



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](mailto:menu@luncherasdisi.com)**



| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |
|--|---|--|--|--|
| <p>03/03/2025</p> <p>Mini French Toast<br/>Cinnamon Crunch (V)<br/>Syrup Maple (ss)<br/>Grape Juice<br/>Choice of Milk</p> | <p>03/04/2025</p> <p>WG Biscuit w/<br/>Cheesy Scramble Eggs (V)<br/>Fresh Apples<br/>Choice of Milk</p> | <p>03/05/2025</p> <p>Whole Grain Pancakes (V)<br/>Maple Syrup (ss)<br/>Fresh Pears<br/>Choice of Milk</p>  | <p>03/06/2025</p> <p>WG Blueberry Muffin(V/DF)<br/>Cranberry Juice<br/>Choice of Milk</p>  | <p>03/07/2025</p> <p>Cereal Cheerios<br/>Multigrain (V/VG)<br/>Yoplait Yogurt<br/>Fresh Pears<br/>Choice of Milk</p> |
| <p>03/10/2025</p> <p>Cinnamon Soft Round<br/>Granola Bar (V)<br/>Fruit Punch Juice<br/>Choice of Milk</p>                  | <p>03/11/2025</p> <p>WG Banana Muffin (V/DF)<br/>Fresh Apples<br/>Choice of Milk</p>                    | <p>03/12/2025</p> <p>Homemade WW Sweet<br/>Potatoes Waffles (V/VG)<br/>Syrup Maple (ss)<br/>Fresh Pears<br/>Choice of Milk</p>                           | <p>03/13/2025</p> <p>WG English Muffin w/<br/>Egg Patty &amp; Cheese (V)<br/>Cranberry Juice<br/>Choice of Milk</p>                                    | <p>03/14/2025</p> <p>Apple Caramel<br/>WW Bread Pudding (V)<br/>Bananas<br/>Choice of Milk</p>                       |
| <p>03/17/2025</p> <p>WG Cinnamon Roll (V)<br/>Fresh Tangerines<br/>Choice of Milk</p>                                      | <p>03/18/2025</p> <p>Chocolate Chip<br/>Oatmeal Muffin (V)<br/>Fresh Apples<br/>Choice of Milk</p>      | <p>03/19/2025</p> <p>Cereal Cheerios Honey<br/>Mozzarella Cheese Stick**<br/>Cranberry Juice<br/>Choice of Milk</p>                                      | <p>03/20/2025</p> <p>WG Biscuit &amp; TK. Patty<br/>Sandwich<br/>WG Biscuit &amp; Veggie<br/>Patty Sandwich (V)<br/>Fresh Pears<br/>Choice of Milk</p> | <p>03/21/2025</p> <p>WW Sweet Potato Muffin(V)<br/>Bananas<br/>Choice of Milk</p>                                    |
| <p>03/24/2025</p> <p>NO SCHOOL TODAY</p>   | <p>03/25/2025</p> <p>NO SCHOOL TODAY</p>  | <p>03/26/2025</p> <p>NO SCHOOL TODAY</p>   | <p>03/27/2025</p> <p>NO SCHOOL TODAY</p>   | <p>03/28/2025</p> <p>NO SCHOOL TODAY</p>   |
| <p>03/31/2025</p> <p>Mini French Toast<br/>Cinnamon Crunch (V)<br/>Syrup Maple (ss)<br/>Grape Juice<br/>Choice of Milk</p> | <p>04/01/2025</p> <p>WG Blueberry Muffin(V/DF)<br/>Fresh Pears<br/>Choice of Milk</p>                   | <p>04/02/2025</p> <p>WW Egg Burrito w/<br/>Turkey Breast &amp; Cheese<br/>WW Egg &amp; Cheese<br/>Burrito (V)<br/>Cranberry Juice<br/>Choice of Milk</p> | <p>04/03/2025</p> <p>Cereal Cheerios<br/>Multigrain (V/VG)<br/>Yoplait Yogurt<br/>Fresh Apples<br/>Choice of Milk</p>                                  | <p>04/04/2025</p> <p>WW Zucchini Bread (V/VG)<br/>Mozzarella Cheese Stick**<br/>Bananas<br/>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**

Feb 21, 2025



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

# LUNCH



Menu subject to change. For any feedback please  
contact us directly at [menu@luncherasdisi.com](mailto:menu@luncherasdisi.com)

