



April Fusion 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 - pear; Tues - orange; Wed - banana;
Thurs - cantaloupe; Fri - apple

04/01 - 04/05 & 04/29 - 05/03 KOREAN BOWL

- + pick your base**
 - jasmine brown rice with scallions
- +pick your protein**
 - beef bulgogi (wednesday only)
 - chicken bulgogi
- +pick your toppings**
 - asian kale salad
 - korean cauliflower
 - glazed carrots
 - steamed peas
 - edamame
- +add your dressing**
 - asian dressing

04/08 - 04/12 INDIAN BOWL

- + pick your base**
 - brown basmati rice
- +pick your protein**
 - curried chicken
 - curried chickpeas
- +pick your toppings**
 - potato samosa
 - roasted carrots
 - sautéed cabbage
 - baby spinach
- +add your dressing**
 - yogurt lime dressing

04/15- 04/19 PASTA BOWL

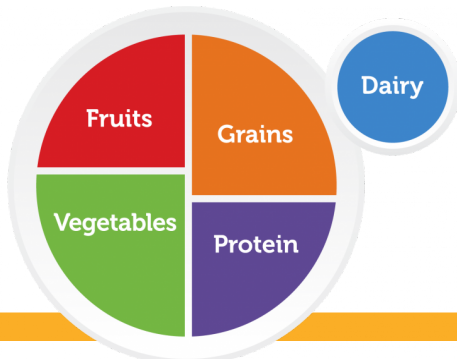
- + pick your base**
 - whole grain rotini
- +pick your protein**
 - herb roasted chicken tender
 - chickpeas
- +pick your toppings**
 - steamed broccoli
 - roasted red bell peppers
 - roasted red potatoes
 - roasted zucchini
 - parmesan cheese
 - mozzarella cheese
- +add your sauce**
 - tomato sauce
 - alfredo sauce

04/22 - 04/26 TACO BOWL

- + pick your base**
 - cilantro lime rice
 - whole grain corn tortilla chips
- +pick your protein**
 - cumin lime chicken
 - cheddar cheese
- +pick your toppings**
 - shredded romaine lettuce
 - tomato salsa
 - sauteed peppers & onions
 - corn
 - black beans
- +add your dressing**
 - honey lime 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

Apr 1, 2024 thru May 3, 2024

Menu Name: DCPS Lunch 9-12 Fusion Bar

Include Cost: No

Site:

