



April Breakfast Menu

K-12 BREAKFAST

What do the colors on the menu mean?

GREEN = locally-sourced

* = vegetarian entree

All grains served are whole grain rich
Student's choice of skim or 1% milk provided at every meal.

Assorted cereal served daily

Menu subject to change based on availability

This institution is an equal opportunity provider

Monday	Tuesday	Wednesday	Thursday	Friday
30 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	31 bagel cream cheese jelly orange wedges	1 scrambled eggs hot sauce biscuit jelly butter cantaloupe	2 brown sugar oatmeal turkey sausage patty veggie breakfast sausage patty* orange wedges	3 whole grain waffles butter syrup scrambled eggs honeydew
6 no school	7 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats orange wedges	8 turkey sausage patty veggie breakfast sausage patty* croissant jelly cantaloupe	9 diced peaches granola vanilla yogurt 100% orange juice	10 pineapple carrot bread hard boiled egg hot sauce honeydew
13 no school	14 no school	15 no school	16 no school	17 no school
20 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	21 turkey bacon & egg bake veggie breakfast sausage patty* croissant jelly orange wedges	22 whole grain french toast sticks scrambled eggs cantaloupe	23 blueberries granola vanilla yogurt 100% orange juice	24 banana bread hard boiled egg hot sauce honeydew
27 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	28 bagel cream cheese jelly orange wedges	29 scrambled eggs hot sauce biscuit jelly butter cantaloupe	30 brown sugar oatmeal turkey sausage patty veggie breakfast sausage patty* orange wedges	1 whole grain waffles butter syrup scrambled eggs honeydew

HAPPY EARTH DAY!

Celebrate Earth Day on April 22nd by spending time outside, picking up litter, or preventing food waste. This year's theme is Our Power, Our Planet!





April Breakfast Menu

GRAB N' GO BREAKFAST

What do the colors on the menu mean?

GREEN = locally-sourced

* = vegetarian entree

All grains served are whole grain rich

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

Assorted cereal served daily

Menu subject to change based on availability

This institution is an equal opportunity provider



Monday	Tuesday	Wednesday	Thursday	Friday
30 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	31 bagel cream cheese jelly orange wedges	1 biscuit jelly butter cantaloupe	2 croissant jelly turkey sausage patty veggie breakfast sausage patty* orange wedges	3 whole grain waffles butter syrup honeydew
6 no school	7 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats orange wedges	8 turkey sausage patty veggie breakfast sausage patty* croissant jelly cantaloupe	9 diced peaches granola vanilla yogurt 100% orange juice	10 pineapple carrot bread hard boiled egg hot sauce honeydew
13 no school	14 no school	15 no school	16 no school	17 no school
20 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	21 turkey bacon & egg bake veggie breakfast sausage patty* croissant jelly orange wedges	22 whole grain french toast sticks cantaloupe	23 blueberries granola vanilla yogurt 100% orange juice	24 banana bread hard boiled egg hot sauce honeydew
27 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	28 bagel cream cheese jelly orange wedges	29 biscuit jelly butter cantaloupe	30 croissant jelly turkey sausage patty veggie breakfast sausage patty* orange wedges	1 whole grain waffles butter syrup honeydew

HAPPY EARTH DAY!

Celebrate Earth Day on April 22nd by spending time outside, picking up litter, or preventing food waste. This year's theme is Our Power, Our Planet!



Base Menu Spreadsheet

Portion Values

Mar 30, 2026 thru May 1, 2026

Menu Name: DCPS Breakfast K-12 **Include Cost:** No

Site:

