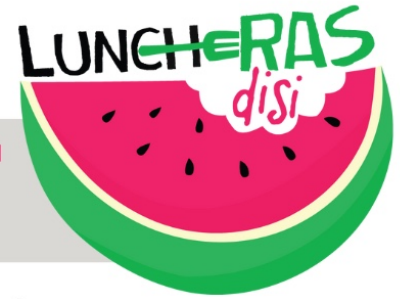




Milk, grain, fruit, meat or meat alternative

BREAKFAST



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



Monday	Tuesday	Wednesday	Thursday	Friday
06/02/2025 Baked French Toast WW Muffin (V) Fruit Punch Juice Choice of Milk	06/03/2025 Mini Maple Pancakes Honey (SS) Fresh Apples Choice of Milk	06/04/2025 WG Lucky Charm Cereal Yoplait Yogurt Fresh Pears Choice of Milk	06/05/2025 WG Banana Muffin (V/DF) Mozzarella Cheese Stick** Fresh Tangerines Choice of Milk	06/06/2025 WW Taco Breakfast incl. (Egg, Cheese & Tkey Bacon) Taco Bk. w/Tofu, Vegan Ch. & Veggie Crumbles (V/VG) Bananas Choice of Milk
06/09/2025 WG Emoji Waffles (V) Syrup Maple (ss) Fresh Pears Choice of Milk	06/10/2025 WG Corn Muffin (V) Cranberry Juice Choice of Milk	06/11/2025 Yoplait Yogurt & Granola (V) Bananas Choice of Milk	06/12/2025 Chicken Sausage Patty & WG Pancakes Veggie Patty & WG Pancakes (V) Honey (SS) Fresh Apples Choice of Milk	06/13/2025 Valediction -- Happy Summer!

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



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
06/02/2025 Corn Dog Chicken Mini WG Veggie Hot Dog** Roasted Potatoes Ketchup (ss) Fresh Tangerines Choice of Milk	06/03/2025 One-Pan Turkey WG Macaroni & Cheese Veggie Macaroni (V) Sweet Creamy Coleslaw Fresh Oranges Choice of Milk	06/04/2025 Chicken Enchiladas Black Bean Dip Sour Cream (ss) Apples Choice of Milk	06/05/2025 Strawberry & Mix Greens Salad w/Chicken & Feta C. Strawberry & Mix Greens Salad w/Meatless Chicken WG Roll Bananas Choice of Milk	06/06/2025 Cheese Lunch Pizza w/ Chicken & Beef Pepperoni Cheese Lunch Pizza (V) Roasted Sweet Potatoes Cranberry Juice Choice of Milk
06/09/2025 Grilled Chicken over Brown Rice Grilled Chicken Meatless over Brown Rice (V/VG) Black Bean, Corn & Tomato Salad Apples Choice of Milk	06/10/2025 Hawaiian Chicken WW Wrap w/ Broccoli & Carrot Hawaiian Veggie Wrap w/Broccoli & Carrots (V) Fresh Tangerines Choice of Milk	06/11/2025 Chicken Caesar WW Wrap Veggie Caesar WW Wrap (V) Celery Sticks Fruit Punch Juice Choice of Milk	06/12/2025 NO LUNCH	06/13/2025 Valediction -- Happy Summer!

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 (DE,VA,DE,MD), Romaine Lettuce (PA, MD), Spinach (MD), Peppers (DE), Kale (NJ), Broccoli (MD,NC, DE, PA), Potato (DE/PA), Collards Green (NC), Kale (MD,NC), Cabbage, (VA,MD,PA,DE), Sweet Potato (NC), Tomato (MD,DE),Cauliflower (PA,MD), Strawberries (MD,VA,DE)

