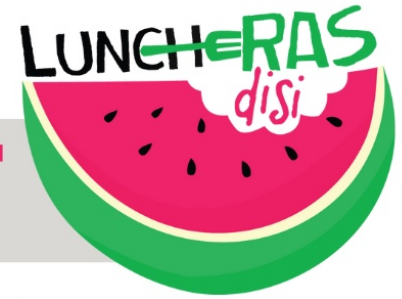




Milk, grain, fruit, meat or meat alternative

BREAKFAST



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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>07/06/2026</p> <p>Oatmeal Soft Round Bar Banana Chocolate Chip (V) Yoplait Yogurt Fresh Pears Choice of Milk</p>	<p>07/07/2026</p> <p>One-Pan Breakfast Potato, Egg Scramble & Roll (V) Bananas Choice of Milk</p>	<p>07/08/2026</p> <p>Homemade WW Sweet Potatoes Waffles (V/VG) Syrup Maple (ss) Fresh Strawberries Choice of Milk</p>	<p>07/09/2026</p> <p>Homemade WW Choco Chip Banana Bread (V) Fresh Apples Choice of Milk</p>	<p>07/10/2026</p> <p>Egg Cheese Bite Round (V) WG Biscuit Fresh Oranges Choice of Milk</p>
<p>07/13/2026</p> <p>Cereal Cheerios Honey Yoplait Yogurt Fresh Apples Choice of Milk</p>	<p>07/14/2026</p> <p>Mini Maple Pancakes Syrup Maple (ss) Fresh Pears Choice of Milk</p>	<p>07/15/2026</p> <p>WW Taco Breakfast with Egg, Cheese & Turkey Bacon Taco Bk. w/Tofu, Vegan Ch. & Veggie Crumbles (V/VG) Cranberry Juice Choice of Milk</p>	<p>07/16/2026</p> <p>Cinn. Raisin WG Bagel(VG) Cream Cheese Jelly (ss) Bananas Choice of Milk</p>	<p>07/17/2026</p> <p>Peachy WG Cinnamon Roll Cobbler (V) Fruit Punch Juice Choice of Milk</p>
<p>07/20/2026</p> <p>WG French Toast Sticks (V/VG) Syrup Maple (ss) Cranberry Juice Choice of Milk</p>	<p>07/21/2026</p> <p>Blueberry Lemon Yogurt Whole Wheat Muffins Mozzarella Cheese Stick** Fresh Pears Choice of Milk</p>	<p>07/22/2026</p> <p>Yogurt Crispy Cup Cereal w/ Peaches & Pineapple(V) Choice of Milk</p>	<p>07/23/2026</p> <p>WW Egg Burrito w/ Turkey Breast & Cheese WW Egg Burrito (V/DF) Fresh Apples Choice of Milk</p>	<p>07/24/2026</p> <p>WG English Muffin (V) & Cream Cheese Jelly (ss) Fresh Oranges Choice of Milk</p>
<p>07/27/2026</p> <p>NO SCHOOL TODAY</p>	<p>07/28/2026</p> <p>NO SCHOOL TODAY</p>	<p>07/29/2026</p> <p>NO SCHOOL TODAY</p>	<p>07/30/2026</p> <p>NO SCHOOL TODAY</p>	<p>07/31/2026</p> <p>NO SCHOOL TODAY</p>

