



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
01/05/2026 WG Lucky Charm Cereal Yoplait Yogurt Fresh Apples Choice of Milk	01/06/2026 Oatmeal Soft Round Banana Chocolate Chip (V) Fresh Pears Choice of Milk	01/07/2026 WW Sweet Potato Muffin(V) Mozzarella Cheese Stick** Fruit Punch Juice Choice of Milk	01/08/2026 WG French Toast Sticks (V/VG) Syrup Maple (ss) Bananas Choice of Milk	01/09/2026 Pillsbury Mini Cinnis Cinnamon (V) Fresh Oranges Choice of Milk
01/12/2026 Cinnamon Toast Crunch Cereal (V/VG) Yoplait Yogurt Fresh Pears Choice of Milk	01/13/2026 WG Choc. Chip Pancakes(V) Syrup Maple (ss) Bananas Choice of Milk	01/14/2026 Baked French Toast WW Muffin (V) Mozzarella Cheese Stick** Cranberry Juice Choice of Milk	01/15/2026 Apple Homemade Baked Oatmeal Bar (V) Fresh Oranges Choice of Milk	01/16/2026 Waffle Omelet w/ Cheese & Turkey Bacon Waffle Omelet w/Cheese(V) WG Biscuit Fresh Apples Choice of Milk
01/19/2026 NO SCHOOL TODAY	01/20/2026 Cereal Cheerios Multigrain (V/VG) Yoplait Yogurt Fresh Apples Choice of Milk	01/21/2026 Tk. Patty & WG Pancakes Veggie Patty & WG Pancakes (V) Syrup Maple (ss) Fresh Pears Choice of Milk	01/22/2026 Pillsbury Breakfast Egg & Cheese Scrambler(V) Bananas Choice of Milk	01/23/2026 Homemade WW Gingerbread Muffin (V) Cranberry Juice Choice of Milk
01/26/2026 NO SCHOOL TODAY	01/27/2026 Pumpkin- Carrot WW Breakfast Loaf (V) Bananas Choice of Milk	01/28/2026 WG Pancake Bites Poffitz (V) Syrup Maple (ss) Cranberry Juice Choice of Milk	01/29/2026 Cereal Cheerios Honey Yoplait Yogurt Fresh Apples Choice of Milk	01/30/2026 Turkey Patty & WG Biscuit Veggie Patty & Biscuit -V Fresh Oranges Choice of Milk

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

Dec 16, 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
01/05/2026 WG Caprese Pasta (V) Diced Peaches Choice of Milk	01/06/2026 Cheese Beef Burger & WG Bun Vegan Burger (V/VG) Roasted Potatoes & Broccoli Medley Ketchup (ss) Fresh Apples Choice of Milk	01/07/2026 Turkey Meatballs w/ Brown Rice & Bk. Beans Veggie Meatballs w/ Brown Rice & Beans (V/VG) Bananas Choice of Milk	01/08/2026 Chicken & Tk. Bacon WG Pasta w/Tomato & Spinach Chicken Meatless WG Pasta w/Tomato & Spinach(V) Fresh Tangerines Choice of Milk	01/09/2026 Golden Crispy Chicken Tenders WG Roll Breaded Veggie Tender w/ WG Roll (V/VG) Roasted Sweet Potatoes & Cauliflower Ketchup (ss) Grape Juice Choice of Milk
01/12/2026 Turkey Taco Rice w/Corn Red & Gr. Peppers Meatless Taco Rice w/Corn Red & Gr. Peppers (V/VG) Apples Choice of Milk	01/13/2026 Stuffed Crust Pizza w/ Cheese (V) Balela Salad w/ Garbanzo, Tomato & Cucumber Fresh Oranges Choice of Milk	01/14/2026 WG Spaghetti & Beef Meatballs WG Spaghetti & Veggie Meatballs Fresh Pears Choice of Milk	01/15/2026 Fiesta Brown Rice Chicken w/ Corn, G. Peas & Carrot Br. Rice Chicken Meatless Corn,G. Peas &Carrot(V/VG) Bananas Choice of Milk	01/16/2026 WG Breaded Mozzarella St. Marinara Sauce (ss) Honey Garlic Broccoli & Cauliflower Fruit Punch Juice Choice of Milk
01/19/2026 NO SCHOOL TODAY	01/20/2026 WG Cheese Pizza (V) Roasted Potatoes Bananas Choice of Milk	01/21/2026 WG Pasta Carbonara w/ Turkey Bacon WG Pasta Carbonara w/ Meatless Bacon (V) Vanilla Winter Squash (V) Orange Juice Choice of Milk	01/22/2026 Enchilada Brown Rice w/ Bk. Beans & Gr. Peppers-V Apples Choice of Milk	01/23/2026 Breaded Chicken Nuggets Veggie Nuggets w/ WG Roll (V/VG) Roasted Sweet Potatoes & Broccoli Medley Ketchup (ss) Fresh Tangerines Choice of Milk
01/26/2026 NO SCHOOL TODAY	01/27/2026 Turkey Meatballs WG Sub. w/Cheese Veggie Meatballs WG Submarine (V/VG) Sauteed Green Collards Fresh Tangerines Choice of Milk	01/28/2026 WW Chicken Fajitas w/Green Peppers Ck. Meatless Fajita(V/VG) Corn Pico de Gallo Sour Cream (ss) Apples Choice of Milk	01/29/2026 Turkey Breast & Provolone Cheese WW Sandwich Provolone WW Sand. (V) Garlic Roasted Potatoes Bananas Choice of Milk	01/30/2026 Cranberry Turkey Chili over Brown Rice Cranberry Plant Based Chili & Brown Rice (V/VG) Fresh Pears 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/WV), Carrots (MD, PA), Sweet Potatoes (NC), Collards Green (NJ), Potatoes (PA/VA), Winter Squash (PA/NC), Kale (NJ) Carrots (PA), Mushrooms (PA), Collards Green (NC), 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

