



Milk, grain, fruit, meat or meat alternative

BREAKFAST



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



Monday	Tuesday	Wednesday	Thursday	Friday
12/02/2024 Cinnamon Toast Crunch Cereal (V/VG) Yoplait Yogurt Fresh Pears Choice of Milk	12/03/2024 Pumpkin- Carrot WW Breakfast Loaf (V) Cranberry Juice Choice of Milk	12/04/2024 Pillsbury Mini Cinnis Cinnamon (V) Bananas Choice of Milk	12/05/2024 WG Choc. Chip Pancakes(V) Syrup Maple (ss) Fresh Apples Choice of Milk	12/06/2024 WW Sweet Potato Muffin(V) Mozzarella Cheese Stick** Fresh Tangerines Choice of Milk
12/09/2024 Banana Berry Yogurt WW Muffin (V) Fruit Punch Juice Choice of Milk	12/10/2024 Egg Cheese Bite Round (V) WG Roll Fresh Tangerines Choice of Milk	12/11/2024 Homemade WW Sweet Potatoes Waffles (V/VG) Syrup Maple (ss) Fresh Pears Choice of Milk	12/12/2024 Turkey Patty & WG Biscuit Veggie Patty & Biscuit -V Fresh Apples Choice of Milk	12/13/2024 Cinnamon Soft Round Granola Bar (V) Bananas Choice of Milk
12/16/2024 WG Bagel (V/VG) w/ Cream Cheese & Jelly Fresh Pears Choice of Milk	12/17/2024 Yoplait Yogurt & Granola (V) Cranberry Juice Choice of Milk	12/18/2024 Waffle Omelet w/ Cheese & Turkey Bacon Waffle Omelet w/Cheese(V) WG Roll Fresh Apples Choice of Milk	12/19/2024 WG French Toast Sticks (V/VG) Syrup Maple (ss) Fresh Tangerines Choice of Milk	12/20/2024 Homemade WW Gingerbread Muffin (V) Bananas Choice of Milk
12/23/2024 NO SCHOOL TODAY	12/24/2024 NO SCHOOL TODAY	12/25/2024 NO SCHOOL TODAY	12/26/2024 NO SCHOOL TODAY	12/27/2024 NO SCHOOL TODAY
12/30/2024 NO SCHOOL TODAY	12/31/2024 NO SCHOOL TODAY	01/01/2025 NO SCHOOL TODAY	01/02/2025 NO SCHOOL TODAY	01/03/2025 NO SCHOOL TODAY

Available Choice of Milk: Unflavored 1% or skim milk, Lactose Free or Soy.

Locally Grown Components Daily Served: Apples (PA/ VA /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



