



SERVING AWARD-WINNING FOOD THAT KIDS LOVE.

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December Breakfast Menu

ECE BREAKFAST

What do the colors on the menu mean?

GREEN = locally-sourced

* = vegetarian entree

All grains served are whole grain rich

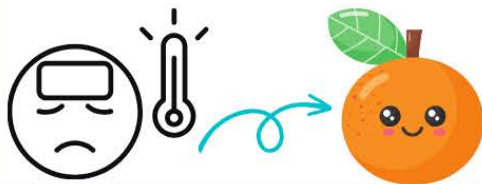
**Student's choice of skim or 1% milk
provided at every meal.**

Menu subject to change based on availability

This institution is an equal opportunity provider

FRESH FEATURE

Eating oranges can help you stay healthy this winter! They have lots of vitamin C, which helps your body fight germs. Try oranges for breakfast on **Tuesday** and **Thursday!**



Monday	Tuesday	Wednesday	Thursday	Friday
1 cinnamon rice chex fresh apple slices	2 turkey sausage patty veggie breakfast sausage patty* biscuit honey orange wedges	3 whole grain french toast sticks syrup cantaloupe	4 pumpkin bread fresh banana	5 cinnamon apples granola vanilla yogurt
8 turkey sausage patty veggie breakfast sausage patty* english muffin jelly fresh apple slices	9 whole grain waffles syrup scrambled eggs orange wedges	10 bagel cream cheese jelly cantaloupe	11 apple spice oatmeal orange wedges	12 croissant scrambled eggs honeydew
15 whole grain french toast sticks syrup fresh apple slices	16 brown sugar oatmeal orange wedges	17 whole grain waffles syrup scrambled eggs cantaloupe	18 apple cinnamon bread orange wedges	19 bagel cream cheese jelly honeydew
22 no school	23 no school	24 no school	25 no school	26 no school
29 no school	30 no school	31 no school	1 no school	2 no school

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

Menu Name:	DCPS Breakfast ECE	Include Cost:	No
Site:			
Use Alternate Menu Name:	Alternate Menu Name 1		

Monday - 12/01/2025Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000920 cinnamon rice chex	1 ea	100	120	0.00	170	6.00	*N/A*	2.50	0.00	0	22.00	1.00	1.00	*N/A*	80.0	4.80	7.20
001201 fresh apple slices	3 ea	100	47	0.03	1	9.46	*N/A*	0.15	0.00	0	12.57	2.18	0.24	*N/A*	5.5	4.19	0.11
000231 Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			265	1.18	285	27.92	*0.00	4.42	*0.00	10	46.69	3.18	9.51	*0	450.1	*9.73	7.39
% of Calories				4.01%		42.14%	*N/A*	15.0%	*0.0%		70.5%		14.4%				
Weekly Nutrient Guideline			350 - 500	<10	540		<10	<=30					5.33		200.00	10.83	2.50

Tuesday - 12/02/2025Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001128 turkey sausage patty	1 ea	95	80	2.00	95	0.00	*N/A*	6.00	0.00	30	0.00	0.00	7.00	*N/A*	*N/A*	0.00	*N/A*
000801 veggie breakfast sausage patty*	1 ea	5	70	0.00	250	1.00	*N/A*	2.50	0.00	0	4.00	1.00	9.00	*N/A*	0.0	0.00	1.80

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000455 biscuit	1 ea	100	170	5.00	330	2.00	*N/A*	8.00	0.00	0	22.00	2.00	4.00	*N/A*	140.0	0.00	1.20
000927 honey	1 ea	100	25	0.00	0	7.00	7.00	0.00	0.00	0	7.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000135 orange wedges	3 ea	100	43	0.01	0	8.60	*N/A*	0.11	0.00	0	10.81	2.21	0.86	*N/A*	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			415	8.07	547	30.12	*7.00	15.70	*0.00	38	52.14	4.26	20.24	*0	*541.4	*49.68	*1.46
% of Calories				17.50 %		29.03%	*N/A*	34.0%	*0.0%		50.3%		19.5%				
Weekly Nutrient Guideline			350 - 500	<10	540		<10	<=30					5.33		200.00	10.83	2.50

