



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 |
|---|---|--|--|---|
| <p>01/06/2025</p> <p>Cereal Cheerios Multigrain (V/VG) Yoplait Yogurt Fresh Apples Choice of Milk</p> | <p>01/07/2025</p> <p>WG Choc. Chip Pancakes(V) Maple Syrup (ss) Fruit Punch Juice Choice of Milk</p> | <p>01/08/2025</p> <p>WG Biscuit w/ Cheesy Scramble Eggs (V) Bananas Choice of Milk</p> | <p>01/09/2025</p> <p>Cinnamon Soft Round Granola Bar (V) Fresh Pears Choice of Milk</p> | <p>01/10/2025</p> <p>WW Sweet Potato Muffin(V) Fresh Oranges Choice of Milk</p> |
| <p>01/13/2025</p> <p>WG Froot Loops Waffles(V) Syrup Maple (ss) Fresh Tangerines Choice of Milk</p> | <p>01/14/2025</p> <p>WG English Muffin w/ Egg Patty & Cheese (V) Fresh Pears Choice of Milk</p> | <p>01/15/2025</p> <p>WG Banana Muffin (V/DF) Fruit Punch Juice Choice of Milk</p> | <p>01/16/2025</p> <p>WG Cinnamon Roll (V) Fresh Apples Choice of Milk</p> | <p>01/17/2025</p> <p>WG Biscuit & TK. Patty Sandwich WG Biscuit & Veggie Patty Sandwich (V) Bananas Choice of Milk</p> |
| <p>01/20/2025</p> <p>MLK Day of Service No classes</p> | <p>01/21/2025</p> <p>Cereal WG Cheerios (V/VG) Mozzarella Cheese Stick** Cranberry Juice Choice of Milk</p> | <p>01/22/2025</p> <p>WG Pancakes & Turkey Sausage on a Stick** Veggie Patty & WG Pancakes (V) Syrup Maple (ss) Fresh Apples Choice of Milk</p> | <p>01/23/2025</p> <p>Homemade WW Sweet Potatoes Waffles (V/VG) Syrup Maple (ss) Fresh Pears Choice of Milk</p> | <p>01/24/2025</p> <p>Chocolate Chip Oatmeal Muffin (V) Bananas Choice of Milk</p> |
| <p>01/27/2025</p> <p>Faculty Professional Development Day No School for Students</p> | <p>01/28/2025</p> <p>Pumpkin- Carrot WW Breakfast Loaf (V) Fresh Pears Choice of Milk</p> | <p>01/29/2025</p> <p>WG Bagel (V/VG) w/ Cream Cheese & Jelly Fresh Apples Choice of Milk</p> | <p>01/30/2025</p> <p>WW Waffle & Ck. Patty Waffle & Veggie Patty (V) Honey (SS) Fresh Oranges Choice of Milk</p> | <p>01/31/2025</p> <p>Breakfast Pizza w/ Hash Brown Crust & Roll Vegan Breakfast Pizza w/ Hash Brown Crust & Roll Bananas Choice of Milk</p> |

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

**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/ 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

Dec 16, 2024



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>01/06/2025</p> <p>WG Caprese Pasta (V) Fresh Tangerines Choice of Milk</p> | <p>01/07/2025</p> <p>Jerk Chicken & Brown Rice Jerk Chicken Meatless & Brown Rice (V/VG) Sautéed Collards Green Diced Peaches Choice of Milk</p> | <p>01/08/2025</p> <p>Chipotle BBQ Pulled Chicken WG Slider Chipotle BBQ Meatless WG Slider (V/VG) Sweet Creamy Coleslaw Apples Choice of Milk</p> | <p>01/09/2025</p> <p>Tk. Breast Strips w/Gravy w/Mashed Potato & Biscuit Meatless Strips w/Gravy, Mashed Potato & Biscuit Grape Juice Choice of Milk</p> | <p>01/10/2025</p> <p>Chili Turkey Hot Dog** on a WG Bun Chili Veggie Hot Dog (VG) Ketchup (ss) Bananas Choice of Milk</p> |
| <p>01/13/2025</p> <p>Golden Crispy Chicken Tenders WG Roll Breaded Veggie Tender w/ WG Roll (V/VG) Roasted Sweet Potatoes Ketchup (ss) Cranberry Juice Choice of Milk</p> | <p>01/14/2025</p> <p>Turkey Meatballs w/ Brown Rice & Bk. Beans Veggie Meatballs w/ Brown Rice & Beans (V/VG) Apples Choice of Milk</p> | <p>01/15/2025</p> <p>Turkey Sloppy Joe on a WG Bun Veggie Sloppy Joe on a WG Bun (V/VG) Kale Salad w/ Cucumber & Tomatoes (V/VG) Bananas Choice of Milk</p> | <p>01/16/2025</p> <p>One Pot Chicken Fajita Pasta w/Rd. & Gr. Pepper Chicken Meatless Fajita WG Pasta(V/VG) Fresh Oranges Choice of Milk</p> | <p>01/17/2025</p> <p>Cheese Lunch Pizza w/ Chicken & Beef Pepperoni Cheese Lunch Pizza (V) Roasted Potatoes Fresh Tangerines Choice of Milk</p> |
| <p>01/20/2025</p> <p>MLK Day of Service No classes</p> | <p>01/21/2025</p> <p>WG Chicken & Cheese Burrito Veggie WG Burrito (VG) Black Beans w/ Tomato & Corn Salad Apples Choice of Milk</p> | <p>01/22/2025</p> <p>Orange Chicken Orange Meatless Chicken Fried Brown Rice w/ Corn, Peas & Carrots Bananas Choice of Milk</p> | <p>01/23/2025</p> <p>Italian Tk. WG Pasta w/Tomato & Mushrooms Italian Veggie WG Pasta w/Tomato & Mushrooms Fresh Tangerines Choice of Milk</p> | <p>01/24/2025</p> <p>Breaded Chicken Nuggets WG Roll Veggie Nuggets w/ WG Roll (V/VG) Collards Green & Tomato Salad BBQ Sauce (ss) Fruit Punch Juice Choice of Milk</p> |
| <p>01/27/2025</p> <p>Faculty Professional Development Day No School for Students</p> | <p>01/28/2025</p> <p>Turkey Shepherd's Pie w/ Mashed Potato & Carrot Meatless Shepherd's Pie-V Steamed Brown Rice Fresh Oranges Choice of Milk</p> | <p>01/29/2025</p> <p>WG Italian Sub w/ T. Ham T. Salami & T. Pepperoni WG Sub w/Plant Based Ham & Bacon (V) Roasted Broccoli Ranch Dressing (ss) Bananas Choice of Milk</p> | <p>01/30/2025</p> <p>Chicken & Vegetable WW Dumplings Grilled Chicken Meatless over Brown Rice (V/VG) Soy Sauce Light (ss) Roasted Sweet Potatoes & Green Beans Fruit Punch Juice Choice of Milk</p> | <p>01/31/2025</p> <p>Crispy Chicken Burger Chicken Meatless Burger (V/VG) Kale & Mixed Beans Salad Ketchup (ss) Fresh Tangerines Choice of Milk</p> |

Available Choice of Milk: Unflavored 1% milk, unflavored 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/WV), Carrots (MD, PA), Sweet Potatoes (NC), Collards Green (NJ), Potatoes (PA/VA), Zucchini (PA/NC), Kale (NJ) Carrots (PA), Mushrooms (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