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

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

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

WG = Whole Grain WW = Whole Wheat



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

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

LUNCH



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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>07/06/2026</p> <p>WG Caprese Pasta (V) Apples Choice of Milk</p>	<p>07/07/2026</p> <p>Golden Crispy Chicken Tenders Breaded Veggie Tender w/ WG Roll (V/VG) Baked French Fries Ketchup (ss) Fresh Peaches** Choice of Milk</p>	<p>07/08/2026</p> <p>WW Chicken Fajitas w/Green Peppers Ck. Meatless Fajita(V/VG) Cheesy Refried Beans Sour Cream (ss) Cranberry Juice Choice of Milk</p>	<p>07/09/2026</p> <p>Buffalo Chicken WG Mac & Cheese Buffalo Chicken Meatless WG Mac & Cheese (V) Broccoli & Carrot Sticks Fresh Blueberries** Choice of Milk</p>	<p>07/10/2026</p> <p>Corn Dog Chicken Mini WG WG Biscuit Veggie Nuggets w/WG Roll Green Beans & Corn Medley Ketchup (ss) Cranberry Juice Choice of Milk</p>
<p>07/13/2026</p> <p>Chinese Chicken Fried Rice w/Corn,Peas, G Beans Veggie Fried Rice w/ Carrot,Corn,Peas, G Beans Soy Sauce Light (ss) Fruit Punch Juice Choice of Milk</p>	<p>07/14/2026</p> <p>Stuffed Crust Pizza w/ Cheese (V) Chickpea Salad w/cucumber tomato & feta cheese Bananas Choice of Milk</p>	<p>07/15/2026</p> <p>Baked Chicken WG Penne Pasta w/ Zucchini Baked Chicken Meatless WG Pasta w/Zuch. (V/VG) Apples Choice of Milk</p>	<p>07/16/2026</p> <p>Turkey Hot Dog** on a WG Bun Vegan Burger (V/VG) Roasted Potatoes & Broccoli Medley Ketchup (ss) Relish Pickle Sweet (ss) Fresh Oranges Choice of Milk</p>	<p>07/17/2026</p> <p>WG Italian Sub w/ T. Ham T. Salami & T. Pepperoni Provolone WW Sand. (V) Broccoli Florets Ranch Dressing (ss) Fresh Watermelon* Choice of Milk</p>
<p>07/20/2026</p> <p>Grilled Chicken over Brown Rice Grilled Chicken Meatless over Brown Rice (VG/DF) Baked Plantains Apples Choice of Milk</p>	<p>07/21/2026</p> <p>Chicken & Tk. Bacon Pasta w/Tomato & Spinach Chicken Meatless Pasta w/Tomato & Spinach(V) Berries Smoothie Choice of Milk</p>	<p>07/22/2026</p> <p>WW Turkey Tacos Al Pastor WW Veggie Tacos (V/VG) Black Beans w/ Tomato & Corn Salad Sour Cream (ss) Hot sauce (ss) Fresh Tangerines Choice of Milk</p>	<p>07/23/2026</p> <p>Cheese Beef Burger & WG Bun Vegan Burger (V/VG) Sweet Creamy Coleslaw Mustard, Yellow SS Pouch Ketchup (ss) Bananas Choice of Milk</p>	<p>07/24/2026</p> <p>Breaded Chicken Nuggets Veggie Nuggets w/WG Roll Roasted Sweet Potatoes BBQ Sauce (ss) Fresh Pears Choice of Milk</p>
<p>07/27/2026</p> <p>NO SCHOOL TODAY</p>	<p>07/28/2026</p> <p>NO SCHOOL TODAY</p>	<p>07/29/2026</p> <p>NO SCHOOL TODAY</p>	<p>07/30/2026</p> <p>NO SCHOOL TODAY</p>	<p>07/31/2026</p> <p>NO SCHOOL TODAY</p>

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

** Denotes meals only for K to 8th

Locally Grown Components Daily Served

According to the season fruits and vegetables locally grown will be added on Breakfast and/or Lunch menu

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

WG = Whole Grain WW = Whole Wheat



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

LUNCH



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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>07/06/2026</p> <p>WG Caprese Pasta (V) Fresh Apples Choice of Milk</p>	<p>07/07/2026</p> <p>Golden Crispy Chicken Tenders Breaded Veggie Tender(VG) WG Biscuit Baked French Fries Ketchup (ss) Fresh Peaches Choice of Milk</p>	<p>07/08/2026</p> <p>WW Chicken Fajitas w/Green Peppers Ck. Meatless Fajita(V/VG) Cheesy Refried Beans Sour Cream (ss) Cranberry Juice Choice of Milk</p>	<p>07/09/2026</p> <p>Buffalo Chicken WG Mac & Cheese Buffalo Chicken Meatless WG Mac & Cheese (V) Roasted Broccoli & Carrot Fresh Blueberries** Choice of Milk</p>	<p>07/10/2026</p> <p>Corn Dog Chicken Mini WG WG Biscuit Veggie Nuggets (V/VG) Green Beans & Corn Medley Ketchup (ss) Fresh Pears Choice of Milk</p>
<p>07/13/2026</p> <p>Chinese Chicken Fried Rice w/Corn,Peas, G Beans Chicken Meatless Fried Rice w/Corn,Peas, G Beans Soy Sauce Light (ss) Fruit Punch Juice Choice of Milk</p>	<p>07/14/2026</p> <p>Stuffed Crust Pizza w/ Cheese (V) Chickpea Salad w/cucumber tomato & feta cheese Bananas Choice of Milk</p>	<p>07/15/2026</p> <p>Baked Chicken Penne Pasta w/ Zucchini Baked Chicken Meatless Pasta w/Zucchini (V) Bananas Choice of Milk</p>	<p>07/16/2026</p> <p>Turkey Hot Dog** on a WG Bun Vegan Burger (V/VG) Roasted Broccoli & Potato Medley Ketchup (ss) Relish Pickle Sweet (ss) Fresh Oranges Choice of Milk</p>	<p>07/17/2026</p> <p>WG Italian Sub w/ T. Ham T. Salami & T. Pepperoni Provolone WW Sand. (V) Broccoli Florets Ranch Dressing (ss) Fresh Watermelon* Choice of Milk</p>
<p>07/20/2026</p> <p>Grilled Chicken over Brown Rice Grilled Chicken Meatless over Brown Rice (VG/DF) Baked Plantains Fresh Apples Choice of Milk</p>	<p>07/21/2026</p> <p>Chicken & Tk. Bacon Pasta w/Tomato & Spinach Chicken Meatless Pasta w/Tomato & Spinach(V) Berries Smoothie Choice of Milk</p>	<p>07/22/2026</p> <p>WW Turkey Tacos Al Pastor WW Veggie Tacos (V/VG) Black Bean, Corn & Tomato Salad Sour Cream (ss) Hot sauce (ss) Fresh Tangerines Choice of Milk</p>	<p>07/23/2026</p> <p>Cheese Beef Burger & WG Bun Vegan Burger (V/VG) Sweet Creamy Coleslaw Mustard, Yellow SS Pouch Ketchup (ss) Bananas Choice of Milk</p>	<p>07/24/2026</p> <p>Breaded Chicken Nuggets Veggie Nuggets (V/VG) WG Biscuit Roasted Sweet Potatoes BBQ Sauce (ss) Fresh Pears Choice of Milk</p>
<p>07/27/2026</p> <p>NO SCHOOL TODAY</p>	<p>07/28/2026</p> <p>NO SCHOOL TODAY</p>	<p>07/29/2026</p> <p>NO SCHOOL TODAY</p>	<p>07/30/2026</p> <p>NO SCHOOL TODAY</p>	<p>07/31/2026</p> <p>NO SCHOOL TODAY</p>