Report Style: Detailed

Use Alternate Menu Name: No

Monday - 04/01/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990283 Chicken Bulgogi	3 oz	100	124	0.49	324	2	*N/A*	3.36	*0.00	48	3.37	0.38	19.30	*40	*5.7	*3.26	*0.72
001114 Jasmine Rice	1 C	100	214	0.00	161	*0	*N/A*	1.90	*0.00	0	43.90	2.53	5.99	2	4.7	0.05	0.96
990263 Edamame	.25 C	100	58	0.36	81	1	*N/A*	2.91	*0.00	0	3.91	2.23	5.08	*127	*27.0	*2.59	*0.97
001172 Asian Kale Slaw	.5 C	100	47	0.52	72	1	*N/A*	3.78	*0.00	0	3.02	1.41	1.05	2337	70.3	27.54	0.53
001162 Korean Cauliflower	.25 C	75	34	0.27	145	3	*N/A*	1.54	*0.00	0	4.40	1.18	1.14	*12	*13.8	*25.08	*0.27
990068 Glazed Carrots	.25 C	100	35	0.11	90	4	*N/A*	0.79	*0.00	0	7.01	1.80	0.60	*9779	*26.4	*3.45	*0.21
001101 Steamed Green Peas	.25 C	50	46	0.18	98	2	*N/A*	1.27	*0.00	0	6.44	2.13	2.47	974	10.4	8.52	0.73
000559 Asian Dressing	1 oz	80	70	0.49	300	3	*N/A*	5.60	*0.02	0	4.56	0.09	0.68	3	2.7	0.99	0.14
000884 Fresh Pear	1 each	100	131	0.05	2	22	*N/A*	0.32	0.00	0	35.03	7.13	0.83	58	20.7	9.89	0.41
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			812	3.36	1241	*48	*0	21.10	*0.02	58	118.54	17.50	43.76	*13265	*537.1	*71.39	*4.56
% of Calories				3.72%		*23.6%	*0%	23.4%	*0.0%		58.4%		21.6%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Tuesday - 04/02/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990283 Chicken Bulgogi	3 oz	100	124	0.49	324	2	*N/A*	3.36	*0.00	48	3.37	0.38	19.30	*40	*5.7	*3.26	*0.72
001114 Jasmine Rice	1 C	100	214	0.00	161	*0	*N/A*	1.90	*0.00	0	43.90	2.53	5.99	2	4.7	0.05	0.96
990263 Edamame	.25 C	100	58	0.36	81	1	*N/A*	2.91	*0.00	0	3.91	2.23	5.08	*127	*27.0	*2.59	*0.97
001172 Asian Kale Slaw	.5 C	100	47	0.52	72	1	*N/A*	3.78	*0.00	0	3.02	1.41	1.05	2337	70.3	27.54	0.53
001162 Korean Cauliflower	.25 C	75	34	0.27	145	3	*N/A*	1.54	*0.00	0	4.40	1.18	1.14	*12	*13.8	*25.08	*0.27
990068 Glazed Carrots	.25 C	100	35	0.11	90	4	*N/A*	0.79	*0.00	0	7.01	1.80	0.60	*9779	*26.4	*3.45	*0.21
001101 Steamed Green Peas	.25 C	50	46	0.18	98	2	*N/A*	1.27	*0.00	0	6.44	2.13	2.47	974	10.4	8.52	0.73
000559 Asian Dressing	1 oz	80	70	0.49	300	3	*N/A*	5.60	*0.02	0	4.56	0.09	0.68	3	2.7	0.99	0.14
000812 Orange Wedges	1 C/6 wedges	99	86	0.03	0	17	*N/A*	0.22	0.00	0	21.62	4.42	1.73	414	73.6	97.89	0.18
001064 Mandarin Oranges**	1 C	1	72	0.01	9	16	*N/A*	0.08	0.00	0	17.78	2.30	1.42	2480	23.0	64.10	0.51
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			767	3.34	1239	*43	*0	21.00	*0.02	58	105.09	14.77	44.66	*13642	*589.5	*159.05	*4.34
% of Calories				3.92%		*22.4%	*0%	24.6%	*0.0%		54.8%		23.3%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Wednesday - 04/03/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990268 Beef Bulgogi	2 oz	100	185	5.74	315	2	*N/A*	15.65	*0.00	32	2.67	0.25	7.95	*40	*11.7	*1.09	*0.94
990263 Edamame	.25 C	100	58	0.36	81	1	*N/A*	2.91	*0.00	0	3.91	2.23	5.08	*127	*27.0	*2.59	*0.97
001114 Jasmine Rice	1 C	100	214	0.00	161	*0	*N/A*	1.90	*0.00	0	43.90	2.53	5.99	2	4.7	0.05	0.96
001172 Asian Kale Slaw	.5 C	100	47	0.52	72	1	*N/A*	3.78	*0.00	0	3.02	1.41	1.05	2337	70.3	27.54	0.53
001162 Korean Cauliflower	.25 C	75	34	0.27	145	3	*N/A*	1.54	*0.00	0	4.40	1.18	1.14	*12	*13.8	*25.08	*0.27
990068 Glazed Carrots	.25 C	100	35	0.11	90	4	*N/A*	0.79	*0.00	0	7.01	1.80	0.60	*9779	*26.4	*3.45	*0.21
001101 Steamed Green Peas	.25 C	50	46	0.18	98	2	*N/A*	1.27	*0.00	0	6.44	2.13	2.47	974	10.4	8.52	0.73
000559 Asian Dressing	1 oz	80	70	0.49	300	3	*N/A*	5.60	*0.02	0	4.56	0.09	0.68	3	2.7	0.99	0.14
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000170 100% Apple Juice	4 oz	100	70	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	0.00	0	0.0	0.00	0.00
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			917	8.69	1231	*40	*0	33.45	*0.02	42	125.76	13.31	32.87	*13283	*528.3	*69.60	*4.68
% of Calories				8.53%		*17.4%	*0%	32.8%	*0.0%		54.9%		14.3%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Thursday - 04/04/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990283 Chicken Bulgogi	3 oz	100	124	0.49	324	2	*N/A*	3.36	*0.00	48	3.37	0.38	19.30	*40	*5.7	*3.26	*0.72
990263 Edamame	.25 C	100	58	0.36	81	1	*N/A*	2.91	*0.00	0	3.91	2.23	5.08	*127	*27.0	*2.59	*0.97
001114 Jasmine Rice	1 C	100	214	0.00	161	*0	*N/A*	1.90	*0.00	0	43.90	2.53	5.99	2	4.7	0.05	0.96
001172 Asian Kale Slaw	.5 C	100	47	0.52	72	1	*N/A*	3.78	*0.00	0	3.02	1.41	1.05	2337	70.3	27.54	0.53
001162 Korean Cauliflower	.25 C	75	34	0.27	145	3	*N/A*	1.54	*0.00	0	4.40	1.18	1.14	*12	*13.8	*25.08	*0.27
990068 Glazed Carrots	.25 C	100	35	0.11	90	4	*N/A*	0.79	*0.00	0	7.01	1.80	0.60	*9779	*26.4	*3.45	*0.21
001101 Steamed Green Peas	.25 C	50	46	0.18	98	2	*N/A*	1.27	*0.00	0	6.44	2.13	2.47	974	10.4	8.52	0.73

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000559 Asian Dressing	1 oz	80	70	0.49	300	3	*N/A*	5.60	*0.02	0	4.56	0.09	0.68	3	2.7	0.99	0.14
990421 Cantaloupe	1 C	100	53	0.08	25	12	*N/A*	0.30	0.00	0	12.73	1.40	1.31	5276	14.0	57.25	0.33
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			734	3.39	1264	*38	*0	21.07	*0.02	58	96.24	11.78	44.25	*18483	*530.4	*118.75	*4.48
% of Calories				4.16%		*20.7%	*0%	25.8%	*0.0%		52.4%		24.1%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Friday - 04/05/2024

Reimbursable Meal Total 1

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	0	0	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			<=0									