Use Alternate Menu Name: Alternate Menu Name 1

Monday - 03/30/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)
990984 cinnamon chex	1 ea	25	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
990985 blueberry chex	1 ea	25	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999213 cinnamon toasters cereal	1 ea	25	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00
991012 honey bunches of oats	1 ea	25	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
001200 fresh apple slices	6 ea	100	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	1.54	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	1.50	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			423	1.51	389	42.88	11.25	7.09	0.00	10	82.57	7.12	11.88	*45	*480.6	*20.17	*26.27
% of Calories				3.21%		40.55%	10.64%	15.1%	0.0%		78.1%		11.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Tuesday - 03/31/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Mar 30, 2026 thru May 1, 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)	
000001	bagel	1 ea	95	171	0.00	331	5.70	4.56	1.14	0.00	0	34.21	4.56	6.84	*N/A*	0.0	0.00	0.00
990427	cream cheese	1 ea	95	51	3.04	142	1.01	0.00	4.56	0.00	15	2.02	0.00	0.38	*N/A*	*N/A*	0.00	0.00
000886	jelly	1 ea	95	35	0.00	0	9.00	8.00	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
000812	orange wedges	6 ea	99	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18
001064	mandarin oranges	8 oz	1	86	0.01	11	18.58	0.00	0.10	0.00	0	21.20	2.74	1.69	*N/A*	27.4	76.42	0.61
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	1.54	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	1.50	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
999225	cinnamon chex	1 ea	2	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
999224	cinnamon toasters cereal	1 ea	1	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00
999223	blueberry chex	1 ea	1	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999222	honey bunches of oats	1 ea	1	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average				441	4.01	578	45.20	12.50	7.54	0.00	24	79.28	8.87	16.90	*45	*386.5	*98.66	*1.55
% of Calories					8.18%		41.00%	11.34%	15.4%	0.0%		71.9%		15.3%				
Weekly Nutrient Guideline				450 - 500	<10	540		<10										

Wednesday - 04/01/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Mar 30, 2026 thru May 1, 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)
000733 scrambled eggs	3 oz	95	100	2.13	128	0.00	0.00	6.40	0.00	242	0.03	0.01	8.54	*0	37.2	*0.00	1.43
000604 hot sauce	1 ea	95	2	0.00	92	0.00	0.00	0.00	0.00	0	0.00	0.30	0.00	*N/A*	0.0	0.00	0.00
000455 biscuit	1 ea	95	187	5.89	305	1.96	1.96	8.84	0.00	0	23.58	1.96	3.93	*N/A*	157.2	0.00	0.98
000886 jelly	1 ea	95	35	0.00	0	9.00	8.00	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
000488 butter	1 ea	95	36	2.57	32	0.00	0.00	4.06	0.16	11	0.00	0.00	0.04	*N/A*	1.2	0.00	0.00
990421 cantaloupe	8 oz	100	120	0.18	56	27.63	*N/A*	0.67	0.00	0	28.69	3.16	2.95	*N/A*	31.6	129.01	0.74
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	1.54	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	1.50	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
999225 cinnamon chex	1 ea	2	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
999224 cinnamon toasters cereal	1 ea	1	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00
999223 blueberry chex	1 ea	1	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999222 honey bunches of oats	1 ea	1	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			571	11.35	713	51.11	*10.04	20.91	0.16	250	74.36	5.47	23.15	*45	*530.8	*130.00	*4.39
% of Calories				17.89 %		35.80%	*7.03%	33.0%	0.3%		52.1%		16.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Thursday - 04/02/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Mar 30, 2026 thru May 1, 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)
000464 brown sugar oatmeal	4 oz	95	127	0.25	52	13.98	*13.48	1.50	0.00	0	27.01	2.00	2.52	*0	13.8	0.00	1.00
001128 turkey sausage patty	1 ea	93	80	2.00	95	0.00	0.00	6.00	0.00	30	0.00	0.00	7.00	*N/A*	*N/A*	0.00	*N/A*
000801 veggie breakfast sausage patty*	1 ea	2	70	0.00	250	1.00	0.00	2.50	0.00	0	4.00	1.00	9.00	*N/A*	0.0	0.00	1.80
000812 orange wedges	6 ea	99	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18
001064 mandarin oranges	8 oz	1	86	0.01	11	18.58	0.00	0.10	0.00	0	21.20	2.74	1.69	*N/A*	27.4	76.42	0.61
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	1.54	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	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soy milk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
999225 cinnamon chex	1 ea	2	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
999224 cinnamon toasters cereal	1 ea	1	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00
999223 blueberry chex	1 ea	1	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999222 honey bunches of oats	1 ea	1	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
999130 croissant	1 ea	0	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
999131 jelly	1 ea	0	35	0.00	0	9.00	8.00	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
Weighted Daily Average			394	3.23	271	43.57	*13.37	9.19	0.00	38	62.05	6.46	19.13	*45	*399.6	*98.66	*2.53
% of Calories				7.38%		44.23%	*13.57%	21.0%	0.0%		63.0%		19.4%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Base Menu Spreadsheet

