



SERVING AWARD-WINNING FOOD THAT KIDS LOVE.

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October Lunch Menu

LUNCH 9-12

What do the colors on the menu mean?

GREEN = locally-sourced

* = vegetarian entree

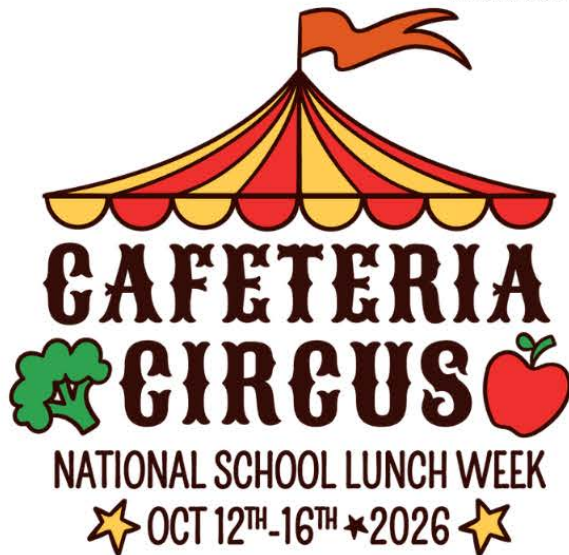
All grains served are whole grain rich

Student's choice of skim or 1% milk provided at every meal.

Assorted sandwiches served daily

Menu subject to change based on availability

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



Celebrate all week long with DCCK's lineup of delicious and nutritious lunches!

Monday	Tuesday	Wednesday	Thursday	Friday
28 baja fish tacos baja cream sauce cheese quesadilla* steamed corn tangy cilantro-lime slaw fresh grapes fresh apple	29 beef burger on a bun veggie burger on a bun* ketchup mustard roasted red potatoes cucumber salad fresh apple slices	30 bbq chicken drum veggie chik'n nuggets* cornbread muffin roasted summer squash sweet potato wedges ketchup orange wedges fresh apple	1 turkey meatballs & sauce lentil bolognese* whole grain rotini pasta garlic breadstick roasted broccoli steamed corn fresh watermelon fresh apple	2 crispy chicken tender bbq baked beans* mac & cheese roll glazed carrots braised collard greens fresh pear fresh apple
5 taco beef chili black beans* cheese sauce sour cream corn tortilla chips roasted tomato salsa southwest taco corn fresh grapes fresh apple	6 cheese pizza* mixed greens salad italian dressing cucumber coins fresh apple slices	7 crispy chicken tender veggie chik'n nuggets* whole grain waffles braised collard greens sweet potato hash hot sauce syrup orange wedges fresh apple	8 turkey sloppy joe on a bun lentil sloppy joe on a bun* roasted red potatoes roasted summer squash fresh watermelon fresh apple	9 sweet chili chicken sweet chili tofu* brown rice ginger soy broccoli steamed carrots fresh pear fresh apple
12 no school	13 no school	14 beef hot dog on a bun veggie burger on a bun* steamed green beans steamed corn ketchup mustard fresh apple slices	15 turkey & bean chili veg out chili* cornbread muffin roasted red potatoes mixed greens salad ranch dressing fresh grapes fresh apple	16 herb roasted chicken veggie chik'n nuggets* penne pasta with alfredo sauce roll roasted broccoli roasted sweet potatoes fresh pear fresh apple
19 turkey meatball sub grilled cheese* lemon garlic kale salad steamed green peas fresh grapes fresh apple	20 cheese pizza* mediterranean chickpea salad mixed greens salad tomato balsamic dressing fresh apple slices	21 pulled bbq chicken sandwich veggie burger on a bun* steamed corn coleslaw orange wedges fresh apple slices	22 beef bolognese lentil bolognese* whole grain penne pasta garlic breadstick steamed green beans roasted summer squash fresh watermelon fresh apple	23 orange glazed chicken orange glazed tofu* brown rice steamed broccoli steamed carrots fresh pear fresh apple
26 baja fish tacos baja cream sauce cheese quesadilla* steamed corn tangy cilantro-lime slaw fresh grapes fresh apple	27 beef burger on a bun veggie burger on a bun* ketchup mustard roasted red potatoes cucumber salad fresh apple slices	28 bbq chicken drum veggie chik'n nuggets* cornbread muffin roasted summer squash sweet potato wedges ketchup orange wedges fresh apple	29 turkey meatballs & sauce lentil bolognese* whole grain rotini pasta garlic breadstick roasted broccoli steamed corn fresh watermelon fresh apple	30 no school

