



Milk, grain, fruit, meat or meat alternative

BREAKFAST



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



Monday	Tuesday	Wednesday	Thursday	Friday
12/01/2025 Cereal Cheerios Honey Yoplait Yogurt Fresh Tangerines Choice of Milk	12/02/2025 WG French Toast Sticks (V/VG) Syrup Maple (ss) Fresh Pears Choice of Milk	12/03/2025 WW Sweet Potato Muffin(V) Mozzarella Cheese Stick** Fruit Punch Juice Choice of Milk	12/04/2025 Oatmeal Soft Round Banana Chocolate Chip (V) Fresh Apples Choice of Milk	12/05/2025 Pillsbury Mini Cinnis Cinnamon (V) Bananas Choice of Milk
12/08/2025 Cinnamon Toast Crunch Cereal (V/VG) Yoplait Yogurt Fresh Pears Choice of Milk	12/09/2025 Baked French Toast WW Muffin (V) Mozzarella Cheese Stick** Cranberry Juice Choice of Milk	12/10/2025 WG Choc. Chip Pancakes(V) Syrup Maple (ss) Bananas Choice of Milk	12/11/2025 Apple Homemade Baked Oatmeal (V) Fresh Oranges Choice of Milk Oatmilk	12/12/2025 Waffle Omelet w/ Cheese & Turkey Bacon Waffle Omelet w/Cheese(V) WG Biscuit Fresh Apples Choice of Milk
12/15/2025 Oatmeal Soft Round Apple Cinnamon Bar (V) Fruit Punch Juice Choice of Milk	12/16/2025 Pillsbury Breakfast Egg & Cheese Scrambler(V) Fresh Tangerines Choice of Milk	12/17/2025 Tk. Patty & WG Pancakes Veggie Patty & WG Pancakes (V) Syrup Maple (ss) Fresh Apples Choice of Milk	12/18/2025 Cereal Cheerios Multigrain (V/VG) Yoplait Yogurt Bananas Choice of Milk	12/19/2025 Homemade WW Gingerbread Muffin (V) Cranberry Juice Choice of Milk
12/22/2025 NO SCHOOL TODAY	12/23/2025 NO SCHOOL TODAY	12/24/2025 NO SCHOOL TODAY	12/25/2025 NO SCHOOL TODAY	12/26/2025 NO SCHOOL TODAY
12/29/2025 NO SCHOOL TODAY	12/30/2025 NO SCHOOL TODAY	12/31/2025 NO SCHOOL TODAY	01/01/2026 NO SCHOOL TODAY	01/02/2026 NO SCHOOL TODAY

Available Choice of Milk: Unflavored 1% or skim milk, Lactose Free or Soy.

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/ VA /MD), Sweet Potato (NC).

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

WG = Whole Grain WW = Whole Wheat

Nov 18, 2025



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
12/01/2025 Tomato N' Cheese Pasta(V) Apples Choice of Milk	12/02/2025 WW Chicken Fajitas w/Green Peppers Ck. Meatless Fajita(V/VG) Corn Pico de Gallo Sour Cream (ss) Fresh Oranges Choice of Milk	12/03/2025 Golden Crispy Chicken Tenders WG Roll Breaded Veggie Tender w/ WG Roll (V/VG) Collards Green & Tomato Salad Ketchup (ss) Bananas Choice of Milk	12/04/2025 Cranberry Turkey Chili over Brown Rice Cranberry Plant Based Chili & Brown Rice (V/VG) Fresh Pears Choice of Milk	12/05/2025 NO LUNCH
12/08/2025 Turkey Meatballs w/ Brown Rice & Bk. Beans Veggie Meatballs w/ Brown Rice & Beans (V/VG) Apples Choice of Milk	12/09/2025 WG Breaded Mozzarella St. Marinara Sauce (ss) Roasted Sweet Potatoes & Cauliflower Fresh Tangerines Choice of Milk	12/10/2025 Chicken & Tk. Bacon WG Pasta w/Tomato & Spinach Chicken Meatless WG Pasta w/Tomato & Spinach(V) Fresh Pears Choice of Milk	12/11/2025 Cheese Beef Burger & WG Bun Vegan Burger (V/VG) Roasted Potatoes & Broccoli Medley Ketchup (ss) Fruit Punch Juice Choice of Milk	12/12/2025 Turkey Taco Rice w/Corn Red & Gr. Peppers Meatless Taco Rice w/Corn Red & Gr. Peppers (V/VG) Bananas Choice of Milk
12/15/2025 WG Spaghetti & Beef Meatballs WG Spaghetti & Veggie Meatballs Apples Choice of Milk	12/16/2025 Turkey Hot Dog** & Vegetable Chili Grilled Cheese Sand. (V)* Roasted Cauliflower Fresh Pears Choice of Milk	12/17/2025 Fiesta Brown Rice Chicken w/ Corn, G. Peas & Carrot Br. Rice Chicken Meatless Corn,G. Peas &Carrot(V/VG) Bananas Choice of Milk	12/18/2025 Chicken Philly Sub w/ Green Peppers Veggie Philly Sub (V/VG) Garlic Roasted Potatoes Grape Juice Choice of Milk	12/19/2025 WG Cheese Pizza (V) Kale Salad w/ Cucumber & Tomatoes (V/VG) Fresh Tangerines Choice of Milk
12/22/2025 NO SCHOOL TODAY	12/23/2025 NO SCHOOL TODAY	12/24/2025 NO SCHOOL TODAY	12/25/2025 NO SCHOOL TODAY	12/26/2025 NO SCHOOL TODAY
12/29/2025 NO SCHOOL TODAY	12/30/2025 NO SCHOOL TODAY	12/31/2025 NO SCHOOL TODAY	01/01/2026 NO SCHOOL TODAY	01/02/2026 NO SCHOOL TODAY

