



SERVING AWARD-WINNING FOOD THAT KIDS LOVE.

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April Salad Bar Lunch Menu

DC PUBLIC SCHOOLS | 9-12

All grains served are whole grain rich

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

Menu subject to change based on availability

This institution is an equal opportunity provider

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

3/30 - 4/03 &
4/27 - 5/01
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

4/7 - 4/10
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
 - whole grain roll
- +add your dressing**
 - honey mustard dressing

4/13 - 4/17
NO SCHOOL

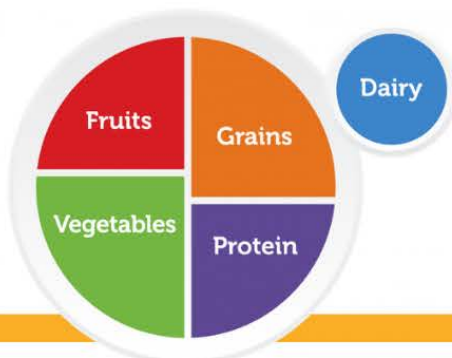


4/20 - 4/24
HOT HONEY

- + pick your base**
 - romaine lettuce
- +pick your protein**
 - hot honey chicken
 - herb roasted chicken
- +pick your toppings**
 - kidney beans
 - diced cucumbers
 - shredded carrots
 - corn
 - shredded mozzarella
 - whole grain croutons
 - whole grain roll
- +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

Mar 30, 2026 thru May 1, 2026

Menu Name:	DCPS Lunch 9-12 Salad Bar	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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000562 diced turkey ham	2 oz	50	55	1.09	262	0.00	0.00	3.28	0.00	33	0.00	0.00	7.65	*N/A*	0.0	0.00	0.44
990332 herb roasted chicken	2 oz	50	66	0.38	92	0.01	*0.00	2.37	*0.00	36	0.21	0.11	11.06	*0	*6.3	*0.24	*0.32
000882 hard boiled egg	1 ea	80	78	1.63	62	0.56	0.00	5.30	0.00	186	0.56	0.00	6.29	*N/A*	25.0	0.00	0.60
000468 mixed greens salad	8 oz	100	9	0.02	16	0.49	*N/A*	0.13	0.00	0	1.73	1.07	0.82	*N/A*	25.8	5.42	0.62
001020 chickpeas	2 oz	40	86	0.24	264	2.18	0.00	2.77	0.00	0	11.99	0.00	3.82	*0	*13.6	*0.00	*1.09
999136 sliced tomatoes	2 ea	100	10	0.01	3	1.40	0.00	0.11	0.00	0	2.07	0.64	0.47	*N/A*	5.3	7.30	0.14
001093 cucumber coins	2 oz	100	5	0.01	1	0.61	*N/A*	0.04	0.00	0	1.33	0.18	0.24	*N/A*	5.9	1.02	0.10
001157 corn	2 oz	100	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
990044 honey mustard dressing	1 oz	100	160	2.41	127	4.04	*4.04	16.05	0.00	8	4.05	0.01	0.02	*N/A*	1.4	0.02	0.04
990403 shredded cheddar cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
999070 fresh grapes	8 oz	100	122	0.21	4	29.48	0.00	0.64	0.00	0	31.12	1.63	1.14	*N/A*	25.4	7.26	0.53
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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			861	8.18	1062	52.85	*6.04	39.59	*0.00	211	99.11	10.50	37.28	*45	*532.4	*24.07	*4.03
% of Calories				8.55%		24.55%	*2.81%	41.4%	*0.0%		46.0%		17.3%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Tuesday - 03/31/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000562 diced turkey ham	2 oz	50	55	1.09	262	0.00	0.00	3.28	0.00	33	0.00	0.00	7.65	*N/A*	0.0	0.00	0.44
990332 herb roasted chicken	2 oz	50	66	0.38	92	0.01	*0.00	2.37	*0.00	36	0.21	0.11	11.06	*0	*6.3	*0.24	*0.32
000882 hard boiled egg	1 ea	80	78	1.63	62	0.56	0.00	5.30	0.00	186	0.56	0.00	6.29	*N/A*	25.0	0.00	0.60
000468 mixed greens salad	8 oz	100	9	0.02	16	0.49	*N/A*	0.13	0.00	0	1.73	1.07	0.82	*N/A*	25.8	5.42	0.62
001020 chickpeas	2 oz	40	86	0.24	264	2.18	0.00	2.77	0.00	0	11.99	0.00	3.82	*0	*13.6	*0.00	*1.09
999136 sliced tomatoes	2 ea	100	10	0.01	3	1.40	0.00	0.11	0.00	0	2.07	0.64	0.47	*N/A*	5.3	7.30	0.14
001093 cucumber coins	2 oz	100	5	0.01	1	0.61	*N/A*	0.04	0.00	0	1.33	0.18	0.24	*N/A*	5.9	1.02	0.10
001157 corn	2 oz	100	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000004 roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
990044 honey mustard dressing	1 oz	100	160	2.41	127	4.04	*4.04	16.05	0.00	8	4.05	0.01	0.02	*N/A*	1.4	0.02	0.04
990403 shredded cheddar cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
001200 fresh apple slices	6 ea	100	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	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			834	8.03	1060	42.27	*6.04	39.27	*0.00	211	93.12	13.24	36.61	*45	*517.9	*25.18	*3.72
% of Calories				8.67%		20.27%	*2.90%	42.4%	*0.0%		44.7%		17.6%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Wednesday - 04/01/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000562 diced turkey ham	2 oz	50	55	1.09	262	0.00	0.00	3.28	0.00	33	0.00	0.00	7.65	*N/A*	0.0	0.00	0.44
990332 herb roasted chicken	2 oz	50	66	0.38	92	0.01	*0.00	2.37	*0.00	36	0.21	0.11	11.06	*0	*6.3	*0.24	*0.32
000882 hard boiled egg	1 ea	80	78	1.63	62	0.56	0.00	5.30	0.00	186	0.56	0.00	6.29	*N/A*	25.0	0.00	0.60
000468 mixed greens salad	8 oz	100	9	0.02	16	0.49	*N/A*	0.13	0.00	0	1.73	1.07	0.82	*N/A*	25.8	5.42	0.62

