



SERVING AWARD-WINNING FOOD THAT KIDS LOVE.

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October Salad Bar Lunch Menu

DC PUBLIC SCHOOLS | 9-12

All grains served are whole grain rich

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

Menu subject to change based on availability

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

Fresh fruit is provided with lunch daily.
Mon - grapes; Tues - apple; Wed - orange;
Thurs - pear; Fri - cantaloupe

9/28 - 10/02 & 10/26 & 10/30 TACO SALAD

+ pick your base

- romaine lettuce

+pick your protein

- cumin lime chicken
- black beans

+pick your toppings

- cherry tomatoes
- corn
- red onion
- shredded cheddar cheese
- corn tortilla chips
- whole grain roll

+add your dressing

- honey lime dressing

10/05 - 10/09 SWEET CHILI

+ pick your base

- mixed greens salad

+pick your protein

- sweet chili chicken
- sweet chili tofu

+pick your toppings

- edamame
- diced cucumbers
- shredded carrots
- corn
- shredded purple cabbage
- whole grain roll

+add your dressing

- soy citrus dressing

10/14 - 10/16 CHEF SALAD

+ pick your base

- mixed greens salad

+pick your protein

- diced turkey ham
- hard-boiled egg
- chickpeas

+pick your toppings

- sliced tomatoes
- cucumber coins
- corn
- shredded cheddar cheese
- whole grain croutons
- whole grain roll

+add your dressing

- honey mustard dressing

10/19 - 10/23 BBQ SALAD

+ pick your base

- romaine

+pick your protein

- bbq chicken
- chickpeas

+pick your toppings

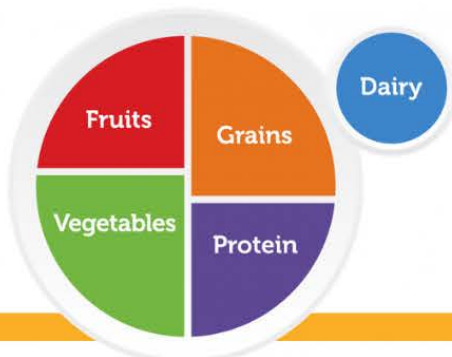
- red onion
- red pepper strips
- corn
- shredded cheddar cheese
- whole grain croutons

+add your dressing

- ranch dressing

CREATING A BALANCED MEAL!

For a balanced meal, remember to
pick at least 3 of the 5 food groups
from my plate!



Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

Menu Name:	DCPS Lunch 9-12 Salad Bar	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)	Calcmm (mg)	Vit-C (mg)	Iron (mg)
001037 cumin lime chicken	3 oz	75	190	1.77	359	0.11	*0.00	12.07	0.00	57	2.24	0.58	18.21	*0	*19.8	*0.83	*1.30
990252 black beans	4 oz	75	74	0.07	95	0.81	*N/A*	0.24	0.00	0	13.47	5.63	4.90	*N/A*	28.5	2.17	1.54
000188 romaine salad	8 oz	75	10	0.02	5	0.69	0.00	0.17	0.00	0	1.91	1.22	0.71	0	19.1	2.32	0.56
990250 cherry tomatoes	2 oz	75	3	0.00	1	0.43	0.00	0.03	0.00	0	0.64	0.20	0.14	*N/A*	1.6	2.24	0.04
001157 corn	2 oz	75	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
001013 red onion	2 oz	75	20	0.02	2	2.81	0.00	0.05	0.00	0	4.55	0.83	0.54	0	11.2	3.61	0.10
001087 corn tortilla chips	10 ea	100	142	1.01	116	0.00	0.00	6.08	0.00	0	20.25	2.02	2.02	*N/A*	20.2	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
001038 honey lime dressing	1 oz	75	221	3.49	215	1.90	*1.81	23.24	0.00	12	3.10	0.39	0.31	*0	8.0	0.77	0.38
990403 shredded cheddar cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
999070 fresh grapes	8 oz	100	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
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			898	7.53	944	49.79	*3.36	39.84	0.00	71	105.94	12.93	36.11	*45	*551.5	*18.47	*4.74
% of Calories				7.55%		22.18%	*1.50%	39.9%	0.0%		47.2%		16.1%				
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)
001037 cumin lime chicken	3 oz	75	190	1.77	359	0.11	*0.00	12.07	0.00	57	2.24	0.58	18.21	*0	*19.8	*0.83	*1.30
990252 black beans	4 oz	75	74	0.07	95	0.81	*N/A*	0.24	0.00	0	13.47	5.63	4.90	*N/A*	28.5	2.17	1.54
000188 romaine salad	8 oz	75	10	0.02	5	0.69	0.00	0.17	0.00	0	1.91	1.22	0.71	0	19.1	2.32	0.56
990250 cherry tomatoes	2 oz	75	3	0.00	1	0.43	0.00	0.03	0.00	0	0.64	0.20	0.14	*N/A*	1.6	2.24	0.04
001157 corn	2 oz	75	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
001013 red onion	2 oz	75	20	0.02	2	2.81	0.00	0.05	0.00	0	4.55	0.83	0.54	0	11.2	3.61	0.10
001087 corn tortilla chips	10 ea	100	142	1.01	116	0.00	0.00	6.08	0.00	0	20.25	2.02	2.02	*N/A*	20.2	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
001038 honey lime dressing	1 oz	75	221	3.49	215	1.90	*1.81	23.24	0.00	12	3.10	0.39	0.31	*0	8.0	0.77	0.38
990403 shredded cheddar cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	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