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



Monday	Tuesday	Wednesday	Thursday	Friday
01/05/2026 WG Caprese Pasta (V) Sliced Peaches Choice of Milk	01/06/2026 Cheese Beef Burger & WG Bun Vegan Burger (V/VG) Roasted Potatoes & Broccoli Ketchup (ss) Fresh Apples Choice of Milk	01/07/2026 Turkey Meatballs w/ Brown Rice & Bk. Beans Veggie Meatballs w/ Brown Rice & Beans(V/VG) Bananas Choice of Milk	01/08/2026 Chicken & Tk. Bacon Pasta w/Tomato & Spinach Chicken Meatless Pasta w/Tomato & Spinach(V) Fresh Tangerines Choice of Milk	01/09/2026 Golden Crispy Chicken Tenders Breaded Veggie Tender(VG) WG Biscuit Roasted Sweet Potato & Cauliflower Medley Ketchup (ss) Grape Juice Choice of Milk
01/12/2026 Turkey Taco Rice w/Corn, Red & Gr. Peppers Meatless Taco Rice w/Corn Red & Gr. Peppers (V/VG) Cranberry Dried(ss)** Fresh Apples Choice of Milk	01/13/2026 Stuffed Crust Pizza w/ Cheese (V) Balela Salad w/ Garbanzo, Tomato & Cucumber Fresh Oranges Choice of Milk	01/14/2026 WG Spaghetti & Beef Meatballs WG Spaghetti & Veggie Meatballs Fresh Pears Choice of Milk	01/15/2026 Fiesta Rice Chicken w/ Corn, G. Peas & Carrot Rice Chicken Meatless w/ Corn,G. Peas & Carrot (VG) Bananas Choice of Milk	01/16/2026 WG Breaded Mozzarella St. Marinara Sauce (ss) Honey Garlic Broccoli & Cauliflower Fruit Punch Juice Choice of Milk
01/19/2026 NO SCHOOL TODAY	01/20/2026 WG Cheese Pizza (V) Roasted Potatoes Bananas Choice of Milk	01/21/2026 WG Pasta Carbonara w/ Turkey Bacon WG Pasta Carbonara w/ Meatless Bacon (V) Vanilla Winter Squash (V) Orange Juice Choice of Milk	01/22/2026 Enchilada Brown Rice w/ Bk. Beans & Gr. Peppers-V Fresh Apples Choice of Milk	01/23/2026 Breaded Chicken Nuggets Veggie Nuggets (V/VG) WG Biscuit Roasted Sweet Potatoes & Broccoli Ketchup (ss) Fresh Tangerines Choice of Milk
01/26/2026 NO SCHOOL TODAY	01/27/2026 Turkey Meatballs WG Sub. w/Cheese Veggie Meatballs WG Submarine (V/VG) SautOed Collards Green Fresh Tangerines Choice of Milk	01/28/2026 WW Chicken Fajitas w/Green Peppers Ck. Meatless Fajita(V/VG) Pico de Gallo w/ Tomatoes & Onions Sour Cream (ss) Fresh Apples Choice of Milk	01/29/2026 Turkey Breast & Provolone Cheese WW Sandwich Provolone WW Sand. (V) Garlic Roasted Potatoes Bananas Choice of Milk	01/30/2026 Cranberry Turkey Chili over Brown Rice Cranberry Veggie Chili over Brown Rice (V/VG) Fresh Pears Choice of Milk

