



# BREAKFAST

milk, grain, fruit, meat or meat alternative



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

| Monday                                                                                                                                      | Tuesday                                                                                                                                              | Wednesday                                                                                                      | Thursday                                                                                                                                                                | Friday                                                                                                                             |
|---------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
| <b>10/05/2026</b><br>WG Waffle Stuffed w/ Chicken & Cheese<br>Whole Grain Waffles (V)<br>Syrup Maple (ss)<br>Fresh Apples<br>Choice of Milk | <b>10/06/2026</b><br>WG Apple Cinnamon Cereal Cheerios (V/VG)<br>Yoplait Yogurt<br>Bananas<br>Choice of Milk                                         | <b>10/07/2026</b><br>Whole Grain Pancakes (V)<br>Honey (SS)<br>Grape Juice<br>Choice of Milk                   | <b>10/08/2026</b><br>Cheddar Cheese Frittata-V<br>WG Biscuit<br>Fresh Oranges<br>Choice of Milk                                                                         | <b>10/09/2026</b><br>Peachy WG Cinnamon Roll Cobbler (V)<br>Cranberry Juice<br>Choice of Milk                                      |
| <b>10/12/2026</b><br>NO SCHOOL TODAY                                                                                                        | <b>10/13/2026</b><br>WG Pizza Bagel w/egg Mozz. Cheese & Turkey<br>WG Pizza Bagel w/ Egg & Mozzarella Cheese (V)<br>Fresh Apples<br>Choice of Milk   | <b>10/14/2026</b><br>Cinnamon Toast Crunch Cereal (V/VG)<br>Yoplait Yogurt<br>Fresh Pears<br>Choice of Milk    | <b>10/15/2026</b><br>WG French Toast Sticks (V/VG)<br>Turkey Sausage Link**<br>Veggie Breakfast Sausage Strips (V)<br>Syrup Maple (ss)<br>Bananas<br>Choice of Milk     | <b>10/16/2026</b><br>Blueberry Lemon Yogurt<br>Whole Wheat Muffins<br>Mozzarella Cheese Stick**<br>Fresh Oranges<br>Choice of Milk |
| <b>10/19/2026</b><br>Cereal Cheerios Multigrain (V/VG)<br>Yoplait Yogurt<br>Fresh Tangerines<br>Choice of Milk                              | <b>10/20/2026</b><br>Breakfast Bowl w/Potato Tk. Bacon, egg & cheese<br>Veggie Bowl w/Potato, crumbles, egg & cheese(V)<br>Bananas<br>Choice of Milk | <b>10/21/2026</b><br>WG Apple Cinnan. Muffin-V<br>Mozzarella Cheese Stick**<br>Fresh Oranges<br>Choice of Milk | <b>10/22/2026</b><br>WG English Muffin w/ Chicken Patty & A. Cheese<br>WG English Muffin w/ Veggie Patty & Cheese (V)<br>Ketchup (ss)<br>Fresh Apples<br>Choice of Milk | <b>10/23/2026</b><br>Eggo Mini Maple WW Waffles (V)<br>Syrup Maple (ss)<br>Cranberry Juice<br>Choice of Milk                       |
| <b>10/26/2026</b><br>WG Banana Muffin (V/DF)<br>Fresh Tangerines<br>Choice of Milk                                                          | <b>10/27/2026</b><br>Egg Spanish Tortilla w/ Potatoes & Onions (V/DF)<br>White WW Loaf<br>Bananas<br>Choice of Milk                                  | <b>10/28/2026</b><br>Cereal Cheerios Honey (V)<br>Yoplait Yogurt<br>Fresh Apples<br>Choice of Milk             | <b>10/29/2026</b><br>WG White Bagel (V/VG)<br>Strawberry Cream Cheese<br>Fruit Punch Juice<br>Choice of Milk                                                            | <b>10/30/2026</b><br>Spooky Pumpkin WW Waffles (V/VG)<br>Syrup Maple (ss)<br>Fresh Mix Berries<br>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**



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

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

**LUNCH**



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

| Monday                                                                                                                                                                                         | Tuesday                                                                                                                                                                                | Wednesday                                                                                                                                                                             | Thursday                                                                                                                                                                                      | Friday                                                                                                                                                                                                |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>10/05/2026</b><br>Buffalo Chicken<br>WG Mac & Cheese<br>Buffalo Chicken Meatless<br>WG Mac & Cheese (V)<br>Roasted Cauliflower<br>& Potato Medley<br>Straw- Kiwi Smoothie<br>Choice of Milk | <b>10/06/2026</b><br>WW Chicken Fajitas<br>Ck. Meatless Fajita (V/VG)<br>Fiesta Flame-Roasted<br>Corn & Black Beans<br>Sour Cream (ss)<br>Hot sauce (ss)<br>Apples<br>Choice of Milk   | <b>10/07/2026</b><br>Asian BBQ Turkey<br>Veggie Asian BBQ (V/VG)<br>Vegetable Fried Rice w/<br>Peas, Gr. Beans & Carrot<br>Fresh Oranges<br>Choice of Milk                            | <b>10/08/2026</b><br>DC Mambo Chicken<br>WW Dumplings Blast<br>DC Mambo Tofu Bites<br>& Brown Rice (V/VG)<br>Roasted Sweet Potatoes<br>& Broccoli Medley<br>Bananas<br>Choice of Milk         | <b>10/09/2026</b><br>Stuffed Crust Ch. Pizza<br>w/Chk. & Beef Pepperoni<br>Stuffed Crust Pizza<br>w/ Cheese (V)<br>Kale Salad w/ Cucumber<br>& Tomatoes (V/VG)<br>Pineapple Tidbits<br>Choice of Milk |
| <b>10/12/2026</b><br>NO SCHOOL TODAY                                                                                                                                                           | <b>10/13/2026</b><br>WW Chicken Empanadas<br>Veggie WW Quesadilla (VG)<br>Pico de Gallo<br>Warm Calabacitas<br>Zucchini & Corn<br>Ranch Dressing (ss)<br>Fresh Pears<br>Choice of Milk | <b>10/14/2026</b><br>WG Cheese Lasagna<br>Rollup w/Marinara (V)<br>Spaghetti & Plant Based<br>Meat Sauce (V/VG)<br>Roasted Broccoli<br>Apples<br>Choice of Milk                       | <b>10/15/2026</b><br>Cheesy Turkey Taco Rice<br>w/ Black Beans & Corn<br>CHZ Veggie Taco Rice w/<br>Black Beans & Corn (V/VG)<br>Sour Cream (ss)<br>Cranberry Juice<br>Choice of Milk         | <b>10/16/2026</b><br>NO LUNCH                                                                                                                                                                         |
| <b>10/19/2026</b><br>Teriyaki Beef Meatballs<br>Teriyaki Veggie<br>Meatballs (V/VG)<br>WG Biscuit<br>Green Beans & Broccoli<br>Fruit Punch Juice<br>Choice of Milk                             | <b>10/20/2026</b><br>Creamy Avocado Chicken<br>Rice Bowl w/Corn & Beans<br>C. Avocado Veggie Rice<br>Bowl w/Corn & Beans (V)<br>Apples<br>Choice of Milk                               | <b>10/21/2026</b><br>Baked Chicken WG Penne<br>Pasta w/ Zucchini<br>Baked Chicken Meatless<br>WG Pasta w/Zuch. (V/VG)<br>Fresh Pears<br>Choice of Milk                                | <b>10/22/2026</b><br>Baked Peruvian-Style<br>Chicken Drumstick**<br>Peruvian Tofu Strips (VG)<br>Steamed Brown Rice<br>Baked Plantains<br>Baked Yuca Fries<br>Fresh Oranges<br>Choice of Milk | <b>10/23/2026</b><br>Breaded Chicken Nuggets<br>Veggie Nuggets (V/VG)<br>WG Roll<br>Roasted Sweet Potatoes<br>Ketchup (ss)<br>Fresh Tangerines<br>Choice of Milk                                      |
| <b>10/26/2026</b><br>WG Mini Cheese Ravioli<br>w/ Marinara Sauce (V)<br>Spaghetti & Plant Based<br>Meat Sauce (V/VG)<br>Roasted Zucchini<br>Cranberry Juice<br>Choice of Milk                  | <b>10/27/2026</b><br>Beef Burger & WG Bun<br>Vegan Burger (V/VG)<br>Roasted Potatoes<br>Ketchup (ss)<br>Mustard, Yellow SS Pouch<br>Fresh Oranges<br>Choice of Milk                    | <b>10/28/2026</b><br>Crunchy Turkey Taco Salad<br>Romaine, Tomato & Cucumber<br>Crunchy Veggie Taco Salad<br>w/Rom., Tom. & Cuc. (V)<br>WG Roll<br>Fresh Tangerines<br>Choice of Milk | <b>10/29/2026</b><br>Chicken Tenders<br>& WG Waffles<br>Veggie Tenders &<br>WG Waffles (V/VG)<br>Roasted Sweet Potatoes<br>Syrup Maple (ss)<br>Fresh Pears<br>Choice of Milk                  | <b>10/30/2026</b><br>Chicken & Cheese WW Quesadilla<br>Veggie WW Quesadilla (VG)<br>Summer Cannellini Beans<br>Hot sauce (ss)<br>Apples<br>Choice of Milk                                             |

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

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

Locally Grown Components Daily Served: **According to the season fruits and vegetables locally grown will be added on Breakfast and/or Lunch menu**

