



October Supper Menu

DCPS SUPPER

What do the colors on the menu mean?

GREEN = locally-sourced

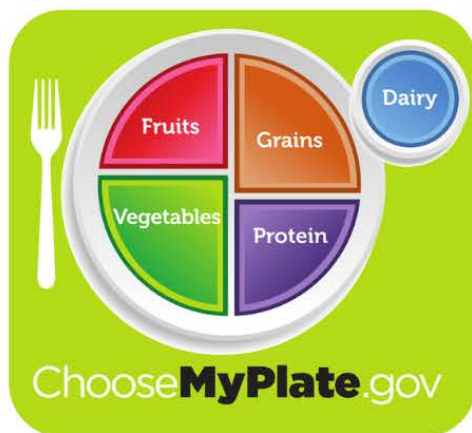
* = vegetarian entree

All grains served are whole grain rich

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

Menu subject to change based on availability

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



Healthy Meals for Active Students!

All supper meals, include at least
three of the five food groups on
MyPlate: grains, protein, fruits,
vegetables, and dairy.

Monday	Tuesday	Wednesday	Thursday	Friday
28 corn tortilla chips black bean & corn salsa cheese stick orange wedges	29 sweet chili chicken whole wheat bun snap peas fresh watermelon	30 whole grain flatbread shredded mozzarella house tomato sauce fresh pear	1 mixed greens salad cumin lime chicken black beans cheddar cheese tomato corn ranch dressing multigrain SunChips fresh grapes	2 tuna salad wheat crackers cucumber coins ranch dressing fresh apple
5 sunbutter & jelly sandwich hummus cucumber coins orange wedges	6 pesto pasta salad herb roasted chicken red pepper strips italian dressing fresh watermelon	7 mixed greens salad diced turkey ham mozzarella cheese cucumber coins tomato italian dressing blueberry lemon crackers fresh pear	8 chicken salad croissant corn salad fresh grapes	9 turkey ham & cheese stackables lemon garlic kale salad fresh apple
12 no school	13 no school	14 whole grain flatbread shredded mozzarella house tomato sauce fresh pear	15 buffalo chicken whole wheat bun ranch dressing celery sticks fresh grapes	16 tuna salad wheat crackers baby carrots ranch dressing fresh apple
19 sunbutter & jelly sandwich hummus red pepper strips orange wedges	20 pesto pasta salad herb roasted chicken cucumber & tomato salad fresh watermelon	21 mixed greens salad diced turkey ham mozzarella cheese cucumber coins tomato chickpeas italian dressing blueberry lemon crackers fresh pear	22 chicken salad croissant baby carrots ranch dressing fresh grapes	23 turkey ham & cheese stackables corn salad fresh apple
26 corn tortilla chips black bean & corn salsa cheese stick orange wedges	27 sweet chili chicken whole wheat bun snap peas fresh watermelon	28 tuna salad wheat crackers cucumber coins fresh apple	29 taco salad multigrain SunChips fresh grapes	30 no school

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

Menu Name:	DCPS Supper	Include Cost:	No
Site:			
Use Alternate Menu Name:	Alternate Menu Name 1		

Monday - 09/28/2026Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001087 corn tortilla chips	10 ea	100	142	1.01	116	0.00	0.00	6.08	0.00	0	20.25	2.02	2.02	*N/A*	20.2	0.00	0.00
999212 black bean& corn salsa	6 oz	100	157	0.83	266	5.10	*1.39	5.61	0.00	0	22.96	5.97	5.50	*0	*34.4	*12.02	*1.52
999091 cheese stick	1 ea	100	110	6.00	190	0.00	0.00	9.00	0.00	25	0.00	0.00	7.00	*N/A*	200.0	*N/A*	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
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			551	7.86	687	26.17	*1.39	22.45	0.00	35	66.45	10.20	23.55	*45	*594.9	*61.26	*1.67
% of Calories				12.84 %		19.00%	*1.01%	36.7%	0.0%		48.2%		17.1%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					10.98		311.33	15.57	3.70

Tuesday - 09/29/2026Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999281 sweet chili chicken	1 ea	100	186	1.12	282	6.99	*6.98	5.38	0.00	102	10.01	0.02	21.36	*0	*6.0	*0.00	*1.64
999231 whole wheat bun	1 ea	100	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
000577 snap peas	4 oz	100	39	0.04	4	3.71	*N/A*	0.19	0.00	0	7.00	2.41	2.60	*N/A*	39.9	55.66	1.93
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			524	1.68	671	37.71	*8.97	9.52	0.00	112	71.59	6.22	39.31	*45	*383.4	*72.36	*5.54
% of Calories				2.89%		28.79%	*6.85%	16.4%	0.0%		54.6%		30.0%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					10.98		311.33	15.57	3.70

