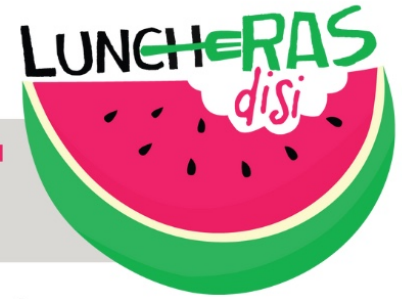




Milk, grain, fruit, meat or meat alternative

BREAKFAST



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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>04/07/2025</p> <p>Mini Maple Pancakes Syrup Maple (ss) Grape Juice Choice of Milk</p>	<p>04/08/2025</p> <p>WW Taco Breakfast incl. (Egg, Cheese & Tkey Bacon) Taco Bk. w/Tofu, Vegan Ch. & Veggie Crumbles (V/VG) Bananas Choice of Milk</p>	<p>04/09/2025</p> <p>WG Lucky Charm Cereal Yoplait Yogurt Fresh Apples Choice of Milk</p>	<p>04/10/2025</p> <p>Turkey Patty w/Gravy & WG Biscuit Veggie Patty & Biscuit -V Fresh Pears Choice of Milk</p>	<p>04/11/2025</p> <p>Baked French Toast WW Muffin (V) Mozzarella Cheese Stick** Cranberry Juice Choice of Milk</p>
<p>04/14/2025</p> <p>NO SCHOOL TODAY</p>	<p>04/15/2025</p> <p>NO SCHOOL TODAY</p>	<p>04/16/2025</p> <p>NO SCHOOL TODAY</p>	<p>04/17/2025</p> <p>WG Corn Muffin (V) Fresh Apples Choice of Milk</p>	<p>04/18/2025</p> <p>WG Cocoa Puff Cereal Bananas Choice of Milk</p>
<p>04/21/2025</p> <p>Pillsbury WW Mini Bagel Strawberry & Cream Cheese Fresh Apples Choice of Milk</p>	<p>04/22/2025</p> <p>Homemade WW Choco Chip Banana Bread (V) Fruit Punch Juice Choice of Milk</p>	<p>04/23/2025</p> <p>WG Blueberry Muffin(V/DF) Fresh Pears Choice of Milk</p>	<p>04/24/2025</p> <p>Yoplait Yogurt & Granola (V) Bananas Choice of Milk</p>	<p>04/25/2025</p> <p>Peachy WG Cinnamon Roll Cobbler (V) Cranberry Juice Choice of Milk</p>
<p>04/28/2025</p> <p>Cereal Cheerios Honey Yoplait Yogurt Fresh Pears Choice of Milk</p>	<p>04/29/2025</p> <p>WG French Toast Sticks (V/VG) Syrup Maple (ss) Bananas Choice of Milk</p>	<p>04/30/2025</p> <p>WW Egg Burrito w/ Turkey Breast & Cheese WW Egg & Cheese Burrito (V) Fresh Apples Choice of Milk</p>	<p>05/01/2025</p> <p>WG Banana Muffin (V/DF) Fruit Punch Juice Choice of Milk</p>	<p>05/02/2025</p> <p>Strawberry Chocolate Overnight Oats (V) Cranberry Juice Choice of Milk</p>

Available Choice of Milk: Unflavored 1% or 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).**

