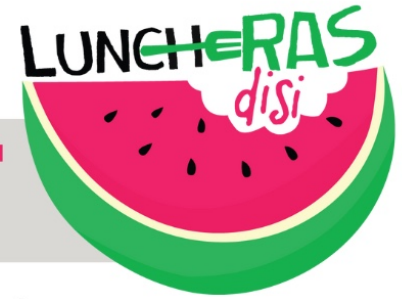




Milk, grain, fruit, meat or meat alternative

BREAKFAST



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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>11/04/2024</p> <p>NO SCHOOL TODAY</p>	<p>11/05/2024</p> <p>WG Pancakes & Turkey Sausage on a Stick** Veggie Patty & WG Pancakes (V) Syrup Maple (ss) Fresh Pears Choice of Milk</p>	<p>11/06/2024</p> <p>Cinnamon Soft Round Granola Bar (V) Bananas Choice of Milk</p>	<p>11/07/2024</p> <p>WG Blueberry Muffin(V/DF) Fresh Oranges Choice of Milk</p>	<p>11/08/2024</p> <p>Egg Cheese Bite Round (V) WG Biscuit Cranberry Juice Choice of Milk</p>
<p>11/11/2024</p> <p>NO SCHOOL TODAY</p>	<p>11/12/2024</p> <p>Cereal Cheerios Multigrain (V/VG) Yoplait Yogurt Fresh Apples Choice of Milk</p>	<p>11/13/2024</p> <p>WG French Toast Sticks (V/VG) Syrup Maple (ss) Fresh Oranges Choice of Milk</p>	<p>11/14/2024</p> <p>Waffle Omelet w/ Cheese & Turkey Bacon Waffle Omelet w/Cheese(V) WG Roll Fruit Punch Juice Choice of Milk</p>	<p>11/15/2024</p> <p>WW Sweet Potato Muffin(V) Mozzarella Cheese Stick** Bananas Choice of Milk</p>
<p>11/18/2024</p> <p>Turkey Patty & WG Biscuit Veggie Patty & Biscuit -V Fruit Punch Juice Choice of Milk</p>	<p>11/19/2024</p> <p>Homemade WW Sweet Potatoes Waffles (V/VG) Syrup Maple (ss) Fresh Tangerines Choice of Milk</p>	<p>11/20/2024</p> <p>WG Bagel (V/VG) w/ Cream Cheese & Jelly Fresh Apples Choice of Milk</p>	<p>11/21/2024</p> <p>Yoplait Yogurt & Granola (V) Fresh Pears Choice of Milk</p>	<p>11/22/2024</p> <p>Pillsbury Mini Cinnis Cinnamon (V) Bananas Choice of Milk</p>
<p>11/25/2024</p> <p>NO SCHOOL TODAY</p>	<p>11/26/2024</p> <p>NO SCHOOL TODAY</p>	<p>11/27/2024</p> <p>NO SCHOOL TODAY</p>	<p>11/28/2024</p> <p>NO SCHOOL TODAY</p>	<p>11/29/2024</p> <p>NO SCHOOL TODAY</p>