Portion Values

Mar 30, 2026 thru May 1, 2026

Friday - 04/03/2026

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)
990076 whole grain waffles	2 ea	95	130	0.50	230	4.00	2.00	3.50	0.00	5	23.00	3.00	4.00	*N/A*	50.0	*N/A*	1.00
000488 butter	1 ea	95	36	2.57	32	0.00	0.00	4.06	0.16	11	0.00	0.00	0.04	*N/A*	1.2	0.00	0.00
999100 syrup	1 ea	95	80	0.00	15	21.00	21.00	0.00	0.00	0	21.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
000733 scrambled eggs	3 oz	95	100	2.13	128	0.00	0.00	6.40	0.00	242	0.03	0.01	8.54	*0	37.2	*0.00	1.43
990436 honeydew	8 oz	100	133	0.14	67	30.07	0.00	0.52	0.00	0	33.66	2.96	2.00	*N/A*	22.2	66.65	0.63
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	1.54	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	1.50	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
999225 cinnamon chex	1 ea	2	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
999224 cinnamon toasters cereal	1 ea	1	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00
999223 blueberry chex	1 ea	1	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999222 honey bunches of oats	1 ea	1	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			572	6.18	580	66.87	22.42	15.69	0.16	255	90.18	5.96	22.26	*45	*419.5	*67.64	*4.30
% of Calories				9.72%		46.76%	15.68%	24.7%	0.3%		63.1%		15.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Saturday - 04/04/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Mar 30, 2026 thru May 1, 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)
991012 honey bunches of oats	1 ea	100	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
000884 fresh pear	1 ea	100	101	0.04	2	17.36	*N/A*	0.25	0.00	0	27.11	5.52	0.64	*N/A*	16.0	7.65	0.32
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	1.54	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	1.50	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			410	1.12	246	40.83	*10.00	4.41	0.00	10	84.54	9.52	12.79	*45	*319.5	*7.95	*0.37
% of Calories				2.46%		39.83%	*9.76%	9.7%	0.0%		82.5%		12.5%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Monday - 04/06/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000145 no school																	
Weighted Daily Average			0	0.00	0	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Tuesday - 04/07/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Mar 30, 2026 thru May 1, 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)
990984 cinnamon chex	1 ea	25	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
990985 blueberry chex	1 ea	25	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999213 cinnamon toasters cereal	1 ea	25	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00
991012 honey bunches of oats	1 ea	25	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
000812 orange wedges	6 ea	99	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18
001064 mandarin oranges	8 oz	1	86	0.01	11	18.58	0.00	0.10	0.00	0	21.20	2.74	1.69	*N/A*	27.4	76.42	0.61
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	1.54	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	1.50	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			415	1.48	387	41.19	11.25	7.00	0.00	10	79.05	7.15	13.13	*45	*542.8	*109.47	*26.24
% of Calories				3.21%		39.70%	10.84%	15.2%	0.0%		76.2%		12.7%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Wednesday - 04/08/2026

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)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001128 turkey sausage patty	1 ea	93	80	2.00	95	0.00	0.00	6.00	0.00	30	0.00	0.00	7.00	*N/A*	*N/A*	0.00	*N/A*
000801 veggie breakfast sausage patty*	1 ea	2	70	0.00	250	1.00	0.00	2.50	0.00	0	4.00	1.00	9.00	*N/A*	0.0	0.00	1.80

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Mar 30, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)
990826 croissant	1 ea	95	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
000603 jelly	1 ea	95	35	0.00	0	9.00	8.00	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	0.00	0.00
990421 cantaloupe	8 oz	100	120	0.18	56	27.63	*N/A*	0.67	0.00	0	28.69	3.16	2.95	*N/A*	31.6	129.01	0.74
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	1.54	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	1.50	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
999225 cinnamon chex	1 ea	2	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
999224 cinnamon toasters cereal	1 ea	1	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00
999223 blueberry chex	1 ea	1	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999222 honey bunches of oats	1 ea	1	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			519	5.99	459	53.06	*11.02	14.86	0.00	38	79.56	6.17	22.71	*45	*369.7	*130.00	*3.50
% of Calories				10.39 %		40.89%	*8.49%	25.8%	0.0%		61.3%		17.5%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Thursday - 04/09/2026

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)	VIt-A (mcg RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)
999211 diced peaches	4 oz	95	30	0.00	0	0.00	0.00	0.00	0.00	0	6.50	1.00	0.50	*N/A*	0.0	0.00	0.02

