



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>02/03/2025</p> <p>Cereal Cheerios Multigrain (V/VG) Yoplait Yogurt Fresh Apples Choice of Milk</p>	<p>02/04/2025</p> <p>Apple Caramel WW Bread Pudding (V) Fruit Punch Juice Choice of Milk</p>	<p>02/05/2025</p> <p>WG Biscuit w/ Cheesy Scramble Eggs (V) Bananas Choice of Milk</p>	<p>02/06/2025</p> <p>WG Choc. Chip Pancakes(V) Maple Syrup (ss) Fresh Oranges Choice of Milk</p>	<p>02/07/2025</p> <p>WW Sweet Potato Muffin(V) Fresh Pears Choice of Milk</p>
<p>02/10/2025</p> <p>Cinnamon Soft Round Granola Bar (V) Fruit Punch Juice Choice of Milk</p>	<p>02/11/2025</p> <p>WG Froot Loops Waffles(V) Syrup Maple (ss) Fresh Tangerines Choice of Milk</p>	<p>02/12/2025</p> <p>WG English Muffin w/ Egg Patty & Cheese (V) Fresh Pears Choice of Milk</p>	<p>02/13/2025</p> <p>WG Cinnamon Roll (V) Fresh Apples Choice of Milk</p>	<p>02/14/2025</p> <p>WG Blueberry Muffin(V/DF) Bananas Choice of Milk</p>
<p>02/17/2025</p> <p>NO SCHOOL TODAY</p>	<p>02/18/2025</p> <p>Yoplait Yogurt & Granola (V) Fresh Apples Choice of Milk</p>	<p>02/19/2025</p> <p>WG Biscuit & TK. Patty Sandwich WG Biscuit & Veggie Patty Sandwich (V) Bananas Choice of Milk</p>	<p>02/20/2025</p> <p>Homemade WW Sweet Potatoes Waffles (V/VG) Syrup Maple (ss) Fresh Pears Choice of Milk</p>	<p>02/21/2025</p> <p>Chocolate Chip Oatmeal Muffin (V) Cranberry Juice Choice of Milk</p>
<p>02/24/2025</p> <p>WG Pancakes & Turkey Sausage on a Stick** Veggie Patty & WG Pancakes (V) Maple Syrup (ss) Fresh Apples Choice of Milk</p>	<p>02/25/2025</p> <p>Pumpkin- Carrot WW Breakfast Loaf (V) Fresh Pears Choice of Milk</p>	<p>02/26/2025</p> <p>WG Bagel (V/VG) w/ Cream Cheese & Jelly Fruit Punch Juice Choice of Milk</p>	<p>02/27/2025</p> <p>WW Waffle & Ck. Patty Waffle & Veggie Patty (V) Honey (SS) Fresh Tangerines Choice of Milk</p>	<p>02/28/2025</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

Jan 9, 2025



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

LUNCH



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contact us directly at menu@luncherasdisi.com

