



Milk, grain, fruit, meat or meat alternative

# BREAKFAST



**Menu subject to change. For any feedback please contact us directly at [menu@luncherasdisi.com](mailto:menu@luncherasdisi.com)**



Monday	Tuesday	Wednesday	Thursday	Friday
<p>04/06/2026</p> <p>Cinnamon Toast Crunch Cereal (V/VG) Yoplait Yogurt Fresh Pears Choice of Milk</p>	<p>04/07/2026</p> <p>WG Pancakes &amp; Turkey Sausage on a Stick** Veggie Patty &amp; WG Pancakes (V) Syrup Maple (ss) Bananas Choice of Milk</p>	<p>04/08/2026</p> <p>Egg Cheese Bite Round (V) WG Biscuit Fruit Punch Juice Choice of Milk</p>	<p>04/09/2026</p> <p>Chocolate Chip Oatmeal Muffin (V) Fresh Apples Choice of Milk</p>	<p>04/10/2026</p> <p>Yoplait Yogurt &amp; Granola (V) Fresh Oranges Choice of Milk</p>
<p>04/13/2026</p> <p>Cereal Cheerios Honey Yoplait Yogurt Fresh Apples Choice of Milk</p>	<p>04/14/2026</p> <p>Homemade WW Sweet Potatoes Waffles (V/VG) Syrup Maple (ss) Bananas Choice of Milk</p>	<p>04/15/2026</p> <p>Homemade WW Choco Chip Banana Bread (V) Mozzarella Cheese Stick** Fresh Pears Choice of Milk</p>	<p>04/16/2026</p> <p>NO SCHOOL TODAY</p>	<p>04/17/2026</p> <p>Peachy WG Cinnamon Roll Cobbler (V) Cranberry Juice Choice of Milk</p>
<p>04/20/2026</p> <p>Breakfast Egg, Cheese &amp; Turkey Sausage Scrambler Pillsbury Breakfast Egg &amp; Cheese Scrambler(V) Fruit Punch Juice Choice of Milk</p>	<p>04/21/2026</p> <p>Cinn. Raisin WG Bagel(VG) Cream Cheese Jelly (ss) Fresh Pears Choice of Milk</p>	<p>04/22/2026</p> <p>WW Taco Breakfast incl. (Egg, Cheese &amp; Tkey Bacon) Taco Bk. w/Tofu,Vegan Ch. &amp; Veggie Crumbles (V/VG) Fresh Apples Choice of Milk</p>	<p>04/23/2026</p> <p>Blueberry Lemon Yogurt Whole Wheat Muffins Mozzarella Cheese Stick** Bananas Choice of Milk</p>	<p>04/24/2026</p> <p>WG French Toast Sticks (V/VG) Syrup Maple (ss) Fresh Oranges Choice of Milk</p>
<p>04/27/2026</p> <p>WG Corn Muffin (V) Cranberry Juice Choice of Milk</p>	<p>04/28/2026</p> <p>Cereal Cheerios Multigrain (V/VG) Yoplait Yogurt Bananas Choice of Milk</p>	<p>04/29/2026</p> <p>WG Pancake Bites Poffitz (V) Syrup Maple (ss) Fresh Tangerines Choice of Milk</p>	<p>04/30/2026</p> <p>Baked French Toast WW Muffin (V) Mozzarella Cheese Stick** Fresh Apples Choice of Milk</p>	<p>05/01/2026</p> <p>WG English Muffin (V) &amp; Cream Cheese Jelly (ss) Fresh Pears Choice of Milk</p>

Available Choice of Milk: **Unflavored 1% or skim milk, Lactose Free or Soy (upon request)**

Locally Grown Components Daily Served : **According to the season fruits and vegetables locally grown will be added on  
Breakfast and/or Lunch menu: Apples (PA), Sweet Potato (NC)**

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

**WG = Whole Grain WW = Whole Wheat**



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

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

# LUNCH



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contact us directly at [menu@luncherasdisi.com](mailto:menu@luncherasdisi.com)



Monday	Tuesday	Wednesday	Thursday	Friday
<p>04/06/2026</p> <p>WG Spaghetti &amp; Turkey Meat Sauce Spaghetti &amp; Plant Based Meat Sauce (V/VG) Apples Choice of Milk</p>	<p>04/07/2026</p> <p>Jerk Chicken &amp; Brown Rice Jerk Chicken Meatless &amp; Brown Rice (V/VG) BBQ Sauce (ss) Green Beans &amp; Broccoli Cranberry Juice Choice of Milk</p>	<p>04/08/2026</p> <p>Golden Crispy Chicken Tenders Breaded Veggie Tender w/ WG Roll (V/VG) Garlic Roasted Potatoes Ketchup (ss) Fresh Oranges Choice of Milk</p>	<p>04/09/2026</p> <p>Chicken Enchiladas Veggie Enchiladas (V) Elote in Cups (V) Sour Cream (ss) Bananas Choice of Milk</p>	<p>04/10/2026</p> <p>Turkey Hot Dog** on a WG Bun Vegan Burger (V/VG) Roasted Sweet Potatoes &amp; Black Beans Salad Ketchup (ss) Fresh Strawberries Choice of Milk</p>
<p>04/13/2026</p> <p>Buffalo Chicken WG Mac &amp; Cheese Buffalo Chicken Meatless WG Mac &amp; Cheese (V) Roasted Broccoli &amp; Carrot Fruit Punch Juice Choice of Milk</p>	<p>04/14/2026</p> <p>Corn Dog Chicken Mini WG WG Biscuit Veggie Nuggets w/WG Roll Green Beans &amp; Corn Medley Ketchup (ss) Fresh Strawberries Choice of Milk</p>	<p>04/15/2026</p> <p>Spanish B. Rice w/Chicken Kidney Beans &amp; Tomato B.Rice w/Chicken Meatless Kidney Bean &amp; Tomato V/VG Apples Choice of Milk</p>	<p>04/16/2026</p> <p>NO SCHOOL TODAY</p>	<p>04/17/2026</p> <p>NO LUNCH</p>
<p>04/20/2026</p> <p>Chinese Chicken Fried Rice w/Corn,Peas, G Beans Veggie Fried Rice w/ Carrot,Corn,Peas, G Beans Soy Sauce Light (ss) Apples Choice of Milk</p>	<p>04/21/2026</p> <p>Baked Chicken WG Penne Pasta w/ Zucchini Baked Chicken Meatless WG Pasta w/Zuch. (V/VG) Bananas Choice of Milk</p>	<p>04/22/2026</p> <p>Breaded Chicken Nuggets Veggie Nuggets w/WG Roll Roasted Broccoli &amp; Potato Medley BBQ Sauce (ss) Fresh Tangerines Choice of Milk</p>	<p>04/23/2026</p> <p>WW Turkey Tacos Al Pastor WW Veggie Tacos Al Pastor (V/VG) Black Beans w/ Tomato &amp; Corn Salad Sour Cream (ss) Fresh Pears Choice of Milk</p>	<p>04/24/2026</p> <p>Chicken &amp; Tk. Bacon WG Pasta w/Tomato &amp; Spinach Chicken Meatless WG Pasta w/Tomato &amp; Spinach(V) Grape Juice Choice of Milk</p>
<p>04/27/2026</p> <p>One Pot Chicken Fajita Pasta w/Rd. &amp; Gr. Pepper Chicken Meatless Fajita WG Pasta(V/VG) Fresh Pears Choice of Milk</p>	<p>04/28/2026</p> <p>Turkey Meatballs w/ Brown Rice &amp; Bk. Beans Veggie Meatballs w/ Brown Rice &amp; Beans (V/VG) Apples Choice of Milk</p>	<p>04/29/2026</p> <p>Cheese Lunch Pizza w/ Chicken &amp; Beef Pepperoni Cheese Lunch Pizza (V) Roasted Potatoes Fruit Punch Juice Choice of Milk</p>	<p>04/30/2026</p> <p>Grilled Chicken over Brown Rice Grilled Chicken Meatless over Brown Rice (VG/DF) Roasted Sweet Potatoes &amp; Broccoli Medley Bananas Choice of Milk</p>	<p>05/01/2026</p> <p>Ground Turkey Fajitas Veggie Fajitas (V/VG) Shredded Romaine Pico de Gallo Sour Cream (ss) Fresh Tangerines Choice of Milk</p>