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

LUNCH

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



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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>11/04/2024</p> <p>NO SCHOOL TODAY</p>	<p>11/05/2024</p> <p>NO LUNCH</p>	<p>11/06/2024</p> <p>BYO Turkey Nachos BYO Meatless Nachos Corn Pico de Gallo Sour Cream (ss) Apples Choice of Milk</p>	<p>11/07/2024</p> <p>Grilled Chicken over Brown Rice Grilled Chicken Meatless over Brown Rice (V/VG) Lentil Salad w/Cucumber & Red Pepper (VG) Fresh Pears Choice of Milk</p>	<p>11/08/2024</p> <p>Breaded Chicken Nuggets Veggie Nuggets w/ WG Roll (V/VG) WG Roll Roasted Broccoli Cauliflower & Carrots BBQ Sauce (ss) Bananas Choice of Milk</p>
<p>11/11/2024</p> <p>NO SCHOOL TODAY</p>	<p>11/12/2024</p> <p>Chicken Parmesan Ck. Meatless Parmesan(V) Steamed Brown Rice Mash Potatoes & Cauliflower Fresh Pears Choice of Milk</p>	<p>11/13/2024</p> <p>Cheese Lunch Pizza (V) Balela Salad w/ Garbanzo, Tomato & Cucumber Bananas Choice of Milk</p>	<p>11/14/2024</p> <p>WG Spaghetti & Turkey Meat Sauce Spaghetti & Plant Based Meat Sauce (V/VG) Apples Choice of Milk</p>	<p>11/15/2024</p> <p>Golden Crispy Chicken Tenders WG Roll Breaded Veggie Tender w/ WG Roll (V/VG) Roasted Broccoli & Cauliflower Medley Ketchup (ss) Grape Juice Choice of Milk</p>
<p>11/18/2024</p> <p>Corn Dog Chicken Mini WG Veggie Hot Dog** Romaine, Tomato & Cucumber Salad Ketchup (ss) Fresh Tangerines Choice of Milk</p>	<p>11/19/2024</p> <p>Chicken Enchiladas Veggie Enchiladas (V) Elote in Cups (V) Sour Cream (ss) Fresh Pears Choice of Milk</p>	<p>11/20/2024</p> <p>WG Penne Pasta & Beef Meatballs WG Penne Pasta & Veggie Meatballs (V/VG) Bananas Choice of Milk</p>	<p>11/21/2024</p> <p>Lime Chicken Black Beans & Br. Rice Lime Chicken Meatless w/ Bk. Bean & Br. Rice(V/VG) Apples Choice of Milk</p>	<p>11/22/2024</p> <p>Carved Turkey Carved Meatless Turkey(VG) Fresh Green Beans Sweet Potatoes WG Roll Pumpkin Pie Cranberry Juice Choice of Milk</p>
<p>11/25/2024</p> <p>NO SCHOOL TODAY</p>	<p>11/26/2024</p> <p>NO SCHOOL TODAY</p>	<p>11/27/2024</p> <p>NO SCHOOL TODAY</p>	<p>11/28/2024</p> <p>NO SCHOOL TODAY</p>	<p>11/29/2024</p> <p>NO SCHOOL TODAY</p>

Base Menu Spreadsheet

Weighted Values

Nov 4, 2024 thru Nov 29, 2024

Menu Name: Washington Latin PCS - K-8 - Breakfast

Include Cost: No

Site:

Report Style: Detailed

Use Alternate Menu Name: No

Monday - 11/04/2024

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 - 11/05/2024

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)
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
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0	0	0.00	0.00	0	4.00
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

Base Menu Spreadsheet

Weighted Values

Nov 4, 2024 thru Nov 29, 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	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			337	2.27	575	*33	*0	6.62	*0.00	20	55.89
% of Calories				6.06%		*39.2%	*0%	17.7%	*0.0%		66.3%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 11/06/2024

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)
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
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			590	4.02	323	*60	*18	10.04	0.00	15	110.95
% of Calories				6.13%		*40.7%	*12.2%	15.3%	0.0%		75.2%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Base Menu Spreadsheet

Weighted Values

Nov 4, 2024 thru Nov 29, 2024

Thursday - 11/07/2024

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)
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
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			

Friday - 11/08/2024

Reimbursable Meal Total 100

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

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Weighted Values

Nov 4, 2024 thru Nov 29, 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)
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			512	10.76	802	*40	*0	16.32	0.00	130	68.34
% of Calories				18.91 %		*31.2%	*0%	28.7%	0.0%		53.4%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 11/11/2024

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)
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 - 11/12/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Nov 4, 2024 thru Nov 29, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991380 Cereal Cheerios MULTIGRAIN (28gr)	28 gr	100	110	0.00	105	6	*N/A*	1.00	0.00	0	23.00
991346 Yogurt Yoplait 4oz	4 oz	100	100	0.00	55	15	*11	0.50	0.00	5	21.00
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			387	0.79	291	*49	*11	3.00	0.00	15	77.58
% of Calories				1.84%		*50.6%	*11.4%	7.0%	0.0%		80.2%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 11/13/2024

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)
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
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	100	123	0.04	0	24	*N/A*	0.31	0.00	0	30.78
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50

Base Menu Spreadsheet

Weighted Values

Nov 4, 2024 thru Nov 29, 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			493	2.79	510	*46	*8	11.56	0.00	10	85.78
% of Calories				5.09%		*37.3%	*6.5%	21.1%	0.0%		69.6%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 11/14/2024

