Late Fall/ Winter Cycle - BREAKFAST
Washington Latin PCS- K-12-Breakfast
HHFKA K-12 (age 5-18)



Milk, grain, fruit, meat or meat alternative

BREAKFAST

LUNCHERAS disi

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

Monday	Tuesday	Wednesday	Thursday	Friday
11/02/2026 WG Apple Cinnamon Cereal Cheerios (V/VG) Yoplait Yogurt Fresh Tangerines Choice of Milk	11/03/2026 WG Waffle Stuffed w/ Chicken & Cheese Whole Grain Waffles (V) Syrup Maple (ss) Bananas Choice of Milk	11/04/2026 WW Breakfast Roll w/ Cheesy Scramble Eggs (V) Fresh Pears Choice of Milk	11/05/2026 WG Pancakes & Turkey Sausage on a Stick** Veggie Patty & WG Pancakes (V) Syrup Maple (ss) Orange Juice Choice of Milk	11/06/2026 Cheesy Grits (V) Fresh Apples Choice of Milk
11/09/2026 WG Pancake Bites Poffitz (V) Syrup Maple (ss) Fruit Punch Juice Choice of Milk	11/10/2026 Peachy WG Cinnamon Roll Cobbler (V) Apples Choice of Milk	11/11/2026 NO SCHOOL TODAY	11/12/2026 Cinnamon Toast Crunch Cereal (V/VG) Assorted Light Yogurt Bananas Choice of Milk	11/13/2026 WG Blueberry Muffin(V/DF) Mozzarella Cheese Stick** Fresh Pears Choice of Milk
11/16/2026 WG English Muffin w/ Egg Patty & Cheese (V) Ketchup (ss) Fresh Tangerines Choice of Milk	11/17/2026 WG French Toast Sticks (V/VG) Syrup Maple (ss) Bananas Choice of Milk	11/18/2026 WG Pizza Bagel w/egg Mozz. Cheese & Turkey WG Pizza Bagel w/ Egg & Mozzarella Cheese (V) Grape Juice Choice of Milk	11/19/2026 WG Apple Cinnan. Muffin-V Mozzarella Cheese Stick** Fresh Apples Choice of Milk	11/20/2026 Cereal Cheerios Multigrain (V/VG) Yoplait Yogurt Fresh Pears Choice of Milk
11/23/2026 NO SCHOOL TODAY	11/24/2026 NO SCHOOL TODAY	11/25/2026 NO SCHOOL TODAY	11/26/2026 NO SCHOOL TODAY	11/27/2026 NO SCHOOL TODAY

Available Choice of Milk: **Unflavored 1% or skim milk, Lactose Free or Soy.**

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

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

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

Oct 20, 2026

Late Fall/Winter Cycle - LUNCH
Washington Latin PCS- K-8 -LUNCH
HHFKA K-8 (age 5-13)

LUNCHERAS disi

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

LUNCH



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

Monday	Tuesday	Wednesday	Thursday	Friday
11/02/2026 Buffalo Chicken WG Mac & Cheese Buffalo Chicken Meatless WG Mac & Cheese (V) Roasted Broccoli Cranberry Juice Choice of Milk	11/03/2026 NO LUNCH	11/04/2026 WW Chicken Fajitas Ck. Meatless Faijta(V/VG) Fiesta Flame-Roasted Corn & Black Beans Sour Cream (ss) Hot sauce (ss) Apples Choice of Milk	11/05/2026 DC Mambo Chicken WW Dumplings Blast DC Mambo Tofu Bites & Brown Rice (V/VG) Honey-Glazed Carrots & Green Beans Bananas Choice of Milk	11/06/2026 Stuffed Crust Ch. Pizza w/Chk. & Beef Pepperoni Stuffed Crust Pizza w/ Cheese (V) Romaine, Corn & Tomato Salad Seedless Grapes** Choice of Milk
11/09/2026 Asian BBQ Turkey Veggie Asian BBQ (V/VG) Vegetable Fried Rice w/ Peas, Gr. Beans & Carrot Fresh Tangerines Choice of Milk	11/10/2026 WW Chicken Empanadas Veggie WW Quesadilla (VG) Cheesy Refried Beans Ranch Dressing (ss) Fresh Pears Choice of Milk	11/11/2026 NO SCHOOL TODAY	11/12/2026 Swedish Turkey Meatballs w/ Brown Rice Swedish Veggie Meatballs w/ Brown Rice (V/VG) Roasted Sweet Potatoes & Broccoli Roasted Cauliflower Cranberry Juice Choice of Milk	11/13/2026 Ground Turkey Fajitas Veggie Fajitas (V/VG) Corn Pico de Gallo Sour Cream (ss) Apples Choice of Milk
11/16/2026 Teriyaki Beef Meatballs Teriyaki Veggie Meatballs (V/VG) Steamed Brown Rice Honey Garlic Broccoli & Cauliflower Diced Peaches Choice of Milk	11/17/2026 Cheesy Turkey Taco Rice w/ Black Beans & Corn CHZ Veggie Taco Rice w/ Black Beans & Corn (V/VG) Sour Cream (ss) Apples Choice of Milk	11/18/2026 Baked Chicken WG Penne Pasta w/ Zucchini Baked Chicken Meatless WG Pasta w/Zuch. (V/VG) Fresh Pears Choice of Milk	11/19/2026 Breaded Chicken Nuggets Veggie Nuggets (V/VG) Baked French Fries Ketchup (ss) Fresh Tangerines Choice of Milk	11/20/2026 Sliced Carved Turkey w/ Gravy Carved Meatless Turkey(VG Fresh Green Beans Cinnamon Roasted Sweet Potatoes WG Roll Pumpkin Pie Fruit Punch Juice Choice of Milk
11/23/2026 NO SCHOOL TODAY	11/24/2026 NO SCHOOL TODAY	11/25/2026 NO SCHOOL TODAY	11/26/2026 NO SCHOOL TODAY	11/27/2026 NO SCHOOL TODAY