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

Menu Name:	DCPS Lunch 9-12	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)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991027 baja fish tacos	2 ea	91	301	3.14	420	*2.07	*0.00	9.19	*0.00	64	28.54	4.48	23.02	*30	*105.6	*1.38	*0.73
990806 baja cream sauce	1 oz	91	52	2.86	78	1.14	*0.00	4.12	0.00	16	1.26	0.07	1.08	*0	33.4	2.14	0.06
990674 cheese quesadilla*	2 ea	5	394	13.93	631	1.93	0.00	22.83	0.00	50	29.03	3.86	15.86	*N/A*	477.2	0.00	0.00
000469 steamed corn	4 oz	100	88	0.34	96	2.06	*0.00	2.32	0.00	0	17.08	1.73	2.49	*0	*3.3	*5.28	*0.35
000924 tangy cilantro-lime slaw	4 oz	100	54	0.38	126	3.72	*0.70	2.68	0.00	0	7.09	2.08	1.06	*0	*35.6	*22.21	*0.53
999070 fresh grapes	8 oz	99	122	0.21	4	29.48	0.00	0.64	0.00	0	31.12	1.63	1.14	*N/A*	25.4	7.26	0.53
000673 fresh apple	1 ea	1	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
999124 sunbutter & jelly sandwich	1 ea	2	640	4.00	540	34.00	24.00	34.00	0.00	0	68.00	10.00	40.56	*N/A*	172.0	0.00	4.32
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	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)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			722	7.30	854	*51.45	*1.18	21.51	*0.00	87	98.24	10.08	36.78	*72	*527.8	*38.26	*2.30
% of Calories				9.10%		*28.50 %	*0.65%	26.8%	*0.0%		54.4%		20.4%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Tuesday - 09/29/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000235 beef burger on a bun	1 ea	91	339	4.70	332	2.04	*2.00	12.69	0.34	80	27.53	3.15	29.79	*0	33.6	0.05	3.97
000409 veggie burger on a bun*	1 ea	5	360	1.50	680	3.00	2.00	14.00	0.00	0	36.00	6.00	26.00	*N/A*	90.0	0.00	7.24
000556 ketchup	1 ea	96	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000557 mustard	1 ea	96	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000386 roasted red potatoes	4 oz	100	86	0.35	110	*0.01	*0.00	2.37	0.00	0	14.90	1.62	1.79	*0	*10.2	*7.93	*0.69
000134 cucumber salad	4 oz	100	59	0.68	96	*1.77	*0.00	4.59	*0.00	0	4.01	0.66	0.68	*0	*18.1	*2.83	*0.36
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 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

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)
999124 sunbutter & jelly sandwich	1 ea	2	640	4.00	540	34.00	24.00	34.00	0.00	0	68.00	10.00	40.56	*N/A*	172.0	0.00	4.32
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			694	5.65	855	*37.89	*4.32	22.15	*0.31	84	87.26	10.08	40.72	*45	*387.6	*19.48	*5.42
% of Calories				7.33%		*21.84 %	*2.49%	28.7%	*0.4%		50.3%		23.5%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Wednesday - 09/30/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001193 bbq chicken drum	2 ea	91	571	6.89	817	22.00	*20.00	25.79	0.13	258	26.31	0.00	50.68	*N/A*	26.4	*0.00	2.31
990376 veggie chik'n nuggets*	5 ea	5	239	0.60	430	1.19	0.00	9.56	0.00	0	21.50	4.78	17.92	*N/A*	83.6	0.00	3.46
000851 cornbread muffin	1 ea	96	220	1.00	115	18.00	18.00	8.00	0.00	20	36.00	1.00	3.00	*N/A*	27.0	0.00	1.00
990202 roasted summer squash	4 oz	100	50	0.44	172	4.67	*0.00	2.47	0.00	0	6.17	1.76	1.91	*0	*32.9	*32.20	*0.72
990839 sweet potato wedges	4 oz	100	147	0.45	199	5.80	*0.00	3.04	0.00	0	28.05	4.24	2.24	*0	*42.5	*3.32	*0.90
000556 ketchup	1 ea	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000812 orange wedges	6 ea	98	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
001063 mandarin oranges	4 oz	1	43	0.00	5	9.29	0.00	0.05	0.00	0	10.60	1.37	0.85	*N/A*	13.7	38.21	0.30

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)
000673 fresh apple	1 ea	1	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
999124 sunbutter & jelly sandwich	1 ea	2	640	4.00	540	34.00	24.00	34.00	0.00	0	68.00	10.00	40.56	*N/A*	172.0	0.00	4.32
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			1155	8.39	1480	80.25	*37.96	39.99	0.12	265	131.78	11.86	65.12	*45	*515.3	*132.23	*5.21
% of Calories				6.54%		27.79%	*13.15 %	31.2%	0.1%		45.6%		22.6%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Thursday - 10/01/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000913 turkey meatballs & sauce	4 ea	91	183	2.16	556	5.23	*1.26	9.61	0.00	45	11.00	1.59	14.61	*0	*46.4	*4.04	*1.42
999139 lentil bolognese*	6 oz	5	205	0.34	733	8.86	*0.46	2.35	0.00	0	36.31	6.55	12.49	*0	*49.3	*4.29	*2.88
990353 whole grain rotini pasta	4 oz	96	111	0.32	101	0.50	*0.00	2.99	0.00	0	19.50	3.50	4.00	*0	*15.6	*0.00	*1.00