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)
990273 whole grain flatbread	1 ea	100	180	1.00	330	2.00	1.00	5.00	0.00	0	28.00	3.00	6.00	*N/A*	30.0	*N/A*	1.50
001025 shredded mozzarella	4 oz	100	162	7.09	344	2.02	0.00	12.15	0.00	30	2.02	*N/A*	14.18	*N/A*	415.1	*N/A*	*N/A*
990344 house tomato sauce	4 oz	100	145	1.32	352	8.47	*0.52	9.22	0.00	0	14.00	3.18	3.23	*0	*52.8	*8.08	*1.41
000445 fresh peach	1 ea	100	58	0.03	0	12.58	0.00	0.38	0.00	0	14.31	2.25	1.36	*N/A*	9.0	9.90	0.38

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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			645	9.44	1141	37.55	*1.52	28.40	0.00	40	70.76	*8.43	32.92	*45	*810.4	*18.28	*3.33
% of Calories				13.17 %		23.29%	*0.94%	39.6%	0.0%		43.9%		20.4%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					10.98		311.33	15.57	3.70

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)
001148 mixed greens salad	4 oz	100	5	0.01	8	0.25	*N/A*	0.06	0.00	0	0.86	0.54	0.41	*N/A*	12.9	2.71	0.31
001037 cumin lime chicken	3 oz	100	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	100	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
990403 shredded cheddar cheese	1 oz	100	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
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
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
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
999175 multigrain SunChips	1 bag	100	140	0.50	140	2.00	2.00	6.00	0.00	0	19.00	2.00	2.00	0	10.0	0.00	0.60

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
000230 1% Lowfat Milk	8 oz	49	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
000231 Skim Milk	8 oz	49	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
999093 soymilk	8 oz	1	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
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
Weighted Daily Average			701	7.60	877	33.94	*2.93	31.21	0.00	89	69.92	8.32	37.17	*74	*501.8	*19.88	*3.65
% of Calories				9.76%		19.37%	*1.67%	40.1%	0.0%		39.9%		21.2%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					10.98		311.33	15.57	3.70

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)
999200 tuna salad	3 oz	100	195	2.18	311	0.23	*0.00	12.56	0.00	39	0.66	0.26	20.04	*0	4.4	0.46	0.40
999075 wheat crackers	1 ea	100	110	0.50	160	2.00	2.00	3.50	0.00	0	19.00	2.00	2.00	*N/A*	5.0	*N/A*	5.00
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
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
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

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
Weighted Daily Average			581	4.88	691	36.52	*2.83	24.59	0.00	59	61.78	7.05	31.85	*45	358.2	*12.40	5.90
% of Calories				7.56%		25.14%	*1.95%	38.1%	0.0%		42.5%		21.9%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					10.98		311.33	15.57	3.70

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)
990909 sunbutter & jelly sandwich	1 ea	100	440	2.00	410	30.00	21.00	18.00	0.00	0	61.00	7.00	23.28	*N/A*	146.0	0.00	2.88
999079 hummus	1 ea	100	160	2.00	220	1.00	0.00	12.00	0.00	0	7.00	4.00	4.00	*N/A*	26.0	*N/A*	1.08
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
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			753	4.04	746	53.30	21.00	31.85	0.00	10	93.90	13.57	36.77	*45	524.0	*51.29	4.31
% of Calories				4.83%		28.31%	11.16%	38.1%	0.0%		49.9%		19.5%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					10.98		311.33	15.57	3.70

Tuesday - 10/06/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999264 pesto pasta salad	4oz	100	141	0.80	162	0.50	*0.00	6.03	0.00	2	19.82	3.50	4.64	*0	*36.6	*0.00	*1.16
990218 herb roasted chicken	3 oz	100	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
000571 red pepper strips	4 oz	100	16	0.04	2	2.62	*N/A*	0.19	0.00	0	3.76	1.31	0.62	*N/A*	4.4	79.64	0.27
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
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
000230 1% Lowfat Milk	8 oz	49	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
000231 Skim Milk	8 oz	49	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
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	1	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			556	3.48	464	*28.41	*0.49	25.45	*0.00	68	52.76	6.13	32.41	*74	*382.3	*97.31	*2.97
% of Calories				5.63%		*20.44 %	*0.35%	41.2%	*0.0%		38.0%		23.3%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					10.98		311.33	15.57	3.70