Available Choice of Milk: **Unflavored 1% milk, unflavored 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 **:Served only for K to 8 meal**

Oct 20, 2026

LUNCH - Late Fall/ Winter Cycle
Washington Latin PCS-High School- LUNCH
HHFKA 9-12 (age 14-18)

LUNCHERAS disi

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

LUNCH

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



Monday	Tuesday	Wednesday	Thursday	Friday
11/02/2026 Buffalo Chicken WG Mac & Cheese Buffalo Chicken Meatless WG Mac & Cheese (V) Roasted Cauliflower & Broccoli Medley Cranberry Juice Choice of Milk	11/03/2026 NO LUNCH	11/04/2026 WW Chicken Fajitas Ck. Meatless Faijta(V/VG) Fiesta Flame-Roasted Corn & Black Beans Sour Cream (ss) Hot sauce (ss) Fresh Apples Choice of Milk	11/05/2026 DC Mambo Chicken WW Dumplings Blast DC Mambo Tofu Bites & Brown Rice (V/VG) Honey-Glazed Carrots & Green Beans Bananas Choice of Milk	11/06/2026 Stuffed Crust Ch. Pizza w/Chk. & Beef Pepperoni Stuffed Crust Pizza w/ Cheese (V) Romaine, Corn & Tomato Salad Seedless Grapes Choice of Milk
11/09/2026 Asian BBQ Turkey Veggie Asian BBQ (V/VG) Vegetable Fried Rice w/ Peas, Gr. Beans & Carrot Fresh Tangerines Choice of Milk	11/10/2026 WW Chicken Empanadas Veggie WW Quesadilla (VG) Cheesy Refried Beans Ranch Dressing (ss) Fresh Pears Choice of Milk	11/11/2026 NO SCHOOL TODAY	11/12/2026 Swedish Turkey Meatballs w/ Brown Rice Swedish Veggie Meatballs w/ Brown Rice (V/VG) Roasted Sweet Potatoes & Broccoli Roasted Cauliflower Cranberry Juice Choice of Milk	11/13/2026 Ground Turkey Fajitas Veggie Fajitas (V/VG) Corn Pico de Gallo Sour Cream (ss) Fresh Apples Choice of Milk
11/16/2026 Teriyaki Beef Meatballs Teriyaki Veggie Meatballs (V/VG) Steamed Brown Rice Honey Garlic Broccoli & Cauliflower Sliced Peaches Choice of Milk	11/17/2026 Cheesy Turkey Taco Rice w/ Black Beans & Corn CHZ Veggie Taco Rice w/ Black Beans & Corn (V/VG) Sour Cream (ss) Fresh Apples Choice of Milk	11/18/2026 Baked Chicken Penne Pasta w/ Zucchini Baked Chicken Meatless Pasta w/Zucchini (V) Fresh Pears Choice of Milk	11/19/2026 Breaded Chicken Nuggets Veggie Nuggets (V/VG) WG Biscuit Baked French Fries Ketchup (ss) Fresh Tangerines Choice of Milk	11/20/2026 Sliced Carved Turkey w/ Gravy Carved Meatless Turkey(VG Fresh Green Beans Cinnamon Roasted Sweet Potatoes WG Roll Pumpkin Pie Fruit Punch Juice Choice of Milk
11/23/2026 NO SCHOOL TODAY	11/24/2026 NO SCHOOL TODAY	11/25/2026 NO SCHOOL TODAY	11/26/2026 NO SCHOOL TODAY	11/27/2026 NO SCHOOL TODAY

