



# June Salad Bar Lunch Menu

DC PUBLIC SCHOOLS | 9-12

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 fruit is provided with lunch daily.  
Mon - grapes; Tues - apple; Wed - orange;  
Thurs - pear; Fri - cantaloupe

## 5/26 - 5/29 CHEF SALAD

- + pick your base**
  - mixed greens salad
- +pick your protein**
  - diced turkey ham
  - hard-boiled egg
  - chickpeas
- +pick your toppings**
  - sliced tomatoes
  - cucumber coins
  - corn
  - shredded cheddar cheese
  - whole grain croutons
  - whole grain roll
- +add your dressing**
  - honey mustard dressing

## 6/01 - 6/05 BBQ SALAD

- + pick your base**
  - romaine
- +pick your protein**
  - bbq chicken
  - chickpeas
- +pick your toppings**
  - red onion
  - red pepper strips
  - corn
  - shredded cheddar cheese
  - whole grain croutons
  - whole grain roll
- +add your dressing**
  - honey mustard dressing

## 6/08 - 6/12 TACO SALAD

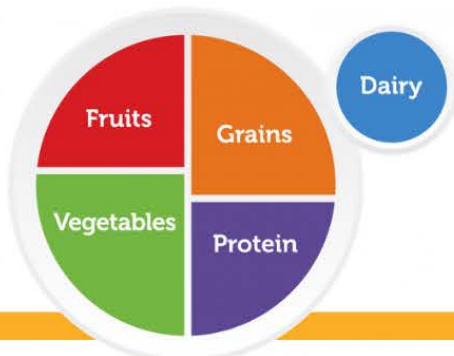
- + pick your base**
  - romaine lettuce
- +pick your protein**
  - cumin lime chicken
  - black beans
- +pick your toppings**
  - cherry tomatoes
  - corn
  - red onion
  - shredded cheddar cheese
  - corn tortilla chips
  - whole grain roll
- +add your dressing**
  - honey lime dressing

## 6/15 - 6/18 HOT HONEY

- + pick your base**
  - romaine lettuce
- +pick your protein**
  - hot honey chicken
  - herb roasted chicken
- +pick your toppings**
  - kidney beans
  - diced cucumbers
  - shredded carrots
  - corn
  - shredded mozzarella
  - whole grain croutons
  - whole grain roll
- +add your dressing**
  - ranch dressing

## CREATING A BALANCED MEAL!

For a balanced meal, remember to pick at least 3 of the 5 food groups from my plate!



# Base Menu Spreadsheet

## Portion Values

May 18, 2026 thru Jun 18, 2026

**Menu Name:** DCPS Lunch 9-12 Salad Bar

**Include Cost:** No

**Site:**

**Use Alternate Menu Name:** No

**Monday - 05/18/2026**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)
999152 Diced Hot Honey Chicken	3 oz	50	163	0.28	350	17.42	*17.40	1.52	0.00	57	17.88	0.13	17.74	*0	6.0	0.15	0.40
990218 Herb Roasted Chicken Diced	3 oz	50	105	0.61	146	0.02	*0.00	3.79	*0.00	57	0.36	0.19	17.71	*0	*11.0	*0.41	*0.57
001022 Kidney Beans	2 oz	50	65	0.00	195	0.54	0.00	0.00	0.00	0	11.92	4.88	4.88	*N/A*	30.3	*N/A*	1.62
000188 Romaine Salad	8 oz	100	10	0.02	5	0.69	0.00	0.17	0.00	0	1.91	1.22	0.71	0	19.1	2.32	0.56
990266 Diced Cucumber	2 oz	100	6	0.02	1	0.68	*N/A*	0.04	0.00	0	1.48	0.20	0.27	*N/A*	6.5	1.14	0.11
990211 Shredded Carrots pre-shredded USF product	2 oz	100	9	0.00	16	1.07	0.00	0.00	0.00	0	2.15	0.54	0.27	*N/A*	*N/A*	*N/A*	*N/A*
001157 Corn	2 oz	100	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000372 House Ranch Dressing	1 oz	100	71	2.12	103	1.69	*0.83	6.48	0.00	11	1.90	0.06	0.71	*0	22.8	1.22	0.04
990333 Shredded Mozzarella	2 oz	80	81	3.54	172	1.01	0.00	6.07	0.00	15	1.01	*N/A*	7.09	*N/A*	207.6	*N/A*	*N/A*
000951 Whole Grain Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 Whole Wheat Roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
999070 Fresh Green Grapes	8 oz	100	122	0.21	4	29.48	0.00	0.64	0.00	0	31.12	1.63	1.14	*N/A*	25.4	7.26	0.53
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07

# Base Menu Spreadsheet

## Portion Values

May 18, 2026 thru Jun 18, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			806	5.69	1120	58.91	*11.53	25.92	*0.00	90	107.53	*13.16	45.37	*45	*628.6	*15.14	*3.84
% of Calories				6.35%		29.24%	*5.72%	28.9%	*0.0%		53.4%		22.5%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

## Tuesday - 05/19/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
999152 Diced Hot Honey Chicken	3 oz	50	163	0.28	350	17.42	*17.40	1.52	0.00	57	17.88	0.13	17.74	*0	6.0	0.15	0.40
990218 Herb Roasted Chicken Diced	3 oz	50	105	0.61	146	0.02	*0.00	3.79	*0.00	57	0.36	0.19	17.71	*0	*11.0	*0.41	*0.57
001022 Kidney Beans	2 oz	50	65	0.00	195	0.54	0.00	0.00	0.00	0	11.92	4.88	4.88	*N/A*	30.3	*N/A*	1.62
000188 Romaine Salad	8 oz	100	10	0.02	5	0.69	0.00	0.17	0.00	0	1.91	1.22	0.71	0	19.1	2.32	0.56
990266 Diced Cucumber	2 oz	100	6	0.02	1	0.68	*N/A*	0.04	0.00	0	1.48	0.20	0.27	*N/A*	6.5	1.14	0.11
990211 Shredded Carrots pre-shredded USF product	2 oz	100	9	0.00	16	1.07	0.00	0.00	0.00	0	2.15	0.54	0.27	*N/A*	*N/A*	*N/A*	*N/A*
001157 Corn	2 oz	100	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000372 House Ranch Dressing	1 oz	100	71	2.12	103	1.69	*0.83	6.48	0.00	11	1.90	0.06	0.71	*0	22.8	1.22	0.04
990333 Shredded Mozzarella	2 oz	80	81	3.54	172	1.01	0.00	6.07	0.00	15	1.01	*N/A*	7.09	*N/A*	207.6	*N/A*	*N/A*
000951 Whole Grain Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