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/WV), Carrots (MD, PA, NC), Sweet Potatoes (NC), Collards Green (NJ), Potatoes (PA/VA), Spinach (NC, VA, MD, VA), Cauliflower (VA), Cucumber (MD)

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

WG = Whole Grain WW = Whole Wheat **=Served only for K to 8 meals

LUNCH - Late Fall/ Winter Cycle
Washington Latin PCS-High School-LUNCH
HHFKA 9-12 (age 14-18)



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

LUNCH



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contact us directly at menu@luncherasdisi.com

Monday	Tuesday	Wednesday	Thursday	Friday
12/01/2025 Tomato N' Cheese Pasta(V) Fresh Apples Choice of Milk	12/02/2025 WW Chicken Fajitas w/Green Peppers Ck. Meatless Fajita(V/VG) Corn Pico de Gallo Sour Cream (ss) Fresh Oranges Choice of Milk	12/03/2025 Golden Crispy Chicken Tenders Breaded Veggie Tender(VG) WG Biscuit Collards Green & Tomato Salad Ketchup (ss) Bananas Choice of Milk	12/04/2025 Cranberry Turkey Chili over Brown Rice Cranberry Veggie Chili over Brown Rice (V/VG) Fresh Pears Choice of Milk	12/05/2025 NO LUNCH
12/08/2025 Turkey Meatballs w/ Brown Rice & Bk. Beans Veggie Meatballs w/ Brown Rice & Beans(V/VG) Cranberry Dried(ss)** Apples Choice of Milk	12/09/2025 WG Breaded Mozzarella St. Marinara Sauce (ss) Roasted Sweet Potatoes & Cauliflower Fresh Tangerines Choice of Milk	12/10/2025 Chicken & Tk. Bacon Pasta w/Tomato & Spinach Chicken Meatless Pasta w/Tomato & Spinach(V) Fresh Pears Choice of Milk	12/11/2025 Cheese Beef Burger & WG Bun Vegan Burger (V/VG) Roasted Potatoes & Broccoli Ketchup (ss) Fruit Punch Juice Choice of Milk	12/12/2025 Turkey Taco Rice w/Corn, Red & Gr. Peppers Meatless Taco Rice w/Corn Red & Gr. Peppers (V/VG) Bananas Choice of Milk
12/15/2025 WG Spaghetti & Beef Meatballs WG Spaghetti & Veggie Meatballs Cranberry Dried(ss)** Fresh Apples Choice of Milk	12/16/2025 Turkey Hot Dog** & Vegetable Chili Grilled Cheese Sand. (V)* Roasted Cauliflower Fresh Pears Choice of Milk	12/17/2025 Fiesta Rice Chicken w/ Corn, G. Peas & Carrot Rice Chicken Meatless w/ Corn,G. Peas & Carrot (VG) Bananas Choice of Milk	12/18/2025 Chicken Philly Sub w/ Green Peppers Veggie Philly Sub (V/VG) Garlic Roasted Potatoes Grape Juice Choice of Milk	12/19/2025 WG Cheese Pizza (V) Kale Salad w/ Cucumber & Tomatoes (V/VG) Fresh Tangerines Choice of Milk
12/22/2025 NO SCHOOL TODAY	12/23/2025 NO SCHOOL TODAY	12/24/2025 NO SCHOOL TODAY	12/25/2025 NO SCHOOL TODAY	12/26/2025 NO SCHOOL TODAY
12/29/2025 NO SCHOOL TODAY	12/30/2025 NO SCHOOL TODAY	12/31/2025 NO SCHOOL TODAY	01/01/2026 NO SCHOOL TODAY	01/02/2026 NO SCHOOL TODAY

Available Choice of Milk: Unflavored 1% or skim milk, Lactose Free or Soy.

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/WV), Carrots (MD, PA), Sweet Potatoes (NC), Collards Green (NJ), Potatoes (PA/VA), Zucchini (PA/NC), Kale (NJ) Carrots (PA), Mushrooms (PA).

