



# August/September 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 - peach; Tues - watermelon; Wed - orange;  
Thurs - cantaloupe; Fri - apple

## 8/26 - 8/30 & 9/23 - 9/27 TERIYAKI BOWL

- + pick your base**
  - whole grain lo mein
  - brown rice
- +pick your protein**
  - teriyaki chicken
  - super sesame tofu
- +pick your toppings**
  - asian broccoli
  - steamed carrots
  - edamame
  - water chestnuts
  - roasted cauliflower

## 9/2 - 9/6 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

## 9/9 - 9/13 INDIAN BOWL

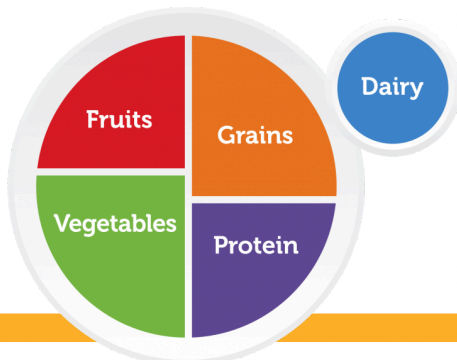
- + pick your base**
  - brown basmati rice
- +pick your protein**
  - curried chicken
  - curried chickpeas
- +pick your toppings**
  - potato samosa
  - roasted carrots
  - sautéed cabbage
  - baby spinach
- +add your dressing**
  - yogurt lime dressing

## 9/16- 9/20 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

### 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

Aug 26, 2024 thru Sep 27, 2024

Menu Name: DCPS Lunch 9-12 Fusion Bar

Include Cost: No

Site:

Report Style: Detailed

Use Alternate Menu Name: No

### Monday - 08/26/2024

### 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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990339 Teriyaki Chicken	3 oz scoop	90	132	0.32	336	8	*N/A*	2.25	*0.00	48	8.42	0.08	18.97	*10	*3.0	*2.61	*0.57
000726 Super Sesame Tofu	.5 C	10	129	1.32	494	1	*N/A*	7.53	*0.00	0	4.21	1.32	12.20	*79	*255.6	*1.41	*2.12
990438 Whole Grain Lo Mein	1 C	75	277	1.10	444	5	*N/A*	7.48	*0.00	0	45.83	5.36	8.62	*19	*35.4	*0.20	*2.03
990357 Brown Rice	1 C	25	248	0.35	201	*0	*N/A*	4.37	*0.00	0	46.44	2.99	6.42	*284	*9.6	*0.16	*1.19
001170 Asian Broccoli	.25 C	100	39	0.34	158	1	*N/A*	2.13	*0.00	0	3.76	1.32	1.68	*301	*23.3	*43.06	*0.42
990377 Steamed Carrots	.25 C	100	36	0.19	90	3	*N/A*	1.38	*0.00	0	5.81	1.79	0.59	*9775	*25.4	*3.45	*0.18
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	*0.98
990902 Water Chestnuts	2 oz scoop	50	19	0.00	3	0	0	0.00	0.00	0	4.45	0.83	0.28	0	1.4	0.00	0.31
001145 Roasted Cauliflower	2oz scoop	70	4	0.04	11	0	*N/A*	0.23	*0.00	0	0.48	0.19	0.18	*0	*2.1	*4.44	*0.04
000445 Fresh Peach	1 each	100	58	0.03	0	13	*N/A*	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
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

Aug 26, 2024 thru Sep 27, 2024

	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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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			773	3.44	1187	*40	*0	18.19	*0.00	53	112.47	13.10	43.62	*11217	*508.7	*65.51	*4.75
% of Calories				4.01%		*20.7%	*0%	21.2%	*0.0%		58.2%		22.6%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