Portion Values

Jan 6, 2025 thru Jan 31, 2025

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

Monday - 01/06/2025 Reimbursable Meal Total 130

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | 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 | 130 | 110 | 0.00 | 105 | 6 | *N/A* | 1.00 | 0.00 | 0 | 23.00 |
| 991346 Yogurt Yoplait 4oz | 4 oz | 127 | 100 | 0.00 | 55 | 15 | 11 | 0.50 | 0.00 | 5 | 21.00 |
| 992217 VG/DF - Dairy Free Yogurt | 5.3 oz | 3 | 130 | 0.00 | 90 | 12 | *N/A* | 3.50 | 0.00 | 0 | 18.00 |
| 000307 APPLES,Fresh - 1 Cup (100 - 125 ct) | 1 cup | 130 | 77 | 0.04 | 1 | 15 | *N/A* | 0.25 | 0.00 | 0 | 20.58 |
| 000231 MILK,Skim | 8 fl. oz. | 64 | 90 | 0.00 | 130 | 13 | *N/A* | 0.00 | 0.00 | 5 | 13.00 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 63 | 110 | 1.50 | 130 | 13 | *N/A* | 2.50 | 0.00 | 15 | 13.00 |
| 991919 Soy Milk | 8 fl | 3 | 130 | 0.50 | 110 | 11 | *N/A* | 4.50 | 0.00 | 0 | 13.00 |
| 990556 Place Settings | 1 | 130 | 0 | 0.00 | 0 | *0 | *N/A* | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 389 | 0.78 | 292 | *49 | *11 | 3.14 | 0.00 | 15 | 77.51 |
| % of Calories | | | | 1.80% | | *50.4% | *11.3% | 7.3% | 0.0% | | 79.7% |
| Weekly Nutrient Guideline | | | 400 - 500 | <10 | 540 | | | <=0 | | | |

Tuesday - 01/07/2025 Reimbursable Meal Total 130

Base Menu Spreadsheet

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Portion Values

Jan 6, 2025 thru Jan 31, 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 991372 V- WG Chocolate Chip Pancakes-(Krusteaz) | 2 pancakes | 127 | 186 | 1.51 | 400 | 9 | *5 | 4.22 | 0.00 | 7 | 36.06 |
| 991178 VG/DF- Homemade WG Pancakes | 2 pancakes | 3 | 214 | 0.68 | 3 | *5 | *N/A* | 9.77 | *0.00 | 0 | 27.02 |
| 990919 Syrup Maple (ss) | 42.5 gr | 130 | 120 | 0.00 | 20 | 22 | 22 | 0.00 | 0.00 | 0 | 31.00 |
| 990708 Fruit Punch, Juice - 1 Cup | (2 HC) | 130 | 120 | 0.00 | 10 | 24 | 0 | 0.00 | 0.00 | 0 | 28.00 |
| 000231 MILK,Skim | 8 fl. oz. | 64 | 90 | 0.00 | 130 | 13 | *N/A* | 0.00 | 0.00 | 5 | 13.00 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 63 | 110 | 1.50 | 130 | 13 | *N/A* | 2.50 | 0.00 | 15 | 13.00 |
| 991919 Soy Milk | 8 fl | 3 | 130 | 0.50 | 110 | 11 | *N/A* | 4.50 | 0.00 | 0 | 13.00 |
| 990556 Place Settings | 1 | 130 | 0 | 0.00 | 0 | *0 | *N/A* | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 528 | 2.23 | 550 | *68 | *27 | 5.67 | *0.00 | 16 | 107.85 |
| % of Calories | | | | 3.80% | | *51.5% | *20.5% | 9.7% | *0.0% | | 81.7% |
| Weekly Nutrient Guideline | | | 400 - 500 | <10 | 540 | | | <=0 | | | |

Wednesday - 01/08/2025

Reimbursable Meal Total 130

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 992456 V- WG Biscuit & Cheesy Scramble eggs | serving | 127 | 243 | 6.90 | 372 | *1 | *1 | 13.81 | 0.00 | 241 | 14.94 |
| 992226 WW Breakfast Roll & Tofu Scramble | serving | 3 | 160 | 3.22 | 381 | 3 | *2 | 5.73 | 0.00 | 0 | 18.78 |
| 991006 Banana - 1 cup (2 Bananas) | 2 Bananas | 130 | 210 | 0.26 | 2 | 29 | *N/A* | 0.78 | 0.00 | 0 | 53.90 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 64 | 110 | 1.50 | 130 | 13 | *N/A* | 2.50 | 0.00 | 15 | 13.00 |

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Jan 6, 2025 thru Jan 31, 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. | 63 | 90 | 0.00 | 130 | 13 | *N/A* | 0.00 | 0.00 | 5 | 13.00 |
| 991919 Soy Milk | 8 fl | 3 | 130 | 0.50 | 110 | 11 | *N/A* | 4.50 | 0.00 | 0 | 13.00 |
| 990556 Place Settings | 1 | 130 | 0 | 0.00 | 0 | *0 | *N/A* | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 552 | 7.83 | 504 | *43 | *1 | 15.73 | 0.00 | 245 | 81.93 |
| % of Calories | | | | 12.77 % | | *31.2% | *0.7% | 25.6% | 0.0% | | 59.4% |
| Weekly Nutrient Guideline | | | 400 - 500 | <10 | 540 | | | <=0 | | | |

Thursday - 01/09/2025

Reimbursable Meal Total 130

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | 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 | 127 | 280 | 3.00 | 190 | 19 | *19 | 8.00 | 0.00 | 5 | 44.00 |
| 992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr) | 28 gr | 3 | 100 | 0.00 | 140 | 1 | 1 | 2.00 | 0.00 | 0 | 21.00 |
| 000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct) | 1 cup | 130 | 84 | 0.03 | 1 | 14 | *N/A* | 0.21 | 0.00 | 0 | 22.54 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 64 | 110 | 1.50 | 130 | 13 | *N/A* | 2.50 | 0.00 | 15 | 13.00 |
| 000231 MILK,Skim | 8 fl. oz. | 63 | 90 | 0.00 | 130 | 13 | *N/A* | 0.00 | 0.00 | 5 | 13.00 |
| 991919 Soy Milk | 8 fl | 3 | 130 | 0.50 | 110 | 11 | *N/A* | 4.50 | 0.00 | 0 | 13.00 |

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Jan 6, 2025 thru Jan 31, 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 | 130 | 0 | 0.00 | 0 | *0 | *N/A* | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 461 | 3.71 | 320 | *46 | *19 | 9.40 | 0.00 | 15 | 79.01 |
| % of Calories | | | | 7.24% | | *39.9% | *16.5% | 18.4% | 0.0% | | 68.6% |
| Weekly Nutrient Guideline | | | 400 - 500 | <10 | 540 | | | <=0 | | | |

