



September 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?

We're celebrating back to school with a tasty lineup of late summer & fall flavors!

Sept 8th - Apple Spice Oatmeal

Sept 16th - Autumn Spiced Pancakes

Sept 23rd - Peaches & Cream Oatmeal

Sept 27th - Pumpkin Bread



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8/29</p> <ul style="list-style-type: none"> • non-fat yogurt • strawberry oatmeal bar • fresh orange wedges* 	<p>8/30</p> <ul style="list-style-type: none"> • warm whole grain pumpkin bread • fresh peach • 100% orange juice 	<p>8/31</p> <ul style="list-style-type: none"> • whole grain cinnamon chex • whole wheat graham crackers • fresh watermelon 	<p>1</p> <ul style="list-style-type: none"> • turkey sausage patty • veggie breakfast sausage patty • whole grain biscuit • honey • fresh apple slices 	<p>2</p> <ul style="list-style-type: none"> • whole grain pancakes • turkey sausage links • veggie breakfast sausage patty • all natural syrup • butter • fresh cantaloupe
<p>5</p> <p>no school</p>	<p>6</p> <ul style="list-style-type: none"> • whole wheat bagel • light cream cheese • jelly • fresh peach • 100% orange juice 	<p>7</p> <ul style="list-style-type: none"> • scrambled eggs • turkey bacon • veggie breakfast sausage patty • whole wheat toast • fresh watermelon 	<p>8</p> <ul style="list-style-type: none"> • apple spice oatmeal • nonfat yogurt • fresh apple slices 	<p>9</p> <ul style="list-style-type: none"> • whole grain french toast • turkey sausage links • veggie breakfast sausage patty • all natural syrup • butter • fresh cantaloupe
<p>12</p> <ul style="list-style-type: none"> • whole grain frosted mini wheats • low fat cheese stick • fresh orange wedges* 	<p>13</p> <ul style="list-style-type: none"> • turkey bacon egg bake • scrambled eggs • english muffin • jelly • butter • fresh peach • 100% orange juice 	<p>14</p> <ul style="list-style-type: none"> • whole wheat bagel • light cream cheese • jelly • fresh watermelon 	<p>15</p> <ul style="list-style-type: none"> • whole grain waffles • scrambled eggs • all natural syrup • butter • fresh apple slices 	<p>16</p> <ul style="list-style-type: none"> • autumn spiced pancakes • turkey bacon • veggie breakfast sausage patty • all natural syrup • butter • fresh cantaloupe
<p>19</p> <ul style="list-style-type: none"> • whole wheat bagel • light cream cheese • jelly • fresh orange wedges* 	<p>20</p> <ul style="list-style-type: none"> • scrambled eggs • turkey sausage links • veggie breakfast sausage patty • whole wheat toast • jelly, butter • fresh peach • 100% orange juice 	<p>21</p> <ul style="list-style-type: none"> • honey cheerios cereal • whole grain apple oatmeal bar • fresh watermelon 	<p>22</p> <ul style="list-style-type: none"> • cheesy breakfast burrito • hot sauce • fresh apple slices 	<p>23</p> <ul style="list-style-type: none"> • peaches & cream oatmeal • nonfat yogurt • fresh cantaloupe
<p>26</p> <ul style="list-style-type: none"> • non-fat yogurt • strawberry oatmeal bar • fresh orange wedges* 	<p>27</p> <ul style="list-style-type: none"> • warm whole grain pumpkin bread • fresh peach • 100% orange juice 	<p>28</p> <ul style="list-style-type: none"> • whole grain cinnamon chex • whole wheat graham crackers • fresh watermelon 	<p>29</p> <ul style="list-style-type: none"> • turkey sausage patty • veggie breakfast sausage patty • whole grain biscuit • honey • fresh apple slices 	<p>30</p> <ul style="list-style-type: none"> • whole grain pancakes • turkey sausage links • veggie breakfast sausage patty • all natural syrup • butter • fresh cantaloupe



Base Menu Spreadsheet

Portion Values

Aug 29, 2022 thru Sep 30, 2022

Menu Name: DCPS Breakfast K-12

Include Cost: No

Site:

Report Style: Detailed

Monday - 08/29/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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
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			412	2.60	250	53	6.26	*0.00	15	76.77	5.50	15.05	858	727.7	103.99	1.70
% of Calories				5.68%		51.5%	13.7%	*0.0%		74.5%		14.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Tuesday - 08/30/2022

