



# October Breakfast Menu

DC PUBLIC SCHOOLS | ECE

What do the colors on the menu mean?

GREEN = locally-sourced

BLUE = international

ORANGE = Fresh Feature Friday Winner

= vegetarian entree

All grains served are whole grain rich

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

Assorted breakfast cereal available daily;  
Menu subject to change based on availability

This institution is an equal opportunity provider

## WHAT'S NEW?

Try our new apple pie parfait on **October 4th** and **November 1st**: vanilla yogurt, topped with cinnamon spiced apples and crunchy granola.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <ul style="list-style-type: none"> <li>whole wheat bagel</li> <li>light cream cheese</li> <li>jelly</li> <li> apple slices</li> </ul>	<b>4</b> <b>apple pie parfait</b> <ul style="list-style-type: none"> <li>vanilla yogurt</li> <li>spiced apples</li> <li>whole grain granola</li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>scrambled eggs</li> <li>whole wheat toast</li> <li>fresh orange wedges</li> </ul>	<b>6</b> <p>no school</p> <p>parent teacher conferences</p>	<b>7</b> <p>no school</p> <p>professional development day</p>
<b>10</b> <p>no school</p> <p>indigenous peoples' day</p>	<b>11</b> <ul style="list-style-type: none"> <li>turkey bacon egg bake</li> <li>scrambled eggs </li> <li>whole wheat toast</li> <li>jelly</li> <li>chilled pears</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>whole wheat bagel</li> <li>light cream cheese</li> <li>jelly</li> <li>fresh orange wedges</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>whole grain waffles</li> <li>all natural syrup</li> <li>fresh banana</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>autumn spiced pancakes</li> <li>all natural syrup</li> <li>fresh cantaloupe</li> </ul>
<b>17</b> <ul style="list-style-type: none"> <li>whole wheat bagel</li> <li>light cream cheese</li> <li>jelly</li> <li> apple slices</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>scrambled eggs</li> <li>turkey sausage links</li> <li>veggie breakfast sausage patty </li> <li>whole wheat toast</li> <li>jelly</li> <li>chilled pears</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>honey cheerios cereal</li> <li>fresh orange wedges</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>cheesy breakfast burrito</li> <li>fresh banana</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>peaches &amp; cream oatmeal</li> <li>fresh cantaloupe</li> </ul>
<b>24</b> <ul style="list-style-type: none"> <li>non-fat yogurt</li> <li> apple slices</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>warm whole grain pumpkin bread</li> <li>chilled pears</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>whole grain cinnamon chex</li> <li>fresh orange wedges</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>turkey sausage patty</li> <li>veggie breakfast sausage patty </li> <li>whole grain biscuit</li> <li>honey</li> <li>fresh banana</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>whole grain pancakes</li> <li>veggie breakfast sausage patty </li> <li>all natural syrup</li> <li>fresh cantaloupe</li> </ul>
<b>31</b> <ul style="list-style-type: none"> <li>whole wheat bagel</li> <li>light cream cheese</li> <li>jelly</li> <li> apple slices</li> </ul>	<b>11/1</b> <b>apple pie parfait</b> <ul style="list-style-type: none"> <li>vanilla yogurt</li> <li>spiced apples</li> <li>whole grain granola</li> </ul>	<b>11/2</b> <ul style="list-style-type: none"> <li>scrambled eggs</li> <li>whole wheat toast</li> <li>fresh orange wedges</li> </ul>	<b>11/3</b> <ul style="list-style-type: none"> <li>apple spice oatmeal</li> <li>fresh banana</li> </ul>	<b>11/4</b> <ul style="list-style-type: none"> <li>whole grain french toast</li> <li>all natural syrup</li> <li>fresh cantaloupe</li> </ul>



# Base Menu Spreadsheet

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

Menu Name: DCPS Breakfast ECE

Include Cost: No

Site:

