

Spring/ Early Fall Cycle - Breakfast
Washington Latin PCS - K-8 - Breakfast
HHFKA K-8 (age 5-13)



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
05/05/2025 Mini Maple Pancakes Honey (SS) Fruit Punch Juice Choice of Milk	05/06/2025 WG Lucky Charm Cereal Yoplait Yogurt Fresh Apples Choice of Milk	05/07/2025 Baked French Toast WW Muffin (V) Mozzarella Cheese Stick** Fresh Tangerines Choice of Milk	05/08/2025 WG Emoji Waffles (V) Syrup Maple (ss) Bananas Choice of Milk	05/09/2025 WW Taco Breakfast incl. (Egg, Cheese & Tkey Bacon) Taco Bk. w/Tofu,Vegan Ch. & Veggie Crumbles (V/VG) Cranberry Juice Choice of Milk
05/12/2025 Chicken Sausage Patty & WG Pancakes Veggie Patty & WG Pancakes (V) Honey (SS) Fruit Punch Juice Choice of Milk	05/13/2025 WG Corn Muffin (V) Fresh Pears Choice of Milk	05/14/2025 Cinnamon Soft Round Granola Bar (V) Fresh Apples Choice of Milk	05/15/2025 WG Biscuit & TK. Patty Sandwich Veggie Patty & Biscuit -V Syrup Maple (ss) Bananas Choice of Milk	05/16/2025 Yogurt Crispy Cup Cereal w/ Peaches & Pineapple(V) Choice of Milk
05/19/2025 WG Cocoa Puff Cereal Yoplait Yogurt Fresh Apples Choice of Milk	05/20/2025 Pillsbury WW Mini Bagel Strawberry & Cream Cheese Bananas Choice of Milk	05/21/2025 One-Pan Breakfast Potato, Egg Scramble & Roll (V) Fresh Tangerines Choice of Milk	05/22/2025 Homemade WW Choco Chip Banana Bread (V) Fresh Pears Choice of Milk	05/23/2025 Peachy WG Cinnamon Roll Cobbler (V) Cranberry Juice Choice of Milk
05/26/2025 NO SCHOOL TODAY	05/27/2025 WG Blueberry Muffin(V/DF) Fruit Punch Juice Choice of Milk	05/28/2025 WG French Toast Sticks (V/VG) Syrup Maple (ss) Fresh Apples Choice of Milk	05/29/2025 WW Egg Burrito w/ Turkey Breast & Cheese WW Egg & Cheese Burrito (V) Bananas Choice of Milk	05/30/2025 Strawberry Chocolate Overnight Oats (V) Fresh Tangerines Choice of Milk