Base Menu Spreadsheet

Portion Values

Mar 30, 2026 thru May 1, 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)
999240 granola	3 oz	95	110	0.00	60	5.00	4.00	4.00	0.00	0	15.00	2.00	3.00	0	2.0	0.00	6.00
999241 vanilla yogurt	4 oz	95	80	0.00	73	13.34	7.34	0.00	0.00	3	16.68	0.00	3.34	0	320.2	0.00	0.00
000171 100% orange juice	4 oz	95	60	0.00	0	11.00	0.00	0.00	0.00	0	14.00	0.00	1.00	*N/A*	10.0	42.00	0.00
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	1.54	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	1.50	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
999225 cinnamon chex	1 ea	2	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
999224 cinnamon toasters cereal	1 ea	1	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00
999223 blueberry chex	1 ea	1	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999222 honey bunches of oats	1 ea	1	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
999226 fresh orange	1 ea	5	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18
Weighted Daily Average			381	1.10	255	41.79	11.34	5.72	0.00	13	65.34	3.21	15.84	*45	*632.6	*45.78	*7.09
% of Calories				2.60%		43.87%	11.91%	13.5%	0.0%		68.6%		16.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Friday - 04/10/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Mar 30, 2026 thru May 1, 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)
990036 pineapple carrot bread	2 wt oz	95	166	0.78	175	15.54	*12.35	4.86	*0.00	17	28.40	1.62	2.71	*0	*51.7	*3.80	*1.02
000882 hard boiled egg	1 ea	95	78	1.63	62	0.56	0.00	5.30	0.00	186	0.56	0.00	6.29	*N/A*	25.0	0.00	0.60
000604 hot sauce	1 ea	95	2	0.00	92	0.00	0.00	0.00	0.00	0	0.00	0.30	0.00	*N/A*	0.0	0.00	0.00
990436 honeydew	8 oz	100	133	0.14	67	30.07	0.00	0.52	0.00	0	33.66	2.96	2.00	*N/A*	22.2	66.65	0.63
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	1.54	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	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soy milk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
999225 cinnamon chex	1 ea	2	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
999224 cinnamon toasters cereal	1 ea	1	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00
999223 blueberry chex	1 ea	1	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999222 honey bunches of oats	1 ea	1	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			477	3.54	508	58.41	*12.30	12.09	*0.00	203	75.86	4.93	18.86	*45	*408.5	*71.25	*3.52
% of Calories				6.68%		48.98%	*10.31 %	22.8%	*0.0%		63.6%		15.8%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Saturday - 04/11/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Mar 30, 2026 thru May 1, 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)
990985 blueberry chex	1 ea	100	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
000884 fresh pear	1 ea	100	101	0.04	2	17.36	*N/A*	0.25	0.00	0	27.11	5.52	0.64	*N/A*	16.0	7.65	0.32
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	1.54	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	1.50	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			440	1.62	436	40.83	*11.00	6.91	0.00	10	85.54	6.52	11.79	*45	644.5	*30.95	32.37
% of Calories				3.31%		37.12%	*10.00 %	14.1%	0.0%		77.8%		10.7%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Monday - 04/13/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000145 no school																	
Weighted Daily Average			0	0.00	0	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Tuesday - 04/14/2026

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Mar 30, 2026 thru May 1, 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)
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			450 - 500	<10	540		<10										

Wednesday - 04/15/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000145 no school																	
Weighted Daily Average			0	0.00	0	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Thursday - 04/16/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000145 no school																	
Weighted Daily Average			0	0.00	0	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Base Menu Spreadsheet

Portion Values

Mar 30, 2026 thru May 1, 2026

Friday - 04/17/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	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			450 - 500	<10	540		<10										

Monday - 04/20/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)
990984 cinnamon chex	1 ea	25	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
990985 blueberry chex	1 ea	25	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999213 cinnamon toasters cereal	1 ea	25	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00
991012 honey bunches of oats	1 ea	25	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
001200 fresh apple slices	6 ea	100	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	1.54	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	1.50	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

Mar 30, 2026 thru May 1, 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)
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			423	1.51	389	42.88	11.25	7.09	0.00	10	82.57	7.12	11.88	*45	*480.6	*20.17	*26.27
% of Calories				3.21%		40.55%	10.64%	15.1%	0.0%		78.1%		11.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Tuesday - 04/21/2026