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)
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			871	7.38	942	39.21	*3.36	39.51	0.00	71	99.96	15.67	35.44	*45	*537.1	*19.59	*4.43
% of Calories				7.63%		18.01%	*1.54%	40.8%	0.0%		45.9%		16.3%				
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)
001037 cumin lime chicken	3 oz	75	190	1.77	359	0.11	*0.00	12.07	0.00	57	2.24	0.58	18.21	*0	*19.8	*0.83	*1.30
990252 black beans	4 oz	75	74	0.07	95	0.81	*N/A*	0.24	0.00	0	13.47	5.63	4.90	*N/A*	28.5	2.17	1.54
000188 romaine salad	8 oz	75	10	0.02	5	0.69	0.00	0.17	0.00	0	1.91	1.22	0.71	0	19.1	2.32	0.56
990250 cherry tomatoes	2 oz	75	3	0.00	1	0.43	0.00	0.03	0.00	0	0.64	0.20	0.14	*N/A*	1.6	2.24	0.04
001157 corn	2 oz	75	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
001013 red onion	2 oz	75	20	0.02	2	2.81	0.00	0.05	0.00	0	4.55	0.83	0.54	0	11.2	3.61	0.10
001087 corn tortilla chips	10 ea	100	142	1.01	116	0.00	0.00	6.08	0.00	0	20.25	2.02	2.02	*N/A*	20.2	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

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)
001038 honey lime dressing	1 oz	75	221	3.49	215	1.90	*1.81	23.24	0.00	12	3.10	0.39	0.31	*0	8.0	0.77	0.38
990403 shredded cheddar cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
000812 orange wedges	6 ea	100	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
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			863	7.35	940	37.51	*3.36	39.42	0.00	71	96.44	15.72	36.69	*45	*599.7	*109.10	*4.40
% of Calories				7.67%		17.39%	*1.56%	41.1%	0.0%		44.7%		17.0%				
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)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001037 cumin lime chicken	3 oz	75	190	1.77	359	0.11	*0.00	12.07	0.00	57	2.24	0.58	18.21	*0	*19.8	*0.83	*1.30
990252 black beans	4 oz	75	74	0.07	95	0.81	*N/A*	0.24	0.00	0	13.47	5.63	4.90	*N/A*	28.5	2.17	1.54
000188 romaine salad	8 oz	75	10	0.02	5	0.69	0.00	0.17	0.00	0	1.91	1.22	0.71	0	19.1	2.32	0.56
990250 cherry tomatoes	2 oz	75	3	0.00	1	0.43	0.00	0.03	0.00	0	0.64	0.20	0.14	*N/A*	1.6	2.24	0.04
001157 corn	2 oz	75	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17

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)
001013 red onion	2 oz	75	20	0.02	2	2.81	0.00	0.05	0.00	0	4.55	0.83	0.54	0	11.2	3.61	0.10
001087 corn tortilla chips	10 ea	100	142	1.01	116	0.00	0.00	6.08	0.00	0	20.25	2.02	2.02	*N/A*	20.2	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
001038 honey lime dressing	1 oz	75	221	3.49	215	1.90	*1.81	23.24	0.00	12	3.10	0.39	0.31	*0	8.0	0.77	0.38
990403 shredded cheddar cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
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
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			898	7.39	944	45.41	*3.36	39.81	0.00	71	105.40	12.92	37.43	*45	*554.5	*44.02	*5.19
% of Calories				7.41%		20.23%	*1.50%	39.9%	0.0%		46.9%		16.7%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Friday - 10/02/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001037 cumin lime chicken	3 oz	75	190	1.77	359	0.11	*0.00	12.07	0.00	57	2.24	0.58	18.21	*0	*19.8	*0.83	*1.30
990252 black beans	4 oz	75	74	0.07	95	0.81	*N/A*	0.24	0.00	0	13.47	5.63	4.90	*N/A*	28.5	2.17	1.54

