



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>03/02/2026</p> <p>Cinnamon Toast Crunch Cereal (V/VG) Yoplait Yogurt Fresh Pears Choice of Milk</p>	<p>03/03/2026</p> <p>WG Pancakes Buttermilk Maple Cinnamon (V) Syrup Maple (ss) Fresh Tangerines Choice of Milk</p>	<p>03/04/2026</p> <p>Baked French Toast WW Muffin (V) Mozzarella Cheese Stick** Grape Juice Choice of Milk</p>	<p>03/05/2026</p> <p>WG English Muffin (V) &amp; Cream Cheese Bananas Choice of Milk</p>	<p>03/06/2026</p> <p>One-Pan Breakfast Potato, Egg Scramble &amp; Roll (V) Fresh Apples Choice of Milk</p>
<p>03/09/2026</p> <p>WG Pancakes &amp; Turkey Sausage on a Stick** Veggie Patty &amp; WG Pancakes (V) Syrup Maple (ss) Fruit Punch Juice Choice of Milk</p>	<p>03/10/2026</p> <p>Egg Cheese Bite Round (V) WG Biscuit Fresh Pears Choice of Milk</p>	<p>03/11/2026</p> <p>Chocolate Chip Oatmeal Muffin (V) Fresh Apples Choice of Milk</p>	<p>03/12/2026</p> <p>Yoplait Yogurt &amp; Granola (V) Bananas Choice of Milk</p>	<p>03/13/2026</p> <p>Peachy WG Cinnamon Roll Cobbler (V) Cranberry Juice Choice of Milk</p>
<p>03/16/2026</p> <p>Cereal Cheerios Honey Yoplait Yogurt Fresh Apples Choice of Milk</p>	<p>03/17/2026</p> <p>St. Patrick's Spinach WG Pancake Squares (V) Syrup Maple (ss) Bananas Choice of Milk</p>	<p>03/18/2026</p> <p>Homemade WW Choco Chip Banana Bread (V) Fresh Pears Choice of Milk</p>	<p>03/19/2026</p> <p>WG Apple Cinnan. Muffin-V Mozzarella Cheese Stick** Grape Juice Choice of Milk</p>	<p>03/20/2026</p> <p>Homemade WW Sweet Potatoes Waffles (V/VG) Syrup Maple (ss) Fresh Tangerines Choice of Milk</p>
<p>03/23/2026</p> <p>Eggo Mini Pancakes Blueberry Maple Syrup (ss) Fruit Punch Juice Choice of Milk</p>	<p>03/24/2026</p> <p>Cinn. Raisin WG Bagel(VG) Cream Cheese Jelly (ss) Fresh Pears Choice of Milk</p>	<p>03/25/2026</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>03/26/2026</p> <p>Strawberry Chocolate Overnight Oats (V) Bananas Choice of Milk</p>	<p>03/27/2026</p> <p>WG Corn Muffin (V) Cranberry Juice Choice of Milk</p>
<p>03/30/2026</p> <p>NO SCHOOL TODAY</p>	<p>03/31/2026</p> <p>NO SCHOOL TODAY</p>	<p>04/01/2026</p> <p>NO SCHOOL TODAY</p>	<p>04/02/2026</p> <p>NO SCHOOL TODAY</p>	<p>04/03/2026</p> <p>NO SCHOOL TODAY</p>



Milk, grain, fruit, vegetables,  
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# LUNCH