Monday - 04/08/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Apr 1, 2024 thru May 3, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990371 Curried Chicken, Diced	3 oz	100	130	0.67	123	0	*N/A*	4.87	*0.00	48	1.93	0.69	19.22	*3	*13.6	*2.73	*0.94
990308 Curried Chickpeas	.25 C	100	89	0.46	336	*0	*N/A*	2.32	*0.00	0	13.40	5.42	3.58	*14	*21.1	*2.47	*0.87
990310 Brown Basmati Rice	1 C	100	245	0.41	161	*0	*N/A*	4.74	*0.00	0	44.97	2.75	6.13	*1	*7.4	*0.65	*1.09
001142 Baby Spinach Salad	.5 C	100	5	0.00	19	0	*N/A*	0.00	0.00	0	0.87	0.54	0.70	1129	26.1	3.66	0.31
990311 Potato Samosa	.25 C	100	45	0.18	53	*0	*N/A*	1.28	*0.00	0	7.43	1.60	1.54	*35	*24.4	*6.34	*1.90
990062 Roasted Carrots	.25 C	100	35	0.18	85	3	*N/A*	1.36	*0.00	0	5.58	1.72	0.60	*9287	*25.0	*3.28	*0.19
990081 Sauteed Cabbage	.25 C	100	18	0.13	75	1	*N/A*	0.85	*0.00	0	2.61	0.92	0.50	53	14.5	12.37	0.18
990306 Yogurt Lime Dressing	1 oz	100	35	0.44	57	4	*N/A*	1.77	*0.00	2	3.70	0.03	1.36	33	47.6	0.34	0.08
000884 Fresh Pear	1 each	100	131	0.05	2	22	*N/A*	0.32	0.00	0	35.03	7.13	0.83	58	20.7	9.89	0.41
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			831	3.68	1025	*43	*0	19.28	*0.00	60	127.63	20.81	42.73	*11036	*565.1	*42.50	*6.05
% of Calories				3.99%		*20.7%	*0%	20.9%	*0.0%		61.4%		20.6%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Tuesday - 04/09/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Apr 1, 2024 thru May 3, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990371 Curried Chicken, Diced	3 oz	100	130	0.67	123	0	*N/A*	4.87	*0.00	48	1.93	0.69	19.22	*3	*13.6	*2.73	*0.94
990308 Curried Chickpeas	.25 C	100	89	0.46	336	*0	*N/A*	2.32	*0.00	0	13.40	5.42	3.58	*14	*21.1	*2.47	*0.87
990310 Brown Basmati Rice	1 C	100	245	0.41	161	*0	*N/A*	4.74	*0.00	0	44.97	2.75	6.13	*1	*7.4	*0.65	*1.09
001142 Baby Spinach Salad	.5 C	100	5	0.00	19	0	*N/A*	0.00	0.00	0	0.87	0.54	0.70	1129	26.1	3.66	0.31
990311 Potato Samosa	.25 C	100	45	0.18	53	*0	*N/A*	1.28	*0.00	0	7.43	1.60	1.54	*35	*24.4	*6.34	*1.90
990062 Roasted Carrots	.25 C	100	35	0.18	85	3	*N/A*	1.36	*0.00	0	5.58	1.72	0.60	*9287	*25.0	*3.28	*0.19
990081 Sautéed Cabbage	.25 C	100	18	0.13	75	1	*N/A*	0.85	*0.00	0	2.61	0.92	0.50	53	14.5	12.37	0.18
990306 Yogurt Lime Dressing	1 oz	100	35	0.44	57	4	*N/A*	1.77	*0.00	2	3.70	0.03	1.36	33	47.6	0.34	0.08
000812 Orange Wedges	1 C/6 wedges	99	86	0.03	0	17	*N/A*	0.22	0.00	0	21.62	4.42	1.73	414	73.6	97.89	0.18
001064 Mandarin Oranges**	1 C	1	72	0.01	9	16	*N/A*	0.08	0.00	0	17.78	2.30	1.42	2480	23.0	64.10	0.51
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			786	3.66	1023	*38	*0	19.17	*0.00	60	114.18	18.07	43.63	*11413	*617.4	*130.16	*5.83
% of Calories				4.19%		*19.3%	*0%	22.0%	*0.0%		58.1%		22.2%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Wednesday - 04/10/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Apr 1, 2024 thru May 3, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990371 Curried Chicken, Diced	3 oz	100	130	0.67	123	0	*N/A*	4.87	*0.00	48	1.93	0.69	19.22	*3	*13.6	*2.73	*0.94
990308 Curried Chickpeas	.25 C	100	89	0.46	336	*0	*N/A*	2.32	*0.00	0	13.40	5.42	3.58	*14	*21.1	*2.47	*0.87
990310 Brown Basmati Rice	1 C	100	245	0.41	161	*0	*N/A*	4.74	*0.00	0	44.97	2.75	6.13	*1	*7.4	*0.65	*1.09
001142 Baby Spinach Salad	.5 C	100	5	0.00	19	0	*N/A*	0.00	0.00	0	0.87	0.54	0.70	1129	26.1	3.66	0.31
990311 Potato Samosa	.25 C	100	45	0.18	53	*0	*N/A*	1.28	*0.00	0	7.43	1.60	1.54	*35	*24.4	*6.34	*1.90