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), Winter Squash (PA/NC), Kale (NJ) Carrots (PA), Mushrooms (PA), Collards Green (NC), Cucumber (MD)
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

Jan 5, 2026 thru Jan 30, 2026

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

Monday - 01/05/2026Reimbursable 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)
992858 Cereal, Lucky Charm SS Bowl	28 gr	100	110	0.00	220	6.00	6.00	2.00	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
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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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			388	0.79	412	*47.46	*16.89	4.03	0.00	15	76.55
% of Calories				1.83%		*48.93 %	*6.19%	9.3%	0.0%		78.9%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Tuesday - 01/06/2026Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 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)
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
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
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	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			464	4.78	376	*41.43	*14.00	13.46	0.00	20	74.54
% of Calories				9.27%		*35.72 %	*12.07 %	26.1%	0.0%		64.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Wednesday - 01/07/2026 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	135	12.00	0.00	0.00	0.00	5	13.00

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 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	135	12.00	0.00	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	376	*45.94	*0.17	7.25	*0.00	21	72.04
% of Calories				6.10%		*41.11 %	*0.00%	14.6%	*0.0%		64.5%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Thursday - 01/08/2026

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)
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
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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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

Jan 5, 2026 thru Jan 30, 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			580	3.01	517	*49.86	*8.00	12.03	0.00	10	108.90
% of Calories				4.67%		*34.39 %	*5.52%	18.7%	0.0%		75.1%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Friday - 01/09/2026 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
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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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			453	2.29	415	*50.50	*13.00	8.56	0.00	10	84.78
% of Calories				4.55%		*44.59 %	*11.48 %	17.0%	0.0%		74.9%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Monday - 01/12/2026 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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	351	*46.43	*17.00	4.46	0.00	15	78.54
% of Calories				4.07%		*47.14 %	*6.09%	10.2%	0.0%		79.7%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Tuesday - 01/13/2026

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

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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			506	2.53	617	*49.98	*5.33	6.25	0.00	17	106.96
% of Calories				4.50%		*39.51 %	*4.22%	11.1%	0.0%		84.6%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Wednesday - 01/14/2026 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
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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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

Jan 5, 2026 thru Jan 30, 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			494	5.20	548	*55.24	*8.55	9.93	*0.00	119	71.64
% of Calories				9.47%		*44.73 %	*6.79%	18.1%	*0.0%		58.0%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Thursday - 01/15/2026

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 Bar	SERVINGS	99	229	0.97	33	*6.41	*0.00	4.49	*0.00	3	40.30
993073 VG/DF- Apple Homemade Baked Oatmeal Bar	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	135	12.00	0.00	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	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			453	1.76	169	*43.02	*0.00	6.10	*0.00	13	84.23
% of Calories				3.50%		*37.99 %	*0.00%	12.1%	*0.0%		74.4%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 2026

Friday - 01/16/2026 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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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	744	*29.50	*0.00	19.27	*0.00	115	61.75
% of Calories				22.14 %		*24.03 %	*0.00%	35.3%	*0.0%		50.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Monday - 01/19/2026 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 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			

Tuesday - 01/20/2026 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
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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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			388	0.79	297	*47.46	*10.89	3.03	0.00	15	77.55
% of Calories				1.83%		*48.93 %	*N/A*	7.0%	0.0%		79.9%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 2026