Reimbursable Meal Total 100

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

Base Menu Spreadsheet

Weighted Values

Nov 4, 2024 thru Nov 29, 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			413	5.04	507	*39	*2	11.02	*0.00	115	57.17
% of Calories				10.98 %		*37.8%	*1.9%	24.0%	*0.0%		55.4%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 11/15/2024

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)
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
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			528	3.26	363	*52	*N/A*	7.81	*0.00	21	96.19
% of Calories				5.56%		*39.4%	*N/A*	13.3%	*0.0%		72.9%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Base Menu Spreadsheet

Weighted Values

Nov 4, 2024 thru Nov 29, 2024

Monday - 11/18/2024

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	*0	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
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			

Tuesday - 11/19/2024

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)
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

Base Menu Spreadsheet

Weighted Values

Nov 4, 2024 thru Nov 29, 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	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			500	1.16	252	*53	*0	6.90	0.00	10	97.47
% of Calories				2.09%		*42.4%	*0%	12.4%	0.0%		78.0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 11/20/2024

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)
992021 WG Bagel (IW) & Cream Cheese & Jelly	serving	99	248	2.48	391	12	*9	4.46	0.00	15	44.55
991347 VG/DF - WG White Bagel (iW) & Jelly	serving	1	2	0.00	3	0	0	0.01	0.00	0	0.44
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

Lunches Di Si

Weighted Values

Nov 4, 2024 thru Nov 29, 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			427	3.27	526	*40	*9	5.97	0.00	25	78.57
% of Calories				6.89%		*37.5%	*8.4%	12.6%	0.0%		73.6%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 11/21/2024

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
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 - 11/22/2024

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)
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
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			550	2.51	402	*56	*0	9.03	0.00	10	106.90
% of Calories				4.11%		*40.7%	*0%	14.8%	0.0%		77.7%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 11/25/2024

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 - 11/26/2024

Reimbursable Meal Total 1

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)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 11/27/2024 Reimbursable Meal Total 1

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

Thursday - 11/28/2024 Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Nov 4, 2024 thru Nov 29, 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			

Friday - 11/29/2024

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			

	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	465	4	439	*47	*5	8.93	*0.00	35	81.20
% of Calories		7.16%		*40.4%	*4.3%	17.3%	*0.0%		69.8%

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
Site:
Use Alternate Menu Name: No

Include Cost: No
Report Style: Detailed

Monday - 11/04/2024 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 - 11/05/2024 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			

Wednesday - 11/06/2024 Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Nov 4, 2024 thru Nov 29, 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
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			543	8.56	500	*29	*0	20.19	0.00	91	61.99
% of Calories				14.19 %		*21.4%	*0%	33.5%	0.0%		45.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 11/07/2024

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)
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

Lunches Di Si

Weighted Values

Nov 4, 2024 thru Nov 29, 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	1 serving	100	293	0.95	49	*2	*N/A*	12.44	*0.00	0	34.72
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			688	2.46	327	*22	*0	19.20	*0.00	50	90.83
% of Calories				3.22%		*12.8%	*0%	25.1%	*0.0%		52.8%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 11/08/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
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
992779 Cauliflower,Carrot, Broccoli DG 1/2,R:1/8 OT:1/8	3/4 cup	100	72	0.39	22	1	*N/A*	5.36	0.00	0	5.25
991603 BBQ Sauce (ss)	0.44 oz	100	20	0.00	130	4	*N/A*	0.00	0.00	0	6.00
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95

Base Menu Spreadsheet

Weighted Values

Nov 4, 2024 thru Nov 29, 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			588	3.76	796	*36	*2	20.00	0.00	50	78.48
% of Calories				5.76%		*24.5%	*1.4%	30.6%	0.0%		53.4%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 11/11/2024

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)
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 - 11/12/2024

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)
992495 Chicken Parmesan R: 1/4	serving	99	242	3.24	315	*2	*0	16.03	*0.00	51	4.38

Base Menu Spreadsheet

Lunches Di Si

Weighted Values

Nov 4, 2024 thru Nov 29, 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)
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
990936 Brown Rice - Riceland	3/4 cup	100	150	0.00	0	0	*N/A*	1.00	0.00	0	32.00
992777 Mashed Potatoes & Cauliflower S:1/2, OT:1/4	3/4 cup	100	81	0.06	12	*0	*N/A*	0.15	0.00	0	18.46
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			616	4.10	462	*23	*0	18.68	*0.00	61	78.56
% of Calories				5.99%		*14.9%	*0%	27.3%	*0.0%		51.0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 11/13/2024

