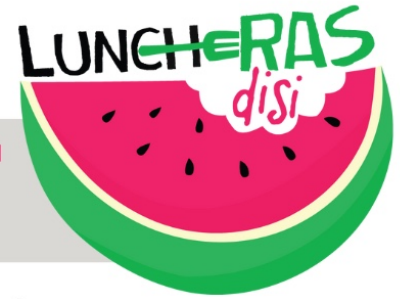




Milk, grain, fruit, meat or meat alternative

BREAKFAST



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



Monday	Tuesday	Wednesday	Thursday	Friday
06/23/2025 Cereal Cheerios Honey Yoplait Yogurt Fresh Pears Choice of Milk	06/24/2025 Peachy WG Cinnamon Roll Cobbler (V) Cranberry Juice Choice of Milk	06/25/2025 WG Blueberry Muffin(V/DF) Fresh Apples Choice of Milk	06/26/2025 WG French Toast Sticks (V/VG) Syrup Maple (ss) Bananas Choice of Milk	06/27/2025 WW Egg Burrito w/ Turkey Breast & Cheese WW Egg & Cheese Burrito (V) Fresh Tangerines Choice of Milk
06/30/2025 Mini Maple Pancakes Honey (SS) Fruit Punch Juice Choice of Milk	07/01/2025 Strawberry Chocolate Overnight Oats (V) Bananas Choice of Milk	07/02/2025 WG Lucky Charm Cereal Yoplait Yogurt Fresh Apples Choice of Milk	07/03/2025 WG Emoji Waffles (V) Maple Syrup (ss) Fresh Pears Choice of Milk	07/04/2025 NO SCHOOL TODAY
07/07/2025 NO BREAKFAST	07/08/2025 Waffle Omelet w/ Cheese & Turkey Bacon Waffle Omelet w/Cheese(V) WG Roll Fresh Tangerines Choice of Milk	07/09/2025 Yoplait Yogurt & Granola (V) Bananas Choice of Milk	07/10/2025 Pillsbury WW Mini Bagel Strawberry & Cream Cheese Fresh Pears Choice of Milk	07/11/2025 Chicken Sausage Patty & WG Pancakes Veggie Patty Fresh Pears & WG Pancakes (V) Honey (SS) Fresh Apples Choice of Milk
07/14/2025 Cereal Cheerios Honey Yoplait Yogurt Fresh Pears Choice of Milk	07/15/2025 Homemade WW Choco Chip Banana Bread (V) Fresh Apples Choice of Milk	07/16/2025 WG Biscuit & TK. Patty Sandwich Veggie Patty & Biscuit -V Honey (SS) Bananas Choice of Milk	07/17/2025 Homemade WW Sweet Potatoes Waffles (V/VG) Syrup Maple (ss) Fruit Punch Juice Choice of Milk	07/18/2025 NO BREAKFAST
07/21/2025 WG Cocoa Puff Cereal Yoplait Yogurt Fruit Punch Juice Choice of Milk	07/22/2025 Peachy WG Cinnamon Roll Cobbler (V) Fresh Tangerines Choice of Milk	07/23/2025 WG Blueberry Muffin(V/DF) Fresh Apples Choice of Milk	07/24/2025 WG French Toast Sticks (V/VG) Syrup Maple (ss) Bananas Choice of Milk	07/25/2025 WW Egg Burrito w/ Turkey Breast & Cheese WW Egg & Cheese Burrito (V) Fresh Pears Choice of Milk



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

06/23/2025

Breaded Chicken Nuggets
Veggie Nuggets
w/ WG Roll (V/VG)
WG Biscuit
Fresh Spinach Salad
BBQ Sauce (ss)
Fresh Tangerines
Choice of Milk

Tuesday

06/24/2025

WG Cheese Pizza (V)
Balela Salad w/ Garbanzo,
Tomato & Cucumber
Diced Peaches
Choice of Milk

Wednesday

06/25/2025

Turkey Ham Fried Rice w/
Green Peas & Carrots
Veggie Fried Rice w/
Green Peas & Carrots
Bananas
Choice of Milk

Thursday

06/26/2025

Turkey Bolognese
WG Pasta w/Parmesan
Veggie Bolognese
WG Pasta w/Parmesan
Apples
Choice of Milk