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>03/02/2026</p> <p>Turkey Latin Br. Rice &amp; Bl. Beans Veggie Latin Rice &amp; Bl. Beans (V/VG) Apples Choice of Milk</p>	<p>03/03/2026</p> <p>Cheese Lunch Pizza w/ Chicken &amp; Beef Pepperoni Cheese Lunch Pizza (V) Roasted Potatoes Bananas Choice of Milk</p>	<p>03/04/2026</p> <p>Grilled Chicken over Brown Rice Grilled Chicken Meatless over Brown Rice (VG/DF) Collards Green &amp; Tomato Salad Fresh Oranges Choice of Milk</p>	<p>03/05/2026</p> <p>Crispy Chicken Burger Vegan Burger (V/VG) Ketchup (ss) Roasted Sweet Potatoes &amp; Cauliflower Fresh Pears Choice of Milk</p>	<p>03/06/2026</p> <p>Chili Flavor Turkey Tomato Macaroni Chili Flavor Meatless Tomato Macaroni (V/VG) Fruit Punch Juice Choice of Milk</p>
<p>03/09/2026</p> <p>Jerk Chicken &amp; Brown Rice Jerk Chicken Meatless &amp; Brown Rice (V/VG) SautOed Collards Green Apples Choice of Milk</p>	<p>03/10/2026</p> <p>Golden Crispy Chicken Tenders Breaded Veggie Tender w/ WG Roll (V/VG) Garlic Roasted Potatoes BBQ Sauce (ss) Bananas Choice of Milk</p>	<p>03/11/2026</p> <p>Chicken Enchiladas Veggie Enchiladas (V) Black Beans w/ Tomato &amp; Corn Salad Fresh Pears Choice of Milk</p>	<p>03/12/2026</p> <p>Buffalo Chicken WG Mac &amp; Cheese Buffalo Chicken Meatless WG Mac &amp; Cheese (V) Kale Salad w/ Cucumber &amp; Tomatoes (V/VG) Fruit Punch Juice Choice of Milk</p>	<p>03/13/2026</p> <p>Turkey Hot Dog** on a WG Bun Vegan Burger (V/VG) Roasted Sweet Potatoes Ketchup (ss) Fresh Strawberries Choice of Milk</p>
<p>03/16/2026</p> <p>Corn Dog Chicken Mini WG Veggie Nuggets w/ WG Roll (V/VG) WG Biscuit Green Beans &amp; Corn Medley Ketchup (ss) Fresh Pears Choice of Milk</p>	<p>03/17/2026</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>03/18/2026</p> <p>Chipotle BBQ Pulled Chicken WG Slider Chipotle BBQ Meatless WG Slider (V/VG) Sweet Creamy Coleslaw Fresh Oranges Choice of Milk</p>	<p>03/19/2026</p> <p>Baked Chicken WG Penne Pasta w/ Zucchini Baked Chicken Meatless WG Pasta w/Zuch. (V/VG) Bananas Choice of Milk</p>	<p>03/20/2026</p> <p>Stuffed Crust Pizza w/ Cheese (V) Collards Green &amp; Tomato Salad Fruit Punch Juice Choice of Milk</p>
<p>03/23/2026</p> <p>Chinese Chicken Fried Rice w/Corn,Peas, G Beans Veggie Fried Rice w/ Carrot,Corn,Peas, G Beans Apples Choice of Milk</p>	<p>03/24/2026</p> <p>Breaded Chicken Nuggets Veggie Nuggets w/ WG Roll (V/VG) Roasted Potatoes &amp; Broccoli Medley Honey Mustard Sauce (ss) Fresh Oranges Choice of Milk</p>	<p>03/25/2026</p> <p>WW Turkey Tacos Al Pastor WW Veggie Tacos Al Pastor (V/VG) Black Beans w/ Tomato &amp; Corn Salad Sour Cream (ss) Bananas Choice of Milk</p>	<p>03/26/2026</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>03/27/2026</p> <p>BYO Turkey Nachos w/ Corn Tortilla Chips BYO Meatless Nachos w/ Corn Tortillas Chips Pico de Gallo Sour Cream (ss) Fresh Pears Choice of Milk</p>
<p>03/30/2026</p> <p>NO SCHOOL TODAY</p>	<p>03/31/2026</p> <p>NO SCHOOL TODAY</p>	<p>04/01/2026</p> <p>NO SCHOOL TODAY</p>	<p>04/02/2026</p> <p>NO SCHOOL TODAY</p>	<p>04/03/2026</p> <p>NO SCHOOL TODAY</p>



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>03/02/2026</p> <p>Latin Rice &amp; Bk. Beans Veggie Latin Rice &amp; Beans Fresh Apples Choice of Milk</p>	<p>03/03/2026</p> <p>Cheese Lunch Pizza w/ Chicken &amp; Beef Pepperoni Cheese Lunch Pizza (V) Roasted Potatoes Bananas Choice of Milk</p>	<p>03/04/2026</p> <p>Grilled Chicken over Brown Rice Grilled Chicken Meatless over Brown Rice (VG/DF) Collards Green &amp; Tomato Salad Fresh Oranges Choice of Milk</p>	<p>03/05/2026</p> <p>Crispy Chicken Burger Vegan Burger (V/VG) Ketchup (ss) Roasted Sweet Potatoes &amp; Cauliflower Fresh Pears Choice of Milk</p>	<p>03/06/2026</p> <p>Chili Flavor Turkey Tomato Macaroni Chili Flavor Meatless Tomato Macaroni Fruit Punch Juice Choice of Milk</p>
<p>03/09/2026</p> <p>Jerk Chicken &amp; Brown Rice Jerk Chicken Meatless &amp; Brown Rice (V/VG) Sauteed Green Collards Fresh Apples Choice of Milk</p>	<p>03/10/2026</p> <p>Golden Crispy Chicken Tenders Breaded Veggie Tender-VG WG Biscuit Garlic Roasted Potatoes BBQ Sauce (ss) Bananas Choice of Milk</p>	<p>03/11/2026</p> <p>Chicken Enchiladas Veggie Enchiladas (V) Black Beans w/ Tomato &amp; Corn Salad Fresh Pears Choice of Milk</p>	<p>03/12/2026</p> <p>Buffalo Chicken WG Mac &amp; Cheese Buffalo Chicken Meatless WG Mac &amp; Cheese (V) Kale Salad w/ Cucumber &amp; Tomatoes (V/VG) Fruit Punch Juice Choice of Milk</p>	<p>03/13/2026</p> <p>Turkey Hot Dog** on a WG Bun Vegan Burger (V/VG) Roasted Sweet Potatoes Ketchup (ss) Fresh Strawberries Choice of Milk</p>
<p>03/16/2026</p> <p>Corn Dog Chicken Mini WG Veggie Nuggets (V/VG) WG Biscuit Green Beans &amp; Corn Medley Ketchup (ss) Fresh Pears Choice of Milk</p>	<p>03/17/2026</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>03/18/2026</p> <p>Chipotle BBQ Pulled Chicken WG Slider Chipotle BBQ Meatless WG Slider (V/VG) Sweet Creamy Coleslaw Fresh Oranges Choice of Milk</p>	<p>03/19/2026</p> <p>Baked Chicken Penne Pasta w/ Zucchini Baked Chicken Meatless Pasta w/Zucchini (V) Bananas Choice of Milk</p>	<p>03/20/2026</p> <p>Stuffed Crust Pizza w/ Cheese (V) Collards Green &amp; Tomato Salad Fruit Punch Juice Choice of Milk</p>
<p>03/23/2026</p> <p>Chinese Chicken Fried Rice w/Corn,Peas, G Beans Chicken Meatless Fried Rice w/Corn,Peas, G Beans Fresh Apples Choice of Milk</p>	<p>03/24/2026</p> <p>Chicken Nuggets Veggie Nuggets (V/VG) WG Biscuit Roasted Broccoli &amp; Potato Medley Honey Mustard Sauce (ss) Fresh Oranges Choice of Milk</p>	<p>03/25/2026</p> <p>WW Turkey Tacos Al Pastor WW Veggie Tacos Al Pastor (V/VG) Black Bean, Corn &amp; Tomato Salad Sour Cream (ss) Bananas Choice of Milk</p>	<p>03/26/2026</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>03/27/2026</p> <p>BYO Turkey Nachos w/ Corn Tortilla Chips Pico de Gallo w/ Tomatoes &amp; Onions Sour Cream (ss) Fresh Pears Choice of Milk</p>
<p>03/30/2026</p> <p>NO SCHOOL TODAY</p>	<p>03/31/2026</p> <p>NO SCHOOL TODAY</p>	<p>04/01/2026</p> <p>NO SCHOOL TODAY</p>	<p>04/02/2026</p> <p>NO SCHOOL TODAY</p>	<p>04/03/2026</p> <p>NO SCHOOL TODAY</p>

