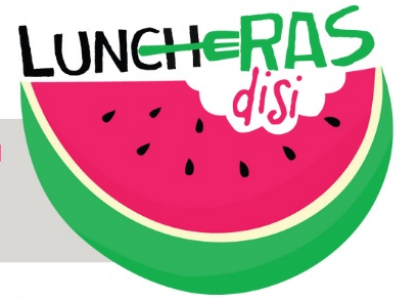




Milk, grain, fruit, meat or meat alternative

BREAKFAST



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



Monday	Tuesday	Wednesday	Thursday	Friday
10/06/2025 WG Croissant w/ American Cheese(V) Fresh Apples Choice of Milk	10/07/2025 Pillsbury WW French Toast Triple Berry TRIX (V) Syrup Maple (ss) Fresh Pears Choice of Milk	10/08/2025 Breakfast Egg, Cheese & Turkey Sausage Scrambler Pillsbury Breakfast Egg & Cheese Scrambler(V) Cranberry Juice Choice of Milk	10/09/2025 Oatmeal Soft Round Apple Cinnamon Bar (V) Fresh Oranges Fruit Punch Juice Choice of Milk	10/10/2025 WG English Muffin (V) & Cream Cheese Bananas Choice of Milk
10/13/2025 NO SCHOOL TODAY	10/14/2025 Yoplait Yogurt & Granola (V) Fresh Pears Choice of Milk	10/15/2025 WG Pancakes & Turkey Sausage on a Stick** Veggie Patty & WG Pancakes (V) Honey (SS) Bananas Choice of Milk	10/16/2025 WG Lucky Charm Cereal Assorted Light Yogurt Fresh Apples Choice of Milk	10/17/2025 Homemade WW Sweet Potatoes Waffles (V/VG) Maple Syrup (ss) Fruit Punch Juice Choice of Milk
10/20/2025 Oatmeal Soft Round Banana Chocolate Chip (V) Fresh Pears Choice of Milk	10/21/2025 WG Pancake Bites Poffitz (V) Maple Syrup (ss) Fresh Apples Choice of Milk	10/22/2025 WW Zucchini Bread (V/VG) Bananas Choice of Milk	10/23/2025 Pillsbury Breakfast Egg & Cheese Scrambler(V) Cranberry Juice Choice of Milk	10/24/2025 WG Bagel (V/VG) w/ Cream Cheese & Jelly Fresh Oranges Choice of Milk
10/27/2025 Cereal Cheerios Honey Yoplait Yogurt Fresh Pears Choice of Milk	10/28/2025 WG Banana Muffin (V/DF) Mozzarella Cheese Stick** Fruit Punch Juice Choice of Milk	10/29/2025 WG Cinnamon Roll (V) Fresh Apples Choice of Milk	10/30/2025 WW Mini Bagel Strawberry & Cream Cheese (V) Bananas Choice of Milk	10/31/2025 Egg Cheese Bite Round (V) WG Biscuit Fresh Oranges Orange Juice 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



