



SERVING AWARD-WINNING FOOD THAT KIDS LOVE.

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January Lunch Menu

LUNCH K-8

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



LOCAL FEATURE

Sweet potatoes are a naturally sweet root vegetable that grow underground and can be enjoyed in many different recipes. This month, we're excited to source them locally from our partners at 4P Foods.

Try local **sweet potatoes** on:

January 16th, 20th, & 28th



Monday	Tuesday	Wednesday	Thursday	Friday
5 grilled cheese* steamed green beans steamed corn fresh grapes	6 beef burger on a bun veggie burger on a bun* ketchup mustard roasted red potatoes cucumber salad fresh apple slices	7 crispy chicken tender veggie chik'n nuggets* ketchup mac & cheese butternut squash puree roasted broccoli orange wedges	8 jamaican jerk chicken drum red beans* yellow rice sauteed cabbage oven fried plantains fresh pear	9 crispy catfish bbq baked beans* cornbread muffin buffalo cauliflower roasted carrots cantaloupe
12 cheese pizza* mixed greens salad italian dressing mediterranean chickpea salad fresh grapes	13 turkey & bean chili veg out chili* cornbread muffin steamed corn fresh apple slices	14 orange glazed chicken orange glazed tofu* brown rice steamed carrots ginger soy broccoli orange wedges	15 beef bolognese lentil bolognese* whole grain penne pasta parmesan butternut squash steamed green beans fresh pear	16 crispy chicken tender veggie chik'n nuggets* whole grain waffles braised collard greens sweet potato hash ketchup syrup cantaloupe
19 no school	20 crispy catfish sandwich hot sauce grilled cheese* steamed green peas and corn sweet potato wedges fresh grapes ketchup	21 beef hot dog on a bun veggie burger on a bun* ketchup mustard steamed green beans steamed corn orange wedges	22 bbq chicken drum bbq baked beans* cornbread muffin roasted cauliflower steamed broccoli fresh pear	23 chicken yassa black eyed peas* jollof rice roasted butternut squash garlic kale cantaloupe
26 no school	27 beef shepherd's pie lentil shepherd's pie* biscuit steamed green peas mashed potatoes fresh grapes	28 cumin lime chicken chili black beans* tortillas hot sauce steamed corn sweet potato wedges orange wedges	29 pepperoni pizza cheese pizza* roasted broccoli baby carrots ranch dressing fresh pear	30 sweet chili chicken sweet chili tofu* brown rice sauteed cabbage & snap peas steamed carrots cantaloupe
2 grilled cheese* steamed green beans steamed corn fresh grapes	3 beef burger on a bun veggie burger on a bun* ketchup mustard roasted red potatoes cucumber salad fresh apple slices	4 crispy chicken tender veggie chik'n nuggets* ketchup mac & cheese butternut squash puree roasted broccoli orange wedges	5 jamaican jerk chicken drum red beans* yellow rice sauteed cabbage oven fried plantains fresh pear	6 crispy catfish bbq baked beans* cornbread muffin buffalo cauliflower roasted carrots cantaloupe

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Feb 6, 2026

Menu Name:	DCPS Lunch K-8	Include Cost:	No
Site:			
Use Alternate Menu Name:	Alternate Menu Name 1		