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

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

**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

Mar 2, 2026 thru Apr 3, 2026

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

**Monday - 03/02/2026 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 - 03/03/2026 Reimbursable Meal Total 100**

# Base Menu Spreadsheet

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## Portion Values

Mar 2, 2026 thru Apr 3, 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)
993113 V- WG Pancakes Buttermilk Maple Cinnamon (IW)	74gr per portio	99	170	0.50	210	12.00	9.00	3.50	0.00	10	32.00
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
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			408	1.35	428	*49.32	*8.91	5.56	0.00	20	80.97
% of Calories				2.98%		*48.35 %	*8.74%	12.3%	0.0%		79.4%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

### Wednesday - 03/04/2026

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
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

# Base Menu Spreadsheet

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## Portion Values

Mar 2, 2026 thru Apr 3, 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>532</b>	<b>5.18</b>	<b>566</b>	<b>*67.06</b>	<b>*8.47</b>	<b>9.87</b>	<b>*0.00</b>	<b>118</b>	<b>83.33</b>
% of Calories				8.76%		*50.42 %	*6.37%	16.7%	*0.0%		62.7%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

### Thursday - 03/05/2026

### 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
993001 VG/DF- WG English Muffin w/ Jelly	serving	1	147	0.00	145	8.93	*6.93	1.40	0.00	0	32.36
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	28.86	0.00	0.78	0.00	0	53.90
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

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2026 thru Apr 3, 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			470	3.52	360	*43.00	*1.00	6.99	0.00	25	91.72
% of Calories				6.74%		*36.60 %	*0.85%	13.4%	0.0%		78.1%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

### Friday - 03/06/2026

### 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)
991522 V/DF - One-Pan Breakfast Potatoes & Egg Scramble	serving	100	302	3.18	527	*3.89	*2.00	13.27	*0.00	196	37.69
992218 VG- One-Pan Breakfast Potatoes w/ Tofu	serving	1	273	1.55	503	*4.51	*2.00	9.00	*0.00	0	38.94
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			482	3.98	669	*31.42	*2.02	14.86	*0.00	206	71.66
% of Calories				7.43%		*26.07 %	*1.68%	27.7%	*0.0%		59.5%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

### Monday - 03/09/2026

### Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2026 thru Apr 3, 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
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.	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
<b>Weighted Daily Average</b>			<b>393</b>	<b>2.24</b>	<b>628</b>	<b>*42.91</b>	<b>*6.98</b>	<b>7.40</b>	<b>0.00</b>	<b>30</b>	<b>64.32</b>
% of Calories				5.13%		*43.67 %	*7.10%	16.9%	0.0%		65.5%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

**Tuesday - 03/10/2026**

**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)
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

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2026 thru Apr 3, 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)
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.	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
Weighted Daily Average			431	8.54	675	*34.54	*1.00	13.75	0.00	138	58.17
% of Calories				17.83 %		*32.06 %	*0.93%	28.7%	0.0%		54.0%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