## Tuesday - 08/27/2024

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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990339 Teriyaki Chicken	3 oz scoop	90	132	0.32	336	8	*N/A*	2.25	*0.00	48	8.42	0.08	18.97	*10	*3.0	*2.61	*0.57
000726 Super Sesame Tofu	.5 C	10	129	1.32	494	1	*N/A*	7.53	*0.00	0	4.21	1.32	12.20	*79	*255.6	*1.41	*2.12
990438 Whole Grain Lo Mein	1 C	75	277	1.10	444	5	*N/A*	7.48	*0.00	0	45.83	5.36	8.62	*19	*35.4	*0.20	*2.03
990357 Brown Rice	1 C	25	248	0.35	201	*0	*N/A*	4.37	*0.00	0	46.44	2.99	6.42	*284	*9.6	*0.16	*1.19
001170 Asian Broccoli	.25 C	100	39	0.34	158	1	*N/A*	2.13	*0.00	0	3.76	1.32	1.68	*301	*23.3	*43.06	*0.42
990377 Steamed Carrots	.25 C	100	36	0.19	90	3	*N/A*	1.38	*0.00	0	5.81	1.79	0.59	*9775	*25.4	*3.45	*0.18
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	*0.98
990902 Water Chestnuts	2 oz scoop	50	19	0.00	3	0	0	0.00	0.00	0	4.45	0.83	0.28	0	1.4	0.00	0.31
001145 Roasted Cauliflower	2oz scoop	70	4	0.04	11	0	*N/A*	0.23	*0.00	0	0.48	0.19	0.18	*0	*2.1	*4.44	*0.04
000962 Fresh Watermelon	1 C	100	46	0.02	2	9	*N/A*	0.23	0.00	0	11.48	0.61	0.93	865	10.6	12.31	0.36
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

Aug 26, 2024 thru Sep 27, 2024

	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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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			690	3.43	1188	*37	*0	18.05	*0.00	53	93.63	11.45	43.18	*11593	*510.4	*67.93	*4.74
% of Calories				4.47%		*21.4%	*0%	23.5%	*0.0%		54.3%		25.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

## Wednesday - 08/28/2024

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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990903 Teriyaki Beef	3 oz scoop	90	337	10.84	511	*8	*N/A*	26.86	*0.00	65	8.91	0.08	15.43	*10	*15.0	*0.13	*1.89
000726 Super Sesame Tofu	.5 C	10	129	1.32	494	1	*N/A*	7.53	*0.00	0	4.21	1.32	12.20	*79	*255.6	*1.41	*2.12
990438 Whole Grain Lo Mein	1 C	75	277	1.10	444	5	*N/A*	7.48	*0.00	0	45.83	5.36	8.62	*19	*35.4	*0.20	*2.03
990357 Brown Rice	1 C	25	248	0.35	201	*0	*N/A*	4.37	*0.00	0	46.44	2.99	6.42	*284	*9.6	*0.16	*1.19
001170 Asian Broccoli	.25 C	100	39	0.34	158	1	*N/A*	2.13	*0.00	0	3.76	1.32	1.68	*301	*23.3	*43.06	*0.42
990377 Steamed Carrots	.25 C	100	36	0.19	90	3	*N/A*	1.38	*0.00	0	5.81	1.79	0.59	*9775	*25.4	*3.45	*0.18
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	*0.98
990902 Water Chestnuts	2 oz scoop	50	19	0.00	3	0	0	0.00	0.00	0	4.45	0.83	0.28	0	1.4	0.00	0.31
001145 Roasted Cauliflower	2oz scoop	70	4	0.04	11	0	*N/A*	0.23	*0.00	0	0.48	0.19	0.18	*0	*2.1	*4.44	*0.04

# Base Menu Spreadsheet

## Portion Values

Aug 26, 2024 thru Sep 27, 2024

	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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000812 Orange Wedges	6 each	100	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
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	12.90	1344	*45	*0	40.19	*0.00	68	104.22	15.26	40.80	*11142	*584.1	*151.28	*5.74
% of Calories				12.66 %		*19.6%	*0%	39.4%	*0.0%		45.5%		17.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

### Thursday - 08/29/2024

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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990339 Teriyaki Chicken	3 oz scoop	90	132	0.32	336	8	*N/A*	2.25	*0.00	48	8.42	0.08	18.97	*10	*3.0	*2.61	*0.57
000726 Super Sesame Tofu	.5 C	10	129	1.32	494	1	*N/A*	7.53	*0.00	0	4.21	1.32	12.20	*79	*255.6	*1.41	*2.12
990438 Whole Grain Lo Mein	1 C	75	277	1.10	444	5	*N/A*	7.48	*0.00	0	45.83	5.36	8.62	*19	*35.4	*0.20	*2.03
990357 Brown Rice	1 C	25	248	0.35	201	*0	*N/A*	4.37	*0.00	0	46.44	2.99	6.42	*284	*9.6	*0.16	*1.19
001170 Asian Broccoli	.25 C	100	39	0.34	158	1	*N/A*	2.13	*0.00	0	3.76	1.32	1.68	*301	*23.3	*43.06	*0.42
990377 Steamed Carrots	.25 C	100	36	0.19	90	3	*N/A*	1.38	*0.00	0	5.81	1.79	0.59	*9775	*25.4	*3.45	*0.18
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	*0.98