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday  |
|---|---|--|--|---|
| <p>03/03/2025</p> <p>Italian Tk. WG Pasta<br/>w/Tomato &amp; Mushrooms<br/>Italian Veggie WG Pasta<br/>w/Tomato &amp; Mushrooms<br/>Fresh Tangerines<br/>Choice of Milk</p>           | <p>03/04/2025</p> <p>Spanish B. Rice w/Chicken<br/>Kidney Beans &amp; Tomato<br/>B.Rice w/Chicken Meatless<br/>Kidney Bean &amp; Tomato V/VG<br/>Fruit Punch Juice<br/>Choice of Milk</p>       | <p>03/05/2025</p> <p>Jerk Chicken &amp; Brown Rice<br/>Jerk Chicken Meatless<br/>&amp; Brown Rice (V/VG)<br/>SautOed Collards Green<br/>Bananas<br/>Choice of Milk</p> | <p>03/06/2025</p> <p>Turkey Hot Dog**<br/>on a WG Bun<br/>Veggie Hot Dog**<br/>Roasted Potatoes<br/>Ketchup (ss)<br/>Apples<br/>Choice of Milk</p>   | <p>03/07/2025</p> <p>Chipotle BBQ Pulled<br/>Chicken WG Slider<br/>Chipotle BBQ Meatless<br/>WG Slider (V/VG)<br/>Romaine, Tomato and<br/>Cucumber Salad<br/>Ranch Dressing (ss)<br/>Grape Juice<br/>Choice of Milk</p> |
| <p>03/10/2025</p> <p>WG Caprese Pasta (V)<br/>Apples<br/>Choice of Milk</p>   | <p>03/11/2025</p> <p>Golden Crispy Chicken Tenders<br/>WG Roll<br/>Breaded Veggie Tender<br/>w/ WG Roll (V/VG)<br/>Roasted Potatoes<br/>Ketchup (ss)<br/>Cranberry Juice<br/>Choice of Milk</p> | <p>03/12/2025</p> <p>Turkey Meatballs w/<br/>Brown Rice &amp; Bk. Beans<br/>Veggie Meatballs w/<br/>Brown Rice &amp; Beans (V/VG)<br/>Bananas<br/>Choice of Milk</p>   | <p>03/13/2025</p> <p>Turkey Sloppy Joe<br/>on a WG Bun<br/>Veggie Sloppy Joe<br/>on a WG Bun (V/VG)<br/>Kale Salad w/ Cucumber<br/>&amp; Tomatoes (V/VG)<br/>Fresh Tangerines<br/>Choice of Milk</p> | <p>03/14/2025</p> <p>Cheese Lunch Pizza w/<br/>Chicken &amp; Beef Pepperoni<br/>Cheese Lunch Pizza (V)<br/>Roasted Sweet Potatoes<br/>Orange Pineapple Juice<br/>Choice of Milk</p>                                     |
| <p>03/17/2025</p> <p>Crispy Chicken Burger<br/>Chicken Meatless<br/>Burger (V/VG)<br/>Ketchup (ss)<br/>Sweet Potatoes &amp;<br/>Kale Salad<br/>Cranberry Juice<br/>Choice of Milk</p> | <p>03/18/2025</p> <p>One-Pan Turkey Taco<br/>WG Macaroni &amp; Cheese<br/>One-Pan Veggie Taco<br/>WG Macaroni &amp; Cheese(V)<br/>Steamed Cauliflower<br/>Fresh Pears<br/>Choice of Milk</p>    | <p>03/19/2025</p> <p>WG Chicken &amp; Cheese Burrito<br/>Veggie WG Burrito (V/VG)<br/>Black Beans w/ Tomato<br/>&amp; Corn Salad<br/>Apples<br/>Choice of Milk</p>     | <p>03/20/2025</p> <p>Orange Chicken<br/>Orange Meatless Chicken<br/>Fried Brown Rice w/<br/>Corn, Peas &amp; Carrots<br/>Fruit Punch Juice<br/>Choice of Milk</p>                                    | <p>03/21/2025</p> <p>Breaded Chicken Nuggets<br/>Veggie Nuggets<br/>w/ WG Roll (V/VG)<br/>Collards Green<br/>&amp; Tomato Salad<br/>BBQ Sauce (ss)<br/>Fresh Tangerines<br/>Choice of Milk</p>                          |
| <p>03/24/2025</p> <p>NO SCHOOL TODAY</p>  | <p>03/25/2025</p> <p>NO SCHOOL TODAY</p>  | <p>03/26/2025</p> <p>NO SCHOOL TODAY</p>   | <p>03/27/2025</p> <p>NO SCHOOL TODAY</p>   | <p>03/28/2025</p> <p>NO SCHOOL TODAY</p>  |

03/31/2025

WG Caprese Pasta (V)  
Apples  
Choice of Milk

04/01/2025

Jerk Chicken & Brown Rice  
Jerk Chicken Meatless  
& Brown Rice (V/VG)  
SautOed Collards Green  
Fruit Punch Juice  
Choice of Milk

04/02/2025

Italian Tk. WG Pasta  
w/Tomato & Mushrooms  
Italian Veggie WG Pasta  
w/Tomato & Mushrooms  
Fresh Tangerines  
Choice of Milk

04/03/2025

Spanish B. Rice w/Chicken  
Kidney Beans & Tomato  
B.Rice w/Chicken Meatless  
Kidney Bean & Tomato V/VG  
Bananas  
Choice of Milk

04/04/2025

BYO Turkey Nachos  
w/ Corn Tortilla Chips  
BYO Meatless Nachos  
Corn Pico de Gallo  
Sour Cream (ss)  
Orange Pineapple Juice  
Choice of Milk

**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

Mar 3, 2025 thru Apr 4, 2025

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

### Monday - 03/03/2025 Reimbursable Meal Total 100

|  | Portion Size    | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g)     | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g)     |
|--|-----------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|---------------|-------------------------|-------------|--------------|
| 992571 V-Mini French Toast Cinnamon Crunch | 2.64 oz         | 100       | 210                      | 1.00                   | 200                    | 11               | 10               | 7.00          | 0.00                    | 0           | 36.00        |
| 992656 V/VG- French Toast Sticks PreK-12   | 4 stick (92 gr) | 1         | 260                      | 2.00                   | 300                    | 9                | *8               | 10.00         | 0.00                    | 0           | 38.00        |
| 991123 Syrup Maple SS Sugar Free           | 32 gr           | 100       | 10                       | 0.00                   | 80                     | 0                | 0                | 0.00          | 0.00                    | 0           | 4.00         |
| 992362 Grape Juice - (1 cup: 2 juices)     | 2 (4 fl)        | 100       | 160                      | 0.00                   | 20                     | 36               | 0                | 0.00          | 0.00                    | 0           | 38.00        |
| 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        |
| 990556 Place Settings                      | 1               | 100       | 0                        | 0.00                   | 0                      | *0               | *N/A*            | 0.00          | 0.00                    | 0           | 0.00         |
| <b>Weighted Daily Average</b>              |                 |           | <b>483</b>               | <b>1.77</b>            | <b>433</b>             | <b>*60</b>       | <b>*10</b>       | <b>8.35</b>   | <b>0.00</b>             | <b>10</b>   | <b>91.38</b> |
| <b>% of Calories</b>                       |                 |           |                          | <b>3.30%</b>           |                        | <b>*49.7%</b>    | <b>*8.3%</b>     | <b>15.6%</b>  | <b>0.0%</b>             |             | <b>75.7%</b> |
| <b>Weekly Nutrient Guideline</b>           |                 |           | <b>400 - 500</b>         | <b>&lt;10</b>          | <b>540</b>             |                  |                  | <b>&lt;=0</b> |                         |             |              |

### Tuesday - 03/04/2025 Reimbursable Meal Total 100

|   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 992456 V- WG Biscuit & Cheesy Scramble eggs | serving      | 100       | 241                      | 9.46                   | 393                    | 1                | *1               | 16.83     | 0.00                    | 277         | 14.51    |

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Apr 4, 2025

|   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 992226 VG/DF -WW Breakfast Roll & Tofu Scramble | 1 serving    | 0         | 160                      | 3.22                   | 381                    | 3                | *2               | 5.73      | 0.00                    | 0           | 18.78    |
| 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                          |              |           | 419                      | 10.26                  | 526                    | *30              | *1               | 18.38     | 0.00                    | 287         | 48.21    |
| % of Calories                                   |              |           |                          | 22.04 %                |                        | *28.6%           | *1.0%            | 39.5%     | 0.0%                    |             | 46.0%    |
| Weekly Nutrient Guideline                       |              |           | 400 - 500                | <10                    | 540                    |                  |                  | <=0       |                         |             |          |