Available Choice of Milk: **Unflavored 1% milk, unflavored skim milk, Lactose Free or Soy (Upon Request)**

\*\* Denotes meals only for K to 8th

Locally Grown Components Daily Served :

**According to the season fruits and vegetables locally grown will be added on Breakfast and/or Lunch menu: Apples (PA), Cucumbers (DE,VA,DE,MD,PA), Romaine Lettuce (PA, MD), Spinach (MD), Peppers (DE,VA,PA,MD), Broccoli (VA,PA), Potato (MD,PA), Collards Green (NC), Kale (MD,NC,NJ), Cabbage, (VA,MD,PA,DE,VA), Sweet Potato (NC), Tomato (MD,DE,PA,VA,NC),Cauliflower (PA,MD), Eggplant (VA,PA,NJ,DE/MD), Zucchini (NC), Carrots (PA,NJ,MD), Onions (PA), Squash summer (NC,VA,MD,PA,DE)**

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

**WG = Whole Grain WW = Whole Wheat**



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

# LUNCH



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>04/06/2026</p> <p>Spaghetti &amp; Ground Turkey Meat Sauce Spaghetti &amp; Plant Based Meat Sauce (V/VG) Fresh Apples Choice of Milk</p>	<p>04/07/2026</p> <p>Jerk Chicken &amp; Brown Rice Jerk Chicken Meatless &amp; Brown Rice (V/VG) Green Beans &amp; Broccoli BBQ Sauce (ss) Cranberry Juice Choice of Milk</p>	<p>04/08/2026</p> <p>Golden Crispy Chicken Tenders Breaded Veggie Tender-VG WG Biscuit Garlic Roasted Potatoes Ketchup (ss) Fresh Oranges Choice of Milk</p>	<p>04/09/2026</p> <p>Chicken Enchiladas Veggie Enchiladas (V) Elote in Cups Sour Cream (ss) Bananas Choice of Milk</p>	<p>04/10/2026</p> <p>Turkey Hot Dog** on a WG Bun Vegan Burger (V/VG) Roasted Sweet Potatoes &amp; Black Beans Salad Ketchup (ss) Fresh Strawberries Choice of Milk</p>
<p>04/13/2026</p> <p>Buffalo Chicken WG Mac &amp; Cheese Buffalo Chicken Meatless WG Mac &amp; Cheese (V) Roasted Broccoli &amp; Carrot Fruit Punch Juice Choice of Milk</p>	<p>04/14/2026</p> <p>Corn Dog Chicken Mini WG Veggie Nuggets (V/VG) WG Biscuit Green Beans &amp; Corn Medley Ketchup (ss) Fresh Strawberries Choice of Milk</p>	<p>04/15/2026</p> <p>Spanish B. Rice w/Chicken Kidney Beans &amp; Tomato B.Rice w/Chicken Meatless Kidney Bean &amp; Tomato V/VG Cranberry Dried(ss)** Fresh Apples Choice of Milk</p>	<p>04/16/2026</p> <p>NO SCHOOL TODAY</p>	<p>04/17/2026</p> <p>NO LUNCH</p>
<p>04/20/2026</p> <p>Chinese Chicken Fried Rice w/Corn,Peas, G Beans Chicken Meatless Fried Rice w/Corn,Peas, G Beans Soy Sauce Light (ss) Fresh Apples Choice of Milk</p>	<p>04/21/2026</p> <p>Baked Chicken Penne Pasta w/ Zucchini Baked Chicken Meatless Pasta w/Zucchini (V) Bananas Choice of Milk</p>	<p>04/22/2026</p> <p>Chicken Nuggets Veggie Nuggets (V/VG) WG Biscuit Roasted Potatoes &amp; Cauliflower Medley BBQ Sauce (ss) Fresh Tangerines Choice of Milk</p>	<p>04/23/2026</p> <p>WW Turkey Tacos Al Pastor WW Veggie Tacos Al Pastor (V/VG) Black Bean, Corn &amp; Tomato Salad Sour Cream (ss) Fresh Pears Choice of Milk</p>	<p>04/24/2026</p> <p>Chicken &amp; Tk. Bacon Pasta w/Tomato &amp; Spinach Chicken Meatless Pasta w/Tomato &amp; Spinach(V) Grape Juice Choice of Milk</p>
<p>04/27/2026</p> <p>One Pot Chicken Fajita Pasta w/Rd. &amp; Gr. Pepper Chicken Meatless Fajita WG Pasta(V/VG) Fresh Pears Choice of Milk</p>	<p>04/28/2026</p> <p>Turkey Meatballs w/ Brown Rice &amp; Bk. Beans Veggie Meatballs w/ Brown Rice &amp; Beans(V/VG) Cranberry Dried(ss)** Fresh Apples Choice of Milk</p>	<p>04/29/2026</p> <p>Cheese Lunch Pizza w/ Chicken &amp; Beef Pepperoni Cheese Lunch Pizza (V) Roasted Potatoes Fruit Punch Juice Choice of Milk</p>	<p>04/30/2026</p> <p>Grilled Chicken over Brown Rice Grilled Chicken Meatless over Brown Rice (VG/DF) Roasted Sweet Potatoes &amp; Broccoli Bananas Choice of Milk</p>	<p>05/01/2026</p> <p>Ground Turkey Fajitas Veggie Fajitas (V/VG) Shredded Romaine Pico de Gallo Sour Cream (ss) Fresh Tangerines Choice of Milk</p>

