



SERVING AWARD-WINNING FOOD THAT KIDS LOVE.

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October Breakfast Menu

K-12 BREAKFAST

What do the colors on the menu mean?

GREEN = locally-sourced

* = vegetarian entree

All grains served are whole grain rich

**Student's choice of 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 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	29 turkey sausage patty veggie breakfast sausage patty* biscuit hot sauce orange wedges	30 bagel cream cheese jelly cantaloupe	1 brown sugar oatmeal turkey sausage patty veggie breakfast sausage patty* orange wedges	2 banana bread hard boiled egg hot sauce honeydew
5 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	6 turkey bacon & egg bake veggie breakfast sausage patty* croissant jelly orange wedges	7 whole grain french toast sticks scrambled eggs cantaloupe	8 fresh blueberries granola vanilla yogurt 100% orange juice	9 whole grain waffles honey scrambled eggs honeydew
12 no school	13 no school	14 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	15 sweet peach oatmeal turkey sausage patty veggie breakfast sausage patty* orange wedges	16 blueberry bread hard boiled egg hot sauce honeydew
19 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	20 whole grain french toast sticks scrambled eggs orange wedges	21 turkey sausage patty veggie breakfast sausage patty* croissant jelly cantaloupe	22 fresh blueberries granola vanilla yogurt 100% orange juice	23 whole grain waffles honey scrambled eggs honeydew
26 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	27 turkey sausage patty veggie breakfast sausage patty* biscuit hot sauce orange wedges	28 bagel cream cheese jelly cantaloupe	29 brown sugar oatmeal turkey sausage patty veggie breakfast sausage patty* orange wedges	30 no school



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GRAB N' GO BREAKFAST

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5 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	6 turkey bacon & egg bake veggie breakfast sausage patty* croissant jelly orange wedges	7 whole grain french toast sticks turkey bacon veggie breakfast sausage patty* cantaloupe	8 fresh blueberries granola vanilla yogurt 100% orange juice	9 whole grain waffles turkey sausage patty veggie breakfast sausage patty* honey honeydew
12 no school	13 no school	14 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	15 croissant jelly turkey sausage patty veggie breakfast sausage patty* orange wedges	16 blueberry bread hard boiled egg hot sauce honeydew
19 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	20 whole grain french toast sticks turkey bacon veggie breakfast sausage patty* orange wedges	21 turkey sausage patty veggie breakfast sausage patty* croissant jelly cantaloupe	22 fresh blueberries granola vanilla yogurt 100% orange juice	23 whole grain waffles honey turkey sausage patty veggie breakfast sausage patty* honeydew
26 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	27 turkey sausage patty veggie breakfast sausage patty* biscuit hot sauce orange wedges	28 bagel cream cheese jelly cantaloupe	29 croissant jelly turkey sausage patty veggie breakfast sausage patty* orange wedges	30 no school

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

Menu Name:	DCPS Breakfast K-12	Include Cost:	No
Site:			
Use Alternate Menu Name:	Alternate Menu Name 1		

Monday - 09/28/2026Reimbursable 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)
990984 cinnamon chex	1 ea	25	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
990985 blueberry chex	1 ea	25	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999213 cinnamon toasters cereal	1 ea	25	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00
991012 honey bunches of oats	1 ea	25	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
001200 fresh apple slices	6 ea	100	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
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			423	0.43	389	42.88	11.25	7.09	0.00	10	82.57	7.12	11.88	*45	*480.6	*20.17	*26.27
% of Calories				0.91%		40.55%	10.64%	15.1%	0.0%		78.1%		11.2%				
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10										

Tuesday - 09/29/2026Reimbursable 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)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)
001128 turkey sausage patty	1 ea	93	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	2	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	95	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
000604 hot sauce	1 ea	95	2	0.00	92	0.00	0.00	0.00	0.00	0	0.00	0.30	0.00	*N/A*	0.0	0.00	0.00
000812 orange wedges	6 ea	99	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18
001064 mandarin oranges	8 oz	1	86	0.01	11	18.58	0.00	0.10	0.00	0	21.20	2.74	1.69	*N/A*	27.4	76.42	0.61
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
999225 cinnamon chex	1 ea	2	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
999224 cinnamon toasters cereal	1 ea	1	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00
999223 blueberry chex	1 ea	1	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999222 honey bunches of oats	1 ea	1	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			452	7.51	599	32.16	2.44	16.16	0.00	38	58.79	6.71	20.47	*45	*535.8	*98.66	*2.52
% of Calories				14.95 %		28.46%	2.16%	32.2%	0.0%		52.0%		18.1%				
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10										

