



April Supper Menu

DCPS SUPPER

What do the colors on the menu mean?

GREEN = locally-sourced
* = vegetarian entree

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

Menu subject to change based on availability

This institution is an equal opportunity provider



Healthy Meals for Active Students!
To create a healthy meal, include at least three of the five food groups on MyPlate: grains, protein, fruits, vegetables, and dairy.

Monday	Tuesday	Wednesday	Thursday	Friday
30 corn tortilla chips black bean & corn salsa cheese stick orange wedges	31 whole grain flatbread shredded mozzarella house tomato sauce cantaloupe	1 turkey ham & cheese hoagie mustard mayo baby carrots ranch dressing fresh pear	2 herb roasted chicken mixed greens salad diced cucumber soy citrus dressing cinnamon goldfish graham fresh grapes	3 chicken salad sandwich snap peas fresh apple
6 no school	7 buffalo chicken wrap celery sticks ranch dressing cantaloupe	8 turkey ham & cheese stackables broccoli florets italian dressing fresh pear	9 mixed greens salad diced turkey ham shredded cheddar diced cucumber honey mustard dressing multigrain SunChips fresh grapes	10 tuna salad wheat crackers cucumber coins fresh apple
13 no school	14 no school	15 no school	16 no school	17 no school
20 turkey ham & cheese stackables baby carrots ranch dressing chilled peaches	21 sweet chili chicken wrap soy citrus kale slaw chilled pears	22 sunbutter & jelly sandwich hummus cucumber coins orange wedges	23 tuna salad wheat crackers celery sticks fresh grapes	24 mixed greens salad diced turkey ham shredded cheddar diced cucumber honey mustard dressing multigrain SunChips fresh apple
27 corn tortilla chips black bean & corn salsa cheese stick orange wedges	28 whole grain flatbread shredded mozzarella house tomato sauce cantaloupe	29 herb roasted chicken mixed greens salad diced cucumber soy citrus dressing cinnamon goldfish graham fresh pear	30 turkey ham & cheese hoagie mustard mayo baby carrots ranch dressing fresh grapes	1 chicken salad sandwich snap peas fresh apple

Base Menu Spreadsheet

Portion Values

Mar 30, 2026 thru May 1, 2026

Menu Name: DCPS Supper **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)
001087 corn tortilla chips	10 ea	100	142	1.01	116	0.00	0.00	6.08	0.00	0	20.25	2.02	2.02	*N/A*	20.2	0.00	0.00
999212 black bean& corn salsa	6 oz	100	157	0.83	266	5.10	*1.39	5.61	0.00	0	22.96	5.97	5.50	*0	*34.4	*12.02	*1.52
999091 cheese stick	1 ea	100	110	6.00	190	0.00	0.00	9.00	0.00	25	0.00	0.00	7.00	*N/A*	200.0	*N/A*	0.00
000135 orange wedges	3 ea	100	43	0.01	0	8.60	0.00	0.11	0.00	0	10.81	2.21	0.86	0	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	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			551	8.94	687	26.17	*1.39	22.45	0.00	35	66.45	10.20	23.55	*45	*594.9	*61.26	*1.67
% of Calories				14.60 %		19.00%	*1.01%	36.7%	0.0%		48.2%		17.1%				
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=30					10.98		311.33	15.57	3.70

Tuesday - 03/31/2026

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)
990273 whole grain flatbread	1 ea	100	180	1.00	330	2.00	1.00	5.00	0.00	0	28.00	3.00	6.00	*N/A*	30.0	*N/A*	1.50
001025 shredded mozzarella	4 oz	100	162	7.09	344	2.02	0.00	12.15	0.00	30	2.02	*N/A*	14.18	*N/A*	415.1	*N/A*	*N/A*
990344 house tomato sauce	4 oz	100	145	1.32	352	8.47	*0.00	9.22	*0.00	0	14.00	3.18	3.23	*0	*52.8	*8.08	*1.41
990424 cantaloupe	4 oz	100	60	0.09	28	13.82	*N/A*	0.33	0.00	0	14.34	1.58	1.48	*N/A*	15.8	64.51	0.37
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
Weighted Daily Average			646	10.58	1169	38.78	*1.00	28.36	*0.00	40	70.80	*7.76	33.03	*45	*817.2	*72.89	*3.33
% of Calories				14.74 %		24.01%	*0.62%	39.5%	*0.0%		43.8%		20.5%				
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=30					10.98		311.33	15.57	3.70