Monday	Tuesday	Wednesday	Thursday	Friday
<p>02/03/2025</p> <p>Spanish B. Rice w/Chicken Kidney Beans & Tomato B.Rice w/Chicken Meatless Kidney Bean & Tomato V/VG Fresh Tangerines Choice of Milk</p>	<p>02/04/2025</p> <p>Tk. Breast Strips w/Gravy w/Mashed Potato & Biscuit Meatless Strips w/Gravy, Mashed Potato & Biscuit Fresh Oranges Choice of Milk</p>	<p>02/05/2025</p> <p>Jerk Chicken & Brown Rice Jerk Chicken Meatless & Brown Rice (V/VG) SautOed Collards Green Grape Juice Choice of Milk</p>	<p>02/06/2025</p> <p>Chipotle BBQ Pulled Chicken WG Slider Chipotle BBQ Meatless WG Slider (V/VG) Sweet Creamy Coleslaw Apples Choice of Milk</p>	<p>02/07/2025</p> <p>WG Caprese Pasta (V) Bananas Choice of Milk</p>
<p>02/10/2025</p> <p>Golden Crispy Chicken Tenders WG Roll Breaded Veggie Tender w/ WG Roll (V/VG) Roasted Sweet Potatoes Ketchup (ss) Fresh Pears Choice of Milk</p>	<p>02/11/2025</p> <p>Turkey Meatballs w/ Brown Rice & Bk. Beans Veggie Meatballs w/ Brown Rice & Beans (V/VG) Apples Choice of Milk</p>	<p>02/12/2025</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>02/13/2025</p> <p>One Pot Chicken Fajita Pasta w/Rd. & Gr. Pepper Chicken Meatless Fajita WG Pasta(V/VG) Cranberry Juice Choice of Milk</p>	<p>02/14/2025</p> <p>Cheese Lunch Pizza w/ Chicken & Beef Pepperoni Cheese Lunch Pizza (V) Roasted Potatoes Fresh Strawberries Choice of Milk</p>
<p>02/17/2025</p> <p>NO SCHOOL TODAY</p>	<p>02/18/2025</p> <p>Roasted Chicken Roasted Meatless Chicken (V/VG) Fried Brown Rice w/ Corn, Peas & Carrots Grape Juice Choice of Milk</p>	<p>02/19/2025</p> <p>WG Chicken & Cheese Burrito Veggie WG Burrito (V/VG) Roasted Sweet Potatoes & Broccoli Cranberry Dried(ss)** Apples Choice of Milk</p>	<p>02/20/2025</p> <p>Chili Turkey Hot Dog** on a WG Bun Chili Veggie Hot Dog (VG) Ketchup (ss) Bananas Choice of Milk</p>	<p>02/21/2025</p> <p>NO LUNCH</p>
<p>02/24/2025</p> <p>Chicken Stroganoff Pasta w/Pepper,Carrot & Zuchin. Veggie Stroganoff Pasta-V Orange Pineapple Juice Choice of Milk</p>	<p>02/25/2025</p> <p>Chicken & Vegetable WW Dumplings Grilled Chicken Meatless over Brown Rice (V/VG) Soy Sauce Light (ss) Roasted Sweet Potatoes & Green Beans Bananas Choice of Milk</p>	<p>02/26/2025</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) Apples Choice of Milk</p>	<p>02/27/2025</p> <p>Turkey Shepherd's Pie w/ Mashed Potato & Carrot Meatless Shepherd's Pie-V Steamed Brown Rice Fresh Pears Choice of Milk</p>	<p>02/28/2025</p> <p>Crispy Chicken Burger Chicken Meatless Burger (V/VG) Kale & Mixed Beans Salad Ketchup (ss) Fresh Oranges 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

Feb 3, 2025 thru Feb 28, 2025

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

Monday - 02/03/2025 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)
991380 Cereal Cheerios MULTIGRAIN (28gr)	28 gr	100	110	0.00	105	6	*N/A*	1.00	0.00	0	23.00
991346 Yogurt Yoplait 4oz	4 oz	99	100	0.00	55	14	11	0.50	0.00	5	21.00
992217 VG/DF - Dairy Free Yogurt	5.3 oz	1	130	0.00	90	12	*N/A*	3.50	0.00	0	18.00
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	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			388	0.79	292	*48	*11	3.03	0.00	15	77.55
% of Calories				1.83%		*49.5%	*11.3%	7.0%	0.0%		79.9%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 02/04/2025 Reimbursable Meal Total 100

Base Menu Spreadsheet

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Portion Values

Feb 3, 2025 thru Feb 28, 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)
991332 V-Apple Caramel Bread Pudding	1 serving	100	277	3.67	227	31	*0	7.07	*0.00	65	48.05
992442 VG/DF Apple Bread Pudding	1 serving	1	266	0.35	233	34	*0	3.92	*0.00	0	48.51
990708 Fruit Punch, Juice - (1 Cup - 2 juices)	(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
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			501	4.43	370	*69	*0	8.41	*0.00	75	89.66
% of Calories				7.96%		*55.1%	*0%	15.1%	*0.0%		71.6%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 02/05/2025