Wednesday - 09/30/2026

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)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)
000001 bagel	1 ea	95	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	95	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
000603 jelly	1 ea	95	35	0.00	0	9.00	8.00	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	0.00	0.00
990421 cantaloupe	8 oz	100	120	0.18	56	27.63	*N/A*	0.67	0.00	0	28.69	3.16	2.95	*N/A*	31.6	129.01	0.74
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
999225 cinnamon chex	1 ea	2	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
999224 cinnamon toasters cereal	1 ea	1	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00
999223 blueberry chex	1 ea	1	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999222 honey bunches of oats	1 ea	1	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			454	3.08	595	54.95	*11.97	7.86	0.00	24	82.35	7.10	17.33	*45	*345.0	*130.00	*2.10
% of Calories				6.11%		48.41%	*10.55 %	15.6%	0.0%		72.6%		15.3%				
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10										

Thursday - 10/01/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

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)
000464 brown sugar oatmeal	4 oz	93	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
001128 turkey sausage patty	1 ea	93	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	2	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
000812 orange wedges	6 ea	99	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18
001064 mandarin oranges	8 oz	1	86	0.01	11	18.58	0.00	0.10	0.00	0	21.20	2.74	1.69	*N/A*	27.4	76.42	0.61
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
999225 cinnamon chex	1 ea	2	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
999224 cinnamon toasters cereal	1 ea	1	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00
999223 blueberry chex	1 ea	1	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999222 honey bunches of oats	1 ea	1	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
999130 croissant	1 ea	0	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
999131 jelly	1 ea	0	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
Weighted Daily Average			391	2.14	270	43.29	*13.10	9.16	0.00	38	61.51	6.42	19.08	*45	*399.3	*98.66	*2.51
% of Calories				4.93%		44.29%	*13.40 %	21.1%	0.0%		62.9%		19.5%				
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10										

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

Friday - 10/02/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000465 banana bread	4 wt oz	95	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	95	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
000604 hot sauce	1 ea	95	2	0.00	92	0.00	0.00	0.00	0.00	0	0.00	0.30	0.00	*N/A*	0.0	0.00	0.00
990436 honeydew	8 oz	100	133	0.14	67	30.07	0.00	0.52	0.00	0	33.66	2.96	2.00	*N/A*	22.2	66.65	0.63
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
999225 cinnamon chex	1 ea	2	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
999224 cinnamon toasters cereal	1 ea	1	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00
999223 blueberry chex	1 ea	1	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999222 honey bunches of oats	1 ea	1	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			649	3.25	621	72.90	*24.03	16.81	*0.00	219	106.54	7.16	21.74	*45	*452.1	*71.72	*4.45
% of Calories				4.51%		44.93%	*14.81 %	23.3%	*0.0%		65.7%		13.4%				
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10										

Monday - 10/05/2026 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)
990984 cinnamon chex	1 ea	25	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
990985 blueberry chex	1 ea	25	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999213 cinnamon toasters cereal	1 ea	25	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00
991012 honey bunches of oats	1 ea	25	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
001200 fresh apple slices	6 ea	100	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
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			423	0.43	389	42.88	11.25	7.09	0.00	10	82.57	7.12	11.88	*45	*480.6	*20.17	*26.27
% of Calories				0.91%		40.55%	10.64%	15.1%	0.0%		78.1%		11.2%				
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10										

Tuesday - 10/06/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000894 turkey bacon & egg bake	1 piece	92	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	3	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	95	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

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)	Calcmm (mg)	Vit-C (mg)	Iron (mg)
000603 jelly	1 ea	95	35	0.00	0	9.00	8.00	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000812 orange wedges	6 ea	99	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18
001064 mandarin oranges	8 oz	1	86	0.01	11	18.58	0.00	0.10	0.00	0	21.20	2.74	1.69	*N/A*	27.4	76.42	0.61
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
999225 cinnamon chex	1 ea	2	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
999224 cinnamon toasters cereal	1 ea	1	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00
999223 blueberry chex	1 ea	1	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999222 honey bunches of oats	1 ea	1	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			510	4.95	521	42.65	11.02	15.00	0.00	200	72.54	7.42	23.26	*45	*439.7	*98.66	*4.06
% of Calories				8.74%		33.45%	8.64%	26.5%	0.0%		56.9%		18.2%				
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10										

Wednesday - 10/07/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcmm (mg)	Vit-C (mg)	Iron (mg)
990639 whole grain french toast sticks	2 ea	95	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