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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
000445 Fresh Peach	1 each	100	58	0.03	0	13	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
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			520	2.51	323	*53	10.26	*0.00	36	94.16	5.84	15.83	*5649	*446.9	*53.97	*2.97
% of Calories				4.34%		*40.8%	17.8%	*0.0%		72.4%		12.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Wednesday - 08/31/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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
000962 Fresh Watermelon	1 C	100	46	0.02	2	9	0.23	0.00	0	11.48	0.61	0.93	865	10.6	12.31	0.36

Base Menu Spreadsheet

Portion Values

Aug 29, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (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			344	1.18	295	33	5.74	*0.00	10	63.75	3.63	13.22	1988	515.3	15.45	8.87
% of Calories				3.09%		38.4%	15.0%	*0.0%		74.1%		15.4%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Thursday - 09/01/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (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
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

Base Menu Spreadsheet

Portion Values

Aug 29, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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 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			478	6.89	519	49	13.52	*0.00	38	76.08	7.45	18.61	544	530.4	11.07	2.66
% of Calories				12.97%		41.0%	25.5%	*0.0%		63.7%		15.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Friday - 09/02/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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

Portion Values

Aug 29, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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 - 09/05/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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 - 09/06/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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

Base Menu Spreadsheet

Portion Values

Aug 29, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
000445	Fresh Peach	1 each	100	58	0.03	0	13	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
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				412	3.92	387	37	7.21	*0.00	24	72.95	5.25	18.55	1086	418.5	10.94	0.91
% of Calories					8.56%		35.9%	15.8%	*0.0%		70.8%		18.0%				
Weekly Nutrient Guideline				450 - 500	<10	540		<=0									

Wednesday - 09/07/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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
000962	Fresh Watermelon	1 C	100	46	0.02	2	9	0.23	0.00	0	11.48	0.61	0.93	865	10.6	12.31	0.36
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

Portion Values

Aug 29, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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			357	3.25	569	*22	11.97	*0.00	249	39.91	2.69	24.21	*1314	472.6	*13.35	2.92
% of Calories				8.19%		*24.6%	30.2%	*0.0%		44.7%		27.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Thursday - 09/08/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000640 Apple Spice Oatmeal	.5 C	95	179	2.69	67	*15	5.20	*0.00	11	28.69	2.40	4.18	133	68.0	3.27	1.00
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
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

Aug 29, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (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			479	3.82	242	*64	7.19	*0.00	21	91.18	7.79	15.97	696	737.6	14.40	1.71
% of Calories				7.18%		*53.4%	13.5%	*0.0%		76.1%		13.3%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Friday - 09/09/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (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
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

Base Menu Spreadsheet

Portion Values

Aug 29, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000230 1% Lowfat Milk	8 oz	70	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
Weighted Daily Average			600	8.43	1010	*37	22.89	*0.16	269	67.12	*4.00	33.49	*5846	*492.4	*58.39	*3.96
% of Calories				12.64%		*24.7%	34.3%	*0.2%		44.7%		22.3%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Monday - 09/12/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
000415 Mozzarella Cheese Stick	1 each	100	81	3.04	192	*N/A*	5.06	0.00	15	0.00	0.00	7.09	202	202.5	0.00	0.00
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
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

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (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			376	4.22	391	*36	8.30	*0.00	25	56.86	6.41	19.11	1261	680.2	100.69	7.97
% of Calories				10.10%		*38.3%	19.9%	*0.0%		60.5%		20.3%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Tuesday - 09/13/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (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
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
000445 Fresh Peach	1 each	100	58	0.03	0	13	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
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

Aug 29, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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			499	5.31	559	*33	13.40	*0.16	216	71.96	5.16	23.92	*1051	494.2	*52.88	3.66
% of Calories				9.58%		*26.5%	24.2%	*0.3%		57.7%		19.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Wednesday - 09/14/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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
000962 Fresh Watermelon	1 C	100	46	0.02	2	9	0.23	0.00	0	11.48	0.61	0.93	865	10.6	12.31	0.36
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

Aug 29, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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			400	3.87	390	34	7.08	*0.00	24	70.21	3.51	18.01	1457	419.1	13.29	0.85
% of Calories				8.71%		34.0%	15.9%	*0.0%		70.2%		18.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Thursday - 09/15/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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
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