### Wednesday - 03/11/2026

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

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## Portion Values

Mar 2, 2026 thru Apr 3, 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				

### Thursday - 03/12/2026

### 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
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			530	1.51	263	*60.84	*16.89	5.56	0.00	15	107.87
% of Calories				2.56%		*45.92 %	*12.75 %	9.4%	0.0%		81.4%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

### Friday - 03/13/2026

### Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2026 thru Apr 3, 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)
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
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 - 03/16/2026

### 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)
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

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2026 thru Apr 3, 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>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 - 03/17/2026

### 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)
991362 V- St. Patrick's Pancake Squares	50 gr	100	150	1.42	398	*7.80	*N/A*	2.88	*0.00	4	28.03
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.	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

Mar 2, 2026 thru Apr 3, 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			474	2.45	617	*48.82	*0.00	5.05	*0.00	14	99.33
% of Calories				4.65%		*41.20 %	*0.00%	9.6%	*0.0%		83.8%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

### Wednesday - 03/18/2026

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
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
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			394	1.57	284	*42.30	*10.29	3.35	*0.00	10	79.32
% of Calories				3.59%		*42.94 %	*10.45 %	7.7%	*0.0%		80.5%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

### Thursday - 03/19/2026

Reimbursable Meal Total 98

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2026 thru Apr 3, 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)
993124 V- WG Apple Cinnamon Muffin (Muffin Town)	57 gr	100	160	0.50	100	13.00	13.00	4.50	0.00	15	27.00
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	0.00	3.04	0.00	10	1.01
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
<b>Weighted Daily Average</b>			<b>494</b>	<b>3.35</b>	<b>468</b>	<b>*63.58</b>	<b>*13.44</b>	<b>9.09</b>	<b>*0.00</b>	<b>36</b>	<b>81.10</b>
<b>% of Calories</b>				<b>6.10%</b>		<b>*51.48 %</b>	<b>*10.88 %</b>	<b>16.6%</b>	<b>*0.0%</b>		<b>65.7%</b>
<b>Weekly Nutrient Guideline</b>			<b>450 - 500</b>	<b>&lt;10</b>	<b>540</b>		<b>&lt;10</b>				

### Friday - 03/20/2026

### 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)
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
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

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2026 thru Apr 3, 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			500	1.16	257	*51.77	*0.00	6.90	0.00	10	97.47
% of Calories				2.09%		*41.42 %	*0.00%	12.4%	0.0%		78.0%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

### Monday - 03/23/2026

### 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)
991431 Eggo Mini Pancakes Blueberry	86 gr	100	210	0.00	310	11.00	*N/A*	6.00	0.00	10	35.00
991178 VG/DF-Homemade WG Pancakes	2 pancakes	1	214	0.68	3	*4.73	*0.00	9.77	0.00	0	27.02
990919 Syrup Maple (ss)	42.5 gr	100	120	0.00	20	22.00	22.00	0.00	0.00	0	31.00
990708 Fruit Punch, Juice - (1 Cup - 2 juices)	(2 HC)	100	120	0.00	10	24.00	0.00	0.00	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	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

Mar 2, 2026 thru Apr 3, 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			553	0.76	476	*69.16	*22.00	7.39	0.00	20	107.40
% of Calories				1.24%		*50.03 %	*15.91 %	12.0%	0.0%		77.7%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

## Tuesday - 03/24/2026

### 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)
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

Mar 2, 2026 thru Apr 3, 2026

### Wednesday - 03/25/2026

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 - 03/26/2026

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)
991929 V-Strawberry Chocolate Overnight Oats	serving	100	253	0.57	73	15.01	*2.02	3.32	*0.00	6	42.93
992860 VG/DF-Strawberry Chocolate Overnight Oats	serving	1	300	3.42	59	16.35	*6.02	8.14	*0.00	0	47.76

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2026 thru Apr 3, 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)
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
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>461</b>	<b>1.48</b>	<b>210</b>	<b>*41.61</b>	<b>*2.08</b>	<b>5.05</b>	<b>*0.00</b>	<b>16</b>	<b>83.36</b>
% of Calories				2.89%		*36.10 %	*1.80%	9.9%	*0.0%		72.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

### Friday - 03/27/2026

### 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

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2026 thru Apr 3, 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			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				

### Monday - 03/30/2026

#### 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				

### Tuesday - 03/31/2026

#### 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				

# Base Menu Spreadsheet

Portion Values

Mar 2, 2026 thru Apr 3, 2026

## Wednesday - 04/01/2026

### 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				

## Thursday - 04/02/2026

### 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 - 04/03/2026

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2026 thru Apr 3, 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)
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				

	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	455	3	428	*48.00	*8.31	9.26	*0.00	45	81.07
% of Calories		5.99%		*42.20 %	*7.31%	18.3%	*0.0%		71.3%