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

LUNCH



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

Monday	Tuesday	Wednesday	Thursday	Friday
10/06/2025 WG Spaghetti & Turkey Meat Sauce Spaghetti & Plant Based Meat Sauce (V/VG) Grape Juice Choice of Milk	10/07/2025 Chicken Mash Potato Bowl w/Corn & Gravy Veggie Mash Potato Bowl w/Corn & Gravy Fresh Nectarines Choice of Milk	10/08/2025 Chicken Fried Rice w/ Carrot,Corn,Peas, G Beans Veggie Fried Rice w/ Carrot,Corn,Peas, G Beans Bananas Choice of Milk	10/09/2025 Cheese Lunch Pizza w/ Chicken & Beef Pepperoni Cheese Lunch Pizza (V) Black Beans & Greens Salad Apples Choice of Milk	10/10/2025 NO LUNCH
10/13/2025 NO SCHOOL TODAY	10/14/2025 Kung Pao Chicken w/ Carrots & Peppers Veggie Kung Pao Chicken w/Carrots & Peppers(V/VG) Steamed Brown Rice Apples Choice of Milk	10/15/2025 WG Jumbo Cheese Ravioli w/ Marinara Sauce (V) WG Garlic Knot Roll (V) Roasted Eggplant Cranberry Juice Choice of Milk	10/16/2025 Chicken Teriyaki Chicken Meatless Teriyaki (V/VG) Steamed Brown Rice SautOed Broccoli & Red Peppers Seedless Grapes** Choice of Milk	10/17/2025 Ground Turkey Fajitas Veggie Fajitas (V/VG) Black Bean, Corn & Tomato Salad Sour Cream (ss) Fresh Oranges Choice of Milk
10/20/2025 Chicken Parmesan Ck. Meatless Parmesan(V) Creamy Mashed Potatoes WG Roll Fruit Punch Juice Choice of Milk	10/21/2025 Turkey Burger & WG Bun Vegan Burger (V/VG) Ketchup (ss) Green Beans & Broccoli Fresh Oranges Choice of Milk	10/22/2025 Ground Turkey Veggie Crumbles (V/VG) Steamed Brown Rice Baked Plantains Fresh Strawberries Choice of Milk	10/23/2025 Baked Chicken WG Penne Pasta w/ Zucchini Baked Chicken Meatless WG Pasta w/Zuch. (V/VG) Apples Choice of Milk	10/24/2025 WG Cheese Pizza (V) Balela Salad w/ Garbanzo, Tomato & Cucumber Bananas Choice of Milk
10/27/2025 Turkey Hot Dog on a WG Bun Veggie Hot Dog Garlic Roasted Potatoes Ketchup (ss) Grape Juice Choice of Milk	10/28/2025 Lime Chicken Black Beans & Br. Rice Lime Chicken Meatless w/ Bk. Bean & Br. Rice(V/VG) Apples Choice of Milk	10/29/2025 WG Cheese Lasagna Rollup w/Marinara (V) WG Garlic Knot Roll (V) Fresh Oranges Choice of Milk	10/30/2025 BBQ Chicken WG Sider BBQ Veggie Sider (V/VG) Sweet Creamy Coleslaw Seedless Grapes Choice of Milk	10/31/2025 Breaded Chicken Nuggets WG Biscuit Veggie Nuggets w/WG Roll Collards Green & Tomato Ketchup (ss) Bananas Choice of Milk

Available Choice of Milk: Unflavored 1% milk, unflavored 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), 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

Oct 6, 2025 thru Oct 31, 2025

Menu Name:	Washington Latin PCS- K-12-Breakfast	Include Cost:	No
Site:			
Use Alternate Menu Name:	No		

Monday - 10/06/2025Reimbursable 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)
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
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			439	6.32	748	*35	*3	12.57	0.00	25	64.81
% of Calories				12.96 %		*31.9%	*2.7%	25.8%	0.0%		59.1%
Weekly Nutrient Guideline			450 - 500	<10	540			<=0			

Tuesday - 10/07/2025Reimbursable 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)
991054 V- Pillsbury French Toast Triple Berry	83 gr	100	220	1.00	190	11	10	7.00	0.00	0	36.00

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 31, 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)
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
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0	0	0.00	0.00	0	4.00
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	0	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			414	1.78	401	*38	*10	8.46	0.00	10	75.54
% of Calories				3.87%		*36.7%	*9.7%	18.4%	0.0%		73.0%
Weekly Nutrient Guideline			450 - 500	<10	540			<=0			

Wednesday - 10/08/2025

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)
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

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 31, 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			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			450 - 500	<10	540			<=0			

Thursday - 10/09/2025

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)
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
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
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

Oct 6, 2025 thru Oct 31, 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			495	4.82	378	*52	*13	13.55	0.00	30	81.86
% of Calories				8.76%		*42.0%	*10.5%	24.6%	0.0%		66.1%
Weekly Nutrient Guideline			450 - 500	<10	540			<=0			

Friday - 10/10/2025 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			450 - 500	<10	540			<=0			

Monday - 10/13/2025 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			450 - 500	<10	540			<=0			

Tuesday - 10/14/2025 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)
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
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			404	1.28	256	*47	*17	4.96	0.00	15	76.54
% of Calories				2.85%		*46.5%	*16.8%	11.0%	0.0%		75.8%
Weekly Nutrient Guideline			450 - 500	<10	540			<=0			