Wednesday - 01/21/2026 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
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
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	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			421	2.62	885	*31.83	*5.39	8.88	0.00	47	71.25
% of Calories				5.60%		*30.24 %	*5.07%	19.0%	0.0%		67.7%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Thursday - 01/22/2026 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

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 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
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	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			540	5.01	487	*44.86	*2.00	11.03	0.00	120	96.90
% of Calories				8.35%		*33.23 %	*1.48%	18.4%	0.0%		71.8%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Friday - 01/23/2026

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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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

Jan 5, 2026 thru Jan 30, 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			501	1.62	205	*61.13	*5.75	11.55	*0.00	26	82.04
% of Calories				2.91%		*48.81 %	*4.46%	20.7%	*0.0%		65.5%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Monday - 01/26/2026 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			450 - 500	<10	540		<10	<=0			

Tuesday - 01/27/2026 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)
991334 V- Pumpkin Carrot Breakfast Loaf	1 squares	100	223	2.59	231	*20.74	*13.97	4.77	*0.00	36	41.54
992219 VG/DF- Pumpkin Carrot Breakfast Loaf (VG)	1 squares	1	185	0.05	192	*21.39	*13.97	0.69	*0.00	0	42.17
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	135	12.00	0.00	0.00	0.00	5	13.00

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 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	135	12.00	0.00	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			535	3.61	370	*61.82	*14.11	6.81	*0.00	46	108.86
% of Calories				6.07%		*46.22 %	*10.45 %	11.5%	*0.0%		81.4%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Wednesday - 01/28/2026 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)
992993 V-WG Pancake Bites Poffitz (IW)	2.4 oz (68gr)	100	250	1.00	290	13.00	11.00	12.00	0.00	40	37.00
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
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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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

Jan 5, 2026 thru Jan 30, 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			481	1.76	506	*49.11	*11.00	13.30	0.00	50	80.13
% of Calories				3.29%		*40.84 %	*9.15%	24.9%	0.0%		66.6%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Thursday - 01/29/2026

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)
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
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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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			388	0.79	362	*47.46	*16.89	3.53	0.00	15	76.55
% of Calories				1.83%		*48.93 %	*6.19%	8.2%	0.0%		78.9%
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0			

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 2026

Friday - 01/30/2026 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)
992533 WG Biscuit 2oz & Tk. Patty Sausage CR	2oz Biscuit	99	260	8.00	490	2.00	*0.00	13.00	0.00	30	27.00
992260 V- WG Biscuit and Veggie Patty	28 gr	1	170	4.00	460	2.00	*1.00	7.50	0.00	0	18.00
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
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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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			482	8.75	625	*38.50	*0.01	14.51	0.00	40	70.70
% of Calories				16.34 %		*31.95 %	*0.00%	27.1%	0.0%		58.7%
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		467	3	459	*46.75	*8.28	9.11	*0.00	40	82.44
% of Calories			6.67%		*40.04 %	*5.14%	17.6%	*0.0%		70.6%

**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

Jan 5, 2026 thru Jan 30, 2026

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

Monday - 01/05/2026Reimbursable 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)
991411 V- Caprese WG Pasta 3/4cup: R:1/2, OT:1/4	serving	100	440	7.63	560	9.06	*0.64	15.21	0.00	38	54.99
992622 VG/DF- Caprese WG Pasta 3/4cup: R:1/2, OT:1/4	serving	1	398	10.03	664	6.53	*0.64	14.56	0.00	0	61.93
990597 PEACHES, DICED IN JUICE SS PLASTIC CUP - HC	HC	100	80	0.00	5	18.00	*N/A*	0.00	0.00	0	19.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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			626	8.48	707	*39.23	*0.64	16.65	0.00	48	87.74
% of Calories				12.19 %		*25.07 %	*0.41%	23.9%	0.0%		56.1%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Tuesday - 01/06/2026Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 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)
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
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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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			711	5.92	1166	*36.06	*6.08	23.71	0.00	53	93.35
% of Calories				7.49%		*20.29 %	*2.27%	30.0%	0.0%		52.5%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Wednesday - 01/07/2026

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
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

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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			672	2.42	713	*30.62	*1.35	9.12	0.00	55	113.93
% of Calories				3.24%		*18.23 %	*0.80%	12.2%	0.0%		67.8%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Thursday - 01/08/2026

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
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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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