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

WG = Whole Grain WW = Whole Wheat



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

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

LUNCH



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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>04/07/2025</p> <p>Turkey Taco Rice w/Corn Red & Gr. Peppers Meatless Taco Rice w/Corn Red & Gr. Peppers (V/VG) Sour Cream (ss) Apples Choice of Milk</p>	<p>04/08/2025</p> <p>Cheese Lunch Pizza w/ Chicken & Beef Pepperoni Cheese Lunch Pizza (V) Roasted Potatoes & Sweet Potatoes Fresh Tangerines Choice of Milk</p>	<p>04/09/2025</p> <p>One-Pan Turkey WG Macaroni & Cheese Veggie Macaroni (V) Broccoli Florets Fruit Punch Juice Choice of Milk</p>	<p>04/10/2025</p> <p>Chicken Enchiladas Black Bean Dip Sour Cream (ss) Bananas Choice of Milk</p>	<p>04/11/2025</p> <p>Turkey Mozzarella WG Burger Vegan Burger (V/VG) Romaine, Tomato and Cucumber Salad Ketchup (ss) Fresh Oranges Choice of Milk</p>
<p>04/14/2025</p> <p>NO SCHOOL TODAY</p>	<p>04/15/2025</p> <p>NO SCHOOL TODAY</p>	<p>04/16/2025</p> <p>NO SCHOOL TODAY</p>	<p>04/17/2025</p> <p>Golden Crispy Chicken Tenders Breaded Veggie Tender w/ WG Roll (V/VG) Sweet Potato Tater Tots Ketchup (ss) Apples Choice of Milk</p>	<p>04/18/2025</p> <p>Turkey Loaded Baked Potatoes Veggie Loaded Baked Potatoes w/ Cheese Steamed Carrots WG Roll Sour Cream (ss) Apples Choice of Milk</p>
<p>04/21/2025</p> <p>Chicken Burrito Bowl w/Black Beans & Corn Veggie Burrito Bowl w/ Black Beans & Corn (V/VG) Sour Cream (ss) Fresh Tangerines Choice of Milk</p>	<p>04/22/2025</p> <p>Beef Burger & WG Bun Vegan Burger (V/VG) Roasted Potatoes Ketchup (ss) Bananas Choice of Milk</p>	<p>04/23/2025</p> <p>Chicken Caesar WW Wrap Veggie Caesar WW Wrap (V) Baby Carrots Grape Juice Choice of Milk</p>	<p>04/24/2025</p> <p>Chicken & Tk. Bacon WG Pasta w/Tomato & Spinach Chicken Meatless WG Pasta w/Tomato & Spinach(V) Fresh Strawberries Choice of Milk</p>	<p>04/25/2025</p> <p>BYO Turkey Nachos w/ Corn Tortilla Chips BYO Meatless Nachos Pico de Gallo w/ Tomatoes & Onions Sour Cream (ss) Apples Choice of Milk</p>
<p>04/28/2025</p> <p>Turkey Bolognese WG Pasta w/Parmesan Veggie Bolognese WG Pasta w/Parmesan Apples Choice of Milk</p>	<p>04/29/2025</p> <p>Breaded Chicken Nuggets Veggie Nuggets w/ WG Roll (V/VG) WG Biscuit Sweet Creamy Coleslaw BBQ Sauce (ss) Grape Juice Choice of Milk</p>	<p>04/30/2025</p> <p>Turkey Ham Fried Rice w/ Green Peas & Carrots Turkey Ham Fried Rice w/ Green Peas & Carrots Diced Peaches Choice of Milk</p>	<p>05/01/2025</p> <p>Turkey Meatballs WG Sub. w/Cheese Veggie Meatballs WG Submarine (V/VG) Sauteed Green Collards Bananas Choice of Milk</p>	<p>05/02/2025</p> <p>WG Cheese Pizza (V) Kale & Mixed Beans Salad Fresh Tangerines Choice of Milk</p>

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

**** Denotes meals only for K to 8th**

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), Cucumbers (PA, NY,NJ), Romaine Lettuce (PA), Spinach (NY/NJ/NC/VA/MD), Peppers (PA/NJ), Squash (PA/MD), Kale (MD), Mushrooms (PA), Broccoli (PA), Cabbage (PA/NY/NJ), Potato (DE/PA), Collards Green (NC), Kale (MD/NC), Squash , Cabbage,Onions (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

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 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 130

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992571 V-Mini French Toast Cinnamon Crunch	2.64 oz	127	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)	3	260	2.00	300	9	*8	10.00	0.00	0	38.00
991123 Syrup Maple SS Sugar Free	32 gr	130	10	0.00	80	0	0	0.00	0.00	0	4.00
992362 Grape Juice - (1 cup: 2 juices)	2 (4 fl)	260	160	0.00	20	36	0	0.00	0.00	0	38.00
000231 MILK,Skim	8 fl. oz.	64	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	63	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
990556 Place Settings	1	130	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			639	1.75	449	*96	*10	8.28	0.00	10	128.75
% of Calories				2.46%		*60.1%	*6.3%	11.7%	0.0%		80.6%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 03/04/2025 Reimbursable Meal Total 130

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992456 V- WG Biscuit & Cheesy Scramble eggs	serving	127	241	9.46	393	1	*1	16.83	0.00	277	14.51

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992226 VG/DF -WW Breakfast Roll & Tofu Scramble	1 serving	3	160	3.22	381	3	*2	5.73	0.00	0	18.78
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	130	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
000190 Low Fat Milk - 1%	8 fl. oz.	64	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	63	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	3	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	130	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			417	10.11	524	*29	*1	18.16	0.00	280	48.18
% of Calories				21.82 %		*27.8%	*1.0%	39.2%	0.0%		46.2%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 03/05/2025

Reimbursable Meal Total 130

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991381 V- Whole Grain Pancakes	2 pancakes	127	153	0.33	400	5	*5	2.33	0.00	7	31.33
991178 VG/DF- Homemade WG Pancakes	2 pancakes	3	214	0.68	3	*5	*0	9.77	0.00	0	27.02
990919 Syrup Maple (ss)	42.5 gr	130	120	0.00	20	22	22	0.00	0.00	0	31.00
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	130	84	0.03	1	14	*N/A*	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	64	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	63	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991919 Soy Milk	8 fl	3	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	130	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			460	1.11	542	*55	*27	4.03	0.00	16	97.77
% of Calories				2.17%		*47.8%	*23.5%	7.9%	0.0%		85.0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 03/06/2025