Wednesday - 10/15/2025 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 31, 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)
991379 Pancakes & Turkey Sausage on a Stick	2.5 oz	100	160	1.50	400	7	7	6.00	0.00	20	19.00
991777 V- Veggie Patty & WG Pancakes	1 serving	1	283	0.33	830	6	*5	9.33	0.00	7	37.33
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
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			498	2.52	541	*56	*14	8.12	0.00	30	93.28
% of Calories				4.55%		*45.0%	*11.2%	14.7%	0.0%		74.9%
Weekly Nutrient Guideline			450 - 500	<10	540			<=0			

Thursday - 10/16/2025

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)
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

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 31, 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)
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			450 - 500	<10	540			<=0			

Friday - 10/17/2025

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
990919 Syrup Maple (ss)	42.5 gr	100	120	0.00	20	22	22	0.00	0.00	0	31.00
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

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 31, 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	1.06	198	*73	*22	6.16	0.00	10	120.45
% of Calories				1.58%		*48.4%	*14.6%	9.2%	0.0%		79.9%
Weekly Nutrient Guideline			450 - 500	<10	540			<=0			

Monday - 10/20/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (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
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			450 - 500	<10	540			<=0			

Tuesday - 10/21/2025 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 31, 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)
992993 V-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			450 - 500	<10	540			<=0			

Wednesday - 10/22/2025 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)
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

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 31, 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			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			450 - 500	<10	540			<=0			

Thursday - 10/23/2025

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)
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
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

Oct 6, 2025 thru Oct 31, 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	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			450 - 500	<10	540			<=0			

Friday - 10/24/2025 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)
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			450 - 500	<10	540			<=0			

Monday - 10/27/2025 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 31, 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)
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	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
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			394	0.78	356	*47	*17	3.46	0.00	15	78.54
% of Calories				1.78%		*47.7%	*17.3%	7.9%	0.0%		79.7%
Weekly Nutrient Guideline			450 - 500	<10	540			<=0			

Tuesday - 10/28/2025

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)
991262 V/DF- WG Banana Muffin (Chef Pierre)	57 gr	100	200	1.50	110	16	*N/A*	8.00	0.00	10	31.00
992223 VG/DF- Homemade Vegan Muffins	64 gr	1	215	0.54	9	*18	*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

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 31, 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)
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	454	*54	*0	12.41	*0.00	30	73.47
% of Calories				7.98%		*44.6%	*0%	23.1%	*0.0%		60.7%
Weekly Nutrient Guideline			450 - 500	<10	540			<=0			

Wednesday - 10/29/2025 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)
991425 V- WG Cinnamon Roll	3 oz	100	270	4.50	420	9	*9	11.00	0.00	0	37.00
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	100	100	0.00	140	1	1	2.00	0.00	0	21.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	0	0.25	0.00	0	20.58
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 31, 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			547	5.29	691	*38	*10	14.50	0.00	10	91.58
% of Calories				8.70%		*27.8%	*7.3%	23.9%	0.0%		67.0%
Weekly Nutrient Guideline			450 - 500	<10	540			<=0			

Thursday - 10/30/2025

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)
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
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			450 - 500	<10	540			<=0			

Friday - 10/31/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 31, 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)
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
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
992365 Orange Juice - Suncup - 4oz	4 fl.	100	60	0.00	5	12	0	0.00	0.00	0	14.00
000190 Low Fat Milk - 1%	8 fl. oz.	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			468	8.52	671	*46	*1	13.70	0.00	138	65.02
% of Calories				16.38 %		*39.3%	*0.9%	26.3%	0.0%		55.6%
Weekly Nutrient Guideline			450 - 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		470	3	437	*48	*10	9.24	*0.00	36	83.23
% of Calories			6.51%		*40.9%	*8.5%	17.7%	*0.0%		70.8%