Wednesday - 10/07/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001148 mixed greens salad	4 oz	100	5	0.01	8	0.25	*N/A*	0.06	0.00	0	0.86	0.54	0.41	*N/A*	12.9	2.71	0.31
000562 diced turkey ham	2 oz	100	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
991040 mozzarella cheese	1 oz	100	40	1.77	86	0.51	0.00	3.04	0.00	8	0.51	*N/A*	3.54	*N/A*	103.8	*N/A*	*N/A*
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
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
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
999174 blueberry lemon crackers	1 bag	100	121	0.51	61	8.10	8.10	3.54	0.00	0	21.26	2.02	2.02	0	5.1	0.00	1.01
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
000230 1% Lowfat Milk	8 oz	49	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
000231 Skim Milk	8 oz	49	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
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	1	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			527	5.44	572	*36.17	*8.59	25.59	*0.00	49	53.87	*5.96	23.92	*74	*458.1	*21.79	*2.86
% of Calories				9.29%		*27.45 %	*6.52%	43.7%	*0.0%		40.9%		18.2%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					10.98		311.33	15.57	3.70

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)
000669 chicken salad	3 oz	100	188	1.94	283	0.23	*0.00	12.61	0.00	63	0.73	0.21	17.74	*0	8.3	2.23	0.38
990826 croissant	1 ea	100	190	3.00	190	4.00	3.00	7.00	0.00	0	29.00	3.00	5.00	*N/A*	26.0	0.00	1.44
990500 corn salad	4 oz	100	105	0.53	65	2.17	*0.00	3.67	0.00	0	18.15	1.87	2.68	*0	*5.9	*5.71	*0.42
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
000230 1% Lowfat Milk	8 oz	49	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
000231 Skim Milk	8 oz	49	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
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	1	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			641	5.58	658	33.47	*3.10	24.83	0.00	71	76.03	5.92	34.10	*74	*355.3	*12.06	*2.55
% of Calories				7.83%		20.89%	*1.93%	34.9%	0.0%		47.4%		21.3%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					10.98		311.33	15.57	3.70

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

Friday - 10/09/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999013 turkey ham & cheese stackables	1 ea	100	321	6.31	762	2.00	1.00	14.59	0.00	50	28.50	3.00	20.09	*N/A*	236.5	*N/A*	1.85
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
000673 fresh apple	1 ea	100	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			696	8.90	1146	34.06	*1.00	34.43	0.00	60	69.62	9.61	30.42	*45	*681.8	*57.49	*3.00
% of Calories				11.51 %		19.57%	*0.57%	44.5%	0.0%		40.0%		17.5%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					10.98		311.33	15.57	3.70

Monday - 10/12/2026 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 no school																	
Weighted Daily Average			0	0.00	0	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					10.98		311.33	15.57	3.70

Tuesday - 10/13/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 no school																	
Weighted Daily Average			0	0.00	0	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					10.98		311.33	15.57	3.70

Wednesday - 10/14/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990273 whole grain flatbread	1 ea	100	180	1.00	330	2.00	1.00	5.00	0.00	0	28.00	3.00	6.00	*N/A*	30.0	*N/A*	1.50
001025 shredded mozzarella	4 oz	100	162	7.09	344	2.02	0.00	12.15	0.00	30	2.02	*N/A*	14.18	*N/A*	415.1	*N/A*	*N/A*
990344 house tomato sauce	4 oz	100	145	1.32	352	8.47	*0.52	9.22	0.00	0	14.00	3.18	3.23	*0	*52.8	*8.08	*1.41
000445 fresh peach	1 ea	100	58	0.03	0	12.58	0.00	0.38	0.00	0	14.31	2.25	1.36	*N/A*	9.0	9.90	0.38

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	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			645	9.44	1141	37.55	*1.52	28.40	0.00	40	70.76	*8.43	32.92	*45	*810.4	*18.28	*3.33
% of Calories				13.17 %		23.29%	*0.94%	39.6%	0.0%		43.9%		20.4%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					10.98		311.33	15.57	3.70

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)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)
999279 buffalo chicken	1 ea	100	152	0.97	448	0.00	*0.00	4.36	0.00	102	0.00	0.00	21.33	*0	0.0	0.00	1.46
999231 whole wheat bun	1 ea	100	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
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
000150 celery sticks	4 oz	100	10	0.03	59	1.00	*N/A*	0.13	0.00	0	2.21	1.19	0.51	*N/A*	29.7	2.30	0.15
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
000230 1% Lowfat Milk	8 oz	49	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
000231 Skim Milk	8 oz	49	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
999093 soymilk	8 oz	1	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)
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
Weighted Daily Average			531	3.72	1000	31.74	*2.92	14.51	0.00	121	59.12	5.07	37.21	*74	387.5	*7.65	3.38
% of Calories				6.31%		23.91%	*2.20%	24.6%	0.0%		44.5%		28.0%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					10.98		311.33	15.57	3.70

