



SERVING AWARD-WINNING FOOD THAT KIDS LOVE.

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October Breakfast Menu

ECE BREAKFAST

What do the colors on the menu mean?

GREEN = locally-sourced

* = vegetarian entree

All grains served are whole grain rich
Skim or 1% milk provided at every meal.

Assorted cereal served daily

Menu subject to change based on availability

USDA is an equal opportunity provider, employer,
and lender..

FRESH FEATURE

Did you know that there are over
2,500 different varieties of apples
grown in the United States?

The apples you eat in the cafeteria
are from **Kilmer Farm Market**,
located just 72 miles away from DC
in West Virginia, making them
local, sustainable, and delicious!



Monday	Tuesday	Wednesday	Thursday	Friday
28 blueberry chex fresh apple slices	29 turkey sausage patty veggie breakfast sausage patty* biscuit orange wedges	30 bagel cream cheese jelly cantaloupe	1 brown sugar oatmeal orange wedges	2 banana bread hard boiled egg honeydew
5 cinnamon rice chex fresh apple slices	6 turkey bacon & egg bake veggie breakfast sausage patty* croissant orange wedges	7 whole grain french toast sticks cantaloupe	8 fresh blueberries granola vanilla yogurt	9 waffles honey honeydew
12 no school	13 no school	14 blueberry chex fresh apple slices	15 sweet peach oatmeal orange wedges	16 blueberry bread honeydew
19 cinnamon rice chex fresh apple slices	20 whole grain french toast sticks orange wedges	21 turkey sausage patty veggie breakfast sausage patty* croissant cantaloupe	22 fresh blueberries granola vanilla yogurt	23 waffles honey honeydew
26 blueberry chex fresh apple slices	27 turkey sausage patty veggie breakfast sausage patty* biscuit orange wedges	28 bagel cream cheese jelly cantaloupe	29 brown sugar oatmeal orange wedges	30 no school

Menu Name:

DCPS Breakfast ECE

Include Cost:

No

Site:

Use Alternate Menu Name:

Alternate Menu Name 1

Monday - 09/28/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990712 blueberry chex	1 ea	100	120	0.00	160	6.00	6.00	2.00	0.00	0	23.00	1.00	1.00	*N/A*	60.0	3.60	8.10
001201 fresh apple slices	3 ea	100	47	0.03	1	9.46	0.00	0.15	0.00	0	12.57	2.18	0.24	0	5.5	4.19	0.11
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			266	0.03	275	27.93	6.00	3.81	0.00	10	48.00	3.18	9.39	*45	368.9	*8.09	8.26
% of Calories				0.10%		42.00%	9.02%	12.9%	0.0%		72.2%		14.1%				
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10	<=30					5.33		200.00	10.83	2.50

Tuesday - 09/29/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001128 turkey sausage patty	1 ea	95	80	2.00	95	0.00	0.00	6.00	0.00	30	0.00	0.00	7.00	*N/A*	*N/A*	0.00	*N/A*
000801 veggie breakfast sausage patty*	1 ea	5	70	0.00	250	1.00	0.00	2.50	0.00	0	4.00	1.00	9.00	*N/A*	0.0	0.00	1.80

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000455 biscuit	1 ea	100	187	5.89	305	1.96	1.96	8.84	0.00	0	23.58	1.96	3.93	*N/A*	157.2	0.00	0.98
000135 orange wedges	3 ea	100	43	0.01	0	8.60	0.00	0.11	0.00	0	10.81	2.21	0.86	0	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			408	7.81	522	23.09	1.96	16.44	0.00	39	47.02	4.22	20.05	*45	*497.4	*49.24	*1.21
% of Calories				17.23 %		22.64%	1.92%	36.3%	0.0%		46.1%		19.7%				
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10	<=30					5.33		200.00	10.83	2.50

Wednesday - 09/30/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000001 bagel	1 ea	100	150	0.00	290	5.00	4.00	1.00	0.00	0	30.00	4.00	6.00	*N/A*	0.0	0.00	0.00
990427 cream cheese	1 ea	100	51	3.04	142	1.01	0.00	4.56	0.00	15	2.02	0.00	0.38	*N/A*	*N/A*	0.00	0.00
000886 jelly	1 ea	100	35	0.00	0	9.00	8.00	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
990424 cantaloupe	4 oz	100	60	0.09	28	13.82	*N/A*	0.33	0.00	0	14.34	1.58	1.48	*N/A*	15.8	64.51	0.37
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07