Friday - 01/10/2025

Reimbursable Meal Total 130

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | 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 | 127 | 157 | 0.22 | 29 | *9 | *N/A* | 2.70 | *0.00 | 1 | 28.22 |
| 992223 VG- Homemade Vegan Muffins | 64 gr | 3 | 215 | 0.54 | 9 | *18 | *N/A* | 7.58 | *0.00 | 0 | 33.17 |
| 991024 ORANGES (2 oranges 113-125 ct) - 1 Cup | cup | 130 | 123 | 0.04 | 0 | 24 | *N/A* | 0.31 | 0.00 | 0 | 30.78 |
| 000231 MILK,Skim | 8 fl. oz. | 64 | 90 | 0.00 | 130 | 13 | *N/A* | 0.00 | 0.00 | 5 | 13.00 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 63 | 110 | 1.50 | 130 | 13 | *N/A* | 2.50 | 0.00 | 15 | 13.00 |
| 990556 Place Settings | 1 | 130 | 0 | 0.00 | 0 | *0 | *N/A* | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 379 | 1.00 | 155 | *46 | *N/A* | 4.33 | *0.00 | 11 | 71.82 |
| % of Calories | | | | 2.37% | | *48.5% | *N/A* | 10.3% | *0.0% | | 75.8% |
| Weekly Nutrient Guideline | | | 400 - 500 | <10 | 540 | | | <=0 | | | |

Monday - 01/13/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Jan 6, 2025 thru Jan 31, 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) |
|---|----------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 992805 V- WG Froot Loops Waffles | 2.64 oz | 100 | 180 | 1.50 | 210 | 5 | 5 | 6.00 | 0.00 | 0 | 32.00 |
| 991172 VG/DF- Homemade WG Waffles | 2 oz | 1 | 309 | 0.69 | 42 | 12 | *N/A* | 9.44 | 0.00 | 0 | 44.97 |
| 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 | 90 | 0.00 | 130 | 13 | *N/A* | 0.00 | 0.00 | 5 | 13.00 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 110 | 1.50 | 130 | 13 | *N/A* | 2.50 | 0.00 | 15 | 13.00 |
| 991919 Soy Milk | 8 fl | 0 | 130 | 0.50 | 110 | 11 | *N/A* | 4.50 | 0.00 | 0 | 13.00 |
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | *N/A* | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 420 | 2.35 | 425 | *44 | *5 | 8.09 | 0.00 | 10 | 81.47 |
| % of Calories | | | | 5.04% | | *41.9% | *4.8% | 17.3% | 0.0% | | 77.6% |
| Weekly Nutrient Guideline | | | 400 - 500 | <10 | 540 | | | <=0 | | | |

Tuesday - 01/14/2025

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 992347 V- WG English Muffin w/ Egg Patty & Cheese | serving | 99 | 218 | 2.77 | 462 | 2 | *1 | 9.48 | 0.00 | 104 | 25.37 |
| 991166 VG- WG English Muffin w/ Tofu Scramble | serving | 1 | 259 | 1.52 | 151 | *1 | *1 | 9.70 | *0.00 | 0 | 27.98 |
| 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 | 110 | 1.50 | 130 | 13 | *N/A* | 2.50 | 0.00 | 15 | 13.00 |

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Jan 6, 2025 thru Jan 31, 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 | 90 | 0.00 | 130 | 13 | *N/A* | 0.00 | 0.00 | 5 | 13.00 |
| 991919 Soy Milk | 8 fl | 1 | 130 | 0.50 | 110 | 11 | *N/A* | 4.50 | 0.00 | 0 | 13.00 |
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | *N/A* | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 404 | 3.54 | 591 | *29 | *1 | 10.98 | *0.00 | 113 | 61.07 |
| % of Calories | | | | 7.89% | | *28.7% | *1.0% | 24.5% | *0.0% | | 60.5% |
| Weekly Nutrient Guideline | | | 400 - 500 | <10 | 540 | | | <=0 | | | |

Wednesday - 01/15/2025

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 991262 V/DF- WG Banana Muffin (Chef Pierre) | 57 gr | 100 | 200 | 1.50 | 110 | 16 | *N/A* | 8.00 | 0.00 | 10 | 31.00 |
| 992223 VG- Homemade Vegan Muffins | 64 gr | 1 | 215 | 0.54 | 9 | *18 | *N/A* | 7.58 | *0.00 | 0 | 33.17 |
| 990708 Fruit Punch, Juice - 1 Cup | (2 HC) | 100 | 120 | 0.00 | 10 | 24 | 0 | 0.00 | 0.00 | 0 | 28.00 |
| 000231 MILK,Skim | 8 fl. oz. | 50 | 90 | 0.00 | 130 | 13 | *N/A* | 0.00 | 0.00 | 5 | 13.00 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 110 | 1.50 | 130 | 13 | *N/A* | 2.50 | 0.00 | 15 | 13.00 |
| 991919 Soy Milk | 8 fl | 1 | 130 | 0.50 | 110 | 11 | *N/A* | 4.50 | 0.00 | 0 | 13.00 |

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Jan 6, 2025 thru Jan 31, 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 | | | 423 | 2.26 | 251 | *53 | *0 | 9.37 | *0.00 | 20 | 72.46 |
| % of Calories | | | | 4.81% | | *50.1% | *0% | 19.9% | *0.0% | | 68.5% |
| Weekly Nutrient Guideline | | | 400 - 500 | <10 | 540 | | | <=0 | | | |

Thursday - 01/16/2025

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 991425 WG Cinnamon Roll Freezer to Oven | 3 oz | 99 | 270 | 4.50 | 420 | 9 | *9 | 11.00 | 0.00 | 0 | 37.00 |
| 992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr) | 28 gr | 1 | 100 | 0.00 | 140 | 1 | 1 | 2.00 | 0.00 | 0 | 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 | 110 | 1.50 | 130 | 13 | *N/A* | 2.50 | 0.00 | 15 | 13.00 |
| 000231 MILK,Skim | 8 fl. oz. | 50 | 90 | 0.00 | 130 | 13 | *N/A* | 0.00 | 0.00 | 5 | 13.00 |
| 991919 Soy Milk | 8 fl | 1 | 130 | 0.50 | 110 | 11 | *N/A* | 4.50 | 0.00 | 0 | 13.00 |
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | *N/A* | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 447 | 5.25 | 550 | *38 | *9 | 12.46 | 0.00 | 10 | 70.55 |
| % of Calories | | | | 10.57% | | *34.0% | *8.1% | 25.1% | 0.0% | | 63.1% |
| Weekly Nutrient Guideline | | | 400 - 500 | <10 | 540 | | | <=0 | | | |

Friday - 01/17/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Jan 6, 2025 thru Jan 31, 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 991384 WG Biscuit & Tk. Patty Sandwich | 2oz | 99 | 262 | 8.09 | 495 | 2 | *0 | 13.11 | 0.00 | 30 | 27.34 |
| 991773 V-WG Biscuit & Veggie Patty Sandwich | 28 gr | 1 | 170 | 4.00 | 460 | 2 | *1 | 7.50 | 0.00 | 0 | 18.00 |
| 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 | 110 | 1.50 | 130 | 13 | *N/A* | 2.50 | 0.00 | 15 | 13.00 |
| 000231 MILK,Skim | 8 fl. oz. | 50 | 90 | 0.00 | 130 | 13 | *N/A* | 0.00 | 0.00 | 5 | 13.00 |
| 991919 Soy Milk | 8 fl | 1 | 130 | 0.50 | 110 | 11 | *N/A* | 4.50 | 0.00 | 0 | 13.00 |
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | *N/A* | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 573 | 9.07 | 628 | *44 | *0 | 15.13 | 0.00 | 40 | 94.28 |
| % of Calories | | | | 14.25 % | | *30.7% | *0% | 23.8% | 0.0% | | 65.8% |
| Weekly Nutrient Guideline | | | 400 - 500 | <10 | 540 | | | <=0 | | | |

