



October Salad Bar Lunch Menu

DC PUBLIC SCHOOLS | 6-8

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**

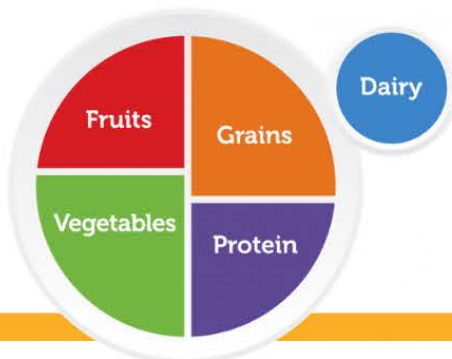
- + pick your base**
 - mixed greens salad
- +pick your protein**
 - diced turkey ham
 - hard-boiled egg
 - chickpeas
- +pick your toppings**
 - sliced tomatoes
 - cucumber coins
 - corn
 - shredded cheddar cheese
 - whole grain croutons
 - whole grain roll
- +add your dressing**
 - honey mustard dressing

**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 K-8 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	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)	Protrn (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
991039 black beans	2 oz	50	37	0.03	47	0.41	*N/A*	0.12	0.00	0	6.73	2.81	2.45	*N/A*	14.2	1.09	0.77
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	75	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	50	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
999050 fresh grapes	4 oz	100	61	0.10	2	14.74	0.00	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
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			684	4.89	729	33.64	*2.36	34.01	0.00	62	70.21	7.80	28.83	*45	*414.5	*13.76	*3.16
% of Calories				6.43%		19.67%	*1.38%	44.8%	0.0%		41.1%		16.9%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<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
991039 black beans	2 oz	50	37	0.03	47	0.41	*N/A*	0.12	0.00	0	6.73	2.81	2.45	*N/A*	14.2	1.09	0.77
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	75	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	50	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
001201 fresh apple slices	3 ea	100	47	0.03	1	9.46	0.00	0.15	0.00	0	12.57	2.18	0.24	0	5.5	4.19	0.11
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	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
Weighted Daily Average			670	4.82	728	28.35	*2.36	33.84	0.00	62	67.22	9.17	28.49	*45	*407.3	*14.32	*3.01
% of Calories				6.47%		16.93%	*1.41%	45.5%	0.0%		40.1%		17.0%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<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
991039 black beans	2 oz	50	37	0.03	47	0.41	*N/A*	0.12	0.00	0	6.73	2.81	2.45	*N/A*	14.2	1.09	0.77
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	75	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	50	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

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)
000135 orange wedges	3 ea	100	43	0.01	0	8.60	0.00	0.11	0.00	0	10.81	2.21	0.86	0	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			666	4.80	727	27.50	*2.36	33.80	0.00	62	65.46	9.19	29.12	*45	*438.6	*59.07	*2.99
% of Calories				6.49%		16.52%	*1.42%	45.7%	0.0%		39.3%		17.5%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Thursday - 10/01/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	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
991039 black beans	2 oz	50	37	0.03	47	0.41	*N/A*	0.12	0.00	0	6.73	2.81	2.45	*N/A*	14.2	1.09	0.77
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	75	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	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)
000004 roll	1 ea	50	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
000446 fresh watermelon	4 oz	100	61	0.03	2	12.56	0.00	0.30	0.00	0	15.29	0.81	1.24	*N/A*	14.2	16.40	0.49
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			684	4.82	729	31.45	*2.36	33.99	0.00	62	69.94	7.79	29.49	*45	*416.0	*26.53	*3.39
% of Calories				6.34%		18.39%	*1.38%	44.7%	0.0%		40.9%		17.2%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Friday - 10/02/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	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
991039 black beans	2 oz	50	37	0.03	47	0.41	*N/A*	0.12	0.00	0	6.73	2.81	2.45	*N/A*	14.2	1.09	0.77
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	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)
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	75	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	50	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
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
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			681	4.82	727	31.48	*2.36	34.06	0.00	62	68.96	9.23	29.62	*45	*410.8	*20.03	*3.28
% of Calories				6.37%		18.49%	*1.39%	45.0%	0.0%		40.5%		17.4%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Monday - 10/05/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
990263 edamame	2 oz	100	51	0.26	96	0.92	0.00	2.21	0.00	0	3.78	2.20	5.05	*0	26.7	2.59	0.96

