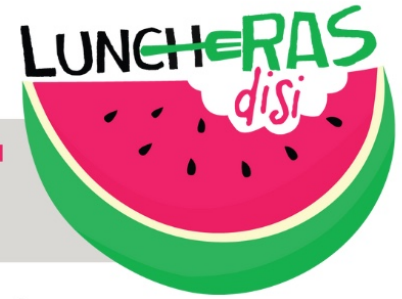




Milk, grain, fruit, meat or meat alternative

BREAKFAST



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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>10/07/2024</p> <p>WG Pancakes & Turkey Sausage on a Stick** Veggie Patty & WG Pancakes (V) Maple Syrup (ss) Fresh Pears Choice of Milk</p>	<p>10/08/2024</p> <p>Egg Cheese Bite Round (V) WG Biscuit Fresh Apples Choice of Milk</p>	<p>10/09/2024</p> <p>WG Blueberry Muffin(V/DF) Fresh Oranges Choice of Milk</p>	<p>10/10/2024</p> <p>Cinnamon Soft Round Granola Bar (V) Cranberry Juice Choice of Milk</p>	<p>10/11/2024</p> <p>Yogurt Crispy Cup Cereal w/ Peaches & Pineapple(V) Choice of Milk</p>
<p>10/14/2024</p> <p>NO SCHOOL TODAY</p>	<p>10/15/2024</p> <p>Waffle Omelet w/ Cheese & Turkey Bacon Waffle Omelet w/Cheese(V) WG Roll Fresh Tangerines Choice of Milk</p>	<p>10/16/2024</p> <p>WG French Toast Sticks (V/VG) Syrup Maple (ss) Bananas Choice of Milk</p>	<p>10/17/2024</p> <p>WW Sweet Potato Muffin(V) Mozzarella Cheese Stick** Fresh Pears Choice of Milk</p>	<p>10/18/2024</p> <p>Turkey Patty & WG Biscuit Veggie Patty & Biscuit -V Fruit Punch Juice Choice of Milk</p>
<p>10/21/2024</p> <p>Yoplait Yogurt & Granola (V) Fresh Tangerines Choice of Milk</p>	<p>10/22/2024</p> <p>Homemade Spiced WW Pear Bread (V) Fresh Apples Choice of Milk</p>	<p>10/23/2024</p> <p>Homemade WW Sweet Potatoes Waffles (V/VG) Syrup Maple (ss) Bananas Choice of Milk</p>	<p>10/24/2024</p> <p>WG Sandwich w/ Jelly & Sunflower Butter (V/VG) Fresh Pears Choice of Milk</p>	<p>10/25/2024</p> <p>WG Croissant w/ American Cheese(V) Fruit Punch Juice Choice of Milk</p>
<p>10/28/2024</p> <p>Pillsbury Mini Cinnis Cinnamon (V) Fresh Pears Choice of Milk</p>	<p>10/29/2024</p> <p>Banana Berry Yogurt WW Muffin (V) Mozzarella Cheese Stick** Fresh Tangerines Choice of Milk</p>	<p>10/30/2024</p> <p>WG English Muffin & Chicken Patty English Muffin w/ Meatless Patty (V/VG) Fresh Apples Choice of Milk</p>	<p>10/31/2024</p> <p>WW Taco Breakfast incl. (Egg, Cheese & Tkey Bacon) Taco Bk. w/Tofu, Vegan Ch. & Veggie Crumbles (V/VG) Grape Juice Choice of Milk</p>	<p>11/01/2024</p> <p>Carrot - Pineapple WG Loaf (V) Bananas 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 (PA), Sweet Potato (NC), Blueberries (PA)