Reimbursable Meal Total 130

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991210 V/DF-WG Blueberry Muffin (Chef Pierre)	57 gr	130	200	1.50	140	16	16	7.00	0.00	15	32.00
992223 VG/DF-Homemade Vegan Muffins	64 gr	0	215	0.54	9	*18	*0	7.58	*0.00	0	33.17
991059 Cranberry Apple Juice (1 cup- 2 juices)	2 HC	260	120	0.00	0	24	0	0.00	0.00	0	26.00
000231 MILK,Skim	8 fl. oz.	64	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	63	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	3	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	130	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			541	2.24	270	*77	*16	8.32	*0.00	25	97.00
% of Calories				3.73%		*56.9%	*11.8%	13.8%	*0.0%		71.7%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

Friday - 03/07/2025

Reimbursable Meal Total 130

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991380 Cereal Cheerios MULTIGRAIN (28gr)	28 gr	130	110	0.00	105	6	*N/A*	1.00	0.00	0	23.00
991346 Yogurt Yoplait 4oz	4 oz	127	100	0.00	55	14	11	0.50	0.00	5	21.00
992217 VG/DF - Dairy Free Yogurt	5.3 oz	3	130	0.00	90	12	*N/A*	3.50	0.00	0	18.00
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	130	84	0.03	1	14	*N/A*	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	64	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	63	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	3	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	130	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			396	0.77	292	*47	*11	3.09	0.00	15	79.47
% of Calories				1.75%		*47.5%	*11.1%	7.0%	0.0%		80.3%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 03/10/2025

Reimbursable Meal Total 130

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990668 V- Cinnamon Soft Round Granola Bar	2.2 oz	127	280	3.00	190	19	*19	8.00	0.00	5	44.00
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	3	100	0.00	140	1	1	2.00	0.00	0	21.00

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990708 Fruit Punch, Juice - (1 Cup - 2 juices)	(2 HC)	260	120	0.00	10	24	0	0.00	0.00	0	28.00
000190 Low Fat Milk - 1%	8 fl. oz.	64	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	63	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	3	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	130	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			617	3.68	338	*80	*19	9.20	0.00	15	112.47
% of Calories				5.37%		*51.9%	*12.3%	13.4%	0.0%		72.9%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 03/11/2025

Reimbursable Meal Total 130

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991262 V/DF- WG Banana Muffin (Chef Pierre)	57 gr	127	200	1.50	110	16	*N/A*	8.00	0.00	10	31.00
992223 VG/DF- Homemade Vegan Muffins	64 gr	3	215	0.54	9	*18	*0	7.58	*0.00	0	33.17
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	130	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	64	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	63	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	3	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	130	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			378	2.26	239	*44	*0	9.56	*0.00	20	64.63
% of Calories				5.38%		*46.6%	*0%	22.8%	*0.0%		68.4%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 03/12/2025

Reimbursable Meal Total 130

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992212 V/VG- Sweet Potato Waffles	serving	130	263	0.31	38	*14	*N/A*	4.91	0.00	0	48.45
991123 Syrup Maple SS Sugar Free	32 gr	130	10	0.00	80	0	0	0.00	0.00	0	4.00
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	130	84	0.03	1	14	*N/A*	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	64	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	63	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	3	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	130	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			458	1.08	249	*42	*0	6.43	0.00	10	87.99
% of Calories				2.12%		*36.7%	*0%	12.6%	0.0%		76.8%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 03/13/2025

Reimbursable Meal Total 130

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992347 V- WG English Muffin w/ Egg Patty & Cheese	-serving	127	225	2.75	470	2	*1	9.50	0.00	102	27.00
991166 VG- WG English Muffin w/ Tofu Scramble	-serving	3	259	1.52	151	1	*1	9.70	0.00	0	27.98
991059 Cranberry Apple Juice (1 cup- 2 juices)	2 HC	260	120	0.00	0	24	0	0.00	0.00	0	26.00
000190 Low Fat Milk - 1%	8 fl. oz.	64	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	63	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	3	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	130	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			567	3.47	592	*63	*1	10.84	0.00	110	92.02
% of Calories				5.51%		*44.4%	*0.7%	17.2%	0.0%		64.9%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 03/14/2025

Reimbursable Meal Total 130

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991332 V-Apple Caramel Bread Pudding	1 serving	127	277	3.67	227	31	*0	7.07	*0.00	65	48.05
992442 VG/DF Apple Bread Pudding	1 serving	3	266	0.35	233	34	*0	3.92	*0.00	0	48.51
991006 Banana - 1 cup (2 Bananas)	2 Bananas	260	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	64	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	63	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	3	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	130	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			797	4.86	361	*102	*0	9.87	*0.00	73	168.86
% of Calories				5.49%		*51.2%	*0%	11.1%	*0.0%		84.7%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 03/17/2025

Reimbursable Meal Total 130

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991425 V- WG Cinnamon Roll	3 oz	127	270	4.50	420	9	*9	11.00	0.00	0	37.00
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	3	100	0.00	140	1	1	2.00	0.00	0	21.00
992551 TANGERINES, FRESH - (1 cup - 2 Tangerines)	2 (150ct p/cs)	260	127	0.09	5	25	*N/A*	0.74	0.00	0	32.02
000190 Low Fat Milk - 1%	8 fl. oz.	64	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK, Skim	8 fl. oz.	63	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	3	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	130	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			621	5.33	553	*73	*9	13.61	0.00	10	113.66
% of Calories				7.72%		*47.0%	*5.8%	19.7%	0.0%		73.2%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 03/18/2025

