



October Sandwich 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 TURKEY CLUB

turkey club

- whole grain hoagie
- sliced turkey
- turkey bacon
- lettuce & tomato

10/05 - 10/09 MEATBALL SUB

meatball sub

- whole grain hoagie
- turkey meatballs
- house tomato sauce
- provolone cheese

10/14 - 10/16 CHEESEBURGER

cheeseburger

- whole grain bun
- all beef burger
- cheddar cheese
- lettuce & tomato
- ketchup & mustard

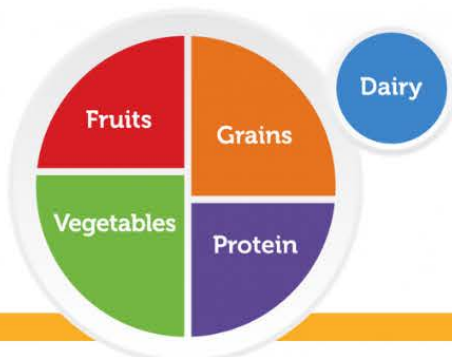
10/14 - 10/16 HOT HONEY CHICKEN

hot honey chicken

- whole grain bun
- chicken thigh
- hot honey sauce

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 + Sandwich 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)
991027 baja fish tacos	2 ea	80	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	80	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	5	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	5	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	5	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	5	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
000607 turkey club, whole grain bread w/ lettuce & tomato	1 ea	5	326	2.25	887	7.03	0.00	9.96	0.00	49	33.97	4.92	25.26	*0	132.2	4.73	3.29
Weighted Daily Average			728	7.08	887	*52.65	*1.90	22.01	*0.00	82	99.67	10.25	37.21	*69	*534.1	*38.11	*2.56
% of Calories				8.75%		*28.93 %	*1.04%	27.2%	*0.0%		54.8%		20.4%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Tuesday - 09/29/2026

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	80	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	85	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	85	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

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)
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	5	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	5	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	5	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	5	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
000607 turkey club, whole grain bread w/ lettuce & tomato	1 ea	5	326	2.25	887	7.03	0.00	9.96	0.00	49	33.97	4.92	25.26	*0	132.2	4.73	3.29
Weighted Daily Average			702	5.57	887	*39.00	*4.60	22.71	*0.27	79	88.72	10.40	40.52	*45	*405.5	*19.71	*5.33
% of Calories				7.14%		*22.22 %	*2.62%	29.1%	*0.3%		50.6%		23.1%				
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	80	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	85	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

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)
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	5	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	5	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	5	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	5	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
000607 turkey club, whole grain bread w/ lettuce & tomato	1 ea	5	326	2.25	887	7.03	0.00	9.96	0.00	49	33.97	4.92	25.26	*0	132.2	4.73	3.29
Weighted Daily Average			1113	7.96	1466	77.40	*34.50	38.23	0.11	238	129.64	12.41	62.30	*45	*531.0	*132.46	*5.19
% of Calories				6.44%		27.82%	*12.40 %	30.9%	0.1%		46.6%		22.4%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Thursday - 10/01/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	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)
000913 turkey meatballs & sauce	4 ea	80	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	85	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
990536 garlic breadstick	1 ea	85	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	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
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
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	5	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	5	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	5	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	5	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

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)
000607 turkey club, whole grain bread w/ lettuce & tomato	1 ea	5	326	2.25	887	7.03	0.00	9.96	0.00	49	33.97	4.92	25.26	*0	132.2	4.73	3.29
Weighted Daily Average			763	3.93	1105	49.49	*2.23	23.44	0.00	51	113.36	12.30	36.73	*45	*465.2	*127.93	*5.46
% of Calories				4.64%		25.94%	*1.17%	27.6%	0.0%		59.4%		19.3%				
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)
000543 crispy chicken tender	1 ea	80	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	85	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	85	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