Report Style: Detailed

### Monday - 10/03/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990194 Whole Wheat Bagel	1 half bagel	95	85	0.00	95	2	0.25	0.00	0	18.50	1.50	3.50	0	0.0	0.00	0.00
990427 Light Cream Cheese	1 each	95	59	2.84	90	1	4.73	*N/A*	15	1.91	0.00	2.22	156	42.0	0.00	0.05
000886 Strawberry Jelly	1 each	95	35	0.00	0	8	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00
000124 Cheerios Cereal	1 each	5	100	1.00	140	1	2.00	0.00	0	20.00	3.00	3.00	500	100.0	6.00	8.10
001201 Fresh Apple Slices	3 each	100	58	0.03	1	12	0.19	0.00	0	15.40	2.68	0.29	60	6.7	5.13	0.13
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			331	3.93	298	34	6.78	*0.00	24	56.46	4.25	14.15	657	416.2	6.17	0.66
% of Calories				10.69%		41.1%	18.4%	*0.0%		68.2%		17.1%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					5.33	583	200.00	10.83	2.50

### Tuesday - 10/04/2022

Reimbursable Meal Total 100

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990759 Apple Pie Parfait	1 each	95	188	0.67	82	34	1.45	*0.00	5	42.41	1.47	3.64	162	134.9	0.11	0.27
990426 Whole Grain Granola	.375 C	95	124	0.23	54	*N/A*	1.46	0.00	0	26.78	2.50	2.86	2	8.8	0.00	0.94
000124 Cheerios Cereal	1 each	5	100	1.00	140	1	2.00	0.00	0	20.00	3.00	3.00	500	100.0	6.00	8.10
990261 Chilled Pears	.5 C	100	101	0.00	8	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			501	2.06	259	*44	4.83	*0.00	14	104.75	9.37	15.43	623	526.2	4.38	2.22
% of Calories				3.70%		*35.1%	8.7%	*0.0%		83.6%		12.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					5.33	583	200.00	10.83	2.50

### Wednesday - 10/05/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000733 Scrambled Eggs	3 oz scoop	95	100	2.13	139	0	6.40	*0.00	242	0.03	0.01	8.54	*0	37.2	*0.00	1.43
000076 Whole Wheat Toast	1 each	95	80	0.00	140	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	0.72
000124 Cheerios Cereal	1 each	5	100	1.00	140	1	2.00	0.00	0	20.00	3.00	3.00	500	100.0	6.00	8.10
000135 Orange Wedges	.5 C / 3 wedges	99	43	0.01	0	9	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09

# Base Menu Spreadsheet

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001063 Mandarin Oranges**	.5 C	1	36	0.00	4	8	0.04	0.00	0	8.89	1.15	0.71	1240	11.5	32.05	0.26
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			316	3.24	386	*21	9.01	*0.00	240	39.14	4.26	20.25	*666	498.5	*49.82	2.62
% of Calories				9.23%		*26.6%	25.7%	*0.0%		49.5%		25.6%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					5.33	583	200.00	10.83	2.50

### Thursday - 10/06/2022

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																
Weighted Daily Average			0	0.00	0	0	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%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					5.33	583	200.00	10.83	2.50

### Friday - 10/07/2022

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	0	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%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=30						5.33	583	200.00	10.83	2.50

### Monday - 10/10/2022

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	0	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%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=30						5.33	583	200.00	10.83	2.50

### Tuesday - 10/11/2022

#### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000894 Turkey Bacon & Egg Bake	1 square	93	101	1.78	209	0	6.67	*0.00	206	0.02	0.01	8.89	*0	30.9	*0.00	1.19
990609 Scrambled Eggs	2 oz	2	66	1.42	93	0	4.27	*0.00	161	0.02	0.01	5.69	*0	24.8	*0.00	0.95
000076 Whole Wheat Toast	1 each	95	80	0.00	140	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	0.72
000886 Strawberry Jelly	1 each	95	35	0.00	0	8	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000920 Cinnamon Rice Chex Cereal	1 each	5	120	0.00	170	6	2.50	0.00	0	22.00	1.00	1.00	400	80.0	4.80	7.20
990261 Chilled Pears	.5 C	100	101	0.00	8	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			409	2.83	459	*20	9.33	*0.00	204	62.89	7.41	20.38	*462	475.0	*4.21	2.83
% of Calories				6.23%		*19.6%	20.5%	*0.0%		61.5%		19.9%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					5.33	583	200.00	10.83	2.50