Available Choice of Milk: **Unflavored 1% or skim milk, Lactose Free or Soy (Upon Request)**

ALL MEALS INCLUDE: **1 cup of *FRESH FRUIT* or *100% Juice* & 1 cup of vegetables daily**

Locally Grown Components Daily Served :

According to the season fruits and vegetables locally grown will be added on Breakfast and/or Lunch menu: Apples (PA), Cucumbers (DE,VA,DE,MD,PA), Romaine Lettuce (PA, MD), Spinach (MD), Peppers (DE,VA,PA,MD), Broccoli (VA,PA), Potato (MD,PA), Collards Green (NC), Kale (MD,NC,NJ), Cabbage, (VA,MD,PA,DE,VA), Sweet Potato (NC), Tomato (MD,DE,PA,VA,NC),Cauliflower (PA,MD), Eggplant (VA,PA,NJ,DE/MD), Zucchini (NC), Carrots (PA,NJ,MD), Onions (PA), Squash summer (NC,VA,MD,PA,DE)

**\*Vegetarian (V) options available daily. Dairy - Free (DF), Gluten Free (GF), Vegan (VG) - Available Upon Request WG = Whole Grain WW = Whole Wheat**

# Base Menu Spreadsheet

## Portion Values

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

**Monday - 04/06/2026 Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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 %	*17.26 %	10.2%	0.0%		79.7%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

**Tuesday - 04/07/2026 Reimbursable Meal Total 100**

# Base Menu Spreadsheet

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## Portion Values

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991379 Pancakes & Turkey Sausage on a Stick	2.5 oz	99	160	1.50	400	7.00	7.00	6.00	0.00	20	19.00
991777 V- Veggie Patty & WG Pancakes	1 serving	1	283	0.33	830	6.33	*5.33	9.33	0.00	7	37.33
991178 VG/DF- Homemade WG Pancakes	2 pancakes	1	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.	49	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	49	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			483	2.50	620	*47.77	*6.98	8.18	0.00	30	90.23
% of Calories				4.66%		*39.56 %	*5.78%	15.2%	0.0%		74.7%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

### Wednesday - 04/08/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992589 V- Egg Cheese Bite	1.75 gr	100	90	3.00	260	1.00	*0.00	6.00	0.00	120	2.00
000341 WG Biscuit - 1 oz	28 g	100	100	4.00	210	1.00	1.00	5.00	0.00	0	14.00
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	100	100	0.00	140	1.00	1.00	2.00	0.00	0	21.00

# Base Menu Spreadsheet

## Portion Values

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990708 Fruit Punch, Juice - (1 Cup - 2 juices)	(2 HC)	100	120	0.00	10	24.00	0.00	0.00	0.00	0	28.00
000190 Low Fat Milk - 1%	8 fl. oz.	100	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
<b>Weighted Daily Average</b>			<b>566</b>	<b>8.50</b>	<b>824</b>	<b>*45.11</b>	<b>*2.00</b>	<b>15.54</b>	<b>0.00</b>	<b>138</b>	<b>84.63</b>
% of Calories				13.52 %		*31.88 %	*1.41%	24.7%	0.0%		59.8%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

**Thursday - 04/09/2026**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991382 V-Chocolate Chip Oatmeal Muffin	serving	100	274	3.82	211	22.08	*5.80	34.91	*0.00	21	47.57
992223 VG/DF-Homemade Vegan Muffins	64 gr	1	215	0.54	9	*18.20	*16.77	7.58	*0.00	0	33.17
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

# Base Menu Spreadsheet

## Portion Values

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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			455	4.62	348	*49.85	*5.97	36.53	*0.00	31	81.61
% of Calories				9.14%		*43.82 %	*5.25%	72.3%	*0.0%		71.7%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

### Friday - 04/10/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991204 V- Yogurt Yoplait & Granola	4oz Yg/1oz Gran	99	220	0.50	125	20.00	17.00	3.50	0.00	5	41.00
992443 VG/DF -Dairy Free Yogurt & Granola	5.3 oz	1	250	0.50	160	18.00	*6.00	6.50	0.00	0	38.00
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
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			443	1.29	260	*56.48	*16.89	5.09	0.00	15	84.76
% of Calories				2.62%		*51.00 %	*15.25 %	10.3%	0.0%		76.5%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

### Monday - 04/13/2026

### Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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
<b>Weighted Daily Average</b>			<b>388</b>	<b>0.79</b>	<b>362</b>	<b>*47.46</b>	<b>*16.89</b>	<b>3.53</b>	<b>0.00</b>	<b>15</b>	<b>76.55</b>
% of Calories				1.83%		*48.93 %	*17.41 %	8.2%	0.0%		78.9%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

**Tuesday - 04/14/2026**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992212 V/VG- Sweet Potato Waffles	serving	100	263	0.31	38	*14.37	*0.00	4.91	0.00	0	48.45
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

# Base Menu Spreadsheet

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## Portion Values

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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			583	1.33	255	*55.24	*0.00	6.94	0.00	10	119.35
% of Calories				2.05%		*37.90 %	*0.00%	10.7%	0.0%		81.9%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

### Wednesday - 04/15/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992280 V- Chocolate Chip Banana Bread	50 grams	100	206	0.79	145	*15.63	*10.18	1.84	*0.00	0	43.25
000010 Mozzarella, Cheese String	1 oz	100	61	2.02	202	1.01	0.00	3.04	0.00	10	1.01
992485 VG/DF- Banana Bread	50 grams	1	183	0.03	145	*13.21	*10.18	0.62	*0.00	0	39.68
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	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

# Base Menu Spreadsheet

## Portion Values

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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			455	3.60	487	*43.32	*10.29	6.39	*0.00	20	80.33
% of Calories				7.12%		*38.08 %	*9.05%	12.6%	*0.0%		70.6%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

### Thursday - 04/16/2026

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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%	0%	0%	0%		0%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

### Friday - 04/17/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992346 V- Peachy WG Cinnamon Roll Cobbler	2.87 (serving)	100	313	5.00	304	20.55	*9.00	11.00	0.00	0	47.32
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	1	100	0.00	140	1.00	1.00	2.00	0.00	0	21.00
990703 Cranberry Apple Juice 1/2 cup	4 oz fl	100	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00
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

