



# October Breakfast Menu

DC PUBLIC SCHOOLS | K-12

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

\*denotes mandarin oranges for River Terrace EC

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

Assorted breakfast cereal and cheese stick 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> <li> fresh pear</li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>scrambled eggs</li> <li>turkey bacon</li> <li>veggie breakfast sausage patty </li> <li>whole wheat toast</li> <li>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>english muffin</li> <li>jelly</li> <li>butter</li> <li> fresh pear</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>orange wedges*</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>whole grain waffles</li> <li>scrambled eggs</li> <li>all natural syrup</li> <li>butter</li> <li>banana</li> <li>100% orange juice</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>autumn spiced pancakes</li> <li>turkey bacon</li> <li>veggie breakfast sausage patty </li> <li>all natural syrup</li> <li>butter</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, butter</li> <li> fresh pear</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>honey cheerios cereal</li> <li>whole grain apple oatmeal bar</li> <li>orange wedges*</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>cheesy breakfast burrito</li> <li>hot sauce</li> <li>banana</li> <li>100% orange juice</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>peaches &amp; cream oatmeal</li> <li>nonfat yogurt</li> <li>banana</li> <li>fresh cantaloupe</li> </ul>
<b>24</b> <ul style="list-style-type: none"> <li>non-fat yogurt</li> <li>strawberry oatmeal bar</li> <li> apple slices</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>warm whole grain pumpkin bread</li> <li> fresh pear</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>whole grain cinnamon chex</li> <li>whole wheat graham crackers</li> <li>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>banana</li> <li>100% orange juice</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>whole grain pancakes</li> <li>turkey sausage links</li> <li>veggie breakfast sausage patty </li> <li>all natural syrup</li> <li>butter</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> <li> fresh pear</li> </ul>	<b>11/2</b> <ul style="list-style-type: none"> <li>scrambled eggs</li> <li>turkey bacon</li> <li>veggie breakfast sausage patty </li> <li>whole wheat toast</li> <li>orange wedges*</li> </ul>	<b>11/3</b> <ul style="list-style-type: none"> <li>apple spice oatmeal</li> <li>banana</li> <li>100% orange juice</li> </ul>	<b>11/4</b> <ul style="list-style-type: none"> <li>whole grain french toast</li> <li>turkey sausage links</li> <li>veggie breakfast sausage patty </li> <li>all natural syrup</li> <li>butter</li> <li>fresh cantaloupe</li> </ul>



# Base Menu Spreadsheet

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

Menu Name: DCPS Breakfast K-12

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)
000001 Whole Wheat Bagel	1 Whole	95	170	0.00	190	4	0.50	0.00	0	37.00	3.00	7.00	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
001200 Fresh Apple Slices	6 each	100	116	0.06	2	23	0.38	0.00	0	30.80	5.35	0.58	120	13.4	10.26	0.27
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			469	3.96	389	48	7.21	*0.00	24	89.43	8.35	17.77	718	422.9	11.30	0.80
% of Calories				7.60%		40.9%	13.8%	*0.0%		76.3%		15.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

### 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
000884 Fresh Pear	1 each	100	131	0.05	2	22	0.32	0.00	0	35.03	7.13	0.83	58	20.7	9.89	0.41
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			531	2.11	253	*67	4.95	*0.00	14	113.88	11.05	15.43	662	526.8	11.04	2.05
% of Calories				3.58%		*50.5%	8.4%	*0.0%		85.8%		11.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

### 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
990394 Turkey Bacon	2 each	93	40	0.00	190	0	3.00	0.00	10	0.00	0.00	4.00	0	0.0	0.00	0.00
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
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

# 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)	
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
000812	Orange Wedges	1 C/6 wedges	99	86	0.03	0	17	0.22	0.00	0	21.62	4.42	1.73	414	73.6	97.89	0.18
001064	Mandarin Oranges**	1 C	1	72	0.01	9	16	0.08	0.00	0	17.78	2.30	1.42	2480	23.0	64.10	0.51
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				398	3.26	568	*30	11.96	*0.00	249	50.01	6.48	25.01	*883	535.0	*98.59	2.75
% of Calories					7.37%		*30.2%	27.0%	*0.0%		50.3%		25.1%				
Weekly Nutrient Guideline				450 - 500	<10	540		<=0									

### 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)	Calcm (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				450 - 500	<10	540		<=0									