Wednesday - 10/12/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990194 Whole Wheat Bagel	1 half bagel	95	85	0.00	95	2	0.25	0.00	0	18.50	1.50	3.50	0	0.0	0.00	0.00
990427 Light Cream Cheese	1 each	95	59	2.84	90	1	4.73	*N/A*	15	1.91	0.00	2.22	156	42.0	0.00	0.05
000603 Grape Jelly	1 each	95	35	0.00	0	8	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00
000920 Cinnamon Rice Chex Cereal	1 each	5	120	0.00	170	6	2.50	0.00	0	22.00	1.00	1.00	400	80.0	4.80	7.20
000135 Orange Wedges	.5 C / 3 wedges	99	43	0.01	0	9	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
001063 Mandarin Oranges**	.5 C	1	36	0.00	4	8	0.04	0.00	0	8.89	1.15	0.71	1240	11.5	32.05	0.26

# Base Menu Spreadsheet

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			317	3.86	298	32	6.73	*0.00	24	51.95	3.67	14.63	810	445.0	49.76	0.58
% of Calories				10.96%		40.4%	19.1%	*0.0%		65.6%		18.5%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					5.33	583	200.00	10.83	2.50

### Thursday - 10/13/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000997 Whole Grain Waffles Bakecrafters	1 each	95	70	0.00	95	1	2.51	0.00	0	11.04	0.00	2.01	0	0.0	0.00	0.36
000625 All Natural Syrup	1 each	95	35	0.00	5	8	0.00	0.00	0	8.00	0.00	0.00	0	0.0	0.00	0.00
000920 Cinnamon Rice Chex Cereal	1 each	5	120	0.00	170	6	2.50	0.00	0	22.00	1.00	1.00	400	80.0	4.80	7.20
000175 Fresh Banana	1 each	100	105	0.13	1	14	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			309	1.28	219	36	4.67	*0.00	10	58.27	3.12	11.52	519	374.5	11.25	1.09
% of Calories				3.73%		46.6%	13.6%	*0.0%		75.4%		14.9%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					5.33	583	200.00	10.83	2.50

## Friday - 10/14/2022

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000624 Autumn Spiced Pancakes	1 each	95	102	0.68	256	*5	1.61	*0.00	2	19.64	1.94	2.32	6	29.5	2.62	0.60
000625 All Natural Syrup	1 each	95	35	0.00	5	8	0.00	0.00	0	8.00	0.00	0.00	0	0.0	0.00	0.00
000920 Cinnamon Rice Chex Cereal	1 each	5	120	0.00	170	6	2.50	0.00	0	22.00	1.00	1.00	400	80.0	4.80	7.20
990424 Cantaloupe	.5 C	100	27	0.04	12	6	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			260	1.84	383	*31	3.57	*0.00	12	45.85	2.59	11.19	3087	403.7	32.09	1.18
% of Calories				6.37%		*47.7%	12.4%	*0.0%		70.5%		17.2%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					5.33	583	200.00	10.83	2.50



# Base Menu Spreadsheet

Portion Values

Oct 3, 2022 thru Nov 4, 2022

**Monday - 10/17/2022**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990194 Whole Wheat Bagel	1 half bagel	95	85	0.00	95	2	0.25	0.00	0	18.50	1.50	3.50	0	0.0	0.00	0.00
990427 Light Cream Cheese	1 each	95	59	2.84	90	1	4.73	*N/A*	15	1.91	0.00	2.22	156	42.0	0.00	0.05
000886 Strawberry Jelly	1 each	95	35	0.00	0	8	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00
990412 Multi-Grain Frosted Flakes Cereal	1 each	5	100	0.00	170	7	0.00	0.00	0	24.00	2.00	2.00	*N/A*	0.0	*N/A*	1.80
001201 Fresh Apple Slices	3 each	100	58	0.03	1	12	0.19	0.00	0	15.40	2.68	0.29	60	6.7	5.13	0.13
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			331	3.88	299	35	6.68	*0.00	24	56.66	4.20	14.10	*632	411.2	*5.87	0.35
% of Calories				10.55%		42.3%	18.2%	*0.0%		68.5%		17.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					5.33	583	200.00	10.83	2.50

**Tuesday - 10/18/2022**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000733 Scrambled Eggs	3 oz scoop	95	100	2.13	139	0	6.40	*0.00	242	0.03	0.01	8.54	*0	37.2	*0.00	1.43