Available Choice of Milk: **Unflavored 1% or skim milk, Lactose Free or Soy.**

Locally Grown Components Daily Served : **According to the season fruits and vegetables locally grown will be added on Breakfast and/or Lunch menu: Apples (PA/WV), Carrots (MD, PA), Sweet Potatoes (NC), Collards Green (NJ), Potatoes (PA/VA), Winter Squash (PA/NC), Kale (NJ) Carrots (PA), Mushrooms (PA), Collards Green (NC), Cucumber (MD)**

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

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

Oct 20, 2026

Base Menu Spreadsheet

Luncheras Di Si

Portion Values

Nov 2, 2026 thru Nov 27, 2026

Menu Name: Washington Latin PCS- K-12-Breakfast

Include Cost: No

Site:

Use Alternate Menu Name: No

Monday - 11/02/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
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
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			439	0.09	327	*57.29	*16.45	4.64	0.00	15	88.87
% of Calories				0.18%		*52.20 %	*14.99 %	9.5%	0.0%		81.0%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Tuesday - 11/03/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
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
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			527	4.11	546	*49.01	*7.18	10.16	0.00	53	95.18
% of Calories				7.02%		*37.20 %	*5.45%	17.4%	0.0%		72.2%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Wednesday - 11/04/2026 **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)
991058 WW Breakfast Roll & Cheesy Scramble eggs	serving	100	253	3.40	362	*3.00	*N/A*	10.31	0.00	241	20.94
992226 VG/DF -WW Breakfast Roll & Tofu Scramble	serving	1	160	3.22	381	2.62	*2.00	5.73	0.00	0	18.78
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

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
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			439	3.47	502	*29.46	*0.02	11.82	0.00	251	56.67
% of Calories				7.11%		*26.84 %	*0.02%	24.2%	0.0%		51.6%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Thursday - 11/05/2026 **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)
991379 Pancakes & Turkey Sausage on a Stick	2.5 oz	100	160	1.50	400	7.00	7.00	6.00	0.00	20	19.00
991777 V- Veggie Patty & WG Pancakes	1 serving	0	283	0.33	830	6.33	*5.33	9.33	0.00	7	37.33
991178 VG/DF-Homemade WG Pancakes	2 pancakes	0	214	0.68	4	4.73	*4.72	9.77	0.00	0	27.02
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0.00	0.00	0.00	0.00	0	4.00
992366 Orange Juice - Suncup - 1 cup: 2 juices	8 fl. (2 HC)	100	120	0.00	10	24.00	0.00	0.00	0.00	0	28.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

	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)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			390	1.50	625	*43.00	*7.00	7.25	0.00	30	64.00
% of Calories				3.46%		*44.10 %	*7.18%	16.7%	0.0%		65.6%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Friday - 11/06/2026 **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)
993342 V-Cheesy Grits (Vegetable base)	serving	100	334	7.71	268	0.24	*0.00	15.84	*0.00	50	30.32
000331 VG/DF-Grits, Plain	37 gr	1	130	0.00	7	0.00	*0.00	0.50	0.00	0	29.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15.48	0.00	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			514	7.76	406	*27.83	*0.00	17.39	*0.00	60	64.32
% of Calories				13.59 %		*21.66 %	*0.00%	30.4%	*0.0%		50.1%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Monday - 11/09/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992993 V-WG Pancake Bites Poffitz (IW)	2.4 oz (68gr)	100	250	1.00	290	13.00	11.00	12.00	0.00	40	37.00
991178 VG/DF-Homemade WG Pancakes	2 pancakes	0	214	0.68	4	4.73	*4.72	9.77	0.00	0	27.02
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0.00	0.00	0.00	0.00	0	4.00
990708 Fruit Punch, Juice - (1 Cup - 2 juices)	(2 HC)	100	120	0.00	10	24.00	0.00	0.00	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	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			481	1.00	516	*49.11	*11.00	13.30	0.00	50	82.13
% of Calories				1.87%		*40.84 %	*9.15%	24.9%	0.0%		68.3%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Tuesday - 11/10/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992346 V- Peachy WG Cinnamon Roll Cobbler	2.87 (serving)	99	313	5.00	304	20.55	*9.00	11.00	0.00	0	47.32
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	1	100	0.00	140	1.00	1.00	2.00	0.00	0	21.00
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