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

Dec 1, 2025 thru Jan 2, 2026

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

Monday - 12/01/2025Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (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	6.00	6.00	1.50	0.00	0	22.00
991346 Yogurt Yoplait 4oz	4 oz	99	100	0.00	55	14.00	11.00	0.50	0.00	5	21.00
992217 VG/DF - Dairy Free Yogurt	5.3 oz	1	130	0.00	90	12.00	*N/A*	3.50	0.00	0	18.00
992900 TANGERINES,FRESH - (1 cup - 2 Tangerines)120 ct	2 (120 ct p/cs)	100	127	0.09	5	25.39	0.00	0.74	0.00	0	32.02
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			438	0.84	360	*58.37	*16.89	4.02	0.00	15	87.99
% of Calories				1.73%		*53.31 %	*5.48%	8.3%	0.0%		80.4%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Tuesday - 12/02/2025Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991061 V/VG- French Toast Sticks PreK-12	4 stick (92 gr)	100	260	2.00	300	9.00	*8.00	10.00	0.00	0	38.00
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0.00	0.00	0.00	0.00	0	4.00
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14.43	0.00	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			454	2.78	511	*36.43	*8.00	11.46	0.00	10	77.54
% of Calories				5.51%		*32.10 %	*7.05%	22.7%	0.0%		68.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Wednesday - 12/03/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000192 V-WW Sweet Potato Muffin	serving	99	166	0.26	29	*8.83	*0.00	2.92	*0.00	1	30.00
992223 VG/DF- Homemade Vegan Muffins	64 gr	1	215	0.54	9	*18.20	*16.77	7.58	*0.00	0	33.17
000010 Mozzarella, Cheese String	1 oz	100	61	2.02	202	1.01	*N/A*	3.04	0.00	10	1.01
990708 Fruit Punch, Juice - (1 Cup - 2 juices)	(2 HC)	100	120	0.00	10	24.00	0.00	0.00	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			447	3.03	371	*46.94	*0.17	7.25	*0.00	21	72.04
% of Calories				6.10%		*42.00 %	*0.00%	14.6%	*0.0%		64.5%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Thursday - 12/04/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (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	15.00	14.00	12.00	0.00	10	39.00
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	0	100	0.00	140	1.00	1.00	2.00	0.00	0	21.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15.48	0.00	0.25	0.00	0	20.58
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			457	4.79	371	*43.48	*14.00	13.50	0.00	20	72.58
% of Calories				9.43%		*38.06 %	*12.25 %	26.6%	0.0%		63.5%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Friday - 12/05/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991053 Pillsbury Mini Cinnis Cinnamon	65 gr	100	230	1.50	280	14.00	13.00	7.00	0.00	0	41.00
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	0	100	0.00	140	1.00	1.00	2.00	0.00	0	21.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	28.86	0.00	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			540	2.51	412	*55.86	*13.00	9.03	0.00	10	107.90
% of Calories				4.18%		*41.38 %	*9.63%	15.0%	0.0%		79.9%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Monday - 12/08/2025 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (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	6.00	6.00	2.50	0.00	0	22.00
991346 Yogurt Yoplait 4oz	4 oz	100	100	0.00	55	14.00	11.00	0.50	0.00	5	21.00
992217 VG/DF - Dairy Free Yogurt	5.3 oz	0	130	0.00	90	12.00	*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	14.43	0.00	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			394	1.78	346	*47.43	*17.00	4.46	0.00	15	78.54
% of Calories				4.07%		*48.15 %	*6.09%	10.2%	0.0%		79.7%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Tuesday - 12/09/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991524 V- Baked French Toast Muffin	serving	100	210	2.42	209	*17.94	*8.38	5.52	*0.00	99	31.17
992223 VG/DF- Homemade Vegan Muffins	64 gr	1	215	0.54	9	*18.20	*16.77	7.58	*0.00	0	33.17
000010 Mozzarella, Cheese String	1 oz	100	61	2.02	202	1.01	*N/A*	3.04	0.00	10	1.01

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991059 Cranberry Apple Juice (1 cup- 2 juices)	2 HC	100	120	0.00	0	24.00	0.00	0.00	0.00	0	26.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			494	5.20	543	*56.24	*8.55	9.93	*0.00	119	71.64
% of Calories				9.47%		*45.54 %	*6.79%	18.1%	*0.0%		58.0%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Wednesday - 12/10/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991372 V- WG Chocolate Chip Pancakes-(Krusteaz)	2 pancakes	100	186	1.51	400	9.11	*5.33	4.22	0.00	7	36.06
991178 VG/DF- Homemade WG Pancakes	2 pancakes	0	214	0.68	3	*4.73	*0.00	9.77	0.00	0	27.02
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0.00	0.00	0.00	0.00	0	4.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	28.86	0.00	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			506	2.53	612	*50.98	*5.33	6.25	0.00	17	106.96
% of Calories				4.50%		*40.30 %	*4.22%	11.1%	0.0%		84.6%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Thursday - 12/11/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990797 V-Apple Homemade Baked Oatmeal	SERVINGS	99	229	0.97	33	*6.41	*0.00	4.49	*0.00	3	40.30
993073 VG/DF- Apple Homemade Baked Oatmeal	SERVINGS	1	234	0.67	30	*6.88	*0.00	4.66	*0.00	0	41.94
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	100	123	0.04	0	24.50	0.00	0.31	0.00	0	30.78
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
992749 Oatmilk	8 fl	1	90	0.00	125	12.00	0.00	0.00	0.00	5	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			453	1.76	164	*44.03	*0.00	6.06	*0.00	13	84.23
% of Calories				3.50%		*38.88 %	*0.00%	12.0%	*0.0%		74.4%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

