

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
08/25/2025 NO SCHOOL TODAY	08/26/2025 NO SCHOOL TODAY	08/27/2025 WG Bagel (V/VG) w/ Cream Cheese & Jelly Fresh Oranges Choice of Milk	08/28/2025 WG Apple Mini Muffin (V) Mozzarella Cheese Stick** Fresh Pears Choice of Milk	08/29/2025 Parfait Yogurt w/Berries Compote & Granola Bananas Choice of Milk
09/01/2025 NO SCHOOL TODAY	09/02/2025 Pillsbury WW Mini Bagel Strawberry & Cream Cheese Fresh Pears Choice of Milk	09/03/2025 Egg Cheese Bite Round (V) WG Biscuit Bananas Choice of Milk	09/04/2025 Cinnamon Toast Crunch Cereal (V/VG) Yoplait Yogurt Fresh Apples Choice of Milk	09/05/2025 WG Croissant w/ American Cheese(V) Fresh Tangerines Choice of Milk
09/08/2025 Pillsbury WW French Toast Triple Berry TRIX (V) Maple Syrup (ss) Fresh Apples Choice of Milk	09/09/2025 Breakfast Egg, Cheese & Turkey Sausage Scrambler Pillsbury Breakfast Egg & Cheese Scrambler(V) Cranberry Juice Choice of Milk	09/10/2025 WG English Muffin (V) & Cream Cheese Bananas Choice of Milk	09/11/2025 Oatmeal Soft Round Apple Cinnamon Bar (V) Fresh Pears Choice of Milk	09/12/2025 WG Corn Muffin (V) Fresh Oranges Choice of Milk
09/15/2025 Yoplait Yogurt & Granola (V) Fresh Tangerines Choice of Milk	09/16/2025 WG Pancakes & Turkey Sausage on a Stick** Honey (SS) Fruit Punch Juice Choice of Milk	09/17/2025 WG Lucky Charm Cereal Assorted Light Yogurt Fresh Apples Choice of Milk	09/18/2025 Oatmeal Soft Round Banana Chocolate Chip (V) Syrup Pears Choice of Milk	09/19/2025 Homemade WW Sweet Potatoes Waffles (V/VG) Syrup Maple (ss) Bananas Choice of Milk
09/22/2025 WG Pancake Bites Poffitz Maple Syrup (ss) Fresh Apples Choice of Milk	09/23/2025 WW Zucchini Bread (V/VG) Bananas Choice of Milk	09/24/2025 Pillsbury Breakfast Egg & Cheese Scrambler(V) Cranberry Juice Choice of Milk	09/25/2025 WG Bagel (V/VG) w/ Cream Cheese & Jelly Fresh Oranges Choice of Milk	09/26/2025 WG Apple Mini Muffin (V) Mozzarella Cheese Stick** Fresh Pears Choice of Milk

09/29/2025

WG Blueberry Muffin(V/DF)
Mozzarella Cheese Stick**
Fruit Punch Juice
Choice of Milk

09/30/2025

Parfait Yogurt w/Berries
Compote & Granola
Fresh Pears
Choice of Milk

10/01/2025

Pillsbury WW Mini Bagel
Strawberry & Cream Cheese
Bananas
Choice of Milk

10/02/2025

Egg Cheese Bite Round (V)
WG Biscuit
Fresh Apples
Choice of Milk

10/03/2025

Cinnamon Toast
Crunch Cereal (V/VG)
Yoplait Yogurt
Orange Juice
Fresh Oranges
Choice of Milk

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), Sweet Potato (NC)**

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

WG = Whole Grain WW = Whole Wheat

Aug 11, 2025



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

LUNCH

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



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contact us directly at menu@luncherasdisi.com