May 18, 2026 thru Jun 18, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000004 Whole Wheat Roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
001200 Fresh Apple Slices	6 ea	100	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			779	5.54	1118	48.34	*11.53	25.60	*0.00	90	101.55	*15.89	44.70	*45	*614.1	*16.25	*3.53
% of Calories				6.40%		24.82%	*5.92%	29.6%	*0.0%		52.1%		23.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

### Wednesday - 05/20/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
999152 Diced Hot Honey Chicken	3 oz	50	163	0.28	350	17.42	*17.40	1.52	0.00	57	17.88	0.13	17.74	*0	6.0	0.15	0.40
990218 Herb Roasted Chicken Diced	3 oz	50	105	0.61	146	0.02	*0.00	3.79	*0.00	57	0.36	0.19	17.71	*0	*11.0	*0.41	*0.57
001022 Kidney Beans	2 oz	50	65	0.00	195	0.54	0.00	0.00	0.00	0	11.92	4.88	4.88	*N/A*	30.3	*N/A*	1.62
000188 Romaine Salad	8 oz	100	10	0.02	5	0.69	0.00	0.17	0.00	0	1.91	1.22	0.71	0	19.1	2.32	0.56
990266 Diced Cucumber	2 oz	100	6	0.02	1	0.68	*N/A*	0.04	0.00	0	1.48	0.20	0.27	*N/A*	6.5	1.14	0.11
990211 Shredded Carrots pre-shredded USF product	2 oz	100	9	0.00	16	1.07	0.00	0.00	0.00	0	2.15	0.54	0.27	*N/A*	*N/A*	*N/A*	*N/A*

# Base Menu Spreadsheet

## Portion Values

May 18, 2026 thru Jun 18, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001157 Corn	2 oz	100	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000372 House Ranch Dressing	1 oz	100	71	2.12	103	1.69	*0.83	6.48	0.00	11	1.90	0.06	0.71	*0	22.8	1.22	0.04
990333 Shredded Mozzarella	2 oz	80	81	3.54	172	1.01	0.00	6.07	0.00	15	1.01	*N/A*	7.09	*N/A*	207.6	*N/A*	*N/A*
000951 Whole Grain Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 Whole Wheat Roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
000812 Orange Wedges	6 ea	100	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	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	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			771	5.51	1116	46.63	*11.53	25.51	*0.00	90	98.03	*15.94	45.96	*45	*676.8	*105.77	*3.49
% of Calories				6.43%		24.19%	*5.98%	29.8%	*0.0%		50.9%		23.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

### Thursday - 05/21/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
999152 Diced Hot Honey Chicken	3 oz	50	163	0.28	350	17.42	*17.40	1.52	0.00	57	17.88	0.13	17.74	*0	6.0	0.15	0.40
990218 Herb Roasted Chicken Diced	3 oz	50	105	0.61	146	0.02	*0.00	3.79	*0.00	57	0.36	0.19	17.71	*0	*11.0	*0.41	*0.57

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

May 18, 2026 thru Jun 18, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001022 Kidney Beans	2 oz	50	65	0.00	195	0.54	0.00	0.00	0.00	0	11.92	4.88	4.88	*N/A*	30.3	*N/A*	1.62
000188 Romaine Salad	8 oz	100	10	0.02	5	0.69	0.00	0.17	0.00	0	1.91	1.22	0.71	0	19.1	2.32	0.56
990266 Diced Cucumber	2 oz	100	6	0.02	1	0.68	*N/A*	0.04	0.00	0	1.48	0.20	0.27	*N/A*	6.5	1.14	0.11
990211 Shredded Carrots pre-shredded USF product	2 oz	100	9	0.00	16	1.07	0.00	0.00	0.00	0	2.15	0.54	0.27	*N/A*	*N/A*	*N/A*	*N/A*
001157 Corn	2 oz	100	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000372 House Ranch Dressing	1 oz	100	71	2.12	103	1.69	*0.83	6.48	0.00	11	1.90	0.06	0.71	*0	22.8	1.22	0.04
990333 Shredded Mozzarella	2 oz	80	81	3.54	172	1.01	0.00	6.07	0.00	15	1.01	*N/A*	7.09	*N/A*	207.6	*N/A*	*N/A*
000951 Whole Grain Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 Whole Wheat Roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
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	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	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	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			786	5.52	1118	46.78	*11.53	25.54	*0.00	90	103.52	*17.04	44.87	*45	*619.2	*15.53	*3.63
% of Calories				6.32%		23.81%	*5.87%	29.2%	*0.0%		52.7%		22.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Friday - 05/22/2026

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

May 18, 2026 thru Jun 18, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
999152 Diced Hot Honey Chicken	3 oz	50	163	0.28	350	17.42	*17.40	1.52	0.00	57	17.88	0.13	17.74	*0	6.0	0.15	0.40
990218 Herb Roasted Chicken Diced	3 oz	50	105	0.61	146	0.02	*0.00	3.79	*0.00	57	0.36	0.19	17.71	*0	*11.0	*0.41	*0.57
001022 Kidney Beans	2 oz	50	65	0.00	195	0.54	0.00	0.00	0.00	0	11.92	4.88	4.88	*N/A*	30.3	*N/A*	1.62
000188 Romaine Salad	8 oz	100	10	0.02	5	0.69	0.00	0.17	0.00	0	1.91	1.22	0.71	0	19.1	2.32	0.56
990266 Diced Cucumber	2 oz	100	6	0.02	1	0.68	*N/A*	0.04	0.00	0	1.48	0.20	0.27	*N/A*	6.5	1.14	0.11
990211 Shredded Carrots pre-shredded USF product	2 oz	100	9	0.00	16	1.07	0.00	0.00	0.00	0	2.15	0.54	0.27	*N/A*	*N/A*	*N/A*	*N/A*
001157 Corn	2 oz	100	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000372 House Ranch Dressing	1 oz	100	71	2.12	103	1.69	*0.83	6.48	0.00	11	1.90	0.06	0.71	*0	22.8	1.22	0.04
990333 Shredded Mozzarella	2 oz	80	81	3.54	172	1.01	0.00	6.07	0.00	15	1.01	*N/A*	7.09	*N/A*	207.6	*N/A*	*N/A*
000951 Whole Grain Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 Whole Wheat Roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
990421 Cantaloupe	8 oz	100	120	0.18	56	27.63	*N/A*	0.67	0.00	0	28.69	3.16	2.95	*N/A*	31.6	129.01	0.74
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