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

Oct 6, 2025 thru Oct 31, 2025

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

Monday - 10/06/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
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
992361 Grape Juice - Suncup	4 fl	100	80	0.00	10	18	0	0.00	0.00	0	19.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			603	3.77	271	*40	*0	13.95	*0.00	130	85.77
% of Calories				5.63%		*26.5%	*0%	20.8%	*0.0%		56.9%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 10/07/2025 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 31, 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)
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
990726 Nectarines, Fresh (56 -64 Count) 1 nectarine	1/2 cup	100	57	0.03	0	10	0	0.41	0.00	0	13.61
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			600	9.48	806	*29	*0	24.67	*0.00	89	65.18
% of Calories				14.22 %		*19.3%	*0%	37.0%	*0.0%		43.5%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 10/08/2025 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)
993051 Chinese Chicken Fried Rice S:1/4, R:1/4, OT:1/2	1 serving	100	454	2.35	879	*6	*0	14.52	*0.00	211	58.10
993052 V-Chinese Chicken Fried Rice-S:1/4, R:1/4, OT:1/2	1 serving	1	532	2.06	1096	*8	*0	15.55	*0.00	191	62.05
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

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 31, 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			665	3.25	1021	*33	*0	16.32	*0.00	223	98.67
% of Calories				4.40%		*19.8%	*0%	22.1%	*0.0%		59.4%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 10/09/2025

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)
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
993053 Black Bean and Greens Salad- L:1/2, DG:1/2	1 cup	100	201	1.35	241	5	*0	5.15	0.00	0	30.49
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

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 31, 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			656	6.60	1300	*31	*0	19.49	0.00	20	78.11
% of Calories				9.05%		*18.9%	*0%	26.7%	0.0%		47.6%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 10/10/2025 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 - 10/13/2025 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			

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 31, 2025

Tuesday - 10/14/2025

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)
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
990936 Brown Rice - Riceland	3/4 cup	100	150	0.00	0	0	*N/A*	1.00	0.00	0	32.00
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*0	0.13	0.00	0	10.29
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			527	1.47	806	*26	*0	10.02	*0.00	70	76.01
% of Calories				2.51%		*19.7%	*0%	17.1%	*0.0%		57.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 10/15/2025

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)
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

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 31, 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)
993006 Rosted Eggplant OT:1/4 cup	1/4	100	93	0.65	5	1	*0	8.93	0.00	0	3.06
990703 Cranberry Apple Juice 1/2 cup	4 oz fl	100	60	0.00	0	12	0	0.00	0.00	0	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			661	3.90	601	*36	*3	19.13	0.00	10	91.41
% of Calories				5.31%		*21.8%	*1.8%	26.0%	0.0%		55.3%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 10/16/2025

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)
990727 Chiken Teriyaki	Servings	99	230	0.85	373	14	*0	8.92	0.00	58	16.25
991872 V/VG- Chicken Meatless Teriyaki	Servings	1	242	0.49	580	14	*0	8.67	0.00	0	18.18
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
990457 GRAPES,Fresh - Half Cup	14 grapes	100	47	0.04	1	11	*0	0.11	0.00	0	12.42
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

Oct 6, 2025 thru Oct 31, 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			637	2.32	520	*39	*0	20.83	0.00	68	79.17
% of Calories				3.28%		*24.5%	*0%	29.4%	0.0%		49.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 10/17/2025

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)
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
993050 Black Bean and Corn Salad - L:1/2, S:1/2	1 cup	100	231	0.01	140	9	*0	1.83	0.00	18	42.59
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2	2	0.00	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
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

Oct 6, 2025 thru Oct 31, 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			740	4.12	757	*37	*2	16.74	0.00	119	105.98
% of Calories				5.01%		*20.0%	*1.1%	20.4%	0.0%		57.3%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 10/20/2025

Reimbursable Meal Total 100

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

Oct 6, 2025 thru Oct 31, 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			561	4.61	641	*31	*2	19.49	*0.00	64	61.02
% of Calories				7.40%		*22.1%	*1.4%	31.3%	*0.0%		43.5%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 10/21/2025 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)
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
991803 Green Beans, Broccoli Medley DG:1/2, OT:1/4	3/4	100	73	0.33	8	1	*N/A*	5.48	0.00	0	6.69
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

Oct 6, 2025 thru Oct 31, 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			693	7.04	1245	*32	*6	33.69	0.00	89	65.16
% of Calories				9.14%		*18.5%	*3.5%	43.8%	0.0%		37.6%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 10/22/2025 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)
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	135	0.00	4	*19	*0	0.39	0.00	0	35.40
000339 STRAWBERRIES,FRESH - Half cup	5 large straw	100	29	0.01	1	4	*0	0.27	0.00	0	6.91
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
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