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)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)
000733 scrambled eggs	3 oz	95	100	2.13	128	0.00	0.00	6.40	0.00	242	0.03	0.01	8.54	*0	37.2	*0.00	1.43
990421 cantaloupe	8 oz	100	120	0.18	56	27.63	*N/A*	0.67	0.00	0	28.69	3.16	2.95	*N/A*	31.6	129.01	0.74
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
999225 cinnamon chex	1 ea	2	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
999224 cinnamon toasters cereal	1 ea	1	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00
999223 blueberry chex	1 ea	1	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999222 honey bunches of oats	1 ea	1	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
999203 turkey bacon	2 ea	1	50	1.00	220	0.00	0.00	3.00	0.00	10	0.00	0.00	4.00	*N/A*	0.0	0.00	0.00
999204 veggie breakfast sausage patty*	1 ea	1	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
Weighted Daily Average			516	3.50	425	47.03	*6.90	17.58	0.00	246	64.34	5.86	23.31	*45	*412.0	*130.00	*4.55
% of Calories				6.10%		36.46%	*5.35%	30.7%	0.0%		49.9%		18.1%				
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10										

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)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999126 fresh blueberries	4 oz	95	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	95	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	95	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
000171 100% orange juice	4 oz	95	60	0.00	0	11.00	0.00	0.00	0.00	0	14.00	0.00	1.00	*N/A*	10.0	42.00	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
999225 cinnamon chex	1 ea	2	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
999224 cinnamon toasters cereal	1 ea	1	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00
999223 blueberry chex	1 ea	1	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999222 honey bunches of oats	1 ea	1	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
999226 fresh orange	1 ea	5	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18
Weighted Daily Average			392	0.04	256	48.79	11.34	5.96	0.00	13	69.35	3.95	15.89	*45	*636.8	*52.60	*7.27
% of Calories				0.09%		49.79%	11.57%	13.7%	0.0%		70.8%		16.2%				
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10										

Friday - 10/09/2026

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990076 whole grain waffles	2 ea	95	130	0.50	230	4.00	2.00	3.50	0.00	5	23.00	3.00	4.00	*N/A*	50.0	*N/A*	1.00
000927 honey	1 ea	95	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
000733 scrambled eggs	3 oz	95	100	2.13	128	0.00	0.00	6.40	0.00	242	0.03	0.01	8.54	*0	37.2	*0.00	1.43
990436 honeydew	8 oz	100	133	0.14	67	30.07	0.00	0.52	0.00	0	33.66	2.96	2.00	*N/A*	22.2	66.65	0.63
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 soy milk	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
999225 cinnamon chex	1 ea	2	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
999224 cinnamon toasters cereal	1 ea	1	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00
999223 blueberry chex	1 ea	1	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999222 honey bunches of oats	1 ea	1	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
999205 turkey sausage patty	1 ea	1	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*
999204 veggie breakfast sausage patty*	1 ea	1	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
Weighted Daily Average			487	2.68	538	53.58	9.12	11.92	0.00	245	76.92	5.97	22.38	*45	*418.4	*67.64	*4.31
% of Calories				4.95%		44.01%	7.49%	22.0%	0.0%		63.2%		18.4%				
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10										

Monday - 10/12/2026

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			450 - 500	<10	<=540		<10										

Tuesday - 10/13/2026

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			450 - 500	<10	<=540		<10										

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)
990984 cinnamon chex	1 ea	25	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
990985 blueberry chex	1 ea	25	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999213 cinnamon toasters cereal	1 ea	25	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00

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)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)
991012 honey bunches of oats	1 ea	25	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
001200 fresh apple slices	6 ea	100	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
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			423	0.43	389	42.88	11.25	7.09	0.00	10	82.57	7.12	11.88	*45	*480.6	*20.17	*26.27
% of Calories				0.91%		40.55%	10.64%	15.1%	0.0%		78.1%		11.2%				
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10										

Thursday - 10/15/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)
990769 sweet peach oatmeal	4 oz	93	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
001128 turkey sausage patty	1 ea	93	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	2	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
000812 orange wedges	6 ea	99	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18
001064 mandarin oranges	8 oz	1	86	0.01	11	18.58	0.00	0.10	0.00	0	21.20	2.74	1.69	*N/A*	27.4	76.42	0.61
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
999225 cinnamon chex	1 ea	2	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
999224 cinnamon toasters cereal	1 ea	1	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00
999223 blueberry chex	1 ea	1	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999222 honey bunches of oats	1 ea	1	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
999130 croissant	1 ea	0	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
999131 jelly	1 ea	0	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
Weighted Daily Average			402	2.14	263	40.78	*10.60	9.15	0.00	38	63.64	7.24	19.41	*45	*399.6	*98.67	*2.52
% of Calories				4.79%		40.58%	*10.55 %	20.5%	0.0%		63.3%		19.3%				
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10										