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

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

Locally Grown Components Daily Served :

According to the season fruits and vegetables locally grown will be added on Breakfast and/or Lunch menu: Apples (PA), Green Beans (DE), Potato (PA), Sweet Potato (NC/PA), Green Peas (NJ), Corn (NJ), Kale (NJ), Collards Green (NJ), Peppers (PA)

***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

Jul 6, 2026 thru Jul 31, 2026

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

Monday - 07/06/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993002 V-Oatmeal Soft Round Banana Chocolate Chip Bar	66 gr	100	280	4.00	240	15.00	14.00	12.00	0.00	10	39.00
991346 Yogurt Yoplait 4oz	4 oz	0	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
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			464	4.78	376	*41.43	*14.00	13.46	0.00	20	74.54
% of Calories				9.27%		*35.72 %	*12.07 %	26.1%	0.0%		64.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

Tuesday - 07/07/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
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
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			615	4.21	670	*44.80	*2.02	15.39	*0.00	206	104.98
% of Calories				6.16%		*29.14 %	*1.31%	22.5%	*0.0%		68.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

Wednesday - 07/08/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992212 V/VG- Sweet Potato Waffles	serving	100	263	0.31	114	*14.37	*14.18	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
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

Base Menu Spreadsheet

Portion Values

Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			425	1.09	331	*34.30	*14.18	6.64	0.00	10	77.89
% of Calories				2.31%		*32.28 %	*13.35 %	14.1%	0.0%		73.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

Thursday - 07/09/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
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
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			387	1.58	284	*43.35	*10.29	3.39	*0.00	10	77.35
% of Calories				3.67%		*44.81 %	*10.64 %	7.9%	*0.0%		79.9%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

Base Menu Spreadsheet

Portion Values

Jul 6, 2026 thru Jul 31, 2026

Friday - 07/10/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992589 V- Egg Cheese Bite	1.75 gr	100	90	3.00	260	1.00	*0.00	6.00	0.00	120	2.00
000341 WG Biscuit - 1 oz	28 g	100	100	4.00	210	1.00	1.00	5.00	0.00	0	14.00
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	0	100	0.00	140	1.00	1.00	2.00	0.00	0	21.00
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	100	123	0.04	0	24.50	0.00	0.31	0.00	0	30.78
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			469	8.54	674	*44.61	*1.00	13.86	0.00	138	66.42
% of Calories				16.39 %		*38.05 %	*0.85%	26.6%	0.0%		56.6%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

Monday - 07/13/2026

Reimbursable Meal Total 100

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

Base Menu Spreadsheet

Portion Values

Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992217 VG/DF - Dairy Free Yogurt	5.3 oz	1	130	0.00	90	12.00	*N/A*	3.50	0.00	0	18.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15.48	0.00	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			388	0.79	362	*47.46	*16.89	3.53	0.00	15	76.55
% of Calories				1.83%		*48.93 %	*17.41 %	8.2%	0.0%		78.9%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

Tuesday - 07/14/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990632 Pancakes, Maple Flavored Mini	86 grams	100	200	1.00	210	9.99	9.99	5.99	0.00	0	34.96
991178 VG/DF-Homemade WG Pancakes	2 pancakes	1	214	0.68	4	4.73	*4.72	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
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14.43	0.00	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	2.50	0.00	15	13.00

Base Menu Spreadsheet

Portion Values

Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			396	1.79	426	*36.47	*10.04	7.55	0.00	10	74.77
% of Calories				4.07%		*36.84 %	*10.14 %	17.2%	0.0%		75.5%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

Wednesday - 07/15/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993191 Taco Breakfast w/Egg, cheddar cheese & Tk. Bacon	8" Tortilla	100	258	5.67	368	*2.00	*0.00	12.44	*0.00	98	25.05
993192 V/VG- Veggie Taco Breakfast	8" Tortilla	1	390	4.93	461	2.34	*0.00	18.77	0.00	0	34.37
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
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	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			485	6.47	510	*38.14	*0.01	13.95	*0.00	108	64.73
% of Calories				12.01 %		*31.46 %	*0.01%	25.9%	*0.0%		53.4%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

