



June Breakfast Menu

BREAKFAST ECE

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

BERRIES & GREENS DAY

Celebrate on **6/5** with blueberries for breakfast and local fresh strawberries and salad greens for lunch.



**Berries &
Greens Day**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 - whole grain bagel - cream cheese - jelly fresh apple slices	3 - french toast sticks - all-natural syrup - chilled pears	4 - honey cheerios - fresh banana	5 blueberry parfait	6 - whole grain biscuit - turkey sausage patty - veggie breakfast sausage patty - fresh cantaloupe
9 mixed berry parfait	10 - whole grain english muffin - tomato basil frittata - butter - jelly - chilled pears	11 - blueberry bread - fresh orange wedges	12 - sweet strawberry oatmeal - fresh banana	13 - buttermilk pancakes - all-natural syrup - fresh cantaloupe
16 - blueberry chex cereal fresh apple slices	17 - scrambled eggs - whole grain toast - jelly - chilled pears	18 - whole grain bagel - cream cheese - jelly - fresh orange wedges	19	20
23	24	25	26	27
30	7/1	7/2	7/3	7/4



Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jun 18, 2025

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

Monday - 06/02/2025Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)
000001 Whole Wheat Bagel	1 ea	100	170	0.00	190	4	*N/A*	0.50	0.00	0	37.00	3.00	7.00	*N/A*	0.0	0.00	0.00
990427 Light Cream Cheese	1 ea	100	51	3.04	142	1	*N/A*	4.56	0.00	15	2.02	0.00	0.38	*N/A*	*N/A*	0.00	0.00
000886 Strawberry Jelly	1 ea	100	35	0.00	0	8	*N/A*	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001201 Fresh Apple Slices	3 ea	100	47	0.03	1	9	*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	12	*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	13	*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	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			400	4.22	447	35	*0	6.98	*0.00	25	72.72	5.18	15.89	*0	*370.1	*4.93	0.19
% of Calories				9.50%		35.0%	*0%	15.7%	*0.0%		72.7%		15.9%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=30					5.33		200.00	10.83	2.50

Tuesday - 06/03/2025Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jun 18, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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 WG French Toast Sticks	2 ea	100	171	0.66	191	9	9	5.28	0.00	7	27.70	1.32	3.96	*N/A*	*N/A*	*N/A*	*N/A*
000625 All Natural Syrup	1 ea	100	110	0.00	5	9	9	0.00	0.00	0	28.00	0.00	0.00	*N/A*	0.0	0.00	0.00
990261 Chilled Pears	4 oz	100	101	0.00	8	*N/A*	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	*N/A*	20.2	3.23	0.58
000231 Skim Milk	8 oz	30	86	0.29	128	12	*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	13	*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	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			480	1.81	318	*31	*18	7.24	*0.00	17	93.72	6.77	13.06	*0	*384.8	*3.97	*0.67
% of Calories				3.39%		*25.8%	*15.0%	13.6%	*0.0%		78.1%		10.9%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=30					5.33		200.00	10.83	2.50

Wednesday - 06/04/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)
990713 Honey Cheerios	1 ea	100	110	0.00	170	6	*N/A*	1.50	0.00	0	22.00	2.00	3.00	*N/A*	60.0	*N/A*	2.70
000175 Fresh Banana	1 ea	100	105	0.13	1	14	*N/A*	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	12	*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	13	*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	*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

Jun 2, 2025 thru Jun 18, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			313	1.28	285	33	*0	3.66	*0.00	10	61.08	5.07	12.56	*0	430.5	*11.01	3.09
% of Calories				3.68%		42.2%	*0%	10.5%	*0.0%		78.1%		16.1%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=30					5.33		200.00	10.83	2.50

Thursday - 06/05/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)
999098 Large Blueberry Parfait	1 ea	100	339	0.74	117	*26	*20	7.31	0.00	7	63.50	5.92	8.35	*N/A*	200.6	177.43	1.34
000231 Skim Milk	8 oz	30	86	0.29	128	12	*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	13	*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	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			436	1.90	231	*38	*20	9.08	*0.00	17	75.62	5.92	16.62	*0	565.2	*178.17	1.42
% of Calories				3.92%		*34.9%	*18.3%	18.7%	*0.0%		69.4%		15.2%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=30					5.33		200.00	10.83	2.50