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)
000188 romaine salad	8 oz	75	10	0.02	5	0.69	0.00	0.17	0.00	0	1.91	1.22	0.71	0	19.1	2.32	0.56
990250 cherry tomatoes	2 oz	75	3	0.00	1	0.43	0.00	0.03	0.00	0	0.64	0.20	0.14	*N/A*	1.6	2.24	0.04
001157 corn	2 oz	75	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
001013 red onion	2 oz	75	20	0.02	2	2.81	0.00	0.05	0.00	0	4.55	0.83	0.54	0	11.2	3.61	0.10
001087 corn tortilla chips	10 ea	100	142	1.01	116	0.00	0.00	6.08	0.00	0	20.25	2.02	2.02	*N/A*	20.2	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
001038 honey lime dressing	1 oz	75	221	3.49	215	1.90	*1.81	23.24	0.00	12	3.10	0.39	0.31	*0	8.0	0.77	0.38
990403 shredded cheddar cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
000445 fresh peach	1 ea	100	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	50	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
Weighted Daily Average			882	7.38	941	42.34	*3.36	39.73	0.00	71	101.70	15.74	36.57	*45	*540.6	*25.30	*4.70
% of Calories				7.53%		19.20%	*1.52%	40.5%	0.0%		46.1%		16.6%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<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	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	95	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
990258 edamame	4 oz	100	103	0.53	192	1.85	0.00	4.41	0.01	0	7.56	4.41	10.10	*0	53.4	5.17	1.92
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
001093 cucumber coins	2 oz	100	5	0.01	1	0.61	0.00	0.04	0.00	0	1.33	0.18	0.24	0	5.9	1.02	0.10
990620 corn	4 oz	100	72	0.10	2	2.04	*N/A*	0.64	0.00	0	16.91	1.72	2.47	*N/A*	3.3	5.22	0.34
990211 shredded carrots	2 oz	100	9	0.00	16	1.07	0.00	0.00	0.00	0	2.15	0.54	0.27	*N/A*	*N/A*	*N/A*	*N/A*
990432 shredded purple cabbage	2 oz	100	6	0.00	5	0.71	*N/A*	0.03	0.00	0	1.36	0.39	0.26	*N/A*	8.3	10.51	0.15
000559 soy citrus dressing	1 oz	100	66	0.73	307	2.72	*N/A*	5.07	*0.00	0	3.80	0.04	0.50	*N/A*	*0.6	*0.90	*0.04
990789 whole grain roll	2 ea	100	160	0.00	260	4.00	4.00	2.00	0.00	0	32.00	4.00	6.00	*N/A*	120.0	0.00	2.16
999070 fresh grapes	8 oz	100	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
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
Weighted Daily Average			817	2.18	1228	65.57	*14.11	18.60	*0.01	64	125.19	14.16	47.32	*45	*567.3	*35.82	*6.56
% of Calories				2.40%		32.10%	*6.91%	20.5%	*0.0%		61.3%		23.2%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Sep 28, 2026 thru Oct 30, 2026

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000668 sweet chili chicken	3 oz	95	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
990258 edamame	4 oz	100	103	0.53	192	1.85	0.00	4.41	0.01	0	7.56	4.41	10.10	*0	53.4	5.17	1.92
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
001093 cucumber coins	2 oz	100	5	0.01	1	0.61	0.00	0.04	0.00	0	1.33	0.18	0.24	0	5.9	1.02	0.10
990620 corn	4 oz	100	72	0.10	2	2.04	*N/A*	0.64	0.00	0	16.91	1.72	2.47	*N/A*	3.3	5.22	0.34
990211 shredded carrots	2 oz	100	9	0.00	16	1.07	0.00	0.00	0.00	0	2.15	0.54	0.27	*N/A*	*N/A*	*N/A*	*N/A*
990432 shredded purple cabbage	2 oz	100	6	0.00	5	0.71	*N/A*	0.03	0.00	0	1.36	0.39	0.26	*N/A*	8.3	10.51	0.15
000559 soy citrus dressing	1 oz	100	66	0.73	307	2.72	*N/A*	5.07	*0.00	0	3.80	0.04	0.50	*N/A*	*0.6	*0.90	*0.04
990789 whole grain roll	2 ea	100	160	0.00	260	4.00	4.00	2.00	0.00	0	32.00	4.00	6.00	*N/A*	120.0	0.00	2.16
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

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			790	2.03	1227	54.99	*14.11	18.27	*0.01	64	119.21	16.89	46.65	*45	*552.9	*36.93	*6.25
% of Calories				2.31%		27.84%	*7.14%	20.8%	*0.0%		60.4%		23.6%				
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)
000668 sweet chili chicken	3 oz	95	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
990258 edamame	4 oz	100	103	0.53	192	1.85	0.00	4.41	0.01	0	7.56	4.41	10.10	*0	53.4	5.17	1.92
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
001093 cucumber coins	2 oz	100	5	0.01	1	0.61	0.00	0.04	0.00	0	1.33	0.18	0.24	0	5.9	1.02	0.10
990620 corn	4 oz	100	72	0.10	2	2.04	*N/A*	0.64	0.00	0	16.91	1.72	2.47	*N/A*	3.3	5.22	0.34
990211 shredded carrots	2 oz	100	9	0.00	16	1.07	0.00	0.00	0.00	0	2.15	0.54	0.27	*N/A*	*N/A*	*N/A*	*N/A*
990432 shredded purple cabbage	2 oz	100	6	0.00	5	0.71	*N/A*	0.03	0.00	0	1.36	0.39	0.26	*N/A*	8.3	10.51	0.15
000559 soy citrus dressing	1 oz	100	66	0.73	307	2.72	*N/A*	5.07	*0.00	0	3.80	0.04	0.50	*N/A*	*0.6	*0.90	*0.04
990789 whole grain roll	2 ea	100	160	0.00	260	4.00	4.00	2.00	0.00	0	32.00	4.00	6.00	*N/A*	120.0	0.00	2.16
000812 orange wedges	6 ea	100	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

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)
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			782	2.00	1225	53.29	*14.11	18.19	*0.01	64	115.69	16.94	47.91	*45	*615.5	*126.45	*6.22
% of Calories				2.30%		27.26%	*7.22%	20.9%	*0.0%		59.2%		24.5%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Thursday - 10/08/2026