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)
990536 garlic breadstick	1 ea	100	100	0.50	95	1.00	0.00	3.50	0.00	0	15.00	1.00	1.00	*N/A*	0.0	*N/A*	0.90
000647 roasted broccoli	4 oz	75	55	0.43	126	1.65	*0.00	2.60	0.00	0	6.66	2.55	2.78	*0	*45.9	*86.10	*0.73
000469 steamed corn	4 oz	75	88	0.34	96	2.06	*0.00	2.32	0.00	0	17.08	1.73	2.49	*0	*3.3	*5.28	*0.35
000962 fresh watermelon	8 oz	99	121	0.06	4	25.11	0.00	0.61	0.00	0	30.58	1.62	2.47	*N/A*	28.4	32.80	0.97
000673 fresh apple	1 ea	1	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
999124 sunbutter & jelly sandwich	1 ea	2	640	4.00	540	34.00	24.00	34.00	0.00	0	68.00	10.00	40.56	*N/A*	172.0	0.00	4.32
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			729	3.65	1048	47.79	*1.65	22.16	0.00	52	108.31	11.27	34.53	*45	*438.2	*105.29	*5.24
% of Calories				4.51%		26.22%	*0.91%	27.4%	0.0%		59.4%		18.9%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Friday - 10/02/2026

Reimbursable Meal Total 100

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)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)
000543 crispy chicken tender	1 ea	91	137	0.07	283	0.58	*0.00	0.87	*0.00	49	11.00	0.82	20.98	*0	38.9	2.66	1.26
000475 bbq baked beans*	4 oz	5	226	0.68	107	4.88	*2.86	4.61	*0.00	0	35.35	8.25	10.78	*0	*69.1	*3.52	*2.91
990845 mac & cheese	4 oz	96	214	6.17	398	0.42	0.00	10.24	0.00	27	20.69	2.12	10.26	*N/A*	222.2	0.00	0.00
000004 roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
999210 glazed carrots	4 oz	100	101	0.58	194	9.26	*3.16	4.05	0.00	0	15.76	3.65	1.26	*0	*45.7	*7.59	*0.43
000005 braised collard greens	4 oz	100	67	0.30	126	*1.49	*1.08	2.12	*0.00	0	10.51	5.48	3.74	*0	*218.8	*52.56	*0.33
000445 fresh peach	1 ea	99	58	0.03	0	12.58	0.00	0.38	0.00	0	14.31	2.25	1.36	*N/A*	9.0	9.90	0.38
000673 fresh apple	1 ea	1	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
999124 sunbutter & jelly sandwich	1 ea	2	640	4.00	540	34.00	24.00	34.00	0.00	0	68.00	10.00	40.56	*N/A*	172.0	0.00	4.32
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	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)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			767	7.15	1238	*39.85	*6.86	21.03	*0.00	82	102.77	16.88	48.21	*45	*899.1	*72.93	*3.69
% of Calories				8.39%		*20.78 %	*3.58%	24.7%	*0.0%		53.6%		25.1%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

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)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990724 taco beef	2 oz	91	168	4.14	190	1.04	*0.00	12.38	*0.41	39	3.55	1.21	10.88	*0	*23.3	*17.17	*1.83
000637 chili black beans*	4 oz	5	218	0.79	124	1.60	*0.00	4.92	0.00	0	33.20	8.46	11.26	*0	*73.2	*8.68	*2.97
999209 cheese sauce	2 oz	96	91	3.66	265	0.00	0.00	6.40	0.00	18	2.74	0.00	4.57	*N/A*	145.4	*N/A*	0.00
990351 sour cream	1 oz	96	58	3.35	14	0.96	0.00	4.79	0.00	19	0.96	0.00	0.96	*N/A*	28.8	2.01	0.00
990329 corn tortilla chips	20 ea	100	284	2.02	233	0.00	0.00	12.15	0.00	0	40.50	4.05	4.05	*N/A*	40.5	0.00	0.00
990858 roasted tomato salsa	4 oz	100	32	0.00	520	3.68	*0.00	0.02	0.00	0	6.49	1.32	1.28	*0	23.7	*1.76	0.04
000922 southwest taco corn	4 oz	100	110	0.56	274	2.27	*0.00	3.84	0.00	0	19.01	2.42	2.90	*2	*17.4	*13.53	*0.79
999070 fresh grapes	8 oz	99	122	0.21	4	29.48	0.00	0.64	0.00	0	31.12	1.63	1.14	*N/A*	25.4	7.26	0.53
000673 fresh apple	1 ea	1	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