	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)
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			451	4.98	439	*40.21	*8.92	12.33	0.00	10	70.47
% of Calories				9.94%		*35.66 %	*7.91%	24.6%	0.0%		62.5%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Wednesday - 11/11/2026 **Reimbursable Meal Total 1**

	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)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Thursday - 11/12/2026 **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)
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
992028 Dannon, Assorted Yogurt (Strawberry,Blueberry, Rap	4oz	100	50	0.00	55	7.00	3.00	0.00	0.00	5	10.00
992217 VG/DF - Dairy Free Yogurt	5.3 oz	0	130	0.00	90	12.00	*N/A*	3.50	0.00	0	18.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	28.86	0.00	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			470	1.26	352	*53.86	*9.00	4.53	0.00	15	98.90
% of Calories				2.41%		*45.84 %	*7.66%	8.7%	0.0%		84.2%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Friday - 11/13/2026 **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)
991210 V/DF-WG Blueberry Muffin (Chef Pierre)	57 gr	100	200	1.50	140	16.00	16.00	7.00	0.00	15	32.00
992223 VG/DF-Homemade Vegan Muffins	64 gr	1	215	0.54	10	*18.35	*17.62	7.58	*0.00	0	33.09
000010 Mozarella, Cheese String	1 oz	100	61	2.02	202	1.01	0.00	3.04	0.00	10	1.01

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14.43	0.00	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			447	3.56	479	*43.63	*16.18	11.57	*0.00	35	68.88
% of Calories				7.17%		*39.04 %	*14.48 %	23.3%	*0.0%		61.6%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Monday - 11/16/2026 **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)
992347 V- WG English Muffin w/ Egg Patty & Cheese	serving	100	225	2.75	470	2.00	*1.00	9.50	0.00	102	27.00
991166 VG- WG English Muffin w/ Tofu Scramble	serving	1	259	1.52	151	0.95	*0.93	9.70	0.00	0	27.98
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

	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)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			465	2.86	701	*41.40	*3.01	11.59	0.00	112	74.30
% of Calories				5.54%		*35.61 %	*2.59%	22.4%	0.0%		63.9%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Tuesday - 11/17/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991061 V/VG- French Toast Sticks PreK-12	4 stick (92 gr)	100	260	2.00	300	9.00	*8.00	10.00	0.00	0	38.00
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0.00	0.00	0.00	0.00	0	4.00
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			580	2.26	517	*49.86	*8.00	12.03	0.00	10	108.90
% of Calories				3.51%		*34.39 %	*5.52%	18.7%	0.0%		75.1%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Wednesday - 11/18/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
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
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
992362 Grape Juice - (1 cup: 2 juices)	2 (4 fl)	100	160	0.00	20	36.00	0.00	0.00	0.00	0	38.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	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			444	3.03	542	*54.17	*1.10	7.32	0.00	61	74.67
% of Calories				6.14%		*48.80 %	*0.99%	14.8%	0.0%		67.3%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Thursday - 11/19/2026 **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)
993124 V- WG Apple Cinnamon Muffin (Muffin Town)	57 gr	100	160	0.50	100	13.00	13.00	4.50	0.00	15	27.00
992223 VG/DF-Homemade Vegan Muffins	64 gr	1	215	0.54	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

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15.48	0.00	0.25	0.00	0	20.58
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			400	2.57	439	*41.68	*13.18	9.12	*0.00	35	61.92
% of Calories				5.78%		*41.68 %	*13.18 %	20.5%	*0.0%		61.9%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Friday - 11/20/2026 **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
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

	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)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			394	0.03	296	*46.43	*11.00	2.96	0.00	15	79.54
% of Calories				0.07%		*47.14 %	*11.17 %	6.8%	0.0%		80.8%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Monday - 11/23/2026 **Reimbursable Meal Total 1**

	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)
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 - 11/24/2026 **Reimbursable Meal Total 1**

	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)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Wednesday - 11/25/2026 **Reimbursable Meal Total 1**