990062 Roasted Carrots	.25 C	100	35	0.18	85	3	*N/A*	1.36	*0.00	0	5.58	1.72	0.60	*9287	*25.0	*3.28	*0.19
990081 Sauteed Cabbage	.25 C	100	18	0.13	75	1	*N/A*	0.85	*0.00	0	2.61	0.92	0.50	53	14.5	12.37	0.18
990306 Yogurt Lime Dressing	1 oz	100	35	0.44	57	4	*N/A*	1.77	*0.00	2	3.70	0.03	1.36	33	47.6	0.34	0.08
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000170 100% Apple Juice	4 oz	100	70	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	0.00	0	0.0	0.00	0.00
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			875	3.77	1024	*35	*0	19.34	*0.00	60	135.55	16.74	43.19	*11054	*550.3	*42.87	*5.95
% of Calories				3.88%		*16.0%	*0%	19.9%	*0.0%		62.0%		19.7%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Thursday - 04/11/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Apr 1, 2024 thru May 3, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990371 Curried Chicken, Diced	3 oz	100	130	0.67	123	0	*N/A*	4.87	*0.00	48	1.93	0.69	19.22	*3	*13.6	*2.73	*0.94
990308 Curried Chickpeas	.25 C	100	89	0.46	336	*0	*N/A*	2.32	*0.00	0	13.40	5.42	3.58	*14	*21.1	*2.47	*0.87
990310 Brown Basmati Rice	1 C	100	245	0.41	161	*0	*N/A*	4.74	*0.00	0	44.97	2.75	6.13	*1	*7.4	*0.65	*1.09
001142 Baby Spinach Salad	.5 C	100	5	0.00	19	0	*N/A*	0.00	0.00	0	0.87	0.54	0.70	1129	26.1	3.66	0.31
990311 Potato Samosa	.25 C	100	45	0.18	53	*0	*N/A*	1.28	*0.00	0	7.43	1.60	1.54	*35	*24.4	*6.34	*1.90
990062 Roasted Carrots	.25 C	100	35	0.18	85	3	*N/A*	1.36	*0.00	0	5.58	1.72	0.60	*9287	*25.0	*3.28	*0.19
990081 Sauteed Cabbage	.25 C	100	18	0.13	75	1	*N/A*	0.85	*0.00	0	2.61	0.92	0.50	53	14.5	12.37	0.18
990306 Yogurt Lime Dressing	1 oz	100	35	0.44	57	4	*N/A*	1.77	*0.00	2	3.70	0.03	1.36	33	47.6	0.34	0.08
990421 Cantaloupe	1 C	100	53	0.08	25	12	*N/A*	0.30	0.00	0	12.73	1.40	1.31	5276	14.0	57.25	0.33
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			753	3.71	1048	*33	*0	19.25	*0.00	60	105.33	15.08	43.22	*16254	*558.4	*89.86	*5.97
% of Calories				4.43%		*17.5%	*0%	23.0%	*0.0%		56.0%		23.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Friday - 04/12/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Apr 1, 2024 thru May 3, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990371 Curried Chicken, Diced	3 oz	100	130	0.67	123	0	*N/A*	4.87	*0.00	48	1.93	0.69	19.22	*3	*13.6	*2.73	*0.94
990308 Curried Chickpeas	.25 C	100	89	0.46	336	*0	*N/A*	2.32	*0.00	0	13.40	5.42	3.58	*14	*21.1	*2.47	*0.87
990310 Brown Basmati Rice	1 C	100	245	0.41	161	*0	*N/A*	4.74	*0.00	0	44.97	2.75	6.13	*1	*7.4	*0.65	*1.09
001142 Baby Spinach Salad	.5 C	100	5	0.00	19	0	*N/A*	0.00	0.00	0	0.87	0.54	0.70	1129	26.1	3.66	0.31
990311 Potato Samosa	.25 C	100	45	0.18	53	*0	*N/A*	1.28	*0.00	0	7.43	1.60	1.54	*35	*24.4	*6.34	*1.90
990062 Roasted Carrots	.25 C	100	35	0.18	85	3	*N/A*	1.36	*0.00	0	5.58	1.72	0.60	*9287	*25.0	*3.28	*0.19
990081 Sauteed Cabbage	.25 C	100	18	0.13	75	1	*N/A*	0.85	*0.00	0	2.61	0.92	0.50	53	14.5	12.37	0.18
990306 Yogurt Lime Dressing	1 oz	100	35	0.44	57	4	*N/A*	1.77	*0.00	2	3.70	0.03	1.36	33	47.6	0.34	0.08
001200 Fresh Apple Slices	6 each	100	116	0.06	2	23	*N/A*	0.38	0.00	0	30.80	5.35	0.58	120	13.4	10.26	0.27
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			816	3.70	1025	*44	*0	19.33	*0.00	60	123.39	19.03	42.49	*11099	*557.7	*42.86	*5.91
% of Calories				4.08%		*21.6%	*0%	21.3%	*0.0%		60.5%		20.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Monday - 04/15/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	0	0	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			<=0									