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)
000668 sweet chili chicken	3 oz	95	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
990258 edamame	4 oz	100	103	0.53	192	1.85	0.00	4.41	0.01	0	7.56	4.41	10.10	*0	53.4	5.17	1.92
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
001093 cucumber coins	2 oz	100	5	0.01	1	0.61	0.00	0.04	0.00	0	1.33	0.18	0.24	0	5.9	1.02	0.10
990620 corn	4 oz	100	72	0.10	2	2.04	*N/A*	0.64	0.00	0	16.91	1.72	2.47	*N/A*	3.3	5.22	0.34
990211 shredded carrots	2 oz	100	9	0.00	16	1.07	0.00	0.00	0.00	0	2.15	0.54	0.27	*N/A*	*N/A*	*N/A*	*N/A*
990432 shredded purple cabbage	2 oz	100	6	0.00	5	0.71	*N/A*	0.03	0.00	0	1.36	0.39	0.26	*N/A*	8.3	10.51	0.15

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)
000559 soy citrus dressing	1 oz	100	66	0.73	307	2.72	*N/A*	5.07	*0.00	0	3.80	0.04	0.50	*N/A*	*0.6	*0.90	*0.04
990789 whole grain roll	2 ea	100	160	0.00	260	4.00	4.00	2.00	0.00	0	32.00	4.00	6.00	*N/A*	120.0	0.00	2.16
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
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			817	2.04	1229	61.19	*14.11	18.57	*0.01	64	124.65	14.14	48.65	*45	*570.3	*61.37	*7.01
% of Calories				2.25%		29.96%	*6.91%	20.5%	*0.0%		61.0%		23.8%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Friday - 10/09/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000668 sweet chili chicken	3 oz	95	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
990258 edamame	4 oz	100	103	0.53	192	1.85	0.00	4.41	0.01	0	7.56	4.41	10.10	*0	53.4	5.17	1.92
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
001093 cucumber coins	2 oz	100	5	0.01	1	0.61	0.00	0.04	0.00	0	1.33	0.18	0.24	0	5.9	1.02	0.10

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)
990620 corn	4 oz	100	72	0.10	2	2.04	*N/A*	0.64	0.00	0	16.91	1.72	2.47	*N/A*	3.3	5.22	0.34
990211 shredded carrots	2 oz	100	9	0.00	16	1.07	0.00	0.00	0.00	0	2.15	0.54	0.27	*N/A*	*N/A*	*N/A*	*N/A*
990432 shredded purple cabbage	2 oz	100	6	0.00	5	0.71	*N/A*	0.03	0.00	0	1.36	0.39	0.26	*N/A*	8.3	10.51	0.15
000559 soy citrus dressing	1 oz	100	66	0.73	307	2.72	*N/A*	5.07	*0.00	0	3.80	0.04	0.50	*N/A*	*0.6	*0.90	*0.04
990789 whole grain roll	2 ea	100	160	0.00	260	4.00	4.00	2.00	0.00	0	32.00	4.00	6.00	*N/A*	120.0	0.00	2.16
000445 fresh peach	1 ea	100	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	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			848	2.06	1227	67.58	*14.11	18.65	*0.01	64	133.52	19.14	48.02	*45	*561.9	*46.83	*6.63
% of Calories				2.19%		31.88%	*6.66%	19.8%	*0.0%		63.0%		22.7%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Monday - 10/12/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000562 diced turkey ham	2 oz	50	55	1.09	262	0.00	0.00	3.28	0.00	33	0.00	0.00	7.65	*N/A*	0.0	0.00	0.44

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)
990332 herb roasted chicken	2 oz	50	66	0.38	92	0.01	*0.00	2.37	*0.00	36	0.21	0.11	11.06	*0	*6.3	*0.24	*0.32
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
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
001020 chickpeas	2 oz	40	86	0.24	264	2.18	0.00	2.77	0.00	0	11.99	0.00	3.82	*0	*13.6	*0.00	*1.09
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
001093 cucumber coins	2 oz	100	5	0.01	1	0.61	0.00	0.04	0.00	0	1.33	0.18	0.24	0	5.9	1.02	0.10
001157 corn	2 oz	100	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	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
990044 honey mustard dressing	1 oz	100	160	2.41	127	4.04	*4.04	16.05	0.00	8	4.05	0.01	0.02	*N/A*	1.4	0.02	0.04
990403 shredded cheddar cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
999070 fresh grapes	8 oz	100	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
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			872	7.35	1071	52.93	*6.04	40.39	*0.00	239	99.19	10.50	38.23	*45	*536.2	*24.07	*4.12
% of Calories				7.59%		24.28%	*2.77%	41.7%	*0.0%		45.5%		17.5%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Tuesday - 10/13/2026