Oct 6, 2025 thru Oct 31, 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			567	3.19	214	*37	*0	13.57	0.00	100	88.14
% of Calories				5.06%		*26.1%	*0%	21.5%	0.0%		62.2%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 10/23/2025 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)
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 - 10/24/2025 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 31, 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)
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
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			704	5.39	860	*42	*0	18.82	*0.00	*25	107.32
% of Calories				6.89%		*23.9%	*0%	24.1%	*0.0%		61.0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 10/27/2025

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)
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

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 31, 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)
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			646	4.14	1181	*39	*2	17.14	0.00	45	97.75
% of Calories				5.77%		*24.1%	*1.2%	23.9%	0.0%		60.5%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 10/28/2025

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)
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

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 31, 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			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			

Wednesday - 10/29/2025 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)
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			

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 31, 2025

Thursday - 10/30/2025 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
990457 GRAPES,Fresh - Half Cup	14 grapes	100	47	0.04	1	11	*0	0.11	0.00	0	12.42
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			521	1.64	1054	*46	*5	7.72	*0.00	51	80.27
% of Calories				2.83%		*35.3%	*3.8%	13.3%	*0.0%		61.6%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 10/31/2025 Reimbursable Meal Total 100

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

Portion Values

Oct 6, 2025 thru Oct 31, 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)
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
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			

		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		622	5	769	*34	*2	17.79	*0.00	*74	84.24
% of Calories			6.73%		*21.9%	*1.3%	25.7%	*0.0%		54.2%

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

Oct 6, 2025 thru Oct 31, 2025

Menu Name:	Washington Latin PCS-High School - LUNCH	Include Cost:	No
Site:			
Use Alternate Menu Name:	No		

Monday - 10/06/2025Reimbursable 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)
992713 SPAGHETTI AND TURKEYMEAT SAUCE 1 cup: R: 1	1 CUP	99	420	2.42	114	*11	*0	11.75	*0.00	91	58.63
991882 V/VG - SPAGHETTI AND TURKEYMEAT SAUCE - 9 -12	1 CUP	1	358	0.14	273	*11	*0	4.73	*0.00	0	63.29
992362 Grape Juice - (1 cup: 2 juices)	2 (4 fl)	100	160	0.00	20	36	0	0.00	0.00	0	38.00
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			679	3.14	266	*60	*0	12.93	*0.00	100	109.67
% of Calories				4.16%		*35.3%	*0%	17.1%	*0.0%		64.6%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 10/07/2025Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 31, 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)
993033 Chicken Mash Potato Bowl - S:1	4 nuggets	99	504	9.50	677	*9	*0	24.97	*0.00	93	47.73
993034 V/VG-Veggie Mash Potato Bowl - S:1	5 nuggets	1	493	5.03	842	*12	*0	17.07	*0.00	18	65.64
991056 VG/DF - WG Roll	32 gr	100	80	0.00	170	2	*2	1.00	0.00	0	15.00
991136 Nectarines, Fresh 56-64 ct (2 nectarines)	1 cup	100	114	0.06	0	20	0	0.83	0.00	0	27.22
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			797	10.27	979	*45	*2	27.97	*0.00	103	103.12
% of Calories				11.60 %		*22.6%	*1.0%	31.6%	*0.0%		51.8%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 10/08/2025 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)
993060 Chinese Chicken Fried Rice S:1/4, R:1/2, OT:1/2	1 serving	90	530	2.64	1005	*10	*0	15.74	*0.00	231	66.25
993061 V-Chinese Chicken Fried Rice- S:1/4, R:1/2, OT:1/2	1 serving	10	601	2.06	1141	*11	*0	15.99	*0.00	191	77.39
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

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 31, 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			847	3.60	1151	*52	*0	17.80	*0.00	237	134.26
% of Calories				3.83%		*24.6%	*0%	18.9%	*0.0%		63.4%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 10/09/2025

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)
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
993053 Black Bean and Greens Salad- L:1/2, DG:1/2	1 cup	100	201	1.35	241	5	*0	5.15	0.00	0	30.49
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

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 31, 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			694	6.62	1301	*38	*0	19.61	0.00	20	88.39
% of Calories				8.59%		*21.9%	*0%	25.4%	0.0%		50.9%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 10/10/2025 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			750 - 850	<10	1280			<=0			