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
999124 sunbutter & jelly sandwich	1 ea	2	640	4.00	540	34.00	24.00	34.00	0.00	0	68.00	10.00	40.56	*N/A*	172.0	0.00	4.32
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			972	13.54	1622	50.56	*0.48	41.53	*0.37	83	119.94	11.25	34.50	*47	*612.3	*40.86	*3.34
% of Calories				12.54 %		20.81%	*0.20%	38.5%	*0.3%		49.4%		14.2%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

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)
990979 cheese pizza*	2 Slice	96	560	10.00	1140	6.00	2.00	22.00	0.00	50	62.00	6.00	30.00	*N/A*	620.0	*N/A*	3.20
000468 mixed greens salad	8 oz	100	9	0.02	16	0.49	*N/A*	0.13	0.00	0	1.73	1.07	0.82	*N/A*	25.8	5.42	0.62
000680 italian dressing	1 oz	100	135	2.00	33	*0.39	*0.39	13.91	*0.00	0	0.93	0.30	0.10	*0	*13.8	*0.36	*0.44
000033 cucumber coins	4 oz	100	11	0.03	1	1.22	0.00	0.08	0.00	0	2.66	0.37	0.48	0	11.7	2.05	0.20
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

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)	Vlt-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
999124 sunbutter & jelly sandwich	1 ea	2	640	4.00	540	34.00	24.00	34.00	0.00	0	68.00	10.00	40.56	*N/A*	172.0	0.00	4.32
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			906	11.91	1289	*40.05	*2.79	38.18	*0.00	59	104.41	12.15	40.04	*45	*970.8	*16.50	*4.73
% of Calories				11.83 %		*17.68 %	*1.23%	37.9%	*0.0%		46.1%		17.7%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

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)
000543 crispy chicken tender	1 ea	91	137	0.07	283	0.58	*0.00	0.87	*0.00	49	11.00	0.82	20.98	*0	38.9	2.66	1.26
990376 veggie chik'n nuggets*	5 ea	5	239	0.60	430	1.19	0.00	9.56	0.00	0	21.50	4.78	17.92	*N/A*	83.6	0.00	3.46
990076 whole grain waffles	2 ea	96	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
000005 braised collard greens	4 oz	100	67	0.30	126	*1.49	*1.08	2.12	*0.00	0	10.51	5.48	3.74	*0	*218.8	*52.56	*0.33
990693 sweet potato hash	4 oz	100	178	0.70	360	7.26	*0.00	4.66	0.00	0	31.72	5.06	2.79	*0	*50.4	*16.56	*1.12

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)
000604 hot sauce	1 ea	100	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
999100 syrup	1 ea	100	80	0.00	15	21.00	21.00	0.00	0.00	0	21.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
000812 orange wedges	6 ea	98	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
000673 fresh apple	1 ea	1	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
999124 sunbutter & jelly sandwich	1 ea	2	640	4.00	540	34.00	24.00	34.00	0.00	0	68.00	10.00	40.56	*N/A*	172.0	0.00	4.32
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			793	1.82	1236	*64.68	*24.48	14.27	*0.00	60	132.49	19.39	41.44	*45	*742.8	*168.62	*4.10
% of Calories				2.07%		*32.63 %	*12.35 %	16.2%	*0.0%		66.8%		20.9%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<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	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)
000065 turkey sloppy joe on a bun	1 ea	91	303	2.75	468	8.26	*6.67	10.53	*0.00	87	35.50	3.86	19.36	*0	*77.1	*3.42	*3.18
990666 lentil sloppy joe on a bun*	1 ea	5	327	0.91	1105	10.62	*4.16	4.80	0.00	0	59.53	7.76	14.43	*0	*43.6	*9.12	*4.27
000386 roasted red potatoes	4 oz	100	86	0.35	110	*0.01	*0.00	2.37	0.00	0	14.90	1.62	1.79	*0	*10.2	*7.93	*0.69
990202 roasted summer squash	4 oz	100	50	0.44	172	4.67	*0.00	2.47	0.00	0	6.17	1.76	1.91	*0	*32.9	*32.20	*0.72
000962 fresh watermelon	8 oz	100	121	0.06	4	25.11	0.00	0.61	0.00	0	30.58	1.62	2.47	*N/A*	28.4	32.80	0.97
000673 fresh apple	1 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
999124 sunbutter & jelly sandwich	1 ea	2	640	4.00	540	34.00	24.00	34.00	0.00	0	68.00	10.00	40.56	*N/A*	172.0	0.00	4.32
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			763	3.67	913	*70.03	*6.76	18.21	*0.00	91	126.50	13.54	34.35	*45	*468.0	*85.19	*5.88
% of Calories				4.33%		*36.71 %	*3.54%	21.5%	*0.0%		66.3%		18.0%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<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	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)
000668 sweet chili chicken	3 oz	91	163	0.59	310	10.02	*10.01	3.75	0.00	57	14.45	0.03	17.67	*N/A*	*11.8	*0.00	*0.54
990760 sweet chili tofu*	4 oz	5	211	0.48	325	12.00	12.00	8.50	0.00	0	21.69	2.95	11.74	*0	*200.8	*0.00	*2.42
990357 brown rice	8 oz	100	272	0.46	274	0.64	*0.00	5.26	0.00	0	48.78	3.81	6.68	*0	*8.9	*0.16	*1.50
000623 ginger soy broccoli	4 oz	100	64	0.42	401	2.03	*0.35	2.50	*0.00	0	8.51	2.67	3.58	*0	47.0	86.10	0.84
999148 steamed carrots	4 oz	100	46	0.04	77	5.27	*N/A*	0.27	0.00	0	10.65	3.11	1.03	*N/A*	36.7	6.56	0.33
000445 fresh peach	1 ea	99	58	0.03	0	12.58	0.00	0.38	0.00	0	14.31	2.25	1.36	*N/A*	9.0	9.90	0.38
000673 fresh apple	1 ea	1	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
999124 sunbutter & jelly sandwich	1 ea	2	640	4.00	540	34.00	24.00	34.00	0.00	0	68.00	10.00	40.56	*N/A*	172.0	0.00	4.32
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			718	1.73	1194	43.58	*10.54	14.87	*0.00	63	111.03	12.32	38.68	*45	*435.7	*103.01	*3.84
% of Calories				2.17%		24.28%	*5.87%	18.6%	*0.0%		61.9%		21.5%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