May 18, 2026 thru Jun 18, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
999093 Original 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			804	5.66	1173	57.06	*11.53	25.96	*0.00	90	105.10	*14.69	47.18	*45	*634.9	*136.89	*4.05
% of Calories				6.34%		28.39%	*5.74%	29.1%	*0.0%		52.3%		23.5%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

### Monday - 05/25/2026

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																	
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			750 - 850	<10	1280		<10										

### Tuesday - 05/26/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000562 Diced Turkey Ham	2 oz	50	55	1.09	262	0.00	0.00	3.28	0.00	33	0.00	0.00	7.65	*N/A*	0.0	0.00	0.44
990332 Herb Roasted Chicken, Diced	2 oz	50	66	0.38	92	0.01	*0.00	2.37	*0.00	36	0.21	0.11	11.06	*0	*6.3	*0.24	*0.32
000882 Hard Boiled Egg	1 ea	80	78	1.63	62	0.56	0.00	5.30	0.00	186	0.56	0.00	6.29	*N/A*	25.0	0.00	0.60
000468 Mixed Greens Salad	8 oz	100	9	0.02	16	0.49	*N/A*	0.13	0.00	0	1.73	1.07	0.82	*N/A*	25.8	5.42	0.62

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

May 18, 2026 thru Jun 18, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001020 Chickpeas	2 oz	40	86	0.24	264	2.18	0.00	2.77	0.00	0	11.99	0.00	3.82	*0	*13.6	*0.00	*1.09
999136 Tomato Wedges	2 ea	100	10	0.01	3	1.40	0.00	0.11	0.00	0	2.07	0.64	0.47	*N/A*	5.3	7.30	0.14
001093 Cucumber Coins	2 oz	100	5	0.01	1	0.61	*N/A*	0.04	0.00	0	1.33	0.18	0.24	*N/A*	5.9	1.02	0.10
001157 Corn	2 oz	100	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Whole Grain Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 Whole Wheat Roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
990044 House Honey Mustard Dressing	1 oz	100	160	2.41	127	4.04	*4.04	16.05	0.00	8	4.05	0.01	0.02	*N/A*	1.4	0.02	0.04
990403 Shredded Cheddar Cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
001200 Fresh Apple Slices	6 ea	100	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	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	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			834	6.95	1060	42.27	*6.04	39.27	*0.00	211	93.12	13.24	36.61	*45	*517.9	*25.18	*3.72
% of Calories				7.50%		20.27%	*2.90%	42.4%	*0.0%		44.7%		17.6%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Wednesday - 05/27/2026

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

May 18, 2026 thru Jun 18, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000562 Diced Turkey Ham	2 oz	50	55	1.09	262	0.00	0.00	3.28	0.00	33	0.00	0.00	7.65	*N/A*	0.0	0.00	0.44
990332 Herb Roasted Chicken, Diced	2 oz	50	66	0.38	92	0.01	*0.00	2.37	*0.00	36	0.21	0.11	11.06	*0	*6.3	*0.24	*0.32
000882 Hard Boiled Egg	1 ea	80	78	1.63	62	0.56	0.00	5.30	0.00	186	0.56	0.00	6.29	*N/A*	25.0	0.00	0.60
000468 Mixed Greens Salad	8 oz	100	9	0.02	16	0.49	*N/A*	0.13	0.00	0	1.73	1.07	0.82	*N/A*	25.8	5.42	0.62
001020 Chickpeas	2 oz	40	86	0.24	264	2.18	0.00	2.77	0.00	0	11.99	0.00	3.82	*0	*13.6	*0.00	*1.09
999136 Tomato Wedges	2 ea	100	10	0.01	3	1.40	0.00	0.11	0.00	0	2.07	0.64	0.47	*N/A*	5.3	7.30	0.14
001093 Cucumber Coins	2 oz	100	5	0.01	1	0.61	*N/A*	0.04	0.00	0	1.33	0.18	0.24	*N/A*	5.9	1.02	0.10
001157 Corn	2 oz	100	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Whole Grain Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 Whole Wheat Roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
990044 House Honey Mustard Dressing	1 oz	100	160	2.41	127	4.04	*4.04	16.05	0.00	8	4.05	0.01	0.02	*N/A*	1.4	0.02	0.04
990403 Shredded Cheddar Cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
000812 Orange Wedges	6 ea	100	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

May 18, 2026 thru Jun 18, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)
999093 Original 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
Weighted Daily Average			826	6.92	1058	40.57	*6.04	39.18	*0.00	211	89.61	13.28	37.87	*45	*580.6	*114.70	*3.69
% of Calories				7.54%		19.65%	*2.92%	42.7%	*0.0%		43.4%		18.3%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