	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)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Thursday - 11/26/2026 **Reimbursable Meal Total 1**

	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)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Friday - 11/27/2026 **Reimbursable Meal Total 1**

	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)
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				

		Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
Weighted Averages		460	2.75	478	*44.78	*8.00	9.72	*0.00	54	77.77
% of Calories			5.38%		*38.94 %	*6.96%	19.0%	*0.0%		67.6%

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

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

Menu Name: Washington Latin PCS- K-8 -LUNCH

Include Cost: No

Site:

Use Alternate Menu Name: No

Monday - 11/02/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
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
000266 BROCCOLI, Roasted DG: 3/4 cup	3/4 CUP	100	65	0.33	11	0.68	*0.00	4.90	0.00	0	4.53
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			598	6.65	953	*26.73	*0.00	18.79	0.00	61	76.55
% of Calories				10.01 %		*17.88 %	*0.00%	28.3%	0.0%		51.2%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Tuesday - 11/03/2026 Reimbursable Meal Total 1

	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)
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				

Wednesday - 11/04/2026 **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)
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	33.46
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

	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)
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				

Thursday - 11/05/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993238 DC Mambo Chicken Dumplings	6 dumplings	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
993295 Glazed Carrots & Green Beans R:1/2 OT:1/2	1 cup	100	151	3.10	50	17.04	*13.01	6.42	0.00	9	17.32
991007 Banana - 1/2 cup (150 ct - 1 Banana)	1/2 cup	100	105	0.13	1	14.43	0.00	0.39	0.00	0	26.95
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			650	3.75	875	*55.57	*24.00	15.20	0.00	54	98.63
% of Calories				5.19%		*34.20 %	*14.77 %	21.0%	0.0%		60.7%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Friday - 11/06/2026 **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)
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
992967 Romaine, Corn & Tomato Salad DG:1/4, R:1/4, S:1/4	3/4 cup	100	80	0.84	12	3.45	*0.00	3.46	*0.00	0	11.01
990457 GRAPES,Fresh - Half Cup	14 grapes	100	47	0.04	1	10.62	*0.00	0.11	0.00	0	12.42
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			589	6.41	1122	*30.07	*1.00	21.57	*0.00	32	72.65
% of Calories				9.79%		*20.42 %	*0.68%	33.0%	*0.0%		49.3%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Monday - 11/09/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
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

	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)
993371 Vegetable Fried Rice R:1/4, S:1/4, OT:1/4	serving	100	321	0.20	521	5.30	*0.00	4.46	0.00	0	61.91
992899 TANGERINES,FRESH - (100-120 ct)- 1/2 cup	1 large	100	64	0.05	2	12.70	0.00	0.37	0.00	0	16.01
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			670	2.52	1286	*36.87	*0.00	14.46	*0.00	100	103.10
% of Calories				3.39%		*22.01 %	*0.00%	19.4%	*0.0%		61.6%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Tuesday - 11/10/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993223 WW Chicken Empanada	2.8 oz	99	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
993177 Cheesy Refried Beans L:3/4	3/4	100	276	6.08	897	1.50	*0.00	12.86	0.00	30	25.01
991277 Ranch Dressing (ss)	1 ss (pounch)	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

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			608	10.07	1534	*22.33	*0.99	21.27	0.00	70	69.88
% of Calories				14.91 %		*14.69 %	*0.65%	31.5%	0.0%		46.0%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Wednesday - 11/11/2026 **Reimbursable Meal Total 1**

	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)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Thursday - 11/12/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993268 Swedish Turkey Meatballs w/brown rice	serving -4 (MB)	99	365	1.54	628	*1.20	*1.00	7.34	*0.00	45	56.71

	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)
993269 V/VG- Swedish Veggie Meatballs w/brown rice	serving -3 (MB)	1	406	3.02	718	*2.04	*1.85	8.58	*0.00	0	64.28
993369 Roasted Sweet Potatoes & Broccoli -R:1/4, DG:1/2	3/4 cup	100	91	0.33	33	3.99	*0.00	3.74	0.00	0	13.28
990075 CAULIFLOWER,raw: fresh - 1/4 cup	1/4 cup	100	69	0.53	8	0.48	*0.00	7.07	0.00	0	1.24
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			686	2.42	804	*29.67	*1.01	19.42	*0.00	55	97.31
% of Calories				3.17%		*17.30 %	*0.59%	25.5%	*0.0%		56.7%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Friday - 11/13/2026 **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)
993008 Ground Turkey Fajitas	2 fajitas 6"	100	324	3.37	455	*0.29	*0.00	13.57	0.00	91	30.94
993009 V/VG- Ground Crumbles Veggie Fajitas	2 fajitas	1	263	1.09	618	*0.97	*0.00	6.58	0.00	0	35.72
992042 Corn Pico de Gallo - 3/4 cup: S:1/2. R:1/4	3/4 cup	100	117	0.01	9	9.50	*0.00	1.27	0.00	0	22.61