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

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



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

# LUNCH



Menu subject to change. For any feedback please  
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| Monday                                                                                                                                                                                           | Tuesday                                                                                                                                                                                   | Wednesday                                                                                                                                                                                | Thursday                                                                                                                                                                                      | Friday                                                                                                                                                                                                |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>10/05/2026</b><br>Buffalo Chicken<br>WG Mac & Cheese<br>Buffalo Chicken Meatless<br>WG Mac & Cheese (V)<br>Roasted Potatoes<br>& Cauliflower Medley<br>Straw- Kiwi Smoothie<br>Choice of Milk | <b>10/06/2026</b><br>WW Chicken Fajitas<br>Ck. Meatless Fajita(V/VG)<br>Fiesta Flame-Roasted<br>Corn & Black Beans<br>Sour Cream (ss)<br>Hot sauce (ss)<br>Fresh Apples<br>Choice of Milk | <b>10/07/2026</b><br>Asian BBQ Turkey<br>Veggie Asian BBQ (V/VG)<br>Vegetable Fried Rice w/<br>Peas, Gr. Beans & Carrot<br>Fresh Oranges<br>Choice of Milk                               | <b>10/08/2026</b><br>DC Mambo Chicken<br>WW Dumplings Blast<br>DC Mambo Tofu Bites<br>& Brown Rice (V/VG)<br>Roasted Sweet Potatoes<br>& Broccoli<br>Bananas<br>Choice of Milk                | <b>10/09/2026</b><br>Stuffed Crust Ch. Pizza<br>w/Chk. & Beef Pepperoni<br>Stuffed Crust Pizza<br>w/ Cheese (V)<br>Kale Salad w/ Cucumber<br>& Tomatoes (V/VG)<br>Pineapple Tidbits<br>Choice of Milk |
| <b>10/12/2026</b><br>NO SCHOOL TODAY                                                                                                                                                             | <b>10/13/2026</b><br>WW Chicken Empanadas<br>Veggie WW Quesadilla (VG)<br>Pico de Gallo<br>Warm Calabacitas<br>w/ Zucchini & Corn<br>Ranch Dressing (ss)<br>Fresh Pears<br>Choice of Milk | <b>10/14/2026</b><br>WG Cheese Lasagna<br>Rollup w/Marinara (V)<br>Spaghetti & Plant Based<br>Meat Sauce (V/VG)<br>Roasted Broccoli<br>Fresh Apples<br>Choice of Milk                    | <b>10/15/2026</b><br>Cheesy Turkey Taco Rice<br>w/ Black Beans & Corn<br>CHZ Veggie Taco Rice w/<br>Black Beans & Corn (V/VG)<br>Sour Cream (ss)<br>Cranberry Juice<br>Choice of Milk         | <b>10/16/2026</b><br>NO SCHOOL TODAY                                                                                                                                                                  |
| <b>10/19/2026</b><br>Teriyaki Beef Meatballs<br>Teriyaki Veggie<br>Meatballs (V/VG)<br>WG Biscuit<br>Green Beans & Broccoli<br>Fruit Punch Juice<br>Choice of Milk                               | <b>10/20/2026</b><br>Creamy Avocado Chicken<br>Rice Bowl w/Corn & Beans<br>C. Avocado Veggie Rice<br>Bowl w/Corn & Beans (V)<br>Fresh Apples<br>Choice of Milk                            | <b>10/21/2026</b><br>Baked Chicken Penne Pasta<br>w/ Zucchini<br>Baked Chicken Meatless<br>Pasta w/Zucchini (V)<br>Fresh Pears<br>Choice of Milk                                         | <b>10/22/2026</b><br>Baked Peruvian-Style<br>Chicken Drumstick**<br>Peruvian Tofu Strips (VG)<br>Steamed Brown Rice<br>Baked Plantains<br>Baked Yuca Fries<br>Fresh Oranges<br>Choice of Milk | <b>10/23/2026</b><br>Breaded Chicken Nuggets<br>WG Roll<br>Veggie Nuggets<br>w/ WG Biscuit (V)<br>Roasted Sweet Potatoes<br>Ketchup (ss)<br>Fresh Tangerines<br>Choice of Milk                        |
| <b>10/26/2026</b><br>WG Mini Cheese Ravioli<br>w/ Marinara Sauce<br>Spaghetti & Plant Based<br>Meat Sauce (V/VG)<br>Roasted Zucchini<br>Fresh Tangerines<br>Choice of Milk                       | <b>10/27/2026</b><br>Cheese Beef Burger<br>& WG Bun<br>Vegan Burger (V/VG)<br>Roasted Potatoes<br>Ketchup (ss)<br>Mustard, Yellow SS Pouch<br>Fresh Oranges<br>Choice of Milk             | <b>10/28/2026</b><br>Crunchy Turkey Taco Salad<br>Romaine, Tomato & Cucumber<br>Crunchy Veggie Taco Salad<br>w/Rom., Tom. & Cuc. (V)<br>WG Biscuit<br>Fresh Tangerines<br>Choice of Milk | <b>10/29/2026</b><br>Chicken Tenders<br>& WG Waffles<br>Veggie Tenders &<br>WG Waffles (V/VG)<br>Roasted Sweet Potatoes<br>Syrup Maple (ss)<br>Fresh Pears<br>Choice of Milk                  | <b>10/30/2026</b><br>Chicken & Cheese WW Quesadilla<br>Veggie WW Quesadilla (VG)<br>Summer Cannellini Beans<br>Hot sauce (ss)<br>Fresh Apples<br>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**

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

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

Monday - 10/05/2026                      Reimbursable Meal Total 100

|                                                 | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|-------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 993199 WAFFLE STUFFED CHICKEN SAUSAGE CHEESE WG | 2.2 oz       | 95        | 200                      | 4.00                   | 340                    | 8.00             | 7.00                          | 8.00      | 0.00       | 45          | 23.00    |
| 991374 V- Whole Grain Waffles (Kelloggs Egg)    | 2 waffles    | 1         | 170                      | 1.50                   | 380                    | 2.00             | *2.00                         | 6.00      | 0.00       | 5           | 26.00    |
| 993194 VG/DF- Homemade WG Waffles               | 2 oz         | 5         | 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     |
| 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                          |              |           | 394                      | 3.89                   | 545                    | *35.63           | *7.18                         | 9.64      | 0.00       | 53          | 61.85    |
| % of Calories                                   |              |           |                          | 8.89%                  |                        | *36.17 %         | *7.29%                        | 22.0%     | 0.0%       |             | 62.8%    |
| Weekly Nutrient Guideline                       |              |           | 450 - 500                | <10                    | <=540                  |                  | <10                           |           |            |             |          |

Tuesday - 10/06/2026                      Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 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) |
|-------------------------------------------------|--------------|-----------|--------------|------------|------------|------------------|-------------------|-----------|------------|-------------|----------|
| 991559 WG Apple Cinnamon Cheerios Cereal (V/VG) | 28 GR        | 100       | 110          | 0.00       | 130        | 6.00             | 6.00              | 2.00      | 0.00       | 0           | 23.00    |
| 991346 Yogurt Yoplait 4oz                       | 4 oz         | 95        | 100          | 0.00       | 55         | 14.00            | 11.00             | 0.50      | 0.00       | 5           | 21.00    |
| 992217 VG/DF - Dairy Free Yogurt                | 5.3 oz       | 5         | 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    |
| 990556 Place Settings                           | 1            | 100       | 0            | 0.00       | 0          | *0.00            | *N/A*             | 0.00      | 0.00       | 0           | 0.00     |
| Weighted Daily Average                          |              |           | 522          | 0.26       | 324        | *60.76           | *16.45            | 4.68      | 0.00       | 15          | 110.75   |
| % of Calories                                   |              |           |              | 0.45%      |            | *46.56 %         | *12.61 %          | 8.1%      | 0.0%       |             | 84.9%    |
| Weekly Nutrient Guideline                       |              |           | 450 - 500    | <10        | <=540      |                  | <10               |           |            |             |          |

Wednesday - 10/07/2026      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) |
|----------------------------------------|--------------|-----------|--------------|------------|------------|------------------|-------------------|-----------|------------|-------------|----------|
| 991381 V- Whole Grain Pancakes         | 2 pancakes   | 95        | 153          | 0.33       | 400        | 5.33             | *5.33             | 2.33      | 0.00       | 7           | 31.33    |
| 991178 VG/DF- Homemade WG Pancakes     | 2 pancakes   | 5         | 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     |
| 992362 Grape Juice - (1 cup: 2 juices) | 2 (4 fl)     | 100       | 160          | 0.00       | 20         | 36.00            | 0.00              | 0.00      | 0.00       | 0           | 38.00    |

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 000190 Low Fat Milk - 1%  | 8 fl. oz.    | 50        | 110                      | 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    |              |           | 441                      | 0.35                   | 535                    | *60.30           | *12.30                        | 3.96      | 0.00       | 16          | 89.12    |
| % of Calories             |              |           |                          | 0.71%                  |                        | *54.69 %         | *11.16 %                      | 8.1%      | 0.0%       |             | 80.8%    |
| Weekly Nutrient Guideline |              |           | 450 - 500                | <10                    | <=540                  |                  | <10                           |           |            |             |          |

Thursday - 10/08/2026

Reimbursable Meal Total 100

|                                               | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|-----------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 993214 V- FRITTATA, Omelet Cheddar Cheese     | 3.5 oz       | 100       | 180                      | 6.00                   | 400                    | 1.00             | *0.00                         | 13.00     | 0.00       | 270         | 2.00     |
| 000341 WG Biscuit - 1 oz                      | 28 g         | 100       | 100                      | 4.00                   | 210                    | 1.00             | 1.00                          | 5.00      | 0.00       | 0           | 14.00    |
| 992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)  | 28 gr        | 1         | 100                      | 0.00                   | 140                    | 1.00             | 1.00                          | 2.00      | 0.00       | 0           | 21.00    |
| 991024 ORANGES (2 oranges 113-125 ct) - 1 Cup | cup          | 100       | 123                      | 0.04                   | 0                      | 24.50            | 0.00                          | 0.31      | 0.00       | 0           | 30.78    |
| 000190 Low Fat Milk - 1%                      | 8 fl. oz.    | 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

Oct 5, 2026 thru Oct 30, 2026

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 990556 Place Settings     | 1            | 100       | 0                        | 0.00                   | 0                      | *0.00            | *N/A*                         | 0.00      | 0.00       | 0           | 0.00     |
| Weighted Daily Average    |              |           | 504                      | 10.04                  | 746                    | *38.51           | *1.01                         | 19.58     | 0.00       | 280         | 60.00    |
| % of Calories             |              |           |                          | 17.93 %                |                        | *30.56 %         | *0.80%                        | 35.0%     | 0.0%       |             | 47.6%    |
| Weekly Nutrient Guideline |              |           | 450 - 500                | <10                    | <=540                  |                  | <10                           |           |            |             |          |

Friday - 10/09/2026                      Reimbursable Meal Total 100

|                                              | Portion Size   | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|----------------------------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 992346 V- Peachy WG Cinnamon Roll Cobbler    | 2.87 (serving) | 100       | 313                      | 5.00                   | 304                    | 20.55            | *9.00                         | 11.00     | 0.00       | 0           | 47.32    |
| 992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr) | 28 gr          | 1         | 100                      | 0.00                   | 140                    | 1.00             | 1.00                          | 2.00      | 0.00       | 0           | 21.00    |
| 990703 Cranberry Apple Juice 1/2 cup         | 4 oz fl        | 100       | 60                       | 0.00                   | 0                      | 12.00            | 0.00                          | 0.00      | 0.00       | 0           | 13.00    |
| 000231 MILK,Skim                             | 8 fl. oz.      | 50        | 90                       | 0.00                   | 135                    | 12.00            | 0.00                          | 0.00      | 0.00       | 5           | 13.00    |
| 000190 Low Fat Milk - 1%                     | 8 fl. oz.      | 50        | 110                      | 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                       |                |           | 475                      | 5.01                   | 441                    | *44.67           | *9.01                         | 12.32     | 0.00       | 10          | 73.66    |
| % of Calories                                |                |           |                          | 9.49%                  |                        | *37.62 %         | *7.59%                        | 23.3%     | 0.0%       |             | 62.0%    |
| Weekly Nutrient Guideline                    |                |           | 450 - 500                | <10                    | <=540                  |                  | <10                           |           |            |             |          |

Monday - 10/12/2026                      Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