Base Menu Spreadsheet

Portion Values

Sep 28, 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)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			394	3.13	574	41.30	*12.00	7.55	0.00	25	67.80	5.58	16.01	*45	*319.3	*64.81	0.42
% of Calories				7.15%		41.93%	*12.18 %	17.2%	0.0%		68.8%		16.3%				
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10	<=30					5.33		200.00	10.83	2.50

Thursday - 10/01/2026

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)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)
000464 brown sugar oatmeal	4 oz	100	127	0.25	52	13.98	*13.48	1.50	0.00	0	27.01	2.00	2.52	*0	13.8	0.00	1.00
000135 orange wedges	3 ea	100	43	0.01	0	8.60	0.00	0.11	0.00	0	10.81	2.21	0.86	0	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			269	0.26	166	35.05	*13.48	3.27	0.00	10	50.25	4.21	11.54	*45	354.0	*49.24	1.14
% of Calories				0.87%		52.12%	*20.04 %	10.9%	0.0%		74.7%		17.2%				
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10	<=30					5.33		200.00	10.83	2.50

Friday - 10/02/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000465 banana bread	4 wt oz	100	347	1.62	294	30.78	*24.70	9.83	*0.00	34	60.69	3.97	5.74	*0	*97.7	*4.29	*2.00
000882 hard boiled egg	1 ea	100	78	1.63	62	0.56	0.00	5.30	0.00	186	0.56	0.00	6.29	*N/A*	25.0	0.00	0.60
990434 honeydew	4 oz	100	67	0.07	33	15.03	0.00	0.26	0.00	0	16.83	1.48	1.00	*N/A*	11.1	33.33	0.32
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			590	3.32	504	58.85	*24.70	17.05	*0.00	230	90.51	5.45	21.18	*45	*437.2	*37.92	*2.96
% of Calories				5.06%		39.90%	*16.75 %	26.0%	*0.0%		61.4%		14.4%				
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10	<=30					5.33		200.00	10.83	2.50

Monday - 10/05/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000920 cinnamon rice chex	1 ea	100	110	0.00	160	6.00	6.00	2.00	0.00	0	23.00	1.00	1.00	*N/A*	90.0	4.80	8.00
001201 fresh apple slices	3 ea	100	47	0.03	1	9.46	0.00	0.15	0.00	0	12.57	2.18	0.24	0	5.5	4.19	0.11
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07

Base Menu Spreadsheet

Portion Values

Sep 28, 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)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			256	0.03	275	27.93	6.00	3.81	0.00	10	48.00	3.18	9.39	*45	398.9	*9.29	8.16
% of Calories				0.11%		43.64%	9.38%	13.4%	0.0%		75.0%		14.7%				
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10	<=30					5.33		200.00	10.83	2.50

Tuesday - 10/06/2026

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)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000894 turkey bacon & egg bake	1 piece	95	105	2.23	222	0.00	0.00	6.68	0.00	206	0.01	0.01	8.91	*0	31.0	*0.00	1.19
000801 veggie breakfast sausage patty*	1 ea	5	70	0.00	250	1.00	0.00	2.50	0.00	0	4.00	1.00	9.00	*N/A*	0.0	0.00	1.80
990826 croissant	1 ea	100	190	3.00	190	4.00	3.00	7.00	0.00	0	29.00	3.00	5.00	*N/A*	26.0	0.00	1.44
000135 orange wedges	3 ea	100	43	0.01	0	8.60	0.00	0.11	0.00	0	10.81	2.21	0.86	0	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			436	5.13	528	25.13	3.00	15.24	0.00	206	52.46	5.26	22.93	*45	395.7	*49.24	2.80
% of Calories				10.59 %		23.06%	2.75%	31.5%	0.0%		48.1%		21.0%				
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10	<=30					5.33		200.00	10.83	2.50