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

LUNCH

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



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Monday	Tuesday	Wednesday	Thursday	Friday
05/05/2025 Corn Dog Chicken Mini WG Veggie Hot Dog** Sweet Creamy Coleslaw Ketchup (ss) Fresh Pears Choice of Milk	05/06/2025 Turkey Taco Rice w/Corn Red & Gr. Peppers Meatless Taco Rice w/Corn Red & Gr. Peppers (V/VG) Sour Cream (ss) Bananas Choice of Milk	05/07/2025 One-Pan Turkey WG Macaroni & Cheese Veggie Macaroni (V) Broccoli Florets Fruit Punch Juice Choice of Milk	05/08/2025 Chicken Enchiladas Black Bean Dip Sour Cream (ss) Apples Choice of Milk	05/09/2025 Cheese Lunch Pizza w/ Chicken & Beef Pepperoni Cheese Lunch Pizza (V) Roasted Potatoes & Sweet Potatoes Fresh Tangerines Choice of Milk
05/12/2025 WG Penne Pasta & Beef Meatballs WG Penne Pasta & Veggie Meatballs (V/VG) Apples Choice of Milk	05/13/2025 Turkey Mozzarella WG Burger Vegan Burger (V/VG) Romaine, Tomato and Cucumber Salad Ketchup (ss) Bananas Choice of Milk	05/14/2025 Grilled Chicken over Brown Rice Grilled Chicken Meatless over Brown Rice (V/VG) Baked Plantains Fresh Oranges Choice of Milk	05/15/2025 Golden Crispy Chicken Tenders Breaded Veggie Tender w/ WG Roll (V/VG) Roasted Cauliflower Ketchup (ss) Cranberry Juice Choice of Milk	05/16/2025 WG Italian Sub w/ T. Ham T. Salami & T. Pepperoni WG Sub w/Plant Based Ham & Bacon (V) Kale & Mixed Beans Salad Fresh Tangerines Choice of Milk
05/19/2025 Chicken Burrito Bowl w/Black Beans & Corn Veggie Burrito Bowl w/ Black Beans & Corn (V/VG) Sour Cream (ss) Fresh Pears Choice of Milk	05/20/2025 Beef Burger & WG Bun Vegan Burger (V/VG) Roasted Potatoes Ketchup (ss) Orange Juice Choice of Milk	05/21/2025 Chicken Caesar WW Wrap Veggie Caesar WW Wrap (V) Steamed Carrots Diced Peaches Choice of Milk	05/22/2025 Chicken & Tk. Bacon WG Pasta w/Tomato & Spinach Chicken Meatless WG Pasta w/Tomato & Spinach(V) Bananas Choice of Milk	05/23/2025 BYO Turkey Nachos w/ Corn Tortilla Chips BYO Meatless Nachos Pico de Gallo w/ Tomatoes & Onions Sour Cream (ss) Apples Choice of Milk
05/26/2025 NO SCHOOL TODAY	05/27/2025 Breaded Chicken Nuggets Veggie Nuggets w/ WG Roll (V/VG) WG Biscuit Fresh Spinach Salad BBQ Sauce (ss) Bananas Choice of Milk	05/28/2025 Turkey Bolognese WG Pasta w/Parmesan Veggie Bolognese WG Pasta w/Parmesan Fresh Oranges Choice of Milk	05/29/2025 Turkey Ham Fried Rice w/ Green Peas & Carrots Veggie Fried Rice w/ Green Peas & Carrots Apples Choice of Milk	05/30/2025 WG Cheese Pizza (V) Balela Salad w/ Garbanzo, Tomato & Cucumber Cranberry Juice Choice of Milk

Menu Name:

Washington Latin PCS - K-8 - Breakfast

Include Cost:

No

Site:

Use Alternate Menu Name:

No

Monday - 05/05/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990632 Pancakes, Maple Flavored Mini	86 grams	100	200	1.00	210	10	10	5.99	0.00	0	34.96
991178 VG/DF-Homemade WG Pancakes	2 pancakes	1	214	0.68	3	*5	*0	9.77	0.00	0	27.02
991693 Honey, (ss) Pouch	9 gr	100	25	0.00	0	7	7	0.00	0.00	0	7.00
990708 Fruit Punch, Juice - (1 Cup - 2 juices)	(2 HC)	100	120	0.00	10	24	0	0.00	0.00	0	28.00
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			448	1.76	351	*54	*17	7.39	0.00	10	83.36
% of Calories				3.54%		*48.2%	*15.2%	14.8%	0.0%		74.4%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 05/06/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

May 5, 2025 thru May 30, 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)
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
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			

Wednesday - 05/07/2025 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)
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
992551 TANGERINES,FRESH - (1 cup - 2 Tangerines)	2 (150ct p/cs)	100	127	0.09	5	25	*N/A*	0.74	0.00	0	32.02

Base Menu Spreadsheet

Portion Values

May 5, 2025 thru May 30, 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			501	5.30	547	*58	*0	10.67	*0.00	119	77.66
% of Calories				9.52%		*46.3%	*0%	19.2%	*0.0%		62.0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 05/08/2025

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)
992279 WG Emoji Waffles (EGGO)	70gr (2 waffles)	100	210	1.50	380	2	*N/A*	6.00	0.00	5	26.00
991172 VG/DF-Homemade WG Waffles	2 oz	1	309	0.69	42	12	*N/A*	9.44	0.00	0	44.97
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0	0	0.00	0.00	0	4.00
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