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001020 chickpeas	2 oz	40	86	0.24	264	2.18	0.00	2.77	0.00	0	11.99	0.00	3.82	*0	*13.6	*0.00	*1.09
999136 sliced tomatoes	2 ea	100	10	0.01	3	1.40	0.00	0.11	0.00	0	2.07	0.64	0.47	*N/A*	5.3	7.30	0.14
001093 cucumber coins	2 oz	100	5	0.01	1	0.61	*N/A*	0.04	0.00	0	1.33	0.18	0.24	*N/A*	5.9	1.02	0.10
001157 corn	2 oz	100	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
990044 honey mustard dressing	1 oz	100	160	2.41	127	4.04	*4.04	16.05	0.00	8	4.05	0.01	0.02	*N/A*	1.4	0.02	0.04
990403 shredded cheddar cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
000812 orange wedges	6 ea	100	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	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			826	8.00	1058	40.57	*6.04	39.18	*0.00	211	89.61	13.28	37.87	*45	*580.6	*114.70	*3.69
% of Calories				8.72%		19.65%	*2.92%	42.7%	*0.0%		43.4%		18.3%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Thursday - 04/02/2026

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)
000562 diced turkey ham	2 oz	50	55	1.09	262	0.00	0.00	3.28	0.00	33	0.00	0.00	7.65	*N/A*	0.0	0.00	0.44
990332 herb roasted chicken	2 oz	50	66	0.38	92	0.01	*0.00	2.37	*0.00	36	0.21	0.11	11.06	*0	*6.3	*0.24	*0.32
000882 hard boiled egg	1 ea	80	78	1.63	62	0.56	0.00	5.30	0.00	186	0.56	0.00	6.29	*N/A*	25.0	0.00	0.60
000468 mixed greens salad	8 oz	100	9	0.02	16	0.49	*N/A*	0.13	0.00	0	1.73	1.07	0.82	*N/A*	25.8	5.42	0.62
001020 chickpeas	2 oz	40	86	0.24	264	2.18	0.00	2.77	0.00	0	11.99	0.00	3.82	*0	*13.6	*0.00	*1.09
999136 sliced tomatoes	2 ea	100	10	0.01	3	1.40	0.00	0.11	0.00	0	2.07	0.64	0.47	*N/A*	5.3	7.30	0.14
001093 cucumber coins	2 oz	100	5	0.01	1	0.61	*N/A*	0.04	0.00	0	1.33	0.18	0.24	*N/A*	5.9	1.02	0.10
001157 corn	2 oz	100	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
990044 honey mustard dressing	1 oz	100	160	2.41	127	4.04	*4.04	16.05	0.00	8	4.05	0.01	0.02	*N/A*	1.4	0.02	0.04
990403 shredded cheddar cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
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