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

LUNCH



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>12/02/2024</p> <p>WG Caprese Pasta (V) Apples Choice of Milk</p>	<p>12/03/2024</p> <p>Breaded Chicken Nuggets WG Roll Veggie Nuggets w/ WG Roll (V/VG) Roasted Potatoes BBQ Sauce (ss) Fresh Tangerines Choice of Milk</p>	<p>12/04/2024</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>12/05/2024</p> <p>BYO Turkey Nachos w/ Corn Tortilla Chips BYO Meatless Nachos Pico de Gallo Shredded Romaine Sour Cream (ss) Fruit Punch Juice Choice of Milk</p>	<p>12/06/2024</p> <p>NO LUNCH</p>
<p>12/09/2024</p> <p>Fiesta Brown Rice Chicken w/ Corn, G. Peas & Carrot Br. Rice Chicken Meatless Corn, G. Peas & Carrot (V/VG) Fresh Pears Choice of Milk</p>	<p>12/10/2024</p> <p>Chicken Salad WW Sand. w/Romaine & Tomato Veggie Salad Sand. (V) Steamed Broccoli Ranch Dressing (ss) Apples Choice of Milk</p>	<p>12/11/2024</p> <p>WG Spaghetti & Turkey Meat Sauce Spaghetti & Plant Based Meat Sauce (V/VG) Bananas Choice of Milk</p>	<p>12/12/2024</p> <p>WW Chicken Fajitas w/Green Peppers WW Chicken Meatless Fajita w/Gr. Pepper (V/VG) Elote in Cups (V) Cranberry Juice Choice of Milk</p>	<p>12/13/2024</p> <p>Chili Turkey Hot Dog** on a WG Bun Chili Veggie Hot Dog (VG) Ketchup (ss) Fresh Tangerines Choice of Milk</p>
<p>12/16/2024</p> <p>Turkey Meatballs w/ Brown Rice & Bk. Beans Veggie Meatballs w/ Brown Rice & Beans (V/VG) Apples Choice of Milk</p>	<p>12/17/2024</p> <p>Creamy Baked Chicken WG Penne Pasta Baked Chicken Meatless WG Pasta (V/VG) Roasted Zucchini Fresh Oranges Choice of Milk</p>	<p>12/18/2024</p> <p>WG Sub Sloppy Joe w/ Mozzarella Cheese Veggie Sloppy Joe (V) Sweet Potatoes Bananas Choice of Milk</p>	<p>12/19/2024</p> <p>Golden Crispy Chicken Tenders WG Roll Breaded Veggie Tender w/ WG Roll (V/VG) SautØed Collards Green Ketchup (ss) Fruit Punch Juice Choice of Milk</p>	<p>12/20/2024</p> <p>Cheese Lunch Pizza (V) Roasted Potatoes Fresh Pears Choice of Milk</p>
<p>12/23/2024</p> <p>NO SCHOOL TODAY</p>	<p>12/24/2024</p> <p>NO SCHOOL TODAY</p>	<p>12/25/2024</p> <p>NO SCHOOL TODAY</p>	<p>12/26/2024</p> <p>NO SCHOOL TODAY</p>	<p>12/27/2024</p> <p>NO SCHOOL TODAY</p>
<p>12/30/2024</p> <p>NO SCHOOL TODAY</p>	<p>12/31/2024</p> <p>NO SCHOOL TODAY</p>	<p>01/01/2025</p> <p>NO SCHOOL TODAY</p>	<p>01/02/2025</p> <p>NO SCHOOL TODAY</p>	<p>01/03/2025</p> <p>NO SCHOOL TODAY</p>

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

Locally Grown Components Daily Served: Apples (PA/WV), Carrots (MD, PA), Sweet Potatoes (NC), Collards Green (NC), Lettuce (NY), Spinach (VA/NC), Potatoes (PA/VA), Cucumber (NJ/NC), Peppers (NJ), Zucchini (PA/NC), Tomato (PA).

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

WG = Whole Grain WW = Whole Wheat ** = Served only for K to 8 meals

Base Menu Spreadsheet

Weighted Values

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

Monday - 12/02/2024 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)
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	99	99	0.00	54	15	11	0.50	0.00	5	20.79
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
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			395	1.78	347	*48	*17	4.49	0.00	15	78.51
% of Calories				4.06%		*48.6%	*17.2%	10.2%	0.0%		79.5%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 12/03/2024 Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Jan 3, 2025

	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)
991334 Pumpkin Carrot Breakfast Loaf (V)	1 squares	100	223	2.59	231	*21	*N/A*	4.77	*0.00	36	41.54
992219 VG- Pumpkin Carrot Breakfast Loaf (VG)	1 squares	1	2	0.00	2	*0	*N/A*	0.01	*0.00	0	0.42
991059 Cranberry Apple Juice	2 HC	100	120	0.00	0	24	*N/A*	0.00	0.00	0	26.00
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			445	3.34	362	*58	*N/A*	6.03	*0.00	46	80.96
% of Calories				6.76%		*52.1%	*N/A*	12.2%	*0.0%		72.8%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 12/04/2024

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)
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

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Jan 3, 2025

	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			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			