# Base Menu Spreadsheet

## Portion Values

Aug 26, 2024 thru Sep 27, 2024

	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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
990902	Water Chestnuts	2 oz scoop	50	19	0.00	3	0	0.00	0.00	0	4.45	0.83	0.28	0	1.4	0.00	0.31	
001145	Roasted Cauliflower	2oz scoop	70	4	0.04	11	0	*N/A*	0.23	*0.00	0	0.48	0.19	0.18	*0	*2.1	*4.44	*0.04
990421	Cantaloupe	8 oz	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				698	3.49	1212	*40	*0	18.12	*0.00	53	94.89	12.25	43.56	*16004	*513.8	*112.87	*4.70
% of Calories					4.50%		*22.9%	*0%	23.4%	*0.0%		54.4%		25.0%				
Weekly Nutrient Guideline				750 - 850	<10	1280			<=0									

### Friday - 08/30/2024

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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
990339	Teriyaki Chicken	3 oz scoop	90	132	0.32	336	8	*N/A*	2.25	*0.00	48	8.42	0.08	18.97	*10	*3.0	*2.61	*0.57
000726	Super Sesame Tofu	.5 C	10	129	1.32	494	1	*N/A*	7.53	*0.00	0	4.21	1.32	12.20	*79	*255.6	*1.41	*2.12
990438	Whole Grain Lo Mein	1 C	75	277	1.10	444	5	*N/A*	7.48	*0.00	0	45.83	5.36	8.62	*19	*35.4	*0.20	*2.03
990357	Brown Rice	1 C	25	248	0.35	201	*0	*N/A*	4.37	*0.00	0	46.44	2.99	6.42	*284	*9.6	*0.16	*1.19
001170	Asian Broccoli	.25 C	100	39	0.34	158	1	*N/A*	2.13	*0.00	0	3.76	1.32	1.68	*301	*23.3	*43.06	*0.42

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Aug 26, 2024 thru Sep 27, 2024

	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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990377 Steamed Carrots	.25 C	100	36	0.19	90	3	*N/A*	1.38	*0.00	0	5.81	1.79	0.59	*9775	*25.4	*3.45	*0.18
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	*0.98
990902 Water Chestnuts	2 oz scoop	50	19	0.00	3	0	0	0.00	0.00	0	4.45	0.83	0.28	0	1.4	0.00	0.31
001145 Roasted Cauliflower	2oz scoop	70	4	0.04	11	0	*N/A*	0.23	*0.00	0	0.48	0.19	0.18	*0	*2.1	*4.44	*0.04
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			761	3.47	1189	*51	*0	18.20	*0.00	53	112.95	16.20	42.83	*10849	*513.1	*65.87	*4.64
% of Calories				4.10%		*26.8%	*0%	21.5%	*0.0%		59.4%		22.5%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Monday - 09/02/2024

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Aug 26, 2024 thru Sep 27, 2024

	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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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 - 09/03/2024

### 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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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	1.03	0.21	11.89	*79	*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	23.77	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	3.60	1.06	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
000962 Fresh Watermelon	1 C	100	46	0.02	2	9	*N/A*	0.23	0.00	0	11.48	0.61	0.93	865	10.6	12.31	0.36



# Base Menu Spreadsheet

## Portion Values

Aug 26, 2024 thru Sep 27, 2024

	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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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				756	8.03	1018	*30	*N/A*	26.79	*0.00	61	97.09	12.47	38.04	*5124	*607.2	*57.13	*4.22
% of Calories					9.56%		*15.9%	*N/A*	31.9%	*0.0%		51.4%		20.1%				
Weekly Nutrient Guideline				750 - 850	<10	1280			<=0									

### Wednesday - 09/04/2024

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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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	1.03	0.21	11.89	*79	*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	23.77	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	3.60	1.06	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