May 5, 2025 thru May 30, 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			534	2.53	594	*44	*0	8.17	0.00	15	97.48
% of Calories				4.26%		*33.0%	*0%	13.8%	0.0%		73.0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 05/09/2025 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)
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
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	5.46	514	*37	*0	11.91	*0.00	108	55.43
% of Calories				11.62 %		*35.0%	*0%	25.3%	*0.0%		52.4%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 05/12/2025 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

May 5, 2025 thru May 30, 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)
991373 Chicken Sausage Patty & & WG Pancakes	1 serving	100	253	1.83	650	5	*5	8.33	0.00	47	32.33
991777 V- Veggie Patty & WG Pancakes	1 serving	1	283	0.33	830	6	*5	9.33	0.00	7	37.33
991693 Honey, (ss) Pouch	9 gr	100	25	0.00	0	7	7	0.00	0.00	0	7.00
990708 Fruit Punch, Juice - (1 Cup - 2 juices)	(2 HC)	100	120	0.00	10	24	0	0.00	0.00	0	28.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			501	2.59	798	*49	*12	9.68	0.00	57	80.71
% of Calories				4.65%		*39.1%	*9.6%	17.4%	0.0%		64.4%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 05/13/2025

Reimbursable Meal Total 100

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

Base Menu Spreadsheet

Portion Values

May 5, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			407	1.79	247	*46	*18	9.53	*0.00	30	71.87
% of Calories				3.96%		*45.2%	*17.7%	21.1%	*0.0%		70.6%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 05/14/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
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	1	100	0.00	140	1	1	2.00	0.00	0	21.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
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

May 5, 2025 thru May 30, 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			460	3.80	324	*48	*19	9.57	0.00	15	77.92
% of Calories				7.43%		*41.7%	*16.5%	18.7%	0.0%		67.8%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 05/15/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991384 WG Biscuit & Tk. Patty Sandwich	2oz	99	262	8.09	495	2	*0	13.11	0.00	30	27.34
992260 V- WG Biscuit and Veggie Patty	28 gr	1	170	4.00	460	2	*1	7.50	0.00	0	18.00
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	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			582	9.06	707	*44	*0	15.08	0.00	40	98.15
% of Calories				14.01 %		*30.2%	*0%	23.3%	0.0%		67.5%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Base Menu Spreadsheet

Portion Values

May 5, 2025 thru May 30, 2025

Friday - 05/16/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992316 Yogurt Crispy Cup Cereal (pineapple/peaches)	serving	100	360	0.33	228	59	*N/A*	0.67	0.00	3	85.25
992603 VG/DF- Yogurt Crispy Cup Cereal	serving	1	366	5.34	182	53	*8	5.34	0.00	0	77.91
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	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			465	1.14	361	*73	*0	2.02	0.00	13	99.16
% of Calories				2.21%		*62.8%	*0%	3.9%	0.0%		85.3%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 05/19/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991677 Cereal, WG Cocoa Puff Bowl	1.06 oz	100	110	0.00	120	8	*N/A*	1.50	0.00	0	25.00
991346 Yogurt Yoplait 4oz	4 oz	100	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

Base Menu Spreadsheet

Portion Values

May 5, 2025 thru May 30, 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			390	0.80	308	*51	*11	3.58	0.00	15	79.89
% of Calories				1.85%		*52.3%	*11.3%	8.3%	0.0%		81.9%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 05/20/2025

Reimbursable Meal Total 100

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

May 5, 2025 thru May 30, 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			543	3.02	327	*55	*12	8.08	0.00	20	109.47
% of Calories				5.01%		*40.5%	*8.8%	13.4%	0.0%		80.6%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 05/21/2025 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)
991522 V/DF - One-Pan Breakfast Potatoes & Egg Scramble	serving	100	302	3.18	527	*4	*2	13.27	*0.00	196	37.69
992218 VG- One-Pan Breakfast Potatoes w/ Tofu	serving	1	273	1.55	503	*5	*2	9.00	*0.00	0	38.94
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
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			533	4.04	668	*42	*2	15.40	*0.00	206	83.23
% of Calories				6.82%		*31.5%	*1.5%	26.0%	*0.0%		62.5%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 05/22/2025 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