Friday - 10/16/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990833 blueberry bread	4 wt oz	95	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
000882 hard boiled egg	1 ea	95	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
000604 hot sauce	1 ea	95	2	0.00	92	0.00	0.00	0.00	0.00	0	0.00	0.30	0.00	*N/A*	0.0	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)
990436 honeydew	8 oz	100	133	0.14	67	30.07	0.00	0.52	0.00	0	33.66	2.96	2.00	*N/A*	22.2	66.65	0.63
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
999225 cinnamon chex	1 ea	2	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
999224 cinnamon toasters cereal	1 ea	1	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00
999223 blueberry chex	1 ea	1	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999222 honey bunches of oats	1 ea	1	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			627	3.21	597	71.00	*24.03	16.85	*0.00	219	100.62	6.67	21.35	*45	*449.7	*71.70	*4.39
% of Calories				4.61%		45.30%	*15.33 %	24.2%	*0.0%		64.2%		13.6%				
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10										

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)
990984 cinnamon chex	1 ea	25	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
990985 blueberry chex	1 ea	25	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999213 cinnamon toasters cereal	1 ea	25	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991012 honey bunches of oats	1 ea	25	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
001200 fresh apple slices	6 ea	100	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
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			423	0.43	389	42.88	11.25	7.09	0.00	10	82.57	7.12	11.88	*45	*480.6	*20.17	*26.27
% of Calories				0.91%		40.55%	10.64%	15.1%	0.0%		78.1%		11.2%				
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10										

Tuesday - 10/20/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990639 whole grain french toast sticks	2 ea	95	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
000733 scrambled eggs	3 oz	95	100	2.13	128	0.00	0.00	6.40	0.00	242	0.03	0.01	8.54	*0	37.2	*0.00	1.43
000812 orange wedges	6 ea	99	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18
001064 mandarin oranges	8 oz	1	86	0.01	11	18.58	0.00	0.10	0.00	0	21.20	2.74	1.69	*N/A*	27.4	76.42	0.61
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

DC Central Kitchen

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
999225 cinnamon chex	1 ea	2	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
999224 cinnamon toasters cereal	1 ea	1	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00
999223 blueberry chex	1 ea	1	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999222 honey bunches of oats	1 ea	1	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
999203 turkey bacon	2 ea	1	50	1.00	220	0.00	0.00	3.00	0.00	10	0.00	0.00	4.00	*N/A*	0.0	0.00	0.00
999204 veggie breakfast sausage patty*	1 ea	1	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
Weighted Daily Average			483	3.35	369	36.62	6.90	17.14	0.00	246	57.27	7.09	22.08	*45	*453.5	*98.66	*4.00
% of Calories				6.24%		30.33%	5.71%	31.9%	0.0%		47.4%		18.3%				
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10										

Wednesday - 10/21/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001128 turkey sausage patty	1 ea	93	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	2	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	95	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
000603 jelly	1 ea	95	35	0.00	0	9.00	8.00	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	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)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990421 cantaloupe	8 oz	100	120	0.18	56	27.63	*N/A*	0.67	0.00	0	28.69	3.16	2.95	*N/A*	31.6	129.01	0.74
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
999225 cinnamon chex	1 ea	2	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
999224 cinnamon toasters cereal	1 ea	1	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00
999223 blueberry chex	1 ea	1	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999222 honey bunches of oats	1 ea	1	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			519	4.91	459	53.06	*11.02	14.86	0.00	38	79.56	6.17	22.71	*45	*369.7	*130.00	*3.50
% of Calories				8.51%		40.89%	*8.49%	25.8%	0.0%		61.3%		17.5%				
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10										

Thursday - 10/22/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999126 fresh blueberries	4 oz	95	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	95	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	95	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

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)
000171 100% orange juice	4 oz	95	60	0.00	0	11.00	0.00	0.00	0.00	0	14.00	0.00	1.00	*N/A*	10.0	42.00	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
999225 cinnamon chex	1 ea	2	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
999224 cinnamon toasters cereal	1 ea	1	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00
999223 blueberry chex	1 ea	1	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999222 honey bunches of oats	1 ea	1	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
999226 fresh orange	1 ea	5	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18
Weighted Daily Average			392	0.04	256	48.79	11.34	5.96	0.00	13	69.35	3.95	15.89	*45	*636.8	*52.60	*7.27
% of Calories				0.09%		49.79%	11.57%	13.7%	0.0%		70.8%		16.2%				
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10										