Wednesday - 12/03/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990639 whole grain french toast sticks	2 ea	100	173	0.67	193	9.33	9.33	5.33	0.00	7	28.00	1.33	4.00	*N/A*	*N/A*	*N/A*	*N/A*
999100 syrup	1 ea	100	80	0.00	15	21.00	21.00	0.00	0.00	0	21.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
990424 cantaloupe	4 oz	100	60	0.09	28	13.82	*N/A*	0.33	0.00	0	14.34	1.58	1.48	*N/A*	15.8	64.51	0.37
000231 Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			411	1.91	350	56.62	*30.33	7.43	*0.00	17	75.47	2.92	13.75	*0	*380.4	*65.25	*0.45
% of Calories				4.18%		55.10%	*9.08%	16.3%	*0.0%		73.5%		13.4%				
Weekly Nutrient Guideline			350 - 500	<10	540		<10	<=30					5.33		200.00	10.83	2.50

Thursday - 12/04/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990034 pumpkin bread	2 wt oz	100	157	0.70	110	*14.53	*13.97	4.26	*0.00	13	27.61	1.81	2.63	*N/A*	*33.2	*0.70	*1.12
000175 fresh banana	1 ea	100	105	0.13	1	14.43	0.00	0.39	0.00	0	26.95	3.07	1.29	*N/A*	5.9	10.27	0.31
000231 Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			360	1.98	225	*41.43	*13.97	6.41	*0.00	23	66.69	4.88	12.19	*0	*403.7	*11.71	*1.50
% of Calories				4.95%		*46.03 %	*15.53 %	16.0%	*0.0%		74.1%		13.5%				
Weekly Nutrient Guideline			350 - 500	<10	540		<10	<=30					5.33		200.00	10.83	2.50

Friday - 12/05/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999039 cinnamon apples	8 oz	100	182	0.27	58	38.62	*17.79	1.79	*0.00	0	44.27	3.02	0.63	*N/A*	*29.6	*0.23	*0.56
990880 granola	3 oz	100	152	0.00	15	10.63	10.63	5.32	0.00	0	25.82	1.52	3.04	*N/A*	15.2	0.00	1.06
990947 vanilla yogurt	4 oz	100	107	0.67	100	15.34	9.34	1.00	0.00	7	18.68	0.00	4.67	*N/A*	173.4	173.43	0.00
000231 Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			538	2.09	287	77.07	*37.76	9.87	*0.00	17	100.89	4.54	16.61	*0	*582.8	*174.40	*1.70
% of Calories				3.50%		57.30%	*13.22 %	16.5%	*0.0%		75.0%		12.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<10	<=30					5.33		200.00	10.83	2.50

Monday - 12/08/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001128 turkey sausage patty	1 ea	95	80	2.00	95	0.00	*N/A*	6.00	0.00	30	0.00	0.00	7.00	*N/A*	*N/A*	0.00	*N/A*
000801 veggie breakfast sausage patty*	1 ea	5	70	0.00	250	1.00	*N/A*	2.50	0.00	0	4.00	1.00	9.00	*N/A*	0.0	0.00	1.80
000448 english muffin	1 ea	100	120	0.00	150	1.00	1.00	1.50	0.00	0	25.00	3.00	6.00	*N/A*	*N/A*	*N/A*	*N/A*
000886 jelly	1 ea	100	35	0.00	0	9.00	8.00	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001201 fresh apple slices	3 ea	100	47	0.03	1	9.46	*N/A*	0.15	0.00	0	12.57	2.18	0.24	*N/A*	5.5	4.19	0.11
000231 Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			379	3.08	368	31.97	*9.00	9.25	*0.00	38	58.89	5.23	21.61	*0	*370.1	*4.93	*0.28
% of Calories				7.31%		33.74%	*N/A*	22.0%	*0.0%		62.2%		22.8%				
Weekly Nutrient Guideline			350 - 500	<10	540		<10	<=30					5.33		200.00	10.83	2.50

Tuesday - 12/09/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990076 whole grain waffles	2 ea	100	130	1.00	360	4.00	2.00	3.50	0.00	5	23.00	3.00	4.00	*N/A*	50.0	*N/A*	1.00
999100 syrup	1 ea	100	80	0.00	15	21.00	21.00	0.00	0.00	0	21.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
000733 scrambled eggs	3 oz	100	100	2.13	128	0.00	*N/A*	6.40	*0.00	242	0.03	0.01	8.54	*N/A*	37.2	*0.00	1.43
000135 orange wedges	3 ea	100	43	0.01	0	8.60	*N/A*	0.11	0.00	0	10.81	2.21	0.86	*N/A*	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			450	4.30	616	46.07	*23.00	11.78	*0.00	257	66.96	5.22	21.68	*0	*488.6	*49.68	*2.60
% of Calories				8.60%		40.95%	*1.78%	23.6%	*0.0%		59.5%		19.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<10	<=30					5.33		200.00	10.83	2.50