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000076 Whole Wheat Toast	1 each	95	80	0.00	140	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	0.72
000603 Grape Jelly	1 each	95	35	0.00	0	8	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00
990412 Multi-Grain Frosted Flakes Cereal	1 each	5	100	0.00	170	7	0.00	0.00	0	24.00	2.00	2.00	*N/A*	0.0	*N/A*	1.80
990261 Chilled Pears	.5 C	100	101	0.00	8	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
<b>Weighted Daily Average</b>			<b>407</b>	<b>3.18</b>	<b>396</b>	<b>*20</b>	<b>9.00</b>	<b>*0.00</b>	<b>240</b>	<b>62.99</b>	<b>7.46</b>	<b>20.16</b>	<b>*442</b>	<b>477.1</b>	<b>*3.97</b>	<b>2.79</b>
% of Calories				7.03%		*19.7%	19.9%	*0.0%		61.9%		19.8%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					5.33	583	200.00	10.83	2.50

### Wednesday - 10/19/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990713 Honey Cheerios	1 each	50	110	0.00	170	6	1.50	0.00	0	22.00	2.00	3.00	300	60.0	*N/A*	2.70
990412 Multi-Grain Frosted Flakes Cereal	1 each	50	100	0.00	170	7	0.00	0.00	0	24.00	2.00	2.00	*N/A*	0.0	*N/A*	1.80
000135 Orange Wedges	.5 C / 3 wedges	99	43	0.01	0	9	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
001063 Mandarin Oranges**	.5 C	1	36	0.00	4	8	0.04	0.00	0	8.89	1.15	0.71	1240	11.5	32.05	0.26

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			246	1.17	284	28	2.63	*0.00	10	45.92	4.20	11.64	*791	431.2	*49.52	2.42
% of Calories				4.28%		45.5%	9.6%	*0.0%		74.7%		18.9%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					5.33	583	200.00	10.83	2.50

Thursday - 10/20/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990668 Egg & Cheese Breakfast Burrito	1 burrito	95	292	7.01	430	2	14.72	*0.00	256	22.51	2.01	14.90	*144	188.2	*0.00	2.43
990412 Multi-Grain Frosted Flakes Cereal	1 each	5	100	0.00	170	7	0.00	0.00	0	24.00	2.00	2.00	*N/A*	0.0	*N/A*	1.80
000175 Fresh Banana	1 each	100	105	0.13	1	14	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			485	7.95	533	29	16.14	*0.00	253	61.66	5.08	23.81	*636	549.3	*11.01	2.78
% of Calories				14.75%		23.9%	30.0%	*0.0%		50.9%		19.6%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					5.33	583	200.00	10.83	2.50

### Friday - 10/21/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990769 Peaches & Cream Oatmeal	0.5 C/4oz scoop	95	171	0.76	91	*19	2.28	*0.00	4	33.25	2.52	5.64	*39	117.0	*0.01	1.02
990412 Multi-Grain Frosted Flakes Cereal	1 each	5	100	0.00	170	7	0.00	0.00	0	24.00	2.00	2.00	*N/A*	0.0	*N/A*	1.80
990424 Cantaloupe	.5 C	100	27	0.04	12	6	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			292	1.92	221	*37	4.08	*0.00	14	51.28	3.20	14.39	*3099	482.8	*29.38	1.30
% of Calories				5.92%		*50.7%	12.6%	*0.0%		70.2%		19.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					5.33	583	200.00	10.83	2.50

### Monday - 10/24/2022

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990703 Nonfat Yogurt	4 oz/1 each	95	90	0.00	55	14	0.00	0.00	0	20.00	0.00	3.00	0	290.0	0.00	0.00
990284 Whole Grain Frosted Mini-Wheats Cereal	1 each	5	101	0.00	0	6	0.00	0.00	0	24.30	3.04	3.04	0	0.0	0.00	8.20
001201 Fresh Apple Slices	3 each	100	58	0.03	1	12	0.19	0.00	0	15.40	2.68	0.29	60	6.7	5.13	0.13
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			246	1.18	167	38	1.96	*0.00	10	47.74	2.83	11.57	484	646.8	5.87	0.62
% of Calories				4.32%		61.8%	7.2%	*0.0%		77.6%		18.8%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					5.33	583	200.00	10.83	2.50