### Wednesday - 03/05/2025

Reimbursable Meal Total 100

|   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 991381 V- Whole Grain Pancakes                    | 2 pancakes   | 100       | 153                      | 0.33                   | 400                    | 5                | *5               | 2.33      | 0.00                    | 7           | 31.33    |
| 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    |
| 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    |

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Apr 4, 2025

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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    |              |           | 458                      | 1.12                   | 551                    | *55              | *27              | 3.79      | 0.00                    | 17          | 97.87    |
| % of Calories             |              |           |                          | 2.20%                  |                        | *48.0%           | *23.6%           | 7.4%      | 0.0%                    |             | 85.5%    |
| Weekly Nutrient Guideline |              |           | 400 - 500                | <10                    | 540                    |                  |                  | <=0       |                         |             |          |

### Thursday - 03/06/2025

### Reimbursable Meal Total 100

|  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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/DF-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               | 0                | 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                         |              |           | 423                      | 2.26                   | 271                    | *53              | *16              | 8.37      | *0.00                   | 25          | 71.46    |
| % of Calories                                  |              |           |                          | 4.81%                  |                        | *50.1%           | *15.1%           | 17.8%     | *0.0%                   |             | 67.6%    |
| Weekly Nutrient Guideline                      |              |           | 400 - 500                | <10                    | 540                    |                  |                  | <=0       |                         |             |          |

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Apr 4, 2025

### Friday - 03/07/2025

### Reimbursable Meal Total 100

|   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g)     | Tr-Fat <sup>2</sup> (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        |
| 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         |
| <b>Weighted Daily Average</b>                     |              |           | <b>395</b>               | <b>0.78</b>            | <b>292</b>             | <b>*47</b>       | <b>*11</b>       | <b>2.99</b>   | <b>0.00</b>             | <b>15</b>   | <b>79.51</b> |
| <b>% of Calories</b>                              |              |           |                          | <b>1.78%</b>           |                        | <b>*47.6%</b>    | <b>*11.1%</b>    | <b>6.8%</b>   | <b>0.0%</b>             |             | <b>80.5%</b> |
| <b>Weekly Nutrient Guideline</b>                  |              |           | <b>400 - 500</b>         | <b>&lt;10</b>          | <b>540</b>             |                  |                  | <b>&lt;=0</b> |                         |             |              |

### Monday - 03/10/2025

### Reimbursable Meal Total 100

|  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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    |



# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Apr 4, 2025

|  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 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 - 03/11/2025

Reimbursable Meal Total 100

|   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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/DF- Homemade Vegan Muffins        | 64 gr        | 1         | 215                      | 0.54                   | 9                      | *18              | *0               | 7.58      | *0.00                   | 0           | 33.17    |
| 000307 APPLES,Fresh - 1 Cup (100 - 125 ct)  | 1 cup        | 100       | 77                       | 0.04                   | 1                      | 15               | *N/A*            | 0.25      | 0.00                    | 0           | 20.58    |
| 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

Mar 3, 2025 thru Apr 4, 2025

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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    |              |           | 381                      | 2.30                   | 243                    | *45              | *0               | 9.62      | *0.00                   | 20          | 65.04    |
| % of Calories             |              |           |                          | 5.43%                  |                        | *47.2%           | *0%              | 22.7%     | *0.0%                   |             | 68.3%    |
| Weekly Nutrient Guideline |              |           | 400 - 500                | <10                    | 540                    |                  |                  | <=0       |                         |             |          |

### Wednesday - 03/12/2025

Reimbursable Meal Total 100

|   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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    |
| 990556 Place Settings                             | 1            | 100       | 0                        | 0.00                   | 0                      | *0               | *N/A*            | 0.00      | 0.00                    | 0           | 0.00     |
| Weighted Daily Average                            |              |           | 457                      | 1.10                   | 249                    | *42              | *0               | 6.37      | 0.00                    | 10          | 87.99    |
| % of Calories                                     |              |           |                          | 2.17%                  |                        | *36.8%           | *0%              | 12.5%     | 0.0%                    |             | 77.0%    |
| Weekly Nutrient Guideline                         |              |           | 400 - 500                | <10                    | 540                    |                  |                  | <=0       |                         |             |          |

### Thursday - 03/13/2025

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Apr 4, 2025

|   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g)    | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g)     |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|--------------|-------------------------|-------------|--------------|
| 992347 V- WG English Muffin w/ Egg Patty & Cheese | 1 serving    | 99        | 225                      | 2.75                   | 470                    | 2                | *1               | 9.50         | 0.00                    | 102         | 27.00        |
| 991166 VG- WG English Muffin w/ Tofu Scramble     | 1 serving    | 1         | 259                      | 1.52                   | 151                    | 1                | *1               | 9.70         | 0.00                    | 0           | 27.98        |
| 991059 Cranberry Apple Juice (1 cup- 2 juices)    | 2 HC         | 100       | 120                      | 0.00                   | 0                      | 24               | 0                | 0.00         | 0.00                    | 0           | 26.00        |
| 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         | 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         |
| <b>Weighted Daily Average</b>                     |              |           | <b>447</b>               | <b>3.49</b>            | <b>598</b>             | <b>*39</b>       | <b>*1</b>        | <b>10.80</b> | <b>0.00</b>             | <b>111</b>  | <b>66.14</b> |
| % of Calories                                     |              |           |                          | 7.03%                  |                        | *34.9%           | *0.9%            | 21.7%        | 0.0%                    |             | 59.2%        |
| Weekly Nutrient Guideline                         |              |           | 400 - 500                | <10                    | 540                    |                  |                  | <=0          |                         |             |              |

### Friday - 03/14/2025

### Reimbursable Meal Total 100

|                                      | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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    |
| 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    |

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Apr 4, 2025

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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    |
| 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    |              |           | 591                      | 4.69                   | 363                    | *74              | *0               | 9.18      | *0.00                   | 75          | 115.57   |
| % of Calories             |              |           |                          | 7.14%                  |                        | *50.1%           | *0%              | 14.0%     | *0.0%                   |             | 78.2%    |
| Weekly Nutrient Guideline |              |           | 400 - 500                | <10                    | 540                    |                  |                  | <=0       |                         |             |          |