Tuesday - 04/16/2024

Reimbursable Meal Total 1

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	0	0	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			<=0									

Wednesday - 04/17/2024

Reimbursable Meal Total 1

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	0	0	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			<=0									

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

Thursday - 04/18/2024

Reimbursable Meal Total 1

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
000145 NO SCHOOL TODAY																		
Weighted Daily Average			0	0.00	0	0	0	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			<=0										

Friday - 04/19/2024

Reimbursable Meal Total 1

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
000145 NO SCHOOL TODAY																		
Weighted Daily Average			0	0.00	0	0	0	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			<=0										

Monday - 04/22/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990280 Cumin Lime Chicken	2 oz	100	85	0.52	124	0	*N/A*	3.64	*0.00	30	1.02	0.21	11.89	*80	*5.7	*1.84	*0.66
990210 Shredded Cheddar Cheese	.25 C	70	110	6.00	190	0	*N/A*	9.00	0.00	30	1.00	0.00	7.00	300	200.0	0.00	0.00

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Apr 1, 2024 thru May 3, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990107 Cilantro-Lime Brown Rice	1 C	50	245	0.33	198	*0	*N/A*	4.30	*0.00	0	45.80	3.02	6.44	*119	*11.5	*3.70	*1.28
990329 WG Corn Tortilla Chips	20 each	50	215	1.54	177	0	*N/A*	9.21	0.00	0	30.71	3.07	3.07	0	30.7	0.00	0.00
000967 Shredded Lettuce	4oz scoop	100	5	0.01	2	0	*N/A*	0.09	0.00	0	0.97	0.62	0.36	2568	9.7	1.18	0.29
990281 Seasoned Black Beans	.5 C	50	141	0.31	331	2	*N/A*	1.80	*0.00	0	23.76	9.48	8.20	*17	*50.3	*4.71	*2.58
001099 Tomato Salsa	2oz scoop	100	17	0.03	53	*2	*N/A*	0.19	*0.00	0	3.59	1.05	0.77	580	9.4	12.90	0.26
990331 Sauteed Peppers & Onions, Strips	.25 C	100	24	0.13	33	2	*N/A*	0.85	*0.00	0	3.98	0.99	0.56	*86	*12.9	*20.72	*0.15
001157 Corn	.25 C	100	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	80	1.6	2.61	0.17
001038 Honey Lime Dressing	1 oz	80	85	1.03	255	2	*N/A*	7.19	*0.00	0	5.79	0.44	0.33	205	8.0	0.77	0.38
990898 Chilled Peaches	8oz scoop	100	132	0.00	0	26	*N/A*	0.00	0.00	0	31.69	2.64	2.64	*N/A*	23.8	*N/A*	0.00
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			842	8.00	1017	*47	*0	26.56	*0.00	61	117.29	14.50	39.75	*4260	*620.3	*44.82	*3.85
% of Calories				8.55%		*22.3%	*0%	28.4%	*0.0%		55.7%		18.9%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Tuesday - 04/23/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Apr 1, 2024 thru May 3, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990280 Cumin Lime Chicken	2 oz	100	85	0.52	124	0	*N/A*	3.64	*0.00	30	1.02	0.21	11.89	*80	*5.7	*1.84	*0.66
990210 Shredded Cheddar Cheese	.25 C	70	110	6.00	190	0	*N/A*	9.00	0.00	30	1.00	0.00	7.00	300	200.0	0.00	0.00
990107 Cilantro-Lime Brown Rice	1 C	50	245	0.33	198	*0	*N/A*	4.30	*0.00	0	45.80	3.02	6.44	*119	*11.5	*3.70	*1.28
990329 WG Corn Tortilla Chips	20 each	50	215	1.54	177	0	*N/A*	9.21	0.00	0	30.71	3.07	3.07	0	30.7	0.00	0.00
000967 Shredded Lettuce	4oz scoop	100	5	0.01	2	0	*N/A*	0.09	0.00	0	0.97	0.62	0.36	2568	9.7	1.18	0.29
990281 Seasoned Black Beans	.5 C	50	141	0.31	331	2	*N/A*	1.80	*0.00	0	23.76	9.48	8.20	*17	*50.3	*4.71	*2.58
001099 Tomato Salsa	2oz scoop	100	17	0.03	53	*2	*N/A*	0.19	*0.00	0	3.59	1.05	0.77	580	9.4	12.90	0.26
990331 Sautéed Peppers & Onions, Strips	.25 C	100	24	0.13	33	2	*N/A*	0.85	*0.00	0	3.98	0.99	0.56	*86	*12.9	*20.72	*0.15
001157 Corn	.25 C	100	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	80	1.6	2.61	0.17
001038 Honey Lime Dressing	1 oz	80	85	1.03	255	2	*N/A*	7.19	*0.00	0	5.79	0.44	0.33	205	8.0	0.77	0.38
990138 Chilled Applesauce - 1 C	1 C	100	108	0.02	5	*N/A*	*N/A*	0.26	*N/A*	0	28.98	2.83	0.44	75	10.3	2.57	0.59
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			818	8.02	1022	*20	*0	26.82	*0.00	61	114.59	14.69	37.55	*4335	*606.9	*47.39	*4.44
% of Calories				8.82%		*9.8%	*0%	29.5%	*0.0%		56.0%		18.4%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