Wednesday - 10/07/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990639 whole grain french toast sticks	2 ea	100	200	1.33	120	6.67	6.67	9.33	0.00	7	22.00	2.67	4.00	*N/A*	33.3	*N/A*	1.13
990424 cantaloupe	4 oz	100	60	0.09	28	13.82	*N/A*	0.33	0.00	0	14.34	1.58	1.48	*N/A*	15.8	64.51	0.37
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			359	1.42	263	32.96	*6.67	11.33	0.00	17	48.77	4.25	13.63	*45	352.6	*64.81	1.55
% of Calories				3.56%		36.72%	*7.43%	28.4%	0.0%		54.3%		15.2%				
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10	<=30					5.33		200.00	10.83	2.50

Thursday - 10/08/2026 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999126 fresh blueberries	4 oz	100	42	0.02	1	7.37	0.00	0.24	0.00	0	10.72	1.78	0.55	*N/A*	4.4	7.18	0.21
999240 granola	3 oz	100	110	0.00	60	5.00	4.00	4.00	0.00	0	15.00	2.00	3.00	0	2.0	0.00	6.00
999241 vanilla yogurt	4 oz	100	80	0.00	73	13.34	7.34	0.00	0.00	3	16.68	0.00	3.34	0	320.2	0.00	0.00
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			331	0.02	248	38.19	11.34	5.90	0.00	13	54.83	3.78	15.04	*45	630.1	*7.48	6.26
% of Calories				0.05%		46.15%	13.70%	16.0%	0.0%		66.3%		18.2%				
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10	<=30					5.33		200.00	10.83	2.50

Friday - 10/09/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000997 waffles	1 ea	100	65	0.25	115	2.00	1.00	1.75	0.00	2	11.50	1.50	2.00	*N/A*	25.0	*N/A*	0.50
000927 honey	1 ea	100	25	0.00	0	7.00	7.00	0.00	0.00	0	7.00	0.00	0.00	*N/A*	0.0	0.00	0.00
990434 honeydew	4 oz	100	67	0.07	33	15.03	0.00	0.26	0.00	0	16.83	1.48	1.00	*N/A*	11.1	33.33	0.32
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			255	0.32	263	36.51	8.00	3.67	0.00	13	47.76	2.98	11.15	*45	339.6	*33.63	0.87
% of Calories				1.13%		57.27%	12.55%	13.0%	0.0%		74.9%		17.5%				
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10	<=30					5.33		200.00	10.83	2.50

Monday - 10/12/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 no school																	
Weighted Daily Average			0	0.00	0	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10	<=30					5.33		200.00	10.83	2.50

Tuesday - 10/13/2026

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 no school																	
Weighted Daily Average			0	0.00	0	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10	<=30					5.33		200.00	10.83	2.50

Wednesday - 10/14/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990712 blueberry chex	1 ea	100	120	0.00	160	6.00	6.00	2.00	0.00	0	23.00	1.00	1.00	*N/A*	60.0	3.60	8.10
001201 fresh apple slices	3 ea	100	47	0.03	1	9.46	0.00	0.15	0.00	0	12.57	2.18	0.24	0	5.5	4.19	0.11
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			266	0.03	275	27.93	6.00	3.81	0.00	10	48.00	3.18	9.39	*45	368.9	*8.09	8.26
% of Calories				0.10%		42.00%	9.02%	12.9%	0.0%		72.2%		14.1%				
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10	<=30					5.33		200.00	10.83	2.50

Thursday - 10/15/2026 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Sep 28, 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)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990769 sweet peach oatmeal	4 oz	100	140	0.25	44	11.28	*10.78	1.49	0.00	0	29.31	2.88	2.88	*0	14.1	0.01	1.01
000135 orange wedges	3 ea	100	43	0.01	0	8.60	0.00	0.11	0.00	0	10.81	2.21	0.86	0	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			282	0.26	159	32.36	*10.78	3.26	0.00	10	52.55	5.09	11.90	*45	354.4	*49.25	1.15
% of Calories				0.83%		45.90%	*15.29 %	10.4%	0.0%		74.5%		16.9%				
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10	<=30					5.33		200.00	10.83	2.50