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			750 - 850	<10	<=1280		<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			750 - 850	<10	<=1280		<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)
000240 beef hot dog on a bun	1 ea	91	300	7.00	860	2.00	2.00	17.00	0.00	35	28.00	4.00	12.00	*N/A*	40.0	0.00	1.80
000409 veggie burger on a bun*	1 ea	5	360	1.50	680	3.00	2.00	14.00	0.00	0	36.00	6.00	26.00	*N/A*	90.0	0.00	7.24

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)
000047 steamed green beans	4 oz	100	52	0.36	96	*0.01	*0.00	2.41	0.00	0	6.19	2.06	1.46	*0	*33.9	*10.12	*0.69
000469 steamed corn	4 oz	100	88	0.34	96	2.06	*0.00	2.32	0.00	0	17.08	1.73	2.49	*0	*3.3	*5.28	*0.35
000556 ketchup	1 ea	96	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000557 mustard	1 ea	96	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	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
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
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
999124 sunbutter & jelly sandwich	1 ea	2	640	4.00	540	34.00	24.00	34.00	0.00	0	68.00	10.00	40.56	*N/A*	172.0	0.00	4.32
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			654	7.41	1321	*38.15	*4.32	23.84	0.00	43	92.04	12.38	26.01	*45	*402.5	*24.07	*3.43
% of Calories				10.20 %		*23.33 %	*2.64%	32.8%	0.0%		56.3%		15.9%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Thursday - 10/15/2026

Reimbursable Meal Total 100

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)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)
990402 turkey & bean chili	6 oz	91	157	1.52	234	3.19	*0.00	6.11	0.00	54	14.68	4.57	12.58	*0	*71.9	*8.32	*3.08
000725 veg out chili*	6 oz	5	192	0.31	587	4.81	*0.00	1.82	0.00	0	34.98	11.45	11.04	*0	*82.7	*14.36	*4.06
000851 cornbread muffin	1 ea	96	220	1.00	115	18.00	18.00	8.00	0.00	20	36.00	1.00	3.00	*N/A*	27.0	0.00	1.00
000386 roasted red potatoes	4 oz	100	86	0.35	110	*0.01	*0.00	2.37	0.00	0	14.90	1.62	1.79	*0	*10.2	*7.93	*0.69
001148 mixed greens salad	4 oz	100	5	0.01	8	0.25	*N/A*	0.06	0.00	0	0.86	0.54	0.41	*N/A*	12.9	2.71	0.31
000372 ranch dressing	1 oz	100	71	2.12	103	1.69	*0.83	6.48	0.00	11	1.90	0.06	0.71	*0	22.8	1.22	0.04
999070 fresh grapes	8 oz	99	122	0.21	4	29.48	0.00	0.64	0.00	0	31.12	1.63	1.14	*N/A*	25.4	7.26	0.53
000673 fresh apple	1 ea	1	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
999124 sunbutter & jelly sandwich	1 ea	2	640	4.00	540	34.00	24.00	34.00	0.00	0	68.00	10.00	40.56	*N/A*	172.0	0.00	4.32
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			765	5.27	720	*65.02	*18.59	25.51	0.00	90	112.83	9.84	28.30	*45	*480.0	*27.72	*5.70
% of Calories				6.20%		*34.00 %	*9.72%	30.0%	0.0%		59.0%		14.8%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