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)
000894 turkey bacon & egg bake	1 piece	92	105	2.23	222	0.00	0.00	6.68	0.00	206	0.01	0.01	8.91	*0	31.0	*0.00	1.19
000801 veggie breakfast sausage patty*	1 ea	3	70	0.00	250	1.00	0.00	2.50	0.00	0	4.00	1.00	9.00	*N/A*	0.0	0.00	1.80
990826 croissant	1 ea	95	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
000603 jelly	1 ea	95	35	0.00	0	9.00	8.00	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000812 orange wedges	6 ea	99	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18
001064 mandarin oranges	8 oz	1	86	0.01	11	18.58	0.00	0.10	0.00	0	21.20	2.74	1.69	*N/A*	27.4	76.42	0.61
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	1.54	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	1.50	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
999225 cinnamon chex	1 ea	2	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00

Base Menu Spreadsheet

Portion Values

Mar 30, 2026 thru May 1, 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)
999224 cinnamon toasters cereal	1 ea	1	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00
999223 blueberry chex	1 ea	1	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999222 honey bunches of oats	1 ea	1	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			510	6.03	521	42.65	11.02	15.00	0.00	200	72.54	7.42	23.26	*45	*439.7	*98.66	*4.06
% of Calories				10.64 %		33.45%	8.64%	26.5%	0.0%		56.9%		18.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Wednesday - 04/22/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990639 whole grain french toast sticks	2 ea	95	200	1.33	120	6.67	6.67	9.33	0.00	7	22.00	2.67	4.00	*N/A*	33.3	*N/A*	1.13
000733 scrambled eggs	3 oz	95	100	2.13	128	0.00	0.00	6.40	0.00	242	0.03	0.01	8.54	*0	37.2	*0.00	1.43
990421 cantaloupe	8 oz	100	120	0.18	56	27.63	*N/A*	0.67	0.00	0	28.69	3.16	2.95	*N/A*	31.6	129.01	0.74
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	1.54	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	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soy milk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
999225 cinnamon chex	1 ea	2	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
999224 cinnamon toasters cereal	1 ea	1	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00

Base Menu Spreadsheet

Portion Values

Mar 30, 2026 thru May 1, 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)	
999223	blueberry chex	1 ea	1	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999222	honey bunches of oats	1 ea	1	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average				515	4.57	420	47.02	*6.90	17.53	0.00	246	64.30	5.85	23.18	*45	*412.0	*130.00	*4.53
% of Calories					7.99%		36.52%	*5.36%	30.6%			49.9%		18.0%				
Weekly Nutrient Guideline				450 - 500	<10	540		<10										

Thursday - 04/23/2026

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)	
990577	blueberries	4 oz	95	40	0.04	1	7.02	0.00	0.50	0.00	0	9.50	2.20	0.32	0	6.0	2.00	0.14
999240	granola	3 oz	95	110	0.00	60	5.00	4.00	4.00	0.00	0	15.00	2.00	3.00	0	2.0	0.00	6.00
999241	vanilla yogurt	4 oz	95	80	0.00	73	13.34	7.34	0.00	0.00	3	16.68	0.00	3.34	0	320.2	0.00	0.00
000171	100% orange juice	4 oz	95	60	0.00	0	11.00	0.00	0.00	0.00	0	14.00	0.00	1.00	*N/A*	10.0	42.00	0.00
000231	Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230	1% Lowfat Milk	8 oz	69	102	1.54	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	1.50	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
999225	cinnamon chex	1 ea	2	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
999224	cinnamon toasters cereal	1 ea	1	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00

Base Menu Spreadsheet

Portion Values

Mar 30, 2026 thru May 1, 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)
999223 blueberry chex	1 ea	1	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999222 honey bunches of oats	1 ea	1	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
999226 fresh orange	1 ea	5	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18
Weighted Daily Average			390	1.14	256	48.46	11.34	6.20	0.00	13	68.19	4.35	15.67	*45	*638.3	*47.68	*7.20
% of Calories				2.63%		49.70%	11.63%	14.3%	0.0%		69.9%		16.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Friday - 04/24/2026