### Monday - 03/17/2025

### Reimbursable Meal Total 100

|   | Portion Size   | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) |
|---|----------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 991425 V- WG Cinnamon Roll                        | 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    |
| 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           | 1         | 130                      | 0.50                   | 110                    | 11               | *N/A*            | 4.50      | 0.00                    | 0           | 13.00    |

# Base Menu Spreadsheet

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## Portion Values

Mar 3, 2025 thru Apr 4, 2025

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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    |              |           | 497                      | 5.30                   | 553                    | *47              | *9               | 12.95     | 0.00                    | 10          | 81.99    |
| % of Calories             |              |           |                          | 9.60%                  |                        | *37.8%           | *7.2%            | 23.5%     | 0.0%                    |             | 66.0%    |
| Weekly Nutrient Guideline |              |           | 400 - 500                | <10                    | 540                    |                  |                  | <=0       |                         |             |          |

## Tuesday - 03/18/2025

### Reimbursable Meal Total 100

|  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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/DF-Homemade Vegan Muffins        | 64 gr        | 1         | 215                      | 0.54                   | 9                      | *18              | *0               | 7.58      | *0.00                   | 0           | 33.17    |
| 000307 APPLES,Fresh - 1 Cup (100 - 125 ct) | 1 cup        | 100       | 77                       | 0.04                   | 1                      | 15               | *N/A*            | 0.25      | 0.00                    | 0           | 20.58    |
| 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                     |              |           | 455                      | 4.62                   | 343                    | *51              | *0               | 36.53     | *0.00                   | 31          | 81.61    |
| % of Calories                              |              |           |                          | 9.14%                  |                        | *44.8%           | *0%              | 72.3%     | *0.0%                   |             | 71.7%    |
| Weekly Nutrient Guideline                  |              |           | 400 - 500                | <10                    | 540                    |                  |                  | <=0       |                         |             |          |

## Wednesday - 03/19/2025

### Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Apr 4, 2025

|  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 992848 V/VG- Cereal, Cheerios Honey SS Bowl    | 28 gram.     | 100       | 110                      | 0.00                   | 170                    | 6                | 6                | 1.50      | 0.00                    | 0           | 22.00    |
| 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 (1 cup- 2 juices) | 2 HC         | 100       | 120                      | 0.00                   | 0                      | 24               | 0                | 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                         |              |           | 391                      | 2.78                   | 502                    | *44              | *6               | 5.79      | 0.00                    | 20          | 62.01    |
| % of Calories                                  |              |           |                          | 6.40%                  |                        | *45.0%           | *6.1%            | 13.3%     | 0.0%                    |             | 63.4%    |
| Weekly Nutrient Guideline                      |              |           | 400 - 500                | <10                    | 540                    |                  |                  | <=0       |                         |             |          |

Thursday - 03/20/2025

Reimbursable Meal Total 100

|   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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    |
| 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

## Portion Values

Mar 3, 2025 thru Apr 4, 2025

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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    |              |           | 447                      | 8.83                   | 627                    | *30              | *0               | 14.56     | 0.00                    | 40          | 62.91    |
| % of Calories             |              |           |                          | 17.78 %                |                        | *26.8%           | *0%              | 29.3%     | 0.0%                    |             | 56.3%    |
| Weekly Nutrient Guideline |              |           | 400 - 500                | <10                    | 540                    |                  |                  | <=0       |                         |             |          |

## Friday - 03/21/2025

## Reimbursable Meal Total 100

|                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 000192 V-WW Sweet Potato Muffin     | serving      | 100       | 166                      | 0.26                   | 29                     | *9               | *N/A*            | 2.92      | *0.00                   | 1           | 30.00    |
| 992223 VG/DF-Homemade Vegan Muffins | 64 gr        | 0         | 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    |

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Apr 4, 2025

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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    |              |           | 477                      | 1.27                   | 162                    | *51              | *0               | 4.99      | *0.00                   | 11          | 97.03    |
| % of Calories             |              |           |                          | 2.40%                  |                        | *42.8%           | *0%              | 9.4%      | *0.0%                   |             | 81.4%    |
| Weekly Nutrient Guideline |              |           | 400 - 500                | <10                    | 540                    |                  |                  | <=0       |                         |             |          |

### Monday - 03/24/2025

#### Reimbursable Meal Total 1

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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 - 03/25/2025

#### Reimbursable Meal Total 1

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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

Mar 3, 2025 thru Apr 4, 2025

### Wednesday - 03/26/2025

#### Reimbursable Meal Total 1

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

### Thursday - 03/27/2025

#### Reimbursable Meal Total 1

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

### Friday - 03/28/2025

#### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Apr 4, 2025

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

### Monday - 03/31/2025

Reimbursable Meal Total 100

|  | Portion Size    | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) |
|--|-----------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 992571 V-Mini French Toast Cinnamon Crunch | 2.64 oz         | 100       | 210                      | 1.00                   | 200                    | 11               | 10               | 7.00      | 0.00                    | 0           | 36.00    |
| 992656 V/VG- French Toast Sticks PreK-12   | 4 stick (92 gr) | 1         | 260                      | 2.00                   | 300                    | 9                | *8               | 10.00     | 0.00                    | 0           | 38.00    |
| 991123 Syrup Maple SS Sugar Free           | 32 gr           | 100       | 10                       | 0.00                   | 80                     | 0                | 0                | 0.00      | 0.00                    | 0           | 4.00     |
| 992362 Grape Juice - (1 cup: 2 juices)     | 2 (4 fl)        | 100       | 160                      | 0.00                   | 20                     | 36               | 0                | 0.00      | 0.00                    | 0           | 38.00    |
| 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    |
| 990556 Place Settings                      | 1               | 100       | 0                        | 0.00                   | 0                      | *0               | *N/A*            | 0.00      | 0.00                    | 0           | 0.00     |
| Weighted Daily Average                     |                 |           | 483                      | 1.77                   | 433                    | *60              | *10              | 8.35      | 0.00                    | 10          | 91.38    |
| % of Calories                              |                 |           |                          | 3.30%                  |                        | *49.7%           | *8.3%            | 15.6%     | 0.0%                    |             | 75.7%    |
| Weekly Nutrient Guideline                  |                 |           | 400 - 500                | <10                    | 540                    |                  |                  | <=0       |                         |             |          |