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

Tuesday - 10/13/2026                      Reimbursable Meal Total 100

|                                                          | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|----------------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 993201 Pizza Bagel w/Egg, mozarella 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 mozarella cheese             | 2.8 oz       | 1         | 180                      | 3.00                   | 380                    | 6.00             | 1.00                          | 6.00      | 0.00       | 55          | 23.00    |
| 992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)             | 28 gr        | 1         | 100                      | 0.00                   | 140                    | 1.00             | 1.00                          | 2.00      | 0.00       | 0           | 21.00    |
| 000307 APPLES,Fresh - 1 Cup (100 - 125 ct)               | 1 cup        | 100       | 77                       | 0.04                   | 1                      | 15.48            | 0.00                          | 0.25      | 0.00       | 0           | 20.58    |
| 000231 MILK,Skim                                         | 8 fl. oz.    | 50        | 90                       | 0.00                   | 135                    | 12.00            | 0.00                          | 0.00      | 0.00       | 5           | 13.00    |
| 000190 Low Fat Milk - 1%                                 | 8 fl. oz.    | 50        | 110                      | 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

Oct 5, 2026 thru Oct 30, 2026

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 990556 Place Settings     | 1            | 100       | 0                        | 0.00                   | 0                      | *0.00            | *N/A*                         | 0.00      | 0.00       | 0           | 0.00     |
| Weighted Daily Average    |              |           | 360                      | 3.07                   | 522                    | *33.55           | *1.02                         | 7.58      | 0.00       | 61          | 57.02    |
| % of Calories             |              |           |                          | 7.68%                  |                        | *37.28 %         | *1.13%                        | 19.0%     | 0.0%       |             | 63.4%    |
| Weekly Nutrient Guideline |              |           | 450 - 500                | <10                    | <=540                  |                  | <10                           |           |            |             |          |

Wednesday - 10/14/2026                      Reimbursable Meal Total 100

|                                                   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|---------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 992601 CEREALS RTE,CINN TOAST CRUNCH (Low Sugar)  | 1 (28 GR)    | 100       | 110                      | 1.00                   | 160                    | 6.00             | 6.00                          | 2.50      | 0.00       | 0           | 22.00    |
| 991346 Yogurt Yoplait 4oz                         | 4 oz         | 100       | 100                      | 0.00                   | 55                     | 14.00            | 11.00                         | 0.50      | 0.00       | 5           | 21.00    |
| 992217 VG/DF - Dairy Free Yogurt                  | 5.3 oz       | 0         | 130                      | 0.00                   | 90                     | 12.00            | *N/A*                         | 3.50      | 0.00       | 0           | 18.00    |
| 000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct) | 1 cup        | 100       | 84                       | 0.03                   | 1                      | 14.43            | 0.00                          | 0.21      | 0.00       | 0           | 22.54    |
| 000231 MILK,Skim                                  | 8 fl. oz.    | 50        | 90                       | 0.00                   | 135                    | 12.00            | 0.00                          | 0.00      | 0.00       | 5           | 13.00    |
| 000190 Low Fat Milk - 1%                          | 8 fl. oz.    | 50        | 110                      | 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                      | 1.03                   | 351                    | *46.43           | *17.00                        | 4.46      | 0.00       | 15          | 78.54    |
| % of Calories                                     |              |           |                          | 2.35%                  |                        | *47.14 %         | *17.26 %                      | 10.2%     | 0.0%       |             | 79.7%    |
| Weekly Nutrient Guideline                         |              |           | 450 - 500                | <10                    | <=540                  |                  | <10                           |           |            |             |          |

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

Thursday - 10/15/2026                      Reimbursable Meal Total 100

|                                                           | Portion Size    | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|-----------------------------------------------------------|-----------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 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 K-8:Turkey Sausage Links, 3", .67oz (Not for PreK) | 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     |
| 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                                    |                 |           | 648                      | 4.28                   | 688                    | *50.55           | *8.67                         | 16.76     | 0.00       | 34          | 109.61   |
| % of Calories                                             |                 |           |                          | 5.94%                  |                        | *31.20 %         | *5.35%                        | 23.3%     | 0.0%       |             | 67.7%    |
| Weekly Nutrient Guideline                                 |                 |           | 450 - 500                | <10                    | <=540                  |                  | <10                           |           |            |             |          |

Friday - 10/16/2026                      Reimbursable Meal Total 100

|                                          | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 991526 Blueberry Lemon Yogurt WW Muffins | Muffins      | 100       | 143                      | 0.40                   | 144                    | *10.08           | *9.86                         | 1.62      | *0.00      | 47          | 23.16    |

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 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) |
|-----------------------------------------------|--------------|-----------|--------------|------------|------------|------------------|-------------------|-----------|------------|-------------|----------|
| 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     |
| 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                        |              |           | 429          | 2.47       | 482        | *47.77           | *10.04            | 6.30      | *0.00      | 68          | 68.29    |
| % of Calories                                 |              |           |              | 5.18%      |            | *44.54 %         | *9.36%            | 13.2%     | *0.0%      |             | 63.7%    |
| Weekly Nutrient Guideline                     |              |           | 450 - 500    | <10        | <=540      |                  | <10               |           |            |             |          |

Monday - 10/19/2026

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    |
| 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    |
| 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

Oct 5, 2026 thru Oct 30, 2026

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 000190 Low Fat Milk - 1%  | 8 fl. oz.    | 50        | 110                      | 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    |              |           | 437                      | 0.09                   | 300                    | *57.39           | *11.00                        | 3.49      | 0.00       | 15          | 89.02    |
| % of Calories             |              |           |                          | 0.19%                  |                        | *52.53 %         | *10.07 %                      | 7.2%      | 0.0%       |             | 81.5%    |
| Weekly Nutrient Guideline |              |           | 450 - 500                | <10                    | <=540                  |                  | <10                           |           |            |             |          |

Tuesday - 10/20/2026

Reimbursable Meal Total 100

|                                                         | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|---------------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 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    |
| 991006 Banana - 1 cup (2 Bananas)                       | 2 Bananas    | 100       | 210                      | 0.26                   | 2                      | 28.86            | 0.00                          | 0.78      | 0.00       | 0           | 53.90    |
| 000231 MILK,Skim                                        | 8 fl. oz.    | 50        | 90                       | 0.00                   | 135                    | 12.00            | 0.00                          | 0.00      | 0.00       | 5           | 13.00    |
| 000190 Low Fat Milk - 1%                                | 8 fl. oz.    | 50        | 110                      | 0.00                   | 135                    | 12.00            | 0.00                          | 2.50      | 0.00       | 15          | 13.00    |
| 991919 Soy Milk                                         | 8 fl         | 1         | 130                      | 0.50                   | 110                    | 11.00            | *N/A*                         | 4.50      | 0.00       | 0           | 13.00    |

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 990556 Place Settings     | 1            | 100       | 0                        | 0.00                   | 0                      | *0.00            | *N/A*                         | 0.00      | 0.00       | 0           | 0.00     |
| Weighted Daily Average    |              |           | 552                      | 5.56                   | 623                    | *41.00           | *0.00                         | 16.23     | *0.00      | 168         | 82.49    |
| % of Calories             |              |           |                          | 9.07%                  |                        | *29.71 %         | *0.00%                        | 26.5%     | *0.0%      |             | 59.8%    |
| Weekly Nutrient Guideline |              |           | 450 - 500                | <10                    | <=540                  |                  | <10                           |           |            |             |          |

Wednesday - 10/21/2026                      Reimbursable Meal Total 100

|                                                  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|--------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 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     |
| 991024 ORANGES (2 oranges 113-125 ct) - 1 Cup    | cup          | 100       | 123                      | 0.04                   | 0                      | 24.50            | 0.00                          | 0.31      | 0.00       | 0           | 30.78    |
| 000190 Low Fat Milk - 1%                         | 8 fl. oz.    | 50        | 110                      | 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                      | 2.56                   | 437                    | *50.56           | *13.05                        | 9.13      | *0.00      | 35          | 71.86    |
| % of Calories                                    |              |           |                          | 5.19%                  |                        | *45.55 %         | *11.76 %                      | 18.5%     | *0.0%      |             | 64.7%    |
| Weekly Nutrient Guideline                        |              |           | 450 - 500                | <10                    | <=540                  |                  | <10                           |           |            |             |          |

Thursday - 10/22/2026

Reimbursable Meal Total 100

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

Friday - 10/23/2026

Reimbursable Meal Total 100

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

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

|                                                        | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|--------------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 991123 Syrup Maple SS Sugar Free                       | 32 gr        | 100       | 10                       | 0.00                   | 80                     | 0.00             | 0.00                          | 0.00      | 0.00       | 0           | 4.00     |
| 991059 Cranberry Apple Juice (1 cup- 2 juices per kid) | 2 HC         | 100       | 120                      | 0.00                   | 0                      | 24.00            | 0.00                          | 0.00      | 0.00       | 0           | 26.00    |
| 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                   | 434                    | *47.11           | *0.10                         | 6.34      | 0.00       | 46          | 79.20    |
| % of Calories                                          |              |           |                          | 3.20%                  |                        | *44.65 %         | *0.09%                        | 13.5%     | 0.0%       |             | 75.1%    |
| Weekly Nutrient Guideline                              |              |           | 450 - 500                | <10                    | <=540                  |                  | <10                           |           |            |             |          |

Monday - 10/26/2026

Reimbursable Meal Total 100

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

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 990556 Place Settings     | 1            | 100       | 0                        | 0.00                   | 0                      | *0.00            | *N/A*                         | 0.00      | 0.00       | 0           | 0.00     |
| Weighted Daily Average    |              |           | 427                      | 1.58                   | 249                    | *53.42           | *0.18                         | 9.99      | *0.00      | 20          | 76.04    |
| % of Calories             |              |           |                          | 3.33%                  |                        | *50.04 %         | *0.17%                        | 21.1%     | *0.0%      |             | 71.2%    |
| Weekly Nutrient Guideline |              |           | 450 - 500                | <10                    | <=540                  |                  | <10                           |           |            |             |          |

Tuesday - 10/27/2026                      Reimbursable Meal Total 100

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

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

Wednesday - 10/28/2026                      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) |
|---------------------------------------------|--------------|-----------|--------------|------------|------------|------------------|-------------------|-----------|------------|-------------|----------|
| 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               |           |            |             |          |

Thursday - 10/29/2026                      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) |
|---------------------------------------------|--------------|-----------|--------------|------------|------------|------------------|-------------------|-----------|------------|-------------|----------|
| 993320 VG/DF - WG White Bagel (IW)          | serving      | 100       | 170          | 0.00       | 310        | 3.00             | 3.00              | 1.00      | 0.00       | 0           | 35.00    |
| 993321 CHEESE, CREAM STRAWBERRY PLASTIC CUP | 1 oz         | 100       | 70           | 3.00       | 110        | 4.00             | 3.00              | 4.50      | 0.00       | 20          | 5.00     |