**\*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.**

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2026 thru Apr 3, 2026

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

### Monday - 03/02/2026

**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)
991351 Turkey, Brown Rice & Beans - R:1/4, L:1/2	3/4 cup	100	467	2.21	213	*5.70	*0.00	9.75	0.00	87	69.02
991869 Veggie Crumbles, Brown Rice & Beans R:1/4, L:1/2	serving	1	428	0.05	376	*8.07	*0.00	3.16	0.00	0	77.87
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			611	2.98	353	*25.63	*0.00	11.21	0.00	97	93.22
% of Calories				4.39%		*16.78 %	*0.00%	16.5%	0.0%		61.0%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

### Tuesday - 03/03/2026

**Reimbursable Meal Total 100**

# Base Menu Spreadsheet

Lunches Di Si

## Portion Values

Mar 2, 2026 thru Apr 3, 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)
991746 Cheese Lunch Individual Pizza w/ Chicken/BeefPepper	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
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
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>701</b>	<b>5.80</b>	<b>1086</b>	<b>*31.48</b>	<b>*0.00</b>	<b>19.52</b>	<b>0.00</b>	<b>20</b>	<b>95.32</b>
% of Calories				7.45%		*17.96 %	*0.00%	25.1%	0.0%		54.4%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

### Wednesday - 03/04/2026

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	100	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
992817 Collards Green & Tomato Salad - DG:1/2, R:1/4	3/4 cup	100	160	0.73	191	*6.24	*0.00	9.90	*0.01	0	17.21

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2026 thru Apr 3, 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>642</b>	<b>2.04</b>	<b>395</b>	<b>*30.51</b>	<b>*0.00</b>	<b>17.25</b>	<b>*0.01</b>	<b>68</b>	<b>89.04</b>
% of Calories				2.86%		*19.01 %	*0.00%	24.2%	*0.0%		55.5%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

**Thursday - 03/05/2026**

**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)
992300 Crispy Chicken Burger (3.1oz)	serving	100	387	2.47	823	4.00	*4.00	14.84	0.00	25	42.81
992265 V/VG Vegan Burger -	serving	1	280	0.00	760	5.00	*4.00	7.00	0.00	0	36.00
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00
993080 Roasted Sweet Potatoes & Cauliflower R:1/4, OT:1/2	3/4 cup	100	136	0.58	49	4.99	*0.00	7.24	0.00	0	15.78
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

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2026 thru Apr 3, 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	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			676	3.81	1105	*29.86	*6.04	23.49	0.00	35	84.61
% of Calories				5.07%		*17.67 %	*3.57%	31.3%	0.0%		50.1%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

### Friday - 03/06/2026

### 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)
991219 Turkey Chili Tomato Maraconi (R: 3/4)	1 cup	100	452	2.26	894	*6.95	*0.00	9.89	*0.00	88	64.99
991723 V/VG- Turkey Chili Tomato Maraconi (R: 3/4)	1 serving	1	383	0.08	1055	*7.48	*0.00	3.11	*0.00	0	66.91
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
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			616	3.01	1044	*31.03	*0.00	11.17	*0.00	98	92.66
% of Calories				4.40%		*20.15 %	*0.00%	16.3%	*0.0%		60.2%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

### Monday - 03/09/2026

### Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2026 thru Apr 3, 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
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
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
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			599	1.59	405	*26.44	*0.00	11.01	*0.01	70	91.39
% of Calories				2.39%		*17.66 %	*0.00%	16.5%	*0.0%		61.0%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

Tuesday - 03/10/2026

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)
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

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2026 thru Apr 3, 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)
991603 BBQ Sauce (ss)	0.44 oz	100	20	0.00	105	4.00	4.00	0.00	0.00	0	5.00
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
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>716</b>	<b>1.31</b>	<b>658</b>	<b>*31.47</b>	<b>*5.01</b>	<b>21.55</b>	<b>0.00</b>	<b>35</b>	<b>103.95</b>
% of Calories				1.65%		*17.58 %	*2.80%	27.1%	0.0%		58.1%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

### Wednesday - 03/11/2026

### 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
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
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

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2026 thru Apr 3, 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			676	4.87	678	*27.67	*0.32	14.91	0.00	66	94.92
% of Calories				6.48%		*16.37 %	*0.19%	19.9%	0.0%		56.2%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

Thursday - 03/12/2026

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
992573 Salad, Kale, Cucumber & Tom. 1cup: DG:1/2, OT:1/2	1 cup	100	93	1.18	174	2.58	*0.00	7.19	0.00	0	7.16
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

Mar 2, 2026 thru Apr 3, 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			626	8.25	1121	*28.63	*0.00	21.08	0.00	61	80.17
% of Calories				11.86 %		*18.29 %	*0.00%	30.3%	0.0%		51.2%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

Friday - 03/13/2026

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)
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
000242 Roasted Sweet Potato - R: 3/4 cup	.75 cup	100	169	0.34	54	9.72	*0.00	3.95	0.00	0	31.06
991498 RELISH, PICKLE SWEET SS POUCH	9 gr	100	15	0.00	70	3.00	*N/A*	0.00	0.00	0	3.00
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

Mar 2, 2026 thru Apr 3, 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			595	4.11	1288	*37.17	*2.04	16.54	0.00	45	87.34
% of Calories				6.22%		*24.99 %	*1.37%	25.0%	0.0%		58.7%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