Thursday - 07/16/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
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
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			560	3.51	382	*57.86	*6.00	6.53	0.00	25	110.90
% of Calories				5.64%		*41.33 %	*4.29%	10.5%	0.0%		79.2%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

Base Menu Spreadsheet

Portion Values

Jul 6, 2026 thru Jul 31, 2026

Friday - 07/17/2026

Reimbursable Meal Total 1

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

Monday - 07/20/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991061 V/VG- French Toast Sticks PreK-12	4 stick (92 gr)	100	260	2.00	300	9.00	*8.00	10.00	0.00	0	38.00
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0.00	0.00	0.00	0.00	0	4.00
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	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			491	2.76	516	*45.11	*8.00	11.30	0.00	10	81.13
% of Calories				5.06%		*36.75 %	*6.52%	20.7%	0.0%		66.1%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

Tuesday - 07/21/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991526 Blueberry Lemon Yogurt WW Muffins	Muffins	100	144	0.40	144	*7.22	*6.44	1.62	*0.00	47	26.07
992223 VG/DF-Homemade Vegan Muffins	64 gr	1	215	0.54	10	*18.35	*17.62	7.58	*0.00	0	33.09
000010 Mozzarella, Cheese String	1 oz	100	61	2.02	202	1.01	0.00	3.04	0.00	10	1.01
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			391	3.21	483	*34.85	*6.61	6.19	*0.00	68	62.95
% of Calories				7.39%		*35.65 %	*6.76%	14.2%	*0.0%		64.4%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

Base Menu Spreadsheet

Portion Values

Jul 6, 2026 thru Jul 31, 2026

Wednesday - 07/22/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992316 Yogurt Crispy Cup Cereal (pineapple/peaches)	1 serving	100	360	0.33	228	59.17	*N/A*	0.67	0.00	3	85.25
992603 VG/DF- Yogurt Crispy Cup Cereal	1 serving	1	366	5.34	182	53.16	*8.00	5.34	0.00	0	77.91
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
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			463	1.14	365	*71.70	*0.08	1.97	0.00	13	99.03
% of Calories				2.22%		*61.94 %	*0.07%	3.8%	0.0%		85.6%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

Thursday - 07/23/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991557 Egg, Turkey Breast & cheddar Cheese Burrito	8" tortilla	100	314	4.54	563	*2.34	*N/A*	13.90	0.00	193	25.82
990918 V/DF- Egg Burrito made with ww tortilla 8" Janna	1 burrito	1	332	5.56	356	*2.00	*N/A*	17.40	0.00	338	25.96
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

Base Menu Spreadsheet

Portion Values

Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	2.50	0.00	15	13.00
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			497	5.40	705	*29.96	*0.01	15.65	0.00	206	60.00
% of Calories				9.78%		*24.11 %	*0.01%	28.3%	0.0%		48.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

Friday - 07/24/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991581 V- WG English Muffin w/ Cream Cheese	serving	100	157	2.50	220	1.93	*0.93	4.90	0.00	15	24.36
990949 V/VG- Jelly	14 gr	100	35	0.00	5	8.00	6.00	0.00	0.00	0	9.00
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	100	123	0.04	0	24.50	0.00	0.31	0.00	0	30.78
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			417	3.29	361	*46.54	*6.93	6.51	0.00	25	77.28
% of Calories				7.10%		*44.64 %	*6.65%	14.1%	0.0%		74.1%
Weekly Nutrient Guideline			450 - 500	<10	540		<10				

Monday - 07/27/2026

Reimbursable Meal Total 1

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

Tuesday - 07/28/2026

Reimbursable Meal Total 1

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

Base Menu Spreadsheet

Portion Values

Jul 6, 2026 thru Jul 31, 2026

Wednesday - 07/29/2026

Reimbursable Meal Total 1

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

Thursday - 07/30/2026

Reimbursable Meal Total 1

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

Friday - 07/31/2026

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Jul 6, 2026 thru Jul 31, 2026

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

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
Weighted Averages	461	3.47	460	*44.04	*6.86	8.99	*0.00	62	79.18
% of Calories		6.77%		*38.21 %	*5.95%	17.6%	*0.0%		68.7%

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

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

¹ - denotes required nutrient values

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

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Base Menu Spreadsheet

Portion Values

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

Monday - 07/06/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991411 V- Caprese WG Pasta 3/4cup: R:1/2, OT:1/4	1 serving	100	440	7.63	560	9.06	*0.64	15.21	0.00	38	54.99
993105 VG/DF- - SPAGHETTI AND VEGGIE MEAT SAUCE - R:1/2	1 serving	1	302	0.02	258	*7.35	*0.00	2.99	*0.00	0	55.10
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	0.00	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			582	7.65	698	*28.87	*0.64	16.62	*0.00	48	78.83
% of Calories				11.83 %		*19.84 %	*0.44%	25.7%	*0.0%		54.2%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