### Tuesday - 04/01/2025

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Apr 4, 2025

|   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g)     | Tr-Fat <sup>2</sup> (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/DF- Homemade Vegan Muffins              | 64 gr        | 1         | 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         |
| <b>Weighted Daily Average</b>                     |              |           | <b>388</b>               | <b>2.29</b>            | <b>273</b>             | <b>*44</b>       | <b>*16</b>       | <b>8.58</b>   | <b>*0.00</b>            | <b>25</b>   | <b>68.00</b> |
| <b>% of Calories</b>                              |              |           |                          | <b>5.31%</b>           |                        | <b>*45.4%</b>    | <b>*16.5%</b>    | <b>19.9%</b>  | <b>*0.0%</b>            |             | <b>70.1%</b> |
| <b>Weekly Nutrient Guideline</b>                  |              |           | <b>400 - 500</b>         | <b>&lt;10</b>          | <b>540</b>             |                  |                  | <b>&lt;=0</b> |                         |             |              |

### Wednesday - 04/02/2025

**Reimbursable Meal Total 100**

|  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 991557 Egg, Turkey Breast & Cheese Burrito     | 1 burrito    | 100       | 314                      | 4.54                   | 563                    | *2               | *N/A*            | 13.90     | 0.00                    | 193         | 25.82    |
| 992259 V- Egg & Cheese Burrito                 | 1 burrito    | 1         | 352                      | 5.56                   | 420                    | *2               | *N/A*            | 16.77     | 0.00                    | 199         | 25.99    |
| 991059 Cranberry Apple Juice (1 cup- 2 juices) | 2 HC         | 100       | 120                      | 0.00                   | 0                      | 24               | 0                | 0.00      | 0.00                    | 0           | 26.00    |
| 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

Mar 3, 2025 thru Apr 4, 2025

|                               | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g)    | Tr-Fat <sup>2</sup> (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         |
| <b>Weighted Daily Average</b> |              |           | <b>537</b>               | <b>5.35</b>            | <b>697</b>             | <b>*39</b>       | <b>*0</b>        | <b>15.32</b> | <b>0.00</b>             | <b>205</b>  | <b>65.08</b> |
| % of Calories                 |              |           |                          | 8.97%                  |                        | *29.1%           | *0%              | 25.7%        | 0.0%                    |             | 48.5%        |
| Weekly Nutrient Guideline     |              |           | 400 - 500                | <10                    | 540                    |                  |                  | <=0          |                         |             |              |

### Thursday - 04/03/2025

### Reimbursable Meal Total 100

|  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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    |

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Apr 4, 2025

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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    |              |           | 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       |                         |             |          |

## Friday - 04/04/2025

## Reimbursable Meal Total 100

|   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 992005 V/VG- Whole Wheat Zucchini Bread | slice        | 100       | 124                      | 0.26                   | 46                     | *9               | *N/A*            | 3.31      | *0.00                   | 0           | 21.33    |
| 000010 Mozzarella, Cheese String        | 1 oz         | 100       | 61                       | 2.02                   | 202                    | 1                | *N/A*            | 3.04      | 0.00                    | 10          | 1.01     |
| 991006 Banana - 1 cup (2 Bananas)       | 2 Bananas    | 100       | 210                      | 0.26                   | 2                      | 29               | *N/A*            | 0.78      | 0.00                    | 0           | 53.90    |
| 000231 MILK,Skim                        | 8 fl. oz.    | 50        | 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                  |              |           | 496                      | 3.30                   | 382                    | *52              | *N/A*            | 8.42      | *0.00                   | 20          | 89.37    |
| % of Calories                           |              |           |                          | 5.99%                  |                        | *41.9%           | *N/A*            | 15.3%     | *0.0%                   |             | 72.1%    |
| Weekly Nutrient Guideline               |              |           | 400 - 500                | <10                    | 540                    |                  |                  | <=0       |                         |             |          |

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Apr 4, 2025

|                   | Cals <sup>1</sup><br>(kcal) | S-Fat <sup>1</sup><br>(g) | Sodm <sup>1</sup><br>(mg) | Total<br>Sugars<br>(g) | Added<br>Sugars<br>(g) | T-Fat<br>(g) | Tr-Fat <sup>2</sup><br>(g) | Cholst<br>(mg) | Carb<br>(g) |
|-------------------|-----------------------------|---------------------------|---------------------------|------------------------|------------------------|--------------|----------------------------|----------------|-------------|
| Weighted Averages | 456                         | 3                         | 406                       | *48                    | *7                     | 10.28        | *0.00                      | 49             | 79.26       |
| % of Calories     |                             | 6.69%                     |                           | *42.1%                 | *6.1%                  | 20.3%        | *0.0%                      |                | 69.5%       |

*\*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*

*<sup>1</sup> - denotes required nutrient values*

*<sup>2</sup> - 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

Mar 3, 2025 thru Apr 4, 2025

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

**Monday - 03/03/2025 Reimbursable Meal Total 100**

|  | Portion Size   | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g)     | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g)     |
|--|----------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|---------------|-------------------------|-------------|--------------|
| 992815 Italian Turkey WG Pasta R:1/4, OT:1/2             | 1 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 | 1 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         |
| <b>Weighted Daily Average</b>                            |                |           | <b>638</b>               | <b>4.09</b>            | <b>321</b>             | <b>*30</b>       | <b>*0</b>        | <b>25.60</b>  | <b>0.00</b>             | <b>100</b>  | <b>76.57</b> |
| <b>% of Calories</b>                                     |                |           |                          | <b>5.77%</b>           |                        | <b>*18.8%</b>    | <b>*0%</b>       | <b>36.1%</b>  | <b>0.0%</b>             |             | <b>48.0%</b> |
| <b>Weekly Nutrient Guideline</b>                         |                |           | <b>600 - 650</b>         | <b>&lt;10</b>          | <b>1110</b>            |                  |                  | <b>&lt;=0</b> |                         |             |              |

**Tuesday - 03/04/2025 Reimbursable Meal Total 100**

|  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 991921 Spanish Rice & Kidney Beans L:1/2, R: 1/4 | 1 serving    | 99        | 484                      | 0.75                   | 260                    | *3               | *0               | 8.47      | *0.00                   | 61          | 69.05    |

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Apr 4, 2025

|   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 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    |
| 990692 Fruit Punch, Juice 1/2 cup                     | 4 fl.oz.     | 100       | 60                       | 0.00                   | 5                      | 12               | 0                | 0.00      | 0.00                    | 0           | 14.00    |
| 000231 MILK,Skim                                      | 8 fl. oz.    | 50        | 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                      | 1.50                   | 397                    | *28              | *0               | 9.71      | *0.00                   | 70          | 96.07    |
| % of Calories   |              |           |                          | 2.10%                  |                        | *17.4%           | *0%              | 13.6%     | *0.0%                   |             | 59.7%    |
| Weekly Nutrient Guideline                             |              |           | 600 - 650                | <10                    | 1110                   |                  |                  | <=0       |                         |             |          |