May 5, 2025 thru May 30, 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)
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
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			394	1.57	279	*43	*N/A*	3.35	*0.00	10	79.32
% of Calories				3.59%		*43.7%	*N/A*	7.7%	*0.0%		80.5%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 05/23/2025

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)
992346 V- Peachy WG Cinnamon Roll Cobbler	3 oz (serving)	100	323	4.50	424	20	*9	11.00	0.00	0	50.32
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
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

Base Menu Spreadsheet

Portion Values

May 5, 2025 thru May 30, 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	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			484	5.25	555	*45	*9	12.27	0.00	10	76.53
% of Calories				9.76%		*37.2%	*7.4%	22.8%	0.0%		63.2%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 05/26/2025

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			

Tuesday - 05/27/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991210 V/DF-WG Blueberry Muffin (Chef Pierre)	57 gr	100	200	1.50	140	16	16	7.00	0.00	15	32.00

Base Menu Spreadsheet

Portion Values

May 5, 2025 thru May 30, 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)
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
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	281	*53	*16	8.37	*0.00	25	73.46
% of Calories				4.81%		*50.1%	*15.1%	17.8%	*0.0%		69.5%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 05/28/2025 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)
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
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

May 5, 2025 thru May 30, 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			449	2.80	513	*38	*8	11.55	0.00	10	75.71
% of Calories				5.61%		*33.9%	*7.1%	23.2%	0.0%		67.4%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 05/29/2025 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)
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
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	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	5.61	699	*44	*N/A*	16.10	0.00	205	92.99
% of Calories				8.05%		*28.1%	*N/A*	23.1%	0.0%		59.3%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 05/30/2025 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

May 5, 2025 thru May 30, 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)
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
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			420	1.40	206	*41	*0	5.03	*0.00	16	72.42
% of Calories				3.00%		*39.0%	*0%	10.8%	*0.0%		69.0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
Weighted Averages		472	3	457	*48	*7	9.04	*0.00	49	82.17
% of Calories			6.12%		*40.7%	*5.9%	17.2%	*0.0%		69.6%

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.

Menu Name:

Washington Latin PCS - K-8 -Lunch

Include Cost:

No

Site:

Use Alternate Menu Name:

No

Monday - 05/05/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991613 Corn Dog Chicken Mini WG	6 pc (4.02oz)	99	315	3.64	497	6	*N/A*	16.97	0.00	48	26.67
991712 Veggie Hot Dog	serving	1	280	0.00	750	*5	*0	7.00	0.00	0	35.00
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
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2	2	0.00	0.00	0	2.00
000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup	1/2 cup	100	40	0.02	1	7	*N/A*	0.10	0.00	0	10.66
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			542	4.66	831	*35	*2	20.25	*0.00	61	65.21
% of Calories				7.74%		*25.8%	*1.5%	33.6%	*0.0%		48.1%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 05/06/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

May 5, 2025 thru May 30, 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)
992298 Turkey Taco Rice R: 1/4, S:1/4, OT:1/4	3/4 cup	100	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	1	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
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			677	3.37	621	*37	*2	*13.92	0.00	110	105.67
% of Calories				4.48%		*21.9%	*1.2%	*18.5%	0.0%		62.4%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 05/07/2025 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)
992417 One-Pan Turkey WG Macaroni & Cheese	portions	100	490	8.53	553	*4	*0	21.31	0.00	121	47.36
992418 V- One-Pan Veggie WG Macaroni & Cheese	portions	1	454	2.19	797	*5	*0	11.97	0.00	30	53.06
992449 VG/DF- One-Pan Veggie & WG Macaroni & Cheese	portion	0	403	4.22	875	*5	*0	10.62	0.00	0	55.42

Base Menu Spreadsheet

Portion Values

May 5, 2025 thru May 30, 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)
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			678	9.30	707	*30	*0	22.94	0.00	132	79.42
% of Calories				12.35 %		*17.7%	*0%	30.5%	0.0%		46.9%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 05/08/2025