Tuesday - 07/07/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992450 Golden Crispy Chicken Tenders	3 tenders	99	260	0.00	390	1.00	*1.00	15.00	0.00	25	16.00

Base Menu Spreadsheet

Luncheras Di Si

Portion Values

Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
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
991611 Baked Potato French Fries - S: 3/4	3.38 oz	100	113	0.56	23	0.00	*N/A*	4.51	0.00	0	19.15
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00
990385 PEACHES,RAW - Half Cup (56 count) 1 peach	1/2 cup	100	51	0.02	0	10.91	0.00	0.32	0.00	0	12.40
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	0.00	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			536	0.61	647	*25.94	*3.01	21.12	0.00	35	62.91
% of Calories				1.02%		*19.36 %	*2.25%	35.5%	0.0%		46.9%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

Wednesday - 07/08/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992788 Chicken Fajitas OT:1/4	2 fajitas	100	338	2.02	520	*1.78	*0.00	11.82	0.00	41	36.14
992527 V/VG - Meatless Chicken Fajitas OT:1/4	2 fajitas 6"	1	356	1.43	631	*2.68	*0.00	11.49	0.00	0	37.96
993168 Cheesy Refried Beans L:1/2	1/2	100	166	3.04	566	1.00	*0.00	7.06	0.00	15	16.51
992869 Sour Cream (ss)	28 gr	100	60	3.50	15	1.00	1.00	5.00	0.00	20	1.00

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
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	0.00	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			729	8.58	1243	*27.91	*1.00	25.28	0.00	86	80.15
% of Calories				10.59 %		*15.31 %	*0.55%	31.2%	0.0%		44.0%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

Thursday - 07/09/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
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
992330 BROCCOLI - CARROTS 3/4 Fresh (0.5 DG/0.25 Red)	3/4	100	28	0.05	36	2.21	*0.00	0.24	0.00	0	5.94
990725 Fresh Blueberries	1/2	100	42	0.02	1	7.37	*0.00	0.24	0.00	0	10.72
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

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Portion Values

Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	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			543	6.39	979	*23.63	*0.00	14.37	0.00	61	75.68
% of Calories				10.59 %		*17.41 %	*0.00%	23.8%	0.0%		55.7%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

Friday - 07/10/2026

Reimbursable Meal Total 100

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

Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			689	7.89	941	*36.29	*3.02	27.43	0.00	58	87.48
% of Calories				10.31 %		*21.07 %	*1.75%	35.8%	0.0%		50.8%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

Monday - 07/13/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992532 Chinese Chicken Fried Rice	1 serving	99	492	2.65	858	*5.92	*0.00	15.61	0.00	232	57.85
992045 V-Chinese Veggie Fried Rice-S:1/4, R:1/4, OT:1/4	1 serving	1	520	2.06	993	*6.92	*0.00	15.55	0.00	191	59.85
992823 Sauce, Soy Light SS Pouch	serving	100	0	0.00	230	0.00	0.00	0.00	0.00	0	1.00
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	0.00	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			654	2.65	1231	*30.04	*0.00	16.90	0.00	241	86.00
% of Calories				3.65%		*18.37 %	*0.00%	23.3%	0.0%		52.6%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

Base Menu Spreadsheet

Portion Values

Jul 6, 2026 thru Jul 31, 2026

Tuesday - 07/14/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
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
993156 DF/VG - Cheese Pizza w/ veggie crumbles Sub R:1/4	slice	1	368	6.11	1036	5.31	*0.00	13.83	0.00	0	47.63
993174 Chickpea Salad L:1/2, OT:1/8, R:1/8	serving	100	250	3.22	365	*0.38	*0.00	10.20	*0.00	*14	30.50
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
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	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			786	7.87	1353	*30.83	*0.99	25.84	*0.00	*38	106.57
% of Calories				9.01%		*15.69 %	*0.50%	29.6%	*0.0%		54.2%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

Wednesday - 07/15/2026

Reimbursable Meal Total 100

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

Base Menu Spreadsheet

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Portion Values

Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	7.74	*0.00	0.13	0.00	0	10.29
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	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			546	5.44	483	*26.64	*0.64	13.95	*0.00	77	72.72
% of Calories				8.97%		*19.52 %	*0.47%	23.0%	*0.0%		53.3%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

Thursday - 07/16/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991027 Turkey Hot Dog	serving	99	270	3.00	930	*6.00	*N/A*	11.00	0.00	35	31.00
992265 V/VG Vegan Burger -	serving	1	280	0.00	760	5.00	*4.00	7.00	0.00	0	36.00
990984 Roasted Potatoes & Broccoli - .DG:1/2, S:1/4	3/4 cup	100	93	0.33	17	*0.75	*0.00	3.93	0.00	0	13.17
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00
991498 RELISH, PICKLE SWEET SS POUCH	9 gr	100	15	0.00	70	3.00	*N/A*	0.00	0.00	0	3.00
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