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)
992456 V- WG Biscuit & Cheesy Scramble eggs	serving	100	241	7.44	373	1	*1	15.31	0.00	277	14.51
992226 VG/DF -WW Breakfast Roll & Tofu Scramble	serving	0	160	3.22	381	3	*2	5.73	0.00	0	18.78
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

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 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	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			552	8.46	506	*43	*1	17.38	0.00	287	81.54
% of Calories				13.79 %		*31.2%	*0.7%	28.3%	0.0%		59.1%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 02/06/2025

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)
991372 V- WG Chocolate Chip Pancakes-(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	214	0.68	3	*5	*0	9.77	0.00	0	27.02
990919 Syrup Maple (ss)	42.5 gr	100	120	0.00	20	22	22	0.00	0.00	0	31.00
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	100	123	0.04	0	24	*N/A*	0.31	0.00	0	30.78
000231 MILK,Skim	8 fl. oz.	50	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

Feb 3, 2025 thru Feb 28, 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			530	2.30	550	*69	*27	5.79	0.00	17	110.84
% of Calories				3.91%		*52.1%	*20.4%	9.8%	0.0%		83.7%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 02/07/2025

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)
000192 V-WW Sweet Potato Muffin	serving	100	157	0.22	29	*9	*N/A*	2.70	*0.00	1	28.22
992223 VG- Homemade Vegan Muffins	64 gr	0	215	0.54	9	*18	*0	7.58	*0.00	0	33.17
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	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			343	1.01	161	*36	*0	4.20	*0.00	11	63.89
% of Calories				2.65%		*42.0%	*0%	11.0%	*0.0%		74.5%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 02/10/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 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)
990668 V- Cinnamon Soft Round Granola Bar	2.2 oz	100	280	3.00	190	19	*19	8.00	0.00	5	44.00
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	0	100	0.00	140	1	1	2.00	0.00	0	21.00
990708 Fruit Punch, Juice - (1 Cup - 2 Juices)	(2 HC)	100	120	0.00	10	24	0	0.00	0.00	0	28.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	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			500	3.75	330	*56	*19	9.25	0.00	15	85.00
% of Calories				6.75%		*44.8%	*15.2%	16.6%	0.0%		68.0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 02/11/2025

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)
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 - 2 Tangerines)	2 (150ct p/cs)	100	127	0.09	5	25	*N/A*	0.74	0.00	0	32.02

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 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			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			

Wednesday - 02/12/2025

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	225	2.75	470	2	*1	9.50	0.00	102	27.00
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
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

Portion Values

Feb 3, 2025 thru Feb 28, 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			411	3.53	599	*30	*1	11.00	0.00	111	62.68
% of Calories				7.73%		*29.2%	*1.0%	24.1%	0.0%		61.0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 02/13/2025

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)
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 - 02/14/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 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)
991210 V/DF-WG Blueberry Muffin (Chef Pierre)	57 gr	100	200	1.50	140	16	16	7.00	0.00	15	32.00
992223 VG- Homemade Vegan Muffins	64 gr	1	215	0.54	9	*18	*0	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			513	2.52	274	*58	*16	9.15	*0.00	25	99.36
% of Calories				4.42%		*45.2%	*12.5%	16.1%	*0.0%		77.5%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 02/17/2025

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			

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

Tuesday - 02/18/2025

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)
991204 Yogurt Yoplait & Granola (V)	4oz Yg/1oz Gran	99	220	0.50	125	20	17	3.50	0.00	5	41.00
992443 VG -Dairy Free Yogurt & Granola	5.3 oz	1	250	0.50	160	18	*6	6.50	0.00	0	38.00
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			398	1.29	257	*48	*17	5.03	0.00	15	74.55
% of Calories				2.92%		*48.2%	*17.1%	11.4%	0.0%		74.9%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 02/19/2025

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)
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

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Feb 3, 2025 thru Feb 28, 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	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			