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

Jun 2, 2025 thru Jul 4, 2025

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

Monday - 06/02/2025Reimbursable 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 (g)	Cholst (mg)	Carb (g)
991524 V- Baked French Toast Muffin	serving	100	210	2.42	209	*18	*8	5.52	*0.00	99	31.17
992223 VG/DF- Homemade Vegan Muffins	64 gr	1	215	0.54	9	*18	*17	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			433	3.18	350	*55	*9	6.89	*0.00	109	72.63
% of Calories				6.61%		*50.8%	*8.3%	14.3%	*0.0%		67.1%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 06/03/2025Reimbursable 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 (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

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 4, 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 (g)	Cholst (mg)	Carb (g)
991178 VG/DF-Homemade WG Pancakes	2 pancakes	0	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
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	0	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			404	1.80	342	*46	*17	7.54	0.00	10	75.67
% of Calories				4.01%		*45.5%	*16.8%	16.8%	0.0%		74.9%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 06/04/2025 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 (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
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	0	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

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 4, 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 (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			395	0.78	407	*47	*17	3.99	0.00	15	78.51
% of Calories				1.78%		*47.6%	*17.2%	9.1%	0.0%		79.5%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 06/05/2025

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 (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	0	215	0.54	9	*18	*17	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	0	0.74	0.00	0	32.02
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 4, 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 (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			488	4.37	447	*55	*0	13.03	*0.00	30	77.03
% of Calories				8.06%		*45.1%	*0%	24.0%	*0.0%		63.1%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 06/06/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990947 Taco Breakfast	1	100	198	4.67	378	*0	*0	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	0	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			513	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			

Monday - 06/09/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 4, 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 (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	0	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
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	0	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			406	2.29	593	*30	*0	7.50	0.00	15	65.67
% of Calories				5.08%		*29.6%	*0%	16.6%	0.0%		64.7%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 06/10/2025

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 (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	0	215	0.54	9	*18	*17	7.58	*0.00	0	33.17
991059 Cranberry Apple Juice (1 cup- 2 juices)	2 HC	100	120	0.00	0	24	0	0.00	0.00	0	26.00

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 4, 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 (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			440	1.75	245	*55	*18	9.25	*0.00	30	75.00
% of Calories				3.58%		*50.0%	*16.4%	18.9%	*0.0%		68.2%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 06/11/2025 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 (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	0	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	0	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

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 4, 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 (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			530	1.51	257	*62	*17	5.53	0.00	15	107.90
% of Calories				2.56%		*46.8%	*12.8%	9.4%	0.0%		81.4%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 06/12/2025

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 (g)	Cholst (mg)	Carb (g)
991373 Chicken Sausage Patty & WG Pancakes	1 serving	99	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
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	0	0.25	0.00	0	20.58
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			456	2.61	783	*41	*12	9.85	0.00	56	72.96
% of Calories				5.15%		*36.0%	*10.5%	19.4%	0.0%		64.0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 4, 2025

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

Monday - 06/02/2025Reimbursable 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 (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
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
992548 TANGERINES,FRESH - 1/2 cup (150 ct)	1 (150ct p/cs)	100	64	0.05	2	13	0	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			664	4.78	730	*34	*2	23.28	0.00	58	88.50
% of Calories				6.48%		*20.5%	*1.2%	31.6%	0.0%		53.3%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 06/03/2025Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 4, 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 (g)	Cholst (mg)	Carb (g)
992417 One-Pan Turkey WG Macaroni & Cheese	portions	99	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
990604 CREAMY COLESLAW OT: 1/2, R:1/4	3/4 cup	100	77	0.29	111	7	*1	2.03	*0.00	3	12.79
991025 ORANGES - (1 orange113-125 ct)- 1/2 cup	1 orange	100	62	0.02	0	12	*0	0.16	0.00	0	15.39
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	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			729	9.53	796	*37	*1	24.66	*0.00	133	88.60
% of Calories				11.77 %		*20.3%	*0.5%	30.4%	*0.0%		48.6%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 06/04/2025 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 (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	0	83	0.01	97	*1	*N/A*	0.03	*0.00	0	14.42