Friday

06/27/2025

BYO Turkey Nachos
w/ Corn Tortilla Chips
BYO Meatless Nachos
Pico de Gallo w/
Tomatoes & Onions
Sour Cream (ss)
Grape Juice
Choice of Milk

06/30/2025

Corn Dog Chicken Mini WG
Veggie Hot Dog**
Sweet Creamy Coleslaw
Ketchup (ss)
Fresh Oranges
Choice of Milk

07/01/2025

Chicken Enchiladas
Black Bean Dip
Sour Cream (ss)
Apples
Choice of Milk

07/02/2025

Turkey Meatballs
WG Sub. w/Cheese
Veggie Meatballs
WG Submarine (V/VG)
Sauteed Green Collards
Fresh Tangerines
Choice of Milk

07/03/2025

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

07/04/2025

NO SCHOOL TODAY

07/07/2025

NO LUNCH

07/08/2025

Beef Burger & WG Bun
Vegan Burger (V/VG)
Ketchup (ss)
Kale & Mixed Beans Salad
Fruit Punch Juice
Choice of Milk

07/09/2025

WW Chicken Fajitas
w/Green Peppers
Ck. Meatless Fajita(V/VG)
Elote in Cups (V)
Apples
Choice of Milk

07/10/2025

Grilled Chicken
over Brown Rice
Grilled Chicken Meatless
over Brown Rice (V/VG)
Roasted Cauliflower
and Broccoli Medley
Fresh Oranges
Choice of Milk

07/11/2025

Cheese Lunch Pizza w/
Chicken & Beef Pepperoni
Cheese Lunch Pizza (V)
Roasted Sweet Potatoes
Fresh Tangerines
Choice of Milk

07/14/2025

WG Penne Pasta
& Beef Meatballs
WG Penne Pasta &
Veggie Meatballs (V/VG)
Fresh Tangerines
Choice of Milk

07/15/2025

Crispy Chicken Burger
Vegan Burger (V/VG)
Cucumber, Corn
& Tomato Salad
Ketchup (ss)
Grape Juice
Choice of Milk

07/16/2025

Chicken Burrito Bowl
w/Black Beans & Corn
Veggie Burrito Bowl w/
Black Beans & Corn (V/VG)
Fresh Watermelon
Choice of Milk

07/17/2025

Turkey Meatballs
WG Sub. w/Cheese
Veggie Meatballs
WG Submarine (V/VG)
Sauteed Green Collards
Bananas
Choice of Milk

07/18/2025

NO LUNCH

07/21/2025

Turkey Bolognese
WG Pasta w/Parmesan
Veggie Bolognese
WG Pasta w/Parmesan
Apples
Choice of Milk

07/22/2025

Breaded Chicken Nuggets
Veggie Nuggets
w/ WG Roll (V/VG)
Balela Salad w/ Garbanzo,
Tomato & Cucumber
Ranch Dressing (ss)
Fresh Pears
Choice of Milk

07/23/2025

Fiesta Brown Rice Chicken
w/ Corn, G. Peas & Carrot
Br. Rice Chicken Meatless
Corn, G. Peas & Carrot(V/VG)
Bananas
Choice of Milk

07/24/2025

Chicken Ranch WW Wrap
w/ Romaine & Tomato
Veggie Ranch WW Wrap (V)
Fresh Oranges
Choice of Milk

07/25/2025

BYO Turkey Nachos
w/ Corn Tortilla Chips
BYO Meatless Nachos
Pico de Gallo w/
Tomatoes & Onions
Sour Cream (ss)
Grape Juice
Choice of Milk

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 4, 2025

Friday - 06/20/2025

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)
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 - 06/23/2025

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 (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	97	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	100	84	0.03	1	14	0	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	49	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	48	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