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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	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			475	5.76	441	*44.67	*9.01	12.32	0.00	10	73.66
% of Calories				10.91 %		*37.62 %	*7.59%	23.3%	0.0%		62.0%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

### Monday - 04/20/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993000 Breakfast Egg, Cheese & Turkey Sausage Scrambler	93 gr	99	230	4.00	390	4.00	2.00	9.00	0.00	85	31.00
992996 V- Breakfast Egg & Cheese Scrambler (IW)	93 gr	1	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
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

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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			450	4.75	535	*40.00	*2.00	10.25	0.00	95	71.99
% of Calories				9.50%		*35.56 %	*1.78%	20.5%	0.0%		64.0%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

## Tuesday - 04/21/2026

## Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990661 Cinnamon Raisin WG Bagel (V/VG)	1 bagel	100	170	0.00	160	8.00	*N/A*	1.00	0.00	0	34.00
990298 Cream Cheese (ss)	0.75 oz	100	45	2.50	80	1.00	*N/A*	3.50	0.00	15	1.00
990949 V/VG- Jelly	14 gr	100	35	0.00	5	8.00	6.00	0.00	0.00	0	9.00
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			434	3.28	381	*43.43	*6.00	5.96	0.00	25	79.54
% of Calories				6.80%		*40.03 %	*5.53%	12.4%	0.0%		73.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

# Base Menu Spreadsheet

## Portion Values

Apr 6, 2026 thru May 1, 2026

### Wednesday - 04/22/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990947 Taco Breakfast	1	100	198	4.67	378	*0.00	*0.00	10.44	*0.00	98	16.05
991174 V/VG- Veggie Taco Breakfast	1	1	330	3.93	471	0.34	*0.00	16.77	0.00	0	25.37
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	1	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	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			381	5.50	522	*27.60	*0.01	12.18	*0.00	108	50.22
% of Calories				12.99 %		*28.98 %	*0.01%	28.8%	*0.0%		52.7%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

### Thursday - 04/23/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991526 Blueberry Lemon Yogurt WW Muffins	Muffins	100	144	0.40	132	*7.07	*5.58	1.62	*0.00	47	26.15
992223 VG/DF- Homemade Vegan Muffins	64 gr	1	215	0.54	9	*18.20	*16.77	7.58	*0.00	0	33.17

# Base Menu Spreadsheet

## Portion Values

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	
000010	Mozarella, Cheese String	1 oz	100	61	2.02	202	1.01	0.00	3.04	0.00	10	1.01
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				517	3.44	472	*49.12	*5.75	6.76	*0.00	68	94.39
% of Calories					5.99%		*38.00 %	*4.45%	11.8%	*0.0%		73.0%
Weekly Nutrient Guideline				450 - 500	<10	540		<10				

### Friday - 04/24/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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
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	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

# Base Menu Spreadsheet

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## Portion Values

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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	2.79	516	*45.61	*8.00	11.61	0.00	10	85.92
% of Calories				5.08%		*36.93 %	*6.48%	21.2%	0.0%		69.6%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

### Monday - 04/27/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992343 V- WG Corn Muffin	2.5 oz	100	220	1.00	115	18.00	18.00	8.00	0.00	20	36.00
992223 VG/DF- Homemade Vegan Muffins	64 gr	1	215	0.54	9	*18.20	*16.77	7.58	*0.00	0	33.17
991059 Cranberry Apple Juice (1 cup- 2 juices per kid)	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	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			442	1.76	250	*54.18	*18.17	9.33	*0.00	30	75.33
% of Calories				3.58%		*49.03 %	*16.44 %	19.0%	*0.0%		68.2%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

### Tuesday - 04/28/2026

### Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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	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			520	1.01	298	*60.84	*10.89	3.56	0.00	15	110.87
% of Calories				1.75%		*46.80 %	*8.38%	6.2%	0.0%		85.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

### Wednesday - 04/29/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992993 V-WG Pancake Bites Poffitz (IW)	2.4 oz (68gr)	90	250	1.00	290	13.00	11.00	12.00	0.00	40	37.00
991178 VG/DF- Homemade WG Pancakes	2 pancakes	10	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

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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
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			484	1.81	481	*49.57	*9.90	13.77	0.00	46	85.02
% of Calories				3.37%		*40.97 %	*8.18%	25.6%	0.0%		70.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

### Thursday - 04/30/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991524 V- Baked French Toast Muffin	serving	99	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	0.00	3.04	0.00	10	1.01
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

# Base Menu Spreadsheet

## Portion Values

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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			449	5.22	547	*46.54	*8.47	10.13	*0.00	118	65.91
% of Calories				10.46 %		*41.46 %	*7.55%	20.3%	*0.0%		58.7%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

## Friday - 05/01/2026

## Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991581 V- WG English Muffin w/ Cream Cheese	serving	100	157	2.50	220	1.93	*0.93	4.90	0.00	15	24.36
990949 V/VG- Jelly	14 gr	100	35	0.00	5	8.00	6.00	0.00	0.00	0	9.00
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	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			378	3.29	363	*36.47	*6.93	6.40	0.00	25	69.03
% of Calories				7.83%		*38.59 %	*7.33%	15.2%	0.0%		73.0%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

# Base Menu Spreadsheet

## Portion Values

Apr 6, 2026 thru May 1, 2026

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
Weighted Averages	463	3	438	*46.83	*8.48	9.94	*0.00	43	81.99
% of Calories		6.45%		*40.46 %	*7.33%	19.3%	*0.0%		70.8%

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data*

*<sup>1</sup> - 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

Apr 6, 2026 thru May 1, 2026

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

### Monday - 04/06/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991400 SPAGHETTI AND TURKEYMEAT SAUCE - 3/4 cup: R:3/4	1 serving	100	424	3.05	130	*8.56	*0.00	12.80	*0.00	121	53.72
991724 V/VG - SPAGHETTI AND VEGGIE MEAT SAUCE - R:3/4	1 serving	1	318	0.02	265	*9.23	*0.00	2.99	*0.00	0	58.39
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			567	3.83	269	*28.51	*0.00	14.25	*0.00	131	77.72
% of Calories				6.08%		*20.11 %	*0.00%	22.6%	*0.0%		54.8%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

### Tuesday - 04/07/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990401 Jamaican Jerk Chicken Bowl - K to 12	serving	99	364	0.41	126	*1.79	*0.00	4.03	*0.00	61	56.87