Monday	Tuesday	Wednesday	Thursday	Friday
08/25/2025 NO SCHOOL TODAY	08/26/2025 NO SCHOOL TODAY	08/27/2025 BBQ Chicken WG Sider BBQ Veggie Sider (V/VG) Balela Salad w/ Garbanzo, Tomato & Cucumber Fresh Peaches** Choice of Milk	08/28/2025 Ground Turkey Veggie Crumbles (V/VG) Steamed Brown Rice Baked Plantains Apples Choice of Milk	08/29/2025 Breaded Chicken Nuggets WG Roll Veggie Nuggets w/WG Roll Collards Green & Tomato Ketchup (ss) Fresh Tangerines Choice of Milk
09/01/2025 NO SCHOOL TODAY	09/02/2025 Lime Chicken Black Beans & Br. Rice Lime Chicken Meatless w/ Bk. Bean & Br. Rice(V/VG) Apples Choice of Milk	09/03/2025 WG Cheese Lasagna Rollup w/Marinara (V) WG Garlic Knot Roll (V) Grape Juice Choice of Milk	09/04/2025 Chicken Mash Potato Bowl w/Corn & Gravy Veggie Mash Potato Bowl w/Corn & Gravy Fresh Oranges Choice of Milk	09/05/2025 BYO Turkey Nachos w/ Corn Tortilla Chips BYO Meatless Nachos Shredded Romaine Pico de Gallo Sour Cream (ss) Bananas Choice of Milk
09/08/2025 WG Spaghetti & Turkey Meat Sauce Spaghetti & Plant Based Meat Sauce (V/VG) Fresh Pears Choice of Milk	09/09/2025 Chicken Fried Rice w/ Carrot,Corn,Peas, G Beans Veggie Fried Rice w/ Carrot,Corn,Peas, G Beans Fresh Oranges Choice of Milk	09/10/2025 WG Breaded Mozzarella St. Marinara Sauce (ss) Black Bean Dip Apples Choice of Milk	09/11/2025 One Pot Chicken Fajita Pasta w/Rd. & Gr. Pepper Chicken Meatless Fajita WG Pasta(V/VG) Fruit Punch Juice Choice of Milk	09/12/2025 Cheese Lunch Pizza w/ Chicken & Beef Pepperoni Cheese Lunch Pizza (V) Roasted Broccoli & Potato Medley Bananas Choice of Milk
09/15/2025 Kung Pao Chicken w/ Carrots & Peppers Veggie Kung Pao Chicken w/Carrots & Peppers(V/VG) Steamed Brown Rice Cranberry Juice Choice of Milk	09/16/2025 WG Jumbo Cheese Ravioli w/ Marinara Sauce (V) WG Garlic Knot Roll (V) Roasted Eggplant Fresh Plums** Choice of Milk	09/17/2025 Chicken Teriyaki Chicken Meatless Teriyaki (V/VG) Steamed Brown Rice SautOed Broccoli & Red Peppers Bananas Choice of Milk	09/18/2025 Ground Turkey Fajitas Veggie Fajitas (V/VG) Black Beans w/ Tomato & Corn Salad Sour Cream (ss) Apples Choice of Milk	09/19/2025 Chicken Parmesan Ck. Meatless Parmesan(V) Creamy Mashed Potatoes WG Roll Fresh Pears Choice of Milk

09/22/2025	09/23/2025	09/24/2025	09/25/2025	09/26/2025
Turkey Burger & WG Bun Vegan Burger (V/VG) Ketchup (ss) Roasted Sweet Potato & Cauliflower Medley Fresh Tangerines Choice of Milk	Ground Turkey Veggie Crumbles (V/VG) Steamed Brown Rice Baked Plantains Fruit Punch Juice Choice of Milk	WG Cheese Pizza (V) Balela Salad w/ Garbanzo, Tomato & Cucumber Diced Peaches Choice of Milk	Baked Chicken WG Penne Pasta w/ Zucchini Baked Chicken Meatless WG Pasta w/Zuch. (V/VG) Apples Choice of Milk	Breaded Chicken Nuggets WG Biscuit Veggie Nuggets w/WG Roll Collards Green & Tomato Ketchup (ss) Bananas Choice of Milk
09/29/2025	09/30/2025	10/01/2025	10/02/2025	10/03/2025
Turkey Hot Dog** on a WG Bun Veggie Hot Dog** Garlic Roasted Potatoes Ketchup (ss) Fresh Tangerines Choice of Milk	BBQ Chicken WG Sider BBQ Veggie Sider (V/VG) Sweet Creamy Coleslaw Grape Juice Choice of Milk	Lime Chicken Black Beans & Br. Rice Lime Chicken Meatless w/ Bk. Bean & Br. Rice(V/VG) Apples Choice of Milk	WG Cheese Lasagna Rollup w/Marinara (V) WG Garlic Knot Roll (V) Fresh Oranges Choice of Milk	BYO Turkey Nachos w/ Corn Tortilla Chips BYO Meatless Nachos Shredded Romaine Pico de Gallo Sour Cream (ss) Bananas Choice of Milk

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,PA), Romaine Lettuce (PA, MD), Spinach (MD), Peppers (DE,VA,PA,MD), Broccoli (VA,PA), Potato (MD,PA), Collards Green (NC), Kale (MD,NC,NJ), Cabbage, (VA,MD,PA,DE,VA), Sweet Potato (NC), Tomato (MD,DE,PA,VA,NC),Cauliflower (PA,MD), Eggplant (VA,PA,NJ,DE/MD), Zucchini (NC), Carrots (PA,NJ,MD), Onions (PA), Squash summer (NC,VA,MD,PA,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

Aug 25, 2025 thru Oct 3, 2025

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

Monday - 08/25/2025Reimbursable 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)
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 - 08/26/2025Reimbursable 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)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 08/27/2025Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 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)
992021 V-WG Bagel (iW) & Cream Cheese & Jelly	serving	99	250	2.50	395	12	*9	4.50	0.00	15	45.00
991347 VG/DF - WG White Bagel (iW) & Jelly	serving	1	205	0.00	315	11	9	1.00	0.00	0	44.00
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	100	123	0.04	0	24	0	0.31	0.00	0	30.78
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			473	3.26	524	*49	*9	6.03	0.00	25	88.78
% of Calories				6.20%		*41.4%	*7.6%	11.5%	0.0%		75.1%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 08/28/2025