Reimbursable Meal Total 130

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991382 V-Chocolate Chip Oatmeal Muffin	serving	127	274	3.82	211	22	*0	34.91	*0.00	21	47.57
992223 VG/DF-Homemade Vegan Muffins	64 gr	3	215	0.54	9	*18	*0	7.58	*0.00	0	33.17
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	130	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	64	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	63	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	3	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	130	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			451	4.52	337	*50	*0	35.85	*0.00	31	80.82
% of Calories				9.02%		*44.3%	*0%	71.5%	*0.0%		71.7%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 03/19/2025

Reimbursable Meal Total 130

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992848 V/VG- Cereal, Cheerios Honey SS Bowl	28 gram.	130	110	0.00	170	6	6	1.50	0.00	0	22.00
000010 Mozzarella, Cheese String	1 oz	130	61	2.02	202	1	*N/A*	3.04	0.00	10	1.01
991059 Cranberry Apple Juice (1 cup- 2 juices)	2 HC	260	120	0.00	0	24	0	0.00	0.00	0	26.00
000231 MILK,Skim	8 fl. oz.	64	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	63	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	3	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	130	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			511	2.76	502	*68	*6	5.85	0.00	20	88.01
% of Calories				4.86%		*53.2%	*4.7%	10.3%	0.0%		68.9%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 03/20/2025

Reimbursable Meal Total 130

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991384 WG Biscuit & Tk. Patty Sandwich	2oz	117	262	8.09	495	2	*0	13.11	0.00	30	27.34
991773 V-WG Biscuit & Veggie Patty Sandwich	28 gr	13	170	4.00	460	2	*1	7.50	0.00	0	18.00
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	130	84	0.03	1	14	*N/A*	0.21	0.00	0	22.54
000190 Low Fat Milk - 1%	8 fl. oz.	64	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000231 MILK,Skim	8 fl. oz.	63	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	3	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	130	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			438	8.46	623	*29	*0	14.09	0.00	37	61.94
% of Calories				17.38 %		*26.5%	*0%	29.0%	0.0%		56.6%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 03/21/2025

Reimbursable Meal Total 130

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000192 V-WW Sweet Potato Muffin	serving	127	166	0.26	29	*9	*N/A*	2.92	*0.00	1	30.00
992223 VG/DF-Homemade Vegan Muffins	64 gr	3	215	0.54	9	*18	*0	7.58	*0.00	0	33.17
991006 Banana - 1 cup (2 Bananas)	2 Bananas	260	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	64	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	63	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	3	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	130	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			687	1.53	162	*80	*0	5.90	*0.00	11	150.87
% of Calories				2.00%		*46.6%	*0%	7.7%	*0.0%		87.8%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 03/24/2025

Reimbursable Meal Total 1

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

Tuesday - 03/25/2025

Reimbursable Meal Total 1

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

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

Wednesday - 03/26/2025

Reimbursable Meal Total 1

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

Thursday - 03/27/2025

Reimbursable Meal Total 1

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

Friday - 03/28/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

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

Monday - 03/31/2025

Reimbursable Meal Total 100

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

Luncheras Di Si

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991210 V/DF-WG Blueberry Muffin (Chef Pierre)	57 gr	100	200	1.50	140	16	16	7.00	0.00	15	32.00
992223 VG/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
Weighted Daily Average			388	2.29	273	*44	*16	8.58	*0.00	25	68.00
% of Calories				5.31%		*45.4%	*16.5%	19.9%	*0.0%		70.1%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 04/02/2025

Reimbursable Meal Total 100

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

Lunches Di Si

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			537	5.35	697	*39	*0	15.32	0.00	205	65.08
% 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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991380 Cereal Cheerios MULTIGRAIN (28gr)	28 gr	100	110	0.00	105	6	*N/A*	1.00	0.00	0	23.00
991346 Yogurt Yoplait 4oz	4 oz	99	100	0.00	55	14	11	0.50	0.00	5	21.00
992217 VG/DF - Dairy Free Yogurt	5.3 oz	1	130	0.00	90	12	*N/A*	3.50	0.00	0	18.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Luncheras Di Si

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
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			

Monday - 04/07/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Luncheras Di Si

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990632 Pancakes, Maple Flavored Mini	86 grams	100	186	0.93	195	9	9	5.58	0.00	0	32.56
991178 VG/DF-Homemade WG Pancakes	2 pancakes	1	214	0.68	3	*5	*0	9.77	0.00	0	27.02
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0	0	0.00	0.00	0	4.00
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
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			459	1.69	426	*58	*9	6.97	0.00	10	87.96
% of Calories				3.31%		*50.5%	*7.8%	13.7%	0.0%		76.7%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 04/08/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990947 Taco Breakfast	1	100	198	4.67	378	*0	*N/A*	10.44	*0.00	98	16.05
991174 V/VG- Veggie Taco Breakfast	1	1	330	3.93	471	0	*0	16.77	0.00	0	25.37
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			513	5.72	516	*42	*0	12.68	*0.00	108	83.34
% of Calories				10.04 %		*32.7%	*0%	22.2%	*0.0%		65.0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 04/09/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992858 Cereal, Lucky Charm SS Bowl	28 gr	100	110	0.00	220	6	6	2.00	0.00	0	22.00
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