### Thursday - 05/28/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)
000562 Diced Turkey Ham	2 oz	50	55	1.09	262	0.00	0.00	3.28	0.00	33	0.00	0.00	7.65	*N/A*	0.0	0.00	0.44
990332 Herb Roasted Chicken, Diced	2 oz	50	66	0.38	92	0.01	*0.00	2.37	*0.00	36	0.21	0.11	11.06	*0	*6.3	*0.24	*0.32
000882 Hard Boiled Egg	1 ea	80	78	1.63	62	0.56	0.00	5.30	0.00	186	0.56	0.00	6.29	*N/A*	25.0	0.00	0.60
000468 Mixed Greens Salad	8 oz	100	9	0.02	16	0.49	*N/A*	0.13	0.00	0	1.73	1.07	0.82	*N/A*	25.8	5.42	0.62
001020 Chickpeas	2 oz	40	86	0.24	264	2.18	0.00	2.77	0.00	0	11.99	0.00	3.82	*0	*13.6	*0.00	*1.09
999136 Tomato Wedges	2 ea	100	10	0.01	3	1.40	0.00	0.11	0.00	0	2.07	0.64	0.47	*N/A*	5.3	7.30	0.14
001093 Cucumber Coins	2 oz	100	5	0.01	1	0.61	*N/A*	0.04	0.00	0	1.33	0.18	0.24	*N/A*	5.9	1.02	0.10
001157 Corn	2 oz	100	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Whole Grain Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 Whole Wheat Roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
990044 House Honey Mustard Dressing	1 oz	100	160	2.41	127	4.04	*4.04	16.05	0.00	8	4.05	0.01	0.02	*N/A*	1.4	0.02	0.04

# Base Menu Spreadsheet

## Portion Values

May 18, 2026 thru Jun 18, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990403 Shredded Cheddar Cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
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	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			841	6.93	1060	40.72	*6.04	39.21	*0.00	211	95.10	14.39	36.78	*45	*523.0	*24.46	*3.82
% of Calories				7.42%		19.37%	*2.87%	42.0%	*0.0%		45.2%		17.5%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

### Friday - 05/29/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000562 Diced Turkey Ham	2 oz	50	55	1.09	262	0.00	0.00	3.28	0.00	33	0.00	0.00	7.65	*N/A*	0.0	0.00	0.44
990332 Herb Roasted Chicken, Diced	2 oz	50	66	0.38	92	0.01	*0.00	2.37	*0.00	36	0.21	0.11	11.06	*0	*6.3	*0.24	*0.32
000882 Hard Boiled Egg	1 ea	80	78	1.63	62	0.56	0.00	5.30	0.00	186	0.56	0.00	6.29	*N/A*	25.0	0.00	0.60
000468 Mixed Greens Salad	8 oz	100	9	0.02	16	0.49	*N/A*	0.13	0.00	0	1.73	1.07	0.82	*N/A*	25.8	5.42	0.62
001020 Chickpeas	2 oz	40	86	0.24	264	2.18	0.00	2.77	0.00	0	11.99	0.00	3.82	*0	*13.6	*0.00	*1.09
999136 Tomato Wedges	2 ea	100	10	0.01	3	1.40	0.00	0.11	0.00	0	2.07	0.64	0.47	*N/A*	5.3	7.30	0.14

# Base Menu Spreadsheet

## Portion Values

May 18, 2026 thru Jun 18, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001093 Cucumber Coins	2 oz	100	5	0.01	1	0.61	*N/A*	0.04	0.00	0	1.33	0.18	0.24	*N/A*	5.9	1.02	0.10
001157 Corn	2 oz	100	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Whole Grain Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 Whole Wheat Roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
990044 House Honey Mustard Dressing	1 oz	100	160	2.41	127	4.04	*4.04	16.05	0.00	8	4.05	0.01	0.02	*N/A*	1.4	0.02	0.04
990403 Shredded Cheddar Cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
990421 Cantaloupe	8 oz	100	120	0.18	56	27.63	*N/A*	0.67	0.00	0	28.69	3.16	2.95	*N/A*	31.6	129.01	0.74
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	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	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
<b>Weighted Daily Average</b>			<b>859</b>	<b>7.07</b>	<b>1114</b>	<b>51.00</b>	<b>*6.04</b>	<b>39.62</b>	<b>*0.00</b>	<b>211</b>	<b>96.67</b>	<b>12.03</b>	<b>39.09</b>	<b>*45</b>	<b>*538.7</b>	<b>*145.82</b>	<b>*4.24</b>
<b>% of Calories</b>				<b>7.41%</b>		<b>23.75%</b>	<b>*2.81%</b>	<b>41.5%</b>	<b>*0.0%</b>		<b>45.0%</b>		<b>18.2%</b>				
<b>Weekly Nutrient Guideline</b>			<b>750 - 850</b>	<b>&lt;10</b>	<b>1280</b>		<b>&lt;10</b>										

### Monday - 06/01/2026

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990404 BBQ Chicken Diced	3 oz	75	143	0.27	312	11.00	10.00	1.51	0.00	57	13.00	0.00	17.60	*N/A*	5.1	*0.00	0.43

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

May 18, 2026 thru Jun 18, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001020 Chickpeas	2 oz	60	86	0.24	264	2.18	0.00	2.77	0.00	0	11.99	0.00	3.82	*0	*13.6	*0.00	*1.09
000188 Romaine Salad	8 oz	75	10	0.02	5	0.69	0.00	0.17	0.00	0	1.91	1.22	0.71	0	19.1	2.32	0.56
001013 Red Onion	2 oz	75	20	0.02	2	2.81	0.00	0.05	0.00	0	4.55	0.83	0.54	0	11.2	3.61	0.10
990349 Red Pepper Strips	2 oz	75	8	0.02	1	1.31	*N/A*	0.09	0.00	0	1.88	0.66	0.31	*N/A*	2.2	39.82	0.13
001157 Corn	2 oz	75	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Whole Grain Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 Whole Wheat Roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
990044 House Honey Mustard Dressing	1 oz	100	160	2.41	127	4.04	*4.04	16.05	0.00	8	4.05	0.01	0.02	*N/A*	1.4	0.02	0.04
990403 Shredded Cheddar Cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
999070 Fresh Green Grapes	8 oz	100	122	0.21	4	29.48	0.00	0.64	0.00	0	31.12	1.63	1.14	*N/A*	25.4	7.26	0.53
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	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	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			858	5.30	1108	61.92	*13.54	34.09	0.00	70	109.71	10.36	36.20	*45	*502.9	*43.85	*3.41
% of Calories				5.56%		28.87%	*6.31%	35.8%	0.0%		51.1%		16.9%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Tuesday - 06/02/2026