# Base Menu Spreadsheet

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## Portion Values

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991888 V/VG- Jamaican Jerk Chicken Bowl	serving	1	368	0.03	328	*3.06	*0.00	3.59	*0.00	0	59.40
991603 BBQ Sauce (ss)	0.44 oz	100	20	0.00	105	4.00	4.00	0.00	0.00	0	5.00
991842 Green Beans, Broccoli Medley DG:1/2, OT:1.2	1 cup	100	79	0.33	8	1.36	*N/A*	5.72	0.00	0	8.00
990703 Cranberry Apple Juice 1/2 cup	4 oz fl	100	60	0.00	0	12.00	0.00	0.00	0.00	0	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
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			623	1.48	376	*31.16	*4.00	11.00	*0.00	70	95.90
% of Calories				2.14%		*20.01 %	*2.57%	15.9%	*0.0%		61.6%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

## Wednesday - 04/08/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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
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
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
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00

# Base Menu Spreadsheet

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## Portion Values

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
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	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
<b>Weighted Daily Average</b>			<b>662</b>	<b>1.20</b>	<b>641</b>	<b>*27.29</b>	<b>*3.01</b>	<b>21.32</b>	<b>0.00</b>	<b>35</b>	<b>89.39</b>
% of Calories				1.63%		*16.49 %	*1.82%	29.0%	0.0%		54.0%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

### Thursday - 04/09/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992508 Chicken Enchiladas 1/4 cup: R: 1/4	serving	99	348	4.09	403	2.35	*0.32	12.34	0.00	47	36.61
992520 V- Veggie Enchiladas (meatless) 1/4 cup: R: 1/4	serving	1	384	3.63	544	3.26	*0.32	12.56	0.00	15	38.43
992562 Elote in Cups - 1/2 cup: S:1/2	1/2 CUP	100	115	0.88	136	3.19	*0.00	13.55	0.00	10	17.58
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2.00	2.00	0.00	0.00	0	4.00
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

# Base Menu Spreadsheet

## Portion Values

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			694	5.85	708	*34.08	*2.32	27.57	0.00	66	98.30
% of Calories				7.59%		*19.64 %	*1.34%	35.8%	0.0%		56.7%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

### Friday - 04/10/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991027 Turkey Hot Dog	serving	99	270	3.00	930	*6.00	*N/A*	11.00	0.00	35	31.00
992265 V/VG Vegan Burger -	serving	1	280	0.00	760	5.00	*4.00	7.00	0.00	0	36.00
993155 Sweet Potato & Black Bean Salad- R: 1/2 cup L:1/2	1 cup	100	220	0.28	179	*3.74	*0.00	4.08	*0.00	0	37.44
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00
000339 STRAWBERRIES,FRESH - Half cup	5 large straw	100	29	0.01	1	4.40	*0.00	0.27	0.00	0	6.91
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

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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			629	4.01	1333	*28.13	*2.04	16.56	*0.00	45	90.41
% of Calories				5.74%		*17.89 %	*1.30%	23.7%	*0.0%		57.5%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

### Monday - 04/13/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992173 Buffalo Chicken Mac & Cheese - (Cheese Sauce)	1 Portion	99	373	6.32	806	2.05	*0.00	12.64	0.00	51	46.00
992175 V- Buffalo Chicken Meatless Mac & Cheese	1 Portion	1	380	6.02	859	2.50	*0.00	12.49	0.00	30	46.91
992234 VG/DF- Buffalo Chicken Meatless Mac & Cheese	1 Portion	0	463	13.69	795	2.50	*0.00	17.67	0.00	0	57.10
990728 Roasted Broccoli & Carrots DG: 1/2, R:1/4	3/4 cup	100	75	0.42	37	2.28	*0.00	5.43	0.00	0	6.09
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	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

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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			608	7.49	984	*28.33	*0.00	19.31	0.00	61	79.10
% of Calories				11.09 %		*18.64 %	*0.00%	28.6%	0.0%		52.0%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

**Tuesday - 04/14/2026**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991613 Corn Dog Chicken Mini WG	6 pc (4.02oz)	100	315	3.64	497	6.06	*N/A*	16.97	0.00	48	26.67
000341 WG Biscuit - 1 oz	28 g	100	100	4.00	210	1.00	1.00	5.00	0.00	0	14.00
992459 V/VG-Vegan Chicken Nuggets w/WG Roll	5 Nuggets	1	331	1.88	635	4.51	*2.00	12.30	0.00	0	40.12
991417 Green Beans and Corn 3/4 cup: S:1/2,OT:1/4	3/4	100	99	0.22	2	3.08	*0.00	4.04	0.00	0	18.28
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00
000339 STRAWBERRIES,FRESH - Half cup	5 large straw	100	29	0.01	1	4.40	*0.00	0.27	0.00	0	6.91
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

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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			657	8.65	942	*28.69	*3.02	27.70	0.00	58	81.40
% of Calories				11.85 %		*17.47 %	*1.84%	37.9%	0.0%		49.6%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

### Wednesday - 04/15/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991921 Spanish Rice & Kidney Beans L:1/2, R: 1/4	serving	99	484	0.75	260	*3.46	*0.00	8.47	*0.00	61	69.05
991967 V/VG- Spanish Rice & Kidney Beans L:1/2, R:1/4	serving	1	495	0.37	473	*4.46	*0.00	8.19	*0.00	0	71.05
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			622	1.52	398	*23.22	*0.00	9.84	*0.00	70	92.35
% of Calories				2.20%		*14.93 %	*0.00%	14.2%	*0.0%		59.4%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

### Thursday - 04/16/2026

Reimbursable Meal Total 1

**Base Menu Spreadsheet**

Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

**Friday - 04/17/2026**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

**Monday - 04/20/2026**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992532 Chinese Chicken Fried Rice	1 serving	99	492	2.65	858	*5.92	*0.00	15.61	0.00	232	57.85
992045 V-Chinese Veggie Fried Rice-S:1/4, R:1/4, OT:1/4	1 serving	1	520	2.06	993	*6.92	*0.00	15.55	0.00	191	59.85
992823 Sauce, Soy Light SS Pouch	serving	100	0	0.00	230	0.00	0.00	0.00	0.00	0	1.00

# Base Menu Spreadsheet

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## Portion Values

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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	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
<b>Weighted Daily Average</b>			<b>633</b>	<b>3.42</b>	<b>1226</b>	<b>*25.78</b>	<b>*0.00</b>	<b>17.03</b>	<b>0.00</b>	<b>241</b>	<b>82.28</b>
% of Calories				4.86%		*16.29 %	*0.00%	24.2%	0.0%		52.0%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

**Tuesday - 04/21/2026**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991095 Baked Chicken Penne Pasta R:1/2, Ot: 1/4	3/4 cup	100	402	5.41	341	6.66	*0.64	12.45	*0.00	67	48.74
991870 V/VG-Baked Chicken Penne Pasta R:1/2, Ot: 1/4	3/4 cup	1	401	0.83	524	12.89	*0.85	7.51	*0.00	0	56.64
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