Tuesday - 10/25/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990034 Pumpkin Spice Bread - 2 oz	2 oz	95	157	0.70	110	*15	4.28	*0.00	14	27.63	1.81	2.66	*2493	*33.3	*0.70	*1.11
990284 Whole Grain Frosted Mini-Wheats Cereal	1 each	5	101	0.00	0	6	0.00	0.00	0	24.30	3.04	3.04	0	0.0	0.00	8.20
990261 Chilled Pears	.5 C	100	101	0.00	8	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			353	1.82	227	*27	6.03	*0.00	23	65.49	7.32	11.77	*2810	*416.4	*4.64	*2.13
% of Calories				4.64%		*30.6%	15.4%	*0.0%		74.2%		13.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					5.33	583	200.00	10.83	2.50

## Wednesday - 10/26/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000920 Cinnamon Rice Chex Cereal	1 each	50	120	0.00	170	6	2.50	0.00	0	22.00	1.00	1.00	400	80.0	4.80	7.20
990284 Whole Grain Frosted Mini-Wheats Cereal	1 each	50	101	0.00	0	6	0.00	0.00	0	24.30	3.04	3.04	0	0.0	0.00	8.20
000135 Orange Wedges	.5 C / 3 wedges	99	43	0.01	0	9	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
001063 Mandarin Oranges**	.5 C	1	36	0.00	4	8	0.04	0.00	0	8.89	1.15	0.71	1240	11.5	32.05	0.26
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			251	1.17	199	27	3.13	*0.00	10	46.07	4.22	11.16	841	441.2	51.92	7.87
% of Calories				4.20%		43.0%	11.2%	*0.0%		73.4%		17.8%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					5.33	583	200.00	10.83	2.50

Thursday - 10/27/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001128 Turkey Sausage Patty	1 each	93	60	1.00	90	0	4.00	0.00	30	0.00	0.00	6.00	0	20.0	0.00	0.72
000801 Veggie Breakfast Sausage Patty	1 each	2	70	0.00	250	1	2.50	0.00	0	4.00	1.00	9.00	0	0.0	0.00	1.80
000455 Whole Grain Biscuit	1 each	95	170	5.00	330	2	8.00	0.00	0	22.00	2.00	4.00	0	140.0	0.00	1.20
000927 Honey PC	1 each	95	43	0.00	1	11	0.00	*N/A*	0	11.54	0.03	0.04	0	0.8	0.07	0.06
990284 Whole Grain Frosted Mini-Wheats Cereal	1 each	5	101	0.00	0	6	0.00	0.00	0	24.30	3.04	3.04	0	0.0	0.00	8.20
000175 Fresh Banana	1 each	100	105	0.13	1	14	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			467	6.96	518	40	13.53	*0.00	38	72.23	5.17	19.31	499	522.9	11.07	2.70
% of Calories				13.41%		34.3%	26.1%	*0.0%		61.9%		16.5%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					5.33	583	200.00	10.83	2.50

## Friday - 10/28/2022

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990645 Whole Grain Pancakes	1 each	95	96	0.76	283	3	1.76	0.00	3	17.14	1.51	2.52	0	20.6	0.00	0.54
000625 All Natural Syrup	1 each	95	35	0.00	5	8	0.00	0.00	0	8.00	0.00	0.00	0	0.0	0.00	0.00
990284 Whole Grain Frosted Mini-Wheats Cereal	1 each	5	101	0.00	0	6	0.00	0.00	0	24.30	3.04	3.04	0	0.0	0.00	8.20
990424 Cantaloupe	.5 C	100	27	0.04	12	6	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			253	1.91	400	29	3.59	*0.00	12	43.58	2.29	11.47	3061	391.2	29.37	1.17
% of Calories				6.79%		45.8%	12.8%	*0.0%		68.9%		18.1%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					5.33	583	200.00	10.83	2.50



# Base Menu Spreadsheet

Portion Values

Oct 3, 2022 thru Nov 4, 2022

**Monday - 10/31/2022**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990194 Whole Wheat Bagel	1 half bagel	95	85	0.00	95	2	0.25	0.00	0	18.50	1.50	3.50	0	0.0	0.00	0.00
990427 Light Cream Cheese	1 each	95	59	2.84	90	1	4.73	*N/A*	15	1.91	0.00	2.22	156	42.0	0.00	0.05
000886 Strawberry Jelly	1 each	95	35	0.00	0	8	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00
000124 Cheerios Cereal	1 each	5	100	1.00	140	1	2.00	0.00	0	20.00	3.00	3.00	500	100.0	6.00	8.10
001201 Fresh Apple Slices	3 each	100	58	0.03	1	12	0.19	0.00	0	15.40	2.68	0.29	60	6.7	5.13	0.13
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			331	3.93	298	34	6.78	*0.00	24	56.46	4.25	14.15	657	416.2	6.17	0.66
% of Calories				10.69%		41.1%	18.4%	*0.0%		68.2%		17.1%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					5.33	583	200.00	10.83	2.50