Monday - 01/05/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000539 grilled cheese*	1 ea	96	342	9.11	665	*0.00	*N/A*	16.17	0.00	40	32.00	4.00	20.18	*N/A*	525.0	0.00	1.44
000047 steamed green beans	4 oz	75	52	0.36	96	*0.01	*N/A*	2.41	*0.00	0	6.19	2.06	1.46	*N/A*	*33.9	*10.12	*0.69
000469 steamed corn	4 oz	75	88	0.34	96	2.06	*N/A*	2.32	*0.00	0	17.08	1.73	2.49	*N/A*	*3.3	*5.28	*0.35
999050 fresh grapes	4 oz	100	61	0.10	2	14.74	*N/A*	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
000231 Skim Milk	8 oz	30	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
999123 sunbutter & jelly sandwich	1 ea	2	437	1.50	386	*20.00	*18.00	19.66	0.00	0	61.46	5.80	11.53	*N/A*	140.0	0.00	2.76
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	*0.00	*0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jan 5, 2026 thru Feb 6, 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)
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			608	10.66	924	*29.17	*0.36	21.84	*0.00	50	77.73	7.70	31.81	*0	*918.5	*15.92	*2.59
% of Calories				15.78 %		*19.19 %	*N/A*	32.3%	*0.0%		51.1%		20.9%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Tuesday - 01/06/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000235 beef burger on a bun	1 ea	91	339	4.20	302	3.04	*N/A*	12.69	0.34	80	29.53	4.15	29.79	*N/A*	33.6	0.05	3.97
000409 veggie burger on a bun*	1 ea	5	370	2.50	570	4.00	*0.00	15.00	0.00	0	36.00	6.00	25.00	*N/A*	24.0	0.00	7.44
000556 ketchup	1 ea	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000557 mustard	1 ea	100	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000386 roasted red potatoes	4 oz	75	86	0.35	110	*0.01	*N/A*	2.37	*0.00	0	14.90	1.62	1.79	*N/A*	*10.2	*7.93	*0.69
000134 cucumber salad	4 oz	75	59	0.68	96	*1.77	*0.00	4.59	*0.00	0	4.01	0.66	0.68	*N/A*	*18.1	*2.83	*0.36
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 soy milk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Feb 6, 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)
999123 sunbutter & jelly sandwich	1 ea	2	437	1.50	386	*20.00	*18.00	19.66	0.00	0	61.46	5.80	11.53	*N/A*	140.0	0.00	2.76
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	*0.00	*0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			606	6.04	773	*28.63	*2.36	20.13	*0.31	84	71.43	8.16	39.35	*0	*432.3	*13.05	*5.06
% of Calories				8.97%		*18.90 %	*N/A*	29.9%	*0.5%		47.1%		26.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Wednesday - 01/07/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000543 crispy chicken tender	1 ea	91	137	0.24	283	1.43	*0.00	0.87	*0.00	49	11.00	0.82	20.98	*N/A*	38.9	2.66	1.26
990376 veggie chik'n nuggets*	5 ea	5	225	1.25	438	2.50	*N/A*	10.00	0.00	0	22.50	5.00	15.00	*N/A*	50.0	0.00	2.25
000556 ketchup	1 ea	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990845 mac & cheese	4 oz	96	211	6.00	400	0.85	*0.00	9.64	0.00	30	22.00	2.12	9.98	*N/A*	223.0	0.00	0.00
000517 butternut squash puree	4 oz	75	94	0.55	81	*3.46	*3.45	3.77	*0.00	0	15.36	2.18	1.31	*N/A*	*43.4	*16.64	*0.86
000647 roasted broccoli	4 oz	75	55	0.43	126	1.65	*N/A*	2.60	*0.00	0	6.66	2.55	2.78	*N/A*	*45.9	*86.10	*0.73
000135 orange wedges	3 ea	99	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
001063 mandarin oranges	4 oz	1	43	0.00	5	9.29	0.00	0.05	0.00	0	10.60	1.37	0.85	*N/A*	13.7	38.21	0.30

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Feb 6, 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)
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
999123 sunbutter & jelly sandwich	1 ea	2	437	1.50	386	*20.00	*18.00	19.66	0.00	0	61.46	5.80	11.53	*N/A*	140.0	0.00	2.76
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	*0.00	*0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			616	8.08	1048	*29.55	*4.95	17.88	*0.00	84	75.58	8.98	42.25	*0	*729.4	*129.06	*2.71
% of Calories				11.81 %		*19.19 %	*0.00%	26.1%	*0.0%		49.1%		27.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Thursday - 01/08/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990634 jamaican jerk chicken drum	1 ea	91	302	4.32	388	*2.91	*2.70	18.66	*0.07	129	5.59	0.75	25.95	*N/A*	*32.5	*1.03	*1.74
000351 red beans*	4 oz	5	149	0.39	52	0.41	*N/A*	2.69	*0.00	0	23.58	5.82	8.43	*N/A*	*34.2	*2.33	*2.60
000630 yellow rice	4 oz	96	123	0.17	97	0.32	*0.00	2.16	*0.00	0	22.94	1.43	3.21	*N/A*	*5.9	*0.08	*0.78
000639 sauteed cabbage	4 oz	75	38	0.27	117	2.58	*0.00	1.84	*0.00	0	5.14	1.85	1.01	*N/A*	*29.6	*24.75	*0.36

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Feb 6, 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)
991004 oven fried plantains	4 oz	75	189	0.53	73	25.26	*N/A*	3.68	*0.00	0	35.78	2.10	2.10	*N/A*	0.0	*0.00	1.14
000884 fresh pear	1 ea	100	101	0.04	2	17.36	*N/A*	0.25	0.00	0	27.11	5.52	0.64	*N/A*	16.0	7.65	0.32
000231 Skim Milk	8 oz	30	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
999123 sunbutter & jelly sandwich	1 ea	2	437	1.50	386	*20.00	*18.00	19.66	0.00	0	61.46	5.80	11.53	*N/A*	140.0	0.00	2.76
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	*0.00	*0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			785	6.04	733	*54.07	*2.81	26.03	*0.06	128	100.09	11.02	39.00	*0	*449.0	*28.09	*4.08
% of Calories				6.92%		*27.55 %	*1.37%	29.8%	*0.1%		51.0%		19.9%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Friday - 01/09/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990957 crispy catfish	1 ea	91	168	0.49	296	0.90	*0.00	4.51	*0.00	69	10.53	0.82	20.96	*N/A*	*27.5	*0.07	*0.76
000475 bbq baked beans*	4 oz	5	217	0.65	103	4.81	*2.16	4.15	*0.00	0	35.71	6.58	10.43	*N/A*	*75.7	*0.49	*3.68