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)
000562 diced turkey ham	2 oz	50	55	1.09	262	0.00	0.00	3.28	0.00	33	0.00	0.00	7.65	*N/A*	0.0	0.00	0.44
990332 herb roasted chicken	2 oz	50	66	0.38	92	0.01	*0.00	2.37	*0.00	36	0.21	0.11	11.06	*0	*6.3	*0.24	*0.32
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
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
001020 chickpeas	2 oz	40	86	0.24	264	2.18	0.00	2.77	0.00	0	11.99	0.00	3.82	*0	*13.6	*0.00	*1.09
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
001093 cucumber coins	2 oz	100	5	0.01	1	0.61	0.00	0.04	0.00	0	1.33	0.18	0.24	0	5.9	1.02	0.10
001157 corn	2 oz	100	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	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
990044 honey mustard dressing	1 oz	100	160	2.41	127	4.04	*4.04	16.05	0.00	8	4.05	0.01	0.02	*N/A*	1.4	0.02	0.04

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)
990403 shredded cheddar cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	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
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			845	7.19	1069	42.36	*6.04	40.06	*0.00	239	93.21	13.24	37.56	*45	*521.7	*25.18	*3.81
% of Calories				7.66%		20.05%	*2.86%	42.7%	*0.0%		44.1%		17.8%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Wednesday - 10/14/2026

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)
000562 diced turkey ham	2 oz	50	55	1.09	262	0.00	0.00	3.28	0.00	33	0.00	0.00	7.65	*N/A*	0.0	0.00	0.44
990332 herb roasted chicken	2 oz	50	66	0.38	92	0.01	*0.00	2.37	*0.00	36	0.21	0.11	11.06	*0	*6.3	*0.24	*0.32
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
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
001020 chickpeas	2 oz	40	86	0.24	264	2.18	0.00	2.77	0.00	0	11.99	0.00	3.82	*0	*13.6	*0.00	*1.09
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

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)
001093 cucumber coins	2 oz	100	5	0.01	1	0.61	0.00	0.04	0.00	0	1.33	0.18	0.24	0	5.9	1.02	0.10
001157 corn	2 oz	100	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	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
990044 honey mustard dressing	1 oz	100	160	2.41	127	4.04	*4.04	16.05	0.00	8	4.05	0.01	0.02	*N/A*	1.4	0.02	0.04
990403 shredded cheddar cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
000812 orange wedges	6 ea	100	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
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			837	7.17	1067	40.65	*6.04	39.97	*0.00	239	89.69	13.28	38.82	*45	*584.4	*114.70	*3.78
% of Calories				7.71%		19.43%	*2.89%	43.0%	*0.0%		42.9%		18.6%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<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)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000562 diced turkey ham	2 oz	50	55	1.09	262	0.00	0.00	3.28	0.00	33	0.00	0.00	7.65	*N/A*	0.0	0.00	0.44

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)
990332 herb roasted chicken	2 oz	50	66	0.38	92	0.01	*0.00	2.37	*0.00	36	0.21	0.11	11.06	*0	*6.3	*0.24	*0.32
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
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
001020 chickpeas	2 oz	40	86	0.24	264	2.18	0.00	2.77	0.00	0	11.99	0.00	3.82	*0	*13.6	*0.00	*1.09
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
001093 cucumber coins	2 oz	100	5	0.01	1	0.61	0.00	0.04	0.00	0	1.33	0.18	0.24	0	5.9	1.02	0.10
001157 corn	2 oz	100	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	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
990044 honey mustard dressing	1 oz	100	160	2.41	127	4.04	*4.04	16.05	0.00	8	4.05	0.01	0.02	*N/A*	1.4	0.02	0.04
990403 shredded cheddar cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
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
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			872	7.20	1071	48.56	*6.04	40.36	*0.00	239	98.65	10.49	39.56	*45	*539.1	*49.62	*4.57
% of Calories				7.43%		22.28%	*2.77%	41.7%	*0.0%		45.3%		18.1%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<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)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000562 diced turkey ham	2 oz	50	55	1.09	262	0.00	0.00	3.28	0.00	33	0.00	0.00	7.65	*N/A*	0.0	0.00	0.44
990332 herb roasted chicken	2 oz	50	66	0.38	92	0.01	*0.00	2.37	*0.00	36	0.21	0.11	11.06	*0	*6.3	*0.24	*0.32
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
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
001020 chickpeas	2 oz	40	86	0.24	264	2.18	0.00	2.77	0.00	0	11.99	0.00	3.82	*0	*13.6	*0.00	*1.09
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
001093 cucumber coins	2 oz	100	5	0.01	1	0.61	0.00	0.04	0.00	0	1.33	0.18	0.24	0	5.9	1.02	0.10
001157 corn	2 oz	100	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	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
990044 honey mustard dressing	1 oz	100	160	2.41	127	4.04	*4.04	16.05	0.00	8	4.05	0.01	0.02	*N/A*	1.4	0.02	0.04