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

May 18, 2026 thru Jun 18, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990404 BBQ Chicken Diced	3 oz	75	143	0.27	312	11.00	10.00	1.51	0.00	57	13.00	0.00	17.60	*N/A*	5.1	*0.00	0.43
001020 Chickpeas	2 oz	60	86	0.24	264	2.18	0.00	2.77	0.00	0	11.99	0.00	3.82	*0	*13.6	*0.00	*1.09
000188 Romaine Salad	8 oz	75	10	0.02	5	0.69	0.00	0.17	0.00	0	1.91	1.22	0.71	0	19.1	2.32	0.56
001013 Red Onion	2 oz	75	20	0.02	2	2.81	0.00	0.05	0.00	0	4.55	0.83	0.54	0	11.2	3.61	0.10
990349 Red Pepper Strips	2 oz	75	8	0.02	1	1.31	*N/A*	0.09	0.00	0	1.88	0.66	0.31	*N/A*	2.2	39.82	0.13
001157 Corn	2 oz	75	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Whole Grain Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 Whole Wheat Roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
990044 House Honey Mustard Dressing	1 oz	100	160	2.41	127	4.04	*4.04	16.05	0.00	8	4.05	0.01	0.02	*N/A*	1.4	0.02	0.04
990403 Shredded Cheddar Cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
001200 Fresh Apple Slices	6 ea	100	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	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	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
<b>Weighted Daily Average</b>			<b>831</b>	<b>5.14</b>	<b>1106</b>	<b>51.35</b>	<b>*13.54</b>	<b>33.77</b>	<b>0.00</b>	<b>70</b>	<b>103.73</b>	<b>13.10</b>	<b>35.53</b>	<b>*45</b>	<b>*488.4</b>	<b>*44.97</b>	<b>*3.10</b>
<b>% of Calories</b>				<b>5.57%</b>		<b>24.72%</b>	<b>*6.52%</b>	<b>36.6%</b>	<b>0.0%</b>		<b>49.9%</b>		<b>17.1%</b>				
<b>Weekly Nutrient Guideline</b>			<b>750 - 850</b>	<b>&lt;10</b>	<b>1280</b>		<b>&lt;10</b>										

# Base Menu Spreadsheet

Portion Values

May 18, 2026 thru Jun 18, 2026

Wednesday - 06/03/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990404 BBQ Chicken Diced	3 oz	75	143	0.27	312	11.00	10.00	1.51	0.00	57	13.00	0.00	17.60	*N/A*	5.1	*0.00	0.43
001020 Chickpeas	2 oz	60	86	0.24	264	2.18	0.00	2.77	0.00	0	11.99	0.00	3.82	*0	*13.6	*0.00	*1.09
000188 Romaine Salad	8 oz	75	10	0.02	5	0.69	0.00	0.17	0.00	0	1.91	1.22	0.71	0	19.1	2.32	0.56
001013 Red Onion	2 oz	75	20	0.02	2	2.81	0.00	0.05	0.00	0	4.55	0.83	0.54	0	11.2	3.61	0.10
990349 Red Pepper Strips	2 oz	75	8	0.02	1	1.31	*N/A*	0.09	0.00	0	1.88	0.66	0.31	*N/A*	2.2	39.82	0.13
001157 Corn	2 oz	75	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Whole Grain Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 Whole Wheat Roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
990044 House Honey Mustard Dressing	1 oz	100	160	2.41	127	4.04	*4.04	16.05	0.00	8	4.05	0.01	0.02	*N/A*	1.4	0.02	0.04
990403 Shredded Cheddar Cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
000417 Fresh Strawberries	4 oz	100	29	0.01	1	4.44	0.00	0.27	0.00	0	6.97	1.81	0.61	*N/A*	14.5	53.34	0.37
000673 Fresh Whole Apple	1 ea	50	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

May 18, 2026 thru Jun 18, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
999093 Original 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
Weighted Daily Average			813	5.13	1106	46.33	*13.54	33.88	0.00	70	98.13	12.73	35.90	*45	*497.4	*94.13	*3.36
% of Calories				5.68%		22.79%	*6.66%	37.5%	0.0%		48.3%		17.7%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

### Thursday - 06/04/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990404 BBQ Chicken Diced	3 oz	75	143	0.27	312	11.00	10.00	1.51	0.00	57	13.00	0.00	17.60	*N/A*	5.1	*0.00	0.43
001020 Chickpeas	2 oz	60	86	0.24	264	2.18	0.00	2.77	0.00	0	11.99	0.00	3.82	*0	*13.6	*0.00	*1.09
000188 Romaine Salad	8 oz	75	10	0.02	5	0.69	0.00	0.17	0.00	0	1.91	1.22	0.71	0	19.1	2.32	0.56
001013 Red Onion	2 oz	75	20	0.02	2	2.81	0.00	0.05	0.00	0	4.55	0.83	0.54	0	11.2	3.61	0.10
990349 Red Pepper Strips	2 oz	75	8	0.02	1	1.31	*N/A*	0.09	0.00	0	1.88	0.66	0.31	*N/A*	2.2	39.82	0.13
001157 Corn	2 oz	75	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Whole Grain Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 Whole Wheat Roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
990044 House Honey Mustard Dressing	1 oz	100	160	2.41	127	4.04	*4.04	16.05	0.00	8	4.05	0.01	0.02	*N/A*	1.4	0.02	0.04
990403 Shredded Cheddar Cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
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

# Base Menu Spreadsheet

## Portion Values

May 18, 2026 thru Jun 18, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
000231	Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00	
000230	1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	12	12.18	0.00	8.22	0	305.0	0.00	0.07	
001160	Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00	
999093	Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10	
Weighted Daily Average				838	5.13	1106	49.80	*13.54	33.71	0.00	70	105.71	14.25	35.70	*45	*493.5	*44.25	*3.20
% of Calories					5.51%		23.77%	*6.46%	36.2%	0.0%		50.5%		17.0%				
Weekly Nutrient Guideline				750 - 850	<10	1280		<10										