Friday - 06/06/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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 Whole Grain Biscuit	1 ea	100	170	5.00	330	2	*N/A*	8.00	0.00	0	22.00	2.00	4.00	*N/A*	140.0	0.00	1.20
001128 Turkey Sausage Patty	1 ea	98	60	1.00	90	0	*N/A*	4.00	0.00	30	0.00	0.00	6.00	*N/A*	20.0	0.00	0.72
000801 Veggie Breakfast Sausage Patty	1 ea	2	70	0.00	250	1	*N/A*	2.50	0.00	0	4.00	1.00	9.00	*N/A*	0.0	0.00	1.80
990424 Cantaloupe	4 oz	100	60	0.09	28	14	*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	12	*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	13	*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	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			388	7.22	565	28	*0	14.07	*0.00	39	48.55	3.60	19.81	*0	540.0	*65.25	2.39
% of Calories				16.75 %		28.9%	*0%	32.6%	*0.0%		50.1%		20.4%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=30					5.33		200.00	10.83	2.50

Monday - 06/09/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)
991024 Large Mixed Berry Parfait	1 each	100	329	0.67	115	34	20	6.32	0.00	7	60.50	4.52	8.71	*N/A*	218.6	*173.43	2.06
000231 Skim Milk	8 oz	30	86	0.29	128	12	*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	13	*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	*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

Jun 2, 2025 thru Jun 18, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			426	1.82	229	46	*20	8.08	*0.00	17	72.62	4.52	16.98	*0	583.2	*174.17	2.14
% of Calories				3.85%		43.2%	*18.8%	17.1%	*0.0%		68.2%		15.9%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=30					5.33		200.00	10.83	2.50

Tuesday - 06/10/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)
000448 Whole Wheat English Muffin	1 ea	100	120	0.00	150	1	1	1.50	0.00	0	25.00	3.00	6.00	*N/A*	*N/A*	*N/A*	*N/A*
000603 Grape Jelly	1 ea	100	35	0.00	0	8	*N/A*	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000488 Butter PC	1 ea	100	36	2.57	32	0	*N/A*	4.06	0.16	11	0.00	0.00	0.04	*N/A*	1.2	0.00	0.00
991038 Tomato Basil Frittata	1 each	100	80	1.75	205	2	0	5.00	0.00	35	4.50	0.50	5.00	*N/A*	85.0	*N/A*	0.50
990261 Chilled Pears	4 oz	100	101	0.00	8	*N/A*	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	*N/A*	20.2	3.23	0.58
000231 Skim Milk	8 oz	30	86	0.29	128	12	*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	13	*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	*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

Jun 2, 2025 thru Jun 18, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			469	5.47	509	*23	*2	12.52	*0.16	56	76.52	8.95	20.14	*0	*471.0	*3.97	*1.17
% of Calories				10.50 %		*19.6%	*1.7%	24.0%	*0.3%		65.3%		17.2%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=30					5.33		200.00	10.83	2.50

Wednesday - 06/11/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)
990833 Blueberry Bread	4 oz	100	305	1.37	197	*25	*25	8.65	*0.00	27	52.72	3.38	5.10	*N/A*	*55.1	*1.06	*1.80
000135 Orange Wedges	3 ea	100	43	0.01	0	9	*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	12	*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	13	*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	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			446	2.54	311	*46	*25	10.52	*0.00	37	75.65	5.59	14.23	*0	*456.5	*50.75	*1.97
% of Calories				5.13%		*41.3%	*22.4%	21.2%	*0.0%		67.8%		12.8%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=30					5.33		200.00	10.83	2.50