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)	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			841	8.01	1060	40.72	*6.04	39.21	*0.00	211	95.10	14.39	36.78	*45	*523.0	*24.46	*3.82
% of Calories				8.57%		19.37%	*2.87%	42.0%	*0.0%		45.2%		17.5%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

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)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000562 diced turkey ham	2 oz	50	55	1.09	262	0.00	0.00	3.28	0.00	33	0.00	0.00	7.65	*N/A*	0.0	0.00	0.44
990332 herb roasted chicken	2 oz	50	66	0.38	92	0.01	*0.00	2.37	*0.00	36	0.21	0.11	11.06	*0	*6.3	*0.24	*0.32
000882 hard boiled egg	1 ea	80	78	1.63	62	0.56	0.00	5.30	0.00	186	0.56	0.00	6.29	*N/A*	25.0	0.00	0.60
000468 mixed greens salad	8 oz	100	9	0.02	16	0.49	*N/A*	0.13	0.00	0	1.73	1.07	0.82	*N/A*	25.8	5.42	0.62
001020 chickpeas	2 oz	40	86	0.24	264	2.18	0.00	2.77	0.00	0	11.99	0.00	3.82	*0	*13.6	*0.00	*1.09
999136 sliced tomatoes	2 ea	100	10	0.01	3	1.40	0.00	0.11	0.00	0	2.07	0.64	0.47	*N/A*	5.3	7.30	0.14
001093 cucumber coins	2 oz	100	5	0.01	1	0.61	*N/A*	0.04	0.00	0	1.33	0.18	0.24	*N/A*	5.9	1.02	0.10
001157 corn	2 oz	100	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
990044 honey mustard dressing	1 oz	100	160	2.41	127	4.04	*4.04	16.05	0.00	8	4.05	0.01	0.02	*N/A*	1.4	0.02	0.04

Base Menu Spreadsheet

Portion Values

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990403 shredded cheddar cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
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
Weighted Daily Average			859	8.15	1114	51.00	*6.04	39.62	*0.00	211	96.67	12.03	39.09	*45	*538.7	*145.82	*4.24
% of Calories				8.54%		23.75%	*2.81%	41.5%	*0.0%		45.0%		18.2%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<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)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 no school																	
Weighted Daily Average			0	0.00	0	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Tuesday - 04/07/2026

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)
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	60	86	0.24	264	2.18	0.00	2.77	0.00	0	11.99	0.00	3.82	*0	*13.6	*0.00	*1.09
000188 romaine salad	8 oz	75	10	0.02	5	0.69	0.00	0.17	0.00	0	1.91	1.22	0.71	0	19.1	2.32	0.56
001013 red onion	2 oz	75	20	0.02	2	2.81	0.00	0.05	0.00	0	4.55	0.83	0.54	0	11.2	3.61	0.10
990349 red pepper strips	2 oz	75	8	0.02	1	1.31	*N/A*	0.09	0.00	0	1.88	0.66	0.31	*N/A*	2.2	39.82	0.13
001157 corn	2 oz	75	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
990044 honey mustard dressing	1 oz	100	160	2.41	127	4.04	*4.04	16.05	0.00	8	4.05	0.01	0.02	*N/A*	1.4	0.02	0.04
990403 shredded cheddar cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
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			831	6.22	1106	51.35	*13.54	33.77	0.00	70	103.73	13.10	35.53	*45	*488.4	*44.97	*3.10
% of Calories				6.74%		24.72%	*6.52%	36.6%	0.0%		49.9%		17.1%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Mar 30, 2026 thru May 1, 2026