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
992725 DF - Cheese Pizza Sub R:1/4	slice	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
991922 Balela Salad L:1/2, OT:1/8, R:1/8	serving	100	199	0.51	149	*1	*N/A*	6.18	*0.00	*0	30.37

Base Menu Spreadsheet

Weighted Values

Nov 4, 2024 thru Nov 29, 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)
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			674	4.39	1030	*33	*N/A*	16.82	*0.00	*10	94.32
% of Calories				5.86%		*19.6%	*N/A*	22.5%	*0.0%		56.0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 11/14/2024

Reimbursable Meal Total 100

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

Base Menu Spreadsheet

Weighted Values

Nov 4, 2024 thru Nov 29, 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			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			

Friday - 11/15/2024

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
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
000222 KETCHUP: individual	9 gr	100	10	0.00	25	2	*N/A*	0.00	0.00	0	3.00
992361 Grape Juice - Suncup	4 fl	100	80	0.00	10	18	0	0.00	0.00	0	19.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
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

Nov 4, 2024 thru Nov 29, 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			572	1.03	749	*37	*3	19.74	0.00	35	70.36
% of Calories				1.62%		*25.9%	*2.1%	31.1%	0.0%		49.2%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 11/18/2024

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)
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
992780 Romaine, Tomato & Cucumber S. DG:1/2,R:1/8,OT:1/8	3/4 cup	100	55	0.82	107	4	*N/A*	1.75	0.00	0	9.16
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
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

Nov 4, 2024 thru Nov 29, 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			543	5.22	763	*38	*N/A*	20.20	0.00	58	67.89
% of Calories				8.65%		*28.0%	*N/A*	33.5%	0.0%		50.0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 11/19/2024

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	1	1	0.01	1	*0	*0	0.08	*0.00	0	0.17
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2	*N/A*	0.00	0.00	0	4.00
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
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

Nov 4, 2024 thru Nov 29, 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			629	5.73	702	*27	*0	27.31	*0.00	66	82.04
% of Calories				8.20%		*17.2%	*0%	39.1%	*0.0%		52.2%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 11/20/2024

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)
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
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			696	6.26	650	*36	*0	22.44	0.00	55	98.20
% of Calories				8.09%		*20.7%	*0%	29.0%	0.0%		56.4%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 11/21/2024

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)
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
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			620	1.78	474	*24	*0	11.02	*0.00	50	93.82
% of Calories				2.58%		*15.5%	*0%	16.0%	*0.0%		60.5%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 11/22/2024

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)
990152 Carved Turkey - KT	3.4 oz	99	114	0.70	647	*0	*N/A*	2.10	*0.00	51	6.10
992056 Carved Plant Based Turkey - KT	90gr	1	1	0.00	3	0	*0	0.02	0.00	0	0.02
990693 GREEN BEANS OT: 1/2 cup	1/2 CUP	100	22	0.04	1	2	*N/A*	0.18	0.00	0	4.92
990540 Roasted Sweet Potato - R: 1/4 cup	1/4 cup	100	70	0.27	19	1	*N/A*	3.56	0.00	0	9.83

Base Menu Spreadsheet

Weighted Values

Nov 4, 2024 thru Nov 29, 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)
991056 VG/DF - WG Roll	32 gr	100	80	0.00	170	2	*2	1.00	0.00	0	15.00
992053 Pie, Pumpkin	152 gr	100	360	6.00	460	25	*N/A*	13.00	0.00	60	56.00
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
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			807	7.76	1429	*56	*2	21.11	*0.00	121	117.88
% of Calories				8.65%		*27.8%	*1.0%	23.5%	*0.0%		58.4%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 11/25/2024

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 - 11/26/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Nov 4, 2024 thru Nov 29, 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			

Wednesday - 11/27/2024 Reimbursable Meal Total 1

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

Thursday - 11/28/2024 Reimbursable Meal Total 1

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

Base Menu Spreadsheet

Weighted Values

Nov 4, 2024 thru Nov 29, 2024

Friday - 11/29/2024

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			

	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	628	5	679	*32	*1	19.23	*0.00	*65	84.29
% of Calories		6.55%		*20.4%	*0.6%	27.6%	*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.