



BREAKFAST

milk, grain, fruit, meat or meat alternative



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

Monday	Tuesday	Wednesday	Thursday	Friday
08/24/2026 NO SCHOOL TODAY	08/25/2026 NO SCHOOL TODAY	08/26/2026 WG Blueberry Muffin(V/DF) Mozzarella Cheese Stick** Orange Juice Choice of Milk	08/27/2026 Eggo Mini Maple WW Waffles (V) Syrup Maple (ss) Bananas Choice of Milk	08/28/2026 Yogurt Parfait w/ Mango & Pineapple(V) Fruit Punch Juice Choice of Milk
08/31/2026 WG Banana Muffin (V/DF) Fresh Tangerines Applesauce Strawberry Choice of Milk	09/01/2026 Egg Spanish Tortilla w/ Potatoes & Onions (V/DF) White WW Loaf Bananas Choice of Milk	09/02/2026 WG White Bagel w/ Tk. Bacon & American Cheese WG White Bagel w/ Veggie Patty & A. Cheese (V) Fruit Punch Juice Choice of Milk	09/03/2026 Cereal Cheerios Honey Yoplait Yogurt Fresh Apples Choice of Milk	09/04/2026 Whole Grain Pancakes (V) Cinnamon Applesauce Drizzle (V/VG) Diced Peaches Orange Juice Choice of Milk
09/07/2026 NO SCHOOL TODAY	09/08/2026 Cereal WG Cheerios (V/VG) Yoplait Yogurt Bananas Choice of Milk	09/09/2026 Peachy WG Cinnamon Roll Cobbler (V) Cranberry Juice Choice of Milk	09/10/2026 Egg Frittata w/ Ham Cheese & Vegetables Cheddar Cheese Frittata-V White WW Loaf Fresh Pears Choice of Milk	09/11/2026 WG Pancake Bites Poffitz (V) Honey (SS) Fresh Apples Choice of Milk
09/14/2026 WG Pizza Bagel w/egg Mozz. Cheese & Turkey WG Pizza Bagel w/ Egg & Mozzarella Cheese (V) Fresh Pears Choice of Milk	09/15/2026 WG French Toast Sticks (V/VG) Turkey Sausage Link** Veggie Breakfast Sausage Strips (V) Syrup Maple (ss) Fresh Apples Choice of Milk	09/16/2026 Cinnamon Toast Crunch Cereal (V/VG) Yoplait Yogurt Bananas Choice of Milk	09/17/2026 Breakfast Bowl w/Potato Tk. Bacon, egg & cheese Veggie Bowl w/Potato, crumbles, egg & cheese(V) Cranberry Juice Choice of Milk	09/18/2026 WG Apple Cinnan. Muffin-V Mozzarella Cheese Stick** Fresh Oranges Applesauce Strawberry Choice of Milk
09/21/2026 Cereal Cheerios Multigrain (V/VG) Yoplait Yogurt Fresh Pears Choice of Milk	09/22/2026 Sunbutter Overnight Oats (V) Fruit Punch Juice Choice of Milk	09/23/2026 WG English Muffin w/ Chicken Patty & A. Cheese WG English Muffin w/ Veggie Patty & Cheese (V) Ketchup (ss) Fresh Apples Choice of Milk	09/24/2026 WG Blueberry Muffin(V/DF) Mozzarella Cheese Stick** Bananas Choice of Milk	09/25/2026 Eggo Mini Maple WW Waffles (V) Syrup Maple (ss) Orange Juice Choice of Milk
09/28/2026 WG Banana Muffin (V/DF) Fresh Tangerines Applesauce Strawberry Choice of Milk	09/29/2026 Egg Spanish Tortilla w/ Potatoes & Onions (V/DF) White WW Loaf Bananas Choice of Milk	09/30/2026 WG White Bagel w/ Tk. Bacon & American Cheese WG White Bagel w/ Veggie Patty & A. Cheese (V) Fruit Punch Juice Choice of Milk	10/01/2026 Cereal Cheerios Honey Yoplait Yogurt Fresh Apples Choice of Milk	10/02/2026 Yogurt Parfait w/ Mango & Pineapple(V) Cranberry Juice Choice of Milk

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

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

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



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Monday	Tuesday	Wednesday	Thursday	Friday
08/24/2026 NO SCHOOL TODAY	08/25/2026 NO SCHOOL TODAY	08/26/2026 Chicken & Cheese WW Quesadilla Veggie WW Quesadilla (VG) Black Bean, Corn & Tomato Salad Hot sauce (ss) Fresh Tangerines Choice of Milk	08/27/2026 Baked Chicken WG Penne Pasta w/ Zucchini Baked Chicken Meatless WG Pasta w/Zuch. (V/VG) Apples Choice of Milk	08/28/2026 Stuffed Crust Ch. Pizza w/Chk. & Beef Pepperoni Stuffed Crust Pizza w/ Cheese (V) Kale Salad w/ Cucumber & Tomatoes (V/VG) Fresh Pears Choice of Milk
08/31/2026 WG Jumbo Cheese Ravioli w/ Marinara Sauce (V) Spaghetti & Plant Based Meat Sauce (V/VG) Roasted Sweet Potatoes Cranberry Juice Choice of Milk	09/01/2026 Crunchy Turkey Taco Salad Romaine, Tomato & Cucumber Crunchy Veggie Taco Salad w/Rom., Tom. & Cuc. (V) WG Roll Apples Choice of Milk	09/02/2026 Creamy Avocado Chicken Rice Bowl w/Corn & Beans C. Avocado Veggie Rice Bowl w/Corn & Beans (V) Fresh Peaches** Choice of Milk	09/03/2026 Baked Peruvian-Style Chicken Drumstick** Baked Peruvian-Style Tofu Strips (V/VG) WG Roll Baked Yuca Fries Pico de Gallo Bananas Choice of Milk	09/04/2026 Nashville Style Chicken & Waffles Nashville Style Veggie Tenders & Waffles Green Beans & Corn Medley Fresh Tangerines Choice of Milk
09/07/2026 NO SCHOOL TODAY	09/08/2026 WW Chicken Empanadas Veggie WW Quesadilla (VG) Corn Pico de Gallo Hot sauce (ss) Fresh Tangerines Choice of Milk	09/09/2026 Cajun Alfredo Steak Breadstick Cajun Alfredo Veggie Crumbles Breadstick(V) Roasted Broccoli & Carrot Apples Choice of Milk	09/10/2026 Asian BBQ Turkey Veggie Asian BBQ (V/VG) Vegetable Fried Rice w/ Peas, Gr. Beans & Carrot Bananas Choice of Milk	09/11/2026 Crispy Chicken Burger w/American Cheese Vegan Burger (V/VG) Balela Salad w/ Garbanzo, Tomato & Cucumber Honey Mustard Sauce (ss) Straw- Kiwi Smoothie Choice of Milk
09/14/2026 Swedish Turkey Meatballs w/ Brown Rice Swedish Veggie Meatballs w/ Brown Rice (V/VG) Steamed Carrots Fresh Tangerines Choice of Milk	09/15/2026 Creamy Turkey Lasagna Rollup w/Alfredo Sauce Creamy Veggie Lasagna Rollup w/Alfredo Sauce(V) Roasted Eggplant Fresh Oranges Choice of Milk	09/16/2026 Cheesy Turkey Taco Rice w/ Black Beans & Corn CHZ Veggie Taco Rice w/ Black Beans & Corn (V/VG) Sour Cream (ss) Fresh Nectarines** Choice of Milk	09/17/2026 DC Mambo Chicken WW Dumplings Blast DC Mambo Tofu Bites & Brown Rice (V/VG) Sweet Steamed Broccoli Apples Choice of Milk	09/18/2026 Cheese Beef Burger & WG Bun Vegan Burger (V/VG) Potatoes & Sw. Potatoes Ketchup (ss) Mustard, Yellow SS Pouch Grape Juice Choice of Milk
09/21/2026 Golden Crispy Chicken Tenders Breaded Veggie Tender w/ WG Roll (V/VG) Roasted Sweet Potatoes Boom Boom Sauce Cup (V) Cranberry Juice Choice of Milk	09/22/2026 Chicken & Cheese WW Quesadilla Veggie WW Quesadilla (VG) Black Bean, Corn & Tomato Salad Hot sauce (ss) Fresh Pears Choice of Milk	09/23/2026 Baked Peruvian-Style Chicken Drumstick** Baked Peruvian-Style Tofu Strips (V/VG) WG Roll Baked Yuca Fries Pico de Gallo Fresh Oranges Choice of Milk	09/24/2026 Baked Chicken WG Penne Pasta w/ Zucchini Baked Chicken Meatless WG Pasta w/Zuch. (V/VG) Apples Choice of Milk	09/25/2026 Greek Tk. Meatballs & Brown Rice Power Bowl Greek Veggie Meatballs & Brown Rice Power Bowl(V) SautOed Collards Green Seedless Grapes** Choice of Milk
09/28/2026 Teriyaki Beef Meatballs Teriyaki Veggie Meatballs (V/VG) WG Roll Honey-Glazed Carrots & Green Beans Fruit Punch Juice Choice of Milk	09/29/2026 WG Mini Cheese Ravioli w/ Marinara Sauce (V) Spaghetti & Plant Based Meat Sauce (V/VG) Roasted Sweet Potatoes Fresh Tangerines Choice of Milk	09/30/2026 Crunchy Turkey Taco Salad Romaine, Tomato & Cucumber Crunchy Veggie Taco Salad w/Rom., Tom. & Cuc. (V) WG Roll Apples Choice of Milk	10/01/2026 Creamy Avocado Chicken Rice Bowl w/Corn & Beans C. Avocado Veggie Rice Bowl w/Corn & Beans (V) Pineapple Tidbits Choice of Milk	10/02/2026 Nashville Style Chicken & Waffles Nashville Style Veggie Tenders & Waffles Roasted Cauliflower & Potato Medley Fresh Oranges Choice of Milk