**Tuesday - 11/01/2022**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990759 Apple Pie Parfait	1 each	95	188	0.67	82	34	1.45	*0.00	5	42.41	1.47	3.64	162	134.9	0.11	0.27

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990426 Whole Grain Granola	.375 C	95	124	0.23	54	*N/A*	1.46	0.00	0	26.78	2.50	2.86	2	8.8	0.00	0.94
000124 Cheerios Cereal	1 each	5	100	1.00	140	1	2.00	0.00	0	20.00	3.00	3.00	500	100.0	6.00	8.10
990261 Chilled Pears	.5 C	100	101	0.00	8	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			501	2.06	259	*44	4.83	*0.00	14	104.75	9.37	15.43	623	526.2	4.38	2.22
% of Calories				3.70%		*35.1%	8.7%	*0.0%		83.6%		12.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					5.33	583	200.00	10.83	2.50

### Wednesday - 11/02/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000733 Scrambled Eggs	3 oz scoop	95	100	2.13	139	0	6.40	*0.00	242	0.03	0.01	8.54	*0	37.2	*0.00	1.43
000076 Whole Wheat Toast	1 each	95	80	0.00	140	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	0.72
000124 Cheerios Cereal	1 each	5	100	1.00	140	1	2.00	0.00	0	20.00	3.00	3.00	500	100.0	6.00	8.10
000135 Orange Wedges	.5 C / 3 wedges	99	43	0.01	0	9	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
001063 Mandarin Oranges**	.5 C	1	36	0.00	4	8	0.04	0.00	0	8.89	1.15	0.71	1240	11.5	32.05	0.26

# Base Menu Spreadsheet

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			316	3.24	386	*21	9.01	*0.00	240	39.14	4.26	20.25	*666	498.5	*49.82	2.62
% of Calories				9.23%		*26.6%	25.7%	*0.0%		49.5%		25.6%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					5.33	583	200.00	10.83	2.50

### Thursday - 11/03/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000640 Apple Spice Oatmeal	.5 C	95	173	0.77	79	*18	2.31	*0.00	4	34.34	2.61	5.31	48	120.6	5.43	1.13
000124 Cheerios Cereal	1 each	5	100	1.00	140	1	2.00	0.00	0	20.00	3.00	3.00	500	100.0	6.00	8.10
000175 Fresh Banana	1 each	100	105	0.13	1	14	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			372	2.06	197	*44	4.45	*0.00	14	72.70	5.70	14.75	569	490.1	16.47	1.86
% of Calories				4.98%		*47.3%	10.8%	*0.0%		78.2%		15.9%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					5.33	583	200.00	10.83	2.50

### Friday - 11/04/2022

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990533 Whole Grain French Toast	1 each	95	268	2.00	427	*4	7.89	*0.00	218	34.38	2.56	14.98	*7	113.2	*0.11	3.28
000625 All Natural Syrup	1 each	95	35	0.00	5	8	0.00	0.00	0	8.00	0.00	0.00	0	0.0	0.00	0.00
000124 Cheerios Cereal	1 each	5	100	1.00	140	1	2.00	0.00	0	20.00	3.00	3.00	500	100.0	6.00	8.10
990424 Cantaloupe	.5 C	100	27	0.04	12	6	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			417	3.14	544	*31	9.51	*0.00	217	59.75	3.28	23.31	*3093	484.2	*29.77	3.76
% of Calories				6.78%		*29.7%	20.5%	*0.0%		57.3%		22.4%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=30					5.33	583	200.00	10.83	2.50

# Base Menu Spreadsheet

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

			Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages			350	3	329	*32	6.65	*0.00	76	59.35	4.89	15.67	*1169	*469.3	*21.22	*2.11
% of Calories				7.56%		*36.6%	17.1%	*0.0%		67.8%		17.9%				

\*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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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