Monday - 01/20/2025

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 | | | |

Tuesday - 01/21/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 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) |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 991082 Cereal WG Cheerios 1 (28gr) | 28 gr | 100 | 100 | 0.00 | 140 | 1 | 1 | 2.00 | 0.00 | 0 | 21.00 |
| 000010 Mozzarella, Cheese String | 1 oz | 100 | 61 | 2.02 | 202 | 1 | *N/A* | 3.04 | 0.00 | 10 | 1.01 |
| 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 | 90 | 0.00 | 130 | 13 | *N/A* | 0.00 | 0.00 | 5 | 13.00 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 110 | 1.50 | 130 | 13 | *N/A* | 2.50 | 0.00 | 15 | 13.00 |
| 991919 Soy Milk | 8 fl | 0 | 130 | 0.50 | 110 | 11 | *N/A* | 4.50 | 0.00 | 0 | 13.00 |
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | *N/A* | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 381 | 2.78 | 472 | *39 | *1 | 6.29 | 0.00 | 20 | 61.01 |
| % of Calories | | | | 6.57% | | *40.9% | *1.0% | 14.9% | 0.0% | | 64.1% |
| Weekly Nutrient Guideline | | | 400 - 500 | <10 | 540 | | | <=0 | | | |

Wednesday - 01/22/2025

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 | 160 | 1.50 | 400 | 7 | 7 | 6.00 | 0.00 | 20 | 19.00 |
| 991777 V- Veggie Patty & WG Pancakes | 1 serving | 1 | 283 | 0.33 | 830 | 6 | *5 | 9.33 | 0.00 | 7 | 37.33 |
| 991178 VG/DF- Homemade WG Pancakes | 2 pancakes | 1 | 214 | 0.68 | 3 | *5 | *N/A* | 9.77 | *0.00 | 0 | 27.02 |
| 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

Portion Values

Jan 6, 2025 thru Jan 31, 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 000307 APPLES,Fresh - 1 Cup (100 - 125 ct) | 1 cup | 100 | 77 | 0.04 | 1 | 15 | *N/A* | 0.25 | 0.00 | 0 | 20.58 |
| 000231 MILK,Skim | 8 fl. oz. | 49 | 90 | 0.00 | 130 | 13 | *N/A* | 0.00 | 0.00 | 5 | 13.00 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 49 | 110 | 1.50 | 130 | 13 | *N/A* | 2.50 | 0.00 | 15 | 13.00 |
| 991919 Soy Milk | 8 fl | 1 | 130 | 0.50 | 110 | 11 | *N/A* | 4.50 | 0.00 | 0 | 13.00 |
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | *N/A* | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 350 | 2.28 | 614 | *35 | *7 | 7.65 | *0.00 | 30 | 56.90 |
| % of Calories | | | | 5.86% | | *40.0% | *8.0% | 19.7% | *0.0% | | 65.0% |
| Weekly Nutrient Guideline | | | 400 - 500 | <10 | 540 | | | <=0 | | | |

Thursday - 01/23/2025

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 | 90 | 0.00 | 130 | 13 | *N/A* | 0.00 | 0.00 | 5 | 13.00 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 110 | 1.50 | 130 | 13 | *N/A* | 2.50 | 0.00 | 15 | 13.00 |
| 991919 Soy Milk | 8 fl | 0 | 130 | 0.50 | 110 | 11 | *N/A* | 4.50 | 0.00 | 0 | 13.00 |

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 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 | | | 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 | | | |

Friday - 01/24/2025

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) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 991382 Chocolate Chip Oatmeal Muffin | serving | 100 | 274 | 3.82 | 211 | *22 | *N/A* | 34.91 | *0.00 | 21 | 47.57 |
| 992223 VG- Homemade Vegan Muffins | 64 gr | 1 | 215 | 0.54 | 9 | *18 | *N/A* | 7.58 | *0.00 | 0 | 33.17 |
| 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 | 90 | 0.00 | 130 | 13 | *N/A* | 0.00 | 0.00 | 5 | 13.00 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 110 | 1.50 | 130 | 13 | *N/A* | 2.50 | 0.00 | 15 | 13.00 |
| 991919 Soy Milk | 8 fl | 1 | 130 | 0.50 | 110 | 11 | *N/A* | 4.50 | 0.00 | 0 | 13.00 |
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | *N/A* | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 588 | 4.84 | 344 | *64 | *N/A* | 37.06 | *0.00 | 31 | 114.93 |
| % of Calories | | | | 7.41% | | *43.5% | *N/A* | 56.7% | *0.0% | | 78.2% |
| Weekly Nutrient Guideline | | | 400 - 500 | <10 | 540 | | | <=0 | | | |

Monday - 01/27/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 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 | | | |

Tuesday - 01/28/2025

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 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 | 185 | 0.05 | 192 | *21 | *N/A* | 0.69 | *0.00 | 0 | 42.17 |
| 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 | 90 | 0.00 | 130 | 13 | *N/A* | 0.00 | 0.00 | 5 | 13.00 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 110 | 1.50 | 130 | 13 | *N/A* | 2.50 | 0.00 | 15 | 13.00 |
| 991919 Soy Milk | 8 fl | 0 | 130 | 0.50 | 110 | 11 | *N/A* | 4.50 | 0.00 | 0 | 13.00 |
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | *N/A* | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 410 | 3.37 | 364 | *48 | *N/A* | 6.24 | *0.00 | 46 | 77.50 |
| % of Calories | | | | 7.40% | | *46.8% | *N/A* | 13.7% | *0.0% | | 75.6% |
| Weekly Nutrient Guideline | | | 400 - 500 | <10 | 540 | | | <=0 | | | |

Wednesday - 01/29/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 992021 WG Bagel (IW) & Cream Cheese & Jelly | -serving | 99 | 250 | 2.50 | 395 | 12 | *9 | 4.50 | 0.00 | 15 | 45.00 |
| 991347 VG/DF - WG White Bagel (iW) & Jelly | -serving | 1 | 205 | 0.00 | 315 | 11 | 9 | 1.00 | 0.00 | 0 | 44.00 |
| 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 | 110 | 1.50 | 130 | 13 | *N/A* | 2.50 | 0.00 | 15 | 13.00 |
| 000231 MILK,Skim | 8 fl. oz. | 50 | 90 | 0.00 | 130 | 13 | *N/A* | 0.00 | 0.00 | 5 | 13.00 |
| 991919 Soy Milk | 8 fl | 0 | 130 | 0.50 | 110 | 11 | *N/A* | 4.50 | 0.00 | 0 | 13.00 |
| 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 - 01/30/2025

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) |
|---|-----------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 992806 WW Waffle & Chicken Patty | 1 Waffle/1Patty | 100 | 176 | 2.78 | 494 | 1 | *1 | 9.07 | 0.00 | 43 | 14.01 |
| 992807 V- WW Waffle & Veggie Patty | 1 Waffle/1Patty | 1 | 215 | 0.75 | 620 | 2 | *1 | 10.00 | 0.00 | 2 | 19.00 |
| 991693 Honey, (ss) Pouch | 9 gr | 100 | 25 | 0.00 | 0 | 7 | 7 | 0.00 | 0.00 | 0 | 7.00 |
| 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 |