Monday - 10/13/2025 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			750 - 850	<10	1280			<=0			

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 31, 2025

Tuesday - 10/14/2025 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)
993035 Kung Pao Chicken R:1/2, OT:1/2	serving.	100	246	0.72	674	*6	*0	7.71	*0.00	61	22.44
993036 V/VG- Kung Pao Chicken R:1/2, OT:1/2	serving	1	247	0.34	863	*7	*0	7.25	*0.00	0	24.25
990924 Brown Rice - Riceland	1 cup	100	200	0.00	4	0	*0	1.33	0.00	0	42.67
991307 Cranberry, Dried Original	1.16oz	100	110	0.00	0	24	*N/A*	0.00	0.00	0	28.00
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*0	0.13	0.00	0	10.29
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			697	1.50	817	*50	*0	10.49	*0.00	71	116.63
% of Calories				1.94%		*28.7%	*0%	13.5%	*0.0%		66.9%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 10/15/2025 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)
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

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 31, 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)
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
993030 Rosted Eggplant OT:1/2 cup	1/2	100	93	0.65	5	1	*0	8.93	0.00	0	3.06
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
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			725	4.00	608	*48	*3	19.28	0.00	10	105.03
% of Calories				4.97%		*26.5%	*1.7%	23.9%	0.0%		57.9%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 10/16/2025

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)
990727 Chiken Teriyaki	Servings	99	230	0.85	373	14	*0	8.92	0.00	58	16.25
991872 V/VG- Chicken Meatless Teriyaki	Servings	1	242	0.49	580	14	*0	8.67	0.00	0	18.18
990993 Brown Rice - Riceland CR	1 cup cooked	100	200	0.00	0	0	*N/A*	1.33	0.00	0	42.67
993031 Sautéed Broccoli & Rd. Peppers DG:1/2, R:1/2	1 CUP	100	158	1.03	14	*2	*0	14.33	0.00	0	6.88

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 31, 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)
000422 GRAPES,Fresh - 1 CUP	28 grapes	100	95	0.07	3	21	*0	0.22	0.00	0	24.83
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			783	2.70	522	*50	*0	26.04	0.00	68	103.65
% of Calories				3.10%		*25.5%	*0%	29.9%	0.0%		53.0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 10/17/2025

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)
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
992830 Black Bean and Corn Salad - L:1/2, S:1/2	1 cup	100	243	0.03	139	11	*0	1.92	0.00	18	45.57
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2	2	0.00	0.00	0	4.00
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

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 31, 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			814	4.17	756	*51	*2	16.98	0.00	119	124.34
% of Calories				4.61%		*25.1%	*1.0%	18.8%	0.0%		61.1%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 10/20/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (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
000249 MASHED POTATOES - .75 cup	3/4 cup	100	126	1.83	21	*2	*0	2.96	*0.00	6	22.01
990672 WG Biscuit 2oz	56g	100	200	7.00	410	2	*0	9.00	0.00	0	27.00
990708 Fruit Punch, Juice - (1 Cup - 2 juices)	(2 HC)	100	120	0.00	10	24	0	0.00	0.00	0	28.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 31, 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			790	12.85	890	*43	*0	29.40	*0.00	67	94.46
% of Calories				14.64 %		*21.8%	*0%	33.5%	*0.0%		47.8%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 10/21/2025

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)
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
991842 Green Beans, Broccoli Medley DG:1/2, OT:1.2	1 cup	100	79	0.33	8	1	*N/A*	5.72	0.00	0	8.00
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	100	123	0.04	0	24	0	0.31	0.00	0	30.78
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

Oct 6, 2025 thru Oct 31, 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			760	7.06	1245	*45	*6	34.09	0.00	89	81.87
% of Calories				8.36%		*23.7%	*3.2%	40.4%	0.0%		43.1%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 10/22/2025 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)
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
990924 Brown Rice - Riceland	1 cup	100	200	0.00	4	0	*0	1.33	0.00	0	42.67
000136 Baked Plantains - S: 1 cup	1 cup	100	239	0.00	3	33	*N/A*	0.25	0.00	0	63.71
000099 STRAWBERRIES,FRESH - 1 cup	9 large strawbe	100	52	0.02	2	8	*0	0.49	0.00	0	12.44
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