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			396	0.77	357	*47	*17	3.63	0.00	14	78.45
% of Calories				1.75%		*47.5%	*17.2%	8.2%	0.0%		79.2%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 06/24/2025 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 (g)	Cholst (mg)	Carb (g)
992346 V- Peachy WG Cinnamon Roll Cobbler	3 oz (serving)	97	323	4.50	424	20	*9	11.00	0.00	0	50.32
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
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.	49	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	48	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	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			477	5.10	545	*44	*9	12.07	0.00	10	75.44
% of Calories				9.62%		*36.9%	*7.5%	22.8%	0.0%		63.3%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 06/25/2025 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)
991210 V/DF-WG Blueberry Muffin (Chef Pierre)	57 gr	97	200	1.50	140	16	16	7.00	0.00	15	32.00
992223 VG/DF-Homemade Vegan Muffins	64 gr	3	215	0.54	9	*18	*17	7.58	*0.00	0	33.17
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.	49	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	48	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	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			379	2.25	267	*44	*16	8.61	*0.00	24	65.61
% of Calories				5.34%		*46.4%	*16.9%	20.4%	*0.0%		69.2%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 06/26/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (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	0	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	49	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.	48	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	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			581	3.00	512	*51	*8	12.11	0.00	10	108.90
% of Calories				4.65%		*35.1%	*5.5%	18.8%	0.0%		75.0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 06/27/2025

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 (g)	Cholst (mg)	Carb (g)
991557 Egg, Turkey Breast & Cheese Burrito	1 burrito	83	314	4.54	563	*2	*N/A*	13.90	0.00	193	25.82
992259 V- Egg & Cheese Burrito	1 burrito	17	352	5.56	420	*2	*N/A*	16.77	0.00	199	25.99
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
000190 Low Fat Milk - 1%	8 fl. oz.	49	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	48	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

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			548	5.56	673	*41	*0	16.50	0.00	203	70.87
% of Calories				9.13%		*29.9%	*0%	27.1%	0.0%		51.7%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 06/30/2025

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 (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	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
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	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			445	1.75	350	*54	*17	7.24	0.00	10	82.96
% of Calories				3.54%		*48.5%	*15.3%	14.6%	0.0%		74.6%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 4, 2025

Tuesday - 07/01/2025 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 (g)	Cholst (mg)	Carb (g)
991929 V-Strawberry Chocolate Overnight Oats	serving	100	253	0.57	73	15	*2	3.32	*0.00	6	42.93
992860 VG/DF-Strawberry Chocolate Overnight Oats	serving	0	300	3.42	59	16	*6	8.14	*0.00	0	47.76
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
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			458	1.45	204	*42	*2	4.96	*0.00	16	82.88
% of Calories				2.85%		*36.7%	*1.7%	9.7%	*0.0%		72.4%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 07/02/2025 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 (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

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)
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	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			

Thursday - 07/03/2025

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 (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
990919 Syrup Maple (ss)	42.5 gr	100	120	0.00	20	22	22	0.00	0.00	0	31.00
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	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	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			514	2.28	531	*51	*22	7.46	0.00	15	92.54
% of Calories				3.99%		*39.7%	*17.1%	13.1%	0.0%		72.0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 07/04/2025

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)
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			

		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)
Weighted Averages		459	3	432	*47	*11	8.56	*0.00	38	80.19
% of Calories			5.06%		*41.0%	*9.6%	16.8%	*0.0%		69.9%

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

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 - Breakfast

Include Cost:

No

Site:

Use Alternate Menu Name:

No

Monday - 07/07/2025

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)
000167 NO BREAKFAST											
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 - 07/08/2025

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 (g)	Cholst (mg)	Carb (g)
992956 Waffle Omelet w/ cheese & Tk. bacon	serving	99	113	4.27	197	*0	*0	8.74	*0.00	104	1.16
992957 V- Waffle Omelet w/ cheese	serving	1	102	4.05	144	*0	*0	7.91	0.00	100	1.07
991056 VG/DF - WG Roll	32 gr	100	80	0.00	170	2	*2	1.00	0.00	0	15.00
992900 TANGERINES,FRESH - (1 cup - 2 Tangerines)120 ct	2 (120 ct 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	1	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Jul 7, 2025 thru Aug 1, 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			421	5.12	502	*41	*2	11.77	*0.00	114	61.31
% of Calories				10.95 %		*39.0%	*1.9%	25.2%	*0.0%		58.3%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 07/09/2025 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)
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
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 - 07/10/2025 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jul 7, 2025 thru Aug 1, 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)
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	0	205	0.00	315	11	9	1.00	0.00	0	44.00
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	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			414	2.78	321	*40	*12	7.46	0.00	20	77.54
% of Calories				6.04%		*38.6%	*11.6%	16.2%	0.0%		74.9%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 07/11/2025

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)
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

Base Menu Spreadsheet

Portion Values

Jul 7, 2025 thru Aug 1, 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
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			