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 (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	60	86	0.24	264	2.18	0.00	2.77	0.00	0	11.99	0.00	3.82	*0	*13.6	*0.00	*1.09
000188 romaine salad	8 oz	75	10	0.02	5	0.69	0.00	0.17	0.00	0	1.91	1.22	0.71	0	19.1	2.32	0.56
001013 red onion	2 oz	75	20	0.02	2	2.81	0.00	0.05	0.00	0	4.55	0.83	0.54	0	11.2	3.61	0.10
990349 red pepper strips	2 oz	75	8	0.02	1	1.31	*N/A*	0.09	0.00	0	1.88	0.66	0.31	*N/A*	2.2	39.82	0.13
001157 corn	2 oz	75	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
990044 honey mustard dressing	1 oz	100	160	2.41	127	4.04	*4.04	16.05	0.00	8	4.05	0.01	0.02	*N/A*	1.4	0.02	0.04
990403 shredded cheddar cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
000812 orange wedges	6 ea	100	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	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

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)	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			823	6.20	1105	49.64	*13.54	33.68	0.00	70	100.22	13.14	36.79	*45	*551.1	*134.49	*3.06
% of Calories				6.78%		24.13%	*6.58%	36.8%	0.0%		48.7%		17.9%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<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)	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	60	86	0.24	264	2.18	0.00	2.77	0.00	0	11.99	0.00	3.82	*0	*13.6	*0.00	*1.09
000188 romaine salad	8 oz	75	10	0.02	5	0.69	0.00	0.17	0.00	0	1.91	1.22	0.71	0	19.1	2.32	0.56
001013 red onion	2 oz	75	20	0.02	2	2.81	0.00	0.05	0.00	0	4.55	0.83	0.54	0	11.2	3.61	0.10
990349 red pepper strips	2 oz	75	8	0.02	1	1.31	*N/A*	0.09	0.00	0	1.88	0.66	0.31	*N/A*	2.2	39.82	0.13
001157 corn	2 oz	75	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
990044 honey mustard dressing	1 oz	100	160	2.41	127	4.04	*4.04	16.05	0.00	8	4.05	0.01	0.02	*N/A*	1.4	0.02	0.04
990403 shredded cheddar cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
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

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)	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	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			838	6.21	1106	49.80	*13.54	33.71	0.00	70	105.71	14.25	35.70	*45	*493.5	*44.25	*3.20
% of Calories				6.67%		23.77%	*6.46%	36.2%	0.0%		50.5%		17.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Friday - 04/10/2026

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	60	86	0.24	264	2.18	0.00	2.77	0.00	0	11.99	0.00	3.82	*0	*13.6	*0.00	*1.09
000188 romaine salad	8 oz	75	10	0.02	5	0.69	0.00	0.17	0.00	0	1.91	1.22	0.71	0	19.1	2.32	0.56
001013 red onion	2 oz	75	20	0.02	2	2.81	0.00	0.05	0.00	0	4.55	0.83	0.54	0	11.2	3.61	0.10
990349 red pepper strips	2 oz	75	8	0.02	1	1.31	*N/A*	0.09	0.00	0	1.88	0.66	0.31	*N/A*	2.2	39.82	0.13
001157 corn	2 oz	75	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08

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)
990044 honey mustard dressing	1 oz	100	160	2.41	127	4.04	*4.04	16.05	0.00	8	4.05	0.01	0.02	*N/A*	1.4	0.02	0.04
990403 shredded cheddar cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
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
Weighted Daily Average			856	6.35	1161	60.07	*13.54	34.13	0.00	70	107.28	11.89	38.01	*45	*509.1	*165.61	*3.62
% of Calories				6.68%		28.07%	*6.33%	35.9%	0.0%		50.1%		17.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<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)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000145 no school																	
Weighted Daily Average			0	0.00	0	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

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)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 no school																	
Weighted Daily Average			0	0.00	0	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

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)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 no school																	
Weighted Daily Average			0	0.00	0	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Thursday - 04/16/2026 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)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 no school																	
Weighted Daily Average			0	0.00	0	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Friday - 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)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 no school																	
Weighted Daily Average			0	0.00	0	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