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 4, 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 (g)	Cholst (mg)	Carb (g)
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	*0	0.13	0.00	0	10.29
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			515	4.88	569	*25	*2	13.83	*0.00	57	64.31
% of Calories				8.53%		*19.4%	*1.6%	24.2%	*0.0%		49.9%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 06/05/2025

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 (g)	Cholst (mg)	Carb (g)
992317 Strawberry & Mix Green Salad w/Chicken DG:3/4	serving	99	223	3.54	351	*5	*0	11.01	*0.00	*53	10.85
992318 V-Strawberry & Mix Green Salad Veggie DG:3/4	serving	1	238	2.93	457	*6	*0	10.70	*0.00	*10	12.67
991056 VG/DF - WG Roll	32 gr	100	80	0.00	170	2	*2	1.00	0.00	0	15.00
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	0	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

Portion Values

Jun 2, 2025 thru Jul 4, 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 (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			508	4.41	653	*34	*2	13.64	*0.00	*62	65.82
% of Calories				7.81%		*26.8%	*1.6%	24.2%	*0.0%		51.8%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 06/06/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991746 Cheese Lunch Individual Pizza w/ Chicken/BeefPeppe	4.56oz 5 pepper	99	317	4.50	930	5	*N/A*	13.00	0.00	10	24.33
991392 V- Cheese Lunch Individual Pizza	4.56oz (129gr)	1	270	3.00	750	5	*N/A*	9.00	0.00	0	24.00
992725 DF - Cheese Pizza Sub R:1/4	slice	0	302	6.11	810	5	*N/A*	12.49	0.00	0	42.96
000242 Roasted Sweet Potato - R: 3/4 cup	.75 cup	100	169	0.34	54	10	*0	3.95	0.00	0	31.06
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

Jun 2, 2025 thru Jul 4, 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 (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			645	5.58	1112	*40	*0	18.16	0.00	20	81.39
% of Calories				7.79%		*24.8%	*0%	25.3%	0.0%		50.5%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 06/09/2025

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 (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
992830 Black Bean and Corn Salad - L:1/2, S:1/2	1 cup	100	243	0.03	139	11	*0	1.92	0.00	18	45.57
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*0	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			702	1.34	339	*32	*0	9.23	0.00	87	112.29
% of Calories				1.72%		*18.2%	*0%	11.8%	0.0%		64.0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 4, 2025

Tuesday - 06/10/2025 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 (g)	Cholst (mg)	Carb (g)
991987 Hawaiian Chicken WW Wrap DG:1/2, R:1/2	serving	99	390	1.43	453	*13	*8	8.69	*0.00	46	53.80
991988 Hawaiian Veggie WW Wrap DG:1/2, R:1/2	serving	1	415	0.82	584	*14	*8	8.56	*0.00	3	55.80
992548 TANGERINES,FRESH - 1/2 cup (150 ct)	1 (150ct p/cs)	100	64	0.05	2	13	0	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			554	2.22	587	*39	*8	10.31	*0.00	55	82.83
% of Calories				3.61%		*28.2%	*5.8%	16.7%	*0.0%		59.8%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 06/11/2025 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 (g)	Cholst (mg)	Carb (g)
992052 Chicken Caesar WW Wrap - DG: 1/2	1 wrap	99	404	5.36	734	*3	*0	13.80	*0.00	65	42.39
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
992102 Celery Sticks-OT:1/4 cup	1/4 cup	100	8	0.00	59	1	*N/A*	0.00	0.00	59	2.06

Base Menu Spreadsheet

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Portion Values

Jun 2, 2025 thru Jul 4, 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 (g)	Cholst (mg)	Carb (g)
990692 Fruit Punch, Juice 1/2 cup	4 fl.oz.	100	60	0.00	5	12	0	0.00	0.00	0	14.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	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			573	6.10	929	*29	*0	15.06	*0.00	133	71.49
% of Calories				9.58%		*20.2%	*0%	23.7%	*0.0%		49.9%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 06/12/2025

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 (g)	Cholst (mg)	Carb (g)
000156 NO LUNCH											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 06/13/2025

Reimbursable Meal Total 1