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)
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
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
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
999050 fresh grapes	4 oz	100	61	0.10	2	14.74	0.00	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
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			669	1.77	1129	48.88	*14.11	15.76	*0.00	64	97.40	10.28	40.47	*45	*526.3	*26.99	*5.16
% of Calories				2.38%		29.23%	*8.44%	21.2%	*0.0%		58.2%		24.2%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<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)
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
990263 edamame	2 oz	100	51	0.26	96	0.92	0.00	2.21	0.00	0	3.78	2.20	5.05	*0	26.7	2.59	0.96
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
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
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
001201 fresh apple slices	3 ea	100	47	0.03	1	9.46	0.00	0.15	0.00	0	12.57	2.18	0.24	0	5.5	4.19	0.11
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			655	1.69	1128	43.59	*14.11	15.60	*0.00	64	94.41	11.64	40.13	*45	*519.0	*27.55	*5.01
% of Calories				2.32%		26.62%	*8.62%	21.4%	*0.0%		57.7%		24.5%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Sep 28, 2026 thru Oct 30, 2026

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)	Vit-A (mcg RAE)	Calcmm (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
990263 edamame	2 oz	100	51	0.26	96	0.92	0.00	2.21	0.00	0	3.78	2.20	5.05	*0	26.7	2.59	0.96
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
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
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
000135 orange wedges	3 ea	100	43	0.01	0	8.60	0.00	0.11	0.00	0	10.81	2.21	0.86	0	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			651	1.68	1127	42.74	*14.11	15.55	*0.00	64	92.65	11.67	40.76	*45	*550.4	*72.31	*4.99
% of Calories				2.32%		26.26%	*8.67%	21.5%	*0.0%		56.9%		25.0%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<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)
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
990263 edamame	2 oz	100	51	0.26	96	0.92	0.00	2.21	0.00	0	3.78	2.20	5.05	*0	26.7	2.59	0.96
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
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
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
000446 fresh watermelon	4 oz	100	61	0.03	2	12.56	0.00	0.30	0.00	0	15.29	0.81	1.24	*N/A*	14.2	16.40	0.49

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			669	1.70	1129	46.69	*14.11	15.74	*0.00	64	97.13	10.27	41.13	*45	*527.8	*39.77	*5.39
% of Calories				2.29%		27.92%	*8.44%	21.2%	*0.0%		58.1%		24.6%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<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)	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
990263 edamame	2 oz	100	51	0.26	96	0.92	0.00	2.21	0.00	0	3.78	2.20	5.05	*0	26.7	2.59	0.96
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
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
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
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
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			666	1.69	1127	46.72	*14.11	15.82	*0.00	64	96.15	11.71	41.26	*45	*522.6	*33.26	*5.28
% of Calories				2.28%		28.06%	*8.47%	21.4%	*0.0%		57.7%		24.8%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Monday - 10/12/2026

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	75	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
990155 Hard Boiled Egg	half egg	75	39	0.82	31	0.28	0.00	2.65	0.00	93	0.28	0.00	3.14	*N/A*	12.5	0.00	0.30
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
999136 tomato	2 ea	75	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	75	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)	Calcmm (mg)	Vit-C (mg)	Iron (mg)
000468 mixed greens salad	8 oz	75	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
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	75	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	75	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	75	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
999050 fresh grapes	4 oz	100	61	0.10	2	14.74	0.00	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
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			667	5.85	1010	36.23	*4.53	31.19	0.00	120	74.95	7.43	29.30	*45	*485.7	*16.22	*3.31
% of Calories				7.89%		21.73%	*2.72%	42.1%	0.0%		44.9%		17.6%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Tuesday - 10/13/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcmm (mg)	Vit-C (mg)	Iron (mg)
000562 diced turkey ham	2 oz	75	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

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)
990155 Hard Boiled Egg	half egg	75	39	0.82	31	0.28	0.00	2.65	0.00	93	0.28	0.00	3.14	*N/A*	12.5	0.00	0.30
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
999136 tomato	2 ea	75	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	75	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
000468 mixed greens salad	8 oz	75	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
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	75	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	75	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	75	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
001201 fresh apple slices	3 ea	100	47	0.03	1	9.46	0.00	0.15	0.00	0	12.57	2.18	0.24	0	5.5	4.19	0.11
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			654	5.77	1010	30.95	*4.53	31.03	0.00	120	71.95	8.79	28.97	*45	*478.5	*16.78	*3.15
% of Calories				7.94%		18.93%	*2.77%	42.7%	0.0%		44.0%		17.7%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Sep 28, 2026 thru Oct 30, 2026