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)
990403 shredded cheddar cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
000445 fresh peach	1 ea	100	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	50	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			857	7.19	1068	45.49	*6.04	40.28	*0.00	239	94.95	13.30	38.69	*45	*525.2	*30.90	*4.08
% of Calories				7.55%		21.23%	*2.82%	42.3%	*0.0%		44.3%		18.1%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<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)
990404 bbq chicken	3 oz	75	143	0.27	312	11.00	10.00	1.51	0.00	57	13.00	0.00	17.60	*N/A*	5.1	*0.00	0.43
001020 chickpeas	2 oz	75	86	0.24	264	2.18	0.00	2.77	0.00	0	11.99	0.00	3.82	*0	*13.6	*0.00	*1.09
000188 romaine salad	8 oz	75	10	0.02	5	0.69	0.00	0.17	0.00	0	1.91	1.22	0.71	0	19.1	2.32	0.56
001013 red onion	2 oz	75	20	0.02	2	2.81	0.00	0.05	0.00	0	4.55	0.83	0.54	0	11.2	3.61	0.10
990349 red pepper strips	2 oz	75	8	0.02	1	1.31	*N/A*	0.09	0.00	0	1.88	0.66	0.31	*N/A*	2.2	39.82	0.13

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)
001157 corn	2 oz	75	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	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
990044 honey mustard dressing	1 oz	100	160	2.41	127	4.04	*4.04	16.05	0.00	8	4.05	0.01	0.02	*N/A*	1.4	0.02	0.04
990403 shredded cheddar cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
999070 fresh grapes	8 oz	100	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
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			871	5.33	1148	62.25	*13.54	34.51	0.00	70	111.51	10.36	36.77	*45	*504.9	*43.85	*3.57
% of Calories				5.51%		28.59%	*6.22%	35.7%	0.0%		51.2%		16.9%				
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)
990404 bbq chicken	3 oz	75	143	0.27	312	11.00	10.00	1.51	0.00	57	13.00	0.00	17.60	*N/A*	5.1	*0.00	0.43
001020 chickpeas	2 oz	75	86	0.24	264	2.18	0.00	2.77	0.00	0	11.99	0.00	3.82	*0	*13.6	*0.00	*1.09

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)
000188 romaine salad	8 oz	75	10	0.02	5	0.69	0.00	0.17	0.00	0	1.91	1.22	0.71	0	19.1	2.32	0.56
001013 red onion	2 oz	75	20	0.02	2	2.81	0.00	0.05	0.00	0	4.55	0.83	0.54	0	11.2	3.61	0.10
990349 red pepper strips	2 oz	75	8	0.02	1	1.31	*N/A*	0.09	0.00	0	1.88	0.66	0.31	*N/A*	2.2	39.82	0.13
001157 corn	2 oz	75	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	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
990044 honey mustard dressing	1 oz	100	160	2.41	127	4.04	*4.04	16.05	0.00	8	4.05	0.01	0.02	*N/A*	1.4	0.02	0.04
990403 shredded cheddar cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	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
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			844	5.18	1146	51.68	*13.54	34.18	0.00	70	105.53	13.10	36.10	*45	*490.4	*44.97	*3.26
% of Calories				5.52%		24.49%	*6.42%	36.4%	0.0%		50.0%		17.1%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Wednesday - 10/21/2026

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)
990404 bbq chicken	3 oz	75	143	0.27	312	11.00	10.00	1.51	0.00	57	13.00	0.00	17.60	*N/A*	5.1	*0.00	0.43
001020 chickpeas	2 oz	75	86	0.24	264	2.18	0.00	2.77	0.00	0	11.99	0.00	3.82	*0	*13.6	*0.00	*1.09
000188 romaine salad	8 oz	75	10	0.02	5	0.69	0.00	0.17	0.00	0	1.91	1.22	0.71	0	19.1	2.32	0.56
001013 red onion	2 oz	75	20	0.02	2	2.81	0.00	0.05	0.00	0	4.55	0.83	0.54	0	11.2	3.61	0.10
990349 red pepper strips	2 oz	75	8	0.02	1	1.31	*N/A*	0.09	0.00	0	1.88	0.66	0.31	*N/A*	2.2	39.82	0.13
001157 corn	2 oz	75	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	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
990044 honey mustard dressing	1 oz	100	160	2.41	127	4.04	*4.04	16.05	0.00	8	4.05	0.01	0.02	*N/A*	1.4	0.02	0.04
990403 shredded cheddar cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
000812 orange wedges	6 ea	100	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
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			836	5.15	1144	49.97	*13.54	34.09	0.00	70	102.02	13.14	37.36	*45	*553.1	*134.49	*3.23
% of Calories				5.54%		23.91%	*6.48%	36.7%	0.0%		48.8%		17.9%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Sep 28, 2026 thru Oct 30, 2026