Wednesday - 12/10/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000001 bagel	1 ea	100	170	0.00	190	4.00	*N/A*	0.50	0.00	0	37.00	3.00	7.00	*N/A*	0.0	0.00	0.00
990427 cream cheese	1 ea	100	51	3.04	142	1.01	*N/A*	4.56	0.00	15	2.02	0.00	0.38	*N/A*	*N/A*	0.00	0.00
000886 jelly	1 ea	100	35	0.00	0	9.00	8.00	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
990424 cantaloupe	4 oz	100	60	0.09	28	13.82	*N/A*	0.33	0.00	0	14.34	1.58	1.48	*N/A*	15.8	64.51	0.37
000231 Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			413	4.28	474	40.30	*8.00	7.16	*0.00	25	74.49	4.58	17.13	*0	*380.4	*65.25	0.45
% of Calories				9.33%		39.03%	*N/A*	15.6%	*0.0%		72.1%		16.6%				
Weekly Nutrient Guideline			350 - 500	<10	540		<10	<=30					5.33		200.00	10.83	2.50

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

Thursday - 12/11/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000640 apple spice oatmeal	4 oz	100	139	0.25	46	*13.49	*13.48	1.52	*0.00	0	30.28	2.61	2.57	*N/A*	21.3	5.43	1.10
000135 orange wedges	3 ea	100	43	0.01	0	8.60	*N/A*	0.11	0.00	0	10.81	2.21	0.86	*N/A*	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			280	1.42	160	*34.56	*13.48	3.40	*0.00	10	53.22	4.82	11.70	*0	422.7	*55.12	1.28
% of Calories				4.56%		*49.37 %	*19.25 %	10.9%	*0.0%		76.0%		16.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<10	<=30					5.33		200.00	10.83	2.50

Friday - 12/12/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990826 croissant	1 ea	100	170	2.00	300	3.00	*N/A*	5.00	0.00	0	29.00	2.00	5.00	*N/A*	81.0	0.00	1.00
000733 scrambled eggs	3 oz	100	100	2.13	128	0.00	*N/A*	6.40	*0.00	242	0.03	0.01	8.54	*N/A*	37.2	*0.00	1.43
990434 honeydew	4 oz	100	67	0.07	33	15.03	0.00	0.26	0.00	0	16.83	1.48	1.00	*N/A*	11.1	33.33	0.32
000231 Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			434	5.36	575	30.50	*0.00	13.43	*0.00	252	57.98	3.49	22.81	*0	493.9	*34.07	2.82
% of Calories				11.12 %		28.11%	*N/A*	27.9%	*0.0%		53.4%		21.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<10	<=30					5.33		200.00	10.83	2.50

Monday - 12/15/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990639 whole grain french toast sticks	2 ea	100	173	0.67	193	9.33	9.33	5.33	0.00	7	28.00	1.33	4.00	*N/A*	*N/A*	*N/A*	*N/A*
999100 syrup	1 ea	100	80	0.00	15	21.00	21.00	0.00	0.00	0	21.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
001201 fresh apple slices	3 ea	100	47	0.03	1	9.46	*N/A*	0.15	0.00	0	12.57	2.18	0.24	*N/A*	5.5	4.19	0.11
000231 Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			398	1.84	323	52.26	*30.33	7.25	*0.00	17	73.69	3.52	12.51	*0	*370.1	*4.93	*0.19
% of Calories				4.16%		52.52%	*9.38%	16.4%	*0.0%		74.1%		12.6%				
Weekly Nutrient Guideline			350 - 500	<10	540		<10	<=30					5.33		200.00	10.83	2.50

Tuesday - 12/16/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000464 brown sugar oatmeal	4 oz	100	127	0.25	52	*13.48	*13.48	1.50	*0.00	0	27.01	2.00	2.52	*N/A*	13.8	0.00	1.00
000135 orange wedges	3 ea	100	43	0.01	0	8.60	*N/A*	0.11	0.00	0	10.81	2.21	0.86	*N/A*	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			268	1.42	166	*34.55	*13.48	3.38	*0.00	10	49.95	4.21	11.66	*0	415.2	*49.68	1.17
% of Calories				4.77%		*51.57 %	*20.11 %	11.4%	*0.0%		74.6%		17.4%				
Weekly Nutrient Guideline			350 - 500	<10	540		<10	<=30					5.33		200.00	10.83	2.50