Base Menu Spreadsheet

Portion Values

Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	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			550	3.32	1241	*35.99	*2.04	16.30	0.00	45	77.61
% of Calories				5.43%		*26.17 %	*1.48%	26.7%	0.0%		56.4%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

Friday - 07/17/2026

Reimbursable Meal Total 1

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

Monday - 07/20/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992804 Grilled Chicken & Brown Rice (2oz Gr/ 2oz MA)	Serving	99	316	0.53	66	0.01	*0.00	5.87	0.00	58	42.78

Base Menu Spreadsheet

Portion Values

Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
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
000127 Baked Plantains S: 3/4	3/4 cup	100	135	0.00	4	*19.44	*0.00	0.39	0.00	0	35.40
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	0.00	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			591	0.55	209	*39.19	*0.00	7.64	0.00	67	101.70
% of Calories				0.84%		*26.52 %	*0.00%	11.6%	0.0%		68.8%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

Tuesday - 07/21/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
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
990729 Berries Smoothie - 1/2 cup - Strawberry-Blueberry	1/2 cup	100	66	0.01	1	15.62	*11.60	0.14	*0.00	0	17.53
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

Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	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			675	12.80	435	*33.26	*11.60	25.65	*0.00	122	80.63
% of Calories				17.07 %		*19.71 %	*6.87%	34.2%	*0.0%		47.8%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

Wednesday - 07/22/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992506 WW Tacos al Pastor	2 (tortillas 6)	99	336	3.44	483	0.64	*0.11	14.85	0.00	91	31.06
992524 V/VG- WW Tacos al Pastor	2 (tortillas 6)	1	269	1.17	623	1.25	*0.11	7.72	0.00	0	35.35
990400 Black Bean and Corn Salad -L: 1/2, S: 1/4	3/4 cup	100	187	0.01	137	6.38	*0.00	1.18	0.00	9	34.50
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2.00	2.00	0.00	0.00	0	4.00
993169 Hot Sauce	7 gr	100	0	0.00	270	0.00	0.00	0.00	0.00	0	0.00
992899 TANGERINES,FRESH - (100-120 ct)- 1/2 cup	1 large	100	64	0.05	2	12.70	0.00	0.37	0.00	0	16.01
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	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

Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			712	3.49	1059	*33.83	*2.11	17.62	0.00	109	98.74
% of Calories				4.41%		*19.01 %	*1.19%	22.3%	0.0%		55.5%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

Thursday - 07/23/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990548 Cheese Beef Burger -	serving	100	387	4.79	915	6.01	*4.00	18.17	0.00	43	35.07
992265 V/VG Vegan Burger -	serving	1	280	0.00	760	5.00	*4.00	7.00	0.00	0	36.00
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
991497 MUSTARD, YELLOW SS POUCH	5.5 gr	100	5	0.00	65	0.00	*N/A*	0.00	0.00	0	0.00
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00
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
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	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

Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			702	5.41	1363	*41.89	*6.67	23.27	*0.00	58	90.68
% of Calories				6.94%		*23.87 %	*3.80%	29.8%	*0.0%		51.7%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

Friday - 07/24/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991084 Chicken Nuggets Breaded	4 pc (91 gr)	90	210	2.50	340	1.00	*0.00	12.00	0.00	40	12.00
992459 V/VG-Vegan Chicken Nuggets w/WG Roll	5 Nuggets	10	331	1.88	635	4.51	*2.00	12.30	0.00	0	40.12
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
991603 BBQ Sauce (ss)	0.44 oz	100	20	0.00	105	4.00	4.00	0.00	0.00	0	5.00
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	0.00	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

Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			552	2.80	665	*34.01	*4.20	17.37	0.00	46	74.67
% of Calories				4.57%		*24.64 %	*3.04%	28.3%	0.0%		54.1%
Weekly Nutrient Guideline			600 - 650	<10	1110		<10				

Monday - 07/27/2026

Reimbursable Meal Total 1

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

Tuesday - 07/28/2026

Reimbursable Meal Total 1

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

Base Menu Spreadsheet

Portion Values

Jul 6, 2026 thru Jul 31, 2026

Wednesday - 07/29/2026

Reimbursable Meal Total 1

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

Thursday - 07/30/2026

Reimbursable Meal Total 1

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

Friday - 07/31/2026

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Jul 6, 2026 thru Jul 31, 2026

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

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
Weighted Averages	632	5.39	896	*32.02	*2.57	19.24	*0.00	*78	83.88
% of Calories		7.68%		*20.27 %	*1.63%	27.4%	*0.0%		53.1%

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

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

¹ - denotes required nutrient values

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

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Base Menu Spreadsheet

Portion Values

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

Monday - 07/06/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991588 Caprese Pasta 9-12	1 serving	100	459	7.63	602	10.96	*0.95	15.69	0.00	38	58.17
993105 VG/DF- - SPAGHETTI AND VEGGIE MEAT SAUCE - R:1/2	1 serving	1	302	0.02	258	*7.35	*0.00	2.99	*0.00	0	55.10
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	1	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	0.00	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			563	7.63	740	*23.19	*0.95	16.97	*0.00	48	71.92
% of Calories				12.20 %		*16.48 %	*0.67%	27.1%	*0.0%		51.1%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Tuesday - 07/07/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992450 Golden Crispy Chicken Tenders	3 tenders	99	260	0.00	390	1.00	*1.00	15.00	0.00	25	16.00