Thursday - 12/05/2024

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)
991372 WG Chocolate Chip Pancakes (V) - (Krusteaz)	2 pancakes	100	186	1.51	400	9	*5	4.22	0.00	7	36.06
991178 VG/DF- Homemade WG Pancakes	2 pancakes	0	0	0.00	0	*0	*N/A*	0.00	*0.00	0	0.00
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0	0	0.00	0.00	0	4.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			374	2.31	611	*38	*5	5.73	*0.00	17	73.64
% of Calories				5.56%		*40.6%	*5.3%	13.8%	*0.0%		78.8%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Jan 3, 2025

Friday - 12/06/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000192 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
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			445	3.09	366	*48	*N/A*	7.78	*0.00	21	74.30
% of Calories				6.25%		*43.1%	*N/A*	15.7%	*0.0%		66.8%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 12/09/2024

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)
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

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Jan 3, 2025

	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	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			425	1.26	160	*51	*0	6.86	0.00	28	73.05
% of Calories				2.67%		*48.0%	*0%	14.5%	0.0%		68.8%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 12/10/2024

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)
992589 V- Egg Cheese Bite	1.75 gr	100	90	3.00	260	1	*0	6.00	0.00	120	2.00
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	1	1	0.00	1	0	0	0.02	0.00	0	0.21
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	1	1	0.00	1	0	*N/A*	0.04	0.00	0	0.13

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Jan 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			400	3.85	567	*42	*2	9.06	0.00	130	62.36
% of Calories				8.66%		*42.0%	*2.0%	20.4%	0.0%		62.4%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 12/11/2024

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)
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
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			457	1.10	249	*42	*0	6.37	0.00	10	87.99
% of Calories				2.17%		*36.8%	*0%	12.5%	0.0%		77.0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 12/12/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Jan 3, 2025

	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
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			438	8.75	623	*30	*0	14.47	0.00	40	60.70
% of Calories				17.98 %		*27.4%	*0%	29.7%	0.0%		55.4%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 12/13/2024

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)
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

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Jan 3, 2025

	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			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			

Monday - 12/16/2024

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)
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
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

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Jan 3, 2025

	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			434	3.26	526	*39	*9	5.92	0.00	25	80.53
% of Calories				6.76%		*35.9%	*8.3%	12.3%	0.0%		74.2%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 12/17/2024

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)
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
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			440	1.25	255	*58	*17	4.78	0.00	15	79.97
% of Calories				2.56%		*52.7%	*15.5%	9.8%	0.0%		72.7%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 12/18/2024

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
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
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			371	5.08	499	*31	*2	11.27	*0.00	115	49.75
% of Calories				12.32 %		*33.4%	*2.2%	27.3%	*0.0%		53.6%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 12/19/2024

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

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Jan 3, 2025

	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)
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
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 - 12/20/2024

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)
991328 WW Gingerbread Muffin (V)	56 grams	100	278	0.86	69	*25	*N/A*	10.18	*0.00	16	42.58
992223 VG- Homemade Vegan Muffins	64 gr	1	2	0.01	0	*0	*N/A*	0.08	*0.00	0	0.33
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

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Jan 3, 2025

	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			590	1.88	202	*67	*N/A*	12.28	*0.00	26	109.82
% of Calories				2.87%		*45.4%	*N/A*	18.7%	*0.0%		74.5%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 12/23/2024

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 - 12/24/2024

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			

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Jan 3, 2025

Wednesday - 12/25/2024

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			

Thursday - 12/26/2024

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			

Friday - 12/27/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Jan 3, 2025

	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			

Monday - 12/30/2024

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 - 12/31/2024

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			

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Jan 3, 2025

Wednesday - 01/01/2025

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 - 01/02/2025

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			

Friday - 01/03/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Jan 3, 2025

	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	457	3	400	*48	*5	8.41	*0.00	35	81.10
% of Calories		6.09%		*42.0%	*4.4%	16.6%	*0.0%		71.0%

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 - 12/02/2024 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)
991411 V- Caprese WG Pasta 3/4cup: R:1/2, OT:1/4	1 serving	100	440	7.63	560	*9	*1	15.21	*0.00	38	54.99
992622 VG/DF- Caprese WG Pasta 3/4cup: R:1/2, OT:1/4	1 serving	0	0	0.00	0	*0	*0	0.00	*0.00	0	0.00
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
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			579	8.40	690	*30	*1	16.59	*0.00	48	78.28
% of Calories				13.06 %		*20.7%	*0.7%	25.8%	*0.0%		54.1%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 12/03/2024 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)
991084 Chicken Nuggets Breaded	4 pc (91 gr)	99	208	2.48	337	1	*0	11.88	0.00	40	11.88