Base Menu Spreadsheet

Luncheras Di Si

Portion Values

Jan 6, 2025 thru Jan 31, 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 | 110 | 1.50 | 130 | 13 | *N/A* | 2.50 | 0.00 | 15 | 13.00 |
| 000231 MILK,Skim | 8 fl. oz. | 50 | 90 | 0.00 | 130 | 13 | *N/A* | 0.00 | 0.00 | 5 | 13.00 |
| 991919 Soy Milk | 8 fl | 0 | 130 | 0.50 | 110 | 11 | *N/A* | 4.50 | 0.00 | 0 | 13.00 |
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | *N/A* | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 426 | 3.57 | 630 | *46 | *8 | 10.74 | 0.00 | 53 | 64.99 |
| % of Calories | | | | 7.54% | | *43.2% | *7.5% | 22.7% | 0.0% | | 61.0% |
| Weekly Nutrient Guideline | | | 400 - 500 | <10 | 540 | | | <=0 | | | |

Friday - 01/31/2025

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 991528 Breakfast Pizza w/ Hashbrown Crust | serving | 100 | 210 | 1.60 | 274 | *3 | *2 | 6.17 | *0.00 | 78 | 26.93 |
| 992240 VEGAN Breakfast Pizza w/ Hashbrown Crust | serving | 1 | 241 | 2.14 | 505 | *4 | *2 | 5.48 | *0.00 | 0 | 32.77 |
| 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 | 90 | 0.00 | 130 | 13 | *N/A* | 0.00 | 0.00 | 5 | 13.00 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 110 | 1.50 | 130 | 13 | *N/A* | 2.50 | 0.00 | 15 | 13.00 |
| 991919 Soy Milk | 8 fl | 1 | 130 | 0.50 | 110 | 11 | *N/A* | 4.50 | 0.00 | 0 | 13.00 |

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 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 | | | 524 | 2.64 | 413 | *45 | *2 | 8.30 | *0.00 | 88 | 94.29 |
| % of Calories | | | | 4.53% | | *34.4% | *1.5% | 14.3% | *0.0% | | 72.0% |
| 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 | 452 | 3 | 438 | *46 | *6 | 10.16 | *0.00 | 44 | 79.67 |
| % of Calories | | 6.85% | | *40.7% | *5.3% | 20.2% | *0.0% | | 70.5% |

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

Portion Values

Jan 6, 2025 thru Jan 31, 2025

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

Monday - 01/06/2025 Reimbursable Meal Total 200

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | 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 | 199 | 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 | 1 | 398 | 10.03 | 664 | *7 | *1 | 14.56 | *0.00 | 0 | 61.93 |
| 992548 TANGERINES,FRESH - 1/2 cup (150 ct) | 1 (150ct p/cs) | 200 | 64 | 0.05 | 2 | 13 | *N/A* | 0.37 | 0.00 | 0 | 16.01 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 98 | 110 | 1.50 | 130 | 13 | *N/A* | 2.50 | 0.00 | 15 | 13.00 |
| 000231 MILK,Skim | 8 fl. oz. | 98 | 90 | 0.00 | 130 | 13 | *N/A* | 0.00 | 0.00 | 5 | 13.00 |
| 991919 Soy Milk | 8 fl | 4 | 130 | 0.50 | 110 | 11 | *N/A* | 4.50 | 0.00 | 0 | 13.00 |
| 990556 Place Settings | 1 | 200 | 0 | 0.00 | 0 | *0 | *N/A* | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 604 | 8.43 | 692 | *35 | *1 | 16.90 | *0.00 | 48 | 84.03 |
| % of Calories | | | | 12.56 % | | *23.2% | *0.7% | 25.2% | *0.0% | | 55.6% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | | <=0 | | | |

Tuesday - 01/07/2025 Reimbursable Meal Total 200

Base Menu Spreadsheet

Luncheras Di Si

Portion Values

Jan 6, 2025 thru Jan 31, 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|--------------|-------------------------|-------------|---------------|
| 990401 Jamaican Jerk Chicken Bowl - K to 12 | serving | 184 | 347 | 0.61 | 203 | *2 | *N/A* | 3.79 | *0.00 | 41 | 56.87 |
| 991888 V/VG- Jamaican Jerk Chicken Bowl | serving | 16 | 368 | 0.03 | 328 | *3 | *0 | 3.59 | *0.00 | 0 | 59.40 |
| 992778 Sautéed Collards Green- DG:3/4 | 3/4 cup | 200 | 97 | 0.41 | 141 | 5 | *N/A* | 5.61 | 0.01 | 0 | 11.21 |
| 990597 PEACHES, DICED IN JUICE SS PLASTIC CUP - HC | HC | 200 | 80 | 0.00 | 5 | 18 | *N/A* | 0.00 | 0.00 | 0 | 19.00 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 98 | 110 | 1.50 | 130 | 13 | *N/A* | 2.50 | 0.00 | 15 | 13.00 |
| 000231 MILK,Skim | 8 fl. oz. | 98 | 90 | 0.00 | 130 | 13 | *N/A* | 0.00 | 0.00 | 5 | 13.00 |
| 991919 Soy Milk | 8 fl | 4 | 130 | 0.50 | 110 | 11 | *N/A* | 4.50 | 0.00 | 0 | 13.00 |
| 990556 Place Settings | 1 | 200 | 0 | 0.00 | 0 | *0 | *N/A* | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 626 | 1.72 | 488 | *38 | *0 | 10.70 | *0.01 | 47 | 100.28 |
| % of Calories | | | | 2.47% | | *24.3% | *0% | 15.4% | *0.0% | | 64.1% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | | <=0 | | | |

Wednesday - 01/08/2025

Reimbursable Meal Total 200

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 992419 Chipotle BBQ Pulled Chicken WG Slider | serving | 184 | 295 | 0.61 | 825 | 17 | *4 | 4.13 | 0.00 | 43 | 42.25 |
| 992420 V/VG- Chipotle BBQ Pulled Chicken MeatlesWG Slider | serving | 16 | 320 | 0.00 | 955 | 18 | *4 | 4.00 | 0.00 | 0 | 44.25 |
| 990604 CREAMY COLESLAW OT: 1/2, R:1/4 | 3/4 cup | 200 | 77 | 0.29 | 111 | 7 | *N/A* | 2.03 | *0.00 | 3 | 12.79 |
| 990398 APPLES - Half Cup (100-134 ct) | 1/2 cup | 200 | 39 | 0.02 | 1 | 8 | *N/A* | 0.13 | 0.00 | 0 | 10.29 |

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Jan 6, 2025 thru Jan 31, 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. | 98 | 90 | 0.00 | 130 | 13 | *N/A* | 0.00 | 0.00 | 5 | 13.00 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 98 | 110 | 1.50 | 130 | 13 | *N/A* | 2.50 | 0.00 | 15 | 13.00 |
| 991919 Soy Milk | 8 fl | 4 | 130 | 0.50 | 110 | 11 | *N/A* | 4.50 | 0.00 | 0 | 13.00 |
| 990556 Place Settings | 1 | 200 | 0 | 0.00 | 0 | *0 | *N/A* | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 514 | 1.61 | 1077 | *45 | *4 | 7.59 | *0.00 | 52 | 78.49 |
| % of Calories | | | | 2.82% | | *35.0% | *3.1% | 13.3% | *0.0% | | 61.1% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | | <=0 | | | |