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jan 5, 2026 thru Feb 6, 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)
000851 cornbread muffin	1 ea	96	220	1.00	115	18.00	18.00	8.00	0.00	20	36.00	1.00	3.00	*N/A*	27.0	0.00	1.00
001146 buffalo cauliflower	4 oz	75	50	0.40	291	1.98	*N/A*	2.16	*0.00	0	5.49	2.12	2.06	*N/A*	*23.3	*49.70	*0.46
000244 roasted carrots	4 oz	75	69	0.36	171	5.30	*N/A*	2.56	*0.00	0	11.08	3.20	1.14	*N/A*	*38.7	*6.61	*0.38
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
999123 sunbutter & jelly sandwich	1 ea	2	437	1.50	386	*20.00	*18.00	19.66	0.00	0	61.46	5.80	11.53	*N/A*	140.0	0.00	2.76
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	*0.00	*0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			637	3.39	898	*50.48	*17.75	18.31	*0.00	93	86.70	7.80	35.26	*0	*490.9	*107.57	*3.01
% of Calories				4.79%		*31.70 %	*0.00%	25.9%	*0.0%		54.4%		22.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Monday - 01/12/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Feb 6, 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)
990978 cheese pizza*	1 slice	96	280	5.00	570	3.00	1.00	11.00	0.00	25	31.00	3.00	15.00	*N/A*	310.0	*N/A*	1.60
001148 mixed greens salad	4 oz	75	5	0.01	8	0.25	*N/A*	0.06	0.00	0	0.86	0.54	0.41	*N/A*	12.9	2.71	0.31
000680 italian dressing	1 oz	75	134	1.98	25	0.39	*0.00	13.83	*0.00	0	0.86	0.27	0.09	*N/A*	*13.0	*0.42	*0.44
990271 mediterranean chickpea salad	4 oz	75	122	0.42	338	3.52	*0.00	4.23	*0.00	0	16.75	0.44	5.02	*N/A*	*20.8	*12.13	*1.46
999050 fresh grapes	4 oz	100	61	0.10	2	14.74	*N/A*	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
000231 Skim Milk	8 oz	30	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
999123 sunbutter & jelly sandwich	1 ea	2	437	1.50	386	*20.00	*18.00	19.66	0.00	0	61.46	5.80	11.53	*N/A*	140.0	0.00	2.76
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	*0.00	*0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			638	8.00	967	*33.61	*1.32	26.92	*0.00	35	73.17	4.82	28.02	*0	*719.2	*15.82	*3.63
% of Calories				11.29 %		*21.07 %	*0.63%	38.0%	*0.0%		45.9%		17.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Tuesday - 01/13/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Feb 6, 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)
990402 turkey & bean chili	6 oz	91	166	1.51	183	*1.89	*N/A*	5.57	*0.00	54	16.94	4.52	13.29	*N/A*	*72.0	*8.64	*2.88
000725 veg out chili*	6 oz	5	192	0.30	507	*3.66	*0.00	1.74	*0.00	0	34.20	10.65	11.15	*N/A*	*82.4	*13.39	*3.49
000851 cornbread muffin	1 ea	96	220	1.00	115	18.00	18.00	8.00	0.00	20	36.00	1.00	3.00	*N/A*	27.0	0.00	1.00
000469 steamed corn	4 oz	75	88	0.34	96	2.06	*N/A*	2.32	*0.00	0	17.08	1.73	2.49	*N/A*	*3.3	*5.28	*0.35
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
999123 sunbutter & jelly sandwich	1 ea	2	437	1.50	386	*20.00	*18.00	19.66	0.00	0	61.46	5.80	11.53	*N/A*	140.0	0.00	2.76
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	*0.00	*0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			598	3.92	515	*43.05	*17.64	17.19	*0.00	79	91.06	9.28	26.54	*0	*477.4	*17.41	*4.29
% of Calories				5.90%		*28.80 %	*N/A*	25.9%	*0.0%		60.9%		17.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Wednesday - 01/14/2026 Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jan 5, 2026 thru Feb 6, 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)
000467 orange glazed chicken	3 oz	91	203	0.84	321	18.40	*10.27	5.44	*0.00	57	20.14	0.21	18.37	*N/A*	*23.1	*24.24	*0.47
990641 orange glazed tofu*	4 oz	5	242	0.72	332	18.39	*10.27	10.18	*0.00	0	24.53	3.11	12.70	*N/A*	*209.9	*24.21	*2.30
990356 brown rice	4 oz	96	124	0.18	101	0.26	*0.00	2.19	*0.00	0	23.22	1.49	3.21	*N/A*	*4.8	*0.08	*0.59
000454 steamed carrots	4 oz	75	41	0.00	82	5.44	*N/A*	0.00	0.00	0	9.52	4.08	1.36	*N/A*	40.8	*N/A*	0.54
000623 ginger soy broccoli	4 oz	75	64	0.42	401	2.03	*0.35	2.50	*0.00	0	7.89	2.67	3.58	*N/A*	47.0	86.10	0.84
000135 orange wedges	3 ea	99	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
001063 mandarin oranges	4 oz	1	43	0.00	5	9.29	0.00	0.05	0.00	0	10.60	1.37	0.85	*N/A*	13.7	38.21	0.30
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
999123 sunbutter & jelly sandwich	1 ea	2	437	1.50	386	*20.00	*18.00	19.66	0.00	0	61.46	5.80	11.53	*N/A*	140.0	0.00	2.76
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	*0.00	*0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			551	2.59	907	*44.99	*10.48	12.00	*0.00	63	79.71	9.24	33.91	*0	*512.4	*137.50	*2.42
% of Calories				4.23%		*32.66 %	*7.45%	19.6%	*0.0%		57.9%		24.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jan 5, 2026 thru Feb 6, 2026