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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			613	6.30	484	*33.33	*0.64	14.21	*0.00	77	89.39
% of Calories				9.25%		*21.75 %	*0.42%	20.9%	*0.0%		58.3%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

### Wednesday - 04/22/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991084 Chicken Nuggets Breaded	4 pc (91 gr)	90	210	2.50	340	1.00	*0.00	12.00	0.00	40	12.00
992459 V/VG-Vegan Chicken Nuggets w/WG Roll	5 Nuggets	10	331	1.88	635	4.51	*2.00	12.30	0.00	0	40.12
990882 Roasted Broccoli & Potato -DG: 1/2, S:1/4	3/4	100	82	0.33	21	*0.77	*0.00	3.95	0.00	0	10.07
991603 BBQ Sauce (ss)	0.44 oz	100	20	0.00	105	4.00	4.00	0.00	0.00	0	5.00
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

# Base Menu Spreadsheet

## Portion Values

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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			489	3.57	634	*30.93	*4.20	17.65	0.00	46	59.02
% of Calories				6.57%		*25.30 %	*3.44%	32.5%	0.0%		48.3%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

Thursday - 04/23/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992506 WW Tacos al Pastor	2 (tortillas 6)	100	336	3.44	483	0.64	*0.11	14.85	0.00	91	31.06
992524 V/VG- WW Tacos al Pastor	2 (tortillas 6)	1	269	1.17	623	1.25	*0.11	7.72	0.00	0	35.35
990400 Black Bean and Corn Salad -L: 1/2, S: 1/4	3/4 cup	100	187	0.01	137	6.38	*0.00	1.18	0.00	9	34.50
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2.00	2.00	0.00	0.00	0	4.00
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	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			691	4.24	791	*27.85	*2.11	17.45	0.00	110	93.57
% of Calories				5.52%		*16.12 %	*1.22%	22.7%	0.0%		54.2%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

# Base Menu Spreadsheet

## Portion Values

Apr 6, 2026 thru May 1, 2026

### Friday - 04/24/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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
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	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			583	7.72	421	*34.55	*0.00	16.04	*0.00	89	77.52
% of Calories				11.92 %		*23.70 %	*0.00%	24.8%	*0.0%		53.2%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

### Monday - 04/27/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991419 One Pot Chicken Fajita Pasta R:1/4, OT:1/2	serving	99	498	7.37	389	*3.90	*0.00	22.93	*0.00	53	52.45
992257 V/VG One Pot Veggie Fajita Pasta R:1/4, OT:1/2	serving	1	454	3.89	493	4.81	*0.00	17.93	0.00	0	50.66
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

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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
<b>Weighted Daily Average</b>			<b>638</b>	<b>8.10</b>	<b>526</b>	<b>*22.74</b>	<b>*0.00</b>	<b>24.23</b>	<b>*0.00</b>	<b>62</b>	<b>76.09</b>
% of Calories				11.43 %		*14.26 %	*0.00%	34.2%	*0.0%		47.7%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

## Tuesday - 04/28/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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
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

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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	2.31	712	*23.93	*1.35	8.86	0.00	55	97.27
% of Calories				3.44%		*15.82 %	*0.89%	13.2%	0.0%		64.3%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

### Wednesday - 04/29/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991746 Cheese Lunch Individual Pizza w/ Chicken/BeefPeppe	4.56oz 5 pepper	100	317	4.50	930	5.00	*N/A*	13.00	0.00	10	24.33
991393 V-Cheese Lunch Individual Pizza	4.56oz (129gr)	1	270	3.00	750	5.00	*N/A*	9.00	0.00	0	24.00
993156 DF/VG - Cheese Pizza w/ veggie crumbles Sub R:1/4	slice	1	368	6.11	1036	5.31	*0.00	13.83	0.00	0	47.63
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
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	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

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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			659	5.73	1100	*29.10	*0.00	19.27	0.00	20	82.85
% of Calories				7.83%		*17.66 %	*0.00%	26.3%	0.0%		50.3%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

Thursday - 04/30/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992804 Grilled Chicken & Brown Rice (2oz Gr/ 2oz MA)	Serving	99	316	0.53	66	0.01	*0.00	5.87	0.00	58	42.78
991866 VG/DF- Grilled Chicken Meatless & Brown Rice	2.87 oz	1	428	0.17	273	0.98	*0.00	6.30	0.00	0	66.04
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
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	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

# Base Menu Spreadsheet

## Portion Values

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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			614	1.74	237	*30.44	*0.00	11.26	0.00	67	96.24
% of Calories				2.55%		*19.83 %	*0.00%	16.5%	0.0%		62.7%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

### Friday - 05/01/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993008 Ground Turkey Fajitas	2 fajitas 6"	100	324	3.37	455	*0.29	*0.00	13.57	0.00	91	30.94
993009 V/VG- Ground Crumbles Veggie Fajitas	2 fajitas	1	263	1.09	618	*0.97	*0.00	6.58	0.00	0	35.72
990689 Romaine Lettuce - 1/2cup: DG: 1/2	1/2 cup	100	8	0.02	4	0.56	0.00	0.14	0.00	0	1.55
990274 Pico de Gallo - R:1/4 , OT: 1/4	1/2 cup	100	42	0.03	15	4.68	*0.00	0.09	0.00	0	9.45
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2.00	2.00	0.00	0.00	0	4.00
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

# Base Menu Spreadsheet

## Portion Values

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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	4.23	648	*32.34	*2.00	15.53	0.00	101	75.44
% of Calories				6.71%		*22.81 %	*1.41%	24.7%	0.0%		53.2%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
Weighted Averages	620	5	691	*28.91	*1.37	17.17	*0.00	78	85.24
% of Calories		6.56%		*18.65 %	*0.88%	24.9%	*0.0%		55.0%

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - 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

Apr 6, 2026 thru May 1, 2026

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

### Monday - 04/06/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992713 SPAGHETTI AND TURKEYMEAT SAUCE 1 cup: R: 1	1 CUP	100	420	2.42	114	*10.64	*0.00	11.75	*0.00	91	58.63
991882 V/VG - SPAGHETTI AND TURKEYMEAT SAUCE - 9-12	1 CUP	1	358	0.14	273	*11.31	*0.00	4.73	*0.00	0	63.29
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			602	3.21	255	*38.34	*0.00	13.34	*0.00	101	92.97
% of Calories				4.80%		*25.48 %	*0.00%	19.9%	*0.0%		61.8%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