Lunches Di Si

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			388	0.79	407	*48	*17	4.03	0.00	15	76.55
% of Calories				1.83%		*49.5%	*17.5%	9.3%	0.0%		78.9%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 04/10/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992859 Turkey Patty w/Gravy & WG Biscuit	each	100	279	8.47	618	2	*0	14.18	0.00	32	28.89
992260 V- WG Biscuit and Veggie Patty	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
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			466	9.30	755	*30	*0	15.76	0.00	42	64.74
% of Calories				17.96 %		*25.8%	*0%	30.4%	0.0%		55.6%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 04/11/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Luncheras Di Si

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991524 Baked French Toast Muffin	serving	100	210	2.42	209	*18	*0	5.52	*0.00	99	31.17
992223 VG/DF-Homemade Vegan Muffins	64 gr	1	215	0.54	9	*18	*0	7.58	*0.00	0	33.17
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	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			494	5.20	543	*56	*0	9.93	*0.00	119	71.64
% of Calories				9.47%		*45.3%	*0%	18.1%	*0.0%		58.0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 04/14/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

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

Tuesday - 04/15/2025

Reimbursable Meal Total 1

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

Wednesday - 04/16/2025

Reimbursable Meal Total 1

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

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

Thursday - 04/17/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992343 V- WG Corn Muffin	2.5 oz	100	220	1.00	115	18	18	8.00	0.00	20	36.00
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	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			400	1.80	247	*47	*18	9.58	*0.00	30	69.91
% of Calories				4.05%		*47.0%	*18.0%	21.6%	*0.0%		69.9%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 04/18/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991677 Cereal, WG Cocoa Puff Bowl	1.06 oz	100	110	0.00	120	8	*N/A*	1.50	0.00	0	25.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
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			421	1.02	253	*50	*N/A*	3.57	0.00	10	92.03
% of Calories				2.18%		*47.5%	*N/A*	7.6%	0.0%		87.4%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 04/21/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990675 V- Pillsbury Mini Bagel Strawberry and Cheese	69 gr	100	230	2.00	190	13	12	6.00	0.00	10	42.00
991347 VG/DF - WG White Bagel (iW) & Jelly	serving	1	205	0.00	315	11	9	1.00	0.00	0	44.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			411	2.80	326	*42	*12	7.56	0.00	20	76.15
% of Calories				6.13%		*40.9%	*11.7%	16.6%	0.0%		74.1%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 04/22/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992280 V- Chocolate Chip Banana Bread	50 grams	100	206	0.79	145	*16	*N/A*	1.84	*0.00	0	43.25
992485 VG/DF- Banana Bread	50 grams	1	183	0.03	145	*13	*N/A*	0.62	*0.00	0	39.68
990708 Fruit Punch, Juice - (1 Cup - 2 juices)	(2 HC)	100	120	0.00	10	24	0	0.00	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			429	1.54	288	*53	*0	3.14	*0.00	10	84.78
% of Calories				3.23%		*49.4%	*0%	6.6%	*0.0%		79.0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 04/23/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991210 V/DF-WG Blueberry Muffin (Chef Pierre)	57 gr	100	200	1.50	140	16	16	7.00	0.00	15	32.00
992223 VG/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
Weighted Daily Average			388	2.29	273	*44	*16	8.58	*0.00	25	68.00
% of Calories				5.31%		*45.4%	*16.5%	19.9%	*0.0%		70.1%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 04/24/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991204 V- Yogurt Yoplait & Granola	4oz Yg/1oz Gran	100	220	0.50	125	20	17	3.50	0.00	5	41.00
992443 VG/DF -Dairy Free Yogurt & Granola	5.3 oz	1	250	0.50	160	18	*6	6.50	0.00	0	38.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
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			534	1.52	260	*62	*17	5.64	0.00	15	108.41
% of Calories				2.56%		*46.4%	*12.7%	9.5%	0.0%		81.2%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 04/25/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992346 V- Peachy WG Cinnamon Roll Cobbler	3 oz (serving)	100	323	4.50	424	20	*9	11.00	0.00	0	50.32
992760 DF/VG/GF- Cereal WG Cheerios 2 (28 gr)	2 (28 gr)	1	200	0.00	280	2	2	4.00	0.00	0	42.00
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

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			485	5.25	557	*45	*9	12.29	0.00	10	76.74
% of Calories				9.74%		*37.1%	*7.4%	22.8%	0.0%		63.3%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 04/28/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992848 V/VG- Cereal, Cheerios Honey SS Bowl	28 gram.	100	110	0.00	170	6	6	1.50	0.00	0	22.00
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
Weighted Daily Average			395	0.78	357	*47	*17	3.49	0.00	15	78.51
% of Calories				1.78%		*47.6%	*17.2%	8.0%	0.0%		79.5%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