Spring/Early Fall Cycle - Lunch
Washington Latin PCS-High School- LUNCH



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

LUNCH



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Monday	Tuesday	Wednesday	Thursday	Friday
08/24/2026 NO SCHOOL TODAY	08/25/2026 NO SCHOOL TODAY	08/26/2026 Chicken & Cheese WW Quesadilla Veggie WW Quesadilla (VG) Black Bean, Corn & Tomato Salad Hot sauce (ss) Fresh Tangerines Choice of Milk	08/27/2026 Baked Chicken Penne Pasta w/ Zucchini Baked Chicken Meatless Pasta w/Zucchini (V) Roasted Sweet Potatoes Fresh Apples Cranberry Dried(ss)** Choice of Milk	08/28/2026 Stuffed Crust Ch. Pizza w/Chk. & Beef Pepperoni Stuffed Crust Pizza w/ Cheese (V) Kale Salad w/ Cucumber & Tomatoes (V/VG) Fresh Pears Choice of Milk
08/31/2026 WG Jumbo Cheese Ravioli w/ Marinara Sauce (V) Spaghetti & Plant Based Meat Sauce (V/VG) WG Roll Sweet Potatoes Cranberry Juice Choice of Milk	09/01/2026 Crunchy Turkey Taco Salad Romaine, Tomato & Cucumber Crunchy Veggie Taco Salad w/Rom., Tom. & Cuc. (V) WG Biscuit Fresh Apples Choice of Milk	09/02/2026 Creamy Avocado Chicken Rice Bowl w/Corn & Beans C. Avocado Veggie Rice Bowl w/Corn & Beans (V) Fresh Peaches Choice of Milk	09/03/2026 Baked Peruvian-Style Chicken Drumstick** Baked Peruvian-Style Tofu Strips (V/VG) WG Biscuit Baked Yuca Fries Pico de Gallo Bananas Choice of Milk	09/04/2026 Nashville Style Chicken & Waffles Nashville Style Veggie Tenders & Waffles Green Beans & Corn Medley Fresh Tangerines Choice of Milk
09/07/2026 NO SCHOOL TODAY	09/08/2026 WW Chicken Empanadas Veggie WW Quesadilla (VG) Corn Pico de Gallo Hot sauce (ss) Fresh Tangerines Choice of Milk	09/09/2026 Cajun Alfredo Steak Breadstick Cajun Alfredo Veggie Crumbles Breadstick(V) Roasted Broccoli & Carrot Cranberry Dried(ss)** Fresh Apples Choice of Milk	09/10/2026 Asian BBQ Turkey Veggie Asian BBQ (V/VG) Vegetable Fried Rice w/ Peas, Gr. Beans & Carrot Bananas Choice of Milk	09/11/2026 Crispy Chicken Burger Vegan Burger (V/VG) Balela Salad w/ Garbanzo, Tomato & Cucumber Honey Mustard Sauce (ss) Straw- Kiwi Smoothie Choice of Milk
09/14/2026 Swedish Turkey Meatballs w/ Brown Rice Swedish Veggie Meatballs w/ Brown Rice (V/VG) Steamed Carrots Fresh Tangerines Choice of Milk	09/15/2026 Creamy Turkey Lasagna Rollup w/Alfredo Sauce Creamy Veggie Lasagna Rollup w/Alfredo Sauce(V) Roasted Eggplant WG Roll Fresh Oranges Choice of Milk	09/16/2026 Cheesy Turkey Taco Rice w/ Black Beans & Corn CHZ Veggie Taco Rice w/ Black Beans & Corn (V/VG) Sour Cream (ss) Fresh Nectarines Choice of Milk	09/17/2026 DC Mambo Chicken WW Dumplings Blast DC Mambo Tofu Bites & Brown Rice (V/VG) Sweet Steamed Broccoli Cranberry Dried(ss)** Fresh Apples Choice of Milk	09/18/2026 Cheese Beef Burger & WG Bun Vegan Burger (V/VG) Roasted Potatoes & Sweet Potatoes Ketchup (ss) Mustard, Yellow SS Pouch Grape Juice Choice of Milk
09/21/2026 Golden Crispy Chicken Tenders WG Biscuit Breaded Veggie Tender w/ WG Biscuit (V) Southern Sweet Potato Boom Boom Sauce Cup (V) Cranberry Juice Choice of Milk	09/22/2026 Chicken & Cheese WW Quesadilla Veggie WW Quesadilla (VG) Black Bean, Corn & Tomato Salad Hot sauce (ss) Bananas Choice of Milk	09/23/2026 Baked Peruvian-Style Chicken Drumstick** Baked Peruvian-Style Tofu Strips (V/VG) WG Biscuit Baked Yuca Fries Pico de Gallo Fresh Oranges Choice of Milk	09/24/2026 Baked Chicken Penne Pasta w/ Zucchini Baked Chicken Meatless Pasta w/Zucchini (V) Fresh Apples Choice of Milk	09/25/2026 Greek Tk. Meatballs & Brown Rice Power Bowl Greek Veggie Meatballs & Brown Rice Power Bowl(V) Sauteed Green Collards Seedless Grapes Choice of Milk
09/28/2026 Teriyaki Beef Meatballs Teriyaki Veggie Meatballs (V/VG) WG Biscuit Honey-Glazed Carrots & Green Beans Fruit Punch Juice Choice of Milk	09/29/2026 WG Mini Cheese Ravioli w/ Marinara Sauce Spaghetti & Plant Based Meat Sauce (V/VG) Roasted Sweet Potatoes Fresh Tangerines Choice of Milk	09/30/2026 Crunchy Turkey Taco Salad Romaine, Tomato & Cucumber Crunchy Veggie Taco Salad w/Rom., Tom. & Cuc. (V) WG Biscuit Fresh Apples Choice of Milk	10/01/2026 Creamy Avocado Chicken Rice Bowl w/Corn & Beans C. Avocado Veggie Rice Bowl w/Corn & Beans (V) Cranberry Dried(ss)** Pineapple Tidbits Choice of Milk	10/02/2026 Nashville Style Chicken & Waffles Nashville Style Veggie Tenders & Waffles Roasted Potatoes & Cauliflower Medley Fresh Oranges Choice of Milk

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.

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

Aug 14, 2026

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

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

Monday - 08/24/2026Reimbursable Meal Total 1

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

Tuesday - 08/25/2026Reimbursable Meal Total 1

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

Wednesday - 08/26/2026Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991210 V/DF-WG Blueberry Muffin (Chef Pierre)	57 gr	99	200	1.50	140	16.00	16.00	7.00	0.00	15	32.00
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
992366 Orange Juice - Suncup - 1 cup: 2 juices	8 fl. (2 HC)	100	120	0.00	10	24.00	0.00	0.00	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	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			481	3.52	486	*53.04	*16.02	11.29	*0.00	35	74.02
% of Calories				6.59%		*44.11 %	*13.32 %	21.1%	*0.0%		61.6%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Thursday - 08/27/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990645 V-Eggo Bites Waffles Maple	2.64 oz	99	190	1.50	220	11.00	*N/A*	5.00	0.00	36	36.00
993194 VG/DF-Homemade WG Waffles	2 oz	1	302	0.69	35	10.62	*10.24	9.44	0.00	0	43.36
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0.00	0.00	0.00	0.00	0	4.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	28.86	0.00	0.78	0.00	0	53.90

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	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
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			512	1.76	437	*51.97	*0.10	7.12	0.00	46	107.11
% of Calories				3.09%		*40.60 %	*0.08%	12.5%	0.0%		83.7%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Friday - 08/28/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993207 Yogurt Parfait w/ Mango & Pineapple	serving	99	284	0.83	123	34.67	*16.67	3.87	0.00	3	55.95
993218 VG/DF-D. Free Yogurt Parfait w/ Mango & Pineapple	serving	1	291	5.84	77	29.34	*14.00	8.54	0.00	0	49.28
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	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

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			446	0.89	264	*58.73	*16.65	5.21	0.00	13	83.02
% of Calories				1.80%		*52.67 %	*14.93 %	10.5%	0.0%		74.5%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Monday - 08/31/2026 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)
991262 V/DF- WG Banana Muffin (Chef Pierre)	57 gr	99	200	1.50	110	16.00	*N/A*	8.00	0.00	10	31.00
992223 VG/DF- Homemade Vegan Muffins	64 gr	1	215	0.54	10	*18.35	*17.62	7.58	*0.00	0	33.09
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
993280 Unsweetened Applesauce Strawberry	4.5 oz	100	50	0.00	0	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	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			414	1.54	246	*52.72	*0.18	9.62	*0.00	20	74.03
% of Calories				3.35%		*50.94 %	*0.17%	20.9%	*0.0%		71.5%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