Monday - 07/14/2025

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 (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	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	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Jul 7, 2025 thru Aug 1, 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			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			

Tuesday - 07/15/2025 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 (g)	Cholst (mg)	Carb (g)
992280 V- Chocolate Chip Banana Bread	50 grams	100	206	0.79	145	*16	*10	1.84	*0.00	0	43.25
992485 VG/DF- Banana Bread	50 grams	0	183	0.03	145	*13	*10	0.62	*0.00	0	39.68
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			385	1.58	278	*44	*10	3.39	*0.00	10	76.96
% of Calories				3.69%		*45.7%	*10.4%	7.9%	*0.0%		80.0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 07/16/2025 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jul 7, 2025 thru Aug 1, 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)
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
991693 Honey, (ss) Pouch	9 gr	100	25	0.00	0	7	7	0.00	0.00	0	7.00
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
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			597	9.06	627	*51	*7	15.08	0.00	40	101.15
% of Calories				13.66 %		*34.2%	*4.7%	22.7%	0.0%		67.8%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 07/17/2025

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 (g)	Cholst (mg)	Carb (g)
992212 V/VG- Sweet Potato Waffles	serving	100	263	0.31	38	*14	*0	4.91	0.00	0	48.45
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0	0	0.00	0.00	0	4.00
990708 Fruit Punch, Juice - (1 Cup - 2 Juices)	(2 HC)	100	120	0.00	10	24	0	0.00	0.00	0	28.00

Base Menu Spreadsheet

Portion Values

Jul 7, 2025 thru Aug 1, 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			493	1.06	258	*51	*0	6.16	0.00	10	93.45
% of Calories				1.94%		*41.4%	*0%	11.2%	0.0%		75.8%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 07/18/2025

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)
000167 NO BREAKFAST											
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 - 07/21/2025

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 (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

Base Menu Spreadsheet

Portion Values

Jul 7, 2025 thru Aug 1, 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)
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	0	130	0.00	90	12	*N/A*	3.50	0.00	0	18.00
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			431	0.76	316	*59	*11	3.30	0.00	15	87.13
% of Calories				1.59%		*54.8%	*10.2%	6.9%	0.0%		80.9%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 07/22/2025 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 (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
992899 TANGERINES,FRESH - (100-120 ct)- 1/2 cup	1 large	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

Base Menu Spreadsheet

Portion Values

Jul 7, 2025 thru Aug 1, 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)
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			488	5.30	558	*45	*9	12.64	0.00	10	79.53
% of Calories				9.77%		*36.9%	*7.4%	23.3%	0.0%		65.2%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 07/23/2025 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 (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	0	215	0.54	9	*18	*17	7.58	*0.00	0	33.17
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	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			377	2.29	271	*44	*16	8.50	*0.00	25	65.58
% of Calories				5.47%		*46.7%	*17.0%	20.3%	*0.0%		69.6%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Base Menu Spreadsheet

Portion Values

Jul 7, 2025 thru Aug 1, 2025

Thursday - 07/24/2025 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 (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	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			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			

Friday - 07/25/2025 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 (g)	Cholst (mg)	Carb (g)
991557 Egg, Turkey Breast & Cheese Burrito	1 burrito	99	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
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

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)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 06/23/2025

Reimbursable Meal Total 175

	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)
991084 Chicken Nuggets Breaded	4 pc (91 gr)	150	210	2.50	340	1	*0	12.00	0.00	40	12.00
992459 Vegan Chicken Nuggets w/WG Roll	5 Nuggets	25	331	1.88	635	5	*2	12.30	0.00	0	40.12
000341 WG Biscuit - 1 oz	28 g	175	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	175	49	0.49	27	*0	*N/A*	3.43	*0.00	0	4.25
991603 BBQ Sauce (ss)	0.44 oz	175	20	0.00	105	4	4	0.00	0.00	0	5.00
992548 TANGERINES,FRESH - 1/2 cup (150 ct)	1 (150ct p/cs)	175	64	0.05	2	13	0	0.37	0.00	0	16.01
000190 Low Fat Milk - 1%	8 fl. oz.	85	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	85	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	5	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	175	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			561	7.69	856	*32	*5	22.18	*0.00	44	68.27
% of Calories				12.34 %		*22.8%	*3.6%	35.6%	*0.0%		48.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 06/24/2025