Friday - 12/12/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992588 Waffle Omelet w/ cheese & Tk. bacon	1	99	113	4.27	197	*0.02	*0.00	8.74	*0.00	104	1.16
992591 V- Waffle Omelet w/ cheese	1	1	102	4.05	144	*0.02	*0.00	7.91	0.00	100	1.07
992755 DF- Waffle Omelet w/ Tk. bacon	1	1	57	1.24	101	*0.02	*0.00	4.18	*0.00	89	0.66
990672 WG Biscuit 2oz	56g	100	200	7.00	410	2.00	*0.00	9.00	0.00	0	27.00
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	0	100	0.00	140	1.00	1.00	2.00	0.00	0	21.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15.48	0.00	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			491	12.08	739	*30.50	*0.00	19.27	*0.00	115	61.75
% of Calories				22.14 %		*24.85 %	*0.00%	35.3%	*0.0%		50.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Monday - 12/15/2025 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (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	15.18	13.15	12.14	0.00	20	39.46
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	0	100	0.00	140	1.00	1.00	2.00	0.00	0	21.00
990708 Fruit Punch, Juice - (1 Cup - 2 juices)	(2 HC)	100	120	0.00	10	24.00	0.00	0.00	0.00	0	28.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			493	4.80	383	*52.18	*13.15	13.39	0.00	30	80.46
% of Calories				8.76%		*42.34 %	*10.67 %	24.4%	0.0%		65.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Tuesday - 12/16/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (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	4.00	2.00	9.00	0.00	110	30.00
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	0	100	0.00	140	1.00	1.00	2.00	0.00	0	21.00
992551 TANGERINES,FRESH - (1 cup - 2 Tangerines)	2 (150ct p/cs)	100	127	0.09	5	25.39	0.00	0.74	0.00	0	32.02
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			457	4.84	485	*42.39	*2.00	10.99	0.00	120	75.02
% of Calories				9.53%		*37.10 %	*1.75%	21.6%	0.0%		65.7%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Wednesday - 12/17/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991694 Turkey Sausage Patty WG Pancakes	1 serving	100	223	1.83	660	5.33	*5.33	7.33	0.00	37	31.33
991777 V- Veggie Patty & WG Pancakes	1 serving	1	283	0.33	830	6.33	*5.33	9.33	0.00	7	37.33
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0.00	0.00	0.00	0.00	0	4.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15.48	0.00	0.25	0.00	0	20.58
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			414	2.63	880	*33.88	*5.39	8.93	0.00	47	69.28
% of Calories				5.72%		*32.73 %	*5.15%	19.4%	0.0%		66.9%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Thursday - 12/18/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991380 Cereal Cheerios MULTIGRAIN (28gr)	28 gr	100	110	0.00	105	6.00	*N/A*	1.00	0.00	0	23.00
991346 Yogurt Yoplait 4oz	4 oz	99	100	0.00	55	14.00	11.00	0.50	0.00	5	21.00
992217 VG/DF - Dairy Free Yogurt	5.3 oz	1	130	0.00	90	12.00	*N/A*	3.50	0.00	0	18.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	28.86	0.00	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			520	1.01	293	*61.84	*10.89	3.56	0.00	15	110.87
% of Calories				1.75%		*47.57 %	*N/A*	6.2%	0.0%		85.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

Friday - 12/19/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991328 V- WW Gingerbread Muffin	56 grams	100	278	0.86	69	*24.83	*5.58	10.18	*0.00	16	42.58
992223 VG/DF- Homemade Vegan Muffins	64 gr	1	215	0.54	9	*18.20	*16.77	7.58	*0.00	0	33.17
991059 Cranberry Apple Juice (1 cup- 2 juices)	2 HC	100	120	0.00	0	24.00	0.00	0.00	0.00	0	26.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			500	1.62	199	*62.02	*5.75	11.50	*0.00	26	81.91
% of Calories				2.92%		*49.62 %	*4.47%	20.7%	*0.0%		65.5%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Monday - 12/22/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	*N/A*	0%	0%		0%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

Tuesday - 12/23/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	*N/A*	0%	0%		0%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Wednesday - 12/24/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	*N/A*	0%	0%		0%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Thursday - 12/25/2025 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	*N/A*	0%	0%		0%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Friday - 12/26/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	*N/A*	0%	0%		0%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Monday - 12/29/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	*N/A*	0%	0%		0%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

Tuesday - 12/30/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	*N/A*	0%	0%		0%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Wednesday - 12/31/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	*N/A*	0%	0%		0%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Thursday - 01/01/2026 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	*N/A*	0%	0%		0%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Friday - 01/02/2026Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	*N/A*	0%	0%		0%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
Weighted Averages		471	3	445	*48.17	*8.01	9.31	*0.00	40	82.58
% of Calories			6.65%		*40.91 %	*5.10%	17.8%	*0.0%		70.1%

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
Added Sugars target is informational only, with an effective date of July 1, 2027.

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

Dec 1, 2025 thru Jan 2, 2026

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

Monday - 12/01/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991229 Tomato N' Cheese Pasta	serving	100	408	5.25	589	*9.49	*0.52	13.40	*0.00	26	56.29
993082 VG/DF- Tomato N' Cheese Pasta	serving	1	400	7.87	693	*7.97	*0.52	14.30	*0.00	0	62.32
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	7.74	*0.00	0.13	0.00	0	10.29
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			551	6.10	726	*30.31	*0.53	14.92	*0.00	36	80.20
% of Calories				9.96%		*22.00 %	*0.38%	24.4%	*0.0%		58.2%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Tuesday - 12/02/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992788 Chicken Fajitas OT:1/4	2 fajitas	100	338	2.02	520	*1.78	*0.00	11.82	0.00	41	36.14
992527 V/VG - Meatless Chicken Fajitas OT:1/4	2 fajitas 6"	1	356	1.43	631	*2.68	*0.00	11.49	0.00	0	37.96