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)
992508 Chicken Enchiladas 1/4 cup: R: 1/4	serving	100	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
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

Base Menu Spreadsheet

Portion Values

May 5, 2025 thru May 30, 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			598	4.89	667	*26	*2	13.86	*0.00	57	78.74
% of Calories				7.36%		*17.4%	*1.3%	20.9%	*0.0%		52.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 05/09/2025

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)
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
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

Base Menu Spreadsheet

Portion Values

May 5, 2025 thru May 30, 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			631	5.58	1084	*31	*N/A*	18.41	0.00	20	80.52
% of Calories				7.96%		*19.7%	*N/A*	26.3%	0.0%		51.0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 05/12/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991146 WG Pasta w/ Meatballs-Tyson- R:3/4	SERVINGS (5 MB)	100	487	5.34	513	9	*0	20.66	0.00	45	57.62
991968 V/VG/DF- WG Pasta w/Veggie Meatballs 3/4cup: R:3/4	SERVINGS (3 MB)	1	453	3.67	564	8	*1	14.44	0.00	0	62.62
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			630	6.15	650	*30	*0	22.18	0.00	55	81.54
% of Calories				8.79%		*19.0%	*0%	31.7%	0.0%		51.8%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 05/13/2025 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

May 5, 2025 thru May 30, 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)
990665 Turkey Mozzarella Burger	3.5 oz	100	496	8.28	1116	*4	*4	30.54	0.00	90	29.01
992265 V/VG Vegan Burger -	serving	1	280	0.00	760	5	*4	7.00	0.00	0	36.00
990866 Romaine,Tomato & Cucumber R:1/4,OT:1/4,DG:1/4	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
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			744	9.54	1357	*36	*6	32.73	0.00	100	77.45
% of Calories				11.54 %		*19.4%	*3.2%	39.6%	0.0%		41.6%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 05/14/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992804 Grilled Chicken & Brown Rice (2oz Gr/ 2oz MA)	Serving	100	316	0.53	66	0	*0	5.87	0.00	58	42.78
991866 V/VG- Grilled Chicken Meatless & Brown Rice	2.87 oz	1	428	0.17	273	1	*0	6.30	0.00	0	66.04

Base Menu Spreadsheet

Portion Values

May 5, 2025 thru May 30, 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)
000127 Baked Plantains S: 3/4	3/4 cup	100	198	0.50	4	*19	*N/A*	7.39	0.00	0	35.40
991025 ORANGES - Half Cup (1orange)	1 orange	100	62	0.02	0	12	*N/A*	0.16	0.00	0	15.39
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			680	1.80	204	*45	*0	14.73	0.00	68	107.23
% of Calories				2.38%		*26.5%	*0%	19.5%	0.0%		63.1%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 05/15/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
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
990154 CAULIFLOWER, Roasted OT: 3/4	3/4 CUP	100	61	0.43	22	1	*N/A*	4.86	0.00	0	3.73
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2	2	0.00	0.00	0	2.00
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

Base Menu Spreadsheet

Portion Values

May 5, 2025 thru May 30, 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	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			493	1.20	642	*29	*3	21.15	0.00	35	48.08
% of Calories				2.19%		*23.5%	*2.4%	38.6%	0.0%		39.0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 05/16/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992294 WG Italian SUB Turkey Ham, Salami & Pepperoni	serving	100	279	2.34	779	5	*N/A*	9.64	0.00	60	31.47
992295 V-WG Sub Plant Based Ham & Bacon	serving	1	393	1.17	977	5	*0	13.44	0.00	2	35.99
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)	1	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	1	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

May 5, 2025 thru May 30, 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			566	3.92	1185	*21	*0	16.08	*0.00	70	70.07
% of Calories				6.23%		*14.8%	*0%	25.6%	*0.0%		49.5%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 05/19/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
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
000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup	1/2 cup	100	40	0.02	1	7	*N/A*	0.10	0.00	0	10.66
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			713	2.70	630	*28	*2	*10.51	*0.00	*76	105.12
% of Calories				3.41%		*15.7%	*1.1%	*13.3%	*0.0%		59.0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Base Menu Spreadsheet