Jan 5, 2026 thru Jan 30, 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			567	7.77	414	*29.25	*0.00	16.41	*0.00	89	74.53
% of Calories				12.33 %		*20.63 %	*0.00%	26.0%	*0.0%		52.6%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Friday - 01/09/2026

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
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
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00
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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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

Jan 5, 2026 thru Jan 30, 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			637	1.10	852	*40.00	*4.99	21.02	0.00	35	80.98
% of Calories				1.55%		*25.12 %	*0.63%	29.7%	0.0%		50.9%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Monday - 01/12/2026 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
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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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			587	3.27	597	*27.11	*0.00	14.38	0.00	110	85.14
% of Calories				5.01%		*18.47 %	*0.00%	22.0%	0.0%		58.0%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Tuesday - 01/13/2026 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 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)
993087 V- Stuffed Crust Pizza w/Cheese	137 gr	100	330	4.50	850	4.00	*1.00	14.00	0.00	15	36.00
991196 VG/DF- Pizza Sub-R: 1/4	slice	1	245	4.78	609	5.48	*N/A*	10.73	0.00	0	38.43
991922 Balela Salad L:1/2, OT:1/8, R:1/8	serving	100	200	0.51	149	*1.02	*0.00	6.19	*0.00	*0	30.60
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
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	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			694	5.83	1140	*29.32	*1.00	21.70	*0.00	*25	95.38
% of Calories				7.56%		*16.90 %	*0.58%	28.1%	*0.0%		55.0%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Wednesday - 01/14/2026

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
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

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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			605	7.03	514	*27.84	*0.32	20.93	0.00	45	79.62
% of Calories				10.46 %		*18.41 %	*0.21%	31.1%	0.0%		52.6%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Thursday - 01/15/2026

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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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

Jan 5, 2026 thru Jan 30, 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			650	1.80	399	*33.21	*0.00	10.58	0.00	50	108.46
% of Calories				2.49%		*20.44 %	*0.00%	14.6%	0.0%		66.7%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Friday - 01/16/2026

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
992618 Honey Broccoli & Cauliflower3/4CUP: DG:1/2,OT:1/4	3/4 cup	100	127	0.42	241	*3.14	*0.00	3.89	*0.00	0	22.42
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
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	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

Jan 5, 2026 thru Jan 30, 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			701	8.14	1024	*32.17	*0.99	24.07	*0.00	35	91.43
% of Calories				10.45 %		*18.36 %	*0.57%	30.9%	*0.0%		52.2%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Monday - 01/19/2026 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			

Tuesday - 01/20/2026 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
000279 Roasted Potatoes - 3/4cup: S:3/4	3/4 cup	100	176	0.38	12	*0.00	*0.00	4.79	0.00	0	30.80
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

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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			686	5.33	738	*40.59	*0.00	17.60	0.00	25	108.31
% of Calories				6.99%		*23.67 %	*N/A*	23.1%	0.0%		63.2%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Wednesday - 01/21/2026

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)
992275 Pasta Carbonara K-8 - OT: 1/4	3/4	99	517	8.42	1166	*2.95	*0.00	22.12	*0.00	151	44.43
992278 V- Pasta Carbonara OT: 1/4	serving	1	470	7.44	767	*2.95	*0.00	21.90	*0.00	118	49.44
993088 Vanilla Winter Squash R: 1/2	1/2 cup	100	69	1.81	4	*0.13	*0.00	5.02	*0.00	5	5.71
992365 Orange Juice - Suncup - 4oz	4 fl.	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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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

Jan 5, 2026 thru Jan 30, 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			746	10.97	1307	*27.19	*0.00	28.44	*0.00	165	77.32
% of Calories				13.23 %		*14.58 %	*0.00%	34.3%	*0.0%		41.5%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Thursday - 01/22/2026 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)
991683 V-Enchilada Rice (2oz MA) L:1/2, OT: 1/4	serving	99	544	6.21	603	*4.29	*0.00	13.18	*0.00	30	80.52
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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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			678	6.93	733	*24.10	*0.00	14.47	*0.00	40	103.13
% of Calories				9.20%		*14.22 %	*0.00%	19.2%	*0.0%		60.8%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Friday - 01/23/2026 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 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)
991084 Chicken Nuggets Breaded	4 pc (91 gr)	99	210	2.50	340	1.00	*0.00	12.00	0.00	40	12.00
992873 V/VG- Vegan Chicken Nuggets w/WG Roll	5 Nuggets	1	411	1.88	805	6.51	*4.00	13.30	0.00	0	55.12
992552 Roasted Sweet Potatoes & Broccoli - DG: 1/2, R:1/4	3/4 cup	100	91	0.33	33	3.99	*0.00	3.74	0.00	0	13.28
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00
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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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			478	3.62	606	*31.85	*2.04	17.42	0.00	50	56.85
% of Calories				6.82%		*26.65 %	*0.00%	32.8%	0.0%		47.6%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Monday - 01/26/2026