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)
990218 herb roasted chicken	3 oz	91	105	0.61	146	0.02	*0.00	3.79	*0.00	57	0.36	0.19	17.71	*0	*11.0	*0.41	*0.57
990376 veggie chik'n nuggets*	5 ea	5	239	0.60	430	1.19	0.00	9.56	0.00	0	21.50	4.78	17.92	*N/A*	83.6	0.00	3.46
990300 penne pasta with alfredo sauce	4 oz	96	160	2.59	241	1.23	*0.00	6.48	0.00	10	20.12	3.32	7.19	*0	*118.8	*0.00	*0.89
000004 roll	1 ea	96	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
000647 roasted broccoli	4 oz	100	55	0.43	126	1.65	*0.00	2.60	0.00	0	6.66	2.55	2.78	*0	*45.9	*86.10	*0.73
000028 roasted sweet potatoes	4 oz	100	161	0.66	104	12.82	8.62	4.53	0.00	0	28.86	3.03	1.60	*0	*38.1	*2.43	*0.68
000445 fresh peach	1 ea	99	58	0.03	0	12.58	0.00	0.38	0.00	0	14.31	2.25	1.36	*N/A*	9.0	9.90	0.38
000673 fresh apple	1 ea	1	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

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)
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
999124 sunbutter & jelly sandwich	1 ea	2	640	4.00	540	34.00	24.00	34.00	0.00	0	68.00	10.00	40.56	*N/A*	172.0	0.00	4.32
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			732	4.41	884	43.58	*11.02	21.25	*0.00	73	100.46	13.65	41.88	*45	*592.3	*99.09	*4.54
% of Calories				5.42%		23.81%	*6.02%	26.1%	*0.0%		54.9%		22.9%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Monday - 10/19/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)
000916 turkey meatball sub	1 ea	91	373	4.69	948	7.23	*3.26	15.66	0.00	55	38.00	4.59	24.16	*0	*238.0	*4.04	*3.22
000539 grilled cheese*	1 ea	5	342	9.11	665	6.00	0.00	16.17	0.00	40	32.00	4.00	20.18	*N/A*	533.1	*0.00	1.44
990779 lemon garlic kale salad	8 oz	100	182	2.54	268	0.67	*0.00	17.87	0.00	0	3.55	2.25	1.70	*0	*130.9	*48.82	*0.88
000466 steamed green peas	4 oz	100	94	0.38	196	4.73	*0.00	2.62	0.00	0	12.89	4.26	4.94	*0	*20.8	*17.03	*1.45
999070 fresh grapes	8 oz	99	122	0.21	4	29.48	0.00	0.64	0.00	0	31.12	1.63	1.14	*N/A*	25.4	7.26	0.53
000673 fresh apple	1 ea	1	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

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)
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
999124 sunbutter & jelly sandwich	1 ea	2	640	4.00	540	34.00	24.00	34.00	0.00	0	68.00	10.00	40.56	*N/A*	172.0	0.00	4.32
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			872	8.06	1506	54.94	*3.45	38.81	0.00	63	98.11	12.82	40.14	*45	*733.6	*77.09	*6.03
% of Calories				8.32%		25.20%	*1.58%	40.1%	0.0%		45.0%		18.4%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<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)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990979 cheese pizza*	2 slice	96	560	10.00	1140	6.00	2.00	22.00	0.00	50	62.00	6.00	30.00	*N/A*	620.0	*N/A*	3.20
990271 mediterranean chickpea salad	4 oz	100	122	0.42	338	3.52	*0.00	4.23	0.00	0	16.75	0.44	5.02	*0	*20.8	*12.13	*1.46
000468 mixed greens salad	8 oz	100	9	0.02	16	0.49	*N/A*	0.13	0.00	0	1.73	1.07	0.82	*N/A*	25.8	5.42	0.62
999136 tomato	2 ea	100	10	0.01	3	1.40	0.00	0.11	0.00	0	2.07	0.64	0.47	*N/A*	5.3	7.30	0.14
000109 balsamic dressing	1 oz	100	94	1.28	77	0.18	*0.18	8.96	0.00	0	1.98	0.01	0.07	*0	*0.4	*0.00	*0.01

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)
000812 orange wedges	6 ea	98	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
000673 fresh apple	1 ea	1	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
999124 sunbutter & jelly sandwich	1 ea	2	640	4.00	540	34.00	24.00	34.00	0.00	0	68.00	10.00	40.56	*N/A*	172.0	0.00	4.32
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			977	11.58	1671	41.87	*2.58	37.39	0.00	59	118.14	12.60	46.26	*45	*1033.4	*121.94	*5.67
% of Calories				10.67 %		17.14%	*1.06%	34.4%	0.0%		48.4%		18.9%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Wednesday - 10/21/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000609 pulled bbq chicken sandwich	1 ea	91	289	1.09	563	10.25	9.50	5.75	0.00	57	36.79	3.02	23.61	*0	*24.9	*0.00	*1.84