Portion Values

May 5, 2025 thru May 30, 2025

Tuesday - 05/20/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
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
992365 Orange Juice - Suncup - 4oz	4 fl.	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			717	4.68	978	*32	*6	22.49	0.00	45	97.12
% of Calories				5.87%		*17.9%	*3.3%	28.2%	0.0%		54.2%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 05/21/2025 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)
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

May 5, 2025 thru May 30, 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
990147 Carrots Steamed R: 1/2	1/2 cup	100	27	0.02	45	3	*N/A*	0.14	0.00	0	6.41
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
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			616	6.18	922	*37	*0	15.34	*0.00	75	81.26
% of Calories				9.03%		*24.0%	*0%	22.4%	*0.0%		52.8%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 05/22/2025

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)
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
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

Base Menu Spreadsheet

Portion Values

May 5, 2025 thru May 30, 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			607	7.85	406	*32	*0	16.38	*0.00	89	85.34
% of Calories				11.64 %		*21.1%	*0%	24.3%	*0.0%		56.2%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 05/23/2025

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)
992560 BYO Turkey Nachos w/ Corn Tortilla Chips	SERVING	99	308	7.80	329	*0	*0	18.25	0.00	82	20.08
992624 V- BYO Plant Based Nachos	SERVING	1	302	6.50	517	*1	*0	14.85	0.00	30	24.87
992623 VG/V/DF- BYO Veggie Nachos w/ Corn Tortillas	SERVING	0	283	6.58	671	*1	*0	12.94	0.00	0	28.93
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

Portion Values

May 5, 2025 thru May 30, 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			517	8.58	510	*28	*2	19.68	0.00	91	57.39
% of Calories				14.94 %		*21.7%	*1.5%	34.3%	0.0%		44.4%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 05/26/2025 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			600 - 650	<10	1110			<=0			

Tuesday - 05/27/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
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
992424 Fresh Spinach Salad DG: 1/2, OT: 1/4	3/4	100	49	0.49	27	*0	*N/A*	3.43	*0.00	0	4.25

Base Menu Spreadsheet

Portion Values

May 5, 2025 thru May 30, 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)
991603 BBQ Sauce (ss)	0.44 oz	100	20	0.00	105	4	4	0.00	0.00	0	5.00
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			586	7.87	816	*33	*5	22.07	*0.00	50	75.48
% of Calories				12.09 %		*22.5%	*3.4%	33.9%	*0.0%		51.5%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 05/28/2025 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
991025 ORANGES - Half Cup (1orange)	1 orange	100	62	0.02	0	12	*N/A*	0.16	0.00	0	15.39
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

May 5, 2025 thru May 30, 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			566	3.49	440	*33	*1	13.10	*0.00	104	84.31
% of Calories				5.55%		*23.3%	*0.7%	20.8%	*0.0%		59.6%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 05/29/2025

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)
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
992864 V- Veggie Fried Rice OT: 1/4, S:1/2	serving	1	440	1.04	695	*8	*0	6.64	*0.00	124	60.80
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			566	2.60	834	*28	*0	8.67	*0.00	166	90.82
% of Calories				4.13%		*19.8%	*0%	13.8%	*0.0%		64.2%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 05/30/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

May 5, 2025 thru May 30, 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)
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
991922 Balela Salad L:1/2, OT:1/8, R:1/8	serving	100	199	0.51	149	*1	*0	6.18	*0.00	*0	30.37
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.	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
990556 Place Settings	1	159	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			724	5.73	942	*47	*0	19.65	*0.00	*30	101.47
% of Calories				7.12%		*26.0%	*0%	24.4%	*0.0%		56.1%
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		624	5	759	*33	*2	*18.11	*0.00	*75	82.75
% of Calories			7.60%		*21.2%	*1.3%	*26.1%	*0.0%		53.0%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes required nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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