Aug 26, 2024 thru Sep 27, 2024

	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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
001157	Corn	.25 C	100	36	0.05	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
000812	Orange Wedges	6 each	100	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
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	8.03	1017	*38	*N/A*	26.78	*0.00	61	107.24	16.28	38.84	*4673	*670.2	*142.71	*4.04
% of Calories					9.07%		*19.1%	*N/A*	30.2%	*0.0%		53.8%		19.5%				
Weekly Nutrient Guideline				750 - 850	<10	1280			<=0									

### Thursday - 09/05/2024

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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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	1.03	0.21	11.89	*79	*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

# Base Menu Spreadsheet

## Portion Values

Aug 26, 2024 thru Sep 27, 2024

	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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
990281 Seasoned Black Beans	.5 C	50	141	0.31	331	2	*N/A*	1.80	*0.00	0	23.77	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	3.60	1.06	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	8 oz	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			763	8.08	1042	*33	*N/A*	26.86	*0.00	61	98.35	13.27	38.42	*9535	*610.6	*102.07	*4.18
% of Calories				9.53%		*17.3%	*N/A*	31.7%	*0.0%		51.6%		20.1%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

### Friday - 09/06/2024

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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (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	1.03	0.21	11.89	*79	*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

Aug 26, 2024 thru Sep 27, 2024

	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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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	23.77	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	3.60	1.06	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
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	*N/A*	26.94	*0.00	61	116.41	17.21	37.69	*4380	*610.0	*55.08	*4.12
% of Calories				8.78%		*20.8%	*N/A*	29.4%	*0.0%		56.4%		18.3%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Monday - 09/09/2024

Reimbursable Meal Total 100

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Aug 26, 2024 thru Sep 27, 2024

	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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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	*24.3	*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	19	0.13	75	1	*N/A*	0.88	*0.00	0	2.61	0.92	0.50	*53	*14.5	*12.37	*0.18
990306 Yogurt Lime Dressing	1 oz	100	36	0.46	57	4	*N/A*	1.82	*0.00	2	3.70	0.03	1.36	*33	*47.6	*0.34	*0.07
000445 Fresh Peach	1 each	100	58	0.03	0	13	*N/A*	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
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 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			830	3.68	1023	*34	*N/A*	19.41	*0.00	60	122.91	15.93	43.27	*11467	*553.3	*42.50	*6.00
% of Calories				3.99%		*16.4%	*N/A*	21.0%	*0.0%		59.2%		20.9%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Tuesday - 09/10/2024

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Aug 26, 2024 thru Sep 27, 2024

	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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (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	*24.3	*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	19	0.13	75	1	*N/A*	0.88	*0.00	0	2.61	0.92	0.50	*53	*14.5	*12.37	*0.18
990306 Yogurt Lime Dressing	1 oz	100	36	0.46	57	4	*N/A*	1.82	*0.00	2	3.70	0.03	1.36	*33	*47.6	*0.34	*0.07
000962 Fresh Watermelon	1 C	100	46	0.02	2	9	*N/A*	0.23	0.00	0	11.48	0.61	0.93	865	10.6	12.31	0.36
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			747	3.68	1024	*30	*N/A*	19.26	*0.00	60	104.07	14.28	42.84	*11843	*555.0	*44.92	*5.99
% of Calories				4.43%		*16.1%	*N/A*	23.2%	*0.0%		55.7%		22.9%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Wednesday - 09/11/2024

Reimbursable Meal Total 100

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Aug 26, 2024 thru Sep 27, 2024

	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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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	*24.3	*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	19	0.13	75	1	*N/A*	0.88	*0.00	0	2.61	0.92	0.50	*53	*14.5	*12.37	*0.18
990306 Yogurt Lime Dressing	1 oz	100	36	0.46	57	4	*N/A*	1.82	*0.00	2	3.70	0.03	1.36	*33	*47.6	*0.34	*0.07
000812 Orange Wedges	6 each	100	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
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			788	3.68	1023	*38	*N/A*	19.25	*0.00	60	114.22	18.09	43.64	*11392	*617.9	*130.49	*5.81
% of Calories				4.20%		*19.3%	*N/A*	22.0%	*0.0%		58.0%		22.2%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Thursday - 09/12/2024

Reimbursable Meal Total 100

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Aug 26, 2024 thru Sep 27, 2024