Tuesday - 09/01/2026 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)
993202 V/DF- Egg Spanish Tortilla w/potatoes & onions	serving	99	174	1.87	107	1.41	*0.00	7.45	0.00	238	17.09
993211 VG- Egg Spanish Tortilla w/potatoes & onions	serving	1	185	0.17	348	1.41	*0.00	8.35	0.00	0	15.96
993220 White WW Loaf - 0.5" slice	1 slice	100	70	0.00	150	2.00	*0.00	0.50	0.00	0	13.00
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	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			555	2.12	397	*44.27	*0.00	9.99	0.00	246	96.98
% of Calories				3.44%		*31.91 %	*0.00%	16.2%	0.0%		69.9%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Wednesday - 09/02/2026 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)
993208 WG White Bagel w/ American Cheese & Tk. Bacon	serving	99	251	2.67	687	5.14	*0.00	7.29	0.00	22	29.98
993219 V-WG White Bagel w/ Veggie Patty & American Cheese	serving	1	250	1.25	626	6.14	*0.00	5.53	0.00	8	33.98

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
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	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			471	2.65	832	*41.15	*0.00	8.52	0.00	32	71.02
% of Calories				5.06%		*34.95 %	*0.00%	16.3%	0.0%		60.3%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Thursday - 09/03/2026

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	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
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

Base Menu Spreadsheet

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Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			387	0.04	361	*47.48	*17.00	3.50	0.00	15	76.58
% of Calories				0.09%		*49.07 %	*17.57 %	8.1%	0.0%		79.2%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Friday - 09/04/2026

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)
991381 V- Whole Grain Pancakes	2 pancakes	99	153	0.33	400	5.33	*5.33	2.33	0.00	7	31.33
991178 VG/DF- Homemade WG Pancakes	2 pancakes	1	214	0.68	4	4.73	*4.72	9.77	0.00	0	27.02
993279 Cinnamon Applesauce Drizzle	1 oz	100	14	0.01	1	*0.04	*0.00	0.02	0.00	0	3.49
990597 PEACHES, DICED IN JUICE SS PLASTIC CUP - HC	HC	100	80	0.00	5	18.00	*N/A*	0.00	0.00	0	19.00
992365 Orange Juice - Suncup - 4oz	4 fl.	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	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

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			408	0.34	542	*47.37	*5.33	3.68	0.00	17	80.78
% of Calories				0.75%		*46.44 %	*5.23%	8.1%	0.0%		79.2%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Monday - 09/07/2026 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 - 09/08/2026 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)
991082 Cereal WG Cheerios 1 (28gr)	28 gr	100	100	0.00	140	1.00	1.00	2.00	0.00	0	21.00
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
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	28.86	0.00	0.78	0.00	0	53.90

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000231 MILK,Skim	8 fl. oz.	50	90	0.00	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			510	0.26	332	*55.86	*12.00	4.53	0.00	15	108.90
% of Calories				0.46%		*43.81 %	*9.41%	8.0%	0.0%		85.4%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Wednesday - 09/09/2026

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)
992346 V- Peachy WG Cinnamon Roll Cobbler	2.87 (serving)	99	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	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

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Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			472	4.96	438	*44.47	*8.92	12.21	0.00	10	73.18
% of Calories				9.46%		*37.69 %	*7.56%	23.3%	0.0%		62.0%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Thursday - 09/10/2026

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)
993200 FRITTATA, HAM CHEESE VEGETABLE	84 gr	99	110	2.50	500	1.00	*0.00	7.00	0.00	185	2.00
993214 V- FRITTATA, Omelet Cheddar Cheese	3.5 oz	1	180	6.00	400	1.00	*0.00	13.00	0.00	270	2.00
993220 White WW Loaf - 0.5" slice	1 slice	100	70	0.00	150	2.00	*0.00	0.50	0.00	0	13.00
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	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			365	2.57	785	*29.43	*0.00	9.02	0.00	196	50.54
% of Calories				6.34%		*32.25 %	*0.00%	22.2%	0.0%		55.4%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

Friday - 09/11/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992993 V-WG Pancake Bites Poffitz (IW)	2.4 oz (68gr)	100	250	1.00	290	13.00	11.00	12.00	0.00	40	37.00
991178 VG/DF-Homemade WG Pancakes	2 pancakes	0	214	0.68	4	4.73	*4.72	9.77	0.00	0	27.02
991693 Honey, (ss) Pouch	9 gr	100	25	0.00	0	7.00	7.00	0.00	0.00	0	7.00
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	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			454	1.05	428	*47.59	*18.00	13.55	0.00	50	77.71
% of Calories				2.08%		*41.93 %	*15.86 %	26.9%	0.0%		68.5%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Monday - 09/14/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993201 Pizza Bagel w/Egg, mozzarella cheese & tk. sausage	2.83 oz	100	180	3.00	380	6.00	1.00	6.00	0.00	50	23.00
993212 V- Pizza Bagel w/Egg mozzarella cheese	2.8 oz	1	180	3.00	380	6.00	1.00	6.00	0.00	55	23.00

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14.43	0.00	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	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			366	3.06	520	*32.49	*1.01	7.52	0.00	61	58.77
% of Calories				7.52%		*35.51 %	*1.10%	18.5%	0.0%		64.2%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Tuesday - 09/15/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (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
993205 Turkey Sausage Links, 3", .67 oz	2 (0.67oz each)	99	68	2.04	170	0.68	*0.68	4.75	0.00	24	0.68
993288 V- Veggie Breakfast Sausage Strips	1.34 oz	1	70	0.00	250	1.00	*N/A*	2.50	0.00	0	4.00
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0.00	0.00	0.00	0.00	0	4.00
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

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			515	4.06	687	*37.16	*8.67	16.23	0.00	34	76.29
% of Calories				7.10%		*28.86 %	*6.73%	28.4%	0.0%		59.3%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Wednesday - 09/16/2026

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)
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
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	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			520	1.26	352	*60.86	*17.00	5.03	0.00	15	109.90
% of Calories				2.18%		*46.82 %	*13.08 %	8.7%	0.0%		84.5%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Thursday - 09/17/2026

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)
993203 Breakfast Bowl w/ potato,Tk. bacon, egg & cheese	serving	99	241	5.30	487	*0.03	*0.00	14.20	*0.00	158	15.44
993215 V- Veggie Bowl w/potato, crumbles, egg & cheese	serving	1	211	4.02	297	0.36	*0.00	10.07	0.00	134	17.23
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			462	5.29	621	*36.14	*0.00	15.46	*0.00	168	54.59
% of Calories				10.31 %		*31.29 %	*0.00%	30.1%	*0.0%		47.3%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

Friday - 09/18/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993124 V- WG Apple Cinnamon Muffin (Muffin Town)	57 gr	99	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	10	*18.35	*17.62	7.58	*0.00	0	33.09
000010 Mozarella, Cheese String	1 oz	100	61	2.02	202	1.01	0.00	3.04	0.00	10	1.01
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
993280 Unsweetened Applesauce Strawberry	4.5 oz	100	50	0.00	0	12.00	0.00	0.00	0.00	0	14.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
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			433	2.54	437	*50.31	*13.05	8.98	*0.00	35	70.47
% of Calories				5.28%		*46.48 %	*12.06 %	18.7%	*0.0%		65.1%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Monday - 09/21/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991380 Cereal Cheerios MULTIGRAIN (28gr)	28 gr	100	110	0.00	105	6.00	*N/A*	1.00	0.00	0	23.00

Base Menu Spreadsheet

Luncheras Di Si

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
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	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			394	0.03	296	*46.43	*11.00	2.96	0.00	15	79.54
% of Calories				0.07%		*47.14 %	*11.17 %	6.8%	0.0%		80.8%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Tuesday - 09/22/2026

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)
993204 V-Sunbutter Overnight Oats	serving	100	392	2.56	182	12.22	*4.01	19.02	*0.00	2	40.52
993216 VG/DF -Sunbutter Overnight Oats	serving	1	403	2.72	173	8.82	*6.37	21.05	*0.00	0	38.69
992429 PEACHES, DICED IN JUICE SS PLASTIC - HC PreK	HC	100	80	0.00	5	18.00	*N/A*	0.00	0.00	0	19.00
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

Base Menu Spreadsheet

Luncheras Di Si

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	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			638	2.59	329	*54.42	*4.07	20.53	*0.00	12	87.04
% of Calories				3.65%		*34.12 %	*2.55%	29.0%	*0.0%		54.6%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Wednesday - 09/23/2026

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)
993206 WG English Muffin w/Chicken Patty Sausage & Cheese	serving	99	237	3.25	650	1.93	*0.93	9.40	0.00	48	25.36
993217 V-WG English Muffin w/Veggie Patty & Ame. Cheese	serving	1	217	1.25	600	2.93	*0.93	5.90	0.00	8	28.36
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15.48	0.00	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	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

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			424	3.27	876	*31.42	*2.93	10.87	0.00	57	60.97
% of Calories				6.94%		*29.64 %	*2.76%	23.1%	0.0%		57.5%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Thursday - 09/24/2026