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

|                                                | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 991347 VG/DF - WG White Bagel (iW) & Jelly     | serving      | 1         | 205                      | 0.00                   | 315                    | 11.00            | 9.00                          | 1.00      | 0.00       | 0           | 44.00    |
| 990708 Fruit Punch, Juice - (1 Cup - 2 juices) | (2 HC)       | 100       | 120                      | 0.00                   | 10                     | 24.00            | 0.00                          | 0.00      | 0.00       | 0           | 28.00    |
| 000231 MILK,Skim                               | 8 fl. oz.    | 50        | 90                       | 0.00                   | 135                    | 12.00            | 0.00                          | 0.00      | 0.00       | 5           | 13.00    |
| 000190 Low Fat Milk - 1%                       | 8 fl. oz.    | 50        | 110                      | 0.00                   | 135                    | 12.00            | 0.00                          | 2.50      | 0.00       | 15          | 13.00    |
| 991919 Soy Milk                                | 8 fl         | 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                         |              |           | 462                      | 3.00                   | 568                    | *43.11           | *6.09                         | 6.76      | 0.00       | 30          | 81.44    |
| % of Calories                                  |              |           |                          | 5.84%                  |                        | *37.32 %         | *5.27%                        | 13.2%     | 0.0%       |             | 70.5%    |
| Weekly Nutrient Guideline                      |              |           | 450 - 500                | <10                    | <=540                  |                  | <10                           |           |            |             |          |

Friday - 10/30/2026

Reimbursable Meal Total 100

|                                                           | Portion Size    | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|-----------------------------------------------------------|-----------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 993315 V/VG- Spooky Pumpkin WW Waffles                    | serving         | 100       | 249                      | 0.31                   | 83                     | 18.52            | *14.18                        | 5.29      | 0.00       | 0           | 43.67    |
| 991123 Syrup Maple SS Sugar Free                          | 32 gr           | 100       | 10                       | 0.00                   | 80                     | 0.00             | 0.00                          | 0.00      | 0.00       | 0           | 4.00     |
| 993328 Mix Berries: Strawberries 1/2, Blueberries 1/2 cup | 5 l.straw/ blue | 100       | 71                       | 0.03                   | 2                      | 11.77            | *0.00                         | 0.51      | 0.00       | 0           | 17.63    |
| 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    |

Portion Values

Oct 5, 2026 thru Oct 30, 2026

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 990556 Place Settings     | 1            | 100       | 0                        | 0.00                   | 0                      | *0.00            | *N/A*                         | 0.00      | 0.00       | 0           | 0.00     |
| Weighted Daily Average    |              |           | 430                      | 0.35                   | 299                    | *42.30           | *14.18                        | 7.06      | 0.00       | 10          | 78.31    |
| % of Calories             |              |           |                          | 0.73%                  |                        | *39.35 %         | *13.19 %                      | 14.8%     | 0.0%       |             | 72.8%    |
| Weekly Nutrient Guideline |              |           | 450 - 500                | <10                    | <=540                  |                  | <10                           |           |            |             |          |

|                   |  | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|-------------------|--|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| Weighted Averages |  | 458                      | 2.66                   | 483                    | *46.12           | *7.75                         | 8.88      | *0.00      | 63          | 79.04    |
| % of Calories     |  |                          | 5.23%                  |                        | *40.28 %         | *6.77%                        | 17.4%     | *0.0%      |             | 69.0%    |

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient*  
*\* - denotes combined nutrient totals with either missing or incomplete nutrient data*  
*<sup>1</sup> - denotes required nutrient values*  
*Added Sugars target is informational only, with an effective date of July 1, 2027.*  
*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

Oct 5, 2026 thru Oct 30, 2026

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

Monday - 10/05/2026Reimbursable Meal Total 100

|                                                        | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|--------------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 992173 Buffalo Chicken Mac & Cheese - (Cheese Sauce)   | 1 Portion    | 99        | 373                      | 6.32                   | 806                    | 2.05             | *0.00                         | 12.64     | 0.00       | 51          | 46.00    |
| 992175 V- Buffalo Chicken Meatless Mac & Cheese        | 1 Portion    | 1         | 380                      | 6.02                   | 859                    | 2.50             | *0.00                         | 12.49     | 0.00       | 30          | 46.91    |
| 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    |
| 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                                 |              |           | 663                      | 6.67                   | 990                    | *34.05           | *19.00                        | 18.58     | 0.00       | 61          | 93.76    |
| % of Calories                                          |              |           |                          | 9.05%                  |                        | *20.54 %         | *11.46 %                      | 25.2%     | 0.0%       |             | 56.6%    |
| Weekly Nutrient Guideline                              |              |           | 600 - 650                | <10                    | <=1110                 |                  | <10                           |           |            |             |          |

Tuesday - 10/06/2026Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 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) |
|---------------------------------------------------------|--------------|-----------|--------------|------------|------------|------------------|-------------------|-----------|------------|-------------|----------|
| 992505 Chicken Fajitas                                  | 2 fajitas 6" | 99        | 309          | 1.89       | 518        | *0.00            | *0.00             | 10.26     | 0.00       | 41          | 32.38    |
| 993178 V/VG - Meatless Chicken Fajitas                  | 2 fajitas 6" | 1         | 352          | 1.42       | 631        | *2.13            | *0.00             | 11.45     | 0.00       | 0           | 36.89    |
| 993322 Flamed Roasted Corn & Black Beans - L:1/2, S:1/4 | 3/4 cup      | 100       | 215          | 0.52       | 132        | *6.60            | *0.00             | 4.60      | *0.00      | 0           | 33.45    |
| 992869 Sour Cream (ss)                                  | 28 gr        | 100       | 60           | 3.50       | 15         | 1.00             | 1.00              | 5.00      | 0.00       | 20          | 1.00     |
| 993169 Hot Sauce                                        | 7 gr         | 100       | 0            | 0.00       | 270        | 0.00             | 0.00              | 0.00      | 0.00       | 0           | 0.00     |
| 990398 APPLES - Half Cup (100-134 ct)                   | 1/2 cup      | 100       | 39           | 0.02       | 1          | 7.74             | *0.00             | 0.13      | 0.00       | 0           | 10.29    |
| 000231 MILK,Skim                                        | 8 fl. oz.    | 50        | 90           | 0.00       | 135        | 12.00            | 0.00              | 0.00      | 0.00       | 5           | 13.00    |
| 000190 Low Fat Milk - 1%                                | 8 fl. oz.    | 50        | 110          | 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                                  |              |           | 723          | 5.93       | 1072       | *27.37           | *1.00             | 21.26     | *0.00      | 70          | 90.17    |
| % of Calories                                           |              |           |              | 7.38%      |            | *15.14 %         | *0.55%            | 26.5%     | *0.0%      |             | 49.9%    |
| Weekly Nutrient Guideline                               |              |           | 600 - 650    | <10        | <=1110     |                  | <10               |           |            |             |          |

Wednesday - 10/07/2026                      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        | 184          | 2.29       | 624        | 6.76             | *0.00             | 8.39      | *0.00      | 91          | 11.99    |
| 993278 V/VG- Veggie Asian BBQ (V/VG) | 80 gr        | 1         | 146          | 0.02       | 868        | 7.68             | *0.00             | 1.88      | *0.00      | 0           | 18.43    |

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

|                                                  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|--------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 993266 Vegetable Fried Rice R:1/4, S:1/4, OT:1/4 | serving      | 100       | 289                      | 0.20                   | 521                    | 5.30             | *0.00                         | 4.25      | 0.00       | 0           | 55.05    |
| 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         | 1         | 130                      | 0.50                   | 110                    | 11.00            | *N/A*                         | 4.50      | 0.00       | 0           | 13.00    |
| 990556 Place Settings                            | 1            | 100       | 0                        | 0.00                   | 0                      | *0.00            | *N/A*                         | 0.00      | 0.00       | 0           | 0.00     |
| Weighted Daily Average                           |              |           | 635                      | 2.49                   | 1283                   | *36.42           | *0.00                         | 14.03     | *0.00      | 100         | 95.63    |
| % of Calories                                    |              |           |                          | 3.53%                  |                        | *22.94 %         | *0.00%                        | 19.9%     | *0.0%      |             | 60.2%    |
| Weekly Nutrient Guideline                        |              |           | 600 - 650                | <10                    | <=1110                 |                  | <10                           |           |            |             |          |

Thursday - 10/08/2026

Reimbursable Meal Total 100

|                                                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|-----------------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 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    |
| 993325 Roasted Sweet Potatoes & Broccoli - DG: 1/4, R:1/2 | 3/4 cup      | 100       | 129                      | 0.33                   | 43                     | 6.85             | *0.00                         | 3.73      | 0.00       | 0           | 22.17    |
| 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    |

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 991919 Soy Milk           | 8 fl         | 1         | 130                      | 0.50                   | 110                    | 11.00            | *N/A*                         | 4.50      | 0.00       | 0           | 13.00    |
| 990556 Place Settings     | 1            | 100       | 0                        | 0.00                   | 0                      | *0.00            | *N/A*                         | 0.00      | 0.00       | 0           | 0.00     |
| Weighted Daily Average    |              |           | 627                      | 0.98                   | 868                    | *45.39           | *10.99                        | 12.52     | 0.00       | 45          | 103.48   |
| % of Calories             |              |           |                          | 1.41%                  |                        | *28.96 %         | *7.01%                        | 18.0%     | 0.0%       |             | 66.0%    |
| Weekly Nutrient Guideline |              |           | 600 - 650                | <10                    | <=1110                 |                  | <10                           |           |            |             |          |

Friday - 10/09/2026

Reimbursable Meal Total 100

|                                                           | Portion Size    | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|-----------------------------------------------------------|-----------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 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    |
| 990720 Salad, Kale, Cucumber, Tomato DG:1/4, OT:1/4.R:1/4 | 3/4 cup         | 100       | 78                       | 1.10                   | 156                    | 1.79             | *0.00                         | 6.64      | 0.00       | 0           | 4.96     |
| 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    |

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 990556 Place Settings     | 1            | 100       | 0                        | 0.00                   | 0                      | *0.00            | *N/A*                         | 0.00      | 0.00       | 0           | 0.00     |
| Weighted Daily Average    |              |           | 600                      | 6.63                   | 1264                   | *31.84           | *1.00                         | 24.64     | 0.00       | 32          | 69.24    |
| % of Calories             |              |           |                          | 9.94%                  |                        | *21.23 %         | *0.67%                        | 37.0%     | 0.0%       |             | 46.2%    |
| Weekly Nutrient Guideline |              |           | 600 - 650                | <10                    | <=1110                 |                  | <10                           |           |            |             |          |

Monday - 10/12/2026Reimbursable Meal Total 1

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

Tuesday - 10/13/2026Reimbursable Meal Total 100

|                                                   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|---------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 993223 WW Chicken Empanada                        | 2.8 oz       | 100       | 170                      | 4.00                   | 420                    | 1.00             | *1.00                         | 7.00      | 0.00       | 30          | 17.00    |
| 993275 VG/DF- Veggie WW Quesadilla                | serving      | 1         | 364                      | 2.10                   | 520                    | 1.18             | *0.00                         | 12.70     | 0.00       | 0           | 37.77    |
| 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     |
| 993330 Warm Calabacitas (zucchini & corn) OT: 1/2 | 1/2 cup      | 100       | 82                       | 0.34                   | 103                    | *5.06            | *0.00                         | 4.21      | *0.00      | 0           | 9.73     |