Thursday - 01/15/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001044 beef bolognese	4 oz	91	257	5.49	643	*7.43	*0.44	16.41	*0.54	52	11.88	2.45	16.49	*N/A*	*47.2	*2.61	*1.88
999139 lentil bolognese*	6 oz	5	198	0.27	747	*8.19	*0.44	1.84	*0.00	0	35.60	6.46	12.21	*N/A*	*49.8	*4.30	*2.80
000521 whole grain penne pasta	4 oz	96	120	0.32	98	0.47	*N/A*	2.95	*0.00	0	19.31	2.36	3.30	*N/A*	*14.0	*0.00	*0.85
990224 parmesan butternut squash	4 oz	75	127	1.63	133	*0.22	*N/A*	6.81	*0.00	4	15.63	2.44	3.68	*N/A*	*49.1	*18.61	*1.06
000047 steamed green beans	4 oz	75	52	0.36	96	*0.01	*N/A*	2.41	*0.00	0	6.19	2.06	1.46	*N/A*	*33.9	*10.12	*0.69
000884 fresh pear	1 ea	100	101	0.04	2	17.36	*N/A*	0.25	0.00	0	27.11	5.52	0.64	*N/A*	16.0	7.65	0.32
000231 Skim Milk	8 oz	30	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
999123 sunbutter & jelly sandwich	1 ea	2	437	1.50	386	*20.00	*18.00	19.66	0.00	0	61.46	5.80	11.53	*N/A*	140.0	0.00	2.76
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	*0.00	*0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			708	8.13	1030	*38.02	*0.79	27.46	*0.49	62	88.60	13.91	32.18	*0	*511.0	*32.53	*4.46
% of Calories				10.33 %		*21.48 %	*0.25%	34.9%	*0.6%		50.1%		18.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jan 5, 2026 thru Feb 6, 2026

Friday - 01/16/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000543 crispy chicken tender	1 ea	91	137	0.24	283	1.43	*0.00	0.87	*0.00	49	11.00	0.82	20.98	*N/A*	38.9	2.66	1.26
990376 veggie chik'n nuggets*	5 ea	5	225	1.25	438	2.50	*N/A*	10.00	0.00	0	22.50	5.00	15.00	*N/A*	50.0	0.00	2.25
990076 whole grain waffles	2 ea	96	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
000005 braised collard greens	4 oz	75	67	0.30	126	*1.49	*1.08	2.12	*0.00	0	10.51	5.48	3.74	*N/A*	*218.8	*52.56	*0.33
990693 sweet potato hash	4 oz	75	178	0.70	360	7.26	*0.00	4.66	*0.00	0	31.72	5.06	2.79	*N/A*	*50.4	*16.56	*1.12
000556 ketchup	1 ea	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
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*
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
999123 sunbutter & jelly sandwich	1 ea	2	437	1.50	386	*20.00	*18.00	19.66	0.00	0	61.46	5.80	11.53	*N/A*	140.0	0.00	2.76
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	*0.00	*0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Feb 6, 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)
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			707	3.36	1262	*61.50	*26.09	12.53	*0.00	60	116.24	13.56	38.96	*0	*677.5	*119.51	*3.85
% of Calories				4.28%		*34.79 %	*0.00%	16.0%	*0.0%		65.8%		22.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Monday - 01/19/2026 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)	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			600 - 650	<10	1110		<10	<=0									

Tuesday - 01/20/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990889 crispy catfish sandwich	1 ea	91	308	0.49	536	3.90	*0.00	6.51	*0.00	69	39.53	4.82	26.96	*N/A*	*47.5	*0.07	*2.20
000604 hot sauce	1 ea	91	2	0.00	92	0.00	0.00	0.00	0.00	0	0.00	0.30	0.00	*N/A*	0.0	0.00	0.00
000539 grilled cheese*	1 ea	5	342	9.11	665	*0.00	*N/A*	16.17	0.00	40	32.00	4.00	20.18	*N/A*	525.0	0.00	1.44
990761 Steamed Green Peas and Corn	4 oz	75	99	0.41	146	3.57	*N/A*	2.80	*0.00	0	16.35	3.14	3.92	*N/A*	*12.4	*11.62	*0.93

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Feb 6, 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)
990839 sweet potato wedges	4 oz	75	147	0.45	199	5.80	*N/A*	3.04	*0.00	0	28.05	4.24	2.24	*N/A*	*42.5	*3.32	*0.90
999050 fresh grapes	4 oz	100	61	0.10	2	14.74	*N/A*	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
000556 ketchup	1 ea	75	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	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
999123 sunbutter & jelly sandwich	1 ea	2	437	1.50	386	*20.00	*18.00	19.66	0.00	0	61.46	5.80	11.53	*N/A*	140.0	0.00	2.76
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	*0.00	*0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			665	2.94	1073	*39.69	*1.86	13.88	*0.00	76	101.93	11.41	39.64	*0	*497.2	*15.65	*3.88
% of Calories				3.98%		*23.87 %	*0.00%	18.8%	*0.0%		61.3%		23.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Wednesday - 01/21/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000240 beef hot dog on a bun	1 ea	91	300	7.00	820	3.00	*0.00	16.50	0.00	35	29.00	4.00	11.00	*N/A*	40.0	0.00	1.80