### Tuesday - 04/07/2026

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990401 Jamaican Jerk Chicken Bowl - K to 12	serving	99	364	0.41	126	*1.79	*0.00	4.03	*0.00	61	56.87
991888 V/VG- Jamaican Jerk Chicken Bowl	serving	1	368	0.03	328	*3.06	*0.00	3.59	*0.00	0	59.40
991842 Green Beans, Broccoli Medley DG:1/2, OT:1.2	1 cup	100	79	0.33	8	1.36	*N/A*	5.72	0.00	0	8.00
991603 BBQ Sauce (ss)	0.44 oz	100	20	0.00	105	4.00	4.00	0.00	0.00	0	5.00
991059 Cranberry Apple Juice (1 cup- 2 juices per kid)	2 HC	100	120	0.00	0	24.00	0.00	0.00	0.00	0	26.00
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
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>683</b>	<b>1.48</b>	<b>376</b>	<b>*43.16</b>	<b>*4.00</b>	<b>11.00</b>	<b>*0.00</b>	<b>70</b>	<b>108.90</b>
<b>% of Calories</b>				<b>1.95%</b>		<b>*25.28%</b>	<b>*2.34%</b>	<b>14.5%</b>	<b>*0.0%</b>		<b>63.8%</b>
<b>Weekly Nutrient Guideline</b>			<b>750 - 850</b>	<b>&lt;10</b>	<b>1280</b>		<b>&lt;10</b>				

### Wednesday - 04/08/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992450 Golden Crispy Chicken Tenders	3 tenders	100	260	0.00	390	1.00	*1.00	15.00	0.00	25	16.00
992451 V/VG - Breaded Veggie Tenders	3 tenders	1	150	3.00	350	1.00	*0.00	7.00	0.00	0	11.00
990672 WG Biscuit 2oz	56g	100	200	7.00	410	2.00	*0.00	9.00	0.00	0	27.00

# Base Menu Spreadsheet

## Portion Values

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
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
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00
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	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			982	8.25	1050	*41.63	*3.00	30.61	0.00	35	144.99
% of Calories				7.56%		*16.96 %	*1.22%	28.1%	0.0%		59.1%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Thursday - 04/09/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992508 Chicken Enchiladas 1/4 cup: R: 1/4	serving	100	348	4.09	403	2.35	*0.32	12.34	0.00	47	36.61
992520 V- Veggie Enchiladas (meatless) 1/4 cup: R: 1/4	serving	1	384	3.63	544	3.26	*0.32	12.56	0.00	15	38.43
990877 Elote in Cups - S: 3/4 cup	3/4 CUP	100	173	1.32	204	4.78	*0.00	20.32	0.00	14	26.38
992869 Sour Cream (ss)	28 gr	100	60	3.50	15	1.00	1.00	5.00	0.00	20	1.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	28.86	0.00	0.78	0.00	0	53.90

# Base Menu Spreadsheet

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## Portion Values

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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
<b>Weighted Daily Average</b>			<b>896</b>	<b>9.96</b>	<b>766</b>	<b>*49.13</b>	<b>*1.32</b>	<b>39.86</b>	<b>0.00</b>	<b>92</b>	<b>131.41</b>
% of Calories				10.00 %		*21.93 %	*0.59%	40.0%	0.0%		58.7%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

## Friday - 04/10/2026

## Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991027 Turkey Hot Dog	serving	100	270	3.00	930	*6.00	*N/A*	11.00	0.00	35	31.00
992265 V/VG Vegan Burger -	serving	1	280	0.00	760	5.00	*4.00	7.00	0.00	0	36.00
993155 Sweet Potato & Black Bean Salad- R: 1/2 cup L:1/2	1 cup	100	220	0.28	179	*3.74	*0.00	4.08	*0.00	0	37.44
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00
000099 STRAWBERRIES,FRESH - 1 cup	9 large strawbe	100	52	0.02	2	7.92	*0.00	0.49	0.00	0	12.44
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

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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			656	4.06	1344	*31.82	*2.04	16.93	*0.00	45	96.38
% of Calories				5.57%		*19.40 %	*1.24%	23.2%	*0.0%		58.8%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

### Monday - 04/13/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992173 Buffalo Chicken Mac & Cheese - (Cheese Sauce)	1 Portion	99	373	6.32	806	2.05	*0.00	12.64	0.00	51	46.00
992175 V- Buffalo Chicken Meatless Mac & Cheese	1 Portion	1	380	6.02	859	2.50	*0.00	12.49	0.00	30	46.91
992234 VG/DF- Buffalo Chicken Meatless Mac & Cheese	1 Portion	0	463	13.69	795	2.50	*0.00	17.67	0.00	0	57.10
990929 BROCCOLI - CARROTS 1 (0.50 DG/0.5 Red)	1 cup	100	92	0.45	59	3.78	*0.00	5.92	0.00	0	9.15
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
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

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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			685	7.52	1011	*41.83	*0.00	19.81	0.00	61	96.16
% of Calories				9.88%		*24.43 %	*0.00%	26.0%	0.0%		56.2%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

**Tuesday - 04/14/2026**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991613 Corn Dog Chicken Mini WG	6 pc (4.02oz)	100	315	3.64	497	6.06	*N/A*	16.97	0.00	48	26.67
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
991865 Green Beans and Corn Medley S:1/2, OT:1/2	1 cup	100	145	0.28	2	4.82	*0.00	4.42	0.00	0	29.22
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00
000099 STRAWBERRIES,FRESH - 1 cup	9 large strawbe	100	52	0.02	2	7.92	*0.00	0.49	0.00	0	12.44
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

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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			826	11.72	1142	*34.93	*2.00	32.29	0.00	58	110.72
% of Calories				12.77 %		*16.92 %	*0.97%	35.2%	0.0%		53.6%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

### Wednesday - 04/15/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991983 Spanish Rice & Beans L:1/2, R: 1/2	serving	100	539	1.08	426	*5.07	*0.00	13.13	*0.00	61	71.55
991984 V/VG- Spanish Rice & Beans L:1/2, R: 1/2	serving	1	509	0.37	639	*6.07	*0.00	8.19	*0.00	0	73.55
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			832	1.88	569	*56.62	*0.00	14.72	*0.00	71	133.86
% of Calories				2.03%		*27.22 %	*0.00%	15.9%	*0.0%		64.4%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

# Base Menu Spreadsheet

## Portion Values

Apr 6, 2026 thru May 1, 2026

### Thursday - 04/16/2026

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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%	0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

### Friday - 04/17/2026

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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%	0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

### Monday - 04/20/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991520 Chinese Chicken Fried Rice S:1/2, R:1/4, OT:1/4	1 serving	100	533	2.64	863	*9.18	*0.00	15.94	0.00	236	65.78
992044 V-Chinese Chicken Fried Rice- S:1/2, R:1/4, OT:1/4	1 serving	1	591	2.06	1000	*9.05	*0.00	16.19	0.00	195	74.37