	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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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	*24.3	*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	19	0.13	75	1	*N/A*	0.88	*0.00	0	2.61	0.92	0.50	*53	*14.5	*12.37	*0.18
990306 Yogurt Lime Dressing	1 oz	100	36	0.46	57	4	*N/A*	1.82	*0.00	2	3.70	0.03	1.36	*33	*47.6	*0.34	*0.07
990421 Cantaloupe	8 oz	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			755	3.73	1048	*33	*N/A*	19.33	*0.00	60	105.33	15.08	43.22	*16254	*558.4	*89.86	*5.96
% of Calories				4.45%		*17.5%	*N/A*	23.0%	*0.0%		55.8%		22.9%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Friday - 09/13/2024

Reimbursable Meal Total 100



# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Aug 26, 2024 thru Sep 27, 2024

	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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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	*24.3	*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	19	0.13	75	1	*N/A*	0.88	*0.00	0	2.61	0.92	0.50	*53	*14.5	*12.37	*0.18
990306 Yogurt Lime Dressing	1 oz	100	36	0.46	57	4	*N/A*	1.82	*0.00	2	3.70	0.03	1.36	*33	*47.6	*0.34	*0.07
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			818	3.72	1025	*44	*N/A*	19.41	*0.00	60	123.39	19.03	42.49	*11098	*557.7	*42.86	*5.90
% of Calories				4.09%		*21.5%	*N/A*	21.4%	*0.0%		60.3%		20.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Monday - 09/16/2024

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Aug 26, 2024 thru Sep 27, 2024

	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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990332 Herb Roasted Chicken Tender, Chopped	2 oz	100	62	0.21	77	0	*N/A*	1.42	*0.00	30	0.21	0.11	11.74	*9	*4.3	*1.80	*0.46
990333 Shredded Mozzarella	.25 C	60	81	3.54	172	0	*N/A*	6.07	0.00	15	1.01	*N/A*	8.10	*N/A*	*N/A*	*N/A*	*N/A*
990247 Parmesan Cheese	1 oz	60	38	1.89	132	0	*N/A*	3.77	0.00	9	0.00	0.00	3.77	*N/A*	*N/A*	*N/A*	*N/A*
990355 Whole Wheat Rotini Pasta	1 C	100	222	0.64	201	1	*N/A*	5.98	*0.00	0	39.00	7.00	8.00	*0	*31.2	*0.00	*2.00
001095 Steamed Broccoli	.25 C	100	32	0.30	63	1	*N/A*	1.86	*0.00	0	3.20	1.26	1.36	*301	*22.7	*43.05	*0.35
001020 Chickpeas	.25 C	50	70	0.12	290	2	*N/A*	1.12	*0.00	0	11.79	3.29	3.81	0	21.2	0.52	1.24
990337 Roasted Red Bell Pepper	.25 C	100	20	0.14	33	2	*N/A*	0.92	*0.00	0	3.01	1.08	0.51	*1447	*7.2	*59.01	*0.21
990054 Roasted Red Potatoes	.25 C	100	43	0.18	55	*0	*N/A*	1.19	*0.00	0	7.45	0.81	0.90	*3	*5.1	*3.97	*0.35
990338 Roasted Zucchini	.25 C	100	25	0.28	51	1	*N/A*	1.83	*0.00	0	1.69	0.51	0.59	*91	*9.1	*8.02	*0.26
990342 House Tomato Sauce	.125 C	100	22	0.05	83	2	*N/A*	0.36	*0.00	0	4.19	0.54	0.86	*52	*11.0	*2.36	*0.40
990328 Alfredo Sauce	1 oz	100	44	1.62	146	2	*N/A*	2.84	*0.00	8	3.10	0.07	2.54	*55	*41.7	*0.01	*0.10
000445 Fresh Peach	1 each	100	58	0.03	0	13	*N/A*	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
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

Aug 26, 2024 thru Sep 27, 2024

	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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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			802	7.90	1150	*35	*N/A*	25.00	*0.00	63	110.79	*15.27	45.17	*2871	*516.5	*129.12	*5.20
% of Calories				8.87%		*17.5%	*N/A*	28.1%	*0.0%		55.3%		22.5%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