Tuesday - 04/29/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991061 V/VG- French Toast Sticks PreK-12	4 stick (92 gr)	100	260	2.00	300	9	*8	10.00	0.00	0	38.00
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0	0	0.00	0.00	0	4.00
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			581	3.02	513	*51	*8	12.07	0.00	10	109.03
% of Calories				4.68%		*35.1%	*5.5%	18.7%	0.0%		75.1%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 04/30/2025

Reimbursable Meal Total 100

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

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			495	5.39	698	*31	*N/A*	15.57	0.00	205	59.66
% of Calories				9.80%		*25.1%	*N/A*	28.3%	0.0%		48.2%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 05/01/2025

Reimbursable Meal Total 100

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

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			423	2.26	251	*53	*0	9.37	*0.00	20	72.46
% of Calories				4.81%		*50.1%	*0%	19.9%	*0.0%		68.5%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 05/02/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991929 V-Strawberry Chocolate Overnight Oats	serving	100	253	0.57	73	15	*N/A*	3.32	*0.00	6	42.93
992860 VG/DF-Strawberry Chocolate Overnight Oats	serving	1	300	3.42	59	16	*4	8.14	*0.00	0	47.76
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			416	1.35	203	*40	*0	4.66	*0.00	16	69.41
% of Calories				2.92%		*38.5%	*0%	10.1%	*0.0%		66.7%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
Weighted Averages	486	3	405	*53	*7	9.50	*0.00	44	86.84
% of Calories		5.96%		*43.6%	*5.8%	17.6%	*0.0%		71.5%

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Base Menu Spreadsheet

Portion Values

Apr 7, 2025 thru May 2, 2025

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

Monday - 04/07/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992298 Turkey Taco Rice R: 1/4, S:1/4, OT:1/4	3/4 cup	90	443	2.49	454	*7	*0	*12.23	0.00	100	61.07
992299 V/VG- Turkey Taco Rice: R: 1/4, S:1/4, OT:1/4	3/4 cup	10	375	0.21	612	*8	*0	*5.18	0.00	9	64.60
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2	2	0.00	0.00	0	4.00
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*N/A*	0.13	0.00	0	10.29
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			600	3.03	631	*30	*2	*12.90	0.00	101	88.71
% of Calories				4.54%		*20.0%	*1.3%	*19.4%	0.0%		59.1%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 04/08/2025 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Apr 7, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991746 Cheese Lunch Individual Pizza w/ Chicken/BeefPepper	4.56oz 5 pepper	90	317	4.50	930	5	*N/A*	13.00	0.00	10	24.33
991392 V- Cheese Lunch Individual Pizza	4.56oz (129gr)	10	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
992476 Roasted Potatoes & Sweet Potatoes -S:1/2, R:1/4	3/4 cup	100	152	0.30	24	*0	*N/A*	3.83	0.00	0	27.18
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			627	5.45	1068	*31	*N/A*	18.05	0.00	19	80.49
% of Calories				7.82%		*19.8%	*N/A*	25.9%	0.0%		51.3%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 04/09/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992417 One-Pan Turkey WG Macaroni & Cheese	portions	90	490	4.48	512	*4	*0	18.28	0.00	121	47.36
992418 V- One-Pan Veggie WG Macaroni & Cheese	portions	10	454	2.19	797	*5	*0	11.97	0.00	30	53.06

Base Menu Spreadsheet

Portion Values

Apr 7, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992449 VG/DF- One-Pan Veggie & WG Macaroni & Cheese	portion	0	403	4.22	875	*5	*0	10.62	0.00	0	55.42
991994 BROCCOLI, raw: fresh DG:3/4	3/4 CUP	100	23	0.00	11	1	*N/A*	0.25	0.00	0	4.53
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			670	5.00	687	*30	*0	19.15	0.00	122	79.46
% of Calories				6.72%		*17.9%	*0%	25.7%	0.0%		47.4%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 04/10/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992508 Chicken Enchiladas 1/4 cup: R: 1/4	serving	99	348	4.09	403	2	*0	12.34	0.00	47	36.61
992731 VG/DF -Chicken Enchiladas 1/4 cup: R: 1/4	serving	1	369	1.98	564	3	*0	11.44	0.00	0	41.31
990921 Bean Dip 1/2 Cup: L: 1/2	1/2 CUP	100	83	0.01	97	*1	*N/A*	0.03	*0.00	0	14.42
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2	2	0.00	0.00	0	4.00
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95