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



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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>10/07/2024</p> <p>Butter Chicken Butter Chicken Meatless-V Salvadorian Carrot Rice Apples Choice of Milk</p>	<p>10/08/2024</p> <p>BYO Turkey Nachos BYO Meatless Nachos Corn Pico de Gallo Sour Cream (ss) Bananas Choice of Milk</p>	<p>10/09/2024</p> <p>Grilled Chicken over Brown Rice Grilled Chicken Meatless over Brown Rice (V/VG) Lentil Salad w/Cucumber & Red Pepper (VG) Grape Juice Choice of Milk</p>	<p>10/10/2024</p> <p>Breaded Chicken Nuggets Veggie Nuggets w/ WG Roll (V/VG) WG Roll Roasted Broccoli & Cauliflower Medley BBQ Sauce (ss) Fresh Pears Choice of Milk</p>	<p>10/11/2024</p> <p>NO LUNCH</p>
<p>10/14/2024</p> <p>NO SCHOOL TODAY</p>	<p>10/15/2024</p> <p>Golden Crispy Chicken Tenders WG Roll Breaded Veggie Tender w/ WG Roll (V/VG) Sautéed Collards Green Ketchup (ss) Cranberry Juice Choice of Milk</p>	<p>10/16/2024</p> <p>WG Spaghetti & Turkey Meat Sauce Spaghetti & Plant Based Meat Sauce (V/VG) Apples Choice of Milk</p>	<p>10/17/2024</p> <p>Chicken Enchiladas Veggie Enchiladas (V) Black Bean Dip Sour Cream (ss) Fresh Oranges Choice of Milk</p>	<p>10/18/2024</p> <p>Cheese Lunch Pizza (V) Roasted Potatoes & Cauliflower Medley Bananas Choice of Milk</p>
<p>10/21/2024</p> <p>Corn Dog Chicken Mini WG Veggie Hot Dog** Sweet Creamy Coleslaw Ketchup (ss) Fruit Punch Juice Choice of Milk</p>	<p>10/22/2024</p> <p>Lime Chicken Black Beans & Br. Rice Lime Chicken Meatless w/ Bk. Bean & Br. Rice(V/VG) Fresh Pears Choice of Milk</p>	<p>10/23/2024</p> <p>WG Penne Pasta & Beef Meatballs WG Penne Pasta & Veggie Meatballs (V/VG) Fresh Oranges Choice of Milk</p>	<p>10/24/2024</p> <p>Cheese Lunch Pizza w/ Chicken & Beef Pepperoni Cheese Lunch Pizza (V) Kale Salad w/ Cucumber & Tomatoes (V/VG) Apples Choice of Milk</p>	<p>10/25/2024</p> <p>Chicken Philly Sub w/ Green Peppers Chicken Meatless Philly Sub w/Gr. Peppers Elote in Cups (V) Bananas Choice of Milk</p>
<p>10/28/2024</p> <p>Buffalo Chicken WG Mac & Cheese Buffalo Chicken Meatless WG Mac & Cheese (V) Steamed Carrots Apples Choice of Milk</p>	<p>10/29/2024</p> <p>Turkey Burrito Bowl w/ Black Beans Veggie Burrito Bowl w/ Black Beans (V/VG) Pico de Gallo Sour Cream (ss) Fruit Punch Juice Choice of Milk</p>	<p>10/30/2024</p> <p>Chicken Caesar WW Wrap Veggie Caesar WW Wrap (V) Bananas Choice of Milk</p>	<p>10/31/2024</p> <p>Stir-Fry Chicken, Squash & Corn over Brown Rice Stir-Fry Veggie w/ Squash & Corn over Brown Rice Fresh Pears Choice of Milk</p>	<p>11/01/2024</p> <p>Crispy Chicken Burger Chicken Meatless Burger (V/VG) Roasted Cauliflower & Potato Medley Ketchup (ss) Fresh Tangerines Choice of Milk</p>

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), Cauliflower (PA/MD), Potato (DE/PA), Collards Green (NC), Kale (MD/NC), Squash (PA/MD), Cabbage (PA/MD), Sweet Potato (NC).

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

Oct 7, 2024 thru Nov 1, 2024

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

Monday - 10/07/2024 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
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
991178 VG/DF-Homemade WG Pancakes	2 pancakes	1	2	0.01	0	*0	*N/A*	0.10	*0.00	0	0.27
990919 Syrup Maple (ss)	43 gr	100	120	0.00	40	17	*N/A*	0.00	0.00	0	31.00
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	*N/A*	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	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	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			447	2.27	535	*50	*0	6.62	*0.00	20	82.89
% of Calories				4.57%		*44.7%	*0%	13.3%	*0.0%		74.2%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 10/08/2024 Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Oct 7, 2024 thru Nov 1, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992589 V- Egg Cheese Bite	1.75 gr	100	90	3.00	260	1	*0	6.00	0.00	120	2.00
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	1	1	0.00	2	0	*0	0.01	0.00	0	0.15
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
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	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			471	10.80	806	*32	*0	16.58	0.00	130	63.07
% of Calories				20.64 %		*27.2%	*0%	31.7%	0.0%		53.6%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 10/09/2024