## Friday - 06/05/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
990404	BBQ Chicken Diced	3 oz	75	143	0.27	312	11.00	10.00	1.51	0.00	57	13.00	0.00	17.60	*N/A*	5.1	*0.00	0.43
001020	Chickpeas	2 oz	60	86	0.24	264	2.18	0.00	2.77	0.00	0	11.99	0.00	3.82	*0	*13.6	*0.00	*1.09
000188	Romaine Salad	8 oz	75	10	0.02	5	0.69	0.00	0.17	0.00	0	1.91	1.22	0.71	0	19.1	2.32	0.56
001013	Red Onion	2 oz	75	20	0.02	2	2.81	0.00	0.05	0.00	0	4.55	0.83	0.54	0	11.2	3.61	0.10
990349	Red Pepper Strips	2 oz	75	8	0.02	1	1.31	*N/A*	0.09	0.00	0	1.88	0.66	0.31	*N/A*	2.2	39.82	0.13
001157	Corn	2 oz	75	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951	Whole Grain Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004	Whole Wheat Roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08

# Base Menu Spreadsheet

## Portion Values

May 18, 2026 thru Jun 18, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990044 House Honey Mustard Dressing	1 oz	100	160	2.41	127	4.04	*4.04	16.05	0.00	8	4.05	0.01	0.02	*N/A*	1.4	0.02	0.04
990403 Shredded Cheddar Cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
990421 Cantaloupe	8 oz	100	120	0.18	56	27.63	*N/A*	0.67	0.00	0	28.69	3.16	2.95	*N/A*	31.6	129.01	0.74
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	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	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			856	5.27	1161	60.07	*13.54	34.13	0.00	70	107.28	11.89	38.01	*45	*509.1	*165.61	*3.62
% of Calories				5.54%		28.07%	*6.33%	35.9%	0.0%		50.1%		17.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

### Monday - 06/08/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001037 Cumin Lime Chicken Diced	3 oz	75	190	1.77	359	0.11	*0.00	12.07	0.00	57	2.24	0.58	18.21	*0	*19.8	*0.83	*1.30
990252 Black Beans, Canned	4 oz	75	74	0.07	95	0.81	*N/A*	0.24	0.00	0	13.47	5.63	4.90	*N/A*	28.5	2.17	1.54
000188 Romaine Salad	8 oz	75	10	0.02	5	0.69	0.00	0.17	0.00	0	1.91	1.22	0.71	0	19.1	2.32	0.56
990250 Cherry Tomatoes	2 oz	75	3	0.00	1	0.43	0.00	0.03	0.00	0	0.64	0.20	0.14	*N/A*	1.6	2.24	0.04
001157 Corn	2 oz	75	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17

# Base Menu Spreadsheet

## Portion Values

May 18, 2026 thru Jun 18, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001013 Red Onion	2 oz	75	20	0.02	2	2.81	0.00	0.05	0.00	0	4.55	0.83	0.54	0	11.2	3.61	0.10
001087 WG Corn Tortilla Chips	10 ea	100	142	1.01	116	0.00	0.00	6.08	0.00	0	20.25	2.02	2.02	*N/A*	20.2	0.00	0.00
000004 Whole Wheat Roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
001038 Honey Lime Dressing	1 oz	75	221	3.49	215	1.90	*1.81	23.24	0.00	12	3.10	0.39	0.31	*0	8.0	0.77	0.38
999070 Fresh Green Grapes	8 oz	100	122	0.21	4	29.48	0.00	0.64	0.00	0	31.12	1.63	1.14	*N/A*	25.4	7.26	0.53
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			857	5.28	872	49.79	*3.36	36.46	0.00	62	105.57	12.93	33.86	*45	*476.5	*18.47	*4.74
% of Calories				5.54%		23.24%	*1.57%	38.3%	0.0%		49.3%		15.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

## Tuesday - 06/09/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001037 Cumin Lime Chicken Diced	3 oz	75	190	1.77	359	0.11	*0.00	12.07	0.00	57	2.24	0.58	18.21	*0	*19.8	*0.83	*1.30
990252 Black Beans, Canned	4 oz	75	74	0.07	95	0.81	*N/A*	0.24	0.00	0	13.47	5.63	4.90	*N/A*	28.5	2.17	1.54
000188 Romaine Salad	8 oz	75	10	0.02	5	0.69	0.00	0.17	0.00	0	1.91	1.22	0.71	0	19.1	2.32	0.56

# Base Menu Spreadsheet

## Portion Values

May 18, 2026 thru Jun 18, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
990250	Cherry Tomatoes	2 oz	75	3	0.00	1	0.43	0.00	0.03	0.00	0	0.64	0.20	0.14	*N/A*	1.6	2.24	0.04
001157	Corn	2 oz	75	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
001013	Red Onion	2 oz	75	20	0.02	2	2.81	0.00	0.05	0.00	0	4.55	0.83	0.54	0	11.2	3.61	0.10
001087	WG Corn Tortilla Chips	10 ea	100	142	1.01	116	0.00	0.00	6.08	0.00	0	20.25	2.02	2.02	*N/A*	20.2	0.00	0.00
000004	Whole Wheat Roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
001038	Honey Lime Dressing	1 oz	75	221	3.49	215	1.90	*1.81	23.24	0.00	12	3.10	0.39	0.31	*0	8.0	0.77	0.38
001200	Fresh Apple Slices	6 ea	100	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
000231	Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230	1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160	Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	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	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
<b>Weighted Daily Average</b>				830	5.13	871	39.21	*3.36	36.13	0.00	62	99.58	15.67	33.19	*45	*462.1	*19.59	*4.43
<b>% of Calories</b>					5.56%		18.90%	*1.62%	39.2%	0.0%		48.0%		16.0%				
<b>Weekly Nutrient Guideline</b>				750 - 850	<10	1280		<10										

### Wednesday - 06/10/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
001037	Cumin Lime Chicken Diced	3 oz	75	190	1.77	359	0.11	*0.00	12.07	0.00	57	2.24	0.58	18.21	*0	*19.8	*0.83	*1.30