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 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			

Tuesday - 01/27/2026 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)
992276 Turkey Meatball Sub -w/Cheese R:1/4	sub (4Meatballs	100	310	3.02	714	7.41	*1.32	9.51	0.00	53	37.19
992277 V-VG Meatball Sub R:1/4	sub (4Meatballs	1	309	3.00	613	6.90	*1.32	8.98	0.00	0	41.18
990953 Sautéed Collards Green DG: 1/2	1/2 cup	100	75	0.26	34	0.22	*0.00	3.05	0.00	0	10.39
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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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			553	4.11	893	*32.51	*1.33	14.31	0.00	63	77.13
% of Calories				6.69%		*23.52 %	*0.95%	23.3%	0.0%		55.8%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 2026

Wednesday - 01/28/2026 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
993097 Corn Pico de Gallo S:1/4, R:1/4, OT:1/4 cup	3/4 cup	100	76	0.02	12	6.55	*0.00	0.74	0.00	9	15.43
992869 Sour Cream (ss)	28 gr	100	60	3.50	15	1.00	1.00	5.00	0.00	20	1.00
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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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			617	6.33	689	*29.10	*1.00	19.05	0.00	80	76.23
% of Calories				9.23%		*18.87 %	*0.00%	27.8%	0.0%		49.4%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Thursday - 01/29/2026 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)
991718 Turkey Breast & Provolone WW Sandwich	serving	100	320	7.01	1040	5.09	*0.67	13.44	0.00	47	27.82

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 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)
992329 Provolone WW Sandwich (V)	serving	1	426	11.54	892	6.42	*2.00	26.29	0.00	48	29.15
000223 MUSTARD: individual PC	Pkt 5g	1	3	0.01	55	0.05	0.00	0.17	0.00	0	0.29
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
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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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			758	8.42	1203	*31.71	*0.69	20.26	0.00	57	110.85
% of Calories				10.00 %		*16.73 %	*0.36%	24.1%	0.0%		58.5%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0			

Friday - 01/30/2026

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

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 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.	100	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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			671	3.14	579	*38.09	*0.00	12.33	*0.00	100	102.46
% of Calories				4.21%		*22.71 %	*0.00%	16.5%	*0.0%		61.1%
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		646	6	793	*32.22	*1.14	17.91	*0.00	*62	90.16
% of Calories			7.79%		*19.95 %	*0.39%	25.0%	*0.0%		55.8%

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
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

Jan 5, 2026 thru Jan 30, 2026

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

Monday - 01/05/2026Reimbursable 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)
992039 V- Caprese Pasta 9-12	serving	100	504	7.63	602	11.21	*0.95	16.06	0.00	38	67.92
992716 VG/DF- Caprese WG Pasta 1cup: R:3/4, OT:1/4	serving	1	398	10.03	664	6.53	*0.64	14.56	0.00	0	61.93
991742 Peaches, Sliced	1 cup	100	160	0.00	12	32.00	*N/A*	0.00	0.00	0	40.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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			770	8.48	757	*55.39	*0.96	17.50	0.00	48	121.66
% of Calories				9.91%		*28.77 %	*0.50%	20.5%	0.0%		63.2%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Tuesday - 01/06/2026Reimbursable 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	99	389	4.79	918	6.05	*4.04	18.19	0.00	43	35.33

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 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)
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
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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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			712	5.88	1164	*36.38	*6.04	23.38	0.00	53	94.45
% of Calories				7.43%		*20.44 %	*2.27%	29.6%	0.0%		53.1%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Wednesday - 01/07/2026 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
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	135	12.00	0.00	0.00	0.00	5	13.00