	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)
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2.00	2.00	0.00	0.00	0	4.00
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			607	3.41	636	*31.54	*2.00	16.29	0.00	101	81.20
% of Calories				5.06%		*20.78 %	*1.32%	24.2%	0.0%		53.5%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Monday - 11/16/2026 **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)
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
990924 Brown Rice - Riceland	1 cup	100	200	0.00	4	0.00	*0.00	1.33	0.00	0	42.67
992618 Honey Broccoli & Cauliflower3/4CUP: DG:1/2,OT:1/4	3/4 cup	100	125	0.42	277	14.11	*10.98	3.89	0.00	0	11.20
990597 PEACHES, DICED IN JUICE SS PLASTIC CUP - HC	HC	100	80	0.00	5	18.00	*N/A*	0.00	0.00	0	19.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			730	5.40	1181	*51.15	*15.99	20.40	0.00	55	97.05
% of Calories				6.66%		*28.03 %	*8.76%	25.2%	0.0%		53.2%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Tuesday - 11/17/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993236 Cheesy Turkey Taco Rice Bowl L:/1/2 S:1/4	serving	99	584	3.81	815	*4.30	*0.00	13.42	*0.00	95	88.14
993237 V/VG-Cheesy Veggie Taco Rice Bowl L:/1/2 S:1/4	serving	1	530	1.67	1016	*6.11	*0.00	6.37	*0.00	0	95.46
991695 SOUR CREAM,FAT FREE (SS)	1oz	0	25	0.00	30	2.00	2.00	0.00	0.00	0	4.00
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

	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)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			722	3.81	953	*24.06	*0.00	14.73	*0.00	104	111.50
% of Calories				4.75%		*13.33 %	*0.00%	18.4%	*0.0%		61.8%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Wednesday - 11/18/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
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				

Thursday - 11/19/2026 **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)
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
991611 Baked Potato French Fries - S: 3/4	3.38 oz	100	113	0.56	23	0.00	*N/A*	4.51	0.00	0	19.15
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00
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			497	3.10	591	*27.71	*2.00	18.12	0.00	50	62.29
% of Calories				5.61%		*22.30 %	*1.61%	32.8%	0.0%		50.1%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Friday - 11/20/2026 **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)
993071 Sliced Carved Turkey w/ Gravy - KT	3.4 oz	100	165	2.62	876	0.86	*0.86	7.63	0.00	50	6.19
992056 Carved Plant Based Turkey - KT	90gr	1	132	0.01	468	*1.57	*0.00	2.12	0.00	0	6.18

	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)
990693 GREEN BEANS OT: 1/2 cup	1/2 CUP	100	22	0.04	1	2.27	*0.00	0.18	0.00	0	4.92
993367 Cinnamon Roasted Sweet Potato - R: 1/4 cup	1/4 cup	100	74	0.73	38	4.26	*1.42	1.19	*0.00	3	15.16
991056 VG/DF - WG Roll	32 gr	100	80	0.00	170	2.00	*2.00	1.00	0.00	0	15.00
993069 Pie, Pumpkin	76 gr	100	180	3.00	230	12.50	*N/A*	6.50	0.00	30	28.00
990692 Fruit Punch, Juice 1/2 cup	4 fl.oz.	100	60	0.00	5	12.00	0.00	0.00	0.00	0	14.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			684	6.40	1460	*46.02	*4.28	17.81	*0.00	93	96.47
% of Calories				8.42%		*26.91 %	*2.50%	23.4%	*0.0%		56.4%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Monday - 11/23/2026 **Reimbursable Meal Total 1**

	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)
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 - 11/24/2026 **Reimbursable Meal Total 1**

	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)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Wednesday - 11/25/2026 **Reimbursable Meal Total 1**

	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)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Thursday - 11/26/2026 **Reimbursable Meal Total 1**

	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)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Friday - 11/27/2026 **Reimbursable Meal Total 1**

	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)
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				

		Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
Weighted Averages		639	5.02	996	*33.44	*4.07	17.93	*0.00	71	86.88
% of Calories			7.07%		*20.93 %	*2.55%	25.3%	*0.0%		54.4%

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

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

Base Menu Spreadsheet

Luncheras Di Si

Portion Values

Nov 2, 2026 thru Nov 27, 2026

Menu Name: Washington Latin PCS-High School-LUNCH

Include Cost: No

Site:

Use Alternate Menu Name: No

Monday - 11/02/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
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
990998 CAULIFLOWER and BROCCOLI -1cup: DG:1/2, OT:1/2	1 cup	100	74	0.48	30	1.73	*0.00	5.43	0.00	0	5.51
991059 Cranberry Apple Juice (1 cup- 2 juices per kid)	2 HC	100	120	0.00	0	24.00	0.00	0.00	0.00	0	26.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			667	6.80	972	*39.78	*0.00	19.32	0.00	61	90.52
% of Calories				9.18%		*23.86 %	*0.00%	26.1%	0.0%		54.3%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Tuesday - 11/03/2026 **Reimbursable Meal Total 1**

	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)
000156 NO LUNCH											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Wednesday - 11/04/2026 **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)
992505 Chicken Fajitas	2 fajitas 6"	90	309	1.89	518	*0.00	*0.00	10.26	0.00	41	32.38
993178 V/VG - Meatless Chicken Fajitas	2 fajitas 6"	10	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

	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)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			850	6.35	1084	*40.91	*1.00	24.50	*0.00	67	112.92
% of Calories				6.72%		*19.25 %	*0.47%	25.9%	*0.0%		53.1%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Thursday - 11/05/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993238 DC Mambo Chicken Dumplings	6 dumplings	90	290	0.50	690	12.00	*11.00	7.00	0.00	35	41.00
993289 V/VG-DC Mambo Tofu Bites & Brown Rice	4.48 oz	10	491	1.96	459	11.58	*10.00	17.25	0.00	0	63.62
993376 Glazed Carrots & Green Beans R:3/4 OT:1/2	1.25 cup	100	165	3.11	73	18.38	*13.01	6.49	0.00	9	20.53
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			785	4.02	877	*71.20	*23.91	16.54	0.00	51	130.69
% of Calories				4.61%		*36.28 %	*12.18 %	19.0%	0.0%		66.6%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Friday - 11/06/2026 **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)
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
993373 Romaine, Corn & Tomato Salad DG:1/4, R:1/2, S:1/4	1 cup	100	166	1.37	385	6.32	*0.00	8.90	0.00	0	18.10
000422 GRAPES,Fresh - 1 CUP	28 grapes	100	95	0.07	3	21.24	*0.00	0.22	0.00	0	24.83
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	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	6.98	1496	*43.56	*1.00	27.12	0.00	32	92.16
% of Calories				8.69%		*24.10 %	*0.55%	33.8%	0.0%		51.0%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Monday - 11/09/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
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

	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)
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
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			732	2.56	1371	*51.73	*0.00	14.63	*0.00	100	117.62
% of Calories				3.15%		*28.27 %	*0.00%	18.0%	*0.0%		64.3%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Tuesday - 11/10/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
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 V/VG/DF- Veggie WW Quesadilla	serving	5	439	3.71	635	1.44	*0.00	19.59	0.00	0	41.72
993374 Cheesy Refried Beans L:1 cup	1 cup	100	276	3.04	1036	2.00	*0.00	9.56	0.00	15	32.51
991277 Ranch Dressing (ss)	1 ss (pounch)	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

	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)
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			825	10.86	2082	*31.40	*1.90	25.29	0.00	82	106.43
% of Calories				11.85 %		*15.22 %	*0.92%	27.6%	0.0%		51.6%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Wednesday - 11/11/2026 **Reimbursable Meal Total 1**

	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)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Thursday - 11/12/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993268 Swedish Turkey Meatballs w/brown rice	serving -4 (MB)	99	365	1.54	628	*1.20	*1.00	7.34	*0.00	45	56.71