Friday - 10/16/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999200 tuna salad	3 oz	100	195	2.18	311	0.23	*0.00	12.56	0.00	39	0.66	0.26	20.04	*0	4.4	0.46	0.40
999075 wheat crackers	1 ea	100	110	0.50	160	2.00	2.00	3.50	0.00	0	19.00	2.00	2.00	*N/A*	5.0	*N/A*	5.00
000151 baby carrots	4 oz	100	25	0.01	55	*N/A*	*N/A*	0.08	0.00	0	5.73	2.03	0.44	*N/A*	22.3	1.86	0.63
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
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

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			595	4.86	744	*35.30	*2.83	24.59	0.00	59	64.85	8.72	31.82	*45	368.8	*12.22	6.33
% of Calories				7.35%		*23.73 %	*1.90%	37.2%	0.0%		43.6%		21.4%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					10.98		311.33	15.57	3.70

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)
990909 sunbutter & jelly sandwich	1 ea	100	440	2.00	410	30.00	21.00	18.00	0.00	0	61.00	7.00	23.28	*N/A*	146.0	0.00	2.88
999079 hummus	1 ea	100	160	2.00	220	1.00	0.00	12.00	0.00	0	7.00	4.00	4.00	*N/A*	26.0	*N/A*	1.08
000571 red pepper strips	4 oz	100	16	0.04	2	2.62	*N/A*	0.19	0.00	0	3.76	1.31	0.62	*N/A*	4.4	79.64	0.27
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			758	4.05	747	54.70	*21.00	31.96	0.00	10	95.00	14.52	36.92	*45	516.6	*128.89	4.37
% of Calories				4.81%		28.87%	*11.08 %	37.9%	0.0%		50.1%		19.5%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					10.98		311.33	15.57	3.70

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

Tuesday - 10/20/2026		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)
990963 2 COMPARTMENT	1 tray	100	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
999264 pesto pasta salad	4oz	100	141	0.80	162	0.50	*0.00	6.03	0.00	2	19.82	3.50	4.64	*0	*36.6	*0.00	*1.16
990218 herb roasted chicken	3 oz	100	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
999265 cucumber & tomato salad	6 oz	100	162	2.11	104	3.67	0.40	14.69	0.00	0	5.89	1.35	1.15	*0	*18.1	*13.83	*0.42
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
000230 1% Lowfat Milk	8 oz	49	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
000231 Skim Milk	8 oz	49	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
999093 soymilk	8 oz	1	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
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
Weighted Daily Average			566	3.55	532	29.08	*0.50	26.05	*0.00	68	53.96	5.87	32.84	*74	*382.3	*31.13	*2.68
% of Calories				5.64%		20.55%	*0.35%	41.4%	*0.0%		38.1%		23.2%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					10.98		311.33	15.57	3.70

Wednesday - 10/21/2026		Reimbursable Meal Total 100															
	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcmm (mg)	Vit-C (mg)	Iron (mg)
001148 mixed greens salad	4 oz	100	5	0.01	8	0.25	*N/A*	0.06	0.00	0	0.86	0.54	0.41	*N/A*	12.9	2.71	0.31

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)
000562 diced turkey ham	2 oz	100	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
991040 mozzarella cheese	1 oz	100	40	1.77	86	0.51	0.00	3.04	0.00	8	0.51	*N/A*	3.54	*N/A*	103.8	*N/A*	*N/A*
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
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
001020 chickpeas	2 oz	100	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
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
999174 blueberry lemon crackers	1 bag	100	121	0.51	61	8.10	8.10	3.54	0.00	0	21.26	2.02	2.02	0	5.1	0.00	1.01
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
000230 1% Lowfat Milk	8 oz	49	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
000231 Skim Milk	8 oz	49	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
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	1	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			619	5.69	836	*38.96	*8.59	28.40	*0.00	49	67.19	*6.14	27.97	*74	*477.6	*22.81	*4.06
% of Calories				8.27%		*25.18 %	*5.55%	41.3%	*0.0%		43.4%		18.1%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					10.98		311.33	15.57	3.70