Thursday - 02/20/2025

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

Feb 3, 2025 thru Feb 28, 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 - 02/21/2025

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)
991382 V-Chocolate Chip Oatmeal Muffin	serving	100	274	3.82	211	22	*0	34.91	*0.00	21	47.57
992223 VG- Homemade Vegan Muffins	64 gr	1	215	0.54	9	*18	*0	7.58	*0.00	0	33.17
991059 Cranberry Apple Juice (1 cup- 2 juices)	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	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			498	4.58	342	*59	*0	36.28	*0.00	31	87.03
% of Calories				8.28%		*47.4%	*0%	65.6%	*0.0%		69.9%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 02/24/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 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)
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	*0	9.77	0.00	0	27.02
990919 Syrup Maple (ss)	42.5 gr	100	120	0.00	20	22	22	0.00	0.00	0	31.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	49	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			460	2.28	554	*57	*29	7.65	0.00	30	83.90
% of Calories				4.46%		*49.6%	*25.2%	15.0%	0.0%		73.0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 02/25/2025

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 V- Pumpkin Carrot Breakfast Loaf	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

Base Menu Spreadsheet

Luncheras Di Si

Portion Values

Feb 3, 2025 thru Feb 28, 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)
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 - 02/26/2025

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)
992021 V-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
990708 Fruit Punch, Juice - (1 Cup - 2 juices)	(2 HC)	100	120	0.00	10	24	0	0.00	0.00	0	28.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	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

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Feb 3, 2025 thru Feb 28, 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			470	3.22	534	*49	*9	5.72	0.00	25	85.99
% of Calories				6.17%		*41.7%	*7.7%	11.0%	0.0%		73.2%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 02/27/2025

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
992551 TANGERINES,FRESH - (1 cup - 2 Tangerines)	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	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			430	3.63	635	*46	*8	11.17	0.00	53	66.22
% of Calories				7.60%		*42.8%	*7.4%	23.4%	0.0%		61.6%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

Friday - 02/28/2025

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)
991528 Breakfast Pizza w/ Hashbrown Crust	serving	100	210	1.60	274	*3	*2	6.17	*0.00	78	26.93
992240 V/VG- 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
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	464	3	423	*49	*8	10.03	*0.00	48	82.86
% of Calories		6.69%		*42.2%	*6.9%	19.5%	*0.0%		71.4%

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

Feb 3, 2025 thru Feb 28, 2025

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

Monday - 02/03/2025 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)
991921 Spanish Rice & Kidney Beans L:1/2, R: 1/4	serving	99	484	0.75	260	*3	*0	8.47	*0.00	61	69.05
991967 V/VG- Spanish Rice & Kidney Beans L:1/2, R:1/4	serving	1	495	0.37	473	*4	*0	8.19	*0.00	0	71.05
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			647	1.54	394	*29	*0	10.09	*0.00	70	98.07
% of Calories				2.14%		*17.9%	*0%	14.0%	*0.0%		60.6%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 02/04/2025 Reimbursable Meal Total 100

Base Menu Spreadsheet

Luncheras Di Si

Portion Values

Feb 3, 2025 thru Feb 28, 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)
992808 Turkey Breast Strips w/Gravy & Mashed Potat S:3/4	serving	99	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	1	424	7.16	710	*6	*0	12.04	*0.00	0	53.08
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
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			642	11.53	1337	*29	*0	17.93	*0.00	67	83.99
% of Calories				16.16 %		*18.1%	*0%	25.1%	*0.0%		52.3%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 02/05/2025

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)
990401 Jamaican Jerk Chicken Bowl - K to 12	serving	99	364	0.41	126	*2	*0	4.03	*0.00	61	56.87
991888 V/VG- Jamaican Jerk Chicken Bowl	serving	1	368	0.03	328	*3	*0	3.59	*0.00	0	59.40
992778 Sautéed Collards Green- DG:3/4	3/4 cup	100	97	0.41	141	5	*N/A*	5.61	0.01	0	11.21
992361 Grape Juice - Suncup	4 fl	100	80	0.00	10	18	0	0.00	0.00	0	19.00
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