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Jan 3, 2025

	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
992459 Vegan Chicken Nuggets w/WG Roll	5 Nuggets	1	3	0.02	6	0	*0	0.12	0.00	0	0.40
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
991603 BBQ Sauce (ss)	0.44 oz	100	20	0.00	130	4	4	0.00	0.00	0	6.00
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
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			651	3.67	784	*33	*6	19.41	0.00	50	93.03
% of Calories				5.07%		*20.3%	*3.7%	26.8%	0.0%		57.2%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 12/04/2024

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)
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
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

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Jan 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup	1/2 cup	100	40	0.02	1	7	*N/A*	0.10	0.00	0	10.66
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
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			

Thursday - 12/05/2024

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)
992560 BYO Turkey Nachos w/ Corn Tortilla Chips	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
990274 Pico de Gallo - R:1/4 , OT: 1/4	1/2 cup	100	42	0.03	15	5	*N/A*	0.09	0.00	0	9.45
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
990692 Fruit Punch, Juice 1/2 cup	4 fl.oz.	100	60	0.00	5	12	0	0.00	0.00	0	14.00

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Jan 3, 2025

	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			538	8.58	514	*32	*0	19.68	0.00	91	61.05
% of Calories				14.35 %		*23.8%	*0%	32.9%	0.0%		45.4%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 12/06/2024

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 - 12/09/2024

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)
991044 Fiesta Brown Rice Chicken S:1/2, R:1/4	serving	100	443	0.92	260	*7	*N/A*	8.90	0.00	41	68.36

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Jan 3, 2025

	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)
992180 V/VG -Fiesta Rice Chicken Meatless S:1/2, R:1/4	serving	1	5	0.01	5	*0	*0	0.11	0.00	0	0.70
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	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			590	1.70	397	*27	*0	10.40	0.00	51	92.85
% of Calories				2.59%		*18.3%	*0%	15.9%	0.0%		62.9%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 12/10/2024

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)
990845 Chicken Salad Sandwich-1/2 Cup:R:1/4 DG:1/4	serving	99	282	0.94	470	*10	*0	3.49	*0.00	43	36.28
992034 V- Chicken Salad Sandwich (vegetarian)	serving	1	3	0.00	6	*0	*0	0.03	*0.00	0	0.39
992033 BROCCOLI Steamed- 1/4cup: DG:1/4	1/4 cup	100	2	0.01	2	0	*N/A*	0.02	0.00	0	0.38
991584 DRESSING, RANCH SS CUP	1oz	100	130	2.00	180	1	*N/A*	14.00	0.00	10	1.00
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

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Jan 3, 2025

	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	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			558	3.72	790	*32	*0	18.96	*0.00	63	61.46
% of Calories				6.00%		*22.9%	*0%	30.6%	*0.0%		44.1%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 12/11/2024

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)
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
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

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Jan 3, 2025

	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			628	3.91	262	*36	*0	14.34	*0.00	130	93.72
% of Calories				5.60%		*22.9%	*0%	20.6%	*0.0%		59.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 12/12/2024

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)
992788 Chicken Fajitas OT:1/4	2 fajitas	99	408	2.59	502	*2	*N/A*	20.27	0.00	40	34.82
992789 V/VG -Chicken Meatless Fajitas OT:1/4	2 fajitas	1	4	0.02	6	*0	*0	0.20	0.00	0	0.37
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
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	1	1	0.00	1	0	*N/A*	0.04	0.00	0	0.13

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Jan 3, 2025

	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			689	4.24	776	*30	*0	35.32	*0.00	60	78.90
% of Calories				5.54%		*17.4%	*0%	46.1%	*0.0%		45.8%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 12/13/2024