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 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	135	12.00	0.00	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			826	2.54	753	*46.73	*1.65	10.13	0.00	55	150.66
% of Calories				2.77%		*22.63 %	*0.79%	11.0%	0.0%		73.0%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Thursday - 01/08/2026

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
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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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

Jan 5, 2026 thru Jan 30, 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			735	13.62	438	*42.92	*0.00	26.20	*0.00	122	94.98
% of Calories				16.68 %		*23.36 %	*0.00%	32.1%	*0.0%		51.7%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Friday - 01/09/2026

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
992772 Roasted Cauliflower & Sweet Pot: R:1/2,OT: 1/2	1 cup	100	102	0.25	53	*1.00	*N/A*	3.53	0.00	0	15.88
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00
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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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

Jan 5, 2026 thru Jan 30, 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			834	8.02	1106	*54.01	*2.99	28.81	0.00	35	112.08
% of Calories				8.65%		*25.90 %	*0.48%	31.1%	0.0%		53.8%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Monday - 01/12/2026 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
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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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			783	3.28	599	*62.29	*0.00	15.14	0.00	120	132.63
% of Calories				3.77%		*31.82 %	*0.00%	17.4%	0.0%		67.8%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 2026

Tuesday - 01/13/2026 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)
993087 V- Stuffed Crust Pizza w/Cheese	137 gr	100	330	4.50	850	4.00	*1.00	14.00	0.00	15	36.00
991196 VG/DF- Pizza Sub-R: 1/4	slice	1	245	4.78	609	5.48	*N/A*	10.73	0.00	0	38.43
991981 Balela Salad 1cup: L:1/2,OT:1/4,R:1/4	serving	100	284	1.18	149	*1.02	*0.00	15.52	*0.00	*0	30.60
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	135	12.00	0.00	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	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			839	6.51	1140	*41.57	*1.00	31.19	*0.00	*25	110.77
% of Calories				6.98%		*19.82 %	*0.48%	33.5%	*0.0%		52.8%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Wednesday - 01/14/2026 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

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 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)
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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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			677	7.05	562	*37.71	*0.64	21.59	0.00	45	96.65
% of Calories				9.37%		*22.28 %	*0.38%	28.7%	0.0%		57.1%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Thursday - 01/15/2026

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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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

Jan 5, 2026 thru Jan 30, 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			884	2.14	425	*49.23	*0.00	14.51	0.00	51	157.66
% of Calories				2.18%		*22.28 %	*0.00%	14.8%	0.0%		71.3%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Friday - 01/16/2026

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	100	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
993059 Honey Broccoli & Cauliflower 1CUP: DG:1/2,OT:1/2	1 cup	100	148	0.48	255	*4.00	*0.00	4.02	*0.00	0	27.47
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	135	12.00	0.00	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	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

Jan 5, 2026 thru Jan 30, 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			786	8.27	1047	*45.04	*1.00	24.38	*0.00	35	110.83
% of Calories				9.47%		*22.92 %	*0.51%	27.9%	*0.0%		56.4%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Monday - 01/19/2026Reimbursable 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			750 - 850	<10	1280		<10	<=0			

Tuesday - 01/20/2026Reimbursable 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	0	302	6.11	810	4.65	*N/A*	12.49	0.00	0	42.96
992283 Roasted Potatoes - .1cup: S:1 cup	1 cup	100	221	0.40	11	*0.00	*N/A*	4.83	0.00	0	40.98
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	28.86	0.00	0.78	0.00	0	53.90

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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			832	5.42	729	*54.97	*0.00	17.90	0.00	25	145.02
% of Calories				5.86%		*26.43 %	*N/A*	19.4%	0.0%		69.7%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Wednesday - 01/21/2026 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)
992286 Pasta Carbonara 9-12 OT:1/4	serving	100	517	8.42	1166	*2.95	*0.00	22.12	*0.00	151	44.43
992287 V- Pasta Carbonara 9-12 OT:1/4	serving	1	440	7.19	657	*2.95	*0.00	19.65	*0.00	118	48.44
992786 Vanilla Winter Squash R:3/4	3/4 cup	100	103	2.71	6	*0.20	*0.00	7.54	*0.00	7	8.56
992366 Orange Juice - Suncup - 1 cup: 2 juices	8 fl. (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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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