## Tuesday - 09/17/2024

### 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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990332 Herb Roasted Chicken Tender, Chopped	2 oz	100	62	0.21	77	0	*N/A*	1.42	*0.00	30	0.21	0.11	11.74	*9	*4.3	*1.80	*0.46
990333 Shredded Mozzarella	.25 C	60	81	3.54	172	0	*N/A*	6.07	0.00	15	1.01	*N/A*	8.10	*N/A*	*N/A*	*N/A*	*N/A*
990247 Parmesan Cheese	1 oz	60	38	1.89	132	0	*N/A*	3.77	0.00	9	0.00	0.00	3.77	*N/A*	*N/A*	*N/A*	*N/A*
990355 Whole Wheat Rotini Pasta	1 C	100	222	0.64	201	1	*N/A*	5.98	*0.00	0	39.00	7.00	8.00	*0	*31.2	*0.00	*2.00
001095 Steamed Broccoli	.25 C	100	32	0.30	63	1	*N/A*	1.86	*0.00	0	3.20	1.26	1.36	*301	*22.7	*43.05	*0.35
001020 Chickpeas	.25 C	50	70	0.12	290	2	*N/A*	1.12	*0.00	0	11.79	3.29	3.81	0	21.2	0.52	1.24
990337 Roasted Red Bell Pepper	.25 C	100	20	0.14	33	2	*N/A*	0.92	*0.00	0	3.01	1.08	0.51	*1447	*7.2	*59.01	*0.21
990054 Roasted Red Potatoes	.25 C	100	43	0.18	55	*0	*N/A*	1.19	*0.00	0	7.45	0.81	0.90	*3	*5.1	*3.97	*0.35
990338 Roasted Zucchini	.25 C	100	25	0.28	51	1	*N/A*	1.83	*0.00	0	1.69	0.51	0.59	*91	*9.1	*8.02	*0.26
990342 House Tomato Sauce	.125 C	100	22	0.05	83	2	*N/A*	0.36	*0.00	0	4.19	0.54	0.86	*52	*11.0	*2.36	*0.40
990328 Alfredo Sauce	1 oz	100	44	1.62	146	2	*N/A*	2.84	*0.00	8	3.10	0.07	2.54	*55	*41.7	*0.01	*0.10

# Base Menu Spreadsheet

## Portion Values

Aug 26, 2024 thru Sep 27, 2024

	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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000962 Fresh Watermelon	1 C	100	46	0.02	2	9	*N/A*	0.23	0.00	0	11.48	0.61	0.93	865	10.6	12.31	0.36
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			719	7.90	1152	*32	*N/A*	24.85	*0.00	63	91.96	*13.63	44.73	*3247	*518.2	*131.54	*5.19
% of Calories				9.89%		*17.8%	*N/A*	31.1%	*0.0%		51.2%		24.9%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

### Wednesday - 09/18/2024

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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990332 Herb Roasted Chicken Tender, Chopped	2 oz	100	62	0.21	77	0	*N/A*	1.42	*0.00	30	0.21	0.11	11.74	*9	*4.3	*1.80	*0.46
990333 Shredded Mozzarella	.25 C	60	81	3.54	172	0	*N/A*	6.07	0.00	15	1.01	*N/A*	8.10	*N/A*	*N/A*	*N/A*	*N/A*
990247 Parmesan Cheese	1 oz	60	38	1.89	132	0	*N/A*	3.77	0.00	9	0.00	0.00	3.77	*N/A*	*N/A*	*N/A*	*N/A*
990355 Whole Wheat Rotini Pasta	1 C	100	222	0.64	201	1	*N/A*	5.98	*0.00	0	39.00	7.00	8.00	*0	*31.2	*0.00	*2.00
001095 Steamed Broccoli	.25 C	100	32	0.30	63	1	*N/A*	1.86	*0.00	0	3.20	1.26	1.36	*301	*22.7	*43.05	*0.35
001020 Chickpeas	.25 C	50	70	0.12	290	2	*N/A*	1.12	*0.00	0	11.79	3.29	3.81	0	21.2	0.52	1.24
990337 Roasted Red Bell Pepper	.25 C	100	20	0.14	33	2	*N/A*	0.92	*0.00	0	3.01	1.08	0.51	*1447	*7.2	*59.01	*0.21