Reimbursable Meal Total 175

	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)
991692 V-WG Cheese Pizza (V)	4.6 oz	170	300	4.00	580	14	*N/A*	11.00	0.00	15	37.00
992725 DF - Cheese Pizza Sub R:1/4	slice	5	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	175	199	0.51	149	*1	*0	6.18	*0.00	*0	30.37
990597 PEACHES, DICED IN JUICE SS PLASTIC CUP - HC	HC	175	80	0.00	5	18	*N/A*	0.00	0.00	0	19.00
000231 MILK,Skim	8 fl. oz.	85	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	85	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	5	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	175	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			680	5.31	870	*46	*0	18.57	*0.00	*24	99.54
% of Calories				7.03%		*27.1%	*0%	24.6%	*0.0%		58.6%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 4, 2025

Wednesday - 06/25/2025 Reimbursable Meal Total 175

	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)
991418 Ham Fried Rice OT: 1/4, S:1/2	serving	150	444	1.99	697	*7	*0	9.56	*0.00	155	66.92
992864 V- Veggie Fried Rice OT: 1/4, S:1/2	serving	25	440	1.04	695	*8	*0	6.64	*0.00	124	60.80
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	175	105	0.13	1	14	0	0.39	0.00	0	26.95
000231 MILK,Skim	8 fl. oz.	85	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	85	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	5	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	175	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			649	2.73	827	*35	*0	10.87	*0.00	160	106.00
% of Calories				3.79%		*21.6%	*0%	15.1%	*0.0%		65.3%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 06/26/2025 Reimbursable Meal Total 175

	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)
992500 Turkey Bolognese WG Pasta - R: 3/4	serving	150	401	2.72	305	*8	*1	11.65	*0.00	94	55.31
992522 V-Veggie Bolognese WG Pasta - R: 3/4	serving	25	341	0.44	472	*9	*1	4.68	*0.00	3	60.14
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	175	39	0.02	1	8	*0	0.13	0.00	0	10.29

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.	85	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	85	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	5	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	175	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			532	3.16	459	*29	*1	12.12	*0.00	91	79.29
% of Calories				5.35%		*21.8%	*0.8%	20.5%	*0.0%		59.6%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 06/27/2025

Reimbursable Meal Total 175

	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)
992560 BYO Turkey Nachos w/ Corn Tortilla Chips	SERVING	150	308	7.80	329	*0	*0	18.25	0.00	82	20.08
992624 V- BYO Plant Based Nachos	SERVING	20	302	6.50	517	*1	*0	14.85	0.00	30	24.87
992623 VG/V/DF- BYO Veggie Nachos w/ Corn Tortillas	SERVING	5	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	175	45	0.03	18	5	*0	0.09	0.00	0	9.97
992869 Sour Cream (ss)	28 gr	175	60	3.50	15	1	1	5.00	0.00	20	1.00
992361 Grape Juice - Suncup	4 fl	175	80	0.00	10	18	0	0.00	0.00	0	19.00
000231 MILK,Skim	8 fl. oz.	85	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	85	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)
991919 Soy Milk	8 fl	5	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	175	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			592	11.89	533	*37	*1	24.14	0.00	103	63.85
% of Calories				18.08 %		*25.0%	*0.7%	36.7%	0.0%		43.1%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 06/30/2025

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 (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	*1	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
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
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			564	4.66	831	*41	*3	20.31	*0.00	61	69.94
% of Calories				7.44%		*29.1%	*2.1%	32.4%	*0.0%		49.6%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 07/01/2025

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 (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	*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

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			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			

Wednesday - 07/02/2025 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 (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	*0	3.05	0.00	0	10.39
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			551	4.11	887	*33	*1	14.27	0.00	63	77.00
% of Calories				6.71%		*24.0%	*0.7%	23.3%	0.0%		55.9%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 4, 2025

Thursday - 07/03/2025 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 (g)	Cholst (mg)	Carb (g)
992305 Turkey Rice w/Corn,Red,Gr.Pepper R:1/4,S:1/2,O:1/4	1 cup	99	492	2.49	456	*11	*0	13.57	0.00	110	70.31
992306 V/VG-Turkey Taco Rice 1 CUP - R:1/4,S:1/2,O:1/4	3/4 cup	1	424	0.21	614	*11	*0	6.52	0.00	18	73.84
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	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
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			721	3.35	619	*40	*2	15.14	0.00	119	114.30
% of Calories				4.18%		*22.2%	*1.1%	18.9%	0.0%		63.4%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 07/04/2025 Reimbursable Meal Total 1