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)
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	5	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	5	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	5	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	5	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
000607 turkey club, whole grain bread w/ lettuce & tomato	1 ea	5	326	2.25	887	7.03	0.00	9.96	0.00	49	33.97	4.92	25.26	*0	132.2	4.73	3.29
Weighted Daily Average			761	6.90	1231	*40.99	*7.28	21.61	*0.00	77	101.60	16.92	47.40	*45	*883.0	*72.88	*3.73
% of Calories				8.16%		*21.55 %	*3.83%	25.6%	*0.0%		53.4%		24.9%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Monday - 10/05/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990724 taco beef	2 oz	80	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	85	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	85	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	85	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

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)
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
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	5	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	5	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	5	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	5	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
000916 turkey meatball sub	1 ea	5	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
Weighted Daily Average			942	12.57	1626	51.90	*1.36	39.35	*0.32	79	117.98	11.16	35.12	*47	*611.3	*38.95	*3.48
% of Calories				12.01 %		22.04%	*0.58%	37.6%	*0.3%		50.1%		14.9%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Tuesday - 10/06/2026

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)
990979 cheese pizza*	2 slice	85	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
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	5	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	5	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	5	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	5	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
000916 turkey meatball sub	1 ea	5	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
Weighted Daily Average			892	11.37	1255	*40.95	*3.45	38.00	*0.00	58	102.50	12.14	39.76	*45	*929.5	*16.71	*4.72
% of Calories				11.47 %		*18.36 %	*1.55%	38.3%	*0.0%		46.0%		17.8%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Wednesday - 10/07/2026

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	80	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	85	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
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	5	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	5	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	5	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	5	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

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)
000916 turkey meatball sub	1 ea	5	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
Weighted Daily Average			812	2.31	1271	*65.74	*25.14	16.03	*0.00	59	133.66	19.61	41.72	*45	*759.8	*168.53	*4.19
% of Calories				2.56%		*32.38 %	*12.38 %	17.8%	*0.0%		65.8%		20.6%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Thursday - 10/08/2026

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)
000065 turkey sloppy joe on a bun	1 ea	80	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	5	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

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)
999121 turkey ham & cheese sandwich	1 ea	5	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	5	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	5	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
000916 turkey meatball sub	1 ea	5	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
Weighted Daily Average			777	3.93	952	*70.68	*6.91	19.30	*0.00	85	127.51	13.76	35.25	*45	*486.4	*85.01	*5.87
% of Calories				4.55%		*36.39 %	*3.56%	22.4%	*0.0%		65.6%		18.1%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Friday - 10/09/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000668 sweet chili chicken	3 oz	80	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	85	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

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	5	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	5	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	5	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	5	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
000916 turkey meatball sub	1 ea	5	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
Weighted Daily Average			707	2.16	1209	43.94	*10.32	15.91	*0.00	61	107.04	12.39	38.76	*45	*460.0	*103.19	*3.90
% of Calories				2.75%		24.86%	*5.84%	20.3%	*0.0%		60.6%		21.9%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Monday - 10/12/2026

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										

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Sep 28, 2026 thru Oct 30, 2026

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)	Vit-A (mcg RAE)	Calc ^m (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)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000240 beef hot dog on a bun	1 ea	80	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
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

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	5	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	5	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	5	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	5	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
990237 cheeseburger on a whole grain bun	1 ea	5	410	10.18	422	2.04	*2.00	23.34	1.85	75	27.53	3.15	25.19	*0	142.8	*0.05	3.35
990987 lettuce & tomato	4 oz	5	14	0.03	5	1.72	0.00	0.19	0.00	0	2.98	1.23	0.82	*0	14.8	8.30	0.42
000556 ketchup	1 ea	5	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	5	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			672	7.47	1300	*39.42	*5.02	24.60	0.09	44	93.60	12.58	27.81	*45	*420.9	*24.49	*3.60
% of Calories				10.00 %		*23.46 %	*2.99%	32.9%	0.1%		55.7%		16.6%				
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)
990402 turkey & bean chili	6 oz	80	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