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000788 turkey ham & cheese hoagie	1 ea	100	281	5.81	702	2.00	2.00	11.59	0.00	50	27.50	3.00	20.09	*N/A*	262.5	*0.00	2.15
000557 mustard	1 ea	100	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000652 mayo	1 ea	100	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000151 baby carrots	4 oz	100	25	0.01	55	*N/A*	*N/A*	0.08	0.00	0	5.73	2.03	0.44	*N/A*	22.3	1.86	0.63

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)
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
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			607	10.56	1170	*33.52	*2.00	23.06	*0.00	71	74.67	10.61	30.04	*45	627.0	*11.04	3.19
% of Calories				15.66 %		*22.09 %	*1.32%	34.2%	*0.0%		49.2%		19.8%				
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=30					10.98		311.33	15.57	3.70

Thursday - 04/02/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990218 herb roasted chicken	3 oz	100	105	0.61	146	0.02	*0.00	3.79	*0.00	57	0.36	0.19	17.71	*0	*11.0	*0.41	*0.57
001148 mixed greens salad	4 oz	100	5	0.01	8	0.25	*N/A*	0.06	0.00	0	0.86	0.54	0.41	*N/A*	12.9	2.71	0.31
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
000559 soy citrus dressing	1 oz	100	66	0.73	307	2.72	*N/A*	5.07	*0.00	0	3.80	0.04	0.50	*N/A*	*0.6	*0.90	*0.04
000989 cinnamon goldfish graham	1 ea	100	120	1.00	140	7.00	7.00	4.00	0.00	0	19.00	1.00	1.00	*N/A*	80.0	0.00	1.80
999050 fresh grapes	4 oz	100	61	0.10	2	14.74	0.00	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26

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)	Calc ^m (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			462	3.54	718	37.89	*7.00	14.95	*0.00	67	53.50	2.79	28.60	*45	*427.2	*9.10	*3.15
% of Calories				6.90%		32.81%	*6.06%	29.1%	*0.0%		46.3%		24.8%				
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=30					10.98		311.33	15.57	3.70

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999207 chicken salad sandwich	1 ea	100	378	4.94	473	4.23	*3.00	19.61	0.00	63	29.73	3.21	22.74	*0	34.3	2.23	1.82
000577 snap peas	4 oz	100	39	0.04	4	3.71	*N/A*	0.19	0.00	0	7.00	2.41	2.60	*N/A*	39.9	55.66	1.93
000673 fresh apple	1 ea	100	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	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			611	6.11	592	39.33	*3.00	21.77	0.00	73	74.30	9.99	33.96	*45	388.5	*66.56	4.02
% of Calories				9.00%		25.75%	*1.96%	32.1%	0.0%		48.6%		22.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=30					10.98		311.33	15.57	3.70

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			550 - 650	<10	1110		<10	<=30					10.98		311.33	15.57	3.70

Tuesday - 04/07/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000980 buffalo chicken wrap	1 ea	100	321	0.86	877	2.64	*2.29	6.75	0.00	57	34.16	4.04	23.69	*0	150.1	1.16	2.85
000150 celery sticks	4 oz	100	10	0.03	59	1.00	*N/A*	0.13	0.00	0	2.21	1.19	0.51	*N/A*	29.7	2.30	0.15
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
990424 cantaloupe	4 oz	100	60	0.09	28	13.82	*N/A*	0.33	0.00	0	14.34	1.58	1.48	*N/A*	15.8	64.51	0.37

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)
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			561	4.18	1182	31.61	*2.29	15.35	*0.00	78	65.05	6.87	34.54	*45	521.9	*69.50	3.45
% of Calories				6.71%		22.54%	*1.63%	24.6%	*0.0%		46.4%		24.6%				
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=30					10.98		311.33	15.57	3.70

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)
999013 turkey ham & cheese stackables	1 ea	100	321	6.31	762	2.00	1.00	14.59	0.00	50	28.50	3.00	20.09	*N/A*	232.5	*0.00	1.85
000067 broccoli florets	4 oz	100	31	0.11	31	1.57	*N/A*	0.34	0.00	0	6.15	2.41	2.61	*N/A*	43.5	82.58	0.68
000680 italian dressing	1 oz	100	135	2.00	33	*0.39	*0.00	13.91	*0.00	0	0.93	0.30	0.10	*0	*13.8	*0.36	*0.44
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

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			688	9.53	942	*33.79	*1.00	30.75	*0.00	60	75.12	11.22	31.60	*45	*609.3	*90.89	*3.33
% of Calories				12.47 %		*19.65 %	*0.58%	40.2%	*0.0%		43.7%		18.4%				
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=30					10.98		311.33	15.57	3.70