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)
991210 V/DF-WG Blueberry Muffin (Chef Pierre)	57 gr	99	200	1.50	140	16.00	16.00	7.00	0.00	15	32.00
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
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	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			571	3.78	479	*57.90	*16.02	12.07	*0.00	35	99.93
% of Calories				5.96%		*40.56 %	*11.22 %	19.0%	*0.0%		70.0%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

Friday - 09/25/2026 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)
990645 V-Eggo Bites Waffles Maple	2.64 oz	99	190	1.50	220	11.00	*N/A*	5.00	0.00	36	36.00
993194 VG/DF- Homemade WG Waffles	2 oz	1	302	0.69	35	10.62	*10.24	9.44	0.00	0	43.36
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0.00	0.00	0.00	0.00	0	4.00
992366 Orange Juice - Suncup - 1 cup: 2 juices	8 fl. (2 HC)	100	120	0.00	10	24.00	0.00	0.00	0.00	0	28.00
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
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			422	1.50	444	*47.11	*0.10	6.34	0.00	46	81.20
% of Calories				3.20%		*44.65 %	*0.09%	13.5%	0.0%		77.0%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Monday - 09/28/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991262 V/DF- WG Banana Muffin (Chef Pierre)	57 gr	99	200	1.50	110	16.00	*N/A*	8.00	0.00	10	31.00
992223 VG/DF- Homemade Vegan Muffins	64 gr	1	215	0.54	10	*18.35	*17.62	7.58	*0.00	0	33.09

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992899 TANGERINES,FRESH - (100-120 ct)- 1/2 cup	1 large	100	64	0.05	2	12.70	0.00	0.37	0.00	0	16.01
993280 Unsweetened Applesauce Strawberry	4.5 oz	100	50	0.00	0	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	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			414	1.54	246	*52.72	*0.18	9.62	*0.00	20	74.03
% of Calories				3.35%		*50.94 %	*0.17%	20.9%	*0.0%		71.5%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Tuesday - 09/29/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993202 V/DF- Egg Spanish Tortilla w/potatoes & onions	serving	99	174	1.87	107	1.41	*0.00	7.45	0.00	238	17.09
993211 VG- Egg Spanish Tortilla w/potatoes & onions	serving	1	185	0.17	348	1.41	*0.00	8.35	0.00	0	15.96
993220 White WW Loaf - 0.5" slice	1 slice	100	70	0.00	150	2.00	*0.00	0.50	0.00	0	13.00
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

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	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			555	2.12	397	*44.27	*0.00	9.99	0.00	246	96.98
% of Calories				3.44%		*31.91 %	*0.00%	16.2%	0.0%		69.9%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Wednesday - 09/30/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993208 WG White Bagel w/ American Cheese & Tk. Bacon	serving	99	251	2.67	687	5.14	*0.00	7.29	0.00	22	29.98
993219 V-WG White Bagel w/ Veggie Patty & American Cheese	serving	1	250	1.25	626	6.14	*0.00	5.53	0.00	8	33.98
990708 Fruit Punch, Juice - (1 Cup - 2 juices)	(2 HC)	100	120	0.00	10	24.00	0.00	0.00	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	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

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			471	2.65	832	*41.15	*0.00	8.52	0.00	32	71.02
% of Calories				5.06%		*34.95 %	*0.00%	16.3%	0.0%		60.3%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Thursday - 10/01/2026

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	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
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			387	0.04	361	*47.48	*17.00	3.50	0.00	15	76.58
% of Calories				0.09%		*49.07 %	*17.57 %	8.1%	0.0%		79.2%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Friday - 10/02/2026 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)
993207 Yogurt Parfait w/ Mango & Pineapple	serving	99	284	0.83	123	34.67	*16.67	3.87	0.00	3	55.95
993218 VG/DF-D. Free Yogurt Parfait w/ Mango & Pineapple	serving	1	291	5.84	77	29.34	*14.00	8.54	0.00	0	49.28
990703 Cranberry Apple Juice 1/2 cup	4 oz fl	100	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	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			444	0.88	258	*58.62	*16.65	5.17	0.00	13	81.89
% of Calories				1.78%		*52.81 %	*15.00 %	10.5%	0.0%		73.8%
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		463	2.09	470	*47.13	*7.48	8.93	*0.00	56	79.74
% of Calories			4.06%		*40.72 %	*6.46%	17.4%	*0.0%		68.9%

**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.
Per the Whole Milk for Healthy Kids Act of 2025, saturated fat from fluid milk is excluded from HHFKA menu analysis.

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

Aug 24, 2026 thru Oct 2, 2026

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

Monday - 08/24/2026Reimbursable Meal Total 1

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

Tuesday - 08/25/2026Reimbursable Meal Total 1

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

Wednesday - 08/26/2026Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

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

Monday - 08/24/2026Reimbursable Meal Total 1

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

Tuesday - 08/25/2026Reimbursable Meal Total 1

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

Wednesday - 08/26/2026Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993230 Chicken & Cheese WW Quesadilla	125 gr (2 pc)	99	290	4.50	500	2.00	*1.00	11.00	0.00	45	29.00
992883 VG/DF- Veggie WW Quesadilla	serving	1	439	3.71	635	1.44	*0.00	19.59	0.00	0	41.72
993050 Black Bean and Corn Salad - L:1/2, S:1/2	1 cup	100	231	0.01	135	9.70	*0.00	1.72	0.00	0	42.40
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
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			686	4.55	1044	*36.39	*0.99	14.43	0.00	55	100.53
% of Calories				5.97%		*21.22 %	*0.58%	18.9%	0.0%		58.6%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Thursday - 08/27/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (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
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	7.74	*0.00	0.13	0.00	0	10.29

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000231 MILK,Skim	8 fl. oz.	50	90	0.00	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				

Friday - 08/28/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993263 Stuffed Crust Pizza w/Cheese & Pepperoni	137 gr/5peppero	99	362	5.54	975	4.00	*1.00	16.78	0.00	22	36.23
993087 V- Stuffed Crust Pizza w/Cheese	137 gr	1	330	4.50	850	4.00	*1.00	14.00	0.00	15	36.00
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
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	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			595	6.73	1284	*25.41	*1.00	25.29	0.00	32	67.05
% of Calories				10.18 %		*17.08 %	*0.67%	38.3%	0.0%		45.1%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Monday - 08/31/2026

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)
993003 V- WG Jumbo Cheese Ravioli R:1/2 cup	3.78 oz (3 pc)	99	238	1.00	276	6.81	*0.64	2.95	0.00	0	35.35
991724 V/VG - SPAGHETTI AND VEGGIE MEAT SAUCE - R:3/4	1 serving	1	318	0.02	265	*9.23	*0.00	2.99	*0.00	0	58.39
993068 Roasted Sweet Potato - R: 1/4 cup	1/4 cup	100	70	0.27	19	1.47	*0.00	3.56	0.00	0	9.83
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	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			469	1.26	429	*32.31	*0.63	7.77	*0.00	10	71.41
% of Calories				2.42%		*27.56 %	*0.54%	14.9%	*0.0%		60.9%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

Tuesday - 09/01/2026 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)
993245 Crunchy Turkey Taco Salad DG:1/2, R:1/4	3/4 cup	99	357	5.41	677	*5.16	*0.00	22.80	*0.00	100	23.14
993246 V- Crunchy Veggie Taco Salad DG:1/2, R:1/4	3/4 cup	1	300	3.23	838	*5.83	*0.00	16.14	*0.00	12	27.81
991056 VG/DF - WG Roll	32 gr	100	80	0.00	170	2.00	*2.00	1.00	0.00	0	15.00
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	7.74	*0.00	0.13	0.00	0	10.29
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			575	5.41	984	*26.91	*2.00	25.11	*0.00	109	61.48
% of Calories				8.47%		*18.72 %	*1.39%	39.3%	*0.0%		42.8%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Wednesday - 09/02/2026 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)
993247 Creamy Avocado Chicken Rice Bowl- L:1/2, S:1/4	serving	99	575	2.78	661	*5.40	*0.00	23.43	*0.00	68	64.91
993248 V-Creamy Avocado Veggie Rice Bowl- L:1/2, S:1/4	serving	1	581	2.42	852	*6.31	*0.00	23.07	*0.00	10	66.73

Base Menu Spreadsheet

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Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
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	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			727	2.81	799	*28.43	*0.00	25.05	*0.00	78	90.46
% of Calories				3.48%		*15.64 %	*0.00%	31.0%	*0.0%		49.8%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Thursday - 09/03/2026

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)
993252 Baked Peruvian-Style Chicken Drumstick	112 gr	99	269	2.96	305	*1.90	*0.00	13.71	0.00	95	18.06
993253 V/VG-Baked Peruvian-Style Tofu Strips	4.48 oz	1	303	2.06	253	*3.17	*0.00	16.78	0.00	0	23.48
991056 VG/DF - WG Roll	32 gr	100	80	0.00	170	2.00	*2.00	1.00	0.00	0	15.00
993226 Baked Yuca Fries S: 1/4 cup	1/4 cup -2 yuca	100	110	0.50	115	0.00	*0.00	4.00	0.00	0	17.00
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
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

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	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			706	3.62	740	*35.02	*2.00	20.46	0.00	104	99.52
% of Calories				4.61%		*19.84 %	*1.13%	26.1%	0.0%		56.4%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Friday - 09/04/2026