Thursday - 01/09/2025

Reimbursable Meal Total 200

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 992808 Turkey Breast Strips w/Gravy & Mashed Potat S:3/4 | serving | 184 | 481 | 10.80 | 1212 | *4 | *0 | 16.57 | *0.00 | 58 | 55.62 |
| 992809 V- Meatless Strips w/Gravy & Mash/ Potato S:3/4 | serving | 16 | 424 | 7.16 | 710 | *6 | *0 | 12.04 | *0.00 | 0 | 53.08 |
| 992361 Grape Juice - Suncup | 4 fl | 200 | 80 | 0.00 | 10 | 18 | 0 | 0.00 | 0.00 | 0 | 19.00 |
| 000231 MILK,Skim | 8 fl. oz. | 98 | 90 | 0.00 | 130 | 13 | *N/A* | 0.00 | 0.00 | 5 | 13.00 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 98 | 110 | 1.50 | 130 | 13 | *N/A* | 2.50 | 0.00 | 15 | 13.00 |
| 991919 Soy Milk | 8 fl | 4 | 130 | 0.50 | 110 | 11 | *N/A* | 4.50 | 0.00 | 0 | 13.00 |

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 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 | 200 | 0 | 0.00 | 0 | *0 | *N/A* | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 657 | 11.25 | 1312 | *35 | *0 | 17.52 | *0.00 | 63 | 87.42 |
| % of Calories | | | | 15.41 % | | *21.3% | *0% | 24.0% | *0.0% | | 53.2% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | | <=0 | | | |

Friday - 01/10/2025

Reimbursable Meal Total 200

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | 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 | 199 | 383 | 6.13 | 1137 | *10 | *N/A* | 16.65 | *0.00 | 50 | 42.02 |
| 992791 V/VG-Chili Veggie hot dog, WG Bun L:1/2, OT:1/4 | serving | 1 | 314 | 3.17 | 954 | *10 | *0 | 7.19 | *0.00 | 0 | 45.05 |
| 000222 KETCHUP: individual | 9 gr | 200 | 10 | 0.00 | 25 | 2 | *N/A* | 0.00 | 0.00 | 0 | 3.00 |
| 991007 Banana - 1/2 cup (1 Banana) | 1 Bananas | 200 | 105 | 0.13 | 1 | 14 | *N/A* | 0.39 | 0.00 | 0 | 26.95 |
| 000231 MILK,Skim | 8 fl. oz. | 98 | 90 | 0.00 | 130 | 13 | *N/A* | 0.00 | 0.00 | 5 | 13.00 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 98 | 110 | 1.50 | 130 | 13 | *N/A* | 2.50 | 0.00 | 15 | 13.00 |
| 991919 Soy Milk | 8 fl | 4 | 130 | 0.50 | 110 | 11 | *N/A* | 4.50 | 0.00 | 0 | 13.00 |
| 990556 Place Settings | 1 | 200 | 0 | 0.00 | 0 | *0 | *N/A* | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 599 | 6.99 | 1292 | *40 | *0 | 18.31 | *0.00 | 60 | 84.99 |
| % of Calories | | | | 10.50 % | | *26.7% | *0% | 27.5% | *0.0% | | 56.8% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | | <=0 | | | |

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

Monday - 01/13/2025

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 | 260 | 0.00 | 390 | 1 | *1 | 15.00 | 0.00 | 25 | 16.00 |
| 991056 VG/DF - WG Roll | 32 gr | 99 | 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 | 230 | 3.00 | 520 | 3 | *2 | 8.00 | 0.00 | 0 | 26.00 |
| 000242 Roasted Sweet Potato - R: 3/4 cup | .75 cup | 100 | 169 | 0.34 | 54 | 10 | *N/A* | 3.95 | 0.00 | 0 | 31.06 |
| 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 | 90 | 0.00 | 130 | 13 | *N/A* | 0.00 | 0.00 | 5 | 13.00 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 110 | 1.50 | 130 | 13 | *N/A* | 2.50 | 0.00 | 15 | 13.00 |
| 991919 Soy Milk | 8 fl | 0 | 130 | 0.50 | 110 | 11 | *N/A* | 4.50 | 0.00 | 0 | 13.00 |
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | *N/A* | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 677 | 1.12 | 769 | *40 | *3 | 21.12 | 0.00 | 35 | 91.02 |
| % of Calories | | | | 1.49% | | *23.6% | *1.8% | 28.1% | 0.0% | | 53.8% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | | <=0 | | | |

Tuesday - 01/14/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 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) |
|---|-----------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 992793 Turkey Meatballs w/rice & Black Beans L:1/2, R:1/4 | serving -4 (MB) | 99 | 400 | 1.50 | 555 | 4 | *0 | 6.97 | 0.00 | 45 | 60.63 |
| 991868 V/VG- Veggie Meatballs, rice & Beans L:1/2, R:1/4 | 1 serving (3VM) | 1 | 500 | 3.00 | 556 | 4 | *0 | 9.34 | 0.00 | 0 | 78.07 |
| 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 | 90 | 0.00 | 130 | 13 | *N/A* | 0.00 | 0.00 | 5 | 13.00 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 110 | 1.50 | 130 | 13 | *N/A* | 2.50 | 0.00 | 15 | 13.00 |
| 991919 Soy Milk | 8 fl | 0 | 130 | 0.50 | 110 | 11 | *N/A* | 4.50 | 0.00 | 0 | 13.00 |
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | *N/A* | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 540 | 2.29 | 686 | *25 | *0 | 8.37 | 0.00 | 55 | 84.10 |
| % of Calories | | | | 3.82% | | *18.5% | *0% | 14.0% | 0.0% | | 62.3% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | | <=0 | | | |

Wednesday - 01/15/2025

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 991697 Sloppy Joe - Turkey KT | SERVINGS | 99 | 336 | 2.37 | 534 | *11 | *4 | 12.47 | *0.00 | 88 | 37.41 |
| 991726 Sloppy Joe - Turkey KT (Vegetarian) | SERVINGS | 1 | 278 | 0.17 | 694 | *12 | *4 | 5.73 | *0.00 | 0 | 42.08 |
| 992825 Salad, Kale, Cucumber, Tomatoe DG:1/2,R:1/8, OT:1/8 | 3/4 cup | 100 | 84 | 1.14 | 172 | 2 | *N/A* | 7.07 | 0.00 | 0 | 5.20 |
| 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

Lunches Di Si

Portion Values

Jan 6, 2025 thru Jan 31, 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 | 90 | 0.00 | 130 | 13 | *N/A* | 0.00 | 0.00 | 5 | 13.00 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 110 | 1.50 | 130 | 13 | *N/A* | 2.50 | 0.00 | 15 | 13.00 |
| 991919 Soy Milk | 8 fl | 0 | 130 | 0.50 | 110 | 11 | *N/A* | 4.50 | 0.00 | 0 | 13.00 |
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | *N/A* | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 625 | 4.37 | 838 | *40 | *4 | 21.11 | *0.00 | 97 | 82.61 |
| % of Calories | | | | 6.29% | | *25.6% | *2.6% | 30.4% | *0.0% | | 52.9% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | | <=0 | | | |

Thursday - 01/16/2025

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 991419 One Pot Chicken Fajita Pasta R:1/4, OT:1/2 | serving | 100 | 498 | 7.37 | 389 | *4 | *0 | 22.93 | *0.00 | 53 | 52.45 |
| 992257 V/VG One Pot Chicken Fajita Pasta R:1/4, OT:1/2 | serving | 1 | 454 | 3.89 | 493 | *5 | *0 | 17.93 | *0.00 | 0 | 50.66 |
| 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 | 90 | 0.00 | 130 | 13 | *N/A* | 0.00 | 0.00 | 5 | 13.00 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 110 | 1.50 | 130 | 13 | *N/A* | 2.50 | 0.00 | 15 | 13.00 |
| 991919 Soy Milk | 8 fl | 0 | 130 | 0.50 | 110 | 11 | *N/A* | 4.50 | 0.00 | 0 | 13.00 |