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)
000409 veggie burger on a bun*	1 ea	5	360	1.50	680	3.00	2.00	14.00	0.00	0	36.00	6.00	26.00	*N/A*	90.0	0.00	7.24
000469 steamed corn	4 oz	100	88	0.34	96	2.06	*0.00	2.32	0.00	0	17.08	1.73	2.49	*0	*3.3	*5.28	*0.35
000307 coleslaw	4 oz	100	78	1.17	78	2.98	*0.95	6.40	0.00	4	4.76	1.36	0.69	*0	22.8	13.78	0.24
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
999124 sunbutter & jelly sandwich	1 ea	2	640	4.00	540	34.00	24.00	34.00	0.00	0	68.00	10.00	40.56	*N/A*	172.0	0.00	4.32
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			660	2.85	866	46.70	*10.17	17.60	0.00	67	96.70	10.78	35.80	*45	*377.6	*27.73	*3.01
% of Calories				3.89%		28.30%	*6.16%	24.0%	0.0%		58.6%		21.7%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Thursday - 10/22/2026

Reimbursable Meal Total 100

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)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)
001044 beef bolognese	3 oz	91	251	5.74	398	4.24	*0.26	18.16	0.54	53	6.97	1.58	15.12	*0	*40.0	*4.00	*2.20
999139 lentil bolognese*	6 oz	5	205	0.34	733	8.86	*0.46	2.35	0.00	0	36.31	6.55	12.49	*0	*49.3	*4.29	*2.88
000521 whole grain penne pasta	4 oz	96	106	0.32	98	0.47	*0.00	2.95	0.00	0	18.37	3.30	3.77	*0	*14.0	*0.00	*0.85
990536 garlic breadstick	1 ea	100	100	0.50	95	1.00	0.00	3.50	0.00	0	15.00	1.00	1.00	*N/A*	0.0	*N/A*	0.90
000047 steamed green beans	4 oz	100	52	0.36	96	*0.01	*0.00	2.41	0.00	0	6.19	2.06	1.46	*0	*33.9	*10.12	*0.69
990202 roasted summer squash	4 oz	100	50	0.44	172	4.67	*0.00	2.47	0.00	0	6.17	1.76	1.91	*0	*32.9	*32.20	*0.72
000962 fresh watermelon	8 oz	99	121	0.06	4	25.11	0.00	0.61	0.00	0	30.58	1.62	2.47	*N/A*	28.4	32.80	0.97
000673 fresh apple	1 ea	1	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
999124 sunbutter & jelly sandwich	1 ea	2	640	4.00	540	34.00	24.00	34.00	0.00	0	68.00	10.00	40.56	*N/A*	172.0	0.00	4.32
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	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)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			781	7.12	1004	*48.76	*0.74	31.08	0.49	59	98.11	11.67	34.19	*45	*460.6	*79.05	*6.41
% of Calories				8.20%		*24.97 %	*0.38%	35.8%	0.6%		50.2%		17.5%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<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)
000467 orange glazed chicken	3 oz	91	203	0.84	321	18.40	*10.27	5.44	0.00	57	20.42	0.21	18.37	*0	*23.1	*24.24	*0.47
990641 orange glazed tofu*	4 oz	5	242	0.72	332	18.39	*10.27	10.18	0.00	0	25.06	3.11	12.70	*0	*209.9	*24.21	*2.30
990357 brown rice	8 oz	96	272	0.46	274	0.64	*0.00	5.26	0.00	0	48.78	3.81	6.68	*0	*8.9	*0.16	*1.50
999156 steamed broccoli	4 oz	100	33	0.11	32	1.64	*N/A*	0.36	0.00	0	6.41	2.51	2.72	*N/A*	45.4	86.09	0.70
999148 steamed carrots	4 oz	100	46	0.04	77	5.27	*N/A*	0.27	0.00	0	10.65	3.11	1.03	*N/A*	36.7	6.56	0.33
000445 fresh peach	1 ea	99	58	0.03	0	12.58	0.00	0.38	0.00	0	14.31	2.25	1.36	*N/A*	9.0	9.90	0.38
000673 fresh apple	1 ea	1	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