Wednesday - 04/24/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990280 Cumin Lime Chicken	2 oz	100	85	0.52	124	0	*N/A*	3.64	*0.00	30	1.02	0.21	11.89	*80	*5.7	*1.84	*0.66
990210 Shredded Cheddar Cheese	.25 C	70	110	6.00	190	0	*N/A*	9.00	0.00	30	1.00	0.00	7.00	300	200.0	0.00	0.00
990107 Cilantro-Lime Brown Rice	1 C	50	245	0.33	198	*0	*N/A*	4.30	*0.00	0	45.80	3.02	6.44	*119	*11.5	*3.70	*1.28
990329 WG Corn Tortilla Chips	20 each	50	215	1.54	177	0	*N/A*	9.21	0.00	0	30.71	3.07	3.07	0	30.7	0.00	0.00
000967 Shredded Lettuce	4oz scoop	100	5	0.01	2	0	*N/A*	0.09	0.00	0	0.97	0.62	0.36	2568	9.7	1.18	0.29
990281 Seasoned Black Beans	.5 C	50	141	0.31	331	2	*N/A*	1.80	*0.00	0	23.76	9.48	8.20	*17	*50.3	*4.71	*2.58
001099 Tomato Salsa	2oz scoop	100	17	0.03	53	*2	*N/A*	0.19	*0.00	0	3.59	1.05	0.77	580	9.4	12.90	0.26
990331 Sauteed Peppers & Onions, Strips	.25 C	100	24	0.13	33	2	*N/A*	0.85	*0.00	0	3.98	0.99	0.56	*86	*12.9	*20.72	*0.15
001157 Corn	.25 C	100	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	80	1.6	2.61	0.17
001038 Honey Lime Dressing	1 oz	80	85	1.03	255	2	*N/A*	7.19	*0.00	0	5.79	0.44	0.33	205	8.0	0.77	0.38
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000170 100% Apple Juice	4 oz	100	70	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	0.00	0	0.0	0.00	0.00
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			885	8.13	1018	*35	*0	26.95	*0.00	61	128.56	14.93	38.40	*4336	*602.5	*55.09	*4.16
% of Calories				8.27%		*15.8%	*0%	27.4%	*0.0%		58.1%		17.4%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Thursday - 04/25/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990280 Cumin Lime Chicken	2 oz	100	85	0.52	124	0	*N/A*	3.64	*0.00	30	1.02	0.21	11.89	*80	*5.7	*1.84	*0.66
990210 Shredded Cheddar Cheese	.25 C	70	110	6.00	190	0	*N/A*	9.00	0.00	30	1.00	0.00	7.00	300	200.0	0.00	0.00
990107 Cilantro-Lime Brown Rice	1 C	50	245	0.33	198	*0	*N/A*	4.30	*0.00	0	45.80	3.02	6.44	*119	*11.5	*3.70	*1.28
990329 WG Corn Tortilla Chips	20 each	50	215	1.54	177	0	*N/A*	9.21	0.00	0	30.71	3.07	3.07	0	30.7	0.00	0.00
000967 Shredded Lettuce	4oz scoop	100	5	0.01	2	0	*N/A*	0.09	0.00	0	0.97	0.62	0.36	2568	9.7	1.18	0.29
990281 Seasoned Black Beans	.5 C	50	141	0.31	331	2	*N/A*	1.80	*0.00	0	23.76	9.48	8.20	*17	*50.3	*4.71	*2.58
001099 Tomato Salsa	2oz scoop	100	17	0.03	53	*2	*N/A*	0.19	*0.00	0	3.59	1.05	0.77	580	9.4	12.90	0.26
990331 Sauteed Peppers & Onions, Strips	.25 C	100	24	0.13	33	2	*N/A*	0.85	*0.00	0	3.98	0.99	0.56	*86	*12.9	*20.72	*0.15
001157 Corn	.25 C	100	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	80	1.6	2.61	0.17
001038 Honey Lime Dressing	1 oz	80	85	1.03	255	2	*N/A*	7.19	*0.00	0	5.79	0.44	0.33	205	8.0	0.77	0.38
990421 Cantaloupe	1 C	100	53	0.08	25	12	*N/A*	0.30	0.00	0	12.73	1.40	1.31	5276	14.0	57.25	0.33

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Apr 1, 2024 thru May 3, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			763	8.08	1042	*33	*0	26.86	*0.00	61	98.33	13.26	38.42	*9536	*610.6	*102.07	*4.18
% of Calories				9.53%		*17.3%	*0%	31.7%	*0.0%		51.5%		20.1%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Friday - 04/26/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990280 Cumin Lime Chicken	2 oz	100	85	0.52	124	0	*N/A*	3.64	*0.00	30	1.02	0.21	11.89	*80	*5.7	*1.84	*0.66
990210 Shredded Cheddar Cheese	.25 C	70	110	6.00	190	0	*N/A*	9.00	0.00	30	1.00	0.00	7.00	300	200.0	0.00	0.00
990107 Cilantro-Lime Brown Rice	1 C	50	245	0.33	198	*0	*N/A*	4.30	*0.00	0	45.80	3.02	6.44	*119	*11.5	*3.70	*1.28
990329 WG Corn Tortilla Chips	20 each	50	215	1.54	177	0	*N/A*	9.21	0.00	0	30.71	3.07	3.07	0	30.7	0.00	0.00
000967 Shredded Lettuce	4oz scoop	100	5	0.01	2	0	*N/A*	0.09	0.00	0	0.97	0.62	0.36	2568	9.7	1.18	0.29
990281 Seasoned Black Beans	.5 C	50	141	0.31	331	2	*N/A*	1.80	*0.00	0	23.76	9.48	8.20	*17	*50.3	*4.71	*2.58
001099 Tomato Salsa	2oz scoop	100	17	0.03	53	*2	*N/A*	0.19	*0.00	0	3.59	1.05	0.77	580	9.4	12.90	0.26
990331 Sauteed Peppers & Onions, Strips	.25 C	100	24	0.13	33	2	*N/A*	0.85	*0.00	0	3.98	0.99	0.56	*86	*12.9	*20.72	*0.15