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Jan 6, 2025 thru Jan 31, 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 | | | 664 | 8.18 | 524 | *29 | *0 | 24.51 | *0.00 | 63 | 81.35 |
| % of Calories | | | | 11.09 % | | *17.5% | *0% | 33.2% | *0.0% | | 49.0% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | | <=0 | | | |

Friday - 01/17/2025

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) |
|---|-----------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 991746 Cheese Lunch Individual Pizza w/ Chicken/BeefPeppe | 4.56oz 5 pepper | 99 | 317 | 4.50 | 930 | 5 | *N/A* | 13.00 | 0.00 | 10 | 24.33 |
| 991392 V- Cheese Lunch Individual Pizza | 4.56oz (129gr) | 1 | 270 | 3.00 | 750 | 5 | *N/A* | 9.00 | 0.00 | 0 | 24.00 |
| 992725 DF - Cheese Pizza Sub R:1/4 | slice | 0 | 302 | 6.11 | 810 | 5 | *N/A* | 12.49 | 0.00 | 0 | 42.96 |
| 992826 Roasted Potatoes - S: 5/8 | 5/8 cup | 100 | 154 | 0.37 | 7 | *0 | *N/A* | 4.76 | 0.00 | 0 | 25.61 |
| 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 | 90 | 0.00 | 130 | 13 | *N/A* | 0.00 | 0.00 | 5 | 13.00 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 110 | 1.50 | 130 | 13 | *N/A* | 2.50 | 0.00 | 15 | 13.00 |
| 991919 Soy Milk | 8 fl | 0 | 130 | 0.50 | 110 | 11 | *N/A* | 4.50 | 0.00 | 0 | 13.00 |

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 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 | | | 633 | 5.66 | 1067 | *31 | *N/A* | 19.34 | 0.00 | 20 | 78.95 |
| % of Calories | | | | 8.05% | | *19.6% | *N/A* | 27.5% | 0.0% | | 49.9% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | | <=0 | | | |

Monday - 01/20/2025

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 | | | |

Tuesday - 01/21/2025

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 992810 WG Chicken & Cheese Burrito | 142 gr | 99 | 300 | 6.00 | 710 | 3 | *1 | 11.00 | 0.00 | 30 | 33.00 |
| 992811 V- Veggie WG Burrito (VG) | Burrito 10" | 1 | 370 | 3.79 | 584 | *1 | *0 | 12.87 | *0.00 | 0 | 37.09 |
| 990400 Black Bean and Corn Salad -L: 1/2, S: 1/4 | 3/4 cup | 100 | 176 | 0.03 | 139 | 6 | *0 | 0.85 | 0.00 | 0 | 33.01 |
| 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

Luncheras Di Si

Portion Values

Jan 6, 2025 thru Jan 31, 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 | 90 | 0.00 | 130 | 13 | *N/A* | 0.00 | 0.00 | 5 | 13.00 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 110 | 1.50 | 130 | 13 | *N/A* | 2.50 | 0.00 | 15 | 13.00 |
| 991919 Soy Milk | 8 fl | 0 | 130 | 0.50 | 110 | 11 | *N/A* | 4.50 | 0.00 | 0 | 13.00 |
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | *N/A* | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 615 | 6.77 | 979 | *30 | *1 | 13.24 | *0.00 | 40 | 89.34 |
| % of Calories | | | | 9.91% | | *19.5% | *0.7% | 19.4% | *0.0% | | 58.1% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | | <=0 | | | |

Wednesday - 01/22/2025

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 992812 Orange Chicken Chunks | 4 pc | 100 | 330 | 2.86 | 667 | 6 | *6 | 19.84 | 0.00 | 35 | 24.21 |
| 992814 V/VG Orange Meatless Chicken | 3 pc | 1 | 218 | 1.47 | 380 | 8 | *6 | 11.45 | 0.00 | 0 | 22.12 |
| 992813 Fried Brown Rice: Carrots, Corn, Peas R:1/2, S:3/8 | 1 serving | 100 | 267 | 0.00 | 548 | *6 | *0 | 1.60 | *0.00 | 0 | 56.04 |
| 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 | 110 | 1.50 | 130 | 13 | *N/A* | 2.50 | 0.00 | 15 | 13.00 |
| 000231 MILK,Skim | 8 fl. oz. | 50 | 90 | 0.00 | 130 | 13 | *N/A* | 0.00 | 0.00 | 5 | 13.00 |
| 991919 Soy Milk | 8 fl | 1 | 130 | 0.50 | 110 | 11 | *N/A* | 4.50 | 0.00 | 0 | 13.00 |

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Jan 6, 2025 thru Jan 31, 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 | | | 806 | 3.77 | 1351 | *39 | *6 | 23.23 | *0.00 | 45 | 120.56 |
| % of Calories | | | | 4.21% | | *19.4% | *3.0% | 25.9% | *0.0% | | 59.8% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | | <=0 | | | |

Thursday - 01/23/2025

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) |
|--|----------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 992815 Italian Turkey WG Pasta R:1/4, OT:1/2 | serving | 99 | 475 | 3.32 | 186 | *5 | *0 | 24.05 | *0.00 | 91 | 47.52 |
| 992816 V/VG- Ita. Veggie Crumbles WG Pasta R:1/4, OT:1/2 | serving | 1 | 415 | 1.04 | 353 | *5 | *0 | 17.07 | *0.00 | 0 | 52.34 |
| 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 | 90 | 0.00 | 130 | 13 | *N/A* | 0.00 | 0.00 | 5 | 13.00 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 110 | 1.50 | 130 | 13 | *N/A* | 2.50 | 0.00 | 15 | 13.00 |
| 991919 Soy Milk | 8 fl | 0 | 130 | 0.50 | 110 | 11 | *N/A* | 4.50 | 0.00 | 0 | 13.00 |
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | *N/A* | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 638 | 4.09 | 321 | *30 | *0 | 25.60 | *0.00 | 100 | 76.57 |
| % of Calories | | | | 5.77% | | *18.8% | *0% | 36.1% | *0.0% | | 48.0% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | | <=0 | | | |

Friday - 01/24/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Jan 6, 2025 thru Jan 31, 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 991084 Chicken Nuggets Breaded | 4 pc (91 gr) | 99 | 210 | 2.50 | 340 | 1 | *0 | 12.00 | 0.00 | 40 | 12.00 |
| 991056 VG/DF - WG Roll | 32 gr | 99 | 80 | 0.00 | 170 | 2 | *2 | 1.00 | 0.00 | 0 | 15.00 |
| 992459 Vegan Chicken Nuggets w/WG Roll | 5 Nuggets | 1 | 331 | 1.88 | 635 | 5 | *2 | 12.30 | 0.00 | 0 | 40.12 |
| 992817 Collards Green & Tomato Salad - DG:1/2, R:1/4 | 3/4 cup | 100 | 130 | 0.65 | 121 | *4 | *N/A* | 8.86 | *0.01 | 0 | 12.09 |
| 991603 BBQ Sauce (ss) | 0.44 oz | 100 | 20 | 0.00 | 130 | 4 | 4 | 0.00 | 0.00 | 0 | 6.00 |
| 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 | 110 | 1.50 | 130 | 13 | *N/A* | 2.50 | 0.00 | 15 | 13.00 |
| 000231 MILK,Skim | 8 fl. oz. | 50 | 90 | 0.00 | 130 | 13 | *N/A* | 0.00 | 0.00 | 5 | 13.00 |
| 991919 Soy Milk | 8 fl | 0 | 130 | 0.50 | 110 | 11 | *N/A* | 4.50 | 0.00 | 0 | 13.00 |
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | *N/A* | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 600 | 3.90 | 897 | *36 | *6 | 23.10 | *0.01 | 50 | 72.22 |
| % of Calories | | | | 5.85% | | *24.0% | *4.0% | 34.6% | *0.0% | | 48.1% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | | <=0 | | | |