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)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999152 hot honey chicke	3 oz	50	163	0.28	350	17.42	*17.40	1.52	0.00	57	17.88	0.13	17.74	*0	6.0	0.15	0.40
990218 herb roasted chicken	3 oz	50	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
001022 kidney beans	2 oz	50	65	0.00	195	0.54	0.00	0.00	0.00	0	11.92	4.88	4.88	*N/A*	30.3	*N/A*	1.62
000188 romaine salad	8 oz	100	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

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)
990266 diced cucumber	2 oz	100	6	0.02	1	0.68	*N/A*	0.04	0.00	0	1.48	0.20	0.27	*N/A*	6.5	1.14	0.11
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*
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	*0.00	6.48	*0.00	11	1.90	0.06	0.71	*0	22.8	1.22	0.04
990333 shredded mozzarella	2 oz	80	81	3.54	172	1.01	0.00	6.07	0.00	15	1.01	*N/A*	7.09	*N/A*	207.6	*N/A*	*N/A*
000951 Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
000812 orange wedges	6 ea	100	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	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			771	6.59	1116	46.63	*10.70	25.51	*0.00	90	98.03	*15.94	45.96	*45	*676.8	*105.77	*3.49
% of Calories				7.69%		24.19%	*5.55%	29.8%	*0.0%		50.9%		23.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Tuesday - 04/21/2026

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)
999152 hot honey chicke	3 oz	50	163	0.28	350	17.42	*17.40	1.52	0.00	57	17.88	0.13	17.74	*0	6.0	0.15	0.40
990218 herb roasted chicken	3 oz	50	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
001022 kidney beans	2 oz	50	65	0.00	195	0.54	0.00	0.00	0.00	0	11.92	4.88	4.88	*N/A*	30.3	*N/A*	1.62
000188 romaine salad	8 oz	100	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
990266 diced cucumber	2 oz	100	6	0.02	1	0.68	*N/A*	0.04	0.00	0	1.48	0.20	0.27	*N/A*	6.5	1.14	0.11
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*
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	*0.00	6.48	*0.00	11	1.90	0.06	0.71	*0	22.8	1.22	0.04
990333 shredded mozzarella	2 oz	80	81	3.54	172	1.01	0.00	6.07	0.00	15	1.01	*N/A*	7.09	*N/A*	207.6	*N/A*	*N/A*
000951 Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
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

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)	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			779	6.62	1118	48.34	*10.70	25.60	*0.00	90	101.55	*15.89	44.70	*45	*614.1	*16.25	*3.53
% of Calories				7.65%		24.82%	*5.49%	29.6%	*0.0%		52.1%		23.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<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)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999152 hot honey chicke	3 oz	50	163	0.28	350	17.42	*17.40	1.52	0.00	57	17.88	0.13	17.74	*0	6.0	0.15	0.40
990218 herb roasted chicken	3 oz	50	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
001022 kidney beans	2 oz	50	65	0.00	195	0.54	0.00	0.00	0.00	0	11.92	4.88	4.88	*N/A*	30.3	*N/A*	1.62
000188 romaine salad	8 oz	100	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
990266 diced cucumber	2 oz	100	6	0.02	1	0.68	*N/A*	0.04	0.00	0	1.48	0.20	0.27	*N/A*	6.5	1.14	0.11
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*
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	*0.00	6.48	*0.00	11	1.90	0.06	0.71	*0	22.8	1.22	0.04
990333 shredded mozzarella	2 oz	80	81	3.54	172	1.01	0.00	6.07	0.00	15	1.01	*N/A*	7.09	*N/A*	207.6	*N/A*	*N/A*
000951 Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999070 fresh grapes	8 oz	100	122	0.21	4	29.48	0.00	0.64	0.00	0	31.12	1.63	1.14	*N/A*	25.4	7.26	0.53
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	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			806	6.77	1120	58.91	*10.70	25.92	*0.00	90	107.53	*13.16	45.37	*45	*628.6	*15.14	*3.84
% of Calories				7.56%		29.24%	*5.31%	28.9%	*0.0%		53.4%		22.5%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<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)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999152 hot honey chicke	3 oz	50	163	0.28	350	17.42	*17.40	1.52	0.00	57	17.88	0.13	17.74	*0	6.0	0.15	0.40
990218 herb roasted chicken	3 oz	50	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
001022 kidney beans	2 oz	50	65	0.00	195	0.54	0.00	0.00	0.00	0	11.92	4.88	4.88	*N/A*	30.3	*N/A*	1.62
000188 romaine salad	8 oz	100	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
990266 diced cucumber	2 oz	100	6	0.02	1	0.68	*N/A*	0.04	0.00	0	1.48	0.20	0.27	*N/A*	6.5	1.14	0.11
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*
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