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 (g)	Cholst (mg)	Carb (g)
992708 WG Apple Mini Muffin (V)	45 gra	100	130	0.50	95	10	10	3.50	0.00	20	22.00
992223 VG/DF- Homemade Vegan Muffins	64 gr	1	215	0.54	9	*18	*17	7.58	*0.00	0	33.17
000010 Mozarella, Cheese String	1 oz	100	61	2.02	202	1	*N/A*	3.04	0.00	10	1.01
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

Aug 25, 2025 thru Oct 3, 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	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			379	3.32	430	*39	*10	8.12	*0.00	40	59.01
% of Calories				7.88%		*41.2%	*10.6%	19.3%	*0.0%		62.3%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 08/29/2025

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 (g)	Cholst (mg)	Carb (g)
992998 Parfait Yogurt w/Berries Compote & Granola	serving	99	308	0.86	125	38	*26	4.03	*0.00	3	62.21
992999 VG- Dairy FreeYogurt w/Berries Compote & Granola	serving	1	314	5.86	78	33	*23	8.70	*0.00	0	55.53
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	0	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

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 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			618	1.92	257	*80	*26	6.11	*0.00	13	129.04
% of Calories				2.80%		*51.8%	*16.8%	8.9%	*0.0%		83.5%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 09/01/2025 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			

Tuesday - 09/02/2025 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)
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

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 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			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			

Wednesday - 09/03/2025

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)
992589 V- Egg Cheese Bite	1.75 gr	100	90	3.00	260	1	*0	6.00	0.00	120	2.00
000341 WG Biscuit - 1 oz	28 g	100	100	4.00	210	1	1	5.00	0.00	0	14.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	0	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	1	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 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			501	8.02	603	*44	*1	13.07	0.00	130	83.03
% of Calories				14.41 %		*35.1%	*0.8%	23.5%	0.0%		66.3%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 09/04/2025

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)
992601 CEREALS RTE,CINN TOAST CRUNCH (Low Sugar)	1 (28 GR)	100	110	1.00	160	6	6	2.50	0.00	0	22.00
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	0	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	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			387	1.79	346	*48	*17	4.50	0.00	15	76.58
% of Calories				4.16%		*49.6%	*17.6%	10.5%	0.0%		79.2%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

Friday - 09/05/2025 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)
992342 WG Croissant w/American Cheese	servings	100	261	5.53	615	6	*3	11.05	0.00	15	31.02
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	1	100	0.00	140	1	1	2.00	0.00	0	21.00
992551 TANGERINES,FRESH - (1 cup - 2 Tangerines)	2 (150ct p/cs)	100	127	0.09	5	25	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
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			489	6.37	751	*44	*3	13.06	0.00	25	76.25
% of Calories				11.72 %		*36.0%	*2.5%	24.0%	0.0%		62.4%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 09/08/2025 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)
991054 V- Pillsbury French Toast Triple Berry	83 gr	100	220	1.00	190	11	10	7.00	0.00	0	36.00
992656 V/VG- French Toast Sticks PreK-12	4 stick (92 gr)	0	260	2.00	300	9	*8	10.00	0.00	0	38.00
990919 Syrup Maple (ss)	42.5 gr	100	120	0.00	20	22	22	0.00	0.00	0	31.00

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 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
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			517	1.79	341	*61	*32	8.50	0.00	10	100.58
% of Calories				3.12%		*47.2%	*24.8%	14.8%	0.0%		77.8%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 09/09/2025

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)
993000 Breakfast Egg, Cheese & Turkey Sausage Scrambler	93 gr	99	230	4.00	390	4	2	9.00	0.00	85	31.00
992996 V- Breakfast Egg & Cheese Scrambler (IW)	93 gr	1	230	4.00	350	4	2	9.00	0.00	110	30.00
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	0	100	0.00	140	1	1	2.00	0.00	0	21.00
991059 Cranberry Apple Juice (1 cup- 2 juices)	2 HC	100	120	0.00	0	24	0	0.00	0.00	0	26.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 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			450	4.75	520	*41	*2	10.25	0.00	95	69.99
% of Calories				9.50%		*36.4%	*1.8%	20.5%	0.0%		62.2%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 09/10/2025 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)
991581 V- WG English Muffin w/ Cream Cheese	serving	100	157	2.50	220	2	*1	4.90	0.00	15	24.36
993001 VG/DF- WG English Muffin w/ Jelly	serving	1	147	0.00	145	9	*7	1.40	0.00	0	32.36
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	0	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	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			470	3.52	355	*44	*1	6.99	0.00	25	91.72
% of Calories				6.74%		*37.4%	*0.9%	13.4%	0.0%		78.1%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 09/11/2025 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 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)
992006 V-Oatmeal Soft Round Apple Cinnamon Bar	2.32 oz	100	273	4.05	243	15	13	12.14	0.00	20	39.46
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	0	100	0.00	140	1	1	2.00	0.00	0	21.00
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
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			458	4.83	374	*43	*13	13.60	0.00	30	75.00
% of Calories				9.49%		*37.6%	*11.4%	26.7%	0.0%		65.5%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 09/12/2025

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)
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	*17	7.58	*0.00	0	33.17
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	100	123	0.04	0	24	0	0.31	0.00	0	30.78
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