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

May 18, 2026 thru Jun 18, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990252 Black Beans, Canned	4 oz	75	74	0.07	95	0.81	*N/A*	0.24	0.00	0	13.47	5.63	4.90	*N/A*	28.5	2.17	1.54
000188 Romaine Salad	8 oz	75	10	0.02	5	0.69	0.00	0.17	0.00	0	1.91	1.22	0.71	0	19.1	2.32	0.56
990250 Cherry Tomatoes	2 oz	75	3	0.00	1	0.43	0.00	0.03	0.00	0	0.64	0.20	0.14	*N/A*	1.6	2.24	0.04
001157 Corn	2 oz	75	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
001013 Red Onion	2 oz	75	20	0.02	2	2.81	0.00	0.05	0.00	0	4.55	0.83	0.54	0	11.2	3.61	0.10
001087 WG Corn Tortilla Chips	10 ea	100	142	1.01	116	0.00	0.00	6.08	0.00	0	20.25	2.02	2.02	*N/A*	20.2	0.00	0.00
000004 Whole Wheat Roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
001038 Honey Lime Dressing	1 oz	75	221	3.49	215	1.90	*1.81	23.24	0.00	12	3.10	0.39	0.31	*0	8.0	0.77	0.38
000812 Orange Wedges	6 ea	100	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	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	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			822	5.10	869	37.51	*3.36	36.05	0.00	62	96.07	15.72	34.44	*45	*524.7	*109.10	*4.40
% of Calories				5.58%		18.25%	*1.64%	39.5%	0.0%		46.7%		16.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Thursday - 06/11/2026

Reimbursable Meal Total 100

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

May 18, 2026 thru Jun 18, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001037 Cumin Lime Chicken Diced	3 oz	75	190	1.77	359	0.11	*0.00	12.07	0.00	57	2.24	0.58	18.21	*0	*19.8	*0.83	*1.30
990252 Black Beans, Canned	4 oz	75	74	0.07	95	0.81	*N/A*	0.24	0.00	0	13.47	5.63	4.90	*N/A*	28.5	2.17	1.54
000188 Romaine Salad	8 oz	75	10	0.02	5	0.69	0.00	0.17	0.00	0	1.91	1.22	0.71	0	19.1	2.32	0.56
990250 Cherry Tomatoes	2 oz	75	3	0.00	1	0.43	0.00	0.03	0.00	0	0.64	0.20	0.14	*N/A*	1.6	2.24	0.04
001157 Corn	2 oz	75	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
001013 Red Onion	2 oz	75	20	0.02	2	2.81	0.00	0.05	0.00	0	4.55	0.83	0.54	0	11.2	3.61	0.10
001087 WG Corn Tortilla Chips	10 ea	100	142	1.01	116	0.00	0.00	6.08	0.00	0	20.25	2.02	2.02	*N/A*	20.2	0.00	0.00
000004 Whole Wheat Roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
001038 Honey Lime Dressing	1 oz	75	221	3.49	215	1.90	*1.81	23.24	0.00	12	3.10	0.39	0.31	*0	8.0	0.77	0.38
000962 Fresh Watermelon	8 oz	100	121	0.06	4	25.11	0.00	0.61	0.00	0	30.58	1.62	2.47	*N/A*	28.4	32.80	0.97
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	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	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			857	5.14	873	45.41	*3.36	36.43	0.00	62	105.03	12.92	35.18	*45	*479.5	*44.02	*5.19
% of Calories				5.40%		21.19%	*1.57%	38.3%	0.0%		49.0%		16.4%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Friday - 06/12/2026

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

May 18, 2026 thru Jun 18, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001037 Cumin Lime Chicken Diced	3 oz	75	190	1.77	359	0.11	*0.00	12.07	0.00	57	2.24	0.58	18.21	*0	*19.8	*0.83	*1.30
990252 Black Beans, Canned	4 oz	75	74	0.07	95	0.81	*N/A*	0.24	0.00	0	13.47	5.63	4.90	*N/A*	28.5	2.17	1.54
000188 Romaine Salad	8 oz	75	10	0.02	5	0.69	0.00	0.17	0.00	0	1.91	1.22	0.71	0	19.1	2.32	0.56
990250 Cherry Tomatoes	2 oz	75	3	0.00	1	0.43	0.00	0.03	0.00	0	0.64	0.20	0.14	*N/A*	1.6	2.24	0.04
001157 Corn	2 oz	75	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
001013 Red Onion	2 oz	75	20	0.02	2	2.81	0.00	0.05	0.00	0	4.55	0.83	0.54	0	11.2	3.61	0.10
001087 WG Corn Tortilla Chips	10 ea	100	142	1.01	116	0.00	0.00	6.08	0.00	0	20.25	2.02	2.02	*N/A*	20.2	0.00	0.00
000004 Whole Wheat Roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
001038 Honey Lime Dressing	1 oz	75	221	3.49	215	1.90	*1.81	23.24	0.00	12	3.10	0.39	0.31	*0	8.0	0.77	0.38
990421 Cantaloupe	8 oz	100	120	0.18	56	27.63	*N/A*	0.67	0.00	0	28.69	3.16	2.95	*N/A*	31.6	129.01	0.74
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			855	5.26	925	47.94	*3.36	36.49	0.00	62	103.13	14.47	35.67	*45	*482.8	*140.23	*4.95
% of Calories				5.54%		22.43%	*1.57%	38.4%	0.0%		48.2%		16.7%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Monday - 06/15/2026