### Wednesday - 03/05/2025

Reimbursable Meal Total 100

|   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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    |
| 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    |



# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Apr 4, 2025

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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    |              |           | 666                      | 1.70                   | 400                    | *34              | *0               | 11.27     | *0.01                   | 70          | 108.06   |
| % of Calories             |              |           |                          | 2.30%                  |                        | *20.4%           | *0%              | 15.2%     | *0.0%                   |             | 64.9%    |
| Weekly Nutrient Guideline |              |           | 600 - 650                | <10                    | 1110                   |                  |                  | <=0       |                         |             |          |

### Thursday - 03/06/2025

### Reimbursable Meal Total 100

|   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 991027 Turkey Hot Dog                   | serving      | 100       | 270                      | 3.00                   | 930                    | *6               | *N/A*            | 11.00     | 0.00                    | 35          | 31.00    |
| 991712 Veggie Hot Dog                   | serving      | 1         | 280                      | 0.00                   | 750                    | *5               | *0               | 7.00      | 0.00                    | 0           | 35.00    |
| 000279 Roasted Potatoes - 3/4cup: S:3/4 | 3/4 cup      | 100       | 176                      | 0.38                   | 8                      | *0               | *N/A*            | 4.78      | 0.00                    | 0           | 30.74    |
| 000222 KETCHUP: individual              | 9 gr         | 100       | 10                       | 0.00                   | 25                     | 2                | *N/A*            | 0.00      | 0.00                    | 0           | 3.00     |
| 990398 APPLES - Half Cup (100-134 ct)   | 1/2 cup      | 100       | 39                       | 0.02                   | 1                      | 8                | *N/A*            | 0.13      | 0.00                    | 0           | 10.29    |
| 000190 Low Fat Milk - 1%                | 8 fl. oz.    | 50        | 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

## Portion Values

Mar 3, 2025 thru Apr 4, 2025

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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    |              |           | 597                      | 4.15                   | 1101                   | *29              | *0               | 17.23     | 0.00                    | 45          | 88.37    |
| % of Calories             |              |           |                          | 6.26%                  |                        | *19.4%           | *0%              | 26.0%     | 0.0%                    |             | 59.2%    |
| Weekly Nutrient Guideline |              |           | 600 - 650                | <10                    | 1110                   |                  |                  | <=0       |                         |             |          |

Friday - 03/07/2025

Reimbursable Meal Total 100

|   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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 MeatiesWG Slider | serving      | 1         | 320                      | 0.00                   | 955                    | 18               | *4               | 4.00      | 0.00                    | 0           | 44.25    |
| 990866 Romaine, Tomato and Cucumber Salad                 | 3/4 cup      | 100       | 30                       | 0.38                   | 12                     | 3                | *N/A*            | 0.48      | 0.00                    | 0           | 6.12     |
| 991277 Ranch Dressing (ss)                                | 1 ss (pouch) | 100       | 20                       | 0.00                   | 80                     | 1                | *N/A*            | 0.00      | 0.00                    | 0           | 4.00     |
| 992361 Grape Juice - Suncup                               | 4 fl         | 100       | 80                       | 0.00                   | 10                     | 18               | 0                | 0.00      | 0.00                    | 0           | 19.00    |
| 000231 MILK,Skim  | 8 fl. oz.    | 50        | 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

Mar 3, 2025 thru Apr 4, 2025

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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    |              |           | 539                      | 1.50                   | 976                    | *52              | *4               | 6.00      | 0.00                    | 70          | 84.39    |
| % of Calories             |              |           |                          | 2.50%                  |                        | *38.6%           | *3.0%            | 10.0%     | 0.0%                    |             | 62.6%    |
| Weekly Nutrient Guideline |              |           | 600 - 650                | <10                    | 1110                   |                  |                  | <=0       |                         |             |          |

### Monday - 03/10/2025

### Reimbursable Meal Total 100

|  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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    |
| 990398 APPLES - Half Cup (100-134 ct)                | 1/2 cup      | 100       | 39                       | 0.02                   | 1                      | 8                | *N/A*            | 0.13      | 0.00                    | 0           | 10.29    |
| 000190 Low Fat Milk - 1%                             | 8 fl. oz.    | 50        | 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                               |              |           | 579                      | 8.40                   | 690                    | *30              | *1               | 16.59     | 0.00                    | 48          | 78.28    |
| % of Calories  |              |           |                          | 13.06 %                |                        | *20.7%           | *0.7%            | 25.8%     | 0.0%                    |             | 54.1%    |
| Weekly Nutrient Guideline                            |              |           | 600 - 650                | <10                    | 1110                   |                  |                  | <=0       |                         |             |          |

### Tuesday - 03/11/2025

### Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Apr 4, 2025

|  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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    |
| 000279 Roasted Potatoes - 3/4cup: S:3/4        | 3/4 cup      | 100       | 176                      | 0.38                   | 8                      | *0               | *N/A*            | 4.78      | 0.00                    | 0           | 30.74    |
| 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               | 0                | 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                         |              |           | 685                      | 1.16                   | 723                    | *30              | *3               | 21.95     | 0.00                    | 35          | 90.69    |
| % of Calories                                  |              |           |                          | 1.52%                  |                        | *17.5%           | *1.8%            | 28.8%     | 0.0%                    |             | 53.0%    |
| Weekly Nutrient Guideline                      |              |           | 600 - 650                | <10                    | 1110                   |                  |                  | <=0       |                         |             |          |

Wednesday - 03/12/2025

Reimbursable Meal Total 100

|   | Portion Size    | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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

Mar 3, 2025 thru Apr 4, 2025

|  | Portion Size    | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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    |
| 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                                   |                 |           | 666                      | 2.40                   | 701                    | *31              | *1               | 9.00      | 0.00                    | 55          | 113.07   |
| % of Calories  |                 |           |                          | 3.24%                  |                        | *18.6%           | *0.6%            | 12.2%     | 0.0%                    |             | 67.9%    |
| Weekly Nutrient Guideline                                |                 |           | 600 - 650                | <10                    | 1110                   |                  |                  | <=0       |                         |             |          |