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)
999124 sunbutter & jelly sandwich	1 ea	2	640	4.00	540	34.00	24.00	34.00	0.00	0	68.00	10.00	40.56	*N/A*	172.0	0.00	4.32
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			714	1.63	824	51.11	*10.34	14.13	0.00	63	112.58	12.17	38.24	*45	*444.5	*126.25	*3.56
% of Calories				2.05%		28.63%	*5.79%	17.8%	0.0%		63.1%		21.4%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Monday - 10/26/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991027 baja fish tacos	2 ea	91	301	3.14	420	*2.07	*0.00	9.19	*0.00	64	28.54	4.48	23.02	*30	*105.6	*1.38	*0.73
990806 baja cream sauce	1 oz	91	52	2.86	78	1.14	*0.00	4.12	0.00	16	1.26	0.07	1.08	*0	33.4	2.14	0.06
990674 cheese quesadilla*	2 ea	5	394	13.93	631	1.93	0.00	22.83	0.00	50	29.03	3.86	15.86	*N/A*	477.2	0.00	0.00
000469 steamed corn	4 oz	100	88	0.34	96	2.06	*0.00	2.32	0.00	0	17.08	1.73	2.49	*0	*3.3	*5.28	*0.35
000924 tangy cilantro-lime slaw	4 oz	100	54	0.38	126	3.72	*0.70	2.68	0.00	0	7.09	2.08	1.06	*0	*35.6	*22.21	*0.53
999070 fresh grapes	8 oz	99	122	0.21	4	29.48	0.00	0.64	0.00	0	31.12	1.63	1.14	*N/A*	25.4	7.26	0.53
000673 fresh apple	1 ea	1	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

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)
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
999124 sunbutter & jelly sandwich	1 ea	2	640	4.00	540	34.00	24.00	34.00	0.00	0	68.00	10.00	40.56	*N/A*	172.0	0.00	4.32
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			722	7.30	854	*51.45	*1.18	21.51	*0.00	87	98.24	10.08	36.78	*72	*527.8	*38.26	*2.30
% of Calories				9.10%		*28.50 %	*0.65%	26.8%	*0.0%		54.4%		20.4%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Tuesday - 10/27/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000235 beef burger on a bun	1 ea	91	339	4.70	332	2.04	*2.00	12.69	0.34	80	27.53	3.15	29.79	*0	33.6	0.05	3.97
000409 veggie burger on a bun*	1 ea	5	360	1.50	680	3.00	2.00	14.00	0.00	0	36.00	6.00	26.00	*N/A*	90.0	0.00	7.24
000556 ketchup	1 ea	96	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000557 mustard	1 ea	96	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000386 roasted red potatoes	4 oz	100	86	0.35	110	*0.01	*0.00	2.37	0.00	0	14.90	1.62	1.79	*0	*10.2	*7.93	*0.69

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)
000134 cucumber salad	4 oz	100	59	0.68	96	*1.77	*0.00	4.59	*0.00	0	4.01	0.66	0.68	*0	*18.1	*2.83	*0.36
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
999124 sunbutter & jelly sandwich	1 ea	2	640	4.00	540	34.00	24.00	34.00	0.00	0	68.00	10.00	40.56	*N/A*	172.0	0.00	4.32
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			694	5.65	855	*37.89	*4.32	22.15	*0.31	84	87.26	10.08	40.72	*45	*387.6	*19.48	*5.42
% of Calories				7.33%		*21.84 %	*2.49%	28.7%	*0.4%		50.3%		23.5%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001193 bbq chicken drum	2 ea	91	571	6.89	817	22.00	*20.00	25.79	0.13	258	26.31	0.00	50.68	*N/A*	26.4	*0.00	2.31
990376 veggie chik'n nuggets*	5 ea	5	239	0.60	430	1.19	0.00	9.56	0.00	0	21.50	4.78	17.92	*N/A*	83.6	0.00	3.46

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)
000851 cornbread muffin	1 ea	96	220	1.00	115	18.00	18.00	8.00	0.00	20	36.00	1.00	3.00	*N/A*	27.0	0.00	1.00
990202 roasted summer squash	4 oz	100	50	0.44	172	4.67	*0.00	2.47	0.00	0	6.17	1.76	1.91	*0	*32.9	*32.20	*0.72
990839 sweet potato wedges	4 oz	100	147	0.45	199	5.80	*0.00	3.04	0.00	0	28.05	4.24	2.24	*0	*42.5	*3.32	*0.90
000556 ketchup	1 ea	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000812 orange wedges	6 ea	98	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
001063 mandarin oranges	4 oz	1	43	0.00	5	9.29	0.00	0.05	0.00	0	10.60	1.37	0.85	*N/A*	13.7	38.21	0.30
000673 fresh apple	1 ea	1	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
999124 sunbutter & jelly sandwich	1 ea	2	640	4.00	540	34.00	24.00	34.00	0.00	0	68.00	10.00	40.56	*N/A*	172.0	0.00	4.32
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			1155	8.39	1480	80.25	*37.96	39.99	0.12	265	131.78	11.86	65.12	*45	*515.3	*132.23	*5.21
% of Calories				6.54%		27.79%	*13.15 %	31.2%	0.1%		45.6%		22.6%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

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			750 - 850	<10	<=1280		<10										

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			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)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages		807	6.40	1129	*51.71	*9.60	26.06	*0.08	89	108.05	12.23	40.37	*48	*569.2	*74.06	*4.53
% of Calories			7.14%		*25.63 %	*4.76%	29.1%	*0.1%		53.6%		20.0%				

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*
** - denotes combined nutrient totals with either missing or incomplete nutrient data*
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.



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