Aug 25, 2025 thru Oct 3, 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			445	1.79	245	*56	*18	9.64	*0.00	30	80.12
% of Calories				3.62%		*50.3%	*16.2%	19.5%	*0.0%		72.0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 09/15/2025

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)
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
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

Aug 25, 2025 thru Oct 3, 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			447	1.34	260	*58	*17	5.49	0.00	15	86.02
% of Calories				2.70%		*51.9%	*15.2%	11.1%	0.0%		77.0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 09/16/2025

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)
991379 Pancakes & Turkey Sausage on a Stick	2.5 oz	100	160	1.50	400	7	7	6.00	0.00	20	19.00
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			405	2.25	540	*51	*14	7.25	0.00	30	67.00
% of Calories				5.00%		*50.4%	*13.8%	16.1%	0.0%		66.2%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

Wednesday - 09/17/2025 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)
992858 Cereal, Lucky Charm SS Bowl	28 gr	100	110	0.00	220	6	6	2.00	0.00	0	22.00
992028 Dannon, Assorted Yogurt (Strawberry,Blueberry, Rap	4oz	100	50	0.00	55	7	3	0.00	0.00	5	10.00
992217 VG/DF - Dairy Free Yogurt	5.3 oz	10	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	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			350	0.79	415	*43	*9	3.85	0.00	15	67.38
% of Calories				2.03%		*49.1%	*10.3%	9.9%	0.0%		77.0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 09/18/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993002 V-Oatmeal Soft Round Banana Chocolate Chip Bar	66 gr	100	280	4.00	240	15	14	12.00	0.00	10	39.00
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	0	100	0.00	140	1	1	2.00	0.00	0	21.00

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 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)
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
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			464	4.78	371	*42	*14	13.46	0.00	20	74.54
% of Calories				9.27%		*36.2%	*12.1%	26.1%	0.0%		64.3%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 09/19/2025

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 (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
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

Aug 25, 2025 thru Oct 3, 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			583	1.33	250	*56	*0	6.94	0.00	10	119.35
% of Calories				2.05%		*38.4%	*0%	10.7%	0.0%		81.9%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 09/22/2025

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)
992993 WG Pancake Bites Poffitz (IW)	2.4 oz (68gr)	100	250	1.00	290	13	11	12.00	0.00	40	37.00
991178 VG/DF-Homemade WG Pancakes	2 pancakes	0	214	0.68	3	*5	*0	9.77	0.00	0	27.02
990919 Syrup Maple (ss)	42.5 gr	100	120	0.00	20	22	22	0.00	0.00	0	31.00
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			549	1.80	443	*64	*33	13.55	0.00	50	101.71
% of Calories				2.95%		*46.6%	*24.0%	22.2%	0.0%		74.1%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

Tuesday - 09/23/2025

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)
992005 V/VG- Whole Wheat Zucchini Bread	slice	100	124	0.26	46	*9	*0	3.31	*0.00	0	21.33
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			434	1.27	178	*51	*0	5.34	*0.00	10	88.23
% of Calories				2.63%		*47.0%	*0%	11.1%	*0.0%		81.3%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 09/24/2025

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)
992996 V- Breakfast Egg & Cheese Scrambler (IW)	93 gr	100	230	4.00	350	4	2	9.00	0.00	110	30.00
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	0	100	0.00	140	1	1	2.00	0.00	0	21.00
991059 Cranberry Apple Juice (1 cup- 2 juices)	2 HC	100	120	0.00	0	24	0	0.00	0.00	0	26.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 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
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			450	4.75	480	*41	*2	10.25	0.00	120	69.00
% of Calories				9.50%		*36.4%	*1.8%	20.5%	0.0%		61.3%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 09/25/2025

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)
992021 V-WG Bagel (IW) & Cream Cheese & Jelly	serving	99	250	2.50	395	12	*9	4.50	0.00	15	45.00
991347 VG/DF - WG White Bagel (IW) & Jelly	serving	1	205	0.00	315	11	9	1.00	0.00	0	44.00
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	100	123	0.04	0	24	0	0.31	0.00	0	30.78
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

Aug 25, 2025 thru Oct 3, 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			473	3.26	524	*49	*9	6.03	0.00	25	88.78
% of Calories				6.20%		*41.4%	*7.6%	11.5%	0.0%		75.1%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 09/26/2025

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)
992708 WG Apple Mini Muffin (V)	45 gra	100	130	0.50	95	10	10	3.50	0.00	20	22.00
992223 VG/DF-Homemade Vegan Muffins	64 gr	1	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
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			379	3.32	430	*39	*10	8.12	*0.00	40	59.01
% of Calories				7.88%		*41.2%	*10.6%	19.3%	*0.0%		62.3%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Monday - 09/29/2025 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 (g)	Cholst (mg)	Carb (g)
991210 V/DF-WG Blueberry Muffin (Chef Pierre)	57 gr	100	200	1.50	140	16	16	7.00	0.00	15	32.00
992223 VG/DF-Homemade Vegan Muffins	64 gr	1	215	0.54	9	*18	*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
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			484	4.29	484	*54	*16	11.41	*0.00	35	74.47
% of Calories				7.98%		*44.6%	*13.2%	21.2%	*0.0%		61.5%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Tuesday - 09/30/2025 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)
992998 Parfait Yogurt w/Berries Compote & Granola	serving	99	308	0.86	125	38	*26	4.03	*0.00	3	62.21
992999 VG- Dairy FreeYogurt w/Berries Compote & Granola	serving	1	314	5.86	78	33	*23	8.70	*0.00	0	55.53