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

|                                                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|-----------------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 991277 Ranch Dressing (ss)                                | 1 ss (pouch) | 100       | 20                       | 0.00                   | 80                     | 1.00             | *N/A*                         | 0.00      | 0.00       | 0           | 4.00     |
| 000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup | 1/2 cup      | 100       | 40                       | 0.02                   | 1                      | 6.82             | *N/A*                         | 0.10      | 0.00       | 0           | 10.66    |
| 000231 MILK,Skim                                          | 8 fl. oz.    | 50        | 90                       | 0.00                   | 135                    | 12.00            | 0.00                          | 0.00      | 0.00       | 5           | 13.00    |
| 000190 Low Fat Milk - 1%                                  | 8 fl. oz.    | 50        | 110                      | 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                                    |              |           | 458                      | 4.41                   | 758                    | *30.57           | *1.00                         | 12.77     | *0.00      | 40          | 64.23    |
| % of Calories                                             |              |           |                          | 8.67%                  |                        | *26.70 %         | *0.87%                        | 25.1%     | *0.0%      |             | 56.1%    |
| Weekly Nutrient Guideline                                 |              |           | 600 - 650                | <10                    | <=1110                 |                  | <10                           |           |            |             |          |

Wednesday - 10/14/2026

Reimbursable Meal Total 100

|                                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|-------------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 993032 V- Lasagna, Cheese WG Pasta w/ Marinara R:1    | 7oz (2 roll) | 100       | 456                      | 8.00                   | 651                    | 9.62             | *1.27                         | 15.91     | 0.00       | 90          | 56.70    |
| 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    |
| 992384 BROCCOLI,raw: fresh roasted                    | 1/2 CUP      | 100       | 57                       | 0.38                   | 15                     | 0.77             | *0.00                         | 4.82      | 0.00       | 0           | 3.02     |
| 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    |

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 000190 Low Fat Milk - 1%  | 8 fl. oz.    | 50        | 110                      | 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    |              |           | 655                      | 8.41                   | 805                    | *30.23           | *1.27                         | 22.13     | *0.00      | 100         | 83.59    |
| % of Calories             |              |           |                          | 11.56 %                |                        | *18.46 %         | *0.78%                        | 30.4%     | *0.0%      |             | 51.0%    |
| Weekly Nutrient Guideline |              |           | 600 - 650                | <10                    | <=1110                 |                  | <10                           |           |            |             |          |

Thursday - 10/15/2026

Reimbursable Meal Total 100

|                                                      | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|------------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 993292 Cheesy Turkey Taco Rice Bowl L:1/2 S:1/2      | serving      | 100       | 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   |
| 991695 SOUR CREAM,FAT FREE (SS)                      | 1oz          | 100       | 25                       | 0.00                   | 30                     | 2.00             | 2.00                          | 0.00      | 0.00       | 0           | 4.00     |
| 990703 Cranberry Apple Juice 1/2 cup                 | 4 oz fl      | 100       | 60                       | 0.00                   | 0                      | 12.00            | 0.00                          | 0.00      | 0.00       | 0           | 13.00    |
| 000190 Low Fat Milk - 1%                             | 8 fl. oz.    | 50        | 110                      | 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

Oct 5, 2026 thru Oct 30, 2026

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 990556 Place Settings     | 1            | 100       | 0                        | 0.00                   | 0                      | *0.00            | *N/A*                         | 0.00      | 0.00       | 0           | 0.00     |
| Weighted Daily Average    |              |           | 829                      | 5.34                   | 1039                   | *32.35           | *2.00                         | 17.34     | *0.00      | 112         | 124.32   |
| % of Calories             |              |           |                          | 5.80%                  |                        | *15.61 %         | *0.97%                        | 18.8%     | *0.0%      |             | 60.0%    |
| Weekly Nutrient Guideline |              |           | 600 - 650                | <10                    | <=1110                 |                  | <10                           |           |            |             |          |

Friday - 10/16/2026                      Reimbursable Meal Total 1

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 000156 NO LUNCH           |              |           |                          |                        |                        |                  |                               |           |            |             |          |
| Weighted Daily Average    |              |           | 0                        | 0.00                   | 0                      | 0.00             | 0                             | 0.00      | 0.00       | 0           | 0.00     |
| % of Calories             |              |           |                          | 0%                     |                        | 0%               | 0%                            | 0%        | 0%         |             | 0%       |
| Weekly Nutrient Guideline |              |           | 600 - 650                | <10                    | <=1110                 |                  | <10                           |           |            |             |          |

Monday - 10/19/2026                      Reimbursable Meal Total 100

|                                        | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|----------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 993233 Teriyaki Beef Meatballs         | 5 meatballs  | 90        | 226                      | 5.00                   | 760                    | 7.05             | *5.00                         | 14.00     | 0.00       | 45          | 11.15    |
| 993234 V/VG- Teriyaki Veggie Meatballs | 3 Meatballs  | 10        | 176                      | 3.00                   | 770                    | 6.05             | *6.00                         | 7.00      | 0.00       | 0           | 15.15    |
| 000341 WG Biscuit - 1 oz               | 28 g         | 100       | 100                      | 4.00                   | 210                    | 1.00             | 1.00                          | 5.00      | 0.00       | 0           | 14.00    |

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

|                                                    | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|----------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 991803 Green Beans, Broccoli Medley DG:1/2, OT:1/4 | 3/4          | 100       | 73                       | 0.33                   | 8                      | 1.12             | *0.00                         | 5.48      | 0.00       | 0           | 6.69     |
| 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                             |              |           | 554                      | 9.13                   | 1119                   | *33.07           | *6.10                         | 25.04     | 0.00       | 50          | 59.24    |
| % of Calories                                      |              |           |                          | 14.83 %                |                        | *23.88 %         | *4.40%                        | 40.7%     | 0.0%       |             | 42.8%    |
| Weekly Nutrient Guideline                          |              |           | 600 - 650                | <10                    | <=1110                 |                  | <10                           |           |            |             |          |

Tuesday - 10/20/2026

Reimbursable Meal Total 100

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

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 991919 Soy Milk           | 8 fl         | 0         | 130                      | 0.50                   | 110                    | 11.00            | *N/A*                         | 4.50      | 0.00       | 0           | 13.00    |
| 990556 Place Settings     | 1            | 100       | 0                        | 0.00                   | 0                      | *0.00            | *N/A*                         | 0.00      | 0.00       | 0           | 0.00     |
| Weighted Daily Average    |              |           | 714                      | 2.80                   | 799                    | *25.15           | *0.00                         | 24.81     | *0.00      | 78          | 88.22    |
| % of Calories             |              |           |                          | 3.53%                  |                        | *14.09 %         | *0.00%                        | 31.3%     | *0.0%      |             | 49.4%    |
| Weekly Nutrient Guideline |              |           | 600 - 650                | <10                    | <=1110                 |                  | <10                           |           |            |             |          |

Wednesday - 10/21/2026                      Reimbursable Meal Total 100

|                                                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|-----------------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 991095 Baked Chicken Penne Pasta R:1/2, Ot: 1/4           | 3/4 cup      | 99        | 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    |
| 000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup | 1/2 cup      | 100       | 40                       | 0.02                   | 1                      | 6.82             | *N/A*                         | 0.10      | 0.00       | 0           | 10.66    |
| 000231 MILK,Skim                                          | 8 fl. oz.    | 50        | 90                       | 0.00                   | 135                    | 12.00            | 0.00                          | 0.00      | 0.00       | 5           | 13.00    |
| 000190 Low Fat Milk - 1%                                  | 8 fl. oz.    | 50        | 110                      | 0.00                   | 135                    | 12.00            | 0.00                          | 2.50      | 0.00       | 15          | 13.00    |
| 991919 Soy Milk                                           | 8 fl         | 1         | 130                      | 0.50                   | 110                    | 11.00            | *N/A*                         | 4.50      | 0.00       | 0           | 13.00    |
| 990556 Place Settings                                     | 1            | 100       | 0                        | 0.00                   | 0                      | *0.00            | *N/A*                         | 0.00      | 0.00       | 0           | 0.00     |
| Weighted Daily Average                                    |              |           | 543                      | 5.38                   | 480                    | *25.66           | *0.64                         | 13.79     | *0.00      | 76          | 72.61    |
| % of Calories                                             |              |           |                          | 8.92%                  |                        | *18.90 %         | *0.47%                        | 22.9%     | *0.0%      |             | 53.5%    |
| Weekly Nutrient Guideline                                 |              |           | 600 - 650                | <10                    | <=1110                 |                  | <10                           |           |            |             |          |

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

Thursday - 10/22/2026

Reimbursable Meal Total 100

|                                                | Portion Size    | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|------------------------------------------------|-----------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 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    |
| 992099 Steamed Brown Rice - 1 oz gr            | 1/2 cup         | 100       | 100                      | 0.00                   | 4                      | 0.00             | *0.00                         | 0.67      | 0.00       | 0           | 21.33    |
| 990127 Baked Plantains - S: 1/2 cup            | 1/2 cup         | 100       | 133                      | 1.05                   | 4                      | 12.96            | 0.00                          | 5.04      | *0.00      | 2           | 23.60    |
| 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    |
| 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                         |                 |           | 774                      | 4.52                   | 562                    | *39.12           | *0.00                         | 24.86     | *0.00      | 107         | 108.44   |
| % of Calories                                  |                 |           |                          | 5.26%                  |                        | *20.22 %         | *0.00%                        | 28.9%     | *0.0%      |             | 56.0%    |
| Weekly Nutrient Guideline                      |                 |           | 600 - 650                | <10                    | <=1110                 |                  | <10                           |           |            |             |          |

Friday - 10/23/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 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) |
|-------------------------------------------------|--------------|-----------|--------------|------------|------------|------------------|-------------------|-----------|------------|-------------|----------|
| 991084 Chicken Nuggets Breaded                  | 4 pc (91 gr) | 99        | 210          | 2.50       | 340        | 1.00             | *0.00             | 12.00     | 0.00       | 40          | 12.00    |
| 991720 V/V-Vegan Chicken Nuggets                | 5 Nuggets    | 1         | 251          | 1.88       | 465        | 2.51             | *0.00             | 11.30     | 0.00       | 0           | 25.12    |
| 991056 VG/DF - WG Roll                          | 32 gr        | 100       | 80           | 0.00       | 170        | 2.00             | *2.00             | 1.00      | 0.00       | 0           | 15.00    |
| 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    |
| 000222 KETCHUP: individual                      | 9 gr         | 100       | 10           | 0.00       | 90         | 2.00             | 2.00              | 0.00      | 0.00       | 0           | 2.00     |
| 992899 TANGERINES,FRESH - (100-120 ct)- 1/2 cup | 1 large      | 100       | 64           | 0.05       | 2          | 12.70            | 0.00              | 0.37      | 0.00       | 0           | 16.01    |
| 000231 MILK,Skim                                | 8 fl. oz.    | 50        | 90           | 0.00       | 135        | 12.00            | 0.00              | 0.00      | 0.00       | 5           | 13.00    |
| 000190 Low Fat Milk - 1%                        | 8 fl. oz.    | 50        | 110          | 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                          |              |           | 633          | 2.88       | 793        | *39.43           | *4.00             | 18.56     | 0.00       | 50          | 89.20    |
| % of Calories                                   |              |           |              | 4.09%      |            | *24.92 %         | *2.53%            | 26.4%     | 0.0%       |             | 56.4%    |
| Weekly Nutrient Guideline                       |              |           | 600 - 650    | <10        | <=1110     |                  | <10               |           |            |             |          |