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jan 5, 2026 thru Feb 6, 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)
000409 veggie burger on a bun*	1 ea	5	370	2.50	570	4.00	*0.00	15.00	0.00	0	36.00	6.00	25.00	*N/A*	24.0	0.00	7.44
000556 ketchup	1 ea	96	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000557 mustard	1 ea	96	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000047 steamed green beans	4 oz	75	52	0.36	96	*0.01	*N/A*	2.41	*0.00	0	6.19	2.06	1.46	*N/A*	*33.9	*10.12	*0.69
000469 steamed corn	4 oz	75	88	0.34	96	2.06	*N/A*	2.32	*0.00	0	17.08	1.73	2.49	*N/A*	*3.3	*5.28	*0.35
000135 orange wedges	3 ea	99	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
001063 mandarin oranges	4 oz	1	43	0.00	5	9.29	0.00	0.05	0.00	0	10.60	1.37	0.85	*N/A*	13.7	38.21	0.30
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
999123 sunbutter & jelly sandwich	1 ea	2	437	1.50	386	*20.00	*18.00	19.66	0.00	0	61.46	5.80	11.53	*N/A*	140.0	0.00	2.76
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	*0.00	*0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			563	8.32	1226	*27.88	*2.28	21.87	*0.00	43	72.37	9.18	23.99	*0	*476.0	*61.13	*3.05
% of Calories				13.30 %		*19.81 %	*0.00%	35.0%	*0.0%		51.4%		17.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jan 5, 2026 thru Feb 6, 2026

Thursday - 01/22/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcmm (mg)	Vit-C (mg)	Iron (mg)
990635 bbq chicken drum	1 ea	91	286	3.45	429	13.00	*N/A*	12.89	0.07	129	14.15	0.00	25.34	*N/A*	13.2	*0.00	1.16
000475 bbq baked beans*	4 oz	5	217	0.65	103	4.81	*2.16	4.15	*0.00	0	35.71	6.58	10.43	*N/A*	*75.7	*0.49	*3.68
000851 cornbread muffin	1 ea	96	220	1.00	115	18.00	18.00	8.00	0.00	20	36.00	1.00	3.00	*N/A*	27.0	0.00	1.00
000651 roasted cauliflower	4 oz	75	37	0.30	125	1.98	*N/A*	1.41	*0.00	0	5.38	2.11	2.04	*N/A*	*23.2	*49.74	*0.46
000107 steamed broccoli	4 oz	75	32	0.11	31	1.61	*N/A*	0.35	0.00	0	6.27	2.46	2.66	*N/A*	44.4	84.30	0.69
000884 fresh pear	1 ea	100	101	0.04	2	17.36	*N/A*	0.25	0.00	0	27.11	5.52	0.64	*N/A*	16.0	7.65	0.32
000231 Skim Milk	8 oz	30	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
999123 sunbutter & jelly sandwich	1 ea	2	437	1.50	386	*20.00	*18.00	19.66	0.00	0	61.46	5.80	11.53	*N/A*	140.0	0.00	2.76
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	*0.00	*0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			748	5.76	764	*62.26	*17.75	23.64	*0.06	147	99.08	10.43	39.53	*0	*482.3	*108.95	*3.55
% of Calories				6.93%		*33.29 %	*N/A*	28.4%	*0.1%		53.0%		21.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jan 5, 2026 thru Feb 6, 2026

Friday - 01/23/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000519 chicken yassa	3 oz	91	127	0.56	58	4.86	*1.80	3.55	*0.00	57	6.44	0.55	18.04	*N/A*	*13.6	*1.01	*0.67
000029 black eyed peas*	4 oz	5	145	0.47	56	*0.67	*N/A*	2.86	*0.00	0	22.43	4.14	8.40	*N/A*	*42.6	*8.91	*3.00
000605 jollof rice	4 oz	96	159	0.35	111	*2.45	*0.00	3.39	*0.00	0	28.72	2.64	4.05	*N/A*	*18.0	*20.74	*1.13
000006 roasted butternut squash	4 oz	75	91	0.64	123	*0.00	*N/A*	4.40	*0.00	0	13.04	2.29	1.44	*N/A*	*42.7	*18.60	*0.88
000492 garlic kale	4 oz	75	54	0.46	136	0.81	*N/A*	3.40	*0.00	0	4.80	3.34	2.57	*N/A*	*197.6	*72.04	*1.34
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
999123 sunbutter & jelly sandwich	1 ea	2	437	1.50	386	*20.00	*18.00	19.66	0.00	0	61.46	5.80	11.53	*N/A*	140.0	0.00	2.76
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	*0.00	*0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			557	3.08	524	*34.10	*2.00	15.27	*0.00	63	76.28	9.25	34.12	*0	*601.7	*154.50	*4.06
% of Calories				4.98%		*24.49 %	*1.29%	24.7%	*0.0%		54.8%		24.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jan 5, 2026 thru Feb 6, 2026