# Base Menu Spreadsheet

## Portion Values

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992823 Sauce, Soy Light SS Pouch	1 serving	100	0	0.00	230	0.00	0.00	0.00	0.00	0	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	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			718	3.46	1241	*36.87	*0.00	17.65	0.00	248	101.23
% of Calories				4.34%		*20.54 %	*0.00%	22.1%	0.0%		56.4%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

## Tuesday - 04/21/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991118 Baked Chicken Penne Pasta R:3/4, OT:1/4	1 cup	100	497	6.55	452	9.19	*0.95	15.20	*0.00	72	62.42
991884 V- Baked Chicken Meatless WG Pasta R:3/4, OT:1/4	1 cup	1	522	5.96	580	10.16	*0.95	15.10	*0.00	32	64.36
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

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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			813	7.62	597	*50.27	*0.96	17.42	*0.00	83	130.10
% of Calories				8.44%		*24.73 %	*0.47%	19.3%	*0.0%		64.0%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

### Wednesday - 04/22/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991109 Chicken Nuggets Breaded 9-12	6 pc (136.5gr)	100	315	3.75	510	1.50	*0.00	18.00	0.00	60	18.00
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
991587 Roasted Potatoes & Cauliflower S: 1/2 - OT:1/2	1 cup	100	134	0.28	22	*1.00	*N/A*	3.59	0.00	0	22.99
991603 BBQ Sauce (ss)	0.44 oz	100	20	0.00	105	4.00	4.00	0.00	0.00	0	5.00
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	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

# Base Menu Spreadsheet

## Portion Values

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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			899	11.90	1191	*45.92	*4.00	32.70	0.00	70	118.26
% of Calories				11.91 %		*20.43 %	*1.78%	32.7%	0.0%		52.6%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Thursday - 04/23/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992506 WW Tacos al Pastor	2 (tortillas 6)	100	336	3.44	483	0.64	*0.11	14.85	0.00	91	31.06
992524 V/VG- WW Tacos al Pastor	2 (tortillas 6)	1	269	1.17	623	1.25	*0.11	7.72	0.00	0	35.35
992830 Black Bean and Corn Salad - L:1/2, S:1/2	1 cup	100	241	0.02	141	10.54	*0.00	1.86	0.00	18	45.08
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2.00	2.00	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	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

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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			791	4.26	797	*39.73	*2.11	18.28	0.00	120	116.16
% of Calories				4.85%		*20.09 %	*1.07%	20.8%	0.0%		58.7%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

### Friday - 04/24/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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
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	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			769	13.53	454	*53.63	*0.00	25.50	*0.00	122	101.10
% of Calories				15.83 %		*27.90 %	*0.00%	29.8%	*0.0%		52.6%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

### Monday - 04/27/2026

### Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992262 One Pot Chicken Fajita Pasta OT:1/2, R:1/2	serving	100	565	7.39	390	*5.21	*0.00	23.51	*0.00	53	67.07
992263 V/VG One Pot Chicken Fajita Pasta OT:1/2, R:1/2	serving	1	521	3.91	494	6.12	*0.00	18.51	0.00	0	65.28
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
<b>Weighted Daily Average</b>			<b>755</b>	<b>8.21</b>	<b>532</b>	<b>*31.70</b>	<b>*0.00</b>	<b>25.15</b>	<b>*0.00</b>	<b>63</b>	<b>103.26</b>
<b>% of Calories</b>				<b>9.79%</b>		<b>*16.79%</b>	<b>*0.00%</b>	<b>30.0%</b>	<b>*0.0%</b>		<b>54.7%</b>
<b>Weekly Nutrient Guideline</b>			<b>750 - 850</b>	<b>&lt;10</b>	<b>1280</b>		<b>&lt;10</b>				

### Tuesday - 04/28/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992800 Turkey Meatballs w/rice & Black Beans L:1/2, R:1/2	1 serving -4 (MB)	90	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)	10	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
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

# Base Menu Spreadsheet

## Portion Values

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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
<b>Weighted Daily Average</b>			<b>802</b>	<b>2.44</b>	<b>745</b>	<b>*57.29</b>	<b>*1.64</b>	<b>9.70</b>	<b>0.00</b>	<b>50</b>	<b>144.95</b>
% of Calories				2.74%		*28.57 %	*0.82%	10.9%	0.0%		72.3%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

### Wednesday - 04/29/2026

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991746 Cheese Lunch Individual Pizza w/ Chicken/BeefPeppe	4.56oz 5 pepper	100	317	4.50	930	5.00	*N/A*	13.00	0.00	10	24.33
991393 V-Cheese Lunch Individual Pizza	4.56oz (129gr)	1	270	3.00	750	5.00	*N/A*	9.00	0.00	0	24.00
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
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
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

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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			760	5.68	1094	*41.05	*0.00	19.17	0.00	20	106.56
% of Calories				6.73%		*21.61 %	*0.00%	22.7%	0.0%		56.1%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Thursday - 04/30/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992804 Grilled Chicken & Brown Rice (2oz Gr/ 2oz MA)	Serving	90	316	0.53	66	0.01	*0.00	5.87	0.00	58	42.78
991866 VG/DF- Grilled Chicken Meatless & Brown Rice	2.87 oz	10	428	0.17	273	0.98	*0.00	6.30	0.00	0	66.04
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
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

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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			774	1.86	275	*48.20	*0.00	11.76	0.00	62	135.64
% of Calories				2.16%		*24.91 %	*0.00%	13.7%	0.0%		70.1%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

### Friday - 05/01/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993008 Ground Turkey Fajitas	2 fajitas 6"	100	324	3.37	455	*0.29	*0.00	13.57	0.00	91	30.94
993009 V/VG- Ground Crumbles Veggie Fajitas	2 fajitas	1	263	1.09	618	*0.97	*0.00	6.58	0.00	0	35.72
990689 Romaine Lettuce - 1/2cup: DG: 1/2	1/2 cup	100	8	0.02	4	0.56	0.00	0.14	0.00	0	1.55
990274 Pico de Gallo - R:1/4 , OT: 1/4	1/2 cup	100	42	0.03	15	4.68	*0.00	0.09	0.00	0	9.45
992869 Sour Cream (ss)	28 gr	100	60	3.50	15	1.00	1.00	5.00	0.00	20	1.00
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

# Base Menu Spreadsheet

## Portion Values

Apr 6, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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			665	7.78	636	*44.04	*1.00	20.90	0.00	121	88.45
% of Calories				10.53 %		*26.49 %	*0.60%	28.3%	0.0%		53.2%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
Weighted Averages	773	6	782	*43.68	*1.23	20.93	*0.00	83	114.51
% of Calories		7.43%		*22.60 %	*0.64%	24.4%	*0.0%		59.3%

\*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

<sup>1</sup> - 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.**