Feb 3, 2025 thru Feb 28, 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	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			641	1.56	409	*38	*0	10.88	*0.01	70	100.11
% of Calories				2.19%		*23.7%	*0%	15.3%	*0.0%		62.5%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 02/06/2025

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)
992419 Chipotle BBQ Pulled Chicken WG Slider	serving	99	309	0.38	742	17	*4	4.28	0.00	61	42.25
992420 V/VG- Chipotle BBQ Pulled Chicken MeatlesWG Slider	serving	1	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	100	77	0.29	111	7	*N/A*	2.03	*0.00	3	12.79
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

Base Menu Spreadsheet

Luncheras Di Si

Portion Values

Feb 3, 2025 thru Feb 28, 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			525	1.44	986	*45	*4	7.68	*0.00	73	78.35
% of Calories				2.47%		*34.3%	*3.0%	13.2%	*0.0%		59.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 02/07/2025

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)
991411 V- Caprese WG Pasta 3/4cup: R:1/2, OT:1/4	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	serving	0	398	10.03	664	7	*1	14.56	0.00	0	61.93
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	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			645	8.51	691	*36	*1	16.85	0.00	48	94.94
% of Calories				11.87 %		*22.3%	*0.6%	23.5%	0.0%		58.9%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 02/10/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Luncheras Di Si

Portion Values

Feb 3, 2025 thru Feb 28, 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)
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
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	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			657	1.14	769	*35	*3	21.22	0.00	35	88.68
% of Calories				1.56%		*21.3%	*1.8%	29.1%	0.0%		54.0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 02/11/2025

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)
992793 Turkey Meatballs w/rice & Black Beans L:1/2, R:1/4	serving -4 (MB)	99	460	1.50	570	4	*1	7.34	0.00	45	73.07

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 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)
991868 V/VG- Veggie Meatballs, rice & Beans L:1/2, R:1/4	1 serving (3VM)	1	500	3.00	556	4	*1	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			600	2.29	701	*25	*1	8.74	0.00	55	96.41
% of Calories				3.44%		*16.7%	*0.7%	13.1%	0.0%		64.3%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 02/12/2025

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
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

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Feb 3, 2025 thru Feb 28, 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	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 - 02/13/2025

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)
992845 One Pot Chicken Fajita Pasta R:1/4, OT:1/2*	serving	100	507	7.27	351	*4	*0	23.05	*0.00	63	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
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			671	8.06	486	*29	*0	24.48	*0.00	73	78.96
% of Calories				10.81 %		*17.3%	*0%	32.8%	*0.0%		47.1%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

Friday - 02/14/2025

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)
991746 Cheese Lunch Individual Pizza w/ Chicken/BeefPepper	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
992826 Roasted Potatoes - S: 5/8	5/8 cup	100	154	0.37	7	*0	*N/A*	4.76	0.00	0	25.61
000339 STRAWBERRIES,FRESH - Half cup	5 large straw	100	29	0.01	1	4	*N/A*	0.27	0.00	0	6.91
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			599	5.62	1066	*22	*N/A*	19.24	0.00	20	69.86
% of Calories				8.44%		*14.7%	*N/A*	28.9%	0.0%		46.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 02/17/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 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 - 02/18/2025

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)
990777 Roasted Chicken	2.87 oz	95	116	0.81	135	*0	*N/A*	4.70	0.00	41	2.87
991179 V/VG- Roasted Meatless Chicken	88 gr	5	147	0.63	397	*1	*N/A*	6.71	0.00	0	6.90
992813 Fried Brown Rice: Carrots, Corn, Peas R:1/4, S:1/2	1 serving	100	302	0.00	550	*8	*0	*1.46	*0.00	9	62.45
992361 Grape Juice - Suncup	4 fl	100	80	0.00	10	18	0	0.00	0.00	0	19.00
000231 MILK,Skim	8 fl. oz.	50	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
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			601	1.56	840	*39	*0	*7.56	*0.00	58	97.65
% of Calories				2.34%		*26.0%	*0%	*11.3%	*0.0%		65.0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