**Base Menu Spreadsheet**

Portion Values

Aug 26, 2024 thru Sep 27, 2024

	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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
990054	Roasted Red Potatoes	.25 C	100	43	0.18	55	*0	*N/A*	1.19	*0.00	0	7.45	0.81	0.90	*3	*5.1	*3.97	*0.35
990338	Roasted Zucchini	.25 C	100	25	0.28	51	1	*N/A*	1.83	*0.00	0	1.69	0.51	0.59	*91	*9.1	*8.02	*0.26
990342	House Tomato Sauce	.125 C	100	22	0.05	83	2	*N/A*	0.36	*0.00	0	4.19	0.54	0.86	*52	*11.0	*2.36	*0.40
990328	Alfredo Sauce	1 oz	100	44	1.62	146	2	*N/A*	2.84	*0.00	8	3.10	0.07	2.54	*55	*41.7	*0.01	*0.10
000812	Orange Wedges	6 each	100	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
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				760	7.90	1150	*40	*N/A*	24.84	*0.00	63	102.10	*17.43	45.53	*2796	*581.1	*217.11	*5.01
% of Calories					9.36%		*21.1%	*N/A*	29.4%	*0.0%		53.7%		24.0%				
Weekly Nutrient Guideline				750 - 850	<10	1280			<=0									

**Thursday - 09/19/2024**

**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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
990332	Herb Roasted Chicken Tender, Chopped	2 oz	100	62	0.21	77	0	*N/A*	1.42	*0.00	30	0.21	0.11	11.74	*9	*4.3	*1.80	*0.46
990333	Shredded Mozzarella	.25 C	60	81	3.54	172	0	*N/A*	6.07	0.00	15	1.01	*N/A*	8.10	*N/A*	*N/A*	*N/A*	*N/A*
990247	Parmesan Cheese	1 oz	60	38	1.89	132	0	*N/A*	3.77	0.00	9	0.00	0.00	3.77	*N/A*	*N/A*	*N/A*	*N/A*

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Aug 26, 2024 thru Sep 27, 2024

	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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990355 Whole Wheat Rotini Pasta	1 C	100	222	0.64	201	1	*N/A*	5.98	*0.00	0	39.00	7.00	8.00	*0	*31.2	*0.00	*2.00
001095 Steamed Broccoli	.25 C	100	32	0.30	63	1	*N/A*	1.86	*0.00	0	3.20	1.26	1.36	*301	*22.7	*43.05	*0.35
001020 Chickpeas	.25 C	50	70	0.12	290	2	*N/A*	1.12	*0.00	0	11.79	3.29	3.81	0	21.2	0.52	1.24
990337 Roasted Red Bell Pepper	.25 C	100	20	0.14	33	2	*N/A*	0.92	*0.00	0	3.01	1.08	0.51	*1447	*7.2	*59.01	*0.21
990054 Roasted Red Potatoes	.25 C	100	43	0.18	55	*0	*N/A*	1.19	*0.00	0	7.45	0.81	0.90	*3	*5.1	*3.97	*0.35
990338 Roasted Zucchini	.25 C	100	25	0.28	51	1	*N/A*	1.83	*0.00	0	1.69	0.51	0.59	*91	*9.1	*8.02	*0.26
990342 House Tomato Sauce	.125 C	100	22	0.05	83	2	*N/A*	0.36	*0.00	0	4.19	0.54	0.86	*52	*11.0	*2.36	*0.40
990328 Alfredo Sauce	1 oz	100	44	1.62	146	2	*N/A*	2.84	*0.00	8	3.10	0.07	2.54	*55	*41.7	*0.01	*0.10
990421 Cantaloupe	8 oz	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			726	7.96	1175	*35	*N/A*	24.92	*0.00	63	93.21	*14.42	45.11	*7658	*521.6	*176.48	*5.16
% of Calories				9.87%		*19.3%	*N/A*	30.9%	*0.0%		51.4%		24.9%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Friday - 09/20/2024

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Aug 26, 2024 thru Sep 27, 2024