Monday - 10/26/2026

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) |
|-------------------------------------------------------|-----------------|-----------|--------------|------------|------------|------------------|-------------------|-----------|------------|-------------|----------|
| 991162 V- WG Mini Cheese Ravioli R:1/2                | 4.34 oz (10 pc) | 99        | 279          | 1.52       | 447        | 8.32             | *0.64             | 6.48      | 0.00       | 68          | 39.36    |
| 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    |

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

|                                      | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 992794 Roasted Zucchini OT: 1/2      | serving      | 100       | 31                       | 0.22                   | 265                    | *1.41            | *0.00                         | 2.55      | *0.00      | 0           | 1.92     |
| 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               |              |           | 470                      | 1.73                   | 845                    | *33.74           | *0.63                         | 10.25     | *0.00      | 77          | 67.48    |
| % of Calories                        |              |           |                          | 3.31%                  |                        | *28.71 %         | *0.54%                        | 19.6%     | *0.0%      |             | 57.4%    |
| Weekly Nutrient Guideline            |              |           | 600 - 650                | <10                    | <=1110                 |                  | <10                           |           |            |             |          |

Tuesday - 10/27/2026

Reimbursable Meal Total 100

|                                                | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 990149 Beef Burger                             | 1 serving    | 95        | 367                      | 3.54                   | 734                    | 5.39             | *4.38                         | 16.37     | 0.00       | 35          | 36.74    |
| 992265 V/VG Vegan Burger -                     | serving      | 5         | 280                      | 0.00                   | 760                    | 5.00             | *4.00                         | 7.00      | 0.00       | 0           | 36.00    |
| 000279 Roasted Potatoes - 3/4cup: S:3/4        | 3/4 cup      | 100       | 176                      | 0.38                   | 12                     | *0.00            | *0.00                         | 4.79      | 0.00       | 0           | 30.80    |
| 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     |
| 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

Oct 5, 2026 thru Oct 30, 2026

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 000231 MILK,Skim          | 8 fl. oz.    | 50        | 90                       | 0.00                   | 135                    | 12.00            | 0.00                          | 0.00      | 0.00       | 5           | 13.00    |
| 000190 Low Fat Milk - 1%  | 8 fl. oz.    | 50        | 110                      | 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    |              |           | 715                      | 3.77                   | 1038                   | *31.62           | *6.36                         | 22.09     | 0.00       | 44          | 97.90    |
| % of Calories             |              |           |                          | 4.75%                  |                        | *17.69 %         | *3.56%                        | 27.8%     | 0.0%       |             | 54.8%    |
| Weekly Nutrient Guideline |              |           | 600 - 650                | <10                    | <=1110                 |                  | <10                           |           |            |             |          |

Wednesday - 10/28/2026

Reimbursable Meal Total 100

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

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 990556 Place Settings     | 1            | 100       | 0                        | 0.00                   | 0                      | *0.00            | *N/A*                         | 0.00      | 0.00       | 0           | 0.00     |
| Weighted Daily Average    |              |           | 600                      | 5.44                   | 986                    | *31.87           | *2.00                         | 25.35     | *0.00      | 109         | 67.20    |
| % of Calories             |              |           |                          | 8.16%                  |                        | *21.25 %         | *1.33%                        | 38.0%     | *0.0%      |             | 44.8%    |
| Weekly Nutrient Guideline |              |           | 600 - 650                | <10                    | <=1110                 |                  | <10                           |           |            |             |          |

Thursday - 10/29/2026

Reimbursable Meal Total 100

|                                                           | Portion Size    | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|-----------------------------------------------------------|-----------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 993326 Breaded Chicken Tenders & WG Waffles               | 2 Waffles/3tend | 100       | 430                      | 1.50                   | 770                    | 3.00             | *3.00                         | 21.00     | 0.00       | 30          | 42.00    |
| 993327 V/VG- Veggie Tenders & WG Waffles                  | 2 Waffles/2tend | 1         | 387                      | 2.53                   | 999                    | 3.03             | *2.00                         | 15.28     | 0.00       | 5           | 44.56    |
| 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    |
| 991123 Syrup Maple SS Sugar Free                          | 32 gr           | 100       | 10                       | 0.00                   | 80                     | 0.00             | 0.00                          | 0.00      | 0.00       | 0           | 4.00     |
| 000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup | 1/2 cup         | 100       | 40                       | 0.02                   | 1                      | 6.82             | *N/A*                         | 0.10      | 0.00       | 0           | 10.66    |
| 000231 MILK,Skim                                          | 8 fl. oz.       | 50        | 90                       | 0.00                   | 135                    | 12.00            | 0.00                          | 0.00      | 0.00       | 5           | 13.00    |
| 000190 Low Fat Milk - 1%                                  | 8 fl. oz.       | 50        | 110                      | 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

Oct 5, 2026 thru Oct 30, 2026

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 990556 Place Settings     | 1            | 100       | 0                        | 0.00                   | 0                      | *0.00            | *N/A*                         | 0.00      | 0.00       | 0           | 0.00     |
| Weighted Daily Average    |              |           | 752                      | 1.88                   | 1050                   | *31.58           | *3.02                         | 26.45     | 0.00       | 40          | 101.17   |
| % of Calories             |              |           |                          | 2.25%                  |                        | *16.80 %         | *1.61%                        | 31.7%     | 0.0%       |             | 53.8%    |
| Weekly Nutrient Guideline |              |           | 600 - 650                | <10                    | <=1110                 |                  | <10                           |           |            |             |          |

Friday - 10/30/2026

Reimbursable Meal Total 100

|                                       | Portion Size  | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|---------------------------------------|---------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 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    |
| 993317 Summer Cannellini Beans L: 3/4 | 3/4 cup       | 100       | 213                      | 0.01                   | 296                    | *7.97            | *6.43                         | 0.10      | 0.00       | 0           | 39.66    |
| 993169 Hot Sauce                      | 7 gr          | 100       | 0                        | 0.00                   | 270                    | 0.00             | 0.00                          | 0.00      | 0.00       | 0           | 0.00     |
| 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    |

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 990556 Place Settings     | 1            | 100       | 0                        | 0.00                   | 0                      | *0.00            | *N/A*                         | 0.00      | 0.00       | 0           | 0.00     |
| Weighted Daily Average    |              |           | 643                      | 4.52                   | 1203                   | *29.71           | *7.42                         | 12.57     | 0.00       | 55          | 92.08    |
| % of Calories             |              |           |                          | 6.33%                  |                        | *18.48 %         | *4.62%                        | 17.6%     | 0.0%       |             | 57.3%    |
| Weekly Nutrient Guideline |              |           | 600 - 650                | <10                    | <=1110                 |                  | <10                           |           |            |             |          |

|                   |  | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|-------------------|--|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| Weighted Averages |  | 644                      | 4.61                   | 942                    | *32.73           | *3.69                         | 19.28     | *0.00      | 69          | 87.11    |
| % of Calories     |  |                          | 6.44%                  |                        | *20.33 %         | *2.29%                        | 26.9%     | *0.0%      |             | 54.1%    |

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient*  
*\* - denotes combined nutrient totals with either missing or incomplete nutrient data*  
*<sup>1</sup> - denotes required nutrient values*  
*Added Sugars target is informational only, with an effective date of July 1, 2027.*  
*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

Oct 5, 2026 thru Oct 30, 2026

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

Monday - 10/05/2026Reimbursable Meal Total 100

|                                                       | Portion Size  | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|-------------------------------------------------------|---------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 992173 Buffalo Chicken Mac & Cheese - (Cheese Sauce)  | 1 Portion     | 99        | 373                      | 6.32                   | 806                    | 2.05             | *0.00                         | 12.64     | 0.00       | 51          | 46.00    |
| 992175 V- Buffalo Chicken Meatless Mac & Cheese       | 1 Portion     | 1         | 380                      | 6.02                   | 859                    | 2.50             | *0.00                         | 12.49     | 0.00       | 30          | 46.91    |
| 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    |
| 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    |
| 990556 Place Settings                                 | 1             | 100       | 0                        | 0.00                   | 0                      | *0.00            | *N/A*                         | 0.00      | 0.00       | 0           | 0.00     |
| Weighted Daily Average                                |               |           | 787                      | 6.60                   | 1023                   | *53.05           | *38.00                        | 17.48     | 0.00       | 61          | 126.00   |
| % of Calories                                         |               |           |                          | 7.55%                  |                        | *26.96 %         | *19.31 %                      | 20.0%     | 0.0%       |             | 64.0%    |
| Weekly Nutrient Guideline                             |               |           | 750 - 850                | <10                    | <=1280                 |                  | <10                           |           |            |             |          |

Tuesday - 10/06/2026Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 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) |
|---------------------------------------------------------|--------------|-----------|--------------|------------|------------|------------------|-------------------|-----------|------------|-------------|----------|
| 992505 Chicken Fajitas                                  | 2 fajitas 6" | 95        | 309          | 1.89       | 518        | *0.00            | *0.00             | 10.26     | 0.00       | 41          | 32.38    |
| 993178 V/VG - Meatless Chicken Fajitas                  | 2 fajitas 6" | 5         | 352          | 1.42       | 631        | *2.13            | *0.00             | 11.45     | 0.00       | 0           | 36.89    |
| 993333 Flamed Roasted Corn & Black Beans - L:1/2, S:1/2 | 1 cup        | 100       | 300          | 0.96       | 134        | *12.21           | *0.00             | 7.62      | *0.00      | 0           | 45.51    |
| 992869 Sour Cream (ss)                                  | 28 gr        | 100       | 60           | 3.50       | 15         | 1.00             | 1.00              | 5.00      | 0.00       | 20          | 1.00     |
| 993169 Hot Sauce                                        | 7 gr         | 100       | 0            | 0.00       | 270        | 0.00             | 0.00              | 0.00      | 0.00       | 0           | 0.00     |
| 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                                  |              |           | 848          | 6.37       | 1079       | *40.80           | *1.00             | 24.45     | *0.00      | 69          | 112.69   |
| % of Calories                                           |              |           |              | 6.76%      |            | *19.25 %         | *0.47%            | 25.9%     | *0.0%      |             | 53.2%    |
| Weekly Nutrient Guideline                               |              |           | 750 - 850    | <10        | <=1280     |                  | <10               |           |            |             |          |