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)
993255 Nashville Style Chicken & Waffles	2 Waffles/3tend	99	490	1.50	1080	7.00	*7.00	25.50	0.00	30	47.00
993256 V/VG- Nashville Style Veggie Tenders & Waffles	2 Waffles/2tend	1	447	2.53	1309	7.03	*6.00	19.78	0.00	5	49.56
991902 Green Beans & Corn Medley OT:1/2, S:1/4	3/4	100	99	0.22	2	3.08	*0.00	4.04	0.00	0	18.28
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	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			752	1.78	1221	*34.77	*6.99	31.10	0.00	40	94.31
% of Calories				2.13%		*18.49 %	*3.72%	37.2%	0.0%		50.2%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Monday - 09/07/2026 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 - 09/08/2026 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)
993223 WW Chicken Empanada	2.8 oz	90	170	4.00	420	1.00	*1.00	7.00	0.00	30	17.00
993275 VG/DF- Veggie WW Quesadilla	serving	10	364	2.10	520	1.18	*0.00	12.70	0.00	0	37.77
993097 Corn Pico de Gallo S:1/4, R:1/4, OT:1/4 cup	3/4 cup	100	76	0.02	10	6.69	*0.00	0.68	0.00	0	15.33
993169 Hot Sauce	7 gr	100	0	0.00	270	0.00	0.00	0.00	0.00	0	0.00

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992899 TANGERINES,FRESH - (100-120 ct)- 1/2 cup	1 large	100	64	0.05	2	12.70	0.00	0.37	0.00	0	16.01
000231 MILK,Skim	8 fl. oz.	50	90	0.00	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			429	3.88	847	*32.41	*0.90	9.87	0.00	37	63.41
% of Calories				8.14%		*30.22 %	*0.84%	20.7%	0.0%		59.1%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Wednesday - 09/09/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993271 Cajun Alfredo Steak Breadstick	1 stick	99	250	6.24	644	1.92	*0.00	14.57	0.00	34	18.83
993276 V-Cajun Alfredo Veggie Crumbles Breadstick	1 stick	1	261	5.24	691	2.37	*0.00	12.49	0.00	24	21.05
990728 Roasted Broccoli & Carrots DG: 1/2, R:1/4	3/4 cup	100	75	0.42	37	2.28	*0.00	5.43	0.00	0	6.09
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

Base Menu Spreadsheet

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Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			464	6.68	818	*23.94	*0.00	21.35	0.00	44	48.23
% of Calories				12.96 %		*20.64 %	*0.00%	41.4%	0.0%		41.6%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Thursday - 09/10/2026

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)
993277 Asian BBQ Ground Turkey	2.87 oz	99	183	2.29	574	*6.76	*0.00	8.39	*0.00	91	12.06
993278 V/VG- Veggie Asian BBQ (V/VG)	80 gr	1	146	0.02	818	*7.68	*0.00	1.88	*0.00	0	18.50
993266 Vegetable Fried Rice R:1/4, S:1/4, OT:1/4	serving	100	290	0.20	386	5.30	*0.00	4.28	0.00	0	55.07
991007 Banana - 1/2 cup (150 ct - 1 Banana)	1/2 cup	100	105	0.13	1	14.43	0.00	0.39	0.00	0	26.95
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			678	2.61	1100	*38.61	*0.00	14.30	*0.00	100	107.28
% of Calories				3.46%		*22.78 %	*0.00%	19.0%	*0.0%		63.3%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

Friday - 09/11/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993267 American Cheese Crispy Chicken Burger (3.1oz)	serving	99	425	3.75	1040	5.00	*4.00	17.00	0.00	32	44.00
992265 V/VG Vegan Burger -	serving	1	280	0.00	760	5.00	*4.00	7.00	0.00	0	36.00
991922 Balela Salad L:1/2, OT:1/8, R:1/8	serving	100	200	0.51	149	*1.02	*0.00	6.19	*0.00	*0	30.60
991261 Honey Mustard Sauce (ss)	28.3 gr	100	40	0.00	160	7.00	*N/A*	0.50	0.00	0	8.00
990700 Smoothie Strawberry Kiwi	4.4 oz	100	90	0.00	30	19.00	19.00	0.00	0.00	0	22.00
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	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			853	4.22	1512	*44.02	*23.00	24.84	*0.00	*42	117.52
% of Calories				4.45%		*20.64 %	*10.79 %	26.2%	*0.0%		55.1%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Monday - 09/14/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993268 Swedish Turkey Meatballs w/brown rice	serving -4 (MB)	99	365	1.54	628	*1.20	*1.00	7.35	*0.00	45	56.71

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993269 V/VG- Swedish Veggie Meatballs w/brown rice	serving -3 (MB)	1	406	3.03	718	*2.04	*1.85	8.58	*0.00	0	64.28
000263 Carrots, Steamed - R: 3/4 cup	3/4 cup	100	38	0.03	63	4.34	*0.00	0.22	0.00	0	8.77
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	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			566	1.63	829	*30.24	*1.01	9.20	*0.00	55	94.56
% of Calories				2.59%		*21.37 %	*0.71%	14.6%	*0.0%		66.8%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Tuesday - 09/15/2026

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)
993005 Creamy Turkey Lasagna Roll up w/Alfredo Sauce	3.5 oz (1 roll)	99	382	10.36	627	4.60	*0.00	19.76	*0.00	116	28.07
993241 V-Creamy Veggie Lasagna Roll up w/Alfredo Sauce	3.5 oz (1 roll)	1	366	9.26	751	5.06	*0.00	16.67	*0.00	72	31.28
993273 Rosted Eggplant OT:3/4 cup	3/4	100	98	0.66	6	2.19	*0.00	8.97	0.00	0	4.26
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

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000231 MILK,Skim	8 fl. oz.	50	90	0.00	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	11.02	769	*31.05	*0.00	30.11	*0.00	125	60.75
% of Calories				15.47 %		*19.38 %	*0.00%	42.3%	*0.0%		37.9%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Wednesday - 09/16/2026 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)
993236 Cheesy Turkey Taco Rice Bowl L:1/2 S:1/4	serving	99	584	3.81	815	*4.30	*0.00	13.42	*0.00	95	88.14
993237 V/VG-Cheesy Veggie Taco Rice Bowl L:1/2 S:1/4	serving	1	530	1.67	1016	*6.11	*0.00	6.37	*0.00	0	95.46
992869 Sour Cream (ss)	28 gr	100	60	3.50	15	1.00	1.00	5.00	0.00	20	1.00
990726 Nectarines, Fresh (56 -64 Count) 1 nectarine	1/2 cup	100	57	0.03	0	10.18	0.00	0.41	0.00	0	13.61
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

Base Menu Spreadsheet

Luncheras Di Si

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			800	7.32	967	*27.49	*1.00	20.01	*0.00	124	115.82
% of Calories				8.24%		*13.74 %	*0.50%	22.5%	*0.0%		57.9%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Thursday - 09/17/2026

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)
993238 DC Mambo Chicken Dumplings	6 dumplings	99	290	0.50	690	12.00	*11.00	7.00	0.00	35	41.00
993289 V/VG-DC Mambo Tofu Bites & Brown Rice	4.48 oz	1	491	1.96	459	11.58	*10.00	17.25	0.00	0	63.62
993240 Sweet Steamed Broccoli DG:3/4	3/4 CUP	100	58	0.03	412	5.76	*5.00	0.31	0.00	0	12.58
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			490	0.57	1237	*37.61	*15.99	8.84	0.00	45	77.23
% of Calories				1.05%		*30.70 %	*13.05 %	16.2%	0.0%		63.0%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

Friday - 09/18/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990548 Cheese Beef Burger -	serving	99	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
992476 Roasted Potatoes & Sweet Potatoes -S:1/2, R:1/4	3/4 cup	100	152	0.30	24	*0.00	*0.00	3.83	0.00	0	27.18
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00
991497 MUSTARD, YELLOW SS POUCH	5.5 gr	100	5	0.00	65	0.00	*N/A*	0.00	0.00	0	0.00
992361 Grape Juice (1/2 cup- 1 juice) Suncup	4 fl	100	80	0.00	10	18.00	0.00	0.00	0.00	0	19.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	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			734	5.05	1238	*38.11	*6.00	23.19	0.00	53	96.40
% of Calories				6.19%		*20.77 %	*3.27%	28.4%	0.0%		52.5%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Monday - 09/21/2026 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (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
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
993232 V- Boom Boom Sauce (ss)	1oz	100	150	2.50	240	2.00	2.00	16.00	0.00	15	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	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			741	2.86	829	*36.75	*3.01	36.24	0.00	50	75.42
% of Calories				3.47%		*19.84 %	*1.62%	44.0%	0.0%		40.7%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Tuesday - 09/22/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993230 Chicken & Cheese WW Quesadilla	125 gr (2 pc)	95	290	4.50	500	2.00	*1.00	11.00	0.00	45	29.00
992883 VG/DF- Veggie WW Quesadilla	serving	5	439	3.71	635	1.44	*0.00	19.59	0.00	0	41.72
993050 Black Bean and Corn Salad - L:1/2, S:1/2	1 cup	100	231	0.01	135	9.70	*0.00	1.72	0.00	0	42.40

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993169 Hot Sauce	7 gr	100	0	0.00	270	0.00	0.00	0.00	0.00	0	0.00
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
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			668	4.48	1048	*30.49	*0.95	14.50	0.00	53	95.70
% of Calories				6.04%		*18.26 %	*0.57%	19.5%	0.0%		57.3%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Wednesday - 09/23/2026