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 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)
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
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			492	1.69	256	*65	*26	5.53	*0.00	13	97.68
% of Calories				3.09%		*52.8%	*21.1%	10.1%	*0.0%		79.4%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Wednesday - 10/01/2025 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)
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
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

Aug 25, 2025 thru Oct 3, 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			540	3.01	322	*55	*12	8.03	0.00	20	108.90
% of Calories				5.02%		*40.7%	*8.9%	13.4%	0.0%		80.7%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Thursday - 10/02/2025 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)
992589 V- Egg Cheese Bite	1.75 gr	100	90	3.00	260	1	*0	6.00	0.00	120	2.00
000341 WG Biscuit - 1 oz	28 g	100	100	4.00	210	1	1	5.00	0.00	0	14.00
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.	100	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			424	8.55	668	*37	*1	13.80	0.00	138	56.21
% of Calories				18.15 %		*34.9%	*0.9%	29.3%	0.0%		53.0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 10/03/2025 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 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)
992601 CEREALS RTE,CINN TOAST CRUNCH (Low Sugar)	1 (28 GR)	100	110	1.00	160	6	6	2.50	0.00	0	22.00
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	0	130	0.00	90	12	*N/A*	3.50	0.00	0	18.00
992365 Orange Juice - Suncup - 4oz	4 fl.	100	60	0.00	5	12	0	0.00	0.00	0	14.00
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
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			432	1.77	350	*57	*17	4.41	0.00	15	85.39
% of Calories				3.69%		*52.8%	*15.7%	9.2%	0.0%		79.1%
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		463	3	409	*50	*12	8.55	*0.00	38	83.38
% of Calories			6.36%		*43.2%	*10.4%	16.6%	*0.0%		72.0%

**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

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

Aug 25, 2025 thru Oct 3, 2025

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

Monday - 08/25/2025Reimbursable 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)
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 - 08/26/2025Reimbursable 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)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 08/27/2025Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 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)
990402 BBQ Chicken WG Slider	serving	99	294	0.62	799	15	*4	4.34	0.00	43	41.86
991711 V/VG -BBQ Chicken Meatless Slider	serving	1	318	0.02	929	16	*4	4.21	0.00	0	43.86
991981 Balela Salad 1cup: L:1/2,OT:1/4,R:1/4	serving	100	284	1.18	149	*1	*0	15.52	*0.00	*0	30.60
990385 PEACHES,RAW - Half Cup (56 count) 1 peach	1/2 cup	100	51	0.02	0	11	0	0.32	0.00	0	12.40
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			728	2.57	1080	*40	*4	21.43	*0.00	*52	97.89
% of Calories				3.18%		*22.0%	*2.2%	26.5%	*0.0%		53.8%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 08/28/2025

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 (g)	Cholst (mg)	Carb (g)
993010 Ground Turkey	2.87 oz	99	154	2.45	78	*0	*0	10.73	0.00	91	0.78
993011 V/VG- Ground Crumbles Veggie	serving	1	93	0.17	238	*1	*0	3.74	0.00	0	5.55
990936 Brown Rice - Riceland	3/4 cup	100	150	0.00	0	0	*N/A*	1.00	0.00	0	32.00
000127 Baked Plantains S: 3/4	3/4 cup	100	198	0.50	4	*19	*0	7.39	0.00	0	35.40

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 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)
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			640	3.70	214	*40	*0	20.43	0.00	100	91.51
% of Calories				5.20%		*25.0%	*0%	28.7%	0.0%		57.2%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 08/29/2025

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 (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
991056 VG/DF - WG Roll	32 gr	99	80	0.00	170	2	*2	1.00	0.00	0	15.00
992459 V/VG-Vegan Chicken Nuggets w/WG Roll	5 Nuggets	1	331	1.88	635	5	*2	12.30	0.00	0	40.12
992817 Collards Green & Tomato Salad - DG:1/2, R:1/4	3/4 cup	100	130	0.65	121	*4	*0	8.86	*0.01	0	12.09
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2	2	0.00	0.00	0	2.00
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

Base Menu Spreadsheet

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Portion Values

Aug 25, 2025 thru Oct 3, 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			594	3.95	855	*35	*4	23.47	*0.01	50	70.23
% of Calories				5.98%		*23.6%	*2.7%	35.6%	*0.0%		47.3%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 09/01/2025