Friday - 10/16/2026

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)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990833 blueberry bread	4 wt oz	100	324	1.58	269	28.79	*24.70	9.87	*0.00	34	54.46	3.46	5.33	*0	*95.2	*4.27	*1.94
990434 honeydew	4 oz	100	67	0.07	33	15.03	0.00	0.26	0.00	0	16.83	1.48	1.00	*N/A*	11.1	33.33	0.32
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			490	1.65	417	56.29	*24.70	11.79	*0.00	44	83.73	4.94	14.49	*45	*409.7	*37.89	*2.30
% of Calories				3.03%		45.95%	*20.16 %	21.7%	*0.0%		68.4%		11.8%				
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10	<=30					5.33		200.00	10.83	2.50

Monday - 10/19/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000920 cinnamon rice chex	1 ea	100	110	0.00	160	6.00	6.00	2.00	0.00	0	23.00	1.00	1.00	*N/A*	90.0	4.80	8.00
001201 fresh apple slices	3 ea	100	47	0.03	1	9.46	0.00	0.15	0.00	0	12.57	2.18	0.24	0	5.5	4.19	0.11
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			256	0.03	275	27.93	6.00	3.81	0.00	10	48.00	3.18	9.39	*45	398.9	*9.29	8.16
% of Calories				0.11%		43.64%	9.38%	13.4%	0.0%		75.0%		14.7%				
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10	<=30					5.33		200.00	10.83	2.50

Tuesday - 10/20/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Sep 28, 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)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990639 whole grain french toast sticks	2 ea	100	200	1.33	120	6.67	6.67	9.33	0.00	7	22.00	2.67	4.00	*N/A*	33.3	*N/A*	1.13
000135 orange wedges	3 ea	100	43	0.01	0	8.60	0.00	0.11	0.00	0	10.81	2.21	0.86	0	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			342	1.35	234	27.74	6.67	11.10	0.00	17	45.24	4.88	13.02	*45	373.6	*49.24	1.28
% of Calories				3.55%		32.44%	7.80%	29.2%	0.0%		52.9%		15.2%				
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10	<=30					5.33		200.00	10.83	2.50

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)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001128 turkey sausage patty	1 ea	95	80	2.00	95	0.00	0.00	6.00	0.00	30	0.00	0.00	7.00	*N/A*	*N/A*	0.00	*N/A*
000801 veggie breakfast sausage patty*	1 ea	5	70	0.00	250	1.00	0.00	2.50	0.00	0	4.00	1.00	9.00	*N/A*	0.0	0.00	1.80
990826 croissant	1 ea	100	190	3.00	190	4.00	3.00	7.00	0.00	0	29.00	3.00	5.00	*N/A*	26.0	0.00	1.44
990424 cantaloupe	4 oz	100	60	0.09	28	13.82	*N/A*	0.33	0.00	0	14.34	1.58	1.48	*N/A*	15.8	64.51	0.37
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07

Base Menu Spreadsheet

Portion Values

Sep 28, 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)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			428	4.99	435	30.34	*3.00	14.82	0.00	39	55.97	4.63	21.73	*45	*345.3	*64.81	*1.95
% of Calories				10.49 %		28.36%	*2.80%	31.2%	0.0%		52.3%		20.3%				
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10	<=30					5.33		200.00	10.83	2.50

Thursday - 10/22/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999126 fresh blueberries	4 oz	100	42	0.02	1	7.37	0.00	0.24	0.00	0	10.72	1.78	0.55	*N/A*	4.4	7.18	0.21
999240 granola	3 oz	100	110	0.00	60	5.00	4.00	4.00	0.00	0	15.00	2.00	3.00	0	2.0	0.00	6.00
999241 vanilla yogurt	4 oz	100	80	0.00	73	13.34	7.34	0.00	0.00	3	16.68	0.00	3.34	0	320.2	0.00	0.00
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			331	0.02	248	38.19	11.34	5.90	0.00	13	54.83	3.78	15.04	*45	630.1	*7.48	6.26
% of Calories				0.05%		46.15%	13.70%	16.0%	0.0%		66.3%		18.2%				
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10	<=30					5.33		200.00	10.83	2.50