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000372 ranch dressing	1 oz	100	71	2.12	103	1.69	*0.00	6.48	*0.00	11	1.90	0.06	0.71	*0	22.8	1.22	0.04
990333 shredded mozzarella	2 oz	80	81	3.54	172	1.01	0.00	6.07	0.00	15	1.01	*N/A*	7.09	*N/A*	207.6	*N/A*	*N/A*
000951 Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
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			786	6.61	1118	46.78	*10.70	25.54	*0.00	90	103.52	*17.04	44.87	*45	*619.2	*15.53	*3.63
% of Calories				7.57%		23.81%	*5.45%	29.2%	*0.0%		52.7%		22.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<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)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999152 hot honey chicke	3 oz	50	163	0.28	350	17.42	*17.40	1.52	0.00	57	17.88	0.13	17.74	*0	6.0	0.15	0.40
990218 herb roasted chicken	3 oz	50	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
001022 kidney beans	2 oz	50	65	0.00	195	0.54	0.00	0.00	0.00	0	11.92	4.88	4.88	*N/A*	30.3	*N/A*	1.62

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)
000188 romaine salad	8 oz	100	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
990266 diced cucumber	2 oz	100	6	0.02	1	0.68	*N/A*	0.04	0.00	0	1.48	0.20	0.27	*N/A*	6.5	1.14	0.11
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*
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	*0.00	6.48	*0.00	11	1.90	0.06	0.71	*0	22.8	1.22	0.04
990333 shredded mozzarella	2 oz	80	81	3.54	172	1.01	0.00	6.07	0.00	15	1.01	*N/A*	7.09	*N/A*	207.6	*N/A*	*N/A*
000951 Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
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
Weighted Daily Average			804	6.75	1173	57.06	*10.70	25.96	*0.00	90	105.10	*14.69	47.18	*45	*634.9	*136.89	*4.05
% of Calories				7.56%		28.39%	*5.32%	29.1%	*0.0%		52.3%		23.5%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Monday - 04/27/2026

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)
000562 diced turkey ham	2 oz	50	55	1.09	262	0.00	0.00	3.28	0.00	33	0.00	0.00	7.65	*N/A*	0.0	0.00	0.44
990332 herb roasted chicken	2 oz	50	66	0.38	92	0.01	*0.00	2.37	*0.00	36	0.21	0.11	11.06	*0	*6.3	*0.24	*0.32
000882 hard boiled egg	1 ea	80	78	1.63	62	0.56	0.00	5.30	0.00	186	0.56	0.00	6.29	*N/A*	25.0	0.00	0.60
000468 mixed greens salad	8 oz	100	9	0.02	16	0.49	*N/A*	0.13	0.00	0	1.73	1.07	0.82	*N/A*	25.8	5.42	0.62
001020 chickpeas	2 oz	40	86	0.24	264	2.18	0.00	2.77	0.00	0	11.99	0.00	3.82	*0	*13.6	*0.00	*1.09
999136 sliced tomatoes	2 ea	100	10	0.01	3	1.40	0.00	0.11	0.00	0	2.07	0.64	0.47	*N/A*	5.3	7.30	0.14
001093 cucumber coins	2 oz	100	5	0.01	1	0.61	*N/A*	0.04	0.00	0	1.33	0.18	0.24	*N/A*	5.9	1.02	0.10
001157 corn	2 oz	100	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
990044 honey mustard dressing	1 oz	100	160	2.41	127	4.04	*4.04	16.05	0.00	8	4.05	0.01	0.02	*N/A*	1.4	0.02	0.04
990403 shredded cheddar cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
999070 fresh grapes	8 oz	100	122	0.21	4	29.48	0.00	0.64	0.00	0	31.12	1.63	1.14	*N/A*	25.4	7.26	0.53
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	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