Monday - 01/26/2026

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			600 - 650	<10	1110		<10	<=0									

Tuesday - 01/27/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000793 beef shepherd's pie	3 oz	91	244	5.74	325	*1.44	*0.00	18.00	*0.54	53	5.50	0.70	14.26	*N/A*	*31.1	*3.74	*2.00
000797 lentil shepherd's pie*	5 oz	5	162	0.47	422	1.84	*0.00	3.61	*0.00	0	24.56	3.90	8.34	*N/A*	*24.0	*4.33	*2.32
000455 biscuit	1 ea	96	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
000466 steamed green peas	4 oz	75	94	0.38	196	4.73	*N/A*	2.62	*0.00	0	12.89	4.26	4.94	*N/A*	*20.8	*17.03	*1.45
000682 mashed potatoes	4 oz	75	105	1.35	202	*0.49	*0.00	4.38	*0.00	4	14.03	2.74	3.14	*N/A*	*45.8	*12.31	*3.51
999050 fresh grapes	4 oz	100	61	0.10	2	14.74	*N/A*	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
000231 Skim Milk	8 oz	30	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

Jan 5, 2026 thru Feb 6, 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
999123 sunbutter & jelly sandwich	1 ea	2	437	1.50	386	*20.00	*18.00	19.66	0.00	0	61.46	5.80	11.53	*N/A*	140.0	0.00	2.76
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	*0.00	*0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			716	12.73	1073	*34.85	*0.36	32.26	*0.49	62	77.11	9.01	32.76	*0	*600.5	*30.00	*7.24
% of Calories				16.00 %		*19.47 %	*0.00%	40.6%	*0.6%		43.1%		18.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Wednesday - 01/28/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001037 cumin lime chicken	3 oz	91	143	1.10	222	0.14	*0.00	7.33	*0.00	57	1.64	0.34	17.95	*N/A*	*12.3	*0.46	*0.84
000637 chili black beans*	4 oz	5	209	0.65	141	1.81	*0.00	3.93	*0.00	0	33.39	8.49	11.20	*N/A*	*71.2	*13.00	*2.95
990269 tortillas	2 ea	96	140	1.00	210	0.00	*N/A*	4.00	0.00	0	26.00	4.00	4.00	*N/A*	80.0	0.00	0.00
000604 hot sauce	1 ea	96	2	0.00	92	0.00	0.00	0.00	0.00	0	0.00	0.30	0.00	*N/A*	0.0	0.00	0.00
001097 steamed corn	2 oz	75	44	0.17	48	1.03	*N/A*	1.16	*0.00	0	8.54	0.87	1.24	*N/A*	*1.6	*2.64	*0.17
990839 sweet potato wedges	4 oz	75	147	0.45	199	5.80	*N/A*	3.04	*0.00	0	28.05	4.24	2.24	*N/A*	*42.5	*3.32	*0.90
000135 orange wedges	3 ea	99	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

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Feb 6, 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)
001063 mandarin oranges	4 oz	1	43	0.00	5	9.29	0.00	0.05	0.00	0	10.60	1.37	0.85	*N/A*	13.7	38.21	0.30
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
999123 sunbutter & jelly sandwich	1 ea	2	437	1.50	386	*20.00	*18.00	19.66	0.00	0	61.46	5.80	11.53	*N/A*	140.0	0.00	2.76
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	*0.00	*0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			577	3.76	824	*26.82	*0.36	16.42	*0.00	63	80.38	11.09	33.12	*0	*535.1	*55.12	*1.98
% of Calories				5.86%		*18.59 %	*0.00%	25.6%	*0.0%		55.7%		23.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Thursday - 01/29/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991043 pepperoni pizza	1 slice	91	290	5.17	625	3.17	1.17	11.50	0.00	29	31.17	3.00	15.99	*N/A*	310.0	*0.00	1.93
990978 cheese pizza*	1 slice	5	280	5.00	570	3.00	1.00	11.00	0.00	25	31.00	3.00	15.00	*N/A*	310.0	*N/A*	1.60
000647 roasted broccoli	4 oz	75	55	0.43	126	1.65	*N/A*	2.60	*0.00	0	6.66	2.55	2.78	*N/A*	*45.9	*86.10	*0.73

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Feb 6, 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)
000151 baby carrots	4 oz	75	25	0.01	55	*N/A*	*N/A*	0.08	0.00	0	5.73	2.03	0.44	*N/A*	22.3	1.86	0.63
000372 ranch dressing	1 oz	75	64	1.51	105	1.28	*0.00	5.75	*0.00	7	2.37	0.06	0.74	*N/A*	27.7	0.49	0.04
000884 fresh pear	1 ea	100	101	0.04	2	17.36	*N/A*	0.25	0.00	0	27.11	5.52	0.64	*N/A*	16.0	7.65	0.32
000231 Skim Milk	8 oz	30	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
999123 sunbutter & jelly sandwich	1 ea	2	437	1.50	386	*20.00	*18.00	19.66	0.00	0	61.46	5.80	11.53	*N/A*	140.0	0.00	2.76
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	*0.00	*0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			600	7.74	953	*35.45	*1.47	20.04	*0.00	44	82.10	12.08	27.82	*0	*759.4	*74.73	*3.38
% of Calories				11.61 %		*23.63 %	*0.78%	30.1%	*0.0%		54.7%		18.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Friday - 01/30/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000668 sweet chili chicken	3 oz	91	163	0.59	310	10.02	*10.01	3.75	0.00	57	14.45	0.03	17.67	*N/A*	*11.8	*0.00	*0.54