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 - 09/02/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 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)
992357 Lime Chicken Bl. Bean & Rice 3/4 cup:L:1/2,OT:1/4	serving	99	481	1.01	343	*3	*0	9.65	*0.00	41	70.51
992358 V/VG-Lime Chic. Bl.Bean & Rice 3/4cup:L:1/2,OT:1/4	serving	1	499	0.43	396	*4	*0	9.43	*0.00	0	72.73
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			620	1.78	474	*24	*0	11.02	*0.00	50	93.82
% of Calories				2.58%		*15.5%	*0%	16.0%	*0.0%		60.5%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 09/03/2025 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)
993005 V- Lasagna, Cheese WG Pasta w/ Marinara R:3/4	3.5 oz	99	247	4.00	369	7	*1	8.43	0.00	45	31.53
992622 VG/DF- Caprese WG Pasta 3/4cup: R:1/2, OT:1/4	serving	1	398	10.03	664	7	*1	14.56	0.00	0	61.93
993004 V- WG Garlic Knot Roll	2 oz	100	170	1.50	190	3	2	6.00	0.00	0	27.00
992361 Grape Juice - Suncup	4 fl	100	80	0.00	10	18	0	0.00	0.00	0	19.00

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 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			599	6.31	702	*41	*3	15.74	0.00	55	90.83
% of Calories				9.48%		*27.4%	*2.0%	23.6%	0.0%		60.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 09/04/2025

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)
993014 Chicken Mash Potato Bowl - S:3/4	4 nuggets	99	443	8.73	674	*6	*0	23.07	*0.00	80	38.37
993015 V/VG-Veggie Mash Potato Bowl - S:3/4	5 nuggets	1	457	5.03	869	*9	*0	16.57	*0.00	9	58.90
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

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 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			605	9.47	806	*31	*0	24.41	*0.00	89	66.96
% of Calories				14.09 %		*20.5%	*0%	36.3%	*0.0%		44.3%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 09/05/2025

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)
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
990689 Romaine Lettuce - 1/2cup: DG: 1/2	1/2 cup	100	8	0.02	4	1	0	0.14	0.00	0	1.55
990274 Pico de Gallo - R:1/4 , OT: 1/4	1/2 cup	100	42	0.03	15	5	*0	0.09	0.00	0	9.45
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

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 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			588	8.71	511	*35	*2	20.08	0.00	91	75.08
% of Calories				13.33 %		*23.8%	*1.4%	30.7%	0.0%		51.1%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 09/08/2025 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)
991400 SPAGHETTI AND TURKEYMEAT SAUCE - 3/4 cup: R:3/4	1 serving	99	424	3.05	130	*9	*0	12.80	*0.00	121	53.72
991724 V/VG - SPAGHETTI AND TK. MEAT SAUCE -3/4 cup: R:3/4	1 serving	1	318	0.02	265	*9	*0	2.99	*0.00	0	58.39
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
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			563	3.79	262	*28	*0	14.05	*0.00	130	77.43
% of Calories				6.06%		*19.9%	*0%	22.5%	*0.0%		55.0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

Tuesday - 09/09/2025 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)
991301 Chinese Chicken Fried Rice S:1/4, R:1/4, OT:1/4	1 serving	99	442	2.35	776	*5	*0	14.52	*0.00	211	55.89
992045 V-Chinese Chicken Fried Rice-S:1/4, R:1/4, OT:1/4	1 serving	1	520	2.06	993	*7	*0	15.55	*0.00	191	59.85
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			605	3.12	908	*30	*0	15.94	*0.00	221	84.32
% of Calories				4.64%		*19.8%	*0%	23.7%	*0.0%		55.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 09/10/2025 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)
993017 V- WG Breaded Mozzarella Sticks	5 sticks	99	370	7.00	410	1	*1	18.00	0.00	25	35.00
992235 VG/DF- Grilled Vegan Cheese Sandwich	servings	1	260	4.00	640	4	*0	11.00	0.00	0	36.00
991071 Marinara Sauce (ss)	57 gr	100	45	0.00	230	4	*N/A*	1.00	0.00	0	7.00

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 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)
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
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			636	7.75	870	*26	*1	20.34	*0.00	35	79.72
% of Calories				10.97 %		*16.4%	*0.6%	28.8%	*0.0%		50.1%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 09/11/2025

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)
992845 One Pot Chicken Fajita Pasta R:1/4, OT:1/2*	serving	99	507	7.27	351	*4	*0	23.05	*0.00	63	52.45
992257 V/VG One Pot Chicken Fajita Pasta R:1/4, OT:1/2	serving	1	454	3.89	493	5	*0	17.93	0.00	0	50.66
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

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 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			666	7.99	487	*29	*0	24.25	*0.00	72	79.43
% of Calories				10.80 %		*17.4%	*0%	32.8%	*0.0%		47.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 09/12/2025

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)
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
990882 Roasted Broccoli & Potato -DG: 1/2, S:1/4	3/4	100	82	0.33	21	*1	*0	3.95	0.00	0	10.07
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