Base Menu Spreadsheet

Portion Values

Apr 7, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			661	4.96	663	*32	*2	14.00	*0.00	56	95.03
% of Calories				6.75%		*19.4%	*1.2%	19.1%	*0.0%		57.5%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 04/11/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990665 Turkey Mozzarella Burger	3.5 oz	90	496	8.28	1116	*4	*4	30.54	0.00	90	29.01
992265 V/VG Vegan Burger -	serving	10	280	0.00	760	5	*4	7.00	0.00	0	36.00
990866 Romaine, Tomato and Cucumber Salad	3/4 cup	100	30	0.38	12	3	*N/A*	0.48	0.00	0	6.12
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2	2	0.00	0.00	0	2.00
991025 ORANGES - Half Cup (1orange)	1 orange	100	62	0.02	0	12	*N/A*	0.16	0.00	0	15.39
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Apr 7, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			676	8.60	1312	*34	*6	30.07	0.00	91	66.23
% of Calories				11.45 %		*20.1%	*3.6%	40.0%	0.0%		39.2%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 04/14/2025

Reimbursable Meal Total 1

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

Tuesday - 04/15/2025

Reimbursable Meal Total 1

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

Base Menu Spreadsheet

Portion Values

Apr 7, 2025 thru May 2, 2025

Wednesday - 04/16/2025

Reimbursable Meal Total 1

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

Thursday - 04/17/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992450 Golden Crispy Chicken Tenders	3 tenders	99	260	0.00	390	1	*1	15.00	0.00	25	16.00
992616 V/VG - Breaded Veggie Tenders w/WG Roll	4 tenders	1	500	2.00	1370	4	*2	19.00	0.00	0	51.00
990955 Sweet Potato Tater Tots	3/4 cup (16 pc)	100	270	0.00	345	24	*N/A*	6.00	0.00	0	51.00
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2	2	0.00	0.00	0	2.00
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*N/A*	0.13	0.00	0	10.29
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Apr 7, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			681	0.79	966	*48	*3	22.42	0.00	35	92.64
% of Calories				1.04%		*28.2%	*1.8%	29.6%	0.0%		54.4%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 04/18/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991010 Turkey Loaded Baked Potatoes S:1/2	2.89 oz -2 skin	100	318	4.95	545	1	*0	16.22	0.00	102	21.27
992862 Veggie Loaded Skin Potato S:1/2	2.89 oz -2skin	1	264	2.77	714	2	*0	9.61	0.00	15	26.10
990085 Steamed Carrots - R: 1/4 cup	1/4 CUP	100	14	0.01	23	1	*N/A*	0.07	0.00	0	3.21
991056 VG/DF - WG Roll	32 gr	100	80	0.00	170	2	*2	1.00	0.00	0	15.00
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2	2	0.00	0.00	0	4.00
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*N/A*	0.13	0.00	0	10.29
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
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

Apr 7, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			578	5.76	905	*27	*4	18.76	0.00	112	67.03
% of Calories				8.97%		*18.7%	*2.8%	29.2%	0.0%		46.4%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 04/21/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991148 Chicken Burrito Bowl - L:1/2, S:1/4	serving	100	542	1.90	462	*6	*0	*9.05	*0.00	*66	76.63
991190 V/VG- Meatless Chicken Burrito Bowl - L:1/2, S:1/4	serving	1	564	3.51	722	6	*0	*10.85	0.00	9	83.26
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2	2	0.00	0.00	0	4.00
992548 TANGERINES,FRESH - 1/2 cup (150 ct)	1 (150ct p/cs)	100	64	0.05	2	13	*N/A*	0.37	0.00	0	16.01
000231 MILK,Skim	8 fl. oz.	50	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			737	2.73	632	*34	*2	*10.78	*0.00	*76	110.47
% of Calories				3.33%		*18.5%	*1.1%	*13.2%	*0.0%		60.0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Base Menu Spreadsheet

Portion Values

Apr 7, 2025 thru May 2, 2025

Tuesday - 04/22/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990149 Beef Burger	1 serving	100	368	3.54	737	5	*4	16.38	0.00	35	37.02
992265 V/VG Vegan Burger -	serving	1	280	0.00	760	5	*4	7.00	0.00	0	36.00
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	90	2	2	0.00	0.00	0	2.00
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95
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			762	4.81	974	*35	*6	22.88	0.00	45	110.07
% of Calories				5.68%		*18.4%	*3.1%	27.0%	0.0%		57.8%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 04/23/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992052 Chicken Caesar WW Wrap - DG: 1/2	1 wrap	100	404	5.36	734	*3	*N/A*	13.80	*0.00	65	42.39

Base Menu Spreadsheet

Portion Values

Apr 7, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992863 V- WW Veggie Caesar Wrap - DG: 1/2 cup	1 wrap	1	446	4.33	808	*5	*0	14.44	*0.00	18	45.92
992494 Carrots, Baby (Pre-Packaged)	2.6 oz (74gr)	100	30	0.00	56	4	0	0.00	0.00	0	6.96
992361 Grape Juice - Suncup	4 fl	100	80	0.00	10	18	0	0.00	0.00	0	19.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
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			619	6.15	938	*39	*0	15.20	*0.00	75	81.81
% of Calories				8.94%		*25.2%	*0%	22.1%	*0.0%		52.9%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 04/24/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990875 Creamy Chicken Penne Pasta DG: 1/4, R:1/2	3/4 cup	100	398	6.91	272	4	*0	14.61	*0.00	79	44.92
992134 V- Chicken Meatless Penne Pasta DG: 1/4, R:1/2	3/4 cup	1	400	5.83	290	3	*0	13.03	*0.00	33	47.36
000339 STRAWBERRIES,FRESH - Half cup	5 large straw	100	29	0.01	1	4	*N/A*	0.27	0.00	0	6.91
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