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001148 mixed greens salad	4 oz	100	5	0.01	8	0.25	*N/A*	0.06	0.00	0	0.86	0.54	0.41	*N/A*	12.9	2.71	0.31
000562 diced turkey ham	2 oz	100	55	1.09	262	0.00	0.00	3.28	0.00	33	0.00	0.00	7.65	*N/A*	0.0	0.00	0.44
990210 shredded cheddar	2 oz	100	110	6.00	190	0.00	0.00	9.00	0.00	25	1.00	0.00	6.00	*N/A*	200.0	0.00	0.00
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
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
999175 multigrain SunChips	1 bag	100	140	0.50	140	2.00	2.00	6.00	0.00	0	19.00	2.00	2.00	0	10.0	0.00	0.60
999050 fresh grapes	4 oz	100	61	0.10	2	14.74	0.00	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	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			635	11.21	844	34.18	*6.04	36.42	0.00	76	54.39	3.57	25.07	*45	547.0	*7.81	1.82
% of Calories				15.89 %		21.53%	*3.80%	51.6%	0.0%		34.3%		15.8%				
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=30					10.98		311.33	15.57	3.70

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)	VIt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999200 tuna salad	3 oz	100	195	2.18	311	0.23	*0.00	12.56	0.00	39	0.66	0.26	20.04	*0	4.4	0.46	0.40
999075 wheat crackers	1 ea	100	110	0.50	160	2.00	2.00	3.50	0.00	0	19.00	2.00	2.00	*N/A*	5.0	*N/A*	5.00
000033 cucumber coins	4 oz	100	11	0.03	1	1.22	*N/A*	0.08	0.00	0	2.66	0.37	0.48	*N/A*	11.7	2.05	0.20
000673 fresh apple	1 ea	100	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	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			510	3.84	588	34.83	*2.00	18.11	0.00	49	59.88	7.00	31.14	*45	335.4	*11.18	5.87
% of Calories				6.78%		27.32%	*1.57%	32.0%	0.0%		47.0%		24.4%				
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=30					10.98		311.33	15.57	3.70

Base Menu Spreadsheet

Portion Values

Mar 30, 2026 thru May 1, 2026

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			550 - 650	<10	1110		<10	<=30					10.98		311.33	15.57	3.70

Tuesday - 04/14/2026

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			550 - 650	<10	1110		<10	<=30					10.98		311.33	15.57	3.70

Wednesday - 04/15/2026

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			550 - 650	<10	1110		<10	<=30					10.98		311.33	15.57	3.70

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			550 - 650	<10	1110		<10	<=30					10.98		311.33	15.57	3.70

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)	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			550 - 650	<10	1110		<10	<=30					10.98		311.33	15.57	3.70

Base Menu Spreadsheet

Portion Values

Mar 30, 2026 thru May 1, 2026

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)
999013 turkey ham & cheese stackables	1 ea	100	321	6.31	762	2.00	1.00	14.59	0.00	50	28.50	3.00	20.09	*N/A*	232.5	*0.00	1.85
000151 baby carrots	4 oz	100	25	0.01	55	*N/A*	*N/A*	0.08	0.00	0	5.73	2.03	0.44	*N/A*	22.3	1.86	0.63
999062 ranch dressing	1 ea	100	45	0.50	110	1.00	0.00	4.50	0.00	5	1.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
000784 chilled peaches	4 oz	100	80	0.00	7	14.63	0.00	0.00	0.00	0	17.29	1.33	0.00	*N/A*	12.0	*N/A*	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
Weighted Daily Average			570	7.90	1048	*30.11	*1.00	20.83	0.00	65	64.95	6.36	28.68	*45	*570.2	*2.16	*2.53
% of Calories				12.47 %		*21.13 %	*0.70%	32.9%	0.0%		45.6%		20.1%				
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=30					10.98		311.33	15.57	3.70

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)	CalcM (mg)	Vit-C (mg)	Iron (mg)
991018 sweet chili chicken wrap	1 ea	100	374	1.18	565	12.65	*12.30	8.99	0.00	57	48.61	4.08	23.75	*0	*158.8	*1.16	*3.12
000994 soy citrus kale slaw	8 oz	100	92	0.82	344	4.00	*N/A*	5.88	*0.00	0	7.86	2.70	2.26	*N/A*	*140.1	*50.96	*1.02