### 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			450 - 500	<10	540		<=0									

### 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			450 - 500	<10	540		<=0									

### 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
000733 Scrambled Eggs	3 oz scoop	2	100	2.13	139	0	6.40	*0.00	242	0.03	0.01	8.54	*0	37.2	*0.00	1.43
000448 Whole Wheat English Muffin	1 whole	95	120	0.00	220	*N/A*	1.00	0.00	0	23.00	3.00	5.00	0	80.0	0.00	1.80

# 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)
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
000488 Butter PC	1 each	95	36	2.57	32	0	4.06	0.16	11	0.00	0.00	0.04	125	1.2	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
000884 Fresh Pear	1 each	100	131	0.05	2	22	0.32	0.00	0	35.03	7.13	0.83	58	20.7	9.89	0.41
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			512	5.34	561	*43	13.34	*0.16	216	78.67	10.04	22.38	*620	495.9	*10.87	3.70
% of Calories				9.39%		*33.6%	23.4%	*0.3%		61.5%		17.5%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

### 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)
000001 Whole Wheat Bagel	1 Whole	95	170	0.00	190	4	0.50	0.00	0	37.00	3.00	7.00	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

# 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)
000812 Orange Wedges	1 C/6 wedges	99	86	0.03	0	17	0.22	0.00	0	21.62	4.42	1.73	414	73.6	97.89	0.18
001064 Mandarin Oranges**	1 C	1	72	0.01	9	16	0.08	0.00	0	17.78	2.30	1.42	2480	23.0	64.10	0.51
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			441	3.87	388	42	7.08	*0.00	24	80.32	7.29	18.81	1027	481.6	98.53	0.67
% of Calories				7.90%		38.1%	14.4%	*0.0%		72.9%		17.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

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)
990076 Whole Grain Waffles Bakecrafters	2 each	95	141	0.00	191	2	5.02	0.00	0	22.09	0.00	4.02	0	0.0	0.00	0.72
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
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
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
000488 Butter PC	1 each	95	36	2.57	32	0	4.06	0.16	11	0.00	0.00	0.04	125	1.2	0.00	0.00
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

# 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)
000171 100% Orange Juice	4 oz	100	60	0.00	0	*N/A*	0.00	0.00	0	14.00	0.00	1.00	0	10.0	42.00	0.00
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			564	5.75	472	*37	16.98	*0.16	250	82.79	3.13	22.58	*638	421.0	*53.25	2.79
% of Calories				9.18%		*26.2%	27.1%	*0.3%		58.7%		16.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

## 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)
990612 Autumn Spiced Pancakes	2 each	95	204	1.37	511	*10	3.22	*0.00	5	39.28	3.87	4.65	12	59.0	5.24	1.21
990394 Turkey Bacon	2 each	93	40	0.00	190	0	3.00	0.00	10	0.00	0.00	4.00	0	0.0	0.00	0.00
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
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
000488 Butter PC	1 each	95	36	2.57	32	0	4.06	0.16	11	0.00	0.00	0.04	125	1.2	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
990421 Cantaloupe	1 C	100	53	0.08	25	12	0.30	0.00	0	12.73	1.40	1.31	5276	14.0	57.25	0.33



# 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			456	4.97	850	*42	11.94	*0.16	34	70.96	5.15	17.99	5850	439.9	63.21	1.95
% of Calories				9.81%		*36.8%	23.6%	*0.3%		62.2%		15.8%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

### 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)
000001 Whole Wheat Bagel	1 Whole	95	170	0.00	190	4	0.50	0.00	0	37.00	3.00	7.00	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
001200 Fresh Apple Slices	6 each	100	116	0.06	2	23	0.38	0.00	0	30.80	5.35	0.58	120	13.4	10.26	0.27
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			469	3.91	391	48	7.11	*0.00	24	89.63	8.30	17.72	*693	417.9	*11.00	0.48
% of Calories				7.50%		40.9%	13.6%	*0.0%		76.4%		15.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

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
001138 Turkey Sausage Link	2 each	93	130	3.00	450	0	10.00	0.00	45	1.00	*N/A*	10.00	*N/A*	*N/A*	*N/A*	*N/A*
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
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
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
000884 Fresh Pear	1 each	100	131	0.05	2	22	0.32	0.00	0	35.03	7.13	0.83	58	20.7	9.89	0.41
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