Thursday - 03/13/2025

Reimbursable Meal Total 100

|  | Portion Size   | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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    |
| 992581 Salad, Kale, Cucumber, Tomatoe DG:1/2,R:1/4, OT:1/4 | 1 cup          | 100       | 93                       | 1.18                   | 174                    | 3                | *N/A*            | 7.19      | 0.00                    | 0           | 7.16     |
| 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    |

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Apr 4, 2025

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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    |
| 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    |              |           | 592                      | 4.33                   | 842                    | *39              | *4               | 21.22     | *0.00                   | 97          | 73.63    |
| % of Calories             |              |           |                          | 6.58%                  |                        | *26.4%           | *2.7%            | 32.3%     | *0.0%                   |             | 49.8%    |
| Weekly Nutrient Guideline |              |           | 600 - 650                | <10                    | 1110                   |                  |                  | <=0       |                         |             |          |

## Friday - 03/14/2025

## Reimbursable Meal Total 100

|   | Portion Size    | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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    |
| 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    |
| 992008 Orange Pineapple Juice                             | 1 HC            | 100       | 60                       | 0.00                   | 0                      | 12               | *N/A*            | 0.00      | 0.00                    | 0           | 14.00    |
| 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    |

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Apr 4, 2025

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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    |              |           | 645                      | 5.58                   | 1112                   | *40              | *N/A*            | 18.16     | 0.00                    | 20          | 82.39    |
| % of Calories             |              |           |                          | 7.79%                  |                        | *24.8%           | *N/A*            | 25.3%     | 0.0%                    |             | 51.1%    |
| Weekly Nutrient Guideline |              |           | 600 - 650                | <10                    | 1110                   |                  |                  | <=0       |                         |             |          |

**Monday - 03/17/2025**

**Reimbursable Meal Total 100**

|   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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         | 281                      | 0.00                   | 763                    | 5                | *4               | 7.02      | 0.00                    | 0           | 36.25    |
| 000222 KETCHUP: individual                        | 9 gr         | 100       | 10                       | 0.00                   | 25                     | 2                | *N/A*            | 0.00      | 0.00                    | 0           | 3.00     |
| 992820 Sweet Potato & Kale Salad - R: 1/2, DG 1/4 | 3/4 cup      | 100       | 101                      | 0.29                   | 41                     | 3                | *N/A*            | 3.71      | 0.00                    | 0           | 16.89    |
| 990703 Cranberry Apple Juice 1/2 cup              | 4 oz fl      | 100       | 60                       | 0.00                   | 0                      | 12               | 0                | 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    |

# Base Menu Spreadsheet

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## Portion Values

Mar 3, 2025 thru Apr 4, 2025

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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    |              |           | 661                      | 3.51                   | 1028                   | *34              | *4               | 19.86     | 0.00                    | 35          | 89.07    |
| % of Calories             |              |           |                          | 4.78%                  |                        | *20.6%           | *2.4%            | 27.0%     | 0.0%                    |             | 53.9%    |
| Weekly Nutrient Guideline |              |           | 600 - 650                | <10                    | 1110                   |                  |                  | <=0       |                         |             |          |

### Tuesday - 03/18/2025

Reimbursable Meal Total 100

|   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 992417 One-Pan Taco Macaroni & Cheese                     | portions     | 100       | 490                      | 4.48                   | 512                    | *4               | *0               | 18.28     | 0.00                    | 121         | 47.36    |
| 992418 V- One-Pan Taco Macaroni & Cheese                  | portions     | 1         | 454                      | 2.19                   | 797                    | *5               | *0               | 11.97     | 0.00                    | 30          | 53.06    |
| 992481 CAULIFLOWER Steamed OT: 3/4                        | 3/4 CUP      | 100       | 19                       | 0.10                   | 22                     | 1                | *N/A*            | 0.21      | 0.00                    | 0           | 3.73     |
| 000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup | 1/2 cup      | 100       | 40                       | 0.02                   | 1                      | 7                | *N/A*            | 0.10      | 0.00                    | 0           | 10.66    |
| 000231 MILK,Skim  | 8 fl. oz.    | 50        | 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    |
| 990556 Place Settings                                     | 1            | 100       | 0                        | 0.00                   | 0                      | *0               | *N/A*            | 0.00      | 0.00                    | 0           | 0.00     |
| Weighted Daily Average                                    |              |           | 654                      | 5.37                   | 673                    | *25              | *0               | 19.95     | 0.00                    | 132         | 75.28    |
| % of Calories   |              |           |                          | 7.39%                  |                        | *15.3%           | *0%              | 27.5%     | 0.0%                    |             | 46.0%    |
| Weekly Nutrient Guideline                                 |              |           | 600 - 650                | <10                    | 1110                   |                  |                  | <=0       |                         |             |          |

### Wednesday - 03/19/2025

Reimbursable Meal Total 100



# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Apr 4, 2025

|  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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/VG- Veggie WG Burrito                   | 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       | 196                      | 0.03                   | 141                    | 8                | *0               | *0.56     | 0.00                    | 9           | 36.58    |
| 990398 APPLES - Half Cup (100-134 ct)            | 1/2 cup      | 100       | 39                       | 0.02                   | 1                      | 8                | *N/A*            | 0.13      | 0.00                    | 0           | 10.29    |
| 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                           |              |           | 636                      | 6.77                   | 981                    | *31              | *1               | *12.96    | 0.00                    | 49          | 92.91    |
| % of Calories                                    |              |           |                          | 9.58%                  |                        | *19.5%           | *0.6%            | *18.3%    | 0.0%                    |             | 58.4%    |
| Weekly Nutrient Guideline                        |              |           | 600 - 650                | <10                    | 1110                   |                  |                  | <=0       |                         |             |          |

### Thursday - 03/20/2025

Reimbursable Meal Total 100

|   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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:1/4, S:1/2 | 1 serving    | 100       | 302                      | 0.00                   | 550                    | *8               | *0               | *1.46     | *0.00                   | 9           | 62.45    |

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Apr 4, 2025

|                                   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g)     | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g)      |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|---------------|-------------------------|-------------|---------------|
| 990692 Fruit Punch, Juice 1/2 cup | 4 fl.oz.     | 100       | 60                       | 0.00                   | 5                      | 12               | 0                | 0.00          | 0.00                    | 0           | 14.00         |
| 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          |
| <b>Weighted Daily Average</b>     |              |           | <b>795</b>               | <b>3.63</b>            | <b>1357</b>            | <b>*39</b>       | <b>*6</b>        | <b>*22.70</b> | <b>*0.00</b>            | <b>55</b>   | <b>114.01</b> |
| <b>% of Calories</b>              |              |           |                          | <b>4.11%</b>           |                        | <b>*19.6%</b>    | <b>*3.0%</b>     | <b>*25.7%</b> | <b>*0.0%</b>            |             | <b>57.4%</b>  |
| <b>Weekly Nutrient Guideline</b>  |              |           | <b>600 - 650</b>         | <b>&lt;10</b>          | <b>1110</b>            |                  |                  | <b>&lt;=0</b> |                         |             |               |