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)
000851 cornbread muffin	1 ea	85	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
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
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	5	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	5	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	5	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	5	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
990237 cheeseburger on a whole grain bun	1 ea	5	410	10.18	422	2.04	*2.00	23.34	1.85	75	27.53	3.15	25.19	*0	142.8	*0.05	3.35
990987 lettuce & tomato	4 oz	5	14	0.03	5	1.72	0.00	0.19	0.00	0	2.98	1.23	0.82	*0	14.8	8.30	0.42
000556 ketchup	1 ea	5	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

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000557 mustard	1 ea	5	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			779	5.83	763	*64.43	*17.53	26.65	0.09	87	112.76	10.41	30.11	*45	*504.8	*29.94	*5.93
% of Calories				6.74%		*33.08 %	*9.00%	30.8%	0.1%		57.9%		15.5%				
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)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990218 herb roasted chicken	3 oz	80	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	85	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	85	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	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
999124 sunbutter & jelly sandwich	1 ea	5	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	5	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	5	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	5	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
990237 cheeseburger on a whole grain bun	1 ea	5	410	10.18	422	2.04	*2.00	23.34	1.85	75	27.53	3.15	25.19	*0	142.8	*0.05	3.35
990987 lettuce & tomato	4 oz	5	14	0.03	5	1.72	0.00	0.19	0.00	0	2.98	1.23	0.82	*0	14.8	8.30	0.42
000556 ketchup	1 ea	5	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	5	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			745	4.89	900	44.71	*11.72	22.64	*0.09	71	101.09	13.68	41.94	*45	*594.2	*99.46	*4.63
% of Calories				5.91%		24.01%	*6.29%	27.4%	*0.1%		54.3%		22.5%				
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)
000916 turkey meatball sub	1 ea	80	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

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)
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
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	5	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	5	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	5	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	5	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
999249 hot honey chicken thigh	1 ea	5	209	0.97	373	15.83	*15.82	4.37	0.00	102	16.26	0.12	21.46	*0	2.6	0.14	1.57
999231 whole wheat bun	1 ea	5	139	0.50	269	1.99	1.99	1.99	0.00	0	26.86	2.98	5.97	*N/A*	19.9	0.00	1.43
Weighted Daily Average			877	7.95	1477	56.23	*4.70	38.86	0.00	64	99.11	12.89	40.67	*45	*723.5	*76.66	*6.01
% of Calories				8.16%		25.65%	*2.14%	39.9%	0.0%		45.2%		18.5%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Tuesday - 10/20/2026

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)
990979 cheese pizza*	2 slice	95	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
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	5	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	5	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	5	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	5	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
999249 hot honey chicken thigh	1 ea	5	209	0.97	373	15.83	*15.82	4.37	0.00	102	16.26	0.12	21.46	*0	2.6	0.14	1.57

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999231 whole wheat bun	1 ea	5	139	0.50	269	1.99	1.99	1.99	0.00	0	26.86	2.98	5.97	*N/A*	19.9	0.00	1.43
Weighted Daily Average			1026	11.90	1737	45.57	*4.17	39.04	0.00	65	126.18	13.08	47.90	*45	*981.7	*33.54	*6.00
% of Calories				10.44 %		17.77%	*1.63%	34.2%	0.0%		49.2%		18.7%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Wednesday - 10/21/2026

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)
000609 pulled bbq chicken sandwich	1 ea	80	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
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
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

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	5	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	5	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	5	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	5	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
999249 hot honey chicken thigh	1 ea	5	209	0.97	373	15.83	*15.82	4.37	0.00	102	16.26	0.12	21.46	*0	2.6	0.14	1.57
999231 whole wheat bun	1 ea	5	139	0.50	269	1.99	1.99	1.99	0.00	0	26.86	2.98	5.97	*N/A*	19.9	0.00	1.43
Weighted Daily Average			667	3.10	878	45.99	*10.74	18.65	0.00	68	94.34	11.06	37.64	*45	*452.6	*116.15	*3.11
% of Calories				4.18%		27.58%	*6.44%	25.2%	0.0%		56.6%		22.6%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Thursday - 10/22/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001044 beef bolognese	3 oz	80	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