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)
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			560	6.02	813	*43	18.47	*0.00	281	73.14	*9.16	29.64	*481	*477.6	*10.63	*2.66
% of Calories				9.68%		*30.7%	29.7%	*0.0%		52.2%		21.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

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
000849 Whole Grain Apple Oatmeal Bar	1 each	100	140	0.50	90	9	4.50	0.00	0	23.00	1.00	2.00	0	*N/A*	6.00	0.72
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
000812 Orange Wedges	1 C/6 wedges	99	86	0.03	0	17	0.22	0.00	0	21.62	4.42	1.73	414	73.6	97.89	0.18
001064 Mandarin Oranges**	1 C	1	72	0.01	9	16	0.08	0.00	0	17.78	2.30	1.42	2480	23.0	64.10	0.51
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			429	1.68	374	45	7.24	*0.00	10	79.71	7.39	14.50	*1008	*467.7	*104.29	3.24
% of Calories				3.52%		42.0%	15.2%	*0.0%		74.3%		13.5%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

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)	Calc <sup>m</sup> (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
000604 Hot Sauce	1 each	95	0	0.00	32	0	0.00	*N/A*	0	0.02	0.00	0.01	2	0.1	0.90	0.01
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
000171 100% Orange Juice	4 oz	100	60	0.00	0	*N/A*	0.00	0.00	0	14.00	0.00	1.00	0	10.0	42.00	0.00
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			546	7.95	563	*29	16.15	*0.00	253	75.68	5.08	24.82	*638	559.4	*53.86	2.79
% of Calories				13.10%		*21.2%	26.6%	*0.0%		55.4%		18.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

## 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
990703 Nonfat Yogurt	4 oz/1 each	100	90	0.00	55	14	0.00	0.00	0	20.00	0.00	3.00	0	290.0	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
990421 Cantaloupe	1 C	100	53	0.08	25	12	0.30	0.00	0	12.73	1.40	1.31	5276	14.0	57.25	0.33
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			408	1.96	289	*57	4.23	*0.00	14	77.65	3.90	18.05	*5736	779.8	*58.00	1.46
% of Calories				4.32%		*55.9%	9.3%	*0.0%		76.1%		17.7%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

# Base Menu Spreadsheet

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

### Monday - 10/24/2022

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)
000893 Whole Grain Strawberry Oatmeal Bar	1 each	95	140	1.50	85	10	4.50	0.00	5	23.00	1.00	2.00	0	0.0	6.00	1.08
990703 Nonfat Yogurt	4 oz/1 each	100	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
001200 Fresh Apple Slices	6 each	100	116	0.06	2	23	0.38	0.00	0	30.80	5.35	0.58	120	13.4	10.26	0.27
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			442	2.64	252	59	6.42	*0.00	15	85.99	6.45	13.91	544	668.0	16.70	1.78
% of Calories				5.38%		53.4%	13.1%	*0.0%		77.8%		12.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

### 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)
000672 Pumpkin Spice Bread - 4 oz	4 oz	95	314	1.40	220	*29	8.55	*0.00	28	55.27	3.62	5.31	*4986	*66.6	*1.40	*2.21
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

# 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)
000884 Fresh Pear	1 each	100	131	0.05	2	22	0.32	0.00	0	35.03	7.13	0.83	58	20.7	9.89	0.41
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			532	2.54	325	*63	10.21	*0.00	36	100.87	10.72	14.30	*5218	*448.6	*11.96	*3.01
% of Calories				4.30%		*47.4%	17.3%	*0.0%		75.8%		10.8%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

## 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
000233 Graham Crackers	1 each	100	90	0.00	95	5	2.50	0.00	0	17.00	1.00	2.00	500	100.0	0.00	0.72
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
000812 Orange Wedges	1 C/6 wedges	99	86	0.03	0	17	0.22	0.00	0	21.62	4.42	1.73	414	73.6	97.89	0.18
001064 Mandarin Oranges**	1 C	1	72	0.01	9	16	0.08	0.00	0	17.78	2.30	1.42	2480	23.0	64.10	0.51
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

# 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)
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			385	1.18	294	41	5.74	*0.00	10	73.86	7.41	14.02	1558	577.7	100.69	8.69
% of Calories				2.76%		42.6%	13.4%	*0.0%		76.7%		14.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

### 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
000171 100% Orange Juice	4 oz	100	60	0.00	0	*N/A*	0.00	0.00	0	14.00	0.00	1.00	0	10.0	42.00	0.00
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			527	6.96	518	*40	13.53	*0.00	38	86.23	5.17	20.31	499	532.9	53.07	2.70
% of Calories				11.89%		*30.4%	23.1%	*0.0%		65.4%		15.4%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