Thursday - 06/12/2025 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jun 18, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)
990804 Sweet Strawberry Oatmeal	4 oz	100	127	0.25	58	*12	*11	1.52	*0.00	0	26.93	2.61	2.62	*N/A*	16.3	12.28	1.20
000175 Fresh Banana	1 ea	100	105	0.13	1	14	*N/A*	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	12	*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	13	*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	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			330	1.53	173	*39	*11	3.68	*0.00	10	66.01	5.68	12.18	*0	386.8	*23.28	1.58
% of Calories				4.17%		*47.3%	*13.3%	10.0%	*0.0%		80.0%		14.8%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=30					5.33		200.00	10.83	2.50

Friday - 06/13/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)
990801 Bakecrafters Buttermilk Pancakes	1 ea	100	170	0.50	210	12	*N/A*	3.50	0.00	10	32.00	2.00	4.00	*N/A*	50.0	0.00	1.30
000625 All Natural Syrup	1 ea	100	110	0.00	5	9	9	0.00	0.00	0	28.00	0.00	0.00	*N/A*	0.0	0.00	0.00
990424 Cantaloupe	4 oz	100	60	0.09	28	14	*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	12	*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	13	*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	*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

Jun 2, 2025 thru Jun 18, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			437	1.74	357	47	*9	5.60	*0.00	20	86.47	3.58	13.75	*0	430.4	*65.25	1.75
% of Calories				3.58%		43.0%	*8.2%	11.5%	*0.0%		79.1%		12.6%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=30					5.33		200.00	10.83	2.50

Monday - 06/16/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)
990712 Small Blueberry Chex Cereal	1 ea	100	120	0.00	180	6	*N/A*	2.50	0.00	0	23.00	1.00	1.00	*N/A*	60.0	3.60	8.10
001201 Fresh Apple Slices	3 ea	100	47	0.03	1	9	*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	12	*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	13	*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	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	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	295	28	*0	4.42	*0.00	10	47.69	3.18	9.51	*0	430.1	*8.53	8.29
% of Calories				4.01%		42.3%	*0%	15.0%	*0.0%		72.0%		14.4%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=30					5.33		200.00	10.83	2.50

Tuesday - 06/17/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jun 18, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)
000076 Whole Wheat Toast	1 each	100	80	0.00	140	*N/A*	*N/A*	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	0.72
000886 Strawberry Jelly	1 ea	100	35	0.00	0	8	*N/A*	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000733 Scrambled Eggs	3 oz	100	100	2.13	128	0	*N/A*	6.40	*0.00	242	0.03	0.01	8.54	*N/A*	37.2	*0.00	1.43
990261 Chilled Pears	4 oz	100	101	0.00	8	*N/A*	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	*N/A*	20.2	3.23	0.58
000231 Skim Milk	8 oz	30	86	0.29	128	12	*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	13	*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	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soy milk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			413	3.29	390	*20	*0	9.37	*0.00	252	63.05	7.46	20.64	*0	482.0	*3.97	2.81
% of Calories				7.17%		*19.4%	*0%	20.4%	*0.0%		61.1%		20.0%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=30					5.33		200.00	10.83	2.50

Wednesday - 06/18/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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 Whole Wheat Bagel	1 ea	100	170	0.00	190	4	*N/A*	0.50	0.00	0	37.00	3.00	7.00	*N/A*	0.0	0.00	0.00
990427 Light Cream Cheese	1 ea	100	51	3.04	142	1	*N/A*	4.56	0.00	15	2.02	0.00	0.38	*N/A*	*N/A*	0.00	0.00
000603 Grape Jelly	1 ea	100	35	0.00	0	8	*N/A*	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000135 Orange Wedges	3 ea	100	43	0.01	0	9	*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

Jun 2, 2025 thru Jun 18, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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	12	*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	13	*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	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			396	4.20	446	34	*0	6.93	*0.00	25	70.96	5.21	16.52	*0	*401.4	*49.68	0.17
% of Calories				9.55%		34.3%	*0%	15.8%	*0.0%		71.7%		16.7%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=30					5.33		200.00	10.83	2.50

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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		400	3	350	*34	*8	7.86	*0.01	41	70.05	5.44	15.53	*0	*456.3	*49.46	*2.13
% of Calories			6.62%		*34.0%	*8.0%	17.7%	*0.0%		70.0%		15.5%				

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes required nutrient values

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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