Base Menu Spreadsheet

Portion Values

Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993085 V/VG - Breaded Veggie Tenders	4 tenders	1	420	2.00	1200	2.00	*0.00	18.00	0.00	0	36.00
990672 WG Biscuit 2oz	56g	100	200	7.00	410	2.00	*0.00	9.00	0.00	0	27.00
991612 Baked Potato French Fries - 1 cup	4.5 oz	100	150	0.75	30	0.00	*N/A*	6.00	0.00	0	25.50
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00
990315 PEACHES,RAW - 1 cup (56 count) 2 peaches	2 peaches	100	101	0.05	0	21.81	0.00	0.65	0.00	0	24.80
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	0.00	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			823	7.82	1063	*38.82	*2.99	31.93	0.00	35	108.50
% of Calories				8.55%		*18.87%	*1.45%	34.9%	0.0%		52.7%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Wednesday - 07/08/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992788 Chicken Fajitas OT:1/4	2 fajitas	100	338	2.02	520	*1.78	*0.00	11.82	0.00	41	36.14
992527 V/VG - Meatless Chicken Fajitas OT:1/4	2 fajitas 6"	1	356	1.43	631	*2.68	*0.00	11.49	0.00	0	37.96
993177 Cheesy Refried Beans L:3/4	3/4	100	276	6.07	897	1.50	*0.00	12.86	0.00	30	25.01

Base Menu Spreadsheet

Portion Values

Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992869 Sour Cream (ss)	28 gr	100	60	3.50	15	1.00	1.00	5.00	0.00	20	1.00
991059 Cranberry Apple Juice (1 cup- 2 juices per kid)	2 HC	100	120	0.00	0	24.00	0.00	0.00	0.00	0	26.00
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	0.00	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			900	11.62	1574	*40.41	*1.00	31.09	0.00	101	101.66
% of Calories				11.62 %		*17.96 %	*0.44%	31.1%	0.0%		45.2%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Thursday - 07/09/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992173 Buffalo Chicken Mac & Cheese - (Cheese Sauce)	1 Portion	99	373	6.32	806	2.05	*0.00	12.64	0.00	51	46.00
992175 V- Buffalo Chicken Meatless Mac & Cheese	1 Portion	1	380	6.02	859	2.50	*0.00	12.49	0.00	30	46.91
992234 VG/DF- Buffalo Chicken Meatless Mac & Cheese	1 Portion	0	463	13.69	795	2.50	*0.00	17.67	0.00	0	57.10
990929 BROCCOLI - CARROTS 1 (0.50 DG/0.5 Red)	1 cup	100	105	0.55	59	3.78	*0.00	7.32	0.00	0	9.15
000255 BLUEBERRIES,Fresh	CUP	100	84	0.04	1	14.74	*0.00	0.49	0.00	0	21.45

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	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			662	6.91	1002	*32.58	*0.00	21.70	0.00	61	89.61
% of Calories				9.39%		*19.69 %	*0.00%	29.5%	0.0%		54.1%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Friday - 07/10/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
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
990672 WG Biscuit 2oz	56g	1	200	7.00	410	2.00	*0.00	9.00	0.00	0	27.00
991720 V/V-Vegan Chicken Nuggets	5 Nuggets	100	251	1.88	465	2.51	*0.00	11.30	0.00	0	25.12
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	0.00	135	12.00	0.00	2.50	0.00	15	13.00

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			909	5.91	1196	*41.95	*2.00	34.29	0.00	58	118.95
% of Calories				5.85%		*18.46 %	*0.88%	34.0%	0.0%		52.3%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Monday - 07/13/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
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
992823 Sauce, Soy Light SS Pouch	serving	100	0	0.00	230	0.00	0.00	0.00	0.00	0	1.00
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	0.00	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

Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			760	2.67	1250	*45.39	*0.00	17.40	0.00	248	108.65
% of Calories				3.16%		*23.89 %	*0.00%	20.6%	0.0%		57.2%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Tuesday - 07/14/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
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
993175 Chickpea Salad L:1/2, OT:1/4, R:1/4	serving	100	298	3.56	366	*0.60	*0.00	14.93	*0.00	*14	31.86
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	0.00	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			941	8.37	1360	*45.52	*1.00	31.06	*0.00	*39	135.14
% of Calories				8.01%		*19.35 %	*0.43%	29.7%	*0.0%		57.4%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Base Menu Spreadsheet