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)	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			861	8.18	1062	52.85	*6.04	39.59	*0.00	211	99.11	10.50	37.28	*45	*532.4	*24.07	*4.03
% of Calories				8.55%		24.55%	*2.81%	41.4%	*0.0%		46.0%		17.3%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<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)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000562 diced turkey ham	2 oz	50	55	1.09	262	0.00	0.00	3.28	0.00	33	0.00	0.00	7.65	*N/A*	0.0	0.00	0.44
990332 herb roasted chicken	2 oz	50	66	0.38	92	0.01	*0.00	2.37	*0.00	36	0.21	0.11	11.06	*0	*6.3	*0.24	*0.32
000882 hard boiled egg	1 ea	80	78	1.63	62	0.56	0.00	5.30	0.00	186	0.56	0.00	6.29	*N/A*	25.0	0.00	0.60
000468 mixed greens salad	8 oz	100	9	0.02	16	0.49	*N/A*	0.13	0.00	0	1.73	1.07	0.82	*N/A*	25.8	5.42	0.62
001020 chickpeas	2 oz	40	86	0.24	264	2.18	0.00	2.77	0.00	0	11.99	0.00	3.82	*0	*13.6	*0.00	*1.09
999136 sliced tomatoes	2 ea	100	10	0.01	3	1.40	0.00	0.11	0.00	0	2.07	0.64	0.47	*N/A*	5.3	7.30	0.14
001093 cucumber coins	2 oz	100	5	0.01	1	0.61	*N/A*	0.04	0.00	0	1.33	0.18	0.24	*N/A*	5.9	1.02	0.10
001157 corn	2 oz	100	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
990044 honey mustard dressing	1 oz	100	160	2.41	127	4.04	*4.04	16.05	0.00	8	4.05	0.01	0.02	*N/A*	1.4	0.02	0.04

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

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)
990403 shredded cheddar cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
001200 fresh apple slices	6 ea	100	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	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			834	8.03	1060	42.27	*6.04	39.27	*0.00	211	93.12	13.24	36.61	*45	*517.9	*25.18	*3.72
% of Calories				8.67%		20.27%	*2.90%	42.4%	*0.0%		44.7%		17.6%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Wednesday - 04/29/2026

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)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000562 diced turkey ham	2 oz	50	55	1.09	262	0.00	0.00	3.28	0.00	33	0.00	0.00	7.65	*N/A*	0.0	0.00	0.44
990332 herb roasted chicken	2 oz	50	66	0.38	92	0.01	*0.00	2.37	*0.00	36	0.21	0.11	11.06	*0	*6.3	*0.24	*0.32
000882 hard boiled egg	1 ea	80	78	1.63	62	0.56	0.00	5.30	0.00	186	0.56	0.00	6.29	*N/A*	25.0	0.00	0.60
000468 mixed greens salad	8 oz	100	9	0.02	16	0.49	*N/A*	0.13	0.00	0	1.73	1.07	0.82	*N/A*	25.8	5.42	0.62
001020 chickpeas	2 oz	40	86	0.24	264	2.18	0.00	2.77	0.00	0	11.99	0.00	3.82	*0	*13.6	*0.00	*1.09
999136 sliced tomatoes	2 ea	100	10	0.01	3	1.40	0.00	0.11	0.00	0	2.07	0.64	0.47	*N/A*	5.3	7.30	0.14

Base Menu Spreadsheet

Portion Values

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001093 cucumber coins	2 oz	100	5	0.01	1	0.61	*N/A*	0.04	0.00	0	1.33	0.18	0.24	*N/A*	5.9	1.02	0.10
001157 corn	2 oz	100	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
990044 honey mustard dressing	1 oz	100	160	2.41	127	4.04	*4.04	16.05	0.00	8	4.05	0.01	0.02	*N/A*	1.4	0.02	0.04
990403 shredded cheddar cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
000812 orange wedges	6 ea	100	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	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			826	8.00	1058	40.57	*6.04	39.18	*0.00	211	89.61	13.28	37.87	*45	*580.6	*114.70	*3.69
% of Calories				8.72%		19.65%	*2.92%	42.7%	*0.0%		43.4%		18.3%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Thursday - 04/30/2026