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Feb 6, 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)
990760 sweet chili tofu*	4 oz	5	211	0.48	325	12.00	*12.00	8.50	*0.00	0	21.69	2.95	11.74	*N/A*	*200.8	*0.00	*2.42
990356 brown rice	4 oz	96	124	0.18	101	0.26	*0.00	2.19	*0.00	0	23.22	1.49	3.21	*N/A*	*4.8	*0.08	*0.59
999146 sauteed cabbage & snap peas	4 oz	75	39	0.16	61	3.14	*0.00	1.06	*0.00	0	5.91	2.36	1.80	*3	*38.0	*22.58	*1.11
999148 steamed carrots	4 oz	75	46	0.04	77	5.27	*N/A*	0.27	0.00	0	10.65	3.11	1.03	*N/A*	36.7	6.56	0.33
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
999123 sunbutter & jelly sandwich	1 ea	2	437	1.50	386	*20.00	*18.00	19.66	0.00	0	61.46	5.80	11.53	*N/A*	140.0	0.00	2.76
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	*0.00	*0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			514	2.26	666	*42.96	*10.07	9.72	*0.00	63	77.29	7.50	32.26	*2	*471.0	*87.18	*2.81
% of Calories				3.96%		*33.43 %	*7.79%	17.0%	*0.0%		60.1%		25.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Monday - 02/02/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jan 5, 2026 thru Feb 6, 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)
000539 grilled cheese*	1 ea	96	342	9.11	665	*0.00	*N/A*	16.17	0.00	40	32.00	4.00	20.18	*N/A*	525.0	0.00	1.44
000047 steamed green beans	4 oz	75	52	0.36	96	*0.01	*N/A*	2.41	*0.00	0	6.19	2.06	1.46	*N/A*	*33.9	*10.12	*0.69
000469 steamed corn	4 oz	75	88	0.34	96	2.06	*N/A*	2.32	*0.00	0	17.08	1.73	2.49	*N/A*	*3.3	*5.28	*0.35
999050 fresh grapes	4 oz	100	61	0.10	2	14.74	*N/A*	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
000231 Skim Milk	8 oz	30	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
999123 sunbutter & jelly sandwich	1 ea	2	437	1.50	386	*20.00	*18.00	19.66	0.00	0	61.46	5.80	11.53	*N/A*	140.0	0.00	2.76
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	*0.00	*0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			608	10.66	924	*29.17	*0.36	21.84	*0.00	50	77.73	7.70	31.81	*0	*918.5	*15.92	*2.59
% of Calories				15.78 %		*19.19 %	*N/A*	32.3%	*0.0%		51.1%		20.9%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Tuesday - 02/03/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jan 5, 2026 thru Feb 6, 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)
000235 beef burger on a bun	1 ea	91	339	4.20	302	3.04	*N/A*	12.69	0.34	80	29.53	4.15	29.79	*N/A*	33.6	0.05	3.97
000409 veggie burger on a bun*	1 ea	5	370	2.50	570	4.00	*0.00	15.00	0.00	0	36.00	6.00	25.00	*N/A*	24.0	0.00	7.44
000556 ketchup	1 ea	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000557 mustard	1 ea	100	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000386 roasted red potatoes	4 oz	75	86	0.35	110	*0.01	*N/A*	2.37	*0.00	0	14.90	1.62	1.79	*N/A*	*10.2	*7.93	*0.69
000134 cucumber salad	4 oz	75	59	0.68	96	*1.77	*0.00	4.59	*0.00	0	4.01	0.66	0.68	*N/A*	*18.1	*2.83	*0.36
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
999123 sunbutter & jelly sandwich	1 ea	2	437	1.50	386	*20.00	*18.00	19.66	0.00	0	61.46	5.80	11.53	*N/A*	140.0	0.00	2.76
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	*0.00	*0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			606	6.04	773	*28.63	*2.36	20.13	*0.31	84	71.43	8.16	39.35	*0	*432.3	*13.05	*5.06
% of Calories				8.97%		*18.90 %	*N/A*	29.9%	*0.5%		47.1%		26.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jan 5, 2026 thru Feb 6, 2026