Aug 29, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (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			515	5.68	473	45	16.97	*0.16	250	72.63	5.41	20.87	*683	418.4	*11.24	2.75
% of Calories				9.93%		35.0%	29.7%	*0.3%		56.4%		16.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Friday - 09/16/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990612 Autumn Spiced Pancakes	2 each	95	225	1.68	531	*12	3.69	*0.00	7	41.72	3.87	6.29	35	118.6	5.24	1.22
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
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

Aug 29, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (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			476	5.27	869	*44	12.39	*0.16	36	73.27	5.15	19.55	5871	496.5	63.21	1.96
% of Calories				9.96%		*37.0%	23.4%	*0.3%		61.6%		16.4%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Monday - 09/19/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (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
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

Aug 29, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (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			440	3.87	388	42	6.95	*0.00	24	80.42	7.34	18.86	*1007	477.6	*98.29	0.40
% of Calories				7.92%		38.2%	14.2%	*0.0%		73.1%		17.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Tuesday - 09/20/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (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
000445 Fresh Peach	1 each	100	58	0.03	0	13	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
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

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (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			547	6.00	811	*33	18.52	*0.00	281	66.42	*4.28	31.18	*913	*475.9	*52.64	*2.62
% of Calories				9.87%		*24.1%	30.5%	*0.0%		48.6%		22.8%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Wednesday - 09/21/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990713 Honey Cheerios	1 each	95	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
000962 Fresh Watermelon	1 C	100	46	0.02	2	9	0.23	0.00	0	11.48	0.61	0.93	865	10.6	12.31	0.36
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			438	1.68	452	40	7.92	*0.00	10	79.50	4.51	15.05	*1573	*432.3	*19.05	4.63
% of Calories				3.45%		36.5%	16.3%	*0.0%		72.6%		13.7%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Base Menu Spreadsheet

Portion Values

Aug 29, 2022 thru Sep 30, 2022

Thursday - 09/22/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)
990668 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
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			496	7.88	564	38	16.13	*0.00	253	65.52	7.37	23.11	*683	556.8	*11.85	2.75
% of Calories				14.30%		30.6%	29.3%	*0.0%		52.8%		18.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Friday - 09/23/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (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	0	90	0.00	55	14	0.00	0.00	0	20.00	0.00	3.00	0	290.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Aug 29, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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	70	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
Weighted Daily Average			318	1.97	233	*43	4.25	*0.00	14	57.64	3.90	15.05	*5733	489.9	*58.00	1.46
% of Calories				5.58%		*54.1%	12.0%	*0.0%		72.5%		18.9%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Monday - 09/26/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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
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

Aug 29, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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			412	2.60	250	53	6.26	*0.00	15	76.77	5.50	15.05	858	727.7	103.99	1.70
% of Calories				5.68%		51.5%	13.7%	*0.0%		74.5%		14.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Tuesday - 09/27/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (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
000445 Fresh Peach	1 each	100	58	0.03	0	13	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
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			520	2.51	323	*53	10.26	*0.00	36	94.16	5.84	15.83	*5649	*446.9	*53.97	*2.97
% of Calories				4.34%		*40.8%	17.8%	*0.0%		72.4%		12.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Base Menu Spreadsheet

Portion Values

Aug 29, 2022 thru Sep 30, 2022

Wednesday - 09/28/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (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
000962 Fresh Watermelon	1 C	100	46	0.02	2	9	0.23	0.00	0	11.48	0.61	0.93	865	10.6	12.31	0.36
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			344	1.18	295	33	5.74	*0.00	10	63.75	3.63	13.22	1988	515.3	15.45	8.87
% of Calories				3.09%		38.4%	15.0%	*0.0%		74.1%		15.4%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Thursday - 09/29/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (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

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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			478	6.89	519	49	13.52	*0.00	38	76.08	7.45	18.61	544	530.4	11.07	2.66
% of Calories				12.97%		41.0%	25.5%	*0.0%		63.7%		15.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Friday - 09/30/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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

Base Menu Spreadsheet

Portion Values

Aug 29, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
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			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									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	455	4	516	*42	11.25	*0.04	84	71.73	*5.27	19.60	*2454	*514.2	*44.30	*3.11
% of Calories		8.84%		*36.9%	22.3%	*0.1%		63.1%		17.2%				

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - 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.



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