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)
000562 diced turkey ham	2 oz	75	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
990155 Hard Boiled Egg	half egg	75	39	0.82	31	0.28	0.00	2.65	0.00	93	0.28	0.00	3.14	*N/A*	12.5	0.00	0.30
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
999136 tomato	2 ea	75	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	75	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
000468 mixed greens salad	8 oz	75	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
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	75	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	75	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	75	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
000135 orange wedges	3 ea	100	43	0.01	0	8.60	0.00	0.11	0.00	0	10.81	2.21	0.86	0	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			650	5.76	1009	30.09	*4.53	30.98	0.00	120	70.20	8.82	29.60	*45	*509.8	*61.54	*3.13
% of Calories				7.98%		18.52%	*2.79%	42.9%	0.0%		43.2%		18.2%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Thursday - 10/15/2026

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	75	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
990155 Hard Boiled Egg	half egg	75	39	0.82	31	0.28	0.00	2.65	0.00	93	0.28	0.00	3.14	*N/A*	12.5	0.00	0.30
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
999136 tomato	2 ea	75	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	75	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
000468 mixed greens salad	8 oz	75	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
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	75	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	75	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	75	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

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)
000446 fresh watermelon	4 oz	100	61	0.03	2	12.56	0.00	0.30	0.00	0	15.29	0.81	1.24	*N/A*	14.2	16.40	0.49
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			667	5.77	1011	34.05	*4.53	31.17	0.00	120	74.68	7.42	29.97	*45	*487.2	*28.99	*3.53
% of Calories				7.79%		20.42%	*2.72%	42.1%	0.0%		44.8%		18.0%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Friday - 10/16/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000562 diced turkey ham	2 oz	75	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
990155 Hard Boiled Egg	half egg	75	39	0.82	31	0.28	0.00	2.65	0.00	93	0.28	0.00	3.14	*N/A*	12.5	0.00	0.30
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
999136 tomato	2 ea	75	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	75	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
000468 mixed greens salad	8 oz	75	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
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	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)
000951 Croutons	4 oz	75	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	75	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	75	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
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			665	5.77	1009	34.08	*4.53	31.25	0.00	120	73.70	8.86	30.10	*45	*482.0	*22.49	*3.42
% of Calories				7.81%		20.50%	*2.72%	42.3%	0.0%		44.3%		18.1%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<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)	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	25	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

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)
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	75	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	75	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	75	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
999050 fresh grapes	4 oz	100	61	0.10	2	14.74	0.00	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
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			671	4.51	884	44.91	*12.03	26.52	0.00	68	80.90	8.03	32.53	*45	*470.1	*40.22	*2.48
% of Calories				6.05%		26.77%	*7.17%	35.6%	0.0%		48.2%		19.4%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Tuesday - 10/20/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)
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	25	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	75	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	75	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	75	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
001201 fresh apple slices	3 ea	100	47	0.03	1	9.46	0.00	0.15	0.00	0	12.57	2.18	0.24	0	5.5	4.19	0.11
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			658	4.43	883	39.62	*12.03	26.35	0.00	68	77.91	9.40	32.19	*45	*462.8	*40.78	*2.33
% of Calories				6.06%		24.09%	*7.31%	36.0%	0.0%		47.4%		19.6%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Sep 28, 2026 thru Oct 30, 2026

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)
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	25	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	75	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	75	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	75	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
000135 orange wedges	3 ea	100	43	0.01	0	8.60	0.00	0.11	0.00	0	10.81	2.21	0.86	0	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			654	4.42	882	38.77	*12.03	26.31	0.00	68	76.15	9.42	32.82	*45	*494.2	*85.54	*2.31
% of Calories				6.08%		23.71%	*7.36%	36.2%	0.0%		46.6%		20.1%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Thursday - 10/22/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	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	25	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	75	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	75	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	75	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
000446 fresh watermelon	4 oz	100	61	0.03	2	12.56	0.00	0.30	0.00	0	15.29	0.81	1.24	*N/A*	14.2	16.40	0.49

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			671	4.44	884	42.72	*12.03	26.50	0.00	68	80.63	8.02	33.19	*45	*471.5	*52.99	*2.70
% of Calories				5.96%		25.47%	*7.17%	35.5%	0.0%		48.1%		19.8%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Friday - 10/23/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	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	25	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	75	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	75	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

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)
990044 honey mustard dressing	1 oz	75	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
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			669	4.43	882	42.75	*12.03	26.57	0.00	68	79.65	9.46	33.32	*45	*466.4	*46.49	*2.59
% of Calories				5.96%		25.56%	*7.19%	35.7%	0.0%		47.6%		19.9%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<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)
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
991039 black beans	2 oz	50	37	0.03	47	0.41	*N/A*	0.12	0.00	0	6.73	2.81	2.45	*N/A*	14.2	1.09	0.77
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