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)
992790 Chili hot dog, turkey + WG Bun L:1/2, OT:1/4	serving	99	380	6.07	1126	*10	*N/A*	16.48	*0.00	50	41.60
992791 V/VG-Chili Veggie hot dog, WG Bun L:1/2, OT:1/4	serving	1	3	0.03	10	*0	*0	0.07	*0.00	0	0.45
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	1	1	0.00	1	0	*N/A*	0.04	0.00	0	0.13

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Jan 3, 2025

	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			558	6.90	1294	*38	*0	18.22	*0.00	60	74.19
% of Calories				11.13 %		*27.2%	*0%	29.4%	*0.0%		53.2%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 12/16/2024

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)
992793 Turkey Meatballs w/rice & Black Beans L:1/2, R:1/4	serving -4 (MB)	100	600	4.50	785	5	*0	18.97	0.00	125	68.63
991868 V/VG- Veggie Meatballs, rice & Beans L:1/2, R:1/4	1 serving (3VM)	1	5	0.03	6	0	*0	0.09	0.00	0	0.78
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	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			745	5.31	923	*26	*0	20.49	0.00	135	92.83
% of Calories				6.41%		*14.0%	*0%	24.8%	0.0%		49.8%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 12/17/2024

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)
992422 Baked Chicken Penne Pasta R: 1/2	serving	100	397	5.38	339	6	*1	12.35	*0.00	67	47.86
992423 V/VG Baked Chicken Penne Pasta R:1/2	3/4 cup	1	4	0.03	6	0	*0	0.10	0.00	0	0.55
992794 Roasted Zucchini OT: 1/2	serving	100	31	0.22	265	*1	*N/A*	2.55	*0.00	0	1.92
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	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			596	6.40	741	*33	*1	16.45	*0.00	77	78.86
% of Calories				9.66%		*22.1%	*0.7%	24.8%	*0.0%		52.9%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 12/18/2024

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)
992528 WG Sub Sloppy Joe - Turkey	SERVINGS	100	341	3.44	501	*11	*0	12.83	*0.00	77	39.42
992529 V- WG Sub Sloppy Joe - Turkey	SERVINGS	1	3	0.02	6	*0	*0	0.07	*0.00	0	0.43
992782 Roasted Sweet Potato - R: 1/2 cup	1/2 cup	100	98	0.28	37	3	*N/A*	3.58	0.00	0	16.52

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Jan 3, 2025

	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
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			648	4.62	677	*42	*0	18.17	*0.00	88	96.46
% of Calories				6.42%		*25.9%	*0%	25.2%	*0.0%		59.5%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 12/19/2024

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)
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
000222 KETCHUP: individual	9 gr	100	10	0.00	25	2	*N/A*	0.00	0.00	0	3.00
990692 Fruit Punch, Juice 1/2 cup	4 fl.oz.	100	60	0.00	5	12	0	0.00	0.00	0	14.00
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

Dec 2, 2024 thru Jan 3, 2025

	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			613	3.63	863	*35	*3	23.61	*0.01	46	72.31
% of Calories				5.33%		*22.8%	*2.0%	34.7%	*0.0%		47.2%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 12/20/2024

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)
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
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
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

Dec 2, 2024 thru Jan 3, 2025

	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			586	4.15	889	*25	*N/A*	15.13	0.00	10	78.40
% of Calories				6.37%		*17.1%	*N/A*	23.2%	0.0%		53.5%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 12/23/2024

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 - 12/24/2024

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

Dec 2, 2024 thru Jan 3, 2025

Wednesday - 12/25/2024

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			

Thursday - 12/26/2024

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			

Friday - 12/27/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Jan 3, 2025

	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			

Monday - 12/30/2024

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 - 12/31/2024

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

Dec 2, 2024 thru Jan 3, 2025

Wednesday - 01/01/2025

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 - 01/02/2025

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			

Friday - 01/03/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Jan 3, 2025

	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	619	5	709	*32	*1	19.00	*0.00	68	81.66
% of Calories		7.04%		*20.7%	*0.6%	27.6%	*0.0%		52.8%

- *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.