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

Friday - 10/23/2026 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)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcmm (mg)	Vit-C (mg)	Iron (mg)
000997 waffles	1 ea	100	65	0.25	115	2.00	1.00	1.75	0.00	2	11.50	1.50	2.00	*N/A*	25.0	*N/A*	0.50
000927 honey	1 ea	100	25	0.00	0	7.00	7.00	0.00	0.00	0	7.00	0.00	0.00	*N/A*	0.0	0.00	0.00
990434 honeydew	4 oz	100	67	0.07	33	15.03	0.00	0.26	0.00	0	16.83	1.48	1.00	*N/A*	11.1	33.33	0.32
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			255	0.32	263	36.51	8.00	3.67	0.00	13	47.76	2.98	11.15	*45	339.6	*33.63	0.87
% of Calories				1.13%		57.27%	12.55%	13.0%	0.0%		74.9%		17.5%				
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10	<=30					5.33		200.00	10.83	2.50

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)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcmm (mg)	Vit-C (mg)	Iron (mg)
990712 blueberry chex	1 ea	100	120	0.00	160	6.00	6.00	2.00	0.00	0	23.00	1.00	1.00	*N/A*	60.0	3.60	8.10
001201 fresh apple slices	3 ea	100	47	0.03	1	9.46	0.00	0.15	0.00	0	12.57	2.18	0.24	0	5.5	4.19	0.11
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			266	0.03	275	27.93	6.00	3.81	0.00	10	48.00	3.18	9.39	*45	368.9	*8.09	8.26
% of Calories				0.10%		42.00%	9.02%	12.9%	0.0%		72.2%		14.1%				
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10	<=30					5.33		200.00	10.83	2.50

Tuesday - 10/27/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001128 turkey sausage patty	1 ea	95	80	2.00	95	0.00	0.00	6.00	0.00	30	0.00	0.00	7.00	*N/A*	*N/A*	0.00	*N/A*
000801 veggie breakfast sausage patty*	1 ea	5	70	0.00	250	1.00	0.00	2.50	0.00	0	4.00	1.00	9.00	*N/A*	0.0	0.00	1.80
000455 biscuit	1 ea	100	187	5.89	305	1.96	1.96	8.84	0.00	0	23.58	1.96	3.93	*N/A*	157.2	0.00	0.98
000135 orange wedges	3 ea	100	43	0.01	0	8.60	0.00	0.11	0.00	0	10.81	2.21	0.86	0	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			408	7.81	522	23.09	1.96	16.44	0.00	39	47.02	4.22	20.05	*45	*497.4	*49.24	*1.21
% of Calories				17.23 %		22.64%	1.92%	36.3%	0.0%		46.1%		19.7%				
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10	<=30					5.33		200.00	10.83	2.50

Wednesday - 10/28/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000001 bagel	1 ea	100	150	0.00	290	5.00	4.00	1.00	0.00	0	30.00	4.00	6.00	*N/A*	0.0	0.00	0.00
990427 cream cheese	1 ea	100	51	3.04	142	1.01	0.00	4.56	0.00	15	2.02	0.00	0.38	*N/A*	*N/A*	0.00	0.00
000886 jelly	1 ea	100	35	0.00	0	9.00	8.00	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
990424 cantaloupe	4 oz	100	60	0.09	28	13.82	*N/A*	0.33	0.00	0	14.34	1.58	1.48	*N/A*	15.8	64.51	0.37
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			394	3.13	574	41.30	*12.00	7.55	0.00	25	67.80	5.58	16.01	*45	*319.3	*64.81	0.42
% of Calories				7.15%		41.93%	*12.18 %	17.2%	0.0%		68.8%		16.3%				
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10	<=30					5.33		200.00	10.83	2.50

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

Thursday - 10/29/2026		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)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 no school																	
Weighted Daily Average			0	0.00	0	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10	<=30					5.33		200.00	10.83	2.50

Friday - 10/30/2026		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)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 no school																	
Weighted Daily Average			0	0.00	0	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10	<=30					5.33		200.00	10.83	2.50

		Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages		347	1.96	347	34.12	*9.03	8.29	*0.00	38	54.97	4.18	14.37	*45	*404.8	*35.98	*3.51
% of Calories			5.08%		39.33%	*10.41%	21.5%	*0.0%		63.4%		16.6%				

**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.

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