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)
990261 chilled pears	4 oz	100	82	0.00	7	13.73	0.00	0.00	0.00	0	20.59	4.12	0.00	*N/A*	13.7	2.20	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
Weighted Daily Average			648	3.08	1030	42.86	*12.30	16.53	*0.00	67	89.49	10.90	34.17	*45	*616.0	*54.62	*4.18
% of Calories				4.28%		26.46%	*7.59%	23.0%	*0.0%		55.2%		21.1%				
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=30					10.98		311.33	15.57	3.70

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)
990909 sunbutter & jelly sandwich	1 ea	100	440	2.00	410	30.00	21.00	18.00	0.00	0	61.00	7.00	23.28	*N/A*	146.0	0.00	2.88
999079 hummus	1 ea	100	160	2.00	220	1.00	0.00	12.00	0.00	0	7.00	4.00	4.00	*N/A*	26.0	*N/A*	1.08
000033 cucumber coins	4 oz	100	11	0.03	1	1.22	*N/A*	0.08	0.00	0	2.66	0.37	0.48	*N/A*	11.7	2.05	0.20
000135 orange wedges	3 ea	100	43	0.01	0	8.60	0.00	0.11	0.00	0	10.81	2.21	0.86	0	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	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			753	5.12	746	53.30	*21.00	31.85	0.00	10	93.90	13.57	36.77	*45	524.0	*51.29	4.31
% of Calories				6.12%		28.31%	*11.16%	38.1%	0.0%		49.9%		19.5%				
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=30					10.98		311.33	15.57	3.70

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)
999200 tuna salad	3 oz	100	195	2.18	311	0.23	*0.00	12.56	0.00	39	0.66	0.26	20.04	*0	4.4	0.46	0.40
999075 wheat crackers	1 ea	100	110	0.50	160	2.00	2.00	3.50	0.00	0	19.00	2.00	2.00	*N/A*	5.0	*N/A*	5.00
000150 celery sticks	4 oz	100	10	0.03	59	1.00	*N/A*	0.13	0.00	0	2.21	1.19	0.51	*N/A*	29.7	2.30	0.15
999050 fresh grapes	4 oz	100	61	0.10	2	14.74	0.00	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
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			475	3.89	646	30.44	*2.00	18.16	0.00	49	49.85	4.27	31.27	*45	355.3	*6.70	5.86
% of Calories				7.37%		25.63%	*1.68%	34.4%	0.0%		42.0%		26.3%				
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=30					10.98		311.33	15.57	3.70

Base Menu Spreadsheet

Portion Values

Mar 30, 2026 thru May 1, 2026

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)
001148 mixed greens salad	4 oz	100	5	0.01	8	0.25	*N/A*	0.06	0.00	0	0.86	0.54	0.41	*N/A*	12.9	2.71	0.31
000562 diced turkey ham	2 oz	100	55	1.09	262	0.00	0.00	3.28	0.00	33	0.00	0.00	7.65	*N/A*	0.0	0.00	0.44
990210 shredded cheddar	2 oz	100	110	6.00	190	0.00	0.00	9.00	0.00	25	1.00	0.00	6.00	*N/A*	200.0	0.00	0.00
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
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
999175 multigrain SunChips	1 bag	100	140	0.50	140	2.00	2.00	6.00	0.00	0	19.00	2.00	2.00	0	10.0	0.00	0.60
000673 fresh apple	1 ea	100	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	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			669	11.16	844	38.35	*6.04	36.41	0.00	76	63.96	7.12	24.97	*45	545.2	*12.55	1.77
% of Calories				15.01 %		22.93%	*3.61%	49.0%	0.0%		38.2%		14.9%				
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=30					10.98		311.33	15.57	3.70

Monday - 04/27/2026

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)
001087 corn tortilla chips	10 ea	100	142	1.01	116	0.00	0.00	6.08	0.00	0	20.25	2.02	2.02	*N/A*	20.2	0.00	0.00
999212 black bean& corn salsa	6 oz	100	157	0.83	266	5.10	*1.39	5.61	0.00	0	22.96	5.97	5.50	*0	*34.4	*12.02	*1.52
999091 cheese stick	1 ea	100	110	6.00	190	0.00	0.00	9.00	0.00	25	0.00	0.00	7.00	*N/A*	200.0	*N/A*	0.00
000135 orange wedges	3 ea	100	43	0.01	0	8.60	0.00	0.11	0.00	0	10.81	2.21	0.86	0	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	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
Weighted Daily Average			551	8.94	687	26.17	*1.39	22.45	0.00	35	66.45	10.20	23.55	*45	*594.9	*61.26	*1.67
% of Calories				14.60 %		19.00%	*1.01%	36.7%	0.0%		48.2%		17.1%				
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=30					10.98		311.33	15.57	3.70