Wednesday - 12/17/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990076 whole grain waffles	2 ea	100	130	1.00	360	4.00	2.00	3.50	0.00	5	23.00	3.00	4.00	*N/A*	50.0	*N/A*	1.00
999100 syrup	1 ea	95	80	0.00	15	21.00	21.00	0.00	0.00	0	21.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
000733 scrambled eggs	3 oz	5	100	2.13	128	0.00	*N/A*	6.40	*0.00	242	0.03	0.01	8.54	*N/A*	37.2	*0.00	1.43
990424 cantaloupe	4 oz	100	60	0.09	28	13.82	*N/A*	0.33	0.00	0	14.34	1.58	1.48	*N/A*	15.8	64.51	0.37
000231 Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			368	2.35	523	50.23	*21.95	5.92	*0.00	27	69.42	4.58	14.18	*0	*432.3	*65.25	*1.52
% of Calories				5.75%		54.60%	*2.17%	14.5%	*0.0%		75.5%		15.4%				
Weekly Nutrient Guideline			350 - 500	<10	540		<10	<=30					5.33		200.00	10.83	2.50

Thursday - 12/18/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990861 apple cinnamon bread	2 wt oz	100	155	0.72	100	14.02	*12.35	4.37	*0.00	17	26.83	1.62	2.66	*N/A*	*29.9	*0.19	*0.96
000135 orange wedges	3 ea	100	43	0.01	0	8.60	*N/A*	0.11	0.00	0	10.81	2.21	0.86	*N/A*	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			296	1.89	214	35.09	*12.35	6.25	*0.00	27	49.77	3.83	11.80	*0	*431.3	*49.87	*1.13
% of Calories				5.75%		47.42%	*16.69 %	19.0%	*0.0%		67.3%		15.9%				
Weekly Nutrient Guideline			350 - 500	<10	540		<10	<=30					5.33		200.00	10.83	2.50

Friday - 12/19/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000001 bagel	1 ea	100	170	0.00	190	4.00	*N/A*	0.50	0.00	0	37.00	3.00	7.00	*N/A*	0.0	0.00	0.00
990427 cream cheese	1 ea	100	51	3.04	142	1.01	*N/A*	4.56	0.00	15	2.02	0.00	0.38	*N/A*	*N/A*	0.00	0.00
000886 jelly	1 ea	100	35	0.00	0	9.00	8.00	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
990434 honeydew	4 oz	100	67	0.07	33	15.03	0.00	0.26	0.00	0	16.83	1.48	1.00	*N/A*	11.1	33.33	0.32
000231 Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			420	4.26	479	41.51	*8.00	7.08	*0.00	25	76.98	4.48	16.65	*0	*375.7	*34.07	0.40
% of Calories				9.13%		39.53%	*N/A*	15.2%	*0.0%		73.3%		15.9%				
Weekly Nutrient Guideline			350 - 500	<10	540		<10	<=30					5.33		200.00	10.83	2.50

Monday - 12/22/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 no school																	
Weighted Daily Average			0	0.00	0	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<10	<=30					5.33		200.00	10.83	2.50

Tuesday - 12/23/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 no school																	
Weighted Daily Average			0	0.00	0	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<10	<=30					5.33		200.00	10.83	2.50

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

Wednesday - 12/24/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000145 no school																	
Weighted Daily Average			0	0.00	0	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<10	<=30					5.33		200.00	10.83	2.50

Thursday - 12/25/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000145 no school																	
Weighted Daily Average			0	0.00	0	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<10	<=30					5.33		200.00	10.83	2.50

Friday - 12/26/2025 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 no school																	
Weighted Daily Average			0	0.00	0	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<10	<=30					5.33		200.00	10.83	2.50

Monday - 12/29/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 no school																	
Weighted Daily Average			0	0.00	0	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<10	<=30					5.33		200.00	10.83	2.50

Tuesday - 12/30/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 no school																	
Weighted Daily Average			0	0.00	0	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<10	<=30					5.33		200.00	10.83	2.50

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

Wednesday - 12/31/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000145 no school																	
Weighted Daily Average			0	0.00	0	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<10	<=30					5.33		200.00	10.83	2.50

Thursday - 01/01/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000145 no school																	
Weighted Daily Average			0	0.00	0	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<10	<=30					5.33		200.00	10.83	2.50

Friday - 01/02/2026 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 no school																	
Weighted Daily Average			0	0.00	0	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<10	<=30					5.33		200.00	10.83	2.50

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages		380	3	373	*42.01	*15.24	7.92	*0.00	53	64.88	4.25	15.60	*0	*435.9	*48.24	*1.62
% of Calories			7.18%		*44.22 %	*N/A*	18.8%	*0.0%		68.3%		16.4%				

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes required nutrient values
Added Sugars target is informational only, with an effective date of July 1, 2027.

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



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