Apr 7, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			531	7.73	406	*22	*0	16.26	*0.00	89	65.30
% of Calories				13.10 %		*16.6%	*0%	27.6%	*0.0%		49.2%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 04/25/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
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
990399 Pico de Gallo - OT:1/2, R: 1/4	3/4 cup	100	45	0.03	18	5	*N/A*	0.09	0.00	0	9.97
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2	2	0.00	0.00	0	4.00
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*N/A*	0.13	0.00	0	10.29
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Luncheras Di Si

Portion Values

Apr 7, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			512	8.58	510	*28	*2	19.67	0.00	91	56.30
% of Calories				15.08 %		*21.9%	*1.6%	34.6%	0.0%		44.0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 04/28/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992500 Turkey Bolognese WG Pasta - R: 3/4	serving	100	401	2.72	305	*8	*1	11.65	*0.00	94	55.31
992522 V-Veggie Bolognese WG Pasta - R: 3/4	serving	1	341	0.44	472	*9	*1	4.68	*0.00	3	60.14
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			543	3.49	441	*29	*1	13.07	*0.00	104	79.20
% of Calories				5.78%		*21.4%	*0.7%	21.7%	*0.0%		58.3%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 04/29/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Apr 7, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991084 Chicken Nuggets Breaded	4 pc (91 gr)	99	210	2.50	340	1	*0	12.00	0.00	40	12.00
992459 Vegan Chicken Nuggets w/WG Roll	5 Nuggets	1	331	1.88	635	5	*2	12.30	0.00	0	40.12
000341 WG Biscuit - 1 oz	28 g	100	100	4.00	210	1	1	5.00	0.00	0	14.00
990604 CREAMY COLESLAW OT: 1/2, R:1/4	3/4 cup	100	77	0.29	111	7	*N/A*	2.03	*0.00	3	12.79
991603 BBQ Sauce (ss)	0.44 oz	100	20	0.00	130	4	4	0.00	0.00	0	6.00
992361 Grape Juice - Suncup	4 fl	100	80	0.00	10	18	0	0.00	0.00	0	19.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
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			588	7.53	934	*44	*5	20.28	*0.00	52	77.07
% of Calories				11.53 %		*29.9%	*3.4%	31.0%	*0.0%		52.4%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 04/30/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991418 Ham Fried Rice OT: 1/4, S:1/2	serving	100	423	1.82	697	*7	*0	7.23	*0.00	155	66.92

Base Menu Spreadsheet

Portion Values

Apr 7, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992864 V- Veggie Fried Rice R: 1/4, OT: 1/4, S:1/4	serving	1	440	1.04	695	*8	*0	6.64	*0.00	124	60.80
990597 PEACHES, DICED IN JUICE SS PLASTIC CUP - HC	HC	100	80	0.00	5	18	*N/A*	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
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			607	2.58	839	*38	*0	8.54	*0.00	166	99.53
% of Calories				3.83%		*25.0%	*0%	12.7%	*0.0%		65.6%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 05/01/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992276 Turkey Meatball Sub -w/Cheese R:1/4	sub (4Meatballs)	100	310	3.02	714	7	*1	9.51	0.00	53	37.19
992277 V-VG Meatball Sub R:1/4	sub (4Meatballs)	1	309	3.00	613	7	*1	8.98	0.00	0	41.18
990953 Sautéed Collards Green DG: 1/2	1/2 cup	100	75	0.26	34	0	*N/A*	3.05	0.00	0	10.39
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Apr 7, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			593	4.19	886	*35	*1	14.28	0.00	63	87.94
% of Calories				6.36%		*23.6%	*0.7%	21.7%	0.0%		59.3%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 05/02/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991692 V-WG Cheese Pizza (V)	4.6 oz	100	300	4.00	580	14	*N/A*	11.00	0.00	15	37.00
992725 DF - Cheese Pizza Sub R:1/4	slice	1	302	6.11	810	5	*N/A*	12.49	0.00	0	42.96
992827 Kale & Mixed Beans Salad DG:1/4,: L:1/2	3/4 cup	100	181	0.81	265	*2	*N/A*	5.01	*0.00	0	24.95
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.	74	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	74	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	11	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Apr 7, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	159	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			710	6.09	1060	*49	*N/A*	18.85	*0.00	30	99.06
% of Calories				7.72%		*27.6%	*N/A*	23.9%	*0.0%		55.8%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
Weighted Averages	629	5	815	*34	*2	*17.36	*0.00	*78	84.49
% of Calories		7.37%		*21.6%	*1.3%	*24.8%	*0.0%		53.7%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.