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990334 Corn Pico de Gallo S:1/2, R:1/4, OT:1/4 cup	1 cup	100	134	0.03	17	11.08	*0.00	1.43	0.00	18	26.73
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2.00	2.00	0.00	0.00	0	4.00
991025 ORANGES - (1 orange113-125 ct)- 1/2 cup	1 orange	100	62	0.02	0	12.25	*0.00	0.16	0.00	0	15.39
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			663	2.83	703	*40.13	*2.00	14.77	0.00	69	95.64
% of Calories				3.84%		*24.21 %	*0.00%	20.0%	0.0%		57.7%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Wednesday - 12/03/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992450 Golden Crispy Chicken Tenders	3 tenders	99	260	0.00	390	1.00	*1.00	15.00	0.00	25	16.00
991056 VG/DF - WG Roll	32 gr	99	80	0.00	170	2.00	*2.00	1.00	0.00	0	15.00
992616 V/VG - Breaded Veggie Tenders w/WG Roll	4 tenders	1	500	2.00	1370	4.00	*2.00	19.00	0.00	0	51.00
992817 Collards Green & Tomato Salad - DG:1/2, R:1/4	3/4 cup	100	160	0.73	191	*6.24	*0.00	9.90	*0.01	0	17.21
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991007 Banana - 1/2 cup (150 ct - 1 Banana)	1/2 cup	100	105	0.13	1	14.43	0.00	0.39	0.00	0	26.95
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			717	1.64	981	*38.68	*4.99	27.57	*0.01	35	90.36
% of Calories				2.06%		*21.58 %	*0.56%	34.6%	*0.0%		50.4%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Thursday - 12/04/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991690 Cranberry Turkey Chili & Br Rice -L:1/2, R:1/4	serving	100	480	2.37	369	*13.02	*0.00	10.90	*0.00	87	71.41
991710 Cranberry Meatless Chili & Br Rice: - L:1/2, R:1/4	serving	1	423	0.19	530	*13.69	*0.00	4.24	*0.00	0	76.07
000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup	1/2 cup	100	40	0.02	1	6.82	*N/A*	0.10	0.00	0	10.66
000231 MILK,Skim	8 fl. oz.	100	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
Weighted Daily Average			671	3.14	571	*39.59	*0.00	12.33	*0.00	100	102.46
% of Calories				4.21%		*23.60 %	*0.00%	16.5%	*0.0%		61.1%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Friday - 12/05/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000156 NO LUNCH											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	*N/A*	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Monday - 12/08/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992793 Turkey Meatballs w/rice & Black Beans L:1/2, R:1/4	serving -4 (MB)	100	460	1.50	570	4.04	*1.34	7.34	0.00	45	73.07
991868 V/VG- Veggie Meatballs, rice & Beans L:1/2, R:1/4	1 serving (3VM)	1	500	3.00	556	4.04	*1.34	9.34	0.00	0	78.07
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	7.74	*0.00	0.13	0.00	0	10.29

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			605	2.31	707	*24.93	*1.35	8.86	0.00	55	97.27
% of Calories				3.44%		*16.48 %	*0.89%	13.2%	0.0%		64.3%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Tuesday - 12/09/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993017 V- WG Breaded Mozzarella Sticks	5 sticks	99	370	7.00	410	1.00	*1.00	18.00	0.00	25	35.00
992235 VG/DF- Grilled Vegan Cheese Sandwich	servings	1	260	4.00	640	4.00	*0.00	11.00	0.00	0	36.00
991071 Marinara Sauce (ss)	57 gr	100	45	0.00	230	4.00	*N/A*	1.00	0.00	0	7.00
993076 Roasted Sweet Potatoes & Cauliflower R:1/4, OT:1/4	1/2 cup	100	98	0.33	41	4.49	*0.00	3.74	0.00	0	14.53
992899 TANGERINES,FRESH - (100-120 ct)- 1/2 cup	1 large	100	64	0.05	2	12.70	0.00	0.37	0.00	0	16.01
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			676	8.09	815	*35.21	*0.99	24.29	0.00	35	85.54
% of Calories				10.77 %		*20.83 %	*0.59%	32.3%	0.0%		50.6%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Wednesday - 12/10/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990875 Creamy Chicken Penne Pasta DG: 1/4, R:1/2	3/4 cup	100	398	6.91	272	4.41	*0.00	14.61	*0.00	79	44.92
992134 V- Chicken Meatless Penne Pasta DG: 1/4, R:1/2	3/4 cup	1	400	5.83	290	3.02	*0.00	13.03	*0.00	33	47.36
000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup	1/2 cup	100	40	0.02	1	6.82	*N/A*	0.10	0.00	0	10.66
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			543	7.74	407	*24.38	*0.00	16.13	*0.00	89	69.18
% of Calories				12.83 %		*17.96 %	*0.00%	26.7%	*0.0%		51.0%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

Thursday - 12/11/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990548 Cheese Beef Burger -	serving	100	389	4.79	918	6.05	*4.04	18.19	0.00	43	35.33
992265 V/VG Vegan Burger -	serving	1	280	0.00	760	5.00	*4.00	7.00	0.00	0	36.00
991679 Roasted Potatoes & Broccoli -S: 1/2, DG:1/4	3/4 cup	100	130	0.33	13	*0.37	*0.00	3.90	0.00	0	21.95
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00
990692 Fruit Punch, Juice 1/2 cup	4 fl.oz.	100	60	0.00	5	12.00	0.00	0.00	0.00	0	14.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			692	5.87	1163	*33.47	*6.08	23.41	0.00	53	86.64
% of Calories				7.63%		*19.35 %	*2.33%	30.4%	0.0%		50.1%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Friday - 12/12/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992298 Turkey Taco Rice R: 1/4, S:1/4, OT:1/4	3/4 cup	100	443	2.49	454	*7.18	*0.00	12.90	0.00	100	61.07
992299 V/VG- Turkey Taco Rice: R: 1/4, S:1/4, OT:1/4	3/4 cup	1	375	0.21	612	*7.85	*0.00	5.85	0.00	9	64.60