Aug 25, 2025 thru Oct 3, 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			603	5.70	1080	*33	*0	18.55	0.00	20	74.36
% of Calories				8.51%		*21.9%	*0%	27.7%	0.0%		49.3%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 09/15/2025 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)
993012 Kung Pao Chicken R:1/2, OT:1/4	serving.	99	239	0.70	673	*5	*0	7.65	*0.00	61	20.71
993013 V/VG- Kung Pao Chicken R:1/2, OT:1/4	serving	1	240	0.32	861	*6	*0	7.19	*0.00	0	22.53
990924 Brown Rice - Riceland	1 cup	100	200	0.00	4	0	*0	1.33	0.00	0	42.67
990703 Cranberry Apple Juice 1/2 cup	4 oz fl	100	60	0.00	0	12	0	0.00	0.00	0	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
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			599	1.45	809	*30	*0	10.23	*0.00	70	89.39
% of Calories				2.18%		*20.0%	*0%	15.4%	*0.0%		59.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

Tuesday - 09/16/2025 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)
993003 V- WG Jumbo Cheese Ravioli R:1/2 cup	3.78 oz (3 pc)	100	238	1.00	276	7	*1	2.95	0.00	0	35.35
993004 V- WG Garlic Knot Roll	2 oz	100	170	1.50	190	3	2	6.00	0.00	0	27.00
993006 Rosted Eggplant OT:1/4 cup	1/4	100	93	0.65	5	1	*0	8.93	0.00	0	3.06
000094 PLUMS,FRESH 1/2 Cup - 2mm inch	1 plum	100	30	0.01	0	7	0	0.18	0.00	0	7.54
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			631	3.91	601	*31	*3	19.32	0.00	10	85.94
% of Calories				5.58%		*19.7%	*1.9%	27.6%	0.0%		54.5%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 09/17/2025 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)
990727 Chiken Teriyaki	Servings	99	230	0.85	373	14	*0	8.92	0.00	58	16.25
991872 Chicken Meatless Teriyaki (V/VG)	Servings	1	242	0.49	580	14	*0	8.67	0.00	0	18.18

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 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)
990936 Brown Rice - Riceland	3/4 cup	100	150	0.00	0	0	*N/A*	1.00	0.00	0	32.00
993007 Sautéed Broccoli & Rd. Peppers DG:1/2, R:1/4	3/4 CUP	100	110	0.68	13	*1	*0	9.55	0.00	0	5.49
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			695	2.41	519	*42	*0	21.11	0.00	68	93.71
% of Calories				3.12%		*24.2%	*0%	27.3%	0.0%		53.9%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 09/18/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993008 Ground Turkey Fajitas	2 fajitas 6"	99	324	3.37	455	*0	*0	13.57	0.00	91	30.94
993009 V/VG- Ground Crumbles Veggie Fajitas	2 fajitas	1	263	1.09	618	*1	*0	6.58	0.00	0	35.72
990400 Black Bean and Corn Salad -L: 1/2, S: 1/4	3/4 cup	100	191	0.01	141	7	*0	1.18	0.00	9	35.46
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

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 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			678	4.13	758	*30	*2	16.05	0.00	109	93.74
% of Calories				5.48%		*17.7%	*1.2%	21.3%	0.0%		55.3%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 09/19/2025

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 (g)	Cholst (mg)	Carb (g)
992495 Chicken Parmesan R: 1/4	serving	99	245	3.28	318	*2	*0	16.19	*0.00	51	4.43
992526 V- Chicken Meatless Parmesan R:1/4	serving	1	263	2.69	430	*3	*0	15.97	*0.00	10	6.25
990963 MASHED POTATOES - S:1/2 cup	1/2 cup	100	76	0.59	17	*2	*0	1.05	*0.00	3	14.58
991056 VG/DF - WG Roll	32 gr	100	80	0.00	170	2	*2	1.00	0.00	0	15.00
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

Aug 25, 2025 thru Oct 3, 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	4.63	636	*26	*2	19.59	*0.00	64	57.68
% of Calories				7.70%		*19.2%	*1.5%	32.6%	*0.0%		42.6%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 09/22/2025

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)
990986 Turkey Burger	3.5 oz	99	450	6.00	1020	*4	*4	27.00	0.00	80	28.00
992265 V/VG Vegan Burger -	serving	1	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
992844 Roasted Cauliflower & Sweet Pot: R:1/2,OT: 1/4	3/4 cup	100	95	0.25	45	*0	*N/A*	3.53	0.00	0	14.63
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

Aug 25, 2025 thru Oct 3, 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			717	6.99	1284	*32	*6	31.96	0.00	89	73.72
% of Calories				8.77%		*17.9%	*3.3%	40.1%	0.0%		41.1%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 09/23/2025

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)
993010 Ground Turkey	2.87 oz	99	154	2.45	78	*0	*0	10.73	0.00	91	0.78
993011 V/VG- Ground Crumbles Veggie	serving	1	93	0.17	238	*1	*0	3.74	0.00	0	5.55
990936 Brown Rice - Riceland	3/4 cup	100	150	0.00	0	0	*N/A*	1.00	0.00	0	32.00
000127 Baked Plantains S: 3/4	3/4 cup	100	198	0.50	4	*19	*0	7.39	0.00	0	35.40
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