Wednesday - 02/19/2025

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	95	300	6.00	710	3	*1	11.00	0.00	30	33.00
992811 V/VG- Veggie WG Burrito	Burrito 10"	5	370	3.79	584	*1	*0	12.87	0.00	0	37.09
992552 Roasted Sweet Potatoes & Broccoli -(0.5 DG)	3/4 cup	100	91	0.33	33	4	*N/A*	3.74	0.00	0	13.28
991307 Cranberry, Dried Original	1.16oz	100	110	0.00	0	24	*N/A*	0.00	0.00	0	28.00
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*N/A*	0.13	0.00	0	10.29
000231 MILK,Skim	8 fl. oz.	50	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			644	6.99	867	*52	*1	16.21	0.00	38	97.77
% of Calories				9.77%		*32.3%	*0.6%	22.7%	0.0%		60.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 02/20/2025

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)
992790 Chili hot dog, turkey + WG Bun L:1/2, OT:1/4	serving	99	383	6.13	1137	*10	*N/A*	16.65	*0.00	50	42.02

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Feb 3, 2025 thru Feb 28, 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)
992791 V/VG-Chili Veggie hot dog, WG Bun L:1/2, OT:1/4	1 serving	1	314	3.17	954	*10	*0	7.19	*0.00	0	45.05
000222 KETCHUP: individual	9 gr	100	10	0.00	25	2	*N/A*	0.00	0.00	0	3.00
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95
000231 MILK,Skim	8 fl. oz.	50	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			598	6.98	1291	*40	*0	18.20	*0.00	60	85.00
% of Calories				10.51 %		*26.8%	*0%	27.4%	*0.0%		56.9%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 02/21/2025

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)
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 - 02/24/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 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)
991232 Chicken Stroganoff Pasta R:1/2, OT:1/4	serving	99	482	0.71	255	*9	*0	8.42	*0.00	63	74.21
992822 V/VG- Veggie Stroganoff Pasta R:1/2, OT:1.4	serving	1	503	0.34	475	*11	*0	8.80	*0.00	0	78.47
992008 Orange Pineapple Juice	1 HC	100	60	0.00	0	12	*N/A*	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			643	1.46	387	*34	*0	9.68	*0.00	72	101.25
% of Calories				2.04%		*21.2%	*0%	13.5%	*0.0%		63.0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 02/25/2025

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
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
991874 Roasted Sweet Potato & Green Beans - R:1/2, OT:1/4	.75 cup	100	137	0.36	37	8	*N/A*	4.09	*0.00	0	23.74

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 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
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			594	1.74	923	*37	*1	12.72	*0.00	45	96.03
% of Calories				2.64%		*24.9%	*0.7%	19.3%	*0.0%		64.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 02/26/2025

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
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

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 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	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			513	3.54	1027	*28	*N/A*	16.64	0.00	71	63.95
% of Calories				6.21%		*21.8%	*N/A*	29.2%	0.0%		49.9%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 02/27/2025

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	*0	1.33	0.00	0	42.67
000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup	1/2 cup	100	40	0.02	1	7	*N/A*	0.10	0.00	0	10.66
000190 Low Fat Milk - 1%	8 fl. oz.	50	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

Portion Values

Feb 3, 2025 thru Feb 28, 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			621	3.53	278	*22	*0	12.70	*0.00	105	95.51
% of Calories				5.12%		*14.2%	*0%	18.4%	*0.0%		61.5%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 02/28/2025

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)
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
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

Portion Values

Feb 3, 2025 thru Feb 28, 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			744	4.07	1251	*33	*4	21.38	*0.00	35	99.72
% of Calories				4.92%		*17.7%	*2.2%	25.9%	*0.0%		53.6%
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	623	4	808	*34	*1	*15.18	*0.00	61	89.38
% of Calories		6.10%		*21.8%	*0.6%	*21.9%	*0.0%		57.4%

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.