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)
993252 Baked Peruvian-Style Chicken Drumstick	112 gr	99	269	2.96	305	*1.90	*0.00	13.71	0.00	95	18.06
993253 V/VG-Baked Peruvian-Style Tofu Strips	4.48 oz	1	303	2.06	253	*3.17	*0.00	16.78	0.00	0	23.48
991056 VG/DF - WG Roll	32 gr	100	80	0.00	170	2.00	*2.00	1.00	0.00	0	15.00
993226 Baked Yuca Fries S: 1/4 cup	1/4 cup -2 yuca	100	110	0.50	115	0.00	*0.00	4.00	0.00	0	17.00
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
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

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000231 MILK,Skim	8 fl. oz.	50	90	0.00	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			663	3.50	739	*32.84	*2.00	20.23	0.00	104	87.96
% of Calories				4.75%		*19.81 %	*1.21%	27.5%	0.0%		53.1%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Thursday - 09/24/2026

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)
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
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

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			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				

Friday - 09/25/2026

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)
993261 Greek Tk. Meatballs & Brown Rice Power Bowl	serving -4 (MB)	99	361	1.71	832	1.97	*1.73	8.81	0.00	46	52.21
993262 V-Greek Veggie Meatballs & Brown Rice Power Bowl	serving -3 (MB)	1	401	3.21	822	1.97	*1.73	10.81	0.00	1	57.21
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
990457 GRAPES,Fresh - Half Cup	14 grapes	100	47	0.04	1	10.62	*0.00	0.11	0.00	0	12.42
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			606	2.17	1109	*29.49	*1.73	15.79	0.01	56	88.89
% of Calories				3.22%		*19.47 %	*1.14%	23.5%	0.0%		58.7%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

Monday - 09/28/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993233 Teriyaki Beef Meatballs	5 meatballs	99	226	5.00	760	7.05	*5.00	14.00	0.00	45	11.15
993234 V/VG- Teriyaki Veggie Meatballs	3 Meatballs	1	176	3.00	770	6.05	*6.00	7.00	0.00	0	15.15
991056 VG/DF - WG Roll	32 gr	100	80	0.00	170	2.00	*2.00	1.00	0.00	0	15.00
993235 Glazed Carrots & Green Beans R:1/2 OT:1/4	3/4 cup	100	110	2.33	49	12.49	*9.13	4.51	0.00	7	12.44
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	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			575	7.31	1119	*45.53	*16.14	20.70	0.00	62	65.63
% of Calories				11.44 %		*31.67 %	*11.23 %	32.4%	0.0%		45.7%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Tuesday - 09/29/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991162 V- WG Mini Cheese Ravioli R:1/2 pc	4.34 oz (10 pc)	99	279	1.52	447	8.32	*0.64	6.48	0.00	68	39.36

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991724 V/VG - SPAGHETTI AND VEGGIE MEAT SAUCE - R:3/4	1 serving	1	318	0.02	265	*9.23	*0.00	2.99	*0.00	0	58.39
993068 Roasted Sweet Potato - R: 1/4 cup	1/4 cup	100	70	0.27	19	1.47	*0.00	3.56	0.00	0	9.83
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	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			512	1.82	601	*34.50	*0.63	11.64	*0.00	77	78.39
% of Calories				3.20%		*26.95 %	*0.49%	20.5%	*0.0%		61.2%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Wednesday - 09/30/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993245 Crunchy Turkey Taco Salad DG:1/2, R:1/4	3/4 cup	99	357	5.41	677	*5.16	*0.00	22.80	*0.00	100	23.14
993246 V- Crunchy Veggie Taco Salad DG:1/2, R:1/4	3/4 cup	1	300	3.23	838	*5.83	*0.00	16.14	*0.00	12	27.81
991056 VG/DF - WG Roll	32 gr	100	80	0.00	170	2.00	*2.00	1.00	0.00	0	15.00
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	7.74	*0.00	0.13	0.00	0	10.29
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

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000231 MILK,Skim	8 fl. oz.	50	90	0.00	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			575	5.41	984	*26.91	*2.00	25.11	*0.00	109	61.48
% of Calories				8.47%		*18.72 %	*1.39%	39.3%	*0.0%		42.8%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Thursday - 10/01/2026

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)
993247 Creamy Avocado Chicken Rice Bowl- L:1/2, S:1/4	serving	99	575	2.78	661	*5.40	*0.00	23.43	*0.00	68	64.91
993248 V-Creamy Avocado Veggie Rice Bowl- L:1/2, S:1/4	serving	1	581	2.42	852	*6.31	*0.00	23.07	*0.00	10	66.73
991032 Pineapple Tidbits Packaged HC	4oz	100	60	0.00	0	14.05	*N/A*	0.00	0.00	0	15.05
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

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			737	2.78	799	*31.57	*0.00	24.73	*0.00	78	93.11
% of Calories				3.39%		*17.13 %	*0.00%	30.2%	*0.0%		50.5%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Friday - 10/02/2026

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)
993255 Nashville Style Chicken & Waffles	2 Waffles/3tend	99	490	1.50	1080	7.00	*7.00	25.50	0.00	30	47.00
993256 V/VG- Nashville Style Veggie Tenders & Waffles	2 Waffles/2tend	1	447	2.53	1309	7.03	*6.00	19.78	0.00	5	49.56
991668 Roasted Cauliflower & Potatoes & OT: 1/2, S:1/4	3/4 cup	100	100	0.35	19	*1.00	*0.00	4.69	0.00	0	12.75
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	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			751	1.88	1236	*32.25	*6.99	31.54	0.00	40	88.16
% of Calories				2.25%		*17.18 %	*3.72%	37.8%	0.0%		47.0%
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		633	4.16	935	*32.46	*3.56	19.97	*0.00	*68	83.19
% of Calories			5.91%		*20.51 %	*2.25%	28.4%	*0.0%		52.6%

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*
** - denotes combined nutrient totals with either missing or incomplete nutrient data*
¹ - denotes required nutrient values
Added Sugars target is informational only, with an effective date of July 1, 2027.
Per the Whole Milk for Healthy Kids Act of 2025, saturated fat from fluid milk is excluded from HHFKA menu analysis.

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

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993230 Chicken & Cheese WW Quesadilla	125 gr (2 pc)	99	290	4.50	500	2.00	*1.00	11.00	0.00	45	29.00
992883 VG/DF- Veggie WW Quesadilla	serving	1	439	3.71	635	1.44	*0.00	19.59	0.00	0	41.72
993050 Black Bean and Corn Salad - L:1/2, S:1/2	1 cup	100	231	0.01	135	9.70	*0.00	1.72	0.00	0	42.40
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
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			749	4.59	1046	*49.08	*0.99	14.80	0.00	55	116.54
% of Calories				5.52%		*26.21 %	*0.53%	17.8%	0.0%		62.2%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Thursday - 08/27/2026

Reimbursable Meal Total 100

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

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993068 Roasted Sweet Potato - R: 1/4 cup	1/4 cup	100	70	0.27	19	1.47	*0.00	3.56	0.00	0	9.83
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
991307 Cranberry, Dried Original	1.16oz	100	110	0.00	0	24.00	*N/A*	0.00	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	100	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	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			905	6.92	682	*68.36	*0.96	20.46	*0.00	85	141.11
% of Calories				6.88%		*30.21 %	*0.42%	20.3%	*0.0%		62.4%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Friday - 08/28/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993263 Stuffed Crust Pizza w/Cheese & Pepperoni	137 gr/5peppero	99	362	5.54	975	4.00	*1.00	16.78	0.00	22	36.23
993087 V- Stuffed Crust Pizza w/Cheese	137 gr	1	330	4.50	850	4.00	*1.00	14.00	0.00	15	36.00
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
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

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (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			640	6.75	1284	*33.01	*1.00	25.40	0.00	32	78.93
% of Calories				9.49%		*20.63 %	*0.62%	35.7%	0.0%		49.3%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Monday - 08/31/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993003 V- WG Jumbo Cheese Ravioli R:1/2 cup	3.78 oz (3 pc)	99	238	1.00	276	6.81	*0.64	2.95	0.00	0	35.35
991882 V/VG - SPAGHETTI AND VEGGIE SAUCE - R:1 cup	1 CUP	1	358	0.14	273	*11.31	*0.00	4.73	*0.00	0	63.29
991056 VG/DF - WG Roll	32 gr	100	80	0.00	170	2.00	*2.00	1.00	0.00	0	15.00
992782 Roasted Sweet Potato - R: 1/2 cup	1/2 cup	100	98	0.28	37	2.86	*0.00	3.58	0.00	0	16.52
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	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

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			638	1.27	618	*47.72	*2.63	8.80	*0.00	10	106.15
% of Calories				1.79%		*29.92 %	*1.65%	12.4%	*0.0%		66.6%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Tuesday - 09/01/2026