Oct 6, 2025 thru Oct 31, 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			744	3.21	218	*54	*0	13.98	0.00	100	132.64
% of Calories				3.88%		*29.0%	*0%	16.9%	0.0%		71.3%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 10/23/2025 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)
991118 Baked Chicken Penne Pasta R:3/4, OT:1/4	1 cup	90	497	6.55	452	9	*1	15.20	*0.00	72	62.42
991884 V- Baked Chicken Meatless WG Pasta R:3/4, OT:1/4	1 cup	10	522	5.96	580	10	*1	15.10	*0.00	32	64.36
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			677	7.28	597	*38	*1	16.69	*0.00	78	96.19
% of Calories				9.68%		*22.5%	*0.6%	22.2%	*0.0%		56.8%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 10/24/2025 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 31, 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)
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
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
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			894	6.19	862	*57	*0	28.55	*0.00	*25	134.51
% of Calories				6.23%		*25.5%	*0%	28.7%	*0.0%		60.2%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 10/27/2025 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)
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
992515 Garlic Roasted Potatoes -1 cup S: 1	1 cup	100	228	0.41	17	*0	*0	4.87	0.00	0	42.65

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 31, 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)
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2	2	0.00	0.00	0	2.00
992362 Grape Juice - (1 cup: 2 juices)	2 (4 fl)	100	160	0.00	20	36	0	0.00	0.00	0	38.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	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			771	4.16	1194	*57	*2	17.19	0.00	45	127.00
% of Calories				4.86%		*29.6%	*1.0%	20.1%	0.0%		65.9%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 10/28/2025

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)
992368 Lime Chicken Black Beans & Rice 1c: L:3/4, OT:1/4	serving	100	541	1.01	408	*3	*0	9.88	*0.00	41	81.13
992369 V/VG -Lime Chicken Bk. Bean & Rice 1c: L:3/4,O:1/4	serving	1	559	0.43	460	*4	*0	9.66	*0.00	0	83.34
991307 Cranberry, Dried Original	1.16oz	100	110	0.00	0	24	*N/A*	0.00	0.00	0	28.00
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

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 31, 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			834	1.81	544	*56	*0	11.48	*0.00	51	143.54
% of Calories				1.95%		*26.9%	*0%	12.4%	*0.0%		68.8%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 10/29/2025 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)
993032 V- Lasagna, Cheese WG Pasta w/ Marinara R:1	7oz (2 roll)	90	456	8.00	651	10	*1	15.91	0.00	90	56.70
992716 VG/DF- Caprese WG Pasta 1cup: R:3/4, 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
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
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

Oct 6, 2025 thru Oct 31, 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			844	10.49	973	*50	*3	23.33	0.00	91	128.01
% of Calories				11.19 %		*23.7%	*1.4%	24.9%	0.0%		60.7%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 10/30/2025

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
991388 CREAMY COLESLAW - 1 cup: R:1/4, OT:3/4	1 cup	100	86	0.29	79	8	*0	1.72	*0.00	2	15.46
000422 GRAPES,Fresh - 1 CUP	28 grapes	100	95	0.07	3	21	*0	0.22	0.00	0	24.83
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			577	1.68	1023	*58	*4	7.51	*0.00	50	95.35
% of Calories				2.62%		*40.2%	*2.8%	11.7%	*0.0%		66.1%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 31, 2025

Friday - 10/31/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (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
990672 WG Biscuit 2oz	56g	99	200	7.00	410	2	*0	9.00	0.00	0	27.00
992873 V/VG- Vegan Chicken Nuggets w/WG Roll	5 Nuggets	1	411	1.88	805	7	*4	13.30	0.00	0	55.12
992836 Collards Green & Tomato Salad - DG:1/2, R:1/2	1 cup	100	138	0.67	123	*4	*0	8.95	*0.01	0	13.85
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2	2	0.00	0.00	0	2.00
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	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			868	11.11	1096	*51	*2	31.90	*0.01	50	121.91
% of Calories				11.52 %		*23.5%	*0.9%	33.1%	*0.0%		56.2%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=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		766	6	836	*50	*1	20.29	*0.00	*76	113.36
% of Calories			6.65%		*26.1%	*0.5%	23.8%	*0.0%		59.2%

**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.