Thursday - 10/22/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000669 chicken salad	3 oz	100	188	1.94	283	0.23	*0.00	12.61	0.00	63	0.73	0.21	17.74	*0	8.3	2.23	0.38
990826 croissant	1 ea	100	190	3.00	190	4.00	3.00	7.00	0.00	0	29.00	3.00	5.00	*N/A*	26.0	0.00	1.44
000151 baby carrots	4 oz	100	25	0.01	55	*N/A*	*N/A*	0.08	0.00	0	5.73	2.03	0.44	*N/A*	22.3	1.86	0.63
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
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
000230 1% Lowfat Milk	8 oz	49	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
000231 Skim Milk	8 oz	49	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
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	1	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			632	7.18	750	*32.99	*3.93	27.72	0.00	82	65.51	6.14	32.58	*74	394.5	*9.43	2.80
% of Calories				10.22 %		*20.88 %	*2.49%	39.5%	0.0%		41.5%		20.6%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					10.98		311.33	15.57	3.70

Friday - 10/23/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999013 turkey ham & cheese stackables	1 ea	100	321	6.31	762	2.00	1.00	14.59	0.00	50	28.50	3.00	20.09	*N/A*	236.5	*N/A*	1.85
990500 corn salad	4 oz	100	105	0.53	65	2.17	*0.00	3.67	0.00	0	18.15	1.87	2.68	*0	*5.9	*5.71	*0.42
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

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			620	6.89	944	35.56	*1.00	20.22	0.00	60	84.21	9.24	31.39	*45	*556.8	*14.38	*2.53
% of Calories				10.00 %		22.94%	*0.65%	29.4%	0.0%		54.3%		20.3%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					10.98		311.33	15.57	3.70

Monday - 10/26/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001087 corn tortilla chips	10 ea	100	142	1.01	116	0.00	0.00	6.08	0.00	0	20.25	2.02	2.02	*N/A*	20.2	0.00	0.00
999212 black bean& corn salsa	6 oz	100	157	0.83	266	5.10	*1.39	5.61	0.00	0	22.96	5.97	5.50	*0	*34.4	*12.02	*1.52
999091 cheese stick	1 ea	100	110	6.00	190	0.00	0.00	9.00	0.00	25	0.00	0.00	7.00	*N/A*	200.0	*N/A*	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	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			551	7.86	687	26.17	*1.39	22.45	0.00	35	66.45	10.20	23.55	*45	*594.9	*61.26	*1.67
% of Calories				12.84 %		19.00%	*1.01%	36.7%	0.0%		48.2%		17.1%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					10.98		311.33	15.57	3.70

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)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)
999281 sweet chili chicken	1 ea	100	186	1.12	282	6.99	*6.98	5.38	0.00	102	10.01	0.02	21.36	*0	*6.0	*0.00	*1.64
999231 whole wheat bun	1 ea	100	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
000577 snap peas	4 oz	100	39	0.04	4	3.71	*N/A*	0.19	0.00	0	7.00	2.41	2.60	*N/A*	39.9	55.66	1.93
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			524	1.68	671	37.71	*8.97	9.52	0.00	112	71.59	6.22	39.31	*45	*383.4	*72.36	*5.54
% of Calories				2.89%		28.79%	*6.85%	16.4%	0.0%		54.6%		30.0%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					10.98		311.33	15.57	3.70

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

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)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)
999200 tuna salad	3 oz	100	195	2.18	311	0.23	*0.00	12.56	0.00	39	0.66	0.26	20.04	*0	4.4	0.46	0.40
999075 wheat crackers	1 ea	100	110	0.50	160	2.00	2.00	3.50	0.00	0	19.00	2.00	2.00	*N/A*	5.0	*N/A*	5.00
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
000673 fresh apple	1 ea	100	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			510	2.75	588	34.83	*2.00	18.11	0.00	49	59.88	7.00	31.14	*45	335.4	*11.18	5.87
% of Calories				4.85%		27.32%	*1.57%	32.0%	0.0%		47.0%		24.4%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					10.98		311.33	15.57	3.70

Thursday - 10/29/2026 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 no school																	
Weighted Daily Average			0	0.00	0	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					10.98		311.33	15.57	3.70

Friday - 10/30/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 no school																	
Weighted Daily Average			0	0.00	0	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					10.98		311.33	15.57	3.70

		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		606	5.55	776	*35.80	*5.07	24.30	*0.00	61	68.82	*8.05	32.38	*56	*488.5	*38.75	*3.73
% of Calories			8.24%		*23.63 %	*3.35%	36.1%	*0.0%		45.4%		21.4%				

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

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