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 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			661	3.68	219	*45	*0	20.30	0.00	100	95.22
% of Calories				5.01%		*27.2%	*0%	27.6%	0.0%		57.6%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 09/24/2025 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)
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	0	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
990597 PEACHES, DICED IN JUICE SS PLASTIC CUP - HC	HC	100	80	0.00	5	18	*N/A*	0.00	0.00	0	19.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			679	5.26	864	*46	*0	18.43	*0.00	*25	99.37
% of Calories				6.97%		*27.1%	*0%	24.4%	*0.0%		58.5%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

Thursday - 09/25/2025 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)
991095 Baked Chicken Penne Pasta R:1/2, Ot: 1/4	3/4 cup	99	402	5.41	341	7	*1	12.45	*0.00	67	48.74
991870 V/VG-Baked Chicken Penne Pasta R:1/2, Ot: 1/4	3/4 cup	1	401	0.83	524	13	*1	7.51	*0.00	0	56.64
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			541	6.13	474	*27	*1	13.78	*0.00	76	72.11
% of Calories				10.20 %		*20.0%	*0.7%	22.9%	*0.0%		53.3%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 09/26/2025 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)
991084 Chicken Nuggets Breaded	4 pc (91 gr)	99	210	2.50	340	1	*0	12.00	0.00	40	12.00
000341 WG Biscuit - 1 oz	28 g	99	100	4.00	210	1	1	5.00	0.00	0	14.00
992459 V/VG-Vegan Chicken Nuggets w/WG Roll	5 Nuggets	1	331	1.88	635	5	*2	12.30	0.00	0	40.12

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 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)
992817 Collards Green & Tomato Salad - DG:1/2, R:1/4	3/4 cup	100	130	0.65	121	*4	*0	8.86	*0.01	0	12.09
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	0	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			655	7.99	893	*35	*3	27.45	*0.01	50	80.18
% of Calories				10.98 %		*21.4%	*1.8%	37.7%	*0.0%		49.0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 09/29/2025

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 (g)	Cholst (mg)	Carb (g)
991027 Turkey Hot Dog	serving	100	270	3.00	930	*6	*N/A*	11.00	0.00	35	31.00
991712 Veggie Hot Dog	serving	1	280	0.00	750	*5	*0	7.00	0.00	0	35.00
992509 Garlic Roasted Potatoes 3/4 cup: S: 3/4	3/4 cup	100	183	0.39	14	*0	*0	4.82	0.00	0	32.40
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2	2	0.00	0.00	0	2.00
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

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 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			630	4.19	1174	*34	*2	17.52	0.00	45	94.76
% of Calories				5.99%		*21.6%	*1.3%	25.0%	0.0%		60.2%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 09/30/2025

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)
990402 BBQ Chicken WG Slider	serving	90	294	0.62	799	15	*4	4.34	0.00	43	41.86
991711 V/VG -BBQ Chicken Meatless Slider	serving	10	318	0.02	929	16	*4	4.21	0.00	0	43.86
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
992361 Grape Juice - Suncup	4 fl	100	80	0.00	10	18	0	0.00	0.00	0	19.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 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			553	1.60	1063	*54	*5	7.61	*0.00	51	86.85
% of Calories				2.60%		*39.1%	*3.6%	12.4%	*0.0%		62.8%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 10/01/2025 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)
992357 Lime Chicken Bl. Bean & Rice 3/4 cup:L:1/2,OT:1/4	serving	90	481	1.01	343	*3	*0	9.65	*0.00	41	70.51
992358 V/VG-Lime Chic. Bl.Bean & Rice 3/4cup:L:1/2,OT:1/4	serving	10	499	0.43	396	*4	*0	9.43	*0.00	0	72.73
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			622	1.72	479	*24	*0	11.00	*0.00	47	94.02
% of Calories				2.49%		*15.4%	*0%	15.9%	*0.0%		60.5%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 10/02/2025 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 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)
993005 V- Lasagna, Cheese WG Pasta w/ Marinara R:3/4	3.5 oz	90	247	4.00	369	7	*1	8.43	0.00	45	31.53
992622 VG/DF- Caprese WG Pasta 3/4cup: R:1/2, OT:1/4	serving	10	398	10.03	664	7	*1	14.56	0.00	0	61.93
993004 V- WG Garlic Knot Roll	2 oz	100	170	1.50	190	3	2	6.00	0.00	0	27.00
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
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			594	6.87	718	*35	*3	16.45	0.00	51	89.96
% of Calories				10.41 %		*23.6%	*2.0%	24.9%	0.0%		60.6%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 10/03/2025 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)
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

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 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)
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
990689 Romaine Lettuce - 1/2cup: DG: 1/2	1/2 cup	100	8	0.02	4	1	0	0.14	0.00	0	1.55
990274 Pico de Gallo - R:1/4 , OT: 1/4	1/2 cup	100	42	0.03	15	5	*0	0.09	0.00	0	9.45
992869 Sour Cream (ss)	28 gr	100	60	3.50	15	1	1	5.00	0.00	20	1.00
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			623	12.21	496	*34	*1	25.08	0.00	111	72.08
% of Calories				17.64 %		*21.8%	*0.6%	36.2%	0.0%		46.3%
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		625	5	712	*34	*2	18.73	*0.00	*72	83.72
% of Calories			7.36%		*21.8%	*1.3%	27.0%	*0.0%		53.6%

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

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.