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990404 bbq chicken	3 oz	75	143	0.27	312	11.00	10.00	1.51	0.00	57	13.00	0.00	17.60	*N/A*	5.1	*0.00	0.43
001020 chickpeas	2 oz	75	86	0.24	264	2.18	0.00	2.77	0.00	0	11.99	0.00	3.82	*0	*13.6	*0.00	*1.09
000188 romaine salad	8 oz	75	10	0.02	5	0.69	0.00	0.17	0.00	0	1.91	1.22	0.71	0	19.1	2.32	0.56
001013 red onion	2 oz	75	20	0.02	2	2.81	0.00	0.05	0.00	0	4.55	0.83	0.54	0	11.2	3.61	0.10
990349 red pepper strips	2 oz	75	8	0.02	1	1.31	*N/A*	0.09	0.00	0	1.88	0.66	0.31	*N/A*	2.2	39.82	0.13
001157 corn	2 oz	75	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	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
990044 honey mustard dressing	1 oz	100	160	2.41	127	4.04	*4.04	16.05	0.00	8	4.05	0.01	0.02	*N/A*	1.4	0.02	0.04
990403 shredded cheddar cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
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
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			871	5.19	1148	57.88	*13.54	34.48	0.00	70	110.97	10.35	38.10	*45	*507.9	*69.40	*4.02
% of Calories				5.36%		26.58%	*6.22%	35.6%	0.0%		51.0%		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)
990404 bbq chicken	3 oz	75	143	0.27	312	11.00	10.00	1.51	0.00	57	13.00	0.00	17.60	*N/A*	5.1	*0.00	0.43
001020 chickpeas	2 oz	75	86	0.24	264	2.18	0.00	2.77	0.00	0	11.99	0.00	3.82	*0	*13.6	*0.00	*1.09
000188 romaine salad	8 oz	75	10	0.02	5	0.69	0.00	0.17	0.00	0	1.91	1.22	0.71	0	19.1	2.32	0.56
001013 red onion	2 oz	75	20	0.02	2	2.81	0.00	0.05	0.00	0	4.55	0.83	0.54	0	11.2	3.61	0.10
990349 red pepper strips	2 oz	75	8	0.02	1	1.31	*N/A*	0.09	0.00	0	1.88	0.66	0.31	*N/A*	2.2	39.82	0.13
001157 corn	2 oz	75	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	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
990044 honey mustard dressing	1 oz	100	160	2.41	127	4.04	*4.04	16.05	0.00	8	4.05	0.01	0.02	*N/A*	1.4	0.02	0.04
990403 shredded cheddar cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
000445 fresh peach	1 ea	100	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

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)
000673 fresh apple	1 ea	50	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			855	5.18	1145	54.81	*13.54	34.40	0.00	70	107.27	13.16	37.23	*45	*494.0	*50.68	*3.53
% of Calories				5.45%		25.64%	*6.33%	36.2%	0.0%		50.2%		17.4%				
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)
001037 cumin lime chicken	3 oz	75	190	1.77	359	0.11	*0.00	12.07	0.00	57	2.24	0.58	18.21	*0	*19.8	*0.83	*1.30
990252 black beans	4 oz	75	74	0.07	95	0.81	*N/A*	0.24	0.00	0	13.47	5.63	4.90	*N/A*	28.5	2.17	1.54
000188 romaine salad	8 oz	75	10	0.02	5	0.69	0.00	0.17	0.00	0	1.91	1.22	0.71	0	19.1	2.32	0.56
990250 cherry tomatoes	2 oz	75	3	0.00	1	0.43	0.00	0.03	0.00	0	0.64	0.20	0.14	*N/A*	1.6	2.24	0.04
001157 corn	2 oz	75	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
001013 red onion	2 oz	75	20	0.02	2	2.81	0.00	0.05	0.00	0	4.55	0.83	0.54	0	11.2	3.61	0.10
001087 corn tortilla chips	10 ea	100	142	1.01	116	0.00	0.00	6.08	0.00	0	20.25	2.02	2.02	*N/A*	20.2	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)
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
001038 honey lime dressing	1 oz	75	221	3.49	215	1.90	*1.81	23.24	0.00	12	3.10	0.39	0.31	*0	8.0	0.77	0.38
990403 shredded cheddar cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
999070 fresh grapes	8 oz	100	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
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			898	7.53	944	49.79	*3.36	39.84	0.00	71	105.94	12.93	36.11	*45	*551.5	*18.47	*4.74
% of Calories				7.55%		22.18%	*1.50%	39.9%	0.0%		47.2%		16.1%				
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)
001037 cumin lime chicken	3 oz	75	190	1.77	359	0.11	*0.00	12.07	0.00	57	2.24	0.58	18.21	*0	*19.8	*0.83	*1.30
990252 black beans	4 oz	75	74	0.07	95	0.81	*N/A*	0.24	0.00	0	13.47	5.63	4.90	*N/A*	28.5	2.17	1.54
000188 romaine salad	8 oz	75	10	0.02	5	0.69	0.00	0.17	0.00	0	1.91	1.22	0.71	0	19.1	2.32	0.56
990250 cherry tomatoes	2 oz	75	3	0.00	1	0.43	0.00	0.03	0.00	0	0.64	0.20	0.14	*N/A*	1.6	2.24	0.04

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)
001157 corn	2 oz	75	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
001013 red onion	2 oz	75	20	0.02	2	2.81	0.00	0.05	0.00	0	4.55	0.83	0.54	0	11.2	3.61	0.10
001087 corn tortilla chips	10 ea	100	142	1.01	116	0.00	0.00	6.08	0.00	0	20.25	2.02	2.02	*N/A*	20.2	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
001038 honey lime dressing	1 oz	75	221	3.49	215	1.90	*1.81	23.24	0.00	12	3.10	0.39	0.31	*0	8.0	0.77	0.38
990403 shredded cheddar cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	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
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			871	7.38	942	39.21	*3.36	39.51	0.00	71	99.96	15.67	35.44	*45	*537.1	*19.59	*4.43
% of Calories				7.63%		18.01%	*1.54%	40.8%	0.0%		45.9%		16.3%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Wednesday - 10/28/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001037 cumin lime chicken	3 oz	75	190	1.77	359	0.11	*0.00	12.07	0.00	57	2.24	0.58	18.21	*0	*19.8	*0.83	*1.30