### 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)
990178 Whole Grain Pancakes	2 each	95	192	1.51	565	6	3.53	0.00	5	34.27	3.02	5.04	0	41.2	0.00	1.09
001138 Turkey Sausage Link	2 each	93	130	3.00	450	0	10.00	0.00	45	1.00	*N/A*	10.00	*N/A*	*N/A*	*N/A*	*N/A*
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
000488 Butter PC	1 each	95	36	2.57	32	0	4.06	0.16	11	0.00	0.00	0.04	125	1.2	0.00	0.00
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
990421 Cantaloupe	1 C	100	53	0.08	25	12	0.30	0.00	0	12.73	1.40	1.31	5276	14.0	57.25	0.33
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

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)
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			527	7.90	1135	38	18.62	*0.16	67	67.24	*4.45	24.04	*5818	*418.9	*57.99	*1.89
% of Calories				13.49%		28.8%	31.8%	*0.3%		51.0%		18.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

### 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)
000001 Whole Wheat Bagel	1 Whole	95	170	0.00	190	4	0.50	0.00	0	37.00	3.00	7.00	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
001200 Fresh Apple Slices	6 each	100	116	0.06	2	23	0.38	0.00	0	30.80	5.35	0.58	120	13.4	10.26	0.27
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			469	3.96	389	48	7.21	*0.00	24	89.43	8.35	17.77	718	422.9	11.30	0.80
% of Calories				7.60%		40.9%	13.8%	*0.0%		76.3%		15.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

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
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
000884 Fresh Pear	1 each	100	131	0.05	2	22	0.32	0.00	0	35.03	7.13	0.83	58	20.7	9.89	0.41
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			531	2.11	253	*67	4.95	*0.00	14	113.88	11.05	15.43	662	526.8	11.04	2.05
% of Calories				3.58%		*50.5%	8.4%	*0.0%		85.8%		11.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

# Base Menu Spreadsheet

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

### 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)	Calc (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
990394 Turkey Bacon	2 each	93	40	0.00	190	0	3.00	0.00	10	0.00	0.00	4.00	0	0.0	0.00	0.00
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
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
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
000812 Orange Wedges	1 C/6 wedges	99	86	0.03	0	17	0.22	0.00	0	21.62	4.42	1.73	414	73.6	97.89	0.18
001064 Mandarin Oranges**	1 C	1	72	0.01	9	16	0.08	0.00	0	17.78	2.30	1.42	2480	23.0	64.10	0.51
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			398	3.26	568	*30	11.96	*0.00	249	50.01	6.48	25.01	*883	535.0	*98.59	2.75
% of Calories				7.37%		*30.2%	27.0%	*0.0%		50.3%		25.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

### Thursday - 11/03/2022

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)
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
000171 100% Orange Juice	4 oz	100	60	0.00	0	*N/A*	0.00	0.00	0	14.00	0.00	1.00	0	10.0	42.00	0.00
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			432	2.06	197	*44	4.45	*0.00	14	86.70	5.70	15.75	569	500.1	58.47	1.86
% of Calories				4.29%		*40.7%	9.3%	*0.0%		80.3%		14.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

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
001138 Turkey Sausage Link	2 each	93	130	3.00	450	0	10.00	0.00	45	1.00	*N/A*	10.00	*N/A*	*N/A*	*N/A*	*N/A*
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
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

# 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000488 Butter PC	1 each	95	36	2.57	32	0	4.06	0.16	11	0.00	0.00	0.04	125	1.2	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
990421 Cantaloupe	1 C	100	53	0.08	25	12	0.30	0.00	0	12.73	1.40	1.31	5276	14.0	57.25	0.33
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			600	8.41	1010	*37	22.86	*0.16	269	67.13	*4.00	33.48	*5850	*492.3	*58.39	*3.96
% of Calories				12.62%		*24.7%	34.3%	*0.2%		44.8%		22.3%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

	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	483	4	493	*45	10.57	*0.04	97	81.06	*7.05	19.94	*1876	*506.8	*48.31	*2.49
% of Calories		7.77%		*37.3%	19.7%	*0.1%		67.1%		16.5%				

\*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  
<sup>1</sup> - denotes required nutrient values  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442;
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.