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991007 Banana - 1/2 cup (150 ct - 1 Banana)	1/2 cup	100	105	0.13	1	14.43	0.00	0.39	0.00	0	26.95
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			653	3.38	592	*34.80	*0.00	14.64	0.00	110	101.80
% of Calories				4.66%		*21.32 %	*0.00%	20.2%	0.0%		62.4%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Monday - 12/15/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991130 Spaghetti & Beef Meatballs R: 3/4	SERVINGS (5MB)	100	460	6.26	373	8.91	*0.32	19.48	0.00	35	55.23
991731 V/VG- Spaghetti & Vegan Meatballs - R:3/4	SERVINGS (3 MB)	1	445	0.26	557	10.32	*0.64	9.96	0.00	0	72.59
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	7.74	*0.00	0.13	0.00	0	10.29
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			605	7.04	511	*29.86	*0.32	21.01	0.00	45	79.38
% of Calories				10.47 %		*19.74 %	*0.21%	31.3%	0.0%		52.5%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Tuesday - 12/16/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992493 Chili hot dog, turkey, Chili on side	serving	98	391	6.10	1157	*9.19	*1.47	16.56	*0.00	50	42.81
991126 V- Grilled Cheese Sandwich	servings	1	303	6.60	1142	8.00	*0.00	11.57	0.00	35	30.00
992235 VG/DF- Grilled Vegan Cheese Sandwich	servings	1	260	4.00	640	4.00	*0.00	11.00	0.00	0	36.00
990075 CAULIFLOWER,raw: fresh - 1/4 cup	1/4 cup	100	69	0.53	8	0.48	*0.00	7.07	0.00	0	1.24
000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup	1/2 cup	100	40	0.02	1	6.82	*N/A*	0.10	0.00	0	10.66
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			600	7.39	1291	*29.54	*1.44	24.92	*0.00	59	67.65
% of Calories				11.08 %		*19.69 %	*0.98%	37.4%	*0.0%		45.1%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Wednesday - 12/17/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991044 Fiesta Brown Rice Chicken S:1/2, R:1/4	serving	99	443	0.92	260	*6.66	*0.00	8.90	0.00	41	68.36
992180 V/VG -Fiesta Rice Chicken Meatless S:1/2, R:1/4	serving	1	462	0.34	372	*7.57	*0.00	8.68	0.00	0	70.18
991007 Banana - 1/2 cup (150 ct - 1 Banana)	1/2 cup	100	105	0.13	1	14.43	0.00	0.39	0.00	0	26.95
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			650	1.80	394	*34.21	*0.00	10.58	0.00	50	108.46
% of Calories				2.49%		*21.05 %	*0.00%	14.6%	0.0%		66.7%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Thursday - 12/18/2025 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993077 Chicken WG Philly Sub OT: 1/4	1 sandwich	100	315	1.27	337	4.96	*0.00	12.95	0.00	41	30.96
993078 V/VG- Veggie Philly Sub OT: 1/4	1 sandwich	1	350	0.69	472	6.77	*0.00	12.90	0.00	0	34.75
992521 Garlic Roasted Potatoes - .5	1/2 cup	100	116	0.20	9	*0.01	*0.00	2.44	0.00	0	21.70
992361 Grape Juice (1/2 cup- 1 juice) Suncup	4 fl	100	80	0.00	10	18.00	0.00	0.00	0.00	0	19.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			616	2.24	491	*36.14	*0.00	16.82	0.00	51	85.14
% of Calories				3.27%		*23.47 %	*0.00%	24.6%	0.0%		55.3%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Friday - 12/19/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (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	14.00	*N/A*	11.00	0.00	15	37.00
992725 DF - Cheese Pizza Sub R:1/4	slice	1	302	6.11	810	4.65	*N/A*	12.49	0.00	0	42.96
992825 Salad, Kale, Cucumber,Tomatoe DG:1/2,R:1/8, OT:1/8	3/4 cup	100	84	1.14	172	1.89	*0.00	7.07	0.00	0	5.20

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992899 TANGERINES,FRESH - (100-120 ct)- 1/2 cup	1 large	100	64	0.05	2	12.70	0.00	0.37	0.00	0	16.01
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			551	6.00	892	*41.64	*0.00	19.82	0.00	25	71.64
% of Calories				9.80%		*30.23 %	*N/A*	32.4%	0.0%		52.0%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Monday - 12/22/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	*N/A*	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Tuesday - 12/23/2025 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	*N/A*	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Wednesday - 12/24/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	*N/A*	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Thursday - 12/25/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	*N/A*	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

Friday - 12/26/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	*N/A*	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Monday - 12/29/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	*N/A*	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Tuesday - 12/30/2025 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	*N/A*	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Wednesday - 12/31/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	*N/A*	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Thursday - 01/01/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	*N/A*	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Friday - 01/02/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	*N/A*	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
Weighted Averages		628	5	732	*33.78	*1.26	17.86	*0.00	58	87.24
% of Calories			6.71%		*21.52 %	*0.33%	25.6%	*0.0%		55.6%

**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
Added Sugars target is informational only, with an effective date of July 1, 2027.