Tuesday - 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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990273 whole grain flatbread	1 ea	100	180	1.00	330	2.00	1.00	5.00	0.00	0	28.00	3.00	6.00	*N/A*	30.0	*N/A*	1.50
001025 shredded mozzarella	4 oz	100	162	7.09	344	2.02	0.00	12.15	0.00	30	2.02	*N/A*	14.18	*N/A*	415.1	*N/A*	*N/A*
990344 house tomato sauce	4 oz	100	145	1.32	352	8.47	*0.00	9.22	*0.00	0	14.00	3.18	3.23	*0	*52.8	*8.08	*1.41
990424 cantaloupe	4 oz	100	60	0.09	28	13.82	*N/A*	0.33	0.00	0	14.34	1.58	1.48	*N/A*	15.8	64.51	0.37

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)
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			646	10.58	1169	38.78	*1.00	28.36	*0.00	40	70.80	*7.76	33.03	*45	*817.2	*72.89	*3.33
% of Calories				14.74 %		24.01%	*0.62%	39.5%	*0.0%		43.8%		20.5%				
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=30					10.98		311.33	15.57	3.70

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)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990218 herb roasted chicken	3 oz	100	105	0.61	146	0.02	*0.00	3.79	*0.00	57	0.36	0.19	17.71	*0	*11.0	*0.41	*0.57
001148 mixed greens salad	4 oz	100	5	0.01	8	0.25	*N/A*	0.06	0.00	0	0.86	0.54	0.41	*N/A*	12.9	2.71	0.31
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
000559 soy citrus dressing	1 oz	100	66	0.73	307	2.72	*N/A*	5.07	*0.00	0	3.80	0.04	0.50	*N/A*	*0.6	*0.90	*0.04
000989 cinnamon goldfish graham	1 ea	100	120	1.00	140	7.00	7.00	4.00	0.00	0	19.00	1.00	1.00	*N/A*	80.0	0.00	1.80
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

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)
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			503	3.48	718	40.50	*7.00	14.88	*0.00	67	65.06	7.49	28.67	*45	*430.5	*13.12	*3.21
% of Calories				6.23%		32.21%	*5.57%	26.6%	*0.0%		51.7%		22.8%				
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=30					10.98		311.33	15.57	3.70

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)	VIt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000788 turkey ham & cheese hoagie	1 ea	100	281	5.81	702	2.00	2.00	11.59	0.00	50	27.50	3.00	20.09	*N/A*	262.5	*0.00	2.15
000557 mustard	1 ea	100	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000652 mayo	1 ea	100	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000151 baby carrots	4 oz	100	25	0.01	55	*N/A*	*N/A*	0.08	0.00	0	5.73	2.03	0.44	*N/A*	22.3	1.86	0.63
000372 ranch dressing	1 oz	100	71	2.12	103	1.69	*0.00	6.48	*0.00	11	1.90	0.06	0.71	*0	22.8	1.22	0.04
999050 fresh grapes	4 oz	100	61	0.10	2	14.74	0.00	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
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)	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			567	10.63	1170	*30.90	*2.00	23.13	*0.00	71	63.12	5.90	29.97	*45	623.7	*7.02	3.13
% of Calories				16.87 %		*21.80 %	*1.41%	36.7%	*0.0%		44.5%		21.1%				
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=30					10.98		311.33	15.57	3.70

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)	CalcM (mg)	Vit-C (mg)	Iron (mg)
999207 chicken salad sandwich	1 ea	100	378	4.94	473	4.23	*3.00	19.61	0.00	63	29.73	3.21	22.74	*0	34.3	2.23	1.82
000577 snap peas	4 oz	100	39	0.04	4	3.71	*N/A*	0.19	0.00	0	7.00	2.41	2.60	*N/A*	39.9	55.66	1.93
000673 fresh apple	1 ea	100	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	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			611	6.11	592	39.33	*3.00	21.77	0.00	73	74.30	9.99	33.96	*45	388.5	*66.56	4.02
% of Calories				9.00%		25.75%	*1.96%	32.1%	0.0%		48.6%		22.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=30					10.98		311.33	15.57	3.70

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 ^m (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	593	7	871	*35.83	*4.34	23.45	*0.00	58	68.21	*8.08	30.35	*45	*543.9	*39.39	*3.36
% of Calories		11.14%		*24.17 %	*2.93%	35.6%	*0.0%		46.0%		20.5%				

**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.

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