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

May 18, 2026 thru Jun 18, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
999152 Diced Hot Honey Chicken	3 oz	50	163	0.28	350	17.42	*17.40	1.52	0.00	57	17.88	0.13	17.74	*0	6.0	0.15	0.40
990218 Herb Roasted Chicken Diced	3 oz	50	105	0.61	146	0.02	*0.00	3.79	*0.00	57	0.36	0.19	17.71	*0	*11.0	*0.41	*0.57
001022 Kidney Beans	2 oz	50	65	0.00	195	0.54	0.00	0.00	0.00	0	11.92	4.88	4.88	*N/A*	30.3	*N/A*	1.62
000188 Romaine Salad	8 oz	100	10	0.02	5	0.69	0.00	0.17	0.00	0	1.91	1.22	0.71	0	19.1	2.32	0.56
990266 Diced Cucumber	2 oz	100	6	0.02	1	0.68	*N/A*	0.04	0.00	0	1.48	0.20	0.27	*N/A*	6.5	1.14	0.11
990211 Shredded Carrots pre-shredded USF product	2 oz	100	9	0.00	16	1.07	0.00	0.00	0.00	0	2.15	0.54	0.27	*N/A*	*N/A*	*N/A*	*N/A*
001157 Corn	2 oz	100	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000372 House Ranch Dressing	1 oz	100	71	2.12	103	1.69	*0.83	6.48	0.00	11	1.90	0.06	0.71	*0	22.8	1.22	0.04
990333 Shredded Mozzarella	2 oz	80	81	3.54	172	1.01	0.00	6.07	0.00	15	1.01	*N/A*	7.09	*N/A*	207.6	*N/A*	*N/A*
000951 Whole Grain Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 Whole Wheat Roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
999070 Fresh Green Grapes	8 oz	100	122	0.21	4	29.48	0.00	0.64	0.00	0	31.12	1.63	1.14	*N/A*	25.4	7.26	0.53
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

May 18, 2026 thru Jun 18, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
999093 Original 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			806	5.69	1120	58.91	*11.53	25.92	*0.00	90	107.53	*13.16	45.37	*45	*628.6	*15.14	*3.84
% of Calories				6.35%		29.24%	*5.72%	28.9%	*0.0%		53.4%		22.5%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

## Tuesday - 06/16/2026

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																	
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			750 - 850	<10	1280		<10										

## Wednesday - 06/17/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
999152 Diced Hot Honey Chicken	3 oz	50	163	0.28	350	17.42	*17.40	1.52	0.00	57	17.88	0.13	17.74	*0	6.0	0.15	0.40
990218 Herb Roasted Chicken Diced	3 oz	50	105	0.61	146	0.02	*0.00	3.79	*0.00	57	0.36	0.19	17.71	*0	*11.0	*0.41	*0.57
001022 Kidney Beans	2 oz	50	65	0.00	195	0.54	0.00	0.00	0.00	0	11.92	4.88	4.88	*N/A*	30.3	*N/A*	1.62
000188 Romaine Salad	8 oz	100	10	0.02	5	0.69	0.00	0.17	0.00	0	1.91	1.22	0.71	0	19.1	2.32	0.56

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

May 18, 2026 thru Jun 18, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990266 Diced Cucumber	2 oz	100	6	0.02	1	0.68	*N/A*	0.04	0.00	0	1.48	0.20	0.27	*N/A*	6.5	1.14	0.11
990211 Shredded Carrots pre-shredded USF product	2 oz	100	9	0.00	16	1.07	0.00	0.00	0.00	0	2.15	0.54	0.27	*N/A*	*N/A*	*N/A*	*N/A*
001157 Corn	2 oz	100	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000372 House Ranch Dressing	1 oz	100	71	2.12	103	1.69	*0.83	6.48	0.00	11	1.90	0.06	0.71	*0	22.8	1.22	0.04
990333 Shredded Mozzarella	2 oz	80	81	3.54	172	1.01	0.00	6.07	0.00	15	1.01	*N/A*	7.09	*N/A*	207.6	*N/A*	*N/A*
000951 Whole Grain Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 Whole Wheat Roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
000812 Orange Wedges	6 ea	100	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			771	5.51	1116	46.63	*11.53	25.51	*0.00	90	98.03	*15.94	45.96	*45	*676.8	*105.77	*3.49
% of Calories				6.43%		24.19%	*5.98%	29.8%	*0.0%		50.9%		23.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Thursday - 06/18/2026

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

May 18, 2026 thru Jun 18, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
999152 Diced Hot Honey Chicken	3 oz	50	163	0.28	350	17.42	*17.40	1.52	0.00	57	17.88	0.13	17.74	*0	6.0	0.15	0.40
990218 Herb Roasted Chicken Diced	3 oz	50	105	0.61	146	0.02	*0.00	3.79	*0.00	57	0.36	0.19	17.71	*0	*11.0	*0.41	*0.57
001022 Kidney Beans	2 oz	50	65	0.00	195	0.54	0.00	0.00	0.00	0	11.92	4.88	4.88	*N/A*	30.3	*N/A*	1.62
000188 Romaine Salad	8 oz	100	10	0.02	5	0.69	0.00	0.17	0.00	0	1.91	1.22	0.71	0	19.1	2.32	0.56
990266 Diced Cucumber	2 oz	100	6	0.02	1	0.68	*N/A*	0.04	0.00	0	1.48	0.20	0.27	*N/A*	6.5	1.14	0.11
990211 Shredded Carrots pre-shredded USF product	2 oz	100	9	0.00	16	1.07	0.00	0.00	0.00	0	2.15	0.54	0.27	*N/A*	*N/A*	*N/A*	*N/A*
001157 Corn	2 oz	100	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000372 House Ranch Dressing	1 oz	100	71	2.12	103	1.69	*0.83	6.48	0.00	11	1.90	0.06	0.71	*0	22.8	1.22	0.04
990333 Shredded Mozzarella	2 oz	80	81	3.54	172	1.01	0.00	6.07	0.00	15	1.01	*N/A*	7.09	*N/A*	207.6	*N/A*	*N/A*
000951 Whole Grain Croutons	4 oz	100	142	0.00	263	0.00	0.00	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 Whole Wheat Roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
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	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

May 18, 2026 thru Jun 18, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
999093 Original 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			786	5.52	1118	46.78	*11.53	25.54	*0.00	90	103.52	*17.04	44.87	*45	*619.2	*15.53	*3.63
% of Calories				6.32%		23.81%	*5.87%	29.2%	*0.0%		52.7%		22.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	822	5.65	1059	48.82	*9.13	32.45	*0.00	101	101.51	*14.08	39.47	*45	*553.4	*66.38	*3.88
% of Calories		6.19%		23.76%	*4.44%	35.5%	*0.0%		49.4%		19.2%				

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

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

<sup>1</sup> - denotes required nutrient values

Added Sugars target is informational only, with an effective date of July 1, 2027.

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