## Friday - 03/21/2025

Reimbursable Meal Total 100

|  | Portion Size   | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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    |
| 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               | *0               | 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     |
| 992548 TANGERINES,FRESH - 1/2 cup (150 ct)           | 1 (150ct p/cs) | 100       | 64                       | 0.05                   | 2                      | 13               | *N/A*            | 0.37      | 0.00                    | 0           | 16.01    |
| 000190 Low Fat Milk - 1%                             | 8 fl. oz.      | 50        | 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

Mar 3, 2025 thru Apr 4, 2025

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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    |              |           | 524                      | 3.95                   | 726                    | *35              | *4               | 22.48     | *0.01                   | 50          | 59.38    |
| % of Calories             |              |           |                          | 6.78%                  |                        | *26.7%           | *3.1%            | 38.6%     | *0.0%                   |             | 45.3%    |
| Weekly Nutrient Guideline |              |           | 600 - 650                | <10                    | 1110                   |                  |                  | <=0       |                         |             |          |

### Monday - 03/24/2025

### Reimbursable Meal Total 1

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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 - 03/25/2025

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Apr 4, 2025

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

### Wednesday - 03/26/2025

### Reimbursable Meal Total 1

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

### Thursday - 03/27/2025

### Reimbursable Meal Total 1

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

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Apr 4, 2025

### Friday - 03/28/2025

### Reimbursable Meal Total 1

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

### Monday - 03/31/2025

### Reimbursable Meal Total 100

|  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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    |
| 990398 APPLES - Half Cup (100-134 ct)                | 1/2 cup      | 100       | 39                       | 0.02                   | 1                      | 8                | *N/A*            | 0.13      | 0.00                    | 0           | 10.29    |
| 000190 Low Fat Milk - 1%                             | 8 fl. oz.    | 50        | 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

## Portion Values

Mar 3, 2025 thru Apr 4, 2025

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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    |              |           | 579                      | 8.40                   | 690                    | *30              | *1               | 16.59     | 0.00                    | 48          | 78.28    |
| % of Calories             |              |           |                          | 13.06 %                |                        | *20.7%           | *0.7%            | 25.8%     | 0.0%                    |             | 54.1%    |
| Weekly Nutrient Guideline |              |           | 600 - 650                | <10                    | 1110                   |                  |                  | <=0       |                         |             |          |

Tuesday - 04/01/2025

Reimbursable Meal Total 100

|   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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    |
| 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                      |              |           | 621                      | 1.56                   | 404                    | *32              | *0               | 10.88     | *0.01                   | 70          | 95.10    |
| % of Calories                               |              |           |                          | 2.26%                  |                        | *20.6%           | *0%              | 15.8%     | *0.0%                   |             | 61.3%    |
| Weekly Nutrient Guideline                   |              |           | 600 - 650                | <10                    | 1110                   |                  |                  | <=0       |                         |             |          |

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Apr 4, 2025

### Wednesday - 04/02/2025

Reimbursable Meal Total 100

|  | Portion Size   | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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       |                         |             |          |

### Thursday - 04/03/2025

Reimbursable Meal Total 100

|   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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    |
| 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

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## Portion Values

Mar 3, 2025 thru Apr 4, 2025

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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    |              |           | 689                      | 1.63                   | 393                    | *31              | *0               | 10.10     | *0.00                   | 70          | 109.02   |
| % of Calories             |              |           |                          | 2.13%                  |                        | *18.0%           | *0%              | 13.2%     | *0.0%                   |             | 63.3%    |
| Weekly Nutrient Guideline |              |           | 600 - 650                | <10                    | 1110                   |                  |                  | <=0       |                         |             |          |

## Friday - 04/04/2025

## Reimbursable Meal Total 100

|   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| 992560 BYO Turkey Nachos w/ Corn Tortilla Chips     | SERVING      | 99        | 303                      | 7.79                   | 329                    | 0                | *0               | 18.23     | 0.00                    | 82          | 19.00    |
| 992624 V- BYO Plant Based Nachos                    | SERVING      | 1         | 297                      | 6.50                   | 517                    | 1                | *0               | 14.83     | 0.00                    | 30          | 23.67    |
| 992623 VG/V/DF- BYO Veggie Nachos w/ Corn Tortillas | SERVING      | 0         | 278                      | 6.57                   | 671                    | 1                | *0               | 12.92     | 0.00                    | 0           | 27.73    |
| 992042 Corn Pico de Gallo - 3/4 cup: S:1/2. R:1/4   | 3/4 cup      | 100       | 117                      | 0.01                   | 14                     | 9                | *0               | *0.05     | 0.00                    | 18          | 22.80    |
| 991695 SOUR CREAM,FAT FREE (SS)                     | 1oz          | 100       | 25                       | 0.00                   | 30                     | 2                | 2                | 0.00      | 0.00                    | 0           | 4.00     |
| 992008 Orange Pineapple Juice                       | 1 HC         | 100       | 60                       | 0.00                   | 0                      | 12               | *N/A*            | 0.00      | 0.00                    | 0           | 14.00    |
| 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    |



# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Apr 4, 2025

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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    |              |           | 605                      | 8.54                   | 504                    | *36              | *2               | *19.50    | 0.00                    | 109         | 72.85    |
| % of Calories             |              |           |                          | 12.70 %                |                        | *23.8%           | *1.3%            | *29.0%    | 0.0%                    |             | 48.2%    |
| Weekly Nutrient Guideline |              |           | 600 - 650                | <10                    | 1110                   |                  |                  | <=0       |                         |             |          |

|                   | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) |
|-------------------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|
| Weighted Averages | 633                      | 4                      | 717                    | *33              | *2               | *16.87    | *0.00                   | 66          | 87.70    |
| % of Calories     |                          | 5.84%                  |                        | *20.9%           | *1.3%            | *24.0%    | *0.0%                   |             | 55.4%    |

- \*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
- <sup>1</sup> - denotes required nutrient values
- <sup>2</sup> - 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.**