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)
991210 V/DF-WG Blueberry Muffin (Chef Pierre)	57 gr	100	200	1.50	140	16	*N/A*	7.00	0.00	15	32.00
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

Oct 7, 2024 thru Nov 1, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
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			425	2.29	270	*54	*N/A*	8.64	*0.00	25	76.12
% of Calories				4.85%		*50.8%	*N/A*	18.3%	*0.0%		71.6%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 10/10/2024

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)
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
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

Base Menu Spreadsheet

Weighted Values

Oct 7, 2024 thru Nov 1, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			500	3.75	320	*55	*18	9.26	0.00	15	83.05
% of Calories				6.75%		*44.0%	*14.4%	16.7%	0.0%		66.4%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 10/11/2024

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)
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
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 - 10/14/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Oct 7, 2024 thru Nov 1, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
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 - 10/15/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
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
992755 DF- Waffle Omelet w/ Tk. bacon	1	1	1	0.01	1	*0	*N/A*	0.04	*0.00	1	0.01
991056 VG/DF - WG Roll	32 gr	100	80	0.00	170	2	*2	1.00	0.00	0	15.00
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
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

Oct 7, 2024 thru Nov 1, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			420	5.13	502	*40	*2	11.76	*0.00	115	61.18
% of Calories				10.99 %		*38.1%	*1.9%	25.2%	*0.0%		58.3%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 10/16/2024

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)
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
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			580	3.01	512	*51	*8	12.03	0.00	10	108.90
% of Calories				4.67%		*35.2%	*5.5%	18.7%	0.0%		75.1%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 10/17/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Oct 7, 2024 thru Nov 1, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000192 V-WW Sweet Potato Muffin	serving	99	155	0.22	28	*9	*N/A*	2.67	*0.00	1	27.94
992223 VG- Homemade Vegan Muffins	64 gr	1	2	0.01	0	*0	*N/A*	0.08	*0.00	0	0.33
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
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			403	3.03	362	*37	*N/A*	7.24	*0.00	21	64.82
% of Calories				6.77%		*36.7%	*N/A*	16.2%	*0.0%		64.3%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 10/18/2024

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)
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
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

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)
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			480	8.71	631	*39	*0	14.22	0.00	40	68.12
% of Calories				16.33 %		*32.5%	*0%	26.7%	0.0%		56.8%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 10/21/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
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
992551 TANGERINES,FRESH -1 cup (150 ct)	2 (150ct p/cs)	100	127	0.09	5	25	*N/A*	0.74	0.00	0	32.02
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
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

Oct 7, 2024 thru Nov 1, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			448	1.34	260	*59	*17	5.52	0.00	15	85.99
% of Calories				2.69%		*52.7%	*15.2%	11.1%	0.0%		76.8%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 10/22/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
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
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			323	1.52	180	*36	*0	9.33	*0.00	33	50.56
% of Calories				4.24%		*44.6%	*0%	26.0%	*0.0%		62.6%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 10/23/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Oct 7, 2024 thru Nov 1, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992212 V/VG- Sweet Potato Waffles	serving	100	263	0.31	38	*14	*N/A*	4.91	0.00	0	48.45
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0	0	0.00	0.00	0	4.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
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			583	1.33	250	*56	*0	6.94	0.00	10	119.35
% of Calories				2.05%		*38.4%	*0%	10.7%	0.0%		81.9%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 10/24/2024

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)
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

Base Menu Spreadsheet

Weighted Values

Oct 7, 2024 thru Nov 1, 2024

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

Friday - 10/25/2024

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)
992342 WG Croissant	servings	100	261	5.53	615	6	*3	11.05	0.00	15	31.02
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
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			482	6.28	757	*43	*3	12.32	0.00	25	72.24
% of Calories				11.73 %		*35.7%	*2.5%	23.0%	0.0%		60.0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Base Menu Spreadsheet