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)
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			

		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)
Weighted Averages		613	5	730	*35	*2	16.37	*0.00	*76	84.06
% of Calories			7.40%		*22.8%	*1.3%	24.0%	*0.0%		54.9%

**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

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

Jul 7, 2025 thru Aug 1, 2025

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

Monday - 07/07/2025Reimbursable 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			

Tuesday - 07/08/2025Reimbursable 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)
990149 Beef Burger	1 serving	90	368	3.54	737	5	*4	16.38	0.00	35	37.02
992265 V/VG Vegan Burger -	serving	10	280	0.00	760	5	*4	7.00	0.00	0	36.00
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2	2	0.00	0.00	0	2.00
992827 Kale & Mixed Beans Salad DG:1/4,: L:1/2	3/4 cup	100	181	0.81	265	*2	*0	5.01	*0.00	0	24.95
990692 Fruit Punch, Juice 1/2 cup	4 fl.oz.	100	60	0.00	5	12	0	0.00	0.00	0	14.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00

Base Menu Spreadsheet

Portion Values

Jul 7, 2025 thru Aug 1, 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)
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			711	4.75	1229	*35	*6	21.71	*0.00	42	90.87
% of Calories				6.01%		*19.7%	*3.4%	27.5%	*0.0%		51.1%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 07/09/2025 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)
992788 Chicken Fajitas OT:1/4	2 fajitas	90	412	2.62	507	*2	*0	20.48	0.00	41	35.17
992527 V/VG - Meatless Chicken Fajitas OT:1/4	2 fajitas 6"	10	332	1.32	630	*1	*0	10.09	0.00	0	35.27
992562 Elote in Cups - 1/2 cup: S:1/2	1/2 CUP	100	115	0.88	136	3	*0	13.55	0.00	10	17.58
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

Base Menu Spreadsheet

Portion Values

Jul 7, 2025 thru Aug 1, 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			658	4.14	786	*26	*0	34.37	0.00	56	76.05
% of Calories				5.66%		*15.8%	*0%	47.0%	0.0%		46.2%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 07/10/2025

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)
992804 Grilled Chicken & Brown Rice (2oz Gr/ 2oz MA)	Serving	99	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
990966 CAULIFLOWER and BROCCOLI -3/4 (0.5 OT/ 0.25DG)	3/4 cup	100	62	0.42	23	1	*0	4.87	0.00	0	4.00
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
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

Jul 7, 2025 thru Aug 1, 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			541	1.72	221	*27	*0	12.16	0.00	67	75.40
% of Calories				2.86%		*20.0%	*0%	20.2%	0.0%		55.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 07/11/2025

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)
991746 Cheese Lunch Individual Pizza w/ Chicken/BeefPeppe	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
000242 Roasted Sweet Potato - R: 3/4 cup	.75 cup	100	169	0.34	54	10	*0	3.95	0.00	0	31.06
992899 TANGERINES,FRESH - (100-120 ct)- 1/2 cup	1 large	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

Base Menu Spreadsheet

Portion Values

Jul 7, 2025 thru Aug 1, 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			644	5.49	1098	*40	*0	18.17	0.00	19	84.37
% of Calories				7.67%		*24.8%	*0%	25.4%	0.0%		52.4%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 07/14/2025 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 (g)	Cholst (mg)	Carb (g)
991146 WG Pasta w/Beef Meatballs-Tyson- R:3/4	SERVINGS (5 MB)	99	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
992899 TANGERINES,FRESH - (100-120 ct)- 1/2 cup	1 large	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			650	6.12	646	*35	*0	22.22	0.00	55	86.68
% of Calories				8.47%		*21.5%	*0%	30.8%	0.0%		53.3%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 07/15/2025 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jul 7, 2025 thru Aug 1, 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)
992300 Crispy Chicken Burger (3.1oz)	serving	100	387	2.47	823	4	*4	14.84	0.00	25	42.81
992265 V/VG Vegan Burger -	serving	1	280	0.00	760	5	*4	7.00	0.00	0	36.00
992968 Cucumber, Corn & Tomato Salad OT:1/2, S:1/4	3/4 cup	100	67	0.55	5	3	*0	3.25	*0.00	5	8.76
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2	2	0.00	0.00	0	2.00
992361 Grape Juice - Suncup	4 fl	100	80	0.00	10	18	0	0.00	0.00	0	19.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			647	3.77	1066	*40	*6	19.41	*0.00	40	85.94
% of Calories				5.24%		*24.7%	*3.7%	27.0%	*0.0%		53.1%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 07/16/2025 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 (g)	Cholst (mg)	Carb (g)
991148 Chicken Burrito Bowl - L:1/2, S:1/4	serving	100	542	1.90	462	*6	*0	9.72	*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	11.52	0.00	9	83.26