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)
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	75	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	50	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
001201 fresh apple slices	3 ea	100	47	0.03	1	9.46	0.00	0.15	0.00	0	12.57	2.18	0.24	0	5.5	4.19	0.11
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
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
991039 black beans	2 oz	50	37	0.03	47	0.41	*N/A*	0.12	0.00	0	6.73	2.81	2.45	*N/A*	14.2	1.09	0.77
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	75	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	50	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

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)
999050 fresh grapes	4 oz	100	61	0.10	2	14.74	0.00	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
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			1354	9.71	1457	61.99	*4.72	67.85	0.00	123	137.43	16.96	57.32	*90	*821.8	*28.07	*6.17
% of Calories				6.45%		18.31%	*1.39%	45.1%	0.0%		40.6%		16.9%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<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
991039 black beans	2 oz	50	37	0.03	47	0.41	*N/A*	0.12	0.00	0	6.73	2.81	2.45	*N/A*	14.2	1.09	0.77
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	75	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

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)
000004 roll	1 ea	50	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
000135 orange wedges	3 ea	100	43	0.01	0	8.60	0.00	0.11	0.00	0	10.81	2.21	0.86	0	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
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
991039 black beans	2 oz	50	37	0.03	47	0.41	*N/A*	0.12	0.00	0	6.73	2.81	2.45	*N/A*	14.2	1.09	0.77
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	75	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	50	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
001201 fresh apple slices	3 ea	100	47	0.03	1	9.46	0.00	0.15	0.00	0	12.57	2.18	0.24	0	5.5	4.19	0.11
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	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
Weighted Daily Average			1337	9.62	1456	55.85	*4.72	67.64	0.00	123	132.68	18.36	57.62	*90	*845.9	*73.39	*6.00
% of Calories				6.48%		16.71%	*1.41%	45.5%	0.0%		39.7%		17.2%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<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
991039 black beans	2 oz	50	37	0.03	47	0.41	*N/A*	0.12	0.00	0	6.73	2.81	2.45	*N/A*	14.2	1.09	0.77
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	75	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	50	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

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)	Calcium (mg)	Vit-C (mg)	Iron (mg)
000446 fresh watermelon	4 oz	100	61	0.03	2	12.56	0.00	0.30	0.00	0	15.29	0.81	1.24	*N/A*	14.2	16.40	0.49
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
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
991039 black beans	2 oz	50	37	0.03	47	0.41	*N/A*	0.12	0.00	0	6.73	2.81	2.45	*N/A*	14.2	1.09	0.77
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	75	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	50	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
000135 orange wedges	3 ea	100	43	0.01	0	8.60	0.00	0.11	0.00	0	10.81	2.21	0.86	0	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			1350	9.63	1457	58.95	*4.72	67.79	0.00	123	135.41	16.98	58.61	*90	*854.7	*85.60	*6.38
% of Calories				6.42%		17.47%	*1.40%	45.2%	0.0%		40.1%		17.4%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Thursday - 10/29/2026

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
991039 black beans	2 oz	50	37	0.03	47	0.41	*N/A*	0.12	0.00	0	6.73	2.81	2.45	*N/A*	14.2	1.09	0.77
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	75	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	50	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
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
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	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)
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
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
991039 black beans	2 oz	50	37	0.03	47	0.41	*N/A*	0.12	0.00	0	6.73	2.81	2.45	*N/A*	14.2	1.09	0.77
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	75	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	50	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
000446 fresh watermelon	4 oz	100	61	0.03	2	12.56	0.00	0.30	0.00	0	15.29	0.81	1.24	*N/A*	14.2	16.40	0.49
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			1365	9.64	1457	62.94	*4.72	68.06	0.00	123	138.91	17.02	59.11	*90	*826.9	*46.56	*6.66
% of Calories				6.36%		18.44%	*1.38%	44.9%	0.0%		40.7%		17.3%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

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)	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
991039 black beans	2 oz	75	37	0.03	47	0.41	*N/A*	0.12	0.00	0	6.73	2.81	2.45	*N/A*	14.2	1.09	0.77
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	75	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	75	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

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)
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
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
991039 black beans	2 oz	50	37	0.03	47	0.41	*N/A*	0.12	0.00	0	6.73	2.81	2.45	*N/A*	14.2	1.09	0.77
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	75	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	50	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
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
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			1433	11.90	1570	63.57	*5.22	71.78	0.00	132	143.99	19.67	62.86	*90	*915.2	*40.33	*7.01
% of Calories				7.47%		17.74%	*1.46%	45.1%	0.0%		40.2%		17.5%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<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		806	5.37	1046	42.34	*7.57	35.17	*0.00	88	90.75	10.94	38.27	*54	*552.2	*40.78	*4.11
% of Calories			6.00%		21.01%	*3.76%	39.3%	*0.0%		45.0%		19.0%				

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

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.



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