Weighted Values

Oct 7, 2024 thru Nov 1, 2024

Monday - 10/28/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991053 Pillsbury Mini Cinnis Cinnamon	65 gr	100	240	1.50	270	14	*N/A*	7.00	0.00	0	40.00
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
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			424	2.28	401	*41	*0	8.46	0.00	10	75.54
% of Calories				4.84%		*38.7%	*0%	18.0%	0.0%		71.3%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 10/29/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
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
000010 Mozzarella, Cheese String	1 oz	100	61	2.02	202	1	*N/A*	3.04	0.00	10	1.01

Base Menu Spreadsheet

Weighted Values

Oct 7, 2024 thru Nov 1, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
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	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			493	3.38	357	*53	*0	10.64	0.00	38	78.08
% of Calories				6.17%		*43.0%	*0%	19.4%	0.0%		63.4%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 10/30/2024

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)
991560 WG English Muffin w/ Chicken Patty	serving	95	200	1.90	428	1	*1	7.12	0.00	38	24.70
991173 V / VG- WG English Muffin w/ Meatless Patty	serving	5	12	0.00	29	0	*0	0.42	0.00	0	1.55
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

Base Menu Spreadsheet

Weighted Values

Oct 7, 2024 thru Nov 1, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			389	2.69	588	*30	*1	9.05	0.00	48	59.83
% of Calories				6.22%		*30.8%	*1.0%	20.9%	0.0%		61.5%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 10/31/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990947 Taco Breakfast	1	95	188	4.43	359	*0	*N/A*	9.92	*0.00	93	15.25
991174 V/VG- Veggie Taco Breakfast	1	5	17	0.20	24	*0	*0	0.84	*0.00	0	1.27
992362 Grape Juice - Suncup	2 (4 fl)	100	160	0.00	20	36	0	0.00	0.00	0	38.00
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			465	5.38	533	*49	*0	12.01	*0.00	103	67.52
% of Calories				10.41 %		*42.2%	*0%	23.2%	*0.0%		58.1%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 11/01/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Oct 7, 2024 thru Nov 1, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
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
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
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			440	2.53	335	*52	*0	32.37	0.00	14	91.03
% of Calories				5.18%		*47.3%	*0%	66.2%	0.0%		82.8%
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	459	4	443	*47	*3	11.13	*0.00	37	77.59
% of Calories		7.20%		*41.0%	*2.6%	21.8%	*0.0%		67.6%

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

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

¹ - denotes required nutrient values

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

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

Base Menu Spreadsheet

Weighted Values

Oct 7, 2024 thru Nov 1, 2024

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

Monday - 10/07/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992272 Butter Chicken	serving	99	264	7.62	593	*8	*N/A*	15.19	*0.18	68	15.31
992274 V- Butter Chicken Meatless	serving	1	3	0.08	9	*0	*N/A*	0.17	*0.00	0	0.22
992754 VG- Chicken Meatless (No Butter)	serving	0	0	0.00	0	*0	*N/A*	0.00	*0.00	0	0.00
992271 Salvadorian Carrot Rice R:1/4, OT: 1/4	serving	100	231	0.12	20	*2	*N/A*	2.98	*0.00	0	46.54
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			636	8.58	753	*30	*N/A*	19.72	*0.18	78	85.36
% of Calories				12.14 %		*18.9%	*N/A*	27.9%	*0.3%		53.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 10/08/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Oct 7, 2024 thru Nov 1, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
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
992042 Corn Pico de Gallo - 3/4 cup: S:1/2. R:1/4	3/4 cup	100	76	0.01	9	7	*0	0.62	0.00	0	15.66
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2	*N/A*	0.00	0.00	0	4.00
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
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			609	8.67	501	*36	*0	20.46	0.00	91	78.65
% of Calories				12.81 %		*23.6%	*0%	30.2%	0.0%		51.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 10/09/2024

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)
991580 Grilled Chicken & Rice	2.87 oz	99	251	0.74	144	*0	*N/A*	5.34	*0.00	40	31.79
991866 V/VG- Grilled Chicken Meatless & Brown Rice	2.87 oz	1	4	0.00	3	*0	*0	0.06	*0.00	0	0.66

Base Menu Spreadsheet

Weighted Values

Oct 7, 2024 thru Nov 1, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992764 Lentil Salad L: 1/2, R: 1/8, OT: 1/8	-serving	100	293	0.95	49	*2	*N/A*	12.44	*0.00	0	34.72
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			728	2.44	336	*33	*0	19.10	*0.00	50	99.17
% of Calories				3.02%		*18.1%	*0%	23.6%	*0.0%		54.5%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 10/10/2024