### Monday - 03/16/2026

### 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
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
000341 WG Biscuit - 1 oz	28 g	100	100	4.00	210	1.00	1.00	5.00	0.00	0	14.00
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
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
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

Mar 2, 2026 thru Apr 3, 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			669	8.65	944	*31.14	*3.04	27.54	0.00	58	85.30
% of Calories				11.64 %		*18.62 %	*1.82%	37.0%	0.0%		51.0%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

### Tuesday - 03/17/2026

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)
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				

### Wednesday - 03/18/2026

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2026 thru Apr 3, 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)
992419 Chipotle BBQ Pulled Chicken WG Slider	serving	100	309	0.38	742	16.75	*4.00	4.28	0.00	61	42.25
992420 V/VG- Chipotle BBQ Pulled Chicken MeatiesWG Slider	serving	1	320	0.00	955	17.75	*4.00	4.00	0.00	0	44.25
990604 CREAMY COLESLAW OT: 1/2, R:1/4	3/4 cup	100	90	0.48	148	7.29	*0.63	3.34	*0.00	5	13.16
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	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			565	1.63	1036	*48.57	*4.67	9.11	*0.00	75	84.38
% of Calories				2.60%		*34.39 %	*3.31%	14.5%	*0.0%		59.7%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

Thursday - 03/19/2026

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

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2026 thru Apr 3, 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>613</b>	<b>6.30</b>	<b>484</b>	<b>*33.33</b>	<b>*0.64</b>	<b>14.21</b>	<b>*0.00</b>	<b>77</b>	<b>89.39</b>
% of Calories				9.25%		*21.75 %	*0.42%	20.9%	*0.0%		58.3%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

## Friday - 03/20/2026

### 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)
993087 V- Stuffed Crust Pizza w/Cheese	137 gr	99	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
992817 Collards Green & Tomato Salad - DG:1/2, R:1/4	3/4 cup	100	160	0.73	191	*6.24	*0.00	9.90	*0.01	0	17.21
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

Mar 2, 2026 thru Apr 3, 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			649	5.99	1179	*34.26	*0.99	25.12	*0.01	25	80.23
% of Calories				8.31%		*21.12 %	*0.61%	34.8%	*0.0%		49.4%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

### Monday - 03/23/2026

### 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)
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
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			633	3.42	996	*25.78	*0.00	17.03	0.00	241	81.28
% of Calories				4.86%		*16.29 %	*0.00%	24.2%	0.0%		51.4%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

### Tuesday - 03/24/2026

### Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2026 thru Apr 3, 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)
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
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
991261 Honey Mustard Sauce (ss)	28.3 gr	100	40	0.00	160	7.00	*N/A*	0.50	0.00	0	8.00
991025 ORANGES - (1 orange113-125 ct)- 1/2 cup	1 orange	100	62	0.02	0	12.25	*0.00	0.16	0.00	0	15.39
000231 MILK,Skim	8 fl. oz.	50	90	0.00	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			545	3.59	654	*32.79	*0.04	17.86	0.00	50	70.91
% of Calories				5.93%		*24.07%	*0.03%	29.5%	0.0%		52.0%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

### Wednesday - 03/25/2026

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

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2026 thru Apr 3, 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)
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
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
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			756	4.35	792	*35.46	*2.11	17.74	0.00	110	109.86
% of Calories				5.18%		*18.76 %	*1.12%	21.1%	0.0%		58.1%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

Thursday - 03/26/2026

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

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2026 thru Apr 3, 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			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				

### Friday - 03/27/2026

### 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)
992560 BYO Turkey Nachos w/ Corn Tortilla Chips	SERVING	100	308	7.80	329	*0.42	*0.00	18.25	0.00	82	20.08
992624 V- BYO Plant Based Nachos w/ Corn Tortillas	SERVING	1	302	6.50	517	*1.09	*0.00	14.85	0.00	30	24.87
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
992360 EXTRA - Romaine Lettuce - 1/4	1/4 cup	100	4	0.01	2	0.28	0.00	0.07	0.00	0	0.77
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
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

Mar 2, 2026 thru Apr 3, 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			523	8.67	518	*26.33	*2.00	19.95	0.00	92	58.35
% of Calories				14.92 %		*20.14 %	*1.53%	34.3%	0.0%		44.6%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				



# Base Menu Spreadsheet

## Portion Values

Mar 2, 2026 thru Apr 3, 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)
000145 NO SCHOOL WEEK OF 3/30											
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				

	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	631	4	778	*31.27	*1.34	17.11	*0.00	74	87.11
% of Calories		6.39%		*19.82 %	*0.85%	24.4%	*0.0%		55.2%

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

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

<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

Mar 2, 2026 thru Apr 3, 2026

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

### Monday - 03/02/2026 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)
991369 Turkey, Latin Rice & Beans - 9-12	1 cup	100	488	2.21	213	*5.70	*0.00	9.90	0.00	87	73.60
991767 Veggie Latin Rice & Beans (1 cup) 9-12	1 cup	1	449	0.05	376	*8.07	*0.00	3.30	0.00	0	82.45
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			670	3.00	353	*33.26	*0.00	11.43	0.00	97	108.00
% of Calories				4.03%		*19.86 %	*0.00%	15.4%	0.0%		64.5%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