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)
993298 Crunchy Turkey Taco Salad DG:1/2, R:1/2	1cup	100	383	5.67	706	*6.78	*0.00	24.60	*0.00	101	25.47
993299 V- Crunchy Veggie Taco Salad DG:1/2, R:1/2	3/4 cup	1	326	3.49	868	*7.44	*0.00	17.94	*0.00	14	30.13
990672 WG Biscuit 2oz	56g	100	200	7.00	410	2.00	*0.00	9.00	0.00	0	27.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15.48	0.00	0.25	0.00	0	20.58
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	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			764	12.75	1262	*36.33	*0.00	35.28	*0.00	111	86.35
% of Calories				15.02 %		*19.02 %	*0.00%	41.6%	*0.0%		45.2%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

Wednesday - 09/02/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993300 Creamy Avocado Chicken Rice Bowl- L:1/2, S:1/2	serving	100	651	3.19	707	*9.27	*0.00	26.94	*0.00	70	74.26
993301 V-Creamy Avocado Veggie Rice Bowl- L:1/2, S:1/2	serving	1	656	2.83	898	*10.18	*0.00	26.58	*0.00	12	76.08
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			859	3.27	851	*43.18	*0.00	29.11	*0.00	80	112.83
% of Calories				3.43%		*20.11 %	*0.00%	30.5%	*0.0%		52.5%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Thursday - 09/03/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993302 Baked Peruvian-Style Chicken Drumstick (2pc)	112 gr(2pc)	99	473	5.71	602	*2.83	*0.00	24.77	0.00	190	25.30
993253 V/VG-Baked Peruvian-Style Tofu Strips	4.48 oz	1	303	2.06	253	*3.17	*0.00	16.78	0.00	0	23.48
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

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993226 Baked Yuca Fries S: 1/4 cup	1/4 cup -2 yuca	100	110	0.50	115	0.00	*0.00	4.00	0.00	0	17.00
992065 Pico de Gallo - R:1/2, OT:1/4	3/4 cup	100	45	0.03	18	5.03	*0.00	0.09	0.00	0	9.97
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	28.86	0.00	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	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			1137	13.47	1279	*50.73	*0.00	39.81	0.00	198	146.15
% of Calories				10.66 %		*17.85 %	*0.00%	31.5%	0.0%		51.4%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Friday - 09/04/2026

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)
993255 Nashville Style Chicken & Waffles	2 Waffles/3tend	99	490	1.50	1080	7.00	*7.00	25.50	0.00	30	47.00
993256 V/VG- Nashville Style Veggie Tenders & Waffles	2 Waffles/2tend	1	447	2.53	1309	7.03	*6.00	19.78	0.00	5	49.56
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
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

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	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			862	1.89	1224	*49.21	*6.99	31.85	0.00	40	121.26
% of Calories				1.97%		*22.84 %	*3.24%	33.3%	0.0%		56.3%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Monday - 09/07/2026

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 - 09/08/2026

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)
993224 WW Chicken Empanada (9-12 Grade /2 empanadas)	2 (2.8 oz)	90	340	8.00	840	2.00	*2.00	14.00	0.00	60	34.00

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993275 VG/DF- Veggie WW Quesadilla	serving	10	364	2.10	520	1.18	*0.00	12.70	0.00	0	37.77
990334 Corn Pico de Gallo S:1/2, R:1/4, OT:1/4 cup	1 cup	100	134	0.03	13	11.36	*0.00	1.32	0.00	0	26.54
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)	1	127	0.09	5	25.39	0.00	0.74	0.00	0	32.02
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	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			578	7.44	1226	*25.54	*1.80	16.45	0.00	64	74.23
% of Calories				11.58 %		*17.67 %	*1.25%	25.6%	0.0%		51.4%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Wednesday - 09/09/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993272 Cajun Alfredo Steak Breadstick (9-12 Grade)	2 sticks	90	427	9.24	1040	2.92	*0.00	23.07	0.00	49	35.33
993303 V-Cajun Alfredo Veggie Crumbles Breadstick-2 stick	2 stick	10	421	7.74	1032	3.37	*0.00	19.49	0.00	34	37.05
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

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
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	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			819	9.69	1235	*58.22	*0.00	31.54	0.00	57	106.23
% of Calories				10.65 %		*28.43 %	*0.00%	34.7%	0.0%		51.9%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Thursday - 09/10/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993277 Asian BBQ Ground Turkey	2.87 oz	99	183	2.29	574	*6.76	*0.00	8.39	*0.00	91	12.06
993278 V/VG- Veggie Asian BBQ (V/VG)	80 gr	1	146	0.02	818	*7.68	*0.00	1.88	*0.00	0	18.50
993304 Vegetable Fried Rice R:1/4, S:1/4, OT:1/4	serving	100	322	0.20	605	7.56	*0.00	4.31	0.00	0	60.55
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

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			815	2.74	1320	*55.31	*0.00	14.72	*0.00	100	139.71
% of Calories				3.03%		*27.15 %	*0.00%	16.3%	*0.0%		68.6%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Friday - 09/11/2026

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)
992300 Crispy Chicken Burger (3.1oz)	serving	90	390	2.50	830	4.00	*4.00	15.00	0.00	25	43.00
992265 V/VG Vegan Burger -	serving	10	280	0.00	760	5.00	*4.00	7.00	0.00	0	36.00
991981 Balela Salad 1cup: L:1/2,OT:1/4,R:1/4	serving	100	284	1.18	149	*1.02	*0.00	15.52	*0.00	*0	30.60
991261 Honey Mustard Sauce (ss)	28.3 gr	100	40	0.00	160	7.00	*N/A*	0.50	0.00	0	8.00
993305 Smoothie Strawberry Kiwi (2 juices per kid)	4.4 oz (2 pc)	100	180	0.00	60	38.00	38.00	0.00	0.00	0	44.00
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	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

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			983	3.43	1327	*62.12	*42.00	31.47	*0.00	*32	137.90
% of Calories				3.14%		*25.28 %	*17.09 %	28.8%	*0.0%		56.1%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Monday - 09/14/2026

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)
993268 Swedish Turkey Meatballs w/brown rice	serving -4 (MB)	99	365	1.54	628	*1.20	*1.00	7.35	*0.00	45	56.71
993269 V/VG- Swedish Veggie Meatballs w/brown rice	serving -3 (MB)	1	406	3.03	718	*2.04	*1.85	8.58	*0.00	0	64.28
000262 CARROTS STEAMED- R:1 cup	CUP	100	55	0.05	90	5.38	0.00	0.28	0.00	0	12.82
992900 TANGERINES,FRESH - (1 cup - 2 Tangerines)120 ct	2 (120 ct p/cs)	100	127	0.09	5	25.39	0.00	0.74	0.00	0	32.02
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	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			647	1.70	859	*43.98	*1.01	9.63	*0.00	55	114.63
% of Calories				2.36%		*27.19 %	*0.62%	13.4%	*0.0%		70.9%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

Tuesday - 09/15/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993005 Creamy Turkey Lasagna Roll up w/Alfredo Sauce	3.5 oz (1 roll)	99	382	10.36	627	4.60	*0.00	19.76	*0.00	116	28.07
993241 V-Creamy Veggie Lasagna Roll up w/Alfredo Sauce	3.5 oz (1 roll)	1	366	9.26	751	5.06	*0.00	16.67	*0.00	72	31.28
993291 Rosted Eggplant OT:1 cup	1 cup	100	107	0.69	6	2.91	*0.00	9.40	0.00	0	5.47
991056 VG/DF - WG Roll	32 gr	100	80	0.00	170	2.00	*2.00	1.00	0.00	0	15.00
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			792	11.08	939	*46.02	*2.00	31.69	*0.00	125	92.35
% of Calories				12.59 %		*23.24 %	*1.01%	36.0%	*0.0%		46.6%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Wednesday - 09/16/2026 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993292 Cheesy Turkey Taco Rice Bowl L:1/2 S:1/2	serving	99	638	5.31	863	*6.26	*0.00	16.00	*0.00	102	93.30
993293 V/VG-Cheesy Veggie Taco Rice Bowl L:1/2 S:1/2	serving	1	579	3.19	1102	*8.08	*0.00	8.47	*0.00	0	101.64
992869 Sour Cream (ss)	28 gr	100	60	3.50	15	1.00	1.00	5.00	0.00	20	1.00
991136 Nectarines, Fresh 56-64 ct (2 nectarines)	1 cup	100	114	0.06	0	20.36	0.00	0.83	0.00	0	27.22
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			911	8.85	1015	*39.64	*1.00	23.00	*0.00	131	134.61
% of Calories				8.74%		*17.41 %	*0.44%	22.7%	*0.0%		59.1%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Thursday - 09/17/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993238 DC Mambo Chicken Dumplings	6 dumplings	90	290	0.50	690	12.00	*11.00	7.00	0.00	35	41.00
993289 V/VG-DC Mambo Tofu Bites & Brown Rice	4.48 oz	10	491	1.96	459	11.58	*10.00	17.25	0.00	0	63.62
993294 Sweet Steamed Broccoli DG: 1	1 CUP	100	76	0.06	497	7.04	*6.00	0.45	0.00	0	16.52
991307 Cranberry, Dried Original	1.16oz	100	110	0.00	0	24.00	*N/A*	0.00	0.00	0	28.00