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)
991084 Chicken Nuggets Breaded	4 pc (91 gr)	99	208	2.48	337	1	*0	11.88	0.00	40	11.88
992459 Vegan Chicken Nuggets & Roll	5 Nuggets	1	3	0.02	6	0	*0	0.12	0.00	0	0.40
991056 VG/DF - WG Roll	32 gr	100	80	0.00	170	2	*2	1.00	0.00	0	15.00
990891 BROCCOLI & CAULIFLOWER DG: 1/2, OT:1/4	3/4 cup	100	43	0.25	23	1	*N/A*	2.56	0.00	0	4.26
991603 BBQ Sauce (ss)	0.44 oz	100	20	0.00	130	4	*N/A*	0.00	0.00	0	6.00
000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup	1/2 cup	100	40	0.02	1	7	*N/A*	0.10	0.00	0	10.66

Base Menu Spreadsheet

Weighted Values

Oct 7, 2024 thru Nov 1, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
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			494	3.51	796	*28	*2	16.91	0.00	50	61.21
% of Calories				6.39%		*22.7%	*1.6%	30.8%	0.0%		49.6%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 10/11/2024

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 - 10/14/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Oct 7, 2024 thru Nov 1, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
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 - 10/15/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992450 Golden Crispy Chicken Tenders	3 tenders	99	257	0.00	386	1	*1	14.85	0.00	25	15.84
991056 VG/DF - WG Roll	32 gr	100	80	0.00	170	2	*2	1.00	0.00	0	15.00
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
000222 KETCHUP: individual	9 gr	100	10	0.00	25	2	*N/A*	0.00	0.00	0	3.00
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

Base Menu Spreadsheet

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Weighted Values

Oct 7, 2024 thru Nov 1, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			614	3.63	859	*35	*3	23.65	*0.01	46	71.42
% of Calories				5.32%		*22.8%	*2.0%	34.7%	*0.0%		46.5%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 10/16/2024

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)
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
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			

Base Menu Spreadsheet

Weighted Values

Oct 7, 2024 thru Nov 1, 2024

Thursday - 10/17/2024

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)
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
990921 Bean Dip 1/2 Cup: L: 1/2	1/2 CUP	100	83	0.01	97	*1	*N/A*	0.03	*0.00	0	14.42
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2	*N/A*	0.00	0.00	0	4.00
991025 ORANGES - Half Cup (1orange)	1 orange	100	62	0.02	0	12	*N/A*	0.16	0.00	0	15.39
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
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			618	4.86	662	*30	*0	13.78	*0.00	57	83.45
% of Calories				7.08%		*19.4%	*0%	20.1%	*0.0%		54.0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 10/18/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Oct 7, 2024 thru Nov 1, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991392 Cheese Lunch Individual Pizza	4.56oz (129gr)	100	270	3.00	750	5	*N/A*	9.00	0.00	0	24.00
991587 Roasted Potatoes & Cauliflower S: 1/2 - OT:1/2	1 cup	100	134	0.28	22	*1	*N/A*	3.59	0.00	0	22.99
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			609	4.17	903	*33	*N/A*	14.23	0.00	10	86.94
% of Calories				6.16%		*21.7%	*N/A*	21.0%	0.0%		57.1%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 10/21/2024

Reimbursable Meal Total 100

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

Base Menu Spreadsheet

Weighted Values

Oct 7, 2024 thru Nov 1, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
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			561	4.64	770	*40	*0	20.11	*0.00	61	69.51
% of Calories				7.44%		*28.5%	*0%	32.3%	*0.0%		49.6%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 10/22/2024

Reimbursable Meal Total 100

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

Oct 7, 2024 thru Nov 1, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			621	1.77	474	*23	*0	10.99	*0.00	50	94.19
% of Calories				2.57%		*14.8%	*0%	15.9%	*0.0%		60.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 10/23/2024

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/DF- 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
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			653	6.15	649	*34	*0	22.21	0.00	55	86.64
% of Calories				8.48%		*20.8%	*0%	30.6%	0.0%		53.1%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 10/24/2024

