 2024 thru Oct 4, 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
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			714	6.58	721	*33	*0	20.24	0.00	115	91.33
% of Calories				8.29%		*18.5%	*0%	25.5%	0.0%		51.2%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 10/02/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991940 Stir-Fry Ch,Squash,Corn 3/4 c: R:3/8, S:1/4,OT:1/8	serving	99	401	1.00	198	6	*0	9.45	0.00	40	58.05
992621 V/VG-Veggie Squash,Corn 3/4 c: R:3/8, S:1/4,OT:1/8	serving	1	4	0.00	3	0	*0	0.10	0.00	0	0.61
000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup	1/2 cup	100	40	0.02	1	7	*N/A*	0.10	0.00	0	10.66
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
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

Sep 2, 2024 thru Oct 4, 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			545	1.77	332	*26	*0	10.90	0.00	50	82.32
% of Calories				2.92%		*19.1%	*0%	18.0%	0.0%		60.4%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 10/03/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992348 Italian Tk Sausage w/Vegies OT: 1/4, R:1/4, S:1/4	serving	99	387	5.29	818	*9	*N/A*	26.03	*0.00	40	28.71
992377 V- Veggie Italian & Veggies OT: 1/4, R:1/4, S:1/4	serving	1	3	0.02	4	*0	*0	0.19	*0.00	0	0.30
990993 Brown Rice - Riceland CR	1 cup cooked	100	200	0.00	0	0	*N/A*	1.33	0.00	0	42.67
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

Base Menu Spreadsheet

Weighted Values

Sep 2, 2024 thru Oct 4, 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			754	6.11	955	*35	*0	29.17	*0.00	51	100.69
% of Calories				7.29%		*18.6%	*0%	34.8%	*0.0%		53.4%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 10/04/2024

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)
992300 Crispy Chicken Burger (3.1oz)	serving	99	383	2.44	815	4	*4	14.69	0.00	24	42.38
992288 V-VG Crispy Chicken Meatless Burger	serving	1	4	0.02	8	0	*0	0.13	0.00	0	0.57
991088 BROCCOLI FLORETS 3/4cup: DG:3/4	3/4 CUP	100	23	0.00	11	1	*N/A*	0.25	0.00	0	4.53
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

Base Menu Spreadsheet

Weighted Values

Sep 2, 2024 thru Oct 4, 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)
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			625	3.34	990	*34	*4	16.71	0.00	34	90.43
% of Calories				4.81%		*21.8%	*2.6%	24.1%	0.0%		57.9%
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	624	5	664	*32	*0	18.55	*0.00	61	84.40
% of Calories		7.17%		*20.5%	*0%	26.8%	*0.0%		54.1%

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

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

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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