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001157 Corn	.25 C	100	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	80	1.6	2.61	0.17
001038 Honey Lime Dressing	1 oz	80	85	1.03	255	2	*N/A*	7.19	*0.00	0	5.79	0.44	0.33	205	8.0	0.77	0.38
001200 Fresh Apple Slices	6 each	100	116	0.06	2	23	*N/A*	0.38	0.00	0	30.80	5.35	0.58	120	13.4	10.26	0.27
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			826	8.06	1019	*43	*0	26.94	*0.00	61	116.40	17.21	37.69	*4381	*610.0	*55.08	*4.12
% of Calories				8.78%		*20.8%	*0%	29.4%	*0.0%		56.4%		18.3%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Monday - 04/29/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990283 Chicken Bulgogi	3 oz	100	124	0.49	324	2	*N/A*	3.36	*0.00	48	3.37	0.38	19.30	*40	*5.7	*3.26	*0.72
001114 Jasmine Rice	1 C	100	214	0.00	161	*0	*N/A*	1.90	*0.00	0	43.90	2.53	5.99	2	4.7	0.05	0.96
990263 Edamame	.25 C	100	58	0.36	81	1	*N/A*	2.91	*0.00	0	3.91	2.23	5.08	*127	*27.0	*2.59	*0.97
001172 Asian Kale Slaw	.5 C	100	47	0.52	72	1	*N/A*	3.78	*0.00	0	3.02	1.41	1.05	2337	70.3	27.54	0.53
001162 Korean Cauliflower	.25 C	75	34	0.27	145	3	*N/A*	1.54	*0.00	0	4.40	1.18	1.14	*12	*13.8	*25.08	*0.27

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
990068	Glazed Carrots	.25 C	100	35	0.11	90	4	*N/A*	0.79	*0.00	0	7.01	1.80	0.60	*9779	*26.4	*3.45	*0.21
001101	Steamed Green Peas	.25 C	50	46	0.18	98	2	*N/A*	1.27	*0.00	0	6.44	2.13	2.47	974	10.4	8.52	0.73
000559	Asian Dressing	1 oz	80	70	0.49	300	3	*N/A*	5.60	*0.02	0	4.56	0.09	0.68	3	2.7	0.99	0.14
000884	Fresh Pear	1 each	100	131	0.05	2	22	*N/A*	0.32	0.00	0	35.03	7.13	0.83	58	20.7	9.89	0.41
000231	Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230	1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160	Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383	Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average				812	3.36	1241	*48	*0	21.10	*0.02	58	118.54	17.50	43.76	*13265	*537.1	*71.39	*4.56
% of Calories					3.72%		*23.6%	*0%	23.4%	*0.0%		58.4%		21.6%				
Weekly Nutrient Guideline				750 - 850	<10	1280			<=0									

Tuesday - 04/30/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
990283	Chicken Bulgogi	3 oz	100	124	0.49	324	2	*N/A*	3.36	*0.00	48	3.37	0.38	19.30	*40	*5.7	*3.26	*0.72
001114	Jasmine Rice	1 C	100	214	0.00	161	*0	*N/A*	1.90	*0.00	0	43.90	2.53	5.99	2	4.7	0.05	0.96
990263	Edamame	.25 C	100	58	0.36	81	1	*N/A*	2.91	*0.00	0	3.91	2.23	5.08	*127	*27.0	*2.59	*0.97
001172	Asian Kale Slaw	.5 C	100	47	0.52	72	1	*N/A*	3.78	*0.00	0	3.02	1.41	1.05	2337	70.3	27.54	0.53

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001162 Korean Cauliflower	.25 C	75	34	0.27	145	3	*N/A*	1.54	*0.00	0	4.40	1.18	1.14	*12	*13.8	*25.08	*0.27
990068 Glazed Carrots	.25 C	100	35	0.11	90	4	*N/A*	0.79	*0.00	0	7.01	1.80	0.60	*9779	*26.4	*3.45	*0.21
001101 Steamed Green Peas	.25 C	50	46	0.18	98	2	*N/A*	1.27	*0.00	0	6.44	2.13	2.47	974	10.4	8.52	0.73
000559 Asian Dressing	1 oz	80	70	0.49	300	3	*N/A*	5.60	*0.02	0	4.56	0.09	0.68	3	2.7	0.99	0.14
000812 Orange Wedges	1 C/6 wedges	99	86	0.03	0	17	*N/A*	0.22	0.00	0	21.62	4.42	1.73	414	73.6	97.89	0.18
001064 Mandarin Oranges**	1 C	1	72	0.01	9	16	*N/A*	0.08	0.00	0	17.78	2.30	1.42	2480	23.0	64.10	0.51
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			767	3.34	1239	*43	*0	21.00	*0.02	58	105.09	14.77	44.66	*13642	*589.5	*159.05	*4.34
% of Calories				3.92%		*22.4%	*0%	24.6%	*0.0%		54.8%		23.3%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Wednesday - 05/01/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990268 Beef Bulgogi	2 oz	100	185	5.74	315	2	*N/A*	15.65	*0.00	32	2.67	0.25	7.95	*40	*11.7	*1.09	*0.94
990263 Edamame	.25 C	100	58	0.36	81	1	*N/A*	2.91	*0.00	0	3.91	2.23	5.08	*127	*27.0	*2.59	*0.97