Wednesday - 10/07/2026                      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        | 184          | 2.29       | 624        | 6.76             | *0.00             | 8.39      | *0.00      | 91          | 11.99    |
| 993278 V/VG- Veggie Asian BBQ (V/VG) | 80 gr        | 1         | 146          | 0.02       | 868        | 7.68             | *0.00             | 1.88      | *0.00      | 0           | 18.43    |

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

|                                                  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|--------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 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    |
| 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         | 1         | 130                      | 0.50                   | 110                    | 11.00            | *N/A*                         | 4.50      | 0.00       | 0           | 13.00    |
| 990556 Place Settings                            | 1            | 100       | 0                        | 0.00                   | 0                      | *0.00            | *N/A*                         | 0.00      | 0.00       | 0           | 0.00     |
| Weighted Daily Average                           |              |           | 729                      | 2.51                   | 1368                   | *50.94           | *0.00                         | 14.25     | *0.00      | 100         | 116.52   |
| % of Calories                                    |              |           |                          | 3.10%                  |                        | *27.95 %         | *0.00%                        | 17.6%     | *0.0%      |             | 63.9%    |
| Weekly Nutrient Guideline                        |              |           | 750 - 850                | <10                    | <=1280                 |                  | <10                           |           |            |             |          |

Thursday - 10/08/2026

Reimbursable Meal Total 100

|                                                         | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|---------------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 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    |
| 993093 Roasted Sweet Potatoes & Broccoli -R:1/2, DG:1/2 | 1 cup        | 100       | 136                      | 0.35                   | 51                     | 7.23             | *0.00                         | 3.81      | 0.00       | 0           | 23.63    |
| 991006 Banana - 1 cup (2 Bananas)                       | 2 Bananas    | 100       | 210                      | 0.26                   | 2                      | 28.86            | 0.00                          | 0.78      | 0.00       | 0           | 53.90    |
| 000231 MILK,Skim                                        | 8 fl. oz.    | 50        | 90                       | 0.00                   | 135                    | 12.00            | 0.00                          | 0.00      | 0.00       | 5           | 13.00    |
| 000190 Low Fat Milk - 1%                                | 8 fl. oz.    | 50        | 110                      | 0.00                   | 135                    | 12.00            | 0.00                          | 2.50      | 0.00       | 15          | 13.00    |

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 991919 Soy Milk           | 8 fl         | 0         | 130                      | 0.50                   | 110                    | 11.00            | *N/A*                         | 4.50      | 0.00       | 0           | 13.00    |
| 990556 Place Settings     | 1            | 100       | 0                        | 0.00                   | 0                      | *0.00            | *N/A*                         | 0.00      | 0.00       | 0           | 0.00     |
| Weighted Daily Average    |              |           | 757                      | 1.26                   | 855                    | *60.05           | *10.90                        | 13.87     | 0.00       | 42          | 133.80   |
| % of Calories             |              |           |                          | 1.50%                  |                        | *31.73 %         | *5.76%                        | 16.5%     | 0.0%       |             | 70.7%    |
| Weekly Nutrient Guideline |              |           | 750 - 850                | <10                    | <=1280                 |                  | <10                           |           |            |             |          |

Friday - 10/09/2026

Reimbursable Meal Total 100

|                                                           | Portion Size    | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|-----------------------------------------------------------|-----------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 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    |
| 993079 Salad, Kale, Cucumber, Tomato DG:1/4, OT:1/4.R:1/2 | 1 cup           | 100       | 86                       | 1.11                   | 158                    | 1.79             | *0.00                         | 6.73      | 0.00       | 0           | 6.73     |
| 993334 Pineapple Tidbits Packaged 1 cup (2 per student)   | 2 (4oz)         | 100       | 120                      | 0.00                   | 0                      | 28.10            | *N/A*                         | 0.00      | 0.00       | 0           | 30.11    |
| 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

Oct 5, 2026 thru Oct 30, 2026

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 990556 Place Settings     | 1            | 100       | 0                        | 0.00                   | 0                      | *0.00            | *N/A*                         | 0.00      | 0.00       | 0           | 0.00     |
| Weighted Daily Average    |              |           | 669                      | 6.64                   | 1267                   | *45.89           | *1.00                         | 24.73     | 0.00       | 32          | 86.06    |
| % of Calories             |              |           |                          | 8.93%                  |                        | *27.44 %         | *0.60%                        | 33.3%     | 0.0%       |             | 51.5%    |
| Weekly Nutrient Guideline |              |           | 750 - 850                | <10                    | <=1280                 |                  | <10                           |           |            |             |          |

Monday - 10/12/2026                      Reimbursable Meal Total 1

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

Tuesday - 10/13/2026                      Reimbursable Meal Total 100

|                                                      | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|------------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 993224 WW Chicken Empanada (9-12 Grade /2 empanadas) | 2 (2.8 oz)   | 95        | 340                      | 8.00                   | 840                    | 2.00             | *2.00                         | 14.00     | 0.00       | 60          | 34.00    |
| 992883 VG/DF- Veggie WW Quesadilla                   | serving      | 5         | 439                      | 3.71                   | 635                    | 1.44             | *0.00                         | 19.59     | 0.00       | 0           | 41.72    |
| 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     |

# Base Menu Spreadsheet

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## Portion Values

Oct 5, 2026 thru Oct 30, 2026

|                                                   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|---------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 993330 Warm Calabacitas w/zucchini & corn OT: 1/2 | 1/2 cup      | 100       | 82                       | 0.34                   | 103                    | *5.06            | *0.00                         | 4.21      | *0.00      | 0           | 9.73     |
| 991277 Ranch Dressing (ss)                        | 1 ss (pouch) | 100       | 20                       | 0.00                   | 80                     | 1.00             | *N/A*                         | 0.00      | 0.00       | 0           | 4.00     |
| 000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct) | 1 cup        | 100       | 84                       | 0.03                   | 1                      | 14.43            | 0.00                          | 0.21      | 0.00       | 0           | 22.54    |
| 000190 Low Fat Milk - 1%                          | 8 fl. oz.    | 50        | 110                      | 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                            |              |           | 674                      | 8.19                   | 1164                   | *39.14           | *1.90                         | 20.03     | *0.00      | 67          | 93.11    |
| % of Calories                                     |              |           |                          | 10.94 %                |                        | *23.23 %         | *1.13%                        | 26.7%     | *0.0%      |             | 55.3%    |
| Weekly Nutrient Guideline                         |              |           | 750 - 850                | <10                    | <=1280                 |                  | <10                           |           |            |             |          |

Wednesday - 10/14/2026

Reimbursable Meal Total 100

|                                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|-------------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 993032 V- Lasagna, Cheese WG Pasta w/ Marinara R:1    | 7oz (2 roll) | 100       | 456                      | 8.00                   | 651                    | 9.62             | *1.27                         | 15.91     | 0.00       | 90          | 56.70    |
| 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    |
| 992384 BROCCOLI,raw: fresh roasted                    | 1/2 CUP      | 100       | 57                       | 0.38                   | 15                     | 0.77             | *0.00                         | 4.82      | 0.00       | 0           | 3.02     |
| 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    |

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 000190 Low Fat Milk - 1%  | 8 fl. oz.    | 50        | 110                      | 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    |              |           | 694                      | 8.43                   | 806                    | *37.97           | *1.27                         | 22.25     | *0.00      | 100         | 93.88    |
| % of Calories             |              |           |                          | 10.93 %                |                        | *21.88 %         | *0.73%                        | 28.9%     | *0.0%      |             | 54.1%    |
| Weekly Nutrient Guideline |              |           | 750 - 850                | <10                    | <=1280                 |                  | <10                           |           |            |             |          |

Thursday - 10/15/2026

Reimbursable Meal Total 100

|                                                        | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|--------------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 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   |
| 991695 SOUR CREAM,FAT FREE (SS)                        | 1oz          | 100       | 25                       | 0.00                   | 30                     | 2.00             | 2.00                          | 0.00      | 0.00       | 0           | 4.00     |
| 991059 Cranberry Apple Juice (1 cup- 2 juices per kid) | 2 HC         | 100       | 120                      | 0.00                   | 0                      | 24.00            | 0.00                          | 0.00      | 0.00       | 0           | 26.00    |
| 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

Oct 5, 2026 thru Oct 30, 2026

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 990556 Place Settings     | 1            | 100       | 0                        | 0.00                   | 0                      | *0.00            | *N/A*                         | 0.00      | 0.00       | 0           | 0.00     |
| Weighted Daily Average    |              |           | 882                      | 5.29                   | 1030                   | *44.28           | *2.00                         | 17.18     | *0.00      | 111         | 136.39   |
| % of Calories             |              |           |                          | 5.40%                  |                        | *20.08 %         | *0.91%                        | 17.5%     | *0.0%      |             | 61.9%    |
| Weekly Nutrient Guideline |              |           | 750 - 850                | <10                    | <=1280                 |                  | <10                           |           |            |             |          |

Friday - 10/16/2026                      Reimbursable Meal Total 1

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

Monday - 10/19/2026                      Reimbursable Meal Total 100

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

Oct 5, 2026 thru Oct 30, 2026

|                                                    | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|----------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 991842 Green Beans, Broccoli Medley DG:1/2, OT:1.2 | 1 cup        | 100       | 79                       | 0.33                   | 8                      | 1.36             | *0.00                         | 5.72      | 0.00       | 0           | 8.00     |
| 990708 Fruit Punch, Juice - (1 Cup - 2 juices)     | (2 HC)       | 100       | 120                      | 0.00                   | 10                     | 24.00            | 0.00                          | 0.00      | 0.00       | 0           | 28.00    |
| 000231 MILK,Skim                                   | 8 fl. oz.    | 50        | 90                       | 0.00                   | 135                    | 12.00            | 0.00                          | 0.00      | 0.00       | 5           | 13.00    |
| 000190 Low Fat Milk - 1%                           | 8 fl. oz.    | 50        | 110                      | 0.00                   | 135                    | 12.00            | 0.00                          | 2.50      | 0.00       | 15          | 13.00    |
| 991919 Soy Milk                                    | 8 fl         | 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                             |              |           | 724                      | 12.31                  | 1324                   | *46.40           | *5.01                         | 29.91     | 0.00       | 55          | 87.19    |
| % of Calories                                      |              |           |                          | 15.30 %                |                        | *25.64 %         | *2.77%                        | 37.2%     | 0.0%       |             | 48.2%    |
| Weekly Nutrient Guideline                          |              |           | 750 - 850                | <10                    | <=1280                 |                  | <10                           |           |            |             |          |

Tuesday - 10/20/2026

Reimbursable Meal Total 100

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

Portion Values

Oct 5, 2026 thru Oct 30, 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) |
|---------------------------|--------------|-----------|--------------|------------|------------|------------------|-------------------|-----------|------------|-------------|----------|
| 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    |              |           | 835          | 3.26       | 852        | *36.85           | *0.00             | 28.71     | *0.00      | 80          | 108.60   |
| % of Calories             |              |           |              | 3.51%      |            | *17.65 %         | *0.00%            | 30.9%     | *0.0%      |             | 52.0%    |
| Weekly Nutrient Guideline |              |           | 750 - 850    | <10        | <=1280     |                  | <10               |           |            |             |          |