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)
000562 diced turkey ham	2 oz	50	55	1.09	262	0.00	0.00	3.28	0.00	33	0.00	0.00	7.65	*N/A*	0.0	0.00	0.44

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

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)
990332 herb roasted chicken	2 oz	50	66	0.38	92	0.01	*0.00	2.37	*0.00	36	0.21	0.11	11.06	*0	*6.3	*0.24	*0.32
000882 hard boiled egg	1 ea	80	78	1.63	62	0.56	0.00	5.30	0.00	186	0.56	0.00	6.29	*N/A*	25.0	0.00	0.60
000468 mixed greens salad	8 oz	100	9	0.02	16	0.49	*N/A*	0.13	0.00	0	1.73	1.07	0.82	*N/A*	25.8	5.42	0.62
001020 chickpeas	2 oz	40	86	0.24	264	2.18	0.00	2.77	0.00	0	11.99	0.00	3.82	*0	*13.6	*0.00	*1.09
999136 sliced tomatoes	2 ea	100	10	0.01	3	1.40	0.00	0.11	0.00	0	2.07	0.64	0.47	*N/A*	5.3	7.30	0.14
001093 cucumber coins	2 oz	100	5	0.01	1	0.61	*N/A*	0.04	0.00	0	1.33	0.18	0.24	*N/A*	5.9	1.02	0.10
001157 corn	2 oz	100	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
990044 honey mustard dressing	1 oz	100	160	2.41	127	4.04	*4.04	16.05	0.00	8	4.05	0.01	0.02	*N/A*	1.4	0.02	0.04
990403 shredded cheddar cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
000192 fresh pineapple	4 oz	100	71	0.01	1	13.96	*N/A*	0.17	0.00	0	18.60	1.98	0.76	*N/A*	18.4	67.76	0.41
000673 fresh apple	1 ea	50	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	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)	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			857	8.01	1060	46.78	*6.04	39.28	*0.00	211	99.15	13.04	37.14	*45	*530.9	*88.75	*4.02
% of Calories				8.41%		21.83%	*2.82%	41.3%	*0.0%		46.3%		17.3%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

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)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000562 diced turkey ham	2 oz	50	55	1.09	262	0.00	0.00	3.28	0.00	33	0.00	0.00	7.65	*N/A*	0.0	0.00	0.44
990332 herb roasted chicken	2 oz	50	66	0.38	92	0.01	*0.00	2.37	*0.00	36	0.21	0.11	11.06	*0	*6.3	*0.24	*0.32
000882 hard boiled egg	1 ea	80	78	1.63	62	0.56	0.00	5.30	0.00	186	0.56	0.00	6.29	*N/A*	25.0	0.00	0.60
000468 mixed greens salad	8 oz	100	9	0.02	16	0.49	*N/A*	0.13	0.00	0	1.73	1.07	0.82	*N/A*	25.8	5.42	0.62
001020 chickpeas	2 oz	40	86	0.24	264	2.18	0.00	2.77	0.00	0	11.99	0.00	3.82	*0	*13.6	*0.00	*1.09
999136 sliced tomatoes	2 ea	100	10	0.01	3	1.40	0.00	0.11	0.00	0	2.07	0.64	0.47	*N/A*	5.3	7.30	0.14
001093 cucumber coins	2 oz	100	5	0.01	1	0.61	*N/A*	0.04	0.00	0	1.33	0.18	0.24	*N/A*	5.9	1.02	0.10
001157 corn	2 oz	100	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
990044 honey mustard dressing	1 oz	100	160	2.41	127	4.04	*4.04	16.05	0.00	8	4.05	0.01	0.02	*N/A*	1.4	0.02	0.04

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

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)
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
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			841	8.01	1060	40.72	*6.04	39.21	*0.00	211	95.10	14.39	36.78	*45	*523.0	*24.46	*3.82
% of Calories				8.57%		19.37%	*2.87%	42.0%	*0.0%		45.2%		17.5%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages		828	7	1094	48	*8.85	34.59	*0.00	149	99.07	*13.53	39.34	*45	*557.5	*67.91	*3.70
% of Calories			7.95%		23.37%	*4.28%	37.6%	*0.0%		47.9%		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.

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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