Base Menu Spreadsheet

Portion Values

Jul 7, 2025 thru Aug 1, 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)
990384 WATERMELON,CHUNKS - Half Cup	1/2 cup	100	23	0.01	1	5	*0	0.11	0.00	0	5.74
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			671	2.70	600	*24	*0	11.20	*0.00	*76	96.20
% of Calories				3.62%		*14.3%	*0%	15.0%	*0.0%		57.3%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 07/17/2025

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 (g)	Cholst (mg)	Carb (g)
992276 Turkey Meatball Sub -w/Cheese R:1/4	sub (4Meatballs	99	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	*0	3.05	0.00	0	10.39
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
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

Jul 7, 2025 thru Aug 1, 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			590	4.16	879	*35	*1	14.19	0.00	62	87.57
% of Calories				6.35%		*23.7%	*0.7%	21.6%	0.0%		59.4%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 07/18/2025 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			

Monday - 07/21/2025 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 (g)	Cholst (mg)	Carb (g)
992500 Turkey Bolognese WG Pasta - R: 3/4	serving	99	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	*0	0.13	0.00	0	10.29

Base Menu Spreadsheet

Portion Values

Jul 7, 2025 thru Aug 1, 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			539	3.47	438	*29	*1	12.96	*0.00	103	78.65
% of Calories				5.79%		*21.5%	*0.7%	21.6%	*0.0%		58.4%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 07/22/2025

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 (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
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
991584 DRESSING, RANCH SS CUP	1oz	100	130	2.00	180	1	*N/A*	14.00	0.00	10	1.00
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
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Jul 7, 2025 thru Aug 1, 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			680	5.77	803	*23	*0	33.53	*0.00	*60	67.31
% of Calories				7.64%		*13.5%	*0%	44.4%	*0.0%		39.6%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 07/23/2025 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 (g)	Cholst (mg)	Carb (g)
991044 Fiesta Brown Rice Chicken S:1/2, R:1/4	serving	99	443	0.92	260	*7	*0	8.90	0.00	41	68.36
992180 V/VG -Fiesta Rice Chicken Meatless S:1/2, R:1/4	serving	1	462	0.34	372	*8	*0	8.68	0.00	0	70.18
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
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			648	1.79	393	*34	*0	10.53	0.00	50	108.33
% of Calories				2.49%		*21.0%	*0%	14.6%	0.0%		66.9%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 07/24/2025 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jul 7, 2025 thru Aug 1, 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)
992331 Chicken Ranch Wrap - R: 1/4, DG:1/2	serving	100	432	6.33	596	5	*N/A*	13.89	0.00	61	47.73
992960 V- Veggie Ranch Wrap - R: 1/4, DG:1/2	serving	1	450	5.75	708	6	*0	13.68	0.00	20	49.54
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			598	7.16	733	*30	*0	15.44	0.00	71	76.61
% of Calories				10.78 %		*20.1%	*0%	23.2%	0.0%		51.2%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 07/25/2025

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 (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	*0	0.09	0.00	0	9.97

Base Menu Spreadsheet

Portion Values

Jul 7, 2025 thru Aug 1, 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)
992869 Sour Cream (ss)	28 gr	100	60	3.50	15	1	1	5.00	0.00	20	1.00
992361 Grape Juice - Suncup	4 fl	100	80	0.00	10	18	0	0.00	0.00	0	19.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			593	12.06	504	*37	*1	24.55	0.00	111	63.10
% of Calories				18.30 %		*25.0%	*0.7%	37.3%	0.0%		42.6%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 07/28/2025 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)
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 - 07/29/2025 Reimbursable Meal Total 1

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