Jan 5, 2026 thru Jan 30, 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			846	11.95	1325	*39.28	*0.00	31.15	*0.00	169	94.61
% of Calories				12.71 %		*18.57 %	*0.00%	33.1%	*0.0%		44.7%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Thursday - 01/22/2026 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)
993092 V-Enchilada Rice (2oz MA) L:1/2, OT: 1/2	serving	100	566	6.35	604	*5.18	*0.00	14.88	*0.00	30	82.25
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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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			745	7.15	741	*32.77	*0.00	16.43	*0.00	40	115.95
% of Calories				8.64%		*17.59 %	*0.00%	19.8%	*0.0%		62.3%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Friday - 01/23/2026 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 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)
991084 Chicken Nuggets Breaded	4 pc (91 gr)	99	210	2.50	340	1.00	*0.00	12.00	0.00	40	12.00
991720 V/V-Vegan Chicken Nuggets	5 Nuggets	1	251	1.88	465	2.51	*0.00	11.30	0.00	0	25.12
990672 WG Biscuit 2oz	56g	100	200	7.00	410	2.00	*0.00	9.00	0.00	0	27.00
993093 Roasted Sweet Potatoes & Broccoli -R:1/2, DG:1/2	1 cup	100	136	0.35	51	7.23	*0.00	3.81	0.00	0	23.63
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00
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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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			785	10.69	1033	*49.75	*2.00	26.84	0.00	50	109.91
% of Calories				12.26 %		*25.35 %	*0.00%	30.8%	0.0%		56.0%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Monday - 01/26/2026

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 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			

Tuesday - 01/27/2026 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)
992276 Turkey Meatball Sub -w/Cheese R:1/4	sub (4Meatballs	100	310	3.02	714	7.41	*1.32	9.51	0.00	53	37.19
992277 V-VG Meatball Sub R:1/4	sub (4Meatballs	1	309	3.00	613	6.90	*1.32	8.98	0.00	0	41.18
992778 Sautéed Collards Green- DG:3/4	3/4 cup	100	97	0.41	141	4.90	*0.00	5.61	0.01	0	11.21
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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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			638	4.31	1002	*49.88	*1.33	17.24	0.01	63	93.95
% of Calories				6.08%		*31.27 %	*0.83%	24.3%	0.0%		58.9%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 2026

Wednesday - 01/28/2026 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	90	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"	10	356	1.43	631	*2.68	*0.00	11.49	0.00	0	37.96
990739 Pico de Gallo - R:1/2, OT:1/2	1 cup	100	59	0.04	24	6.60	*0.00	0.11	0.00	0	13.05
992869 Sour Cream (ss)	28 gr	100	60	3.50	15	1.00	1.00	5.00	0.00	20	1.00
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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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			637	6.29	706	*36.95	*1.00	18.40	0.00	67	83.94
% of Calories				8.89%		*23.20 %	*0.00%	26.0%	0.0%		52.7%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Thursday - 01/29/2026 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)
991718 Turkey Breast & Provolone WW Sandwich	serving	100	320	7.01	1040	5.09	*0.67	13.44	0.00	47	27.82

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 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)
992329 Provolone WW Sandwich (V)	serving	1	426	11.54	892	6.42	*2.00	26.29	0.00	48	29.15
000223 MUSTARD: individual PC	Pkt 5g	100	3	0.01	55	0.05	0.00	0.17	0.00	0	0.29
992515 Garlic Roasted Potatoes -1 cup S: 1	1 cup	100	286	0.43	20	*0.01	*0.00	4.93	0.00	0	55.97
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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	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			923	8.58	1262	*46.07	*0.69	20.83	0.00	57	151.28
% of Calories				8.37%		*19.97 %	*0.29%	20.3%	0.0%		65.6%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Friday - 01/30/2026

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	0	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	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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	2.50	0.00	15	13.00

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 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			770	3.15	513	*40.19	*0.00	13.36	*0.00	97	131.32
% of Calories				3.68%		*20.88 %	*0.00%	15.6%	*0.0%		68.2%
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		779	7	850	*45.62	*1.07	20.83	*0.00	*64	117.13
% of Calories			7.91%		*23.42 %	*0.49%	24.1%	*0.0%		60.1%

**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.