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

Dec 1, 2025 thru Jan 2, 2026

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

Monday - 12/01/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991735 Tomato N' Cheese Pasta 9-12	serving	100	448	6.77	768	*11.33	*0.52	15.83	*0.00	33	56.98
993084 VG/DF -Tomato N' Cheese Pasta 9-12	serving	1	440	10.40	923	*9.30	*0.52	17.23	*0.00	0	65.04
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15.48	0.00	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			630	7.66	909	*39.90	*0.53	17.50	*0.00	43	91.21
% of Calories				10.94 %		*25.33 %	*0.33%	25.0%	*0.0%		57.9%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Tuesday - 12/02/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992788 Chicken Fajitas OT:1/4	2 fajitas	100	338	2.02	520	*1.78	*0.00	11.82	0.00	41	36.14
992527 V/VG - Meatless Chicken Fajitas OT:1/4	2 fajitas 6"	1	356	1.43	631	*2.68	*0.00	11.49	0.00	0	37.96

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992984 Corn Pico de Gallo - 3/4 cup: S:1/2. OT:1/2	1 cup	100	125	0.02	14	10.07	*0.00	1.41	0.00	18	24.67
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2.00	2.00	0.00	0.00	0	4.00
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	100	123	0.04	0	24.50	0.00	0.31	0.00	0	30.78
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			715	2.84	700	*51.37	*2.00	14.90	0.00	69	108.97
% of Calories				3.57%		*28.74 %	*0.00%	18.8%	0.0%		61.0%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Wednesday - 12/03/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992450 Golden Crispy Chicken Tenders	3 tenders	99	260	0.00	390	1.00	*1.00	15.00	0.00	25	16.00
993085 V/VG - Breaded Veggie Tenders	4 tenders	1	420	2.00	1200	2.00	*0.00	18.00	0.00	0	36.00
990672 WG Biscuit 2oz	56g	100	200	7.00	410	2.00	*0.00	9.00	0.00	0	27.00
992836 Collards Green & Tomato Salad - DG:1/2, R:1/2	1 cup	100	168	0.75	194	*6.24	*0.00	10.00	*0.01	0	18.97
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	28.86	0.00	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			950	8.78	1224	*53.12	*2.99	36.05	*0.01	35	131.08
% of Calories				8.32%		*22.37 %	*0.42%	34.2%	*0.0%		55.2%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Thursday - 12/04/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990364 Cranberry Turkey Chili & Br Rice 9 -12	serving	100	585	2.37	377	*13.76	*0.00	11.90	*0.00	87	95.78
991885 Cranberry VEGGIE Turkey Chili & Br Rice 9 - 12	serving	1	560	0.19	644	*14.73	*0.00	5.86	*0.00	0	102.62
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	1	84	0.03	1	14.43	0.00	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	100	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			738	3.12	579	*33.66	*0.00	13.25	*0.00	100	116.66
% of Calories				3.80%		*18.24 %	*0.00%	16.2%	*0.0%		63.2%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Friday - 12/05/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000156 NO LUNCH											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	*N/A*	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Monday - 12/08/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992800 Turkey Meatballs w/rice & Black Beans L:1/2, R:1/2	serving -4 (MB)	100	510	1.50	610	5.81	*1.64	8.00	0.00	45	82.87
991756 V/VG- Veggie Meatball, rice & beans L:1/2, R:1/2	1 serving (3MB)	1	550	3.00	600	5.81	*1.64	10.00	0.00	0	87.87
991307 Cranberry, Dried Original	1.16oz	100	110	0.00	0	24.00	*N/A*	0.00	0.00	0	28.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (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	7.74	*0.00	0.13	0.00	0	10.29
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			766	2.31	748	*50.72	*1.65	9.52	0.00	55	135.17
% of Calories				2.71%		*26.49 %	*0.85%	11.2%	0.0%		70.6%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Tuesday - 12/09/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993017 V- WG Breaded Mozzarella Sticks	5 sticks	99	370	7.00	410	1.00	*1.00	18.00	0.00	25	35.00
992235 VG/DF- Grilled Vegan Cheese Sandwich	servings	1	260	4.00	640	4.00	*0.00	11.00	0.00	0	36.00
991071 Marinara Sauce (ss)	57 gr	100	45	0.00	230	4.00	*N/A*	1.00	0.00	0	7.00
993080 Roasted Sweet Potatoes & Cauliflower R:1/4, OT:1/2	3/4 cup	100	105	0.33	49	4.99	*0.00	3.74	0.00	0	15.78
992900 TANGERINES,FRESH - (1 cup - 2 Tangerines)120 ct	2 (120 ct p/cs)	100	127	0.09	5	25.39	0.00	0.74	0.00	0	32.02
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			746	8.14	826	*48.41	*0.99	24.66	0.00	35	102.80
% of Calories				9.82%		*25.96 %	*0.54%	29.8%	0.0%		55.1%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Wednesday - 12/10/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992474 Creamy Chicken Penne Pasta DG: 1/2, R:1/2	1 cup	100	503	12.70	295	5.46	*0.00	24.05	*0.00	112	49.46
992475 V-Creamy Meatless Penne Pasta DG: 1/2, R:1/2	1 cup	1	443	7.77	300	5.82	*0.00	16.25	*0.00	44	50.76
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14.43	0.00	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			693	13.57	431	*33.06	*0.00	25.71	*0.00	122	85.64
% of Calories				17.62 %		*19.08 %	*0.00%	33.4%	*0.0%		49.4%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