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)
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	5	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	5	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	5	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	5	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
999249 hot honey chicken thigh	1 ea	5	209	0.97	373	15.83	*15.82	4.37	0.00	102	16.26	0.12	21.46	*0	2.6	0.14	1.57
999231 whole wheat bun	1 ea	5	139	0.50	269	1.99	1.99	1.99	0.00	0	26.86	2.98	5.97	*N/A*	19.9	0.00	1.43
Weighted Daily Average			800	6.89	1036	*50.39	*2.32	30.86	0.43	60	102.51	12.07	35.71	*45	*472.3	*78.61	*6.50
% of Calories				7.75%		*25.20 %	*1.16%	34.7%	0.5%		51.3%		17.9%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Friday - 10/23/2026

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)
000467 orange glazed chicken	3 oz	80	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	85	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
999124 sunbutter & jelly sandwich	1 ea	5	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	5	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	5	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	5	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
999249 hot honey chicken thigh	1 ea	5	209	0.97	373	15.83	*15.82	4.37	0.00	102	16.26	0.12	21.46	*0	2.6	0.14	1.57

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)
999231 whole wheat bun	1 ea	5	139	0.50	269	1.99	1.99	1.99	0.00	0	26.86	2.98	5.97	*N/A*	19.9	0.00	1.43
Weighted Daily Average			708	1.89	834	51.11	*10.82	14.73	0.00	63	110.14	12.31	38.68	*45	*457.1	*123.58	*3.68
% of Calories				2.40%		28.88%	*6.11%	18.7%	0.0%		62.2%		21.9%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Monday - 10/26/2026

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)
991027 baja fish tacos	2 ea	80	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	80	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

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)
999124 sunbutter & jelly sandwich	1 ea	5	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	5	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	5	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	5	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
000607 turkey club, whole grain bread w/ lettuce & tomato	1 ea	5	326	2.25	887	7.03	0.00	9.96	0.00	49	33.97	4.92	25.26	*0	132.2	4.73	3.29
Weighted Daily Average			728	7.08	887	*52.65	*1.90	22.01	*0.00	82	99.67	10.25	37.21	*69	*534.1	*38.11	*2.56
% of Calories				8.75%		*28.93 %	*1.04%	27.2%	*0.0%		54.8%		20.4%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Tuesday - 10/27/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000235 beef burger on a bun	1 ea	80	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	85	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	85	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

	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
999124 sunbutter & jelly sandwich	1 ea	5	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	5	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	5	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	5	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
000607 turkey club, whole grain bread w/ lettuce & tomato	1 ea	5	326	2.25	887	7.03	0.00	9.96	0.00	49	33.97	4.92	25.26	*0	132.2	4.73	3.29
Weighted Daily Average			702	5.57	887	*39.00	*4.60	22.71	*0.27	79	88.72	10.40	40.52	*45	*405.5	*19.71	*5.33
% of Calories				7.14%		*22.22 %	*2.62%	29.1%	*0.3%		50.6%		23.1%				
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)
001193 bbq chicken drum	2 ea	80	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	85	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

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)
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	5	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	5	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	5	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	5	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
000607 turkey club, whole grain bread w/ lettuce & tomato	1 ea	5	326	2.25	887	7.03	0.00	9.96	0.00	49	33.97	4.92	25.26	*0	132.2	4.73	3.29
Weighted Daily Average			1113	7.96	1466	77.40	*34.50	38.23	0.11	238	129.64	12.41	62.30	*45	*531.0	*132.46	*5.19
% of Calories				6.44%		27.82%	*12.40 %	30.9%	0.1%		46.6%		22.4%				
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		810	6.40	1145	*52.36	*9.80	26.46	*0.08	85	108.54	12.50	40.73	*47	*578.3	*75.06	*4.62
% of Calories			7.11%		*25.86 %	*4.84%	29.4%	*0.1%		53.6%		20.1%				

**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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