### Tuesday - 03/03/2026 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/BeefPepper	4.56oz 5 pepper	100	317	4.50	930	5.00	*N/A*	13.00	0.00	10	24.33

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2026 thru Apr 3, 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)
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
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			850	5.94	1086	*45.91	*0.00	19.95	0.00	20	132.46
% of Calories				6.29%		*21.60 %	*0.00%	21.1%	0.0%		62.3%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

### Wednesday - 03/04/2026

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	100	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
992836 Collards Green & Tomato Salad - DG:1/2, R:1/2	1 cup	100	168	0.75	194	*6.24	*0.00	10.00	*0.01	0	18.97
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

# Base Menu Spreadsheet

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## Portion Values

Mar 2, 2026 thru Apr 3, 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>712</b>	<b>2.07</b>	<b>398</b>	<b>*42.76</b>	<b>*0.00</b>	<b>17.50</b>	<b>*0.01</b>	<b>68</b>	<b>106.20</b>
% of Calories				2.62%		*24.02 %	*0.00%	22.1%	*0.0%		59.7%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

## Thursday - 03/05/2026

### 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)
992300 Crispy Chicken Burger (3.1oz)	serving	100	387	2.47	823	4.00	*4.00	14.84	0.00	25	42.81
992265 V/VG Vegan Burger -	serving	1	280	0.00	760	5.00	*4.00	7.00	0.00	0	36.00
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00
993091 Roasted Sweet Potatoes & Cauliflower R:1/2, OT:1/2	1 cup	100	135	0.30	52	7.48	*0.00	3.65	0.00	0	23.21
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

# Base Menu Spreadsheet

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## Portion Values

Mar 2, 2026 thru Apr 3, 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			719	3.55	1110	*39.96	*6.04	20.01	0.00	35	103.92
% of Calories				4.44%		*22.23 %	*3.36%	25.0%	0.0%		57.8%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

### Friday - 03/06/2026

### 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)
992157 Turkey Chili Tomato Maraconi 9-12	1 cup	100	551	2.94	1008	*10.55	*0.00	12.63	*0.00	114	78.19
992155 V/VG- Veggie Chili Tomato Maraconi R: 1cup	1 cup	1	395	0.08	1148	*9.02	*0.00	3.11	*0.00	0	69.49
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	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			776	3.70	1166	*46.75	*0.00	13.96	*0.00	124	120.01
% of Calories				4.29%		*24.10 %	*0.00%	16.2%	*0.0%		61.9%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

### Monday - 03/09/2026

### Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2026 thru Apr 3, 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
991719 Collards Green DG: 1 cup	1 cup	100	63	2.44	13	0.77	*0.00	4.30	*0.00	10	5.33
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15.48	0.00	0.25	0.00	0	20.58
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	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			605	3.63	278	*30.06	*0.00	9.83	*0.00	80	95.81
% of Calories				5.40%		*19.87 %	*0.00%	14.6%	*0.0%		63.3%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Tuesday - 03/10/2026

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)
992450 Golden Crispy Chicken Tenders	3 tenders	99	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

Mar 2, 2026 thru Apr 3, 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
991603 BBQ Sauce (ss)	0.44 oz	100	20	0.00	105	4.00	4.00	0.00	0.00	0	5.00
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			1075	8.47	1062	*47.88	*4.99	30.88	0.00	35	170.82
% of Calories				7.09%		*17.82 %	*1.86%	25.9%	0.0%		63.6%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

### Wednesday - 03/11/2026

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
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
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

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2026 thru Apr 3, 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
<b>Weighted Daily Average</b>			<b>720</b>	<b>4.88</b>	<b>679</b>	<b>*35.28</b>	<b>*0.32</b>	<b>15.02</b>	<b>0.00</b>	<b>66</b>	<b>106.80</b>
% of Calories				6.10%		*19.60 %	*0.18%	18.8%	0.0%		59.3%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

**Thursday - 03/12/2026**

**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
993129 Salad, Kale, Cucumber & Tomato DG:1/4,OT:3/4,R:1/4	1.25 cup	100	85	1.15	157	2.71	*0.00	6.75	0.00	0	6.40
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

Mar 2, 2026 thru Apr 3, 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			677	8.22	1109	*40.76	*0.00	20.64	0.00	61	93.41
% of Calories				10.93 %		*24.08 %	*0.00%	27.4%	0.0%		55.2%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

### Friday - 03/13/2026

### 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)
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
990245 Roasted Sweet Potato - R: 1 cup	cup	100	279	1.08	75	5.90	*0.00	14.26	0.00	0	39.33
991498 RELISH, PICKLE SWEET SS POUCH	9 gr	100	15	0.00	70	3.00	*N/A*	0.00	0.00	0	3.00
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	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2026 thru Apr 3, 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			729	4.85	1309	*36.87	*2.04	27.07	0.00	45	101.13
% of Calories				5.99%		*20.23 %	*1.12%	33.4%	0.0%		55.5%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