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
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			674	0.75	1300	*70.48	*16.90	9.98	0.00	42	121.36
% of Calories				1.00%		*41.83 %	*10.03 %	13.3%	0.0%		72.0%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Friday - 09/18/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990548 Cheese Beef Burger -	serving	99	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
993296 Roasted Potatoes & Sweet Potatoes - R:3/4, S:1/4	1 cup	100	125	0.27	55	*0.00	*0.00	3.78	0.00	0	21.35
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00
991497 MUSTARD, YELLOW SS POUCH	5.5 gr	100	5	0.00	65	0.00	*N/A*	0.00	0.00	0	0.00
992362 Grape Juice - (1 cup: 2 juices)	2 (4 fl)	100	160	0.00	20	36.00	0.00	0.00	0.00	0	38.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00

Base Menu Spreadsheet

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Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	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			786	5.01	1279	*56.00	*6.00	23.09	0.00	53	109.44
% of Calories				5.74%		*28.50 %	*3.05%	26.4%	0.0%		55.7%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Monday - 09/21/2026

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)
992450 Golden Crispy Chicken Tenders	3 tenders	99	260	0.00	390	1.00	*1.00	15.00	0.00	25	16.00
000341 WG Biscuit - 1 oz	28 g	99	100	4.00	210	1.00	1.00	5.00	0.00	0	14.00
993306 V - Breaded Veggie Tenders w/Biscuit - 2oz	3 tenders	1	350	10.00	760	3.00	*0.00	16.00	0.00	0	38.00
993297 Southern Sweet Potato - R: 1 cup	1 cup	100	237	0.17	408	22.46	*9.07	0.66	0.00	0	56.03
993232 V- Boom Boom Sauce (ss)	1oz	100	150	2.50	240	2.00	2.00	16.00	0.00	15	2.00
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	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			967	6.73	1384	*62.47	*13.05	37.87	0.00	50	127.11
% of Calories				6.26%		*25.84 %	*5.40%	35.2%	0.0%		52.6%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Tuesday - 09/22/2026 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)
993230 Chicken & Cheese WW Quesadilla	125 gr (2 pc)	99	290	4.50	500	2.00	*1.00	11.00	0.00	45	29.00
992883 VG/DF- Veggie WW Quesadilla	serving	1	439	3.71	635	1.44	*0.00	19.59	0.00	0	41.72
993050 Black Bean and Corn Salad - L:1/2, S:1/2	1 cup	100	231	0.01	135	9.70	*0.00	1.72	0.00	0	42.40
993169 Hot Sauce	7 gr	100	0	0.00	270	0.00	0.00	0.00	0.00	0	0.00
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	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			832	4.76	1044	*52.55	*0.99	14.83	0.00	55	138.43
% of Calories				5.15%		*25.26 %	*0.48%	16.0%	0.0%		66.6%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Wednesday - 09/23/2026 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)
993302 Baked Peruvian-Style Chicken Drumstick (2pc)	112 gr(2pc)	99	473	5.71	602	*2.83	*0.00	24.77	0.00	190	25.30
993253 V/VG-Baked Peruvian-Style Tofu Strips	4.48 oz	1	303	2.06	253	*3.17	*0.00	16.78	0.00	0	23.48
990672 WG Biscuit 2oz	56g	100	200	7.00	410	2.00	*0.00	9.00	0.00	0	27.00
993226 Baked Yuca Fries S: 1/4 cup	1/4 cup -2 yuca	100	110	0.50	115	0.00	*0.00	4.00	0.00	0	17.00
992065 Pico de Gallo - R:1/2, OT:1/4	3/4 cup	100	45	0.03	18	5.03	*0.00	0.09	0.00	0	9.97
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
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

Luncheras Di Si

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			1050	13.25	1277	*46.36	*0.00	39.34	0.00	198	123.03
% of Calories				11.36 %		*17.66 %	*0.00%	33.7%	0.0%		46.9%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Thursday - 09/24/2026

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)
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
993133 Roasted Zucchini OT: 1/4	serving	100	27	0.20	262	*0.71	*0.00	2.45	*0.00	0	1.05
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.	100	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	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			752	6.85	926	*43.60	*0.96	19.35	*0.00	85	104.32
% of Calories				8.20%		*23.19 %	*0.51%	23.2%	*0.0%		55.5%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Aug 24, 2026 thru Oct 2, 2026

Friday - 09/25/2026

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)
993261 Greek Tk. Meatballs & Brown Rice Power Bowl	serving -4 (MB)	99	361	1.71	832	1.97	*1.73	8.81	0.00	46	52.21
993262 V-Greek Veggie Meatballs & Brown Rice Power Bowl	serving -3 (MB)	1	401	3.21	822	1.97	*1.73	10.81	0.00	1	57.21
991719 Collards Green DG: 1 cup	1 cup	100	63	2.44	13	0.77	*0.00	4.30	*0.00	10	5.33
000422 GRAPES,Fresh - 1 CUP	28 grapes	100	95	0.07	3	21.24	*0.00	0.22	0.00	0	24.83
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			621	4.24	984	*36.10	*1.73	14.64	*0.00	66	95.56
% of Calories				6.14%		*23.25 %	*1.11%	21.2%	*0.0%		61.6%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Monday - 09/28/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993233 Teriyaki Beef Meatballs	5 meatballs	99	226	5.00	760	7.05	*5.00	14.00	0.00	45	11.15
993234 V/VG- Teriyaki Veggie Meatballs	3 Meatballs	1	176	3.00	770	6.05	*6.00	7.00	0.00	0	15.15

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990672 WG Biscuit 2oz	56g	100	200	7.00	410	2.00	*0.00	9.00	0.00	0	27.00
993295 Glazed Carrots & Green Beans R:1/2 OT:1/2	1 cup	100	151	3.10	50	17.04	*13.01	6.42	0.00	9	17.32
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	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			797	15.08	1366	*62.08	*18.02	30.60	0.00	64	96.51
% of Calories				17.03 %		*31.16 %	*9.04%	34.6%	0.0%		48.4%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Tuesday - 09/29/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993244 WG Mini Cheese Ravioli (9-12 grade) R:3/4	5.42 oz (20 pc)	99	347	1.52	557	11.22	*0.95	7.71	0.00	83	50.50
991882 V/VG - SPAGHETTI AND VEGGIE SAUCE - R:1 cup	1 CUP	1	358	0.14	273	*11.31	*0.00	4.73	*0.00	0	63.29
993068 Roasted Sweet Potato - R: 1/4 cup	1/4 cup	100	70	0.27	19	1.47	*0.00	3.56	0.00	0	9.83
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

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (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			644	1.87	713	*50.08	*0.94	13.24	*0.00	92	105.48
% of Calories				2.61%		*31.11 %	*0.58%	18.5%	*0.0%		65.5%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Wednesday - 09/30/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993298 Crunchy Turkey Taco Salad DG:1/2, R:1/2	1cup	100	383	5.67	706	*6.78	*0.00	24.60	*0.00	101	25.47
993299 V- Crunchy Veggie Taco Salad DG:1/2, R:1/2	3/4 cup	1	326	3.49	868	*7.44	*0.00	17.94	*0.00	14	30.13
990672 WG Biscuit 2oz	56g	100	200	7.00	410	2.00	*0.00	9.00	0.00	0	27.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15.48	0.00	0.25	0.00	0	20.58
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	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

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			764	12.75	1262	*36.33	*0.00	35.28	*0.00	111	86.35
% of Calories				15.02 %		*19.02 %	*0.00%	41.6%	*0.0%		45.2%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Thursday - 10/01/2026 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)
993300 Creamy Avocado Chicken Rice Bowl- L:1/2, S:1/2	serving	100	651	3.19	707	*9.27	*0.00	26.94	*0.00	70	74.26
993301 V-Creamy Avocado Veggie Rice Bowl- L:1/2, S:1/2	serving	1	656	2.83	898	*10.18	*0.00	26.58	*0.00	12	76.08
991307 Cranberry, Dried Original	1.16oz	100	110	0.00	0	24.00	*N/A*	0.00	0.00	0	28.00
991032 Pineapple Tidbits Packaged HC	4oz	100	60	0.00	0	14.05	*N/A*	0.00	0.00	0	15.05
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			927	3.22	851	*59.42	*0.00	28.46	*0.00	80	131.08
% of Calories				3.13%		*25.64 %	*0.00%	27.6%	*0.0%		56.6%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

Friday - 10/02/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993255 Nashville Style Chicken & Waffles	2 Waffles/3tend	99	490	1.50	1080	7.00	*7.00	25.50	0.00	30	47.00
993256 V/VG- Nashville Style Veggie Tenders & Waffles	2 Waffles/2tend	1	447	2.53	1309	7.03	*6.00	19.78	0.00	5	49.56
991587 Roasted Potatoes & Cauliflower S: 1/2 - OT:1/2	1 cup	100	134	0.28	22	*1.00	*0.00	3.59	0.00	0	22.99
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			847	1.83	1239	*44.50	*6.99	30.60	0.00	40	113.80
% of Calories				1.94%		*21.02 %	*3.30%	32.5%	0.0%		53.7%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

		Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
Weighted Averages		806	6.38	1103	*49.20	*4.67	24.49	*0.00	*78	113.39
% of Calories			7.12%		*24.42 %	*2.32%	27.3%	*0.0%		56.3%

**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*
¹ - denotes required nutrient values
Added Sugars target is informational only, with an effective date of July 1, 2027.
Per the Whole Milk for Healthy Kids Act of 2025, saturated fat from fluid milk is excluded from HHFKA menu analysis.

***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.*