Monday - 01/27/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 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 | | | |

Tuesday - 01/28/2025

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 990272 Shepherd's Pie w/potato, carrots S:1/2, R:1/4 | serving | 100 | 278 | 2.74 | 137 | *2 | *0 | 9.93 | *0.00 | 95 | 28.71 |
| 992821 V/VG-Shepherd's Pie w/potato, carrots S:1/2, R:1/4 | serving | 1 | 209 | 1.54 | 453 | *3 | *0 | 4.18 | *0.00 | 0 | 33.81 |
| 990924 Brown Rice - Riceland | 1 cup | 100 | 200 | 0.00 | 4 | *0 | *N/A* | 1.33 | *0.00 | 0 | 42.67 |
| 991025 ORANGES - Half Cup (1orange) | 1 orange | 100 | 62 | 0.02 | 0 | 12 | *N/A* | 0.16 | 0.00 | 0 | 15.39 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 110 | 1.50 | 130 | 13 | *N/A* | 2.50 | 0.00 | 15 | 13.00 |
| 000231 MILK,Skim | 8 fl. oz. | 50 | 90 | 0.00 | 130 | 13 | *N/A* | 0.00 | 0.00 | 5 | 13.00 |
| 991919 Soy Milk | 8 fl | 1 | 130 | 0.50 | 110 | 11 | *N/A* | 4.50 | 0.00 | 0 | 13.00 |
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | *N/A* | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 643 | 3.53 | 277 | *27 | *0 | 12.76 | *0.00 | 105 | 100.24 |
| % of Calories | | | | 4.94% | | *16.8% | *0% | 17.9% | *0.0% | | 62.4% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | | <=0 | | | |

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

Wednesday - 01/29/2025

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|---------------|-------------------------|-------------|--------------|
| 992294 WG Italian SUB Turkey Ham, Salami & Pepperoni | serving | 100 | 285 | 2.42 | 795 | 5 | *N/A* | 10.20 | 0.00 | 61 | 31.63 |
| 992295 WG Sub Plant Based Ham & Bacon | serving | 1 | 346 | 1.06 | 914 | 7 | *N/A* | 12.14 | 0.00 | 0 | 37.41 |
| 000266 BROCCOLI, Roasted DG: 3/4 cup | 3/4 CUP | 100 | 65 | 0.33 | 11 | 1 | *N/A* | 4.90 | 0.00 | 0 | 4.53 |
| 991277 Ranch Dressing (ss) | 1 ss (pouch) | 100 | 20 | 0.00 | 80 | 1 | *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 | 90 | 0.00 | 130 | 13 | *N/A* | 0.00 | 0.00 | 5 | 13.00 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 110 | 1.50 | 130 | 13 | *N/A* | 2.50 | 0.00 | 15 | 13.00 |
| 991919 Soy Milk | 8 fl | 1 | 130 | 0.50 | 110 | 11 | *N/A* | 4.50 | 0.00 | 0 | 13.00 |
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | *N/A* | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 579 | 3.65 | 1028 | *35 | *N/A* | 16.91 | 0.00 | 71 | 80.61 |
| % of Calories | | | | 5.67% | | *24.2% | *N/A* | 26.3% | 0.0% | | 55.7% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | | <=0 | | | |

Thursday - 01/30/2025

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 992819 Chicken & Vegetable WW Dumplings | 6 dumplings | 99 | 250 | 0.50 | 530 | 2 | *1 | 7.00 | 0.00 | 35 | 31.00 |

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Jan 6, 2025 thru Jan 31, 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 991866 V/VG- Grilled Chicken Meatless & Brown Rice | 2.87 oz | 1 | 428 | 0.17 | 273 | *1 | *0 | 6.30 | *0.00 | 0 | 66.04 |
| 992823 Sauce, Soy Light SS Pouch | serving | 99 | 0 | 0.00 | 230 | 0 | 0 | 0.00 | 0.00 | 0 | 1.00 |
| 991892 Sweet Potato & Green Beans - R:1/2, OT:1/2 cup | 1 cup | 100 | 157 | 0.45 | 37 | 9 | *N/A* | 5.12 | *0.00 | 0 | 26.20 |
| 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 | 110 | 1.50 | 130 | 13 | *N/A* | 2.50 | 0.00 | 15 | 13.00 |
| 000231 MILK,Skim | 8 fl. oz. | 50 | 90 | 0.00 | 130 | 13 | *N/A* | 0.00 | 0.00 | 5 | 13.00 |
| 991919 Soy Milk | 8 fl | 0 | 130 | 0.50 | 110 | 11 | *N/A* | 4.50 | 0.00 | 0 | 13.00 |
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | *N/A* | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 569 | 1.70 | 927 | *36 | *1 | 13.37 | *0.00 | 45 | 85.54 |
| % of Calories | | | | 2.69% | | *25.3% | *0.7% | 21.1% | *0.0% | | 60.1% |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | | <=0 | | | |

Friday - 01/31/2025

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 | 100 | 387 | 2.47 | 823 | 4 | *4 | 14.84 | 0.00 | 25 | 42.81 |
| 992288 V-VG Crispy Chicken Meatless Burger | serving | 1 | 404 | 1.58 | 770 | 7 | *4 | 13.06 | 0.00 | 0 | 56.65 |
| 992827 Kale & Mixed Beans Salad DG:1/4, L:1/2 | 3/4 cup | 100 | 181 | 0.81 | 265 | *2 | *N/A* | 5.01 | *0.00 | 0 | 24.95 |
| 000222 KETCHUP: individual | 9 gr | 100 | 10 | 0.00 | 25 | 2 | *N/A* | 0.00 | 0.00 | 0 | 3.00 |

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 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) |
|--|----------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 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 | 90 | 0.00 | 130 | 13 | *N/A* | 0.00 | 0.00 | 5 | 13.00 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 110 | 1.50 | 130 | 13 | *N/A* | 2.50 | 0.00 | 15 | 13.00 |
| 991919 Soy Milk | 8 fl | 0 | 130 | 0.50 | 110 | 11 | *N/A* | 4.50 | 0.00 | 0 | 13.00 |
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | *N/A* | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 746 | 4.09 | 1253 | *34 | *4 | 21.60 | *0.00 | 35 | 100.34 |
| % of Calories | | | | 4.93% | | *18.2% | *2.1% | 26.1% | *0.0% | | 53.8% |
| 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 | 630 | 5 | 877 | *35 | *2 | 17.52 | *0.00 | 57 | 87.70 |
| % of Calories | | 6.60% | | *22.2% | *1.3% | 25.0% | *0.0% | | 55.7% |

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.