Thursday - 12/11/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990548 Cheese Beef Burger -	serving	100	389	4.79	918	6.05	*4.04	18.19	0.00	43	35.33
992265 V/VG Vegan Burger -	serving	1	280	0.00	760	5.00	*4.00	7.00	0.00	0	36.00
990945 Roasted Potatoes & Broccoli DG:1/2, S:1/2	1 cup	100	136	0.33	20	*0.75	*0.00	3.75	0.00	0	23.41
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00
990708 Fruit Punch, Juice - (1 Cup - 2 juices)	(2 HC)	100	120	0.00	10	24.00	0.00	0.00	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			758	5.88	1175	*45.85	*6.08	23.27	0.00	53	102.10
% of Calories				6.98%		*24.20 %	*2.13%	27.6%	0.0%		53.9%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Friday - 12/12/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992305 Turkey Rice w/Corn,Red,Gr.Pepper R:1/4,S:1/2,O:1/4	1 cup	100	492	2.49	456	*10.70	*0.00	13.57	0.00	110	70.31
992306 V/VG-Turkey Taco Rice 1 CUP - R:1/4,S:1/2,O:1/4	1 cup	1	424	0.21	614	*11.36	*0.00	6.52	0.00	18	73.84

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	28.86	0.00	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			807	3.51	596	*52.78	*0.00	15.71	0.00	120	138.08
% of Calories				3.91%		*26.16 %	*0.00%	17.5%	0.0%		68.4%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Monday - 12/15/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991608 Spaghetti & Beef Meatballs -Tyson R: 1	SERVINGS (5 MB)	100	488	6.26	420	11.16	*0.64	20.03	0.00	35	60.35
993081 V/VG- Spaghetti & Vegan Meatballs - R:1	SERVINGS (3 MB)	1	460	0.27	582	12.05	*0.64	10.05	0.00	0	76.08
991307 Cranberry, Dried Original	1.16oz	100	110	0.00	0	24.00	*N/A*	0.00	0.00	0	28.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15.48	0.00	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			782	7.06	558	*63.87	*0.64	21.68	0.00	45	122.82
% of Calories				8.13%		*32.67 %	*0.32%	25.0%	0.0%		62.8%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Tuesday - 12/16/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992493 Chili hot dog, turkey, Chili on side	serving	98	391	6.10	1157	*9.19	*1.47	16.56	*0.00	50	42.81
991126 V- Grilled Cheese Sandwich	servings	1	303	6.60	1142	8.00	*0.00	11.57	0.00	35	30.00
992235 VG/DF- Grilled Vegan Cheese Sandwich	servings	1	260	4.00	640	4.00	*0.00	11.00	0.00	0	36.00
990098 CAULIFLOWER,raw: fresh	1/2 CUP	100	76	0.50	16	1.00	*N/A*	7.00	0.00	0	2.50
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14.43	0.00	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			651	7.37	1301	*37.66	*1.44	24.96	*0.00	59	80.79
% of Calories				10.19 %		*23.14 %	*0.90%	34.5%	*0.0%		49.6%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Wednesday - 12/17/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991114 Fiesta Rice Chicken R:1/2, S:1/2	serving	100	567	1.12	282	*8.17	*0.00	12.35	0.00	41	89.71
991769 V/VG -Fiesta Rice veggie Chicken R:1/2, S:1/2	serving	1	571	0.34	419	*9.17	*0.00	9.51	0.00	0	91.71
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	28.86	0.00	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			884	2.14	420	*50.23	*0.00	14.51	0.00	51	157.66
% of Calories				2.18%		*22.73 %	*0.00%	14.8%	0.0%		71.3%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Thursday - 12/18/2025 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993077 Chicken WG Philly Sub OT: 1/4	1 sandwich	100	315	1.27	337	4.96	*0.00	12.95	0.00	41	30.96
993078 V/VG- Veggie Philly Sub OT: 1/4	1 sandwich	1	350	0.69	472	6.77	*0.00	12.90	0.00	0	34.75
992509 Garlic Roasted Potatoes 3/4 cup: S: 3/4	3/4 cup	100	228	0.41	17	*0.01	*0.00	4.87	0.00	0	42.65
992362 Grape Juice - (1 cup: 2 juices)	2 (4 fl)	100	160	0.00	20	36.00	0.00	0.00	0.00	0	38.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			808	2.44	509	*54.15	*0.00	19.24	0.00	51	125.09
% of Calories				2.72%		*26.81 %	*0.00%	21.4%	0.0%		61.9%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Friday - 12/19/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (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	14.00	*N/A*	11.00	0.00	15	37.00
992725 DF - Cheese Pizza Sub R:1/4	slice	1	302	6.11	810	4.65	*N/A*	12.49	0.00	0	42.96
992581 Salad, Kale, Cucumber,Tomatoe DG:1/2,R:1/4, OT:1/4	1 cup	100	93	1.18	174	2.58	*0.00	7.19	0.00	0	7.16

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992900 TANGERINES,FRESH - (1 cup - 2 Tangerines)120 ct	2 (120 ct p/cs)	100	127	0.09	5	25.39	0.00	0.74	0.00	0	32.02
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			623	6.09	897	*55.02	*0.00	20.31	0.00	25	89.61
% of Calories				8.80%		*35.33 %	*N/A*	29.3%	0.0%		57.5%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Monday - 12/22/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	*N/A*	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Tuesday - 12/23/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	*N/A*	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Wednesday - 12/24/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	*N/A*	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Thursday - 12/25/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	*N/A*	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

Friday - 12/26/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	*N/A*	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Monday - 12/29/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	*N/A*	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Tuesday - 12/30/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	*N/A*	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Wednesday - 12/31/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	*N/A*	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Thursday - 01/01/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	*N/A*	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Friday - 01/02/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	*N/A*	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
Weighted Averages		754	6	777	*47.84	*1.17	20.09	*0.00	62	113.41
% of Calories			6.90%		*25.38 %	*0.28%	24.0%	*0.0%		60.2%

**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
Added Sugars target is informational only, with an effective date of July 1, 2027.

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.