Wednesday - 02/04/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcmm (mg)	Vit-C (mg)	Iron (mg)
000543 crispy chicken tender	1 ea	91	137	0.24	283	1.43	*0.00	0.87	*0.00	49	11.00	0.82	20.98	*N/A*	38.9	2.66	1.26
990376 veggie chik'n nuggets*	5 ea	5	225	1.25	438	2.50	*N/A*	10.00	0.00	0	22.50	5.00	15.00	*N/A*	50.0	0.00	2.25
000556 ketchup	1 ea	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990845 mac & cheese	4 oz	96	211	6.00	400	0.85	*0.00	9.64	0.00	30	22.00	2.12	9.98	*N/A*	223.0	0.00	0.00
000517 butternut squash puree	4 oz	75	94	0.55	81	*3.46	*3.45	3.77	*0.00	0	15.36	2.18	1.31	*N/A*	*43.4	*16.64	*0.86
000647 roasted broccoli	4 oz	75	55	0.43	126	1.65	*N/A*	2.60	*0.00	0	6.66	2.55	2.78	*N/A*	*45.9	*86.10	*0.73
000135 orange wedges	3 ea	99	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
001063 mandarin oranges	4 oz	1	43	0.00	5	9.29	0.00	0.05	0.00	0	10.60	1.37	0.85	*N/A*	13.7	38.21	0.30
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
999123 sunbutter & jelly sandwich	1 ea	2	437	1.50	386	*20.00	*18.00	19.66	0.00	0	61.46	5.80	11.53	*N/A*	140.0	0.00	2.76
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	*0.00	*0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Feb 6, 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)
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			616	8.08	1048	*29.55	*4.95	17.88	*0.00	84	75.58	8.98	42.25	*0	*729.4	*129.06	*2.71
% of Calories				11.81 %		*19.19 %	*0.00%	26.1%	*0.0%		49.1%		27.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Thursday - 02/05/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990634 jamaican jerk chicken drum	1 ea	91	302	4.32	388	*2.91	*2.70	18.66	*0.07	129	5.59	0.75	25.95	*N/A*	*32.5	*1.03	*1.74
000351 red beans*	4 oz	5	149	0.39	52	0.41	*N/A*	2.69	*0.00	0	23.58	5.82	8.43	*N/A*	*34.2	*2.33	*2.60
000630 yellow rice	4 oz	96	123	0.17	97	0.32	*0.00	2.16	*0.00	0	22.94	1.43	3.21	*N/A*	*5.9	*0.08	*0.78
000639 sauteed cabbage	4 oz	75	38	0.27	117	2.58	*0.00	1.84	*0.00	0	5.14	1.85	1.01	*N/A*	*29.6	*24.75	*0.36
991004 oven fried plantains	4 oz	75	189	0.53	73	25.26	*N/A*	3.68	*0.00	0	35.78	2.10	2.10	*N/A*	0.0	*0.00	1.14
000884 fresh pear	1 ea	100	101	0.04	2	17.36	*N/A*	0.25	0.00	0	27.11	5.52	0.64	*N/A*	16.0	7.65	0.32
000231 Skim Milk	8 oz	30	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
999123 sunbutter & jelly sandwich	1 ea	2	437	1.50	386	*20.00	*18.00	19.66	0.00	0	61.46	5.80	11.53	*N/A*	140.0	0.00	2.76

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Feb 6, 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)
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	*0.00	*0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			785	6.04	733	*54.07	*2.81	26.03	*0.06	128	100.09	11.02	39.00	*0	*449.0	*28.09	*4.08
% of Calories				6.92%		*27.55 %	*1.37%	29.8%	*0.1%		51.0%		19.9%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Friday - 02/06/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990957 crispy catfish	1 ea	91	168	0.49	296	0.90	*0.00	4.51	*0.00	69	10.53	0.82	20.96	*N/A*	*27.5	*0.07	*0.76
000475 bbq baked beans*	4 oz	5	217	0.65	103	4.81	*2.16	4.15	*0.00	0	35.71	6.58	10.43	*N/A*	*75.7	*0.49	*3.68
000851 cornbread muffin	1 ea	96	220	1.00	115	18.00	18.00	8.00	0.00	20	36.00	1.00	3.00	*N/A*	27.0	0.00	1.00
001146 buffalo cauliflower	4 oz	75	50	0.40	291	1.98	*N/A*	2.16	*0.00	0	5.49	2.12	2.06	*N/A*	*23.3	*49.70	*0.46
000244 roasted carrots	4 oz	75	69	0.36	171	5.30	*N/A*	2.56	*0.00	0	11.08	3.20	1.14	*N/A*	*38.7	*6.61	*0.38
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

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Feb 6, 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
999123 sunbutter & jelly sandwich	1 ea	2	437	1.50	386	*20.00	*18.00	19.66	0.00	0	61.46	5.80	11.53	*N/A*	140.0	0.00	2.76
999121 turkey ham & cheese sandwich	1 ea	2	301	5.31	712	*0.00	*0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 Mustard	1 ea	2	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			637	3.39	898	*50.48	*17.75	18.31	*0.00	93	86.70	7.80	35.26	*0	*490.9	*107.57	*3.01
% of Calories				4.79%		*31.70 %	*0.00%	25.9%	*0.0%		54.4%		22.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

		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		637	6	893	*39.52	*6.48	19.89	*0.08	76	84.28	9.48	34.70	*0	*580.9	*65.10	*3.63
% of Calories			8.66%		*24.82 %	*N/A*	28.1%	*0.1%		52.9%		21.8%				

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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