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Apr 1, 2024 thru May 3, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001114 Jasmine Rice	1 C	100	214	0.00	161	*0	*N/A*	1.90	*0.00	0	43.90	2.53	5.99	2	4.7	0.05	0.96
001172 Asian Kale Slaw	.5 C	100	47	0.52	72	1	*N/A*	3.78	*0.00	0	3.02	1.41	1.05	2337	70.3	27.54	0.53
001162 Korean Cauliflower	.25 C	75	34	0.27	145	3	*N/A*	1.54	*0.00	0	4.40	1.18	1.14	*12	*13.8	*25.08	*0.27
990068 Glazed Carrots	.25 C	100	35	0.11	90	4	*N/A*	0.79	*0.00	0	7.01	1.80	0.60	*9779	*26.4	*3.45	*0.21
001101 Steamed Green Peas	.25 C	50	46	0.18	98	2	*N/A*	1.27	*0.00	0	6.44	2.13	2.47	974	10.4	8.52	0.73
000559 Asian Dressing	1 oz	80	70	0.49	300	3	*N/A*	5.60	*0.02	0	4.56	0.09	0.68	3	2.7	0.99	0.14
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000170 100% Apple Juice	4 oz	100	70	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	0.00	0	0.0	0.00	0.00
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			917	8.69	1231	*40	*0	33.45	*0.02	42	125.76	13.31	32.87	*13283	*528.3	*69.60	*4.68
% of Calories				8.53%		*17.4%	*0%	32.8%	*0.0%		54.9%		14.3%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Thursday - 05/02/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Apr 1, 2024 thru May 3, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990283 Chicken Bulgogi	3 oz	100	124	0.49	324	2	*N/A*	3.36	*0.00	48	3.37	0.38	19.30	*40	*5.7	*3.26	*0.72
990263 Edamame	.25 C	100	58	0.36	81	1	*N/A*	2.91	*0.00	0	3.91	2.23	5.08	*127	*27.0	*2.59	*0.97
001114 Jasmine Rice	1 C	100	214	0.00	161	*0	*N/A*	1.90	*0.00	0	43.90	2.53	5.99	2	4.7	0.05	0.96
001172 Asian Kale Slaw	.5 C	100	47	0.52	72	1	*N/A*	3.78	*0.00	0	3.02	1.41	1.05	2337	70.3	27.54	0.53
001162 Korean Cauliflower	.25 C	75	34	0.27	145	3	*N/A*	1.54	*0.00	0	4.40	1.18	1.14	*12	*13.8	*25.08	*0.27
990068 Glazed Carrots	.25 C	100	35	0.11	90	4	*N/A*	0.79	*0.00	0	7.01	1.80	0.60	*9779	*26.4	*3.45	*0.21
001101 Steamed Green Peas	.25 C	50	46	0.18	98	2	*N/A*	1.27	*0.00	0	6.44	2.13	2.47	974	10.4	8.52	0.73
000559 Asian Dressing	1 oz	80	70	0.49	300	3	*N/A*	5.60	*0.02	0	4.56	0.09	0.68	3	2.7	0.99	0.14
990421 Cantaloupe	1 C	100	53	0.08	25	12	*N/A*	0.30	0.00	0	12.73	1.40	1.31	5276	14.0	57.25	0.33
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			734	3.39	1264	*38	*0	21.07	*0.02	58	96.24	11.78	44.25	*18483	*530.4	*118.75	*4.48
% of Calories				4.16%		*20.7%	*0%	25.8%	*0.0%		52.4%		24.1%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Friday - 05/03/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	
990283	Chicken Bulgogi	3 oz	100	124	0.49	324	2	*N/A*	3.36	*0.00	48	3.37	0.38	19.30	*40	*5.7	*3.26	*0.72
990263	Edamame	.25 C	100	58	0.36	81	1	*N/A*	2.91	*0.00	0	3.91	2.23	5.08	*127	*27.0	*2.59	*0.97
001114	Jasmine Rice	1 C	100	214	0.00	161	*0	*N/A*	1.90	*0.00	0	43.90	2.53	5.99	2	4.7	0.05	0.96
001172	Asian Kale Slaw	.5 C	100	47	0.52	72	1	*N/A*	3.78	*0.00	0	3.02	1.41	1.05	2337	70.3	27.54	0.53
001162	Korean Cauliflower	.25 C	75	34	0.27	145	3	*N/A*	1.54	*0.00	0	4.40	1.18	1.14	*12	*13.8	*25.08	*0.27
990068	Glazed Carrots	.25 C	100	35	0.11	90	4	*N/A*	0.79	*0.00	0	7.01	1.80	0.60	*9779	*26.4	*3.45	*0.21
001101	Steamed Green Peas	.25 C	50	46	0.18	98	2	*N/A*	1.27	*0.00	0	6.44	2.13	2.47	974	10.4	8.52	0.73
000559	Asian Dressing	1 oz	80	70	0.49	300	3	*N/A*	5.60	*0.02	0	4.56	0.09	0.68	3	2.7	0.99	0.14
001200	Fresh Apple Slices	6 each	100	116	0.06	2	23	*N/A*	0.38	0.00	0	30.80	5.35	0.58	120	13.4	10.26	0.27
000231	Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230	1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160	Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383	Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average				797	3.38	1241	*49	*0	21.16	*0.02	58	114.30	15.72	43.52	*13328	*529.8	*71.75	*4.42
% of Calories					3.82%		*24.6%	*0%	23.9%	*0.0%		57.4%		21.8%				
Weekly Nutrient Guideline				750 - 850	<10	1280			<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	813	5	1129	*40	*0	23.42	*0.01	58	115.10	15.51	41.14	*11494	*568.4	*82.21	*4.79

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

% of Calories			5.81%		*19.7%	*0%	25.9%	*0.0%		56.6%		20.2%			
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**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

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

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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



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