Friday - 10/23/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990076 whole grain waffles	2 ea	95	130	0.50	230	4.00	2.00	3.50	0.00	5	23.00	3.00	4.00	*N/A*	50.0	*N/A*	1.00
000927 honey	1 ea	95	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

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)
000733 scrambled eggs	3 oz	95	100	2.13	128	0.00	0.00	6.40	0.00	242	0.03	0.01	8.54	*0	37.2	*0.00	1.43
990436 honeydew	8 oz	100	133	0.14	67	30.07	0.00	0.52	0.00	0	33.66	2.96	2.00	*N/A*	22.2	66.65	0.63
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
999225 cinnamon chex	1 ea	2	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
999224 cinnamon toasters cereal	1 ea	1	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00
999223 blueberry chex	1 ea	1	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999222 honey bunches of oats	1 ea	1	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
999205 turkey sausage patty	1 ea	1	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*
999204 veggie breakfast sausage patty*	1 ea	1	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
Weighted Daily Average			487	2.68	538	53.58	9.12	11.92	0.00	245	76.92	5.97	22.38	*45	*418.4	*67.64	*4.31
% of Calories				4.95%		44.01%	7.49%	22.0%	0.0%		63.2%		18.4%				
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10										

Monday - 10/26/2026

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)
990984 cinnamon chex	1 ea	25	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
990985 blueberry chex	1 ea	25	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999213 cinnamon toasters cereal	1 ea	25	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00
991012 honey bunches of oats	1 ea	25	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
001200 fresh apple slices	6 ea	100	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
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			423	0.43	389	42.88	11.25	7.09	0.00	10	82.57	7.12	11.88	*45	*480.6	*20.17	*26.27
% of Calories				0.91%		40.55%	10.64%	15.1%	0.0%		78.1%		11.2%				
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10										

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	93	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	2	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	95	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

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)
000604 hot sauce	1 ea	95	2	0.00	92	0.00	0.00	0.00	0.00	0	0.00	0.30	0.00	*N/A*	0.0	0.00	0.00
000812 orange wedges	6 ea	99	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18
001064 mandarin oranges	8 oz	1	86	0.01	11	18.58	0.00	0.10	0.00	0	21.20	2.74	1.69	*N/A*	27.4	76.42	0.61
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
999225 cinnamon chex	1 ea	2	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
999224 cinnamon toasters cereal	1 ea	1	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00
999223 blueberry chex	1 ea	1	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999222 honey bunches of oats	1 ea	1	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
999204 veggie breakfast sausage patty*	1 ea	0	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
Weighted Daily Average			452	7.51	599	32.16	2.44	16.16	0.00	38	58.79	6.71	20.47	*45	*535.8	*98.66	*2.52
% of Calories				14.95 %		28.46%	2.16%	32.2%	0.0%		52.0%		18.1%				
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10										

Wednesday - 10/28/2026 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)	Vit-A (mcg RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)
000001 bagel	1 ea	95	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	95	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
000603 jelly	1 ea	95	35	0.00	0	9.00	8.00	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	0.00	0.00
990421 cantaloupe	8 oz	100	120	0.18	56	27.63	*N/A*	0.67	0.00	0	28.69	3.16	2.95	*N/A*	31.6	129.01	0.74
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
999225 cinnamon chex	1 ea	2	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
999224 cinnamon toasters cereal	1 ea	1	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00
999223 blueberry chex	1 ea	1	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999222 honey bunches of oats	1 ea	1	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			454	3.08	595	54.95	*11.97	7.86	0.00	24	82.35	7.10	17.33	*45	*345.0	*130.00	*2.10
% of Calories				6.11%		48.41%	*10.55 %	15.6%	0.0%		72.6%		15.3%				
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10										

Thursday - 10/29/2026

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			450 - 500	<10	<=540		<10										

Friday - 10/30/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	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			450 - 500	<10	<=540		<10										

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages		466	2.68	450	47.65	*11.12	11.23	*0.00	92	75.89	6.53	18.31	*45	*459.6	*76.03	*9.23
% of Calories			5.18%		40.90%	*9.55%	21.7%	*0.0%		65.1%		15.7%				

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