	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)
993269 V/VG- Swedish Veggie Meatballs w/brown rice	serving -3 (MB)	1	406	3.02	718	*2.04	*1.85	8.58	*0.00	0	64.28
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
990763 CAULIFLOWER,raw: fresh - 1/2 cup	1/2 cup	100	76	0.56	15	0.96	*0.00	7.14	0.00	0	2.48
991059 Cranberry Apple Juice (1 cup- 2 juices per kid)	2 HC	100	120	0.00	0	24.00	0.00	0.00	0.00	0	26.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			797	2.48	829	*45.39	*1.01	19.56	*0.00	55	121.90
% of Calories				2.80%		*22.78 %	*0.51%	22.1%	*0.0%		61.2%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Friday - 11/13/2026 **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)
993008 Ground Turkey Fajitas	2 fajitas 6"	100	324	3.37	455	*0.29	*0.00	13.57	0.00	91	30.94
993009 V/VG- Ground Crumbles Veggie Fajitas	2 fajitas	1	263	1.09	618	*0.97	*0.00	6.58	0.00	0	35.72
992563 Corn Pico de Gallo - 1 cup S:1/2, R:1/2	1 cup	100	127	0.01	17	10.65	*0.00	1.27	0.00	0	24.52

	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)
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2.00	2.00	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			656	3.43	645	*40.43	*2.00	16.41	0.00	101	93.40
% of Calories				4.71%		*24.65 %	*1.22%	22.5%	0.0%		57.0%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Monday - 11/16/2026 **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)
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
993370 Brown Rice - Riceland	1 cup	100	232	0.00	4	0.00	*0.00	1.55	0.00	0	49.52
993059 Honey Broccoli & Cauliflower 1CUP: DG:1/2,OT:1/2	1 cup	100	146	0.48	291	17.72	*13.72	4.01	0.00	0	13.45
991742 Peaches, Sliced	1 cup	100	160	0.00	12	32.00	*N/A*	0.00	0.00	0	40.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			863	5.46	1202	*68.76	*18.73	20.75	0.00	55	127.16
% of Calories				5.69%		*31.87 %	*8.68%	21.6%	0.0%		58.9%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Tuesday - 11/17/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
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
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 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)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			840	5.33	1032	*35.76	*2.00	17.43	*0.00	111	130.97
% of Calories				5.71%		*17.03 %	*0.95%	18.7%	*0.0%		62.4%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Wednesday - 11/18/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
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				

Thursday - 11/19/2026 **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)
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
990672 WG Biscuit 2oz	56g	100	200	7.00	410	2.00	*0.00	9.00	0.00	0	27.00
991612 Baked Potato French Fries - 1 cup	4.5 oz	100	150	0.75	30	0.00	*N/A*	6.00	0.00	0	25.50
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00
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			798	10.34	1011	*42.41	*2.00	28.99	0.00	50	111.65
% of Calories				11.66 %		*21.26 %	*1.00%	32.7%	0.0%		56.0%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Friday - 11/20/2026 **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)
993071 Sliced Carved Turkey w/ Gravy - KT	3.4 oz	100	165	2.62	876	0.86	*0.86	7.63	0.00	50	6.19

	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)
992056 Carved Plant Based Turkey - KT	90gr	1	132	0.01	468	*1.57	*0.00	2.12	0.00	0	6.18
990693 GREEN BEANS OT: 1/2 cup	1/2 CUP	100	22	0.04	1	2.27	*0.00	0.18	0.00	0	4.92
993375 Cinnamon Roasted Sweet Potato - R: 1/2 cup	1/2 cup	100	141	1.10	75	7.82	*2.13	1.80	*0.00	5	29.61
992566 DF/VG- WG Roll (2pc)	32 gr (2pc)	100	160	0.00	340	4.00	*4.00	2.00	0.00	0	30.00
993069 Pie, Pumpkin	76 gr	100	180	3.00	230	12.50	*N/A*	6.50	0.00	30	28.00
990708 Fruit Punch, Juice - (1 Cup - 2 juices)	(2 HC)	100	120	0.00	10	24.00	0.00	0.00	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			890	6.77	1673	*63.57	*6.99	19.42	*0.00	94	139.92
% of Calories				6.85%		*28.57 %	*3.14%	19.6%	*0.0%		62.9%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Monday - 11/23/2026 **Reimbursable Meal Total 1**

	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)
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 - 11/24/2026 **Reimbursable Meal Total 1**

	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)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Wednesday - 11/25/2026 **Reimbursable Meal Total 1**

	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)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Thursday - 11/26/2026 **Reimbursable Meal Total 1**

	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)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Friday - 11/27/2026 **Reimbursable Meal Total 1**

	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)
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				

		Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
Weighted Averages		781	6.00	1149	*47.44	*4.73	20.52	*0.00	73	113.89
% of Calories			6.91%		*24.30 %	*2.42%	23.6%	*0.0%		58.3%

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

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