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)
991746 Cheese Lunch Individual Pizza w/ Chicken/BeefPeppe	4.56oz 5 pepper	99	314	4.46	921	5	*N/A*	12.87	0.00	10	24.09
991392 Cheese Lunch Individual Pizza	4.56oz (129gr)	1	3	0.03	8	0	*N/A*	0.09	0.00	0	0.24
992725 DF - Cheese Pizza Sub R:1/4	slice	0	0	0.00	0	0	*N/A*	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
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*N/A*	0.13	0.00	0	10.29
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			548	6.44	1233	*28	*N/A*	21.53	0.00	20	54.78
% of Calories				10.58 %		*20.4%	*N/A*	35.4%	0.0%		40.0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 10/25/2024

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)
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

Oct 7, 2024 thru Nov 1, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
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	1	1	0.01	1	*0	*0	0.08	*0.00	0	0.17
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
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			642	3.05	607	*36	*0	28.25	*0.00	61	89.75
% of Calories				4.28%		*22.4%	*0%	39.6%	*0.0%		55.9%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 10/28/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992173 Buffalo Chicken Mac & Cheese - (Cheese Sauce)	1 Portion	99	369	6.26	798	2	*N/A*	12.51	0.00	51	45.54
992175 V- Buffalo Chicken Meatless Mac & Cheese	1 Portion	1	4	0.06	9	0	*0	0.12	0.00	0	0.47
992234 VG/DF- Buffalo Chicken Meat Mac & Cheese (VG)	1 Portion	0	0	0.00	0	0	*0	0.00	0.00	0	0.00
000263 Carrots, Steamed - R: 3/4 cup	3/4 cup	100	38	0.03	63	4	*N/A*	0.22	0.00	0	8.77
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

Base Menu Spreadsheet

Weighted Values

Oct 7, 2024 thru Nov 1, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
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			549	7.12	1001	*27	*0	14.24	0.00	61	78.07
% of Calories				11.67 %		*19.7%	*0%	23.3%	0.0%		56.9%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 10/29/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992766 Turkey Burrito Bowl w/ Brown. Rice L: 1/2	serving	99	473	2.41	254	*1	*0	11.93	*0.00	90	65.85
992767 V/VG -Veggie Bowl Burrito w/ Brown. Rice L: 1/2	serving	1	4	0.00	4	*0	*0	0.05	*0.00	0	0.72
990358 Pico de Gallo - R:1/4 cup	1/4 cup	100	18	0.01	9	2	*N/A*	0.03	0.00	0	3.96
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2	*N/A*	0.00	0.00	0	4.00
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
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

Oct 7, 2024 thru Nov 1, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			680	3.17	432	*31	*0	13.26	*0.00	100	101.53
% of Calories				4.20%		*18.2%	*0%	17.6%	*0.0%		59.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 10/30/2024

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)
992568 WW Chicken Caesar - DG: 3/4 cup	1 wrap (10")	99	438	6.02	783	*5	*N/A*	15.41	*0.00	67	46.96
992569 V- WW Veggie Caesar Wrap - DG: 3/4 cup	1 wrap	1	5	0.05	8	*0	*0	0.15	*0.00	0	0.50
992768 VG/DF- WW Veggie Caesar Wrap - DG: 3/4 cup	1 wrap	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
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			648	6.95	923	*32	*0	17.19	*0.00	77	87.41
% of Calories				9.65%		*19.8%	*0%	23.9%	*0.0%		54.0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Base Menu Spreadsheet

Weighted Values

Oct 7, 2024 thru Nov 1, 2024

Thursday - 10/31/2024

Reimbursable Meal Total 100

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

Friday - 11/01/2024

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)
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
991668 Roasted Cauliflower & Potatoes & OT: 1/2, S:1/4	3/4 cup	100	100	0.35	19	*1	*N/A*	4.69	0.00	0	12.75

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)
000222 KETCHUP: individual	9 gr	100	10	0.00	25	2	*N/A*	0.00	0.00	0	3.00
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
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			661	3.61	999	*33	*4	21.13	0.00	34	87.70
% of Calories				4.92%		*20.0%	*2.4%	28.8%	0.0%		53.1%
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	610	5	694	*31	*0	17.87	*0.01	60	81.95
% of Calories		6.90%		*20.3%	*0%	26.4%	*0.0%		53.7%

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.