### Monday - 03/16/2026

### 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
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

Mar 2, 2026 thru Apr 3, 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			858	11.73	1142	*41.44	*2.00	32.01	0.00	58	120.82
% of Calories				12.30 %		*19.32 %	*0.93%	33.6%	0.0%		56.3%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Tuesday - 03/17/2026

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)
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

Mar 2, 2026 thru Apr 3, 2026

### Wednesday - 03/18/2026

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)
992419 Chipotle BBQ Pulled Chicken WG Slider	1 serving	100	309	0.38	742	16.75	*4.00	4.28	0.00	61	42.25
992420 V/VG- Chipotle BBQ Pulled Chicken MeatlesWG Slider	1 serving	1	320	0.00	955	17.75	*4.00	4.00	0.00	0	44.25
992770 CREAMY COLESLAW - 1 cup: R:1/4, OT:3/4	1 cup	100	99	0.48	85	8.60	*0.00	2.79	*0.00	3	16.36
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	1 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			635	1.65	972	*62.14	*4.04	8.72	*0.00	74	102.96
% of Calories				2.34%		*39.14 %	*2.54%	12.4%	*0.0%		64.9%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

### Thursday - 03/19/2026

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

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2026 thru Apr 3, 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)
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
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>813</b>	<b>7.62</b>	<b>597</b>	<b>*50.27</b>	<b>*0.96</b>	<b>17.42</b>	<b>*0.00</b>	<b>83</b>	<b>130.10</b>
<b>% of Calories</b>				<b>8.44%</b>		<b>*24.73 %</b>	<b>*0.47%</b>	<b>19.3%</b>	<b>*0.0%</b>		<b>64.0%</b>
<b>Weekly Nutrient Guideline</b>			<b>750 - 850</b>	<b>&lt;10</b>	<b>1280</b>		<b>&lt;10</b>				

## Friday - 03/20/2026

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)
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
992836 Collards Green & Tomato Salad - DG:1/2, R:1/2	1 cup	100	168	0.75	194	*6.24	*0.00	10.00	*0.01	0	18.97
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

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2026 thru Apr 3, 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	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			721	6.05	1195	*46.30	*1.00	25.35	*0.01	25	96.36
% of Calories				7.55%		*25.69 %	*0.55%	31.6%	*0.0%		53.5%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

## Monday - 03/23/2026

## 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)
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
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	1011	*36.87	*0.00	17.65	0.00	248	100.23
% of Calories				4.34%		*20.54 %	*0.00%	22.1%	0.0%		55.8%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2026 thru Apr 3, 2026

### Tuesday - 03/24/2026

### 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)
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
991386 Roasted Broccoli & Potato 1cup: DG: 1/2, S: 1/2	1 cup	100	122	0.41	26	*0.77	*0.00	4.85	0.00	0	17.13
991261 Honey Mustard Sauce (ss)	28.3 gr	100	40	0.00	160	7.00	*N/A*	0.50	0.00	0	8.00
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			903	11.97	1246	*47.80	*0.00	34.02	0.00	70	114.16
% of Calories				11.93 %		*21.17 %	*0.00%	33.9%	0.0%		50.6%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

### Wednesday - 03/25/2026

### Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2026 thru Apr 3, 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)
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
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
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>917</b>	<b>4.49</b>	<b>798</b>	<b>*54.16</b>	<b>*2.11</b>	<b>18.86</b>	<b>0.00</b>	<b>120</b>	<b>147.53</b>
<b>% of Calories</b>				<b>4.41%</b>		<b>*23.62 %</b>	<b>*0.92%</b>	<b>18.5%</b>	<b>0.0%</b>		<b>64.4%</b>
<b>Weekly Nutrient Guideline</b>			<b>750 - 850</b>	<b>&lt;10</b>	<b>1280</b>		<b>&lt;10</b>				

Thursday - 03/26/2026

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

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2026 thru Apr 3, 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>769</b>	<b>13.53</b>	<b>454</b>	<b>*53.63</b>	<b>*0.00</b>	<b>25.50</b>	<b>*0.00</b>	<b>122</b>	<b>101.10</b>
% of Calories				15.83 %		*27.90 %	*0.00%	29.8%	*0.0%		52.6%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

## Friday - 03/27/2026

### 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)
992564 BYO Turkey Nachos - (2 chips per student)	SERVING	100	426	8.30	432	*0.29	*0.00	22.76	0.00	82	37.73
992720 VG/DF- BYO Veggie Nachos -9-12 Grade	SERVING	1	401	7.08	774	*0.96	*0.00	17.45	0.00	0	46.46
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
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

Mar 2, 2026 thru Apr 3, 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)
<b>000145 NO SCHOOL WEEK OF 3/30</b>											
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				

	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	770	6	858	*44.21	*1.28	20.25	*0.00	80	113.83
% of Calories		7.00%		*22.97 %	*0.66%	23.7%	*0.0%		59.1%

*\*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*

*<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.**