Portion Values

Jul 6, 2026 thru Jul 31, 2026

Wednesday - 07/15/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991118 Baked Chicken Penne Pasta R:3/4, OT:1/4	1 cup	100	497	6.55	452	9.19	*0.95	15.20	*0.00	72	62.42
991884 V- Baked Chicken Meatless WG Pasta R:3/4, OT:1/4	1 cup	1	522	5.96	580	10.16	*0.95	15.10	*0.00	32	64.36
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	28.86	0.00	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	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			813	6.87	597	*50.27	*0.96	17.42	*0.00	83	130.10
% of Calories				7.61%		*24.73 %	*0.47%	19.3%	*0.0%		64.0%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Thursday - 07/16/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991027 Turkey Hot Dog	serving	99	270	3.00	930	*6.00	*N/A*	11.00	0.00	35	31.00
992265 V/VG Vegan Burger -	serving	1	280	0.00	760	5.00	*4.00	7.00	0.00	0	36.00
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

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00
991498 RELISH, PICKLE SWEET SS POUCH	9 gr	100	15	0.00	70	3.00	*N/A*	0.00	0.00	0	3.00
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	0.00	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			641	3.42	1250	*48.26	*2.04	17.37	0.00	45	96.96
% of Calories				4.80%		*30.12 %	*1.27%	24.4%	0.0%		60.5%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Friday - 07/17/2026

Reimbursable Meal Total 1

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

Monday - 07/20/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992804 Grilled Chicken & Brown Rice (2oz Gr/ 2oz MA)	Serving	99	316	0.53	66	0.01	*0.00	5.87	0.00	58	42.78
991866 VG/DF- Grilled Chicken Meatless & Brown Rice	2.87 oz	1	428	0.17	273	0.98	*0.00	6.30	0.00	0	66.04
000136 Baked Plantains - S: 1 cup	1 cup	100	239	0.00	3	32.85	*N/A*	0.25	0.00	0	63.71
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	0.00	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			733	0.57	208	*60.35	*0.00	7.63	0.00	67	140.30
% of Calories				0.70%		*32.93 %	*0.00%	9.4%	0.0%		76.6%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Tuesday - 07/21/2026

Reimbursable Meal Total 100

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

Base Menu Spreadsheet

Portion Values

Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990734 Blueberry Smoothie -1 cup - Strawberry /Blueberry	1 cup	100	151	0.03	2	34.38	*23.20	0.41	*0.00	0	39.70
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	0.00	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			760	12.82	437	*52.01	*23.20	25.91	*0.00	122	102.80
% of Calories				15.18 %		*27.37 %	*12.21 %	30.7%	*0.0%		54.1%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Wednesday - 07/22/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
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
993169 Hot Sauce	7 gr	100	0	0.00	270	0.00	0.00	0.00	0.00	0	0.00
992900 TANGERINES,FRESH - (1 cup - 2 Tangerines)120 ct	2 (120 ct p/cs)	100	127	0.09	5	25.39	0.00	0.74	0.00	0	32.02
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00

Base Menu Spreadsheet

Portion Values

Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	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			834	3.57	1070	*50.69	*2.11	18.82	0.00	120	125.64
% of Calories				3.85%		*24.31 %	*1.01%	20.3%	0.0%		60.3%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Thursday - 07/23/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990548 Cheese Beef Burger -	serving	100	387	4.79	915	6.01	*4.00	18.17	0.00	43	35.07
992265 V/VG Vegan Burger -	serving	1	280	0.00	760	5.00	*4.00	7.00	0.00	0	36.00
991388 CREAMY COLESLAW - 1 cup: R:1/4, OT:3/4	1 cup	100	105	0.57	88	8.72	*0.00	3.33	*0.00	4	16.80
991497 MUSTARD, YELLOW SS POUCH	5.5 gr	100	5	0.00	65	0.00	*N/A*	0.00	0.00	0	0.00
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00
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	0.00	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

Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			822	5.63	1304	*57.76	*6.04	23.65	*0.00	57	121.27
% of Calories				6.16%		*28.11 %	*2.94%	25.9%	*0.0%		59.0%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Friday - 07/24/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991109 Breaded 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
990245 Roasted Sweet Potato - R: 1 cup	cup	100	279	1.08	75	5.90	*0.00	14.26	0.00	0	39.33
991603 BBQ Sauce (ss)	0.44 oz	100	20	0.00	105	4.00	4.00	0.00	0.00	0	5.00
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	0.00	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

Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			1001	11.88	1241	*39.85	*4.00	42.83	0.00	70	125.12
% of Calories				10.68 %		*15.92 %	*1.60%	38.5%	0.0%		50.0%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Monday - 07/27/2026

Reimbursable Meal Total 1

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

Tuesday - 07/28/2026

Reimbursable Meal Total 1

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

Base Menu Spreadsheet

Portion Values

Jul 6, 2026 thru Jul 31, 2026

Wednesday - 07/29/2026

Reimbursable Meal Total 1

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

Thursday - 07/30/2026

Reimbursable Meal Total 1

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

Friday - 07/31/2026

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Jul 6, 2026 thru Jul 31, 2026

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

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
Weighted Averages	797	6.84	1021	*44.79	*3.31	24.15	*0.00	*82	112.62
% of Calories		7.72%		*22.48 %	*1.66%	27.3%	*0.0%		56.5%

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

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

¹ - denotes required nutrient values

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

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.