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)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990252 black beans	4 oz	75	74	0.07	95	0.81	*N/A*	0.24	0.00	0	13.47	5.63	4.90	*N/A*	28.5	2.17	1.54
000188 romaine salad	8 oz	75	10	0.02	5	0.69	0.00	0.17	0.00	0	1.91	1.22	0.71	0	19.1	2.32	0.56
990250 cherry tomatoes	2 oz	75	3	0.00	1	0.43	0.00	0.03	0.00	0	0.64	0.20	0.14	*N/A*	1.6	2.24	0.04
001157 corn	2 oz	75	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
001013 red onion	2 oz	75	20	0.02	2	2.81	0.00	0.05	0.00	0	4.55	0.83	0.54	0	11.2	3.61	0.10
001087 corn tortilla chips	10 ea	100	142	1.01	116	0.00	0.00	6.08	0.00	0	20.25	2.02	2.02	*N/A*	20.2	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
001038 honey lime dressing	1 oz	75	221	3.49	215	1.90	*1.81	23.24	0.00	12	3.10	0.39	0.31	*0	8.0	0.77	0.38
990403 shredded cheddar cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
000812 orange wedges	6 ea	100	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
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
Weighted Daily Average			863	7.35	940	37.51	*3.36	39.42	0.00	71	96.44	15.72	36.69	*45	*599.7	*109.10	*4.40
% of Calories				7.67%		17.39%	*1.56%	41.1%	0.0%		44.7%		17.0%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Thursday - 10/29/2026

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)
001037 cumin lime chicken	3 oz	75	190	1.77	359	0.11	*0.00	12.07	0.00	57	2.24	0.58	18.21	*0	*19.8	*0.83	*1.30
990252 black beans	4 oz	75	74	0.07	95	0.81	*N/A*	0.24	0.00	0	13.47	5.63	4.90	*N/A*	28.5	2.17	1.54
000188 romaine salad	8 oz	75	10	0.02	5	0.69	0.00	0.17	0.00	0	1.91	1.22	0.71	0	19.1	2.32	0.56
990250 cherry tomatoes	2 oz	75	3	0.00	1	0.43	0.00	0.03	0.00	0	0.64	0.20	0.14	*N/A*	1.6	2.24	0.04
001157 corn	2 oz	75	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
001013 red onion	2 oz	75	20	0.02	2	2.81	0.00	0.05	0.00	0	4.55	0.83	0.54	0	11.2	3.61	0.10
001087 corn tortilla chips	10 ea	100	142	1.01	116	0.00	0.00	6.08	0.00	0	20.25	2.02	2.02	*N/A*	20.2	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
001038 honey lime dressing	1 oz	75	221	3.49	215	1.90	*1.81	23.24	0.00	12	3.10	0.39	0.31	*0	8.0	0.77	0.38
990403 shredded cheddar cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
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
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			898	7.39	944	45.41	*3.36	39.81	0.00	71	105.40	12.92	37.43	*45	*554.5	*44.02	*5.19
% of Calories				7.41%		20.23%	*1.50%	39.9%	0.0%		46.9%		16.7%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Sep 28, 2026 thru Oct 30, 2026

Friday - 10/30/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001037 cumin lime chicken	3 oz	75	190	1.77	359	0.11	*0.00	12.07	0.00	57	2.24	0.58	18.21	*0	*19.8	*0.83	*1.30
990252 black beans	4 oz	75	74	0.07	95	0.81	*N/A*	0.24	0.00	0	13.47	5.63	4.90	*N/A*	28.5	2.17	1.54
000188 romaine salad	8 oz	75	10	0.02	5	0.69	0.00	0.17	0.00	0	1.91	1.22	0.71	0	19.1	2.32	0.56
990250 cherry tomatoes	2 oz	75	3	0.00	1	0.43	0.00	0.03	0.00	0	0.64	0.20	0.14	*N/A*	1.6	2.24	0.04
001157 corn	2 oz	75	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
001013 red onion	2 oz	75	20	0.02	2	2.81	0.00	0.05	0.00	0	4.55	0.83	0.54	0	11.2	3.61	0.10
001087 corn tortilla chips	10 ea	100	142	1.01	116	0.00	0.00	6.08	0.00	0	20.25	2.02	2.02	*N/A*	20.2	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
001038 honey lime dressing	1 oz	75	221	3.49	215	1.90	*1.81	23.24	0.00	12	3.10	0.39	0.31	*0	8.0	0.77	0.38
990403 shredded cheddar cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
000445 fresh peach	1 ea	100	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	50	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	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			882	7.38	941	42.34	*3.36	39.73	0.00	71	101.70	15.74	36.57	*45	*540.6	*25.30	*4.70
% of Calories				7.53%		19.20%	*1.52%	40.5%	0.0%		46.1%		16.6%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<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		858	5.86	1065	49.51	*8.08	34.46	*0.00	103	106.01	13.93	39.26	*45	*547.7	*53.13	*4.70
% of Calories			6.15%		23.08%	*3.77%	36.1%	*0.0%		49.4%		18.3%				

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

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