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)
990037 banana bread	2 wt oz	95	174	0.81	147	15.39	*12.35	4.92	*0.00	17	30.34	1.99	2.87	*0	*48.8	*2.15	*1.00
000882 hard boiled egg	1 ea	95	78	1.63	62	0.56	0.00	5.30	0.00	186	0.56	0.00	6.29	*N/A*	25.0	0.00	0.60
000604 hot sauce	1 ea	95	2	0.00	92	0.00	0.00	0.00	0.00	0	0.00	0.30	0.00	*N/A*	0.0	0.00	0.00
990436 honeydew	8 oz	100	133	0.14	67	30.07	0.00	0.52	0.00	0	33.66	2.96	2.00	*N/A*	22.2	66.65	0.63
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	1.54	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	1.50	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
999225 cinnamon chex	1 ea	2	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00

Base Menu Spreadsheet

Portion Values

Mar 30, 2026 thru May 1, 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)
999224 cinnamon toasters cereal	1 ea	1	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00
999223 blueberry chex	1 ea	1	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999222 honey bunches of oats	1 ea	1	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			484	3.56	481	58.28	*12.30	12.14	*0.00	203	77.71	5.27	19.02	*45	*405.7	*69.68	*3.50
% of Calories				6.62%		48.17%	*10.17 %	22.6%	*0.0%		64.2%		15.7%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Saturday - 04/25/2026

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)
990984 cinnamon chex	1 ea	100	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
000884 fresh pear	1 ea	100	101	0.04	2	17.36	*N/A*	0.25	0.00	0	27.11	5.52	0.64	*N/A*	16.0	7.65	0.32
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	1.54	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	1.50	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			430	1.62	456	41.83	*12.00	6.91	0.00	10	85.54	8.52	11.79	*45	644.5	*30.95	27.37
% of Calories				3.39%		38.91%	*11.16 %	14.5%	0.0%		79.6%		11.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Base Menu Spreadsheet

Portion Values

Mar 30, 2026 thru May 1, 2026

Monday - 04/27/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990984 cinnamon chex	1 ea	25	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
990985 blueberry chex	1 ea	25	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999213 cinnamon toasters cereal	1 ea	25	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00
991012 honey bunches of oats	1 ea	25	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
001200 fresh apple slices	6 ea	100	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	1.54	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	1.50	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			423	1.51	389	42.88	11.25	7.09	0.00	10	82.57	7.12	11.88	*45	*480.6	*20.17	*26.27
% of Calories				3.21%		40.55%	10.64%	15.1%	0.0%		78.1%		11.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Tuesday - 04/28/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000001 bagel	1 ea	95	171	0.00	331	5.70	4.56	1.14	0.00	0	34.21	4.56	6.84	*N/A*	0.0	0.00	0.00

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Mar 30, 2026 thru May 1, 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)
990427 cream cheese	1 ea	95	51	3.04	142	1.01	0.00	4.56	0.00	15	2.02	0.00	0.38	*N/A*	*N/A*	0.00	0.00
000886 jelly	1 ea	95	35	0.00	0	9.00	8.00	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
000812 orange wedges	6 ea	99	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18
001064 mandarin oranges	8 oz	1	86	0.01	11	18.58	0.00	0.10	0.00	0	21.20	2.74	1.69	*N/A*	27.4	76.42	0.61
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	1.54	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	1.50	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
999225 cinnamon chex	1 ea	2	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
999224 cinnamon toasters cereal	1 ea	1	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00
999223 blueberry chex	1 ea	1	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999222 honey bunches of oats	1 ea	1	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			441	4.01	578	45.20	12.50	7.54	0.00	24	79.28	8.87	16.90	*45	*386.5	*98.66	*1.55
% of Calories				8.18%		41.00%	11.34%	15.4%	0.0%		71.9%		15.3%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Wednesday - 04/29/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Mar 30, 2026 thru May 1, 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)	
000733	scrambled eggs	3 oz	95	100	2.13	128	0.00	0.00	6.40	0.00	242	0.03	0.01	8.54	*0	37.2	*0.00	1.43
000604	hot sauce	1 ea	95	2	0.00	92	0.00	0.00	0.00	0.00	0	0.00	0.30	0.00	*N/A*	0.0	0.00	0.00
000455	biscuit	1 ea	95	187	5.89	305	1.96	1.96	8.84	0.00	0	23.58	1.96	3.93	*N/A*	157.2	0.00	0.98
000886	jelly	1 ea	95	35	0.00	0	9.00	8.00	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
000488	butter	1 ea	95	36	2.57	32	0.00	0.00	4.06	0.16	11	0.00	0.00	0.04	*N/A*	1.2	0.00	0.00
990421	cantaloupe	8 oz	100	120	0.18	56	27.63	*N/A*	0.67	0.00	0	28.69	3.16	2.95	*N/A*	31.6	129.01	0.74
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	1.54	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	1.50	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
999225	cinnamon chex	1 ea	2	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
999224	cinnamon toasters cereal	1 ea	1	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00
999223	blueberry chex	1 ea	1	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999222	honey bunches of oats	1 ea	1	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average				571	11.35	713	51.11	*10.04	20.91	0.16	250	74.36	5.47	23.15	*45	*530.8	*130.00	*4.39
% of Calories					17.89 %	35.80%	*7.03%	33.0%	0.3%		52.1%		16.2%					
Weekly Nutrient Guideline				450 - 500	<10	540		<10										