Wednesday - 10/21/2026                      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) |
|---------------------------------------------------------|--------------|-----------|--------------|------------|------------|------------------|-------------------|-----------|------------|-------------|----------|
| 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    |
| 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.    | 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                                  |              |           | 733          | 6.64       | 663        | *41.84           | *0.96             | 16.85     | *0.00      | 85          | 105.24   |
| % of Calories                                           |              |           |              | 8.15%      |            | *22.83 %         | *0.52%            | 20.7%     | *0.0%      |             | 57.4%    |
| Weekly Nutrient Guideline                               |              |           | 750 - 850    | <10        | <=1280     |                  | <10               |           |            |             |          |

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

Thursday - 10/22/2026

Reimbursable Meal Total 100

|                                                     | Portion Size    | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|-----------------------------------------------------|-----------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 993302 Baked Peruvian-Style Chicken Drumstick (2pc) | 112 gr(2pc)     | 100       | 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    |
| 990924 Brown Rice - Riceland                        | 1 cup           | 100       | 200                      | 0.00                   | 4                      | 0.00             | *0.00                         | 1.33      | 0.00       | 0           | 42.67    |
| 000127 Baked Plantains S: 3/4                       | 3/4 cup         | 100       | 135                      | 0.00                   | 4                      | *19.44           | *0.00                         | 0.39      | 0.00       | 0           | 35.40    |
| 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    |
| 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                              |                 |           | 1145                     | 6.27                   | 863                    | *58.79           | *0.00                         | 32.22     | 0.00       | 200         | 164.38   |
| % of Calories                                       |                 |           |                          | 4.93%                  |                        | *20.54 %         | *0.00%                        | 25.3%     | 0.0%       |             | 57.4%    |
| Weekly Nutrient Guideline                           |                 |           | 750 - 850                | <10                    | <=1280                 |                  | <10                           |           |            |             |          |

Friday - 10/23/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 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) |
|--------------------------------------------------------|-----------------|-----------|--------------|------------|------------|------------------|-------------------|-----------|------------|-------------|----------|
| 991084 Chicken Nuggets Breaded                         | 4 pc (91 gr)    | 99        | 210          | 2.50       | 340        | 1.00             | *0.00             | 12.00     | 0.00       | 40          | 12.00    |
| 991056 VG/DF - WG Roll                                 | 32 gr           | 100       | 80           | 0.00       | 170        | 2.00             | *2.00             | 1.00      | 0.00       | 0           | 15.00    |
| 992784 Vegan Chicken Nuggets & Biscuit (9-12)          | 5N /2 oz Biscui | 1         | 454          | 8.97       | 880        | 4.54             | *0.00             | 20.41     | 0.00       | 0           | 52.45    |
| 990245 Roasted Sweet Potato - R: 1 cup                 | cup             | 100       | 279          | 1.08       | 75         | 5.90             | *0.00             | 14.26     | 0.00       | 0           | 39.33    |
| 000222 KETCHUP: individual                             | 9 gr            | 100       | 10           | 0.00       | 90         | 2.00             | 2.00              | 0.00      | 0.00       | 0           | 2.00     |
| 992900 TANGERINES,FRESH - (1 cup - 2 Tangerines)120 ct | 2 (120 ct p/cs) | 100       | 127          | 0.09       | 5          | 25.39            | 0.00              | 0.74      | 0.00       | 0           | 32.02    |
| 000231 MILK,Skim                                       | 8 fl. oz.       | 50        | 90           | 0.00       | 135        | 12.00            | 0.00              | 0.00      | 0.00       | 5           | 13.00    |
| 000190 Low Fat Milk - 1%                               | 8 fl. oz.       | 50        | 110          | 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                                 |                 |           | 809          | 3.74       | 820        | *48.33           | *4.00             | 29.34     | 0.00       | 50          | 113.75   |
| % of Calories                                          |                 |           |              | 4.16%      |            | *23.90 %         | *1.98%            | 32.6%     | 0.0%       |             | 56.2%    |
| Weekly Nutrient Guideline                              |                 |           | 750 - 850    | <10        | <=1280     |                  | <10               |           |            |             |          |

Monday - 10/26/2026

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) |
|----------------------------------------------------|-----------------|-----------|--------------|------------|------------|------------------|-------------------|-----------|------------|-------------|----------|
| 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    |

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

|                                                        | Portion Size    | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|--------------------------------------------------------|-----------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 992802 Roasted Zucchini OT: 3/4                        | serving         | 100       | 78                       | 0.58                   | 267                    | *2.11            | *0.00                         | 7.32      | *0.00      | 0           | 2.80     |
| 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                                 |                 |           | 653                      | 2.18                   | 961                    | *50.72           | *0.94                         | 16.99     | *0.00      | 92          | 98.44    |
| % of Calories                                          |                 |           |                          | 3.00%                  |                        | *31.07 %         | *0.58%                        | 23.4%     | *0.0%      |             | 60.3%    |
| Weekly Nutrient Guideline                              |                 |           | 750 - 850                | <10                    | <=1280                 |                  | <10                           |           |            |             |          |

Tuesday - 10/27/2026

Reimbursable Meal Total 100

|                                               | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|-----------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 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    |
| 992283 Roasted Potatoes - .1cup: S:1 cup      | 1 cup        | 100       | 221                      | 0.40                   | 11                     | *0.00            | *0.00                         | 4.83      | 0.00       | 0           | 40.98    |
| 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     |
| 991024 ORANGES (2 oranges 113-125 ct) - 1 Cup | cup          | 100       | 123                      | 0.04                   | 0                      | 24.50            | 0.00                          | 0.31      | 0.00       | 0           | 30.78    |

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 000231 MILK,Skim          | 8 fl. oz.    | 50        | 90                       | 0.00                   | 135                    | 12.00            | 0.00                          | 0.00      | 0.00       | 5           | 13.00    |
| 000190 Low Fat Milk - 1%  | 8 fl. oz.    | 50        | 110                      | 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    |              |           | 845                      | 5.19                   | 1214                   | *44.50           | *6.00                         | 24.46     | 0.00       | 53          | 121.85   |
| % of Calories             |              |           |                          | 5.53%                  |                        | *21.07 %         | *2.84%                        | 26.1%     | 0.0%       |             | 57.7%    |
| Weekly Nutrient Guideline |              |           | 750 - 850                | <10                    | <=1280                 |                  | <10                           |           |            |             |          |

Wednesday - 10/28/2026      Reimbursable Meal Total 100

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

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 990556 Place Settings     | 1            | 100       | 0                        | 0.00                   | 0                      | *0.00            | *N/A*                         | 0.00      | 0.00       | 0           | 0.00     |
| Weighted Daily Average    |              |           | 813                      | 12.80                  | 1265                   | *46.24           | *0.00                         | 35.77     | *0.00      | 111         | 97.79    |
| % of Calories             |              |           |                          | 14.17 %                |                        | *22.75 %         | *0.00%                        | 39.6%     | *0.0%      |             | 48.1%    |
| Weekly Nutrient Guideline |              |           | 750 - 850                | <10                    | <=1280                 |                  | <10                           |           |            |             |          |

Thursday - 10/29/2026

Reimbursable Meal Total 100

|                                                   | Portion Size    | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|---------------------------------------------------|-----------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 993326 Breaded Chicken Tenders & WG Waffles       | 2 Waffles/3tend | 100       | 430                      | 1.50                   | 770                    | 3.00             | *3.00                         | 21.00     | 0.00       | 30          | 42.00    |
| 993327 V/VG- Veggie Tenders & WG Waffles          | 2 Waffles/2tend | 1         | 387                      | 2.53                   | 999                    | 3.03             | *2.00                         | 15.28     | 0.00       | 5           | 44.56    |
| 990245 Roasted Sweet Potato - R: 1 cup            | cup             | 100       | 279                      | 1.08                   | 75                     | 5.90             | *0.00                         | 14.26     | 0.00       | 0           | 39.33    |
| 991123 Syrup Maple SS Sugar Free                  | 32 gr           | 100       | 10                       | 0.00                   | 80                     | 0.00             | 0.00                          | 0.00      | 0.00       | 0           | 4.00     |
| 000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct) | 1 cup           | 100       | 84                       | 0.03                   | 1                      | 14.43            | 0.00                          | 0.21      | 0.00       | 0           | 22.54    |
| 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

Oct 5, 2026 thru Oct 30, 2026

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 990556 Place Settings     | 1            | 100       | 0                        | 0.00                   | 0                      | *0.00            | *N/A*                         | 0.00      | 0.00       | 0           | 0.00     |
| Weighted Daily Average    |              |           | 907                      | 2.64                   | 1071                   | *35.36           | *3.02                         | 36.87     | 0.00       | 40          | 121.32   |
| % of Calories             |              |           |                          | 2.62%                  |                        | *15.59 %         | *1.33%                        | 36.6%     | 0.0%       |             | 53.5%    |
| Weekly Nutrient Guideline |              |           | 750 - 850                | <10                    | <=1280                 |                  | <10                           |           |            |             |          |

Friday - 10/30/2026

Reimbursable Meal Total 100

|                                            | Portion Size  | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|--------------------------------------------|---------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 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    |
| 993335 Summer Cannellini Beans L: 1        | 1 cup         | 100       | 292                      | 0.01                   | 389                    | *12.12           | *10.08                        | 0.09      | 0.00       | 0           | 55.17    |
| 993169 Hot Sauce                           | 7 gr          | 100       | 0                        | 0.00                   | 270                    | 0.00             | 0.00                          | 0.00      | 0.00       | 0           | 0.00     |
| 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    |

Portion Values

Oct 5, 2026 thru Oct 30, 2026

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 990556 Place Settings     | 1            | 100       | 0                        | 0.00                   | 0                      | *0.00            | *N/A*                         | 0.00      | 0.00       | 0           | 0.00     |
| Weighted Daily Average    |              |           | 761                      | 4.54                   | 1296                   | *41.60           | *11.07                        | 12.67     | 0.00       | 55          | 117.87   |
| % of Calories             |              |           |                          | 5.37%                  |                        | *21.87 %         | *5.82%                        | 15.0%     | 0.0%       |             | 62.0%    |
| Weekly Nutrient Guideline |              |           | 750 - 850                | <10                    | <=1280                 |                  | <10                           |           |            |             |          |

|                   |  | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) |
|-------------------|--|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| Weighted Averages |  | 792                      | 5.83                   | 1051                   | *45.71           | *4.84                         | 23.22     | *0.00      | 78          | 113.05   |
| % of Calories     |  |                          | 6.62%                  |                        | *23.09 %         | *2.44%                        | 26.4%     | *0.0%      |             | 57.1%    |

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient*  
*\* - denotes combined nutrient totals with either missing or incomplete nutrient data*  
*<sup>1</sup> - denotes required nutrient values*  
*Added Sugars target is informational only, with an effective date of July 1, 2027.*  
*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.*