Thursday - 04/30/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Mar 30, 2026 thru May 1, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000464 brown sugar oatmeal	4 oz	95	127	0.25	52	13.98	*13.48	1.50	0.00	0	27.01	2.00	2.52	*0	13.8	0.00	1.00
001128 turkey sausage patty	1 ea	93	80	2.00	95	0.00	0.00	6.00	0.00	30	0.00	0.00	7.00	*N/A*	*N/A*	0.00	*N/A*
000801 veggie breakfast sausage patty*	1 ea	2	70	0.00	250	1.00	0.00	2.50	0.00	0	4.00	1.00	9.00	*N/A*	0.0	0.00	1.80
000812 orange wedges	6 ea	99	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18
001064 mandarin oranges	8 oz	1	86	0.01	11	18.58	0.00	0.10	0.00	0	21.20	2.74	1.69	*N/A*	27.4	76.42	0.61
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	1.54	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	1.50	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
999225 cinnamon chex	1 ea	2	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
999224 cinnamon toasters cereal	1 ea	1	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00
999223 blueberry chex	1 ea	1	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999222 honey bunches of oats	1 ea	1	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
999130 croissant	1 ea	0	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
999131 jelly	1 ea	0	35	0.00	0	9.00	8.00	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
Weighted Daily Average			394	3.23	271	43.57	*13.37	9.19	0.00	38	62.05	6.46	19.13	*45	*399.6	*98.66	*2.53
% of Calories				7.38%		44.23%	*13.57%	21.0%	0.0%		63.0%		19.4%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Base Menu Spreadsheet

Portion Values

Mar 30, 2026 thru May 1, 2026

Friday - 05/01/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990076 whole grain waffles	2 ea	95	130	0.50	230	4.00	2.00	3.50	0.00	5	23.00	3.00	4.00	*N/A*	50.0	*N/A*	1.00
000488 butter	1 ea	95	36	2.57	32	0.00	0.00	4.06	0.16	11	0.00	0.00	0.04	*N/A*	1.2	0.00	0.00
999100 syrup	1 ea	95	80	0.00	15	21.00	21.00	0.00	0.00	0	21.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
000733 scrambled eggs	3 oz	95	100	2.13	128	0.00	0.00	6.40	0.00	242	0.03	0.01	8.54	*0	37.2	*0.00	1.43
990436 honeydew	8 oz	100	133	0.14	67	30.07	0.00	0.52	0.00	0	33.66	2.96	2.00	*N/A*	22.2	66.65	0.63
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	1.54	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	1.50	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
999225 cinnamon chex	1 ea	2	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
999224 cinnamon toasters cereal	1 ea	1	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00
999223 blueberry chex	1 ea	1	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
999222 honey bunches of oats	1 ea	1	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			572	6.18	580	66.87	22.42	15.69	0.16	255	90.18	5.96	22.26	*45	*419.5	*67.64	*4.30
% of Calories				9.72%		46.76%	15.68%	24.7%	0.3%		63.1%		15.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Base Menu Spreadsheet

Portion Values

Mar 30, 2026 thru May 1, 2026

	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 (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	463	4	449	48	*12.31	10.76	*0.03	96	77.16	6.54	17.57	*45	*471.5	*73.76	*10.19
% of Calories		7.58%		41.49%	*10.63%	20.9%	*0.1%		66.7%		15.2%				

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.

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.



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the State or local Agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

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