	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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990332 Herb Roasted Chicken Tender, Chopped	2 oz	100	62	0.21	77	0	*N/A*	1.42	*0.00	30	0.21	0.11	11.74	*9	*4.3	*1.80	*0.46
990333 Shredded Mozzarella	.25 C	60	81	3.54	172	0	*N/A*	6.07	0.00	15	1.01	*N/A*	8.10	*N/A*	*N/A*	*N/A*	*N/A*
990247 Parmesan Cheese	1 oz	60	38	1.89	132	0	*N/A*	3.77	0.00	9	0.00	0.00	3.77	*N/A*	*N/A*	*N/A*	*N/A*
990355 Whole Wheat Rotini Pasta	1 C	100	222	0.64	201	1	*N/A*	5.98	*0.00	0	39.00	7.00	8.00	*0	*31.2	*0.00	*2.00
001095 Steamed Broccoli	.25 C	100	32	0.30	63	1	*N/A*	1.86	*0.00	0	3.20	1.26	1.36	*301	*22.7	*43.05	*0.35
001020 Chickpeas	.25 C	50	70	0.12	290	2	*N/A*	1.12	*0.00	0	11.79	3.29	3.81	0	21.2	0.52	1.24
990337 Roasted Red Bell Pepper	.25 C	100	20	0.14	33	2	*N/A*	0.92	*0.00	0	3.01	1.08	0.51	*1447	*7.2	*59.01	*0.21
990054 Roasted Red Potatoes	.25 C	100	43	0.18	55	*0	*N/A*	1.19	*0.00	0	7.45	0.81	0.90	*3	*5.1	*3.97	*0.35
990338 Roasted Zucchini	.25 C	100	25	0.28	51	1	*N/A*	1.83	*0.00	0	1.69	0.51	0.59	*91	*9.1	*8.02	*0.26
990342 House Tomato Sauce	.125 C	100	22	0.05	83	2	*N/A*	0.36	*0.00	0	4.19	0.54	0.86	*52	*11.0	*2.36	*0.40
990328 Alfredo Sauce	1 oz	100	44	1.62	146	2	*N/A*	2.84	*0.00	8	3.10	0.07	2.54	*55	*41.7	*0.01	*0.10
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

# Base Menu Spreadsheet

## Portion Values

Aug 26, 2024 thru Sep 27, 2024

	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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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			789	7.94	1153	*46	*N/A*	25.00	*0.00	63	111.28	*18.37	44.38	*2502	*520.9	*129.48	*5.10
% of Calories				9.06%		*23.3%	*N/A*	28.5%	*0.0%		56.4%		22.5%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

### Monday - 09/23/2024

### 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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990339 Teriyaki Chicken	3 oz scoop	90	132	0.32	336	8	*N/A*	2.25	*0.00	48	8.42	0.08	18.97	*10	*3.0	*2.61	*0.57
000726 Super Sesame Tofu	.5 C	10	129	1.32	494	1	*N/A*	7.53	*0.00	0	4.21	1.32	12.20	*79	*255.6	*1.41	*2.12
990438 Whole Grain Lo Mein	1 C	75	277	1.10	444	5	*N/A*	7.48	*0.00	0	45.83	5.36	8.62	*19	*35.4	*0.20	*2.03
990357 Brown Rice	1 C	25	248	0.35	201	*0	*N/A*	4.37	*0.00	0	46.44	2.99	6.42	*284	*9.6	*0.16	*1.19
001170 Asian Broccoli	.25 C	100	39	0.34	158	1	*N/A*	2.13	*0.00	0	3.76	1.32	1.68	*301	*23.3	*43.06	*0.42
990377 Steamed Carrots	.25 C	100	36	0.19	90	3	*N/A*	1.38	*0.00	0	5.81	1.79	0.59	*9775	*25.4	*3.45	*0.18
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	*0.98
990902 Water Chestnuts	2 oz scoop	50	19	0.00	3	0	0	0.00	0.00	0	4.45	0.83	0.28	0	1.4	0.00	0.31
001145 Roasted Cauliflower	2oz scoop	70	4	0.04	11	0	*N/A*	0.23	*0.00	0	0.48	0.19	0.18	*0	*2.1	*4.44	*0.04
000445 Fresh Peach	1 each	100	58	0.03	0	13	*N/A*	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
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



# Base Menu Spreadsheet

## Portion Values

Aug 26, 2024 thru Sep 27, 2024

	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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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				773	3.44	1187	*40	*0	18.19	*0.00	53	112.47	13.10	43.62	*11217	*508.7	*65.51	*4.75
% of Calories				4.01%		*20.7%	*0%	21.2%	*0.0%		58.2%		22.6%					
Weekly Nutrient Guideline				750 - 850	<10	1280			<=0									

## Tuesday - 09/24/2024

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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
990339	Teriyaki Chicken	3 oz scoop	90	132	0.32	336	8	*N/A*	2.25	*0.00	48	8.42	0.08	18.97	*10	*3.0	*2.61	*0.57
000726	Super Sesame Tofu	.5 C	10	129	1.32	494	1	*N/A*	7.53	*0.00	0	4.21	1.32	12.20	*79	*255.6	*1.41	*2.12
990438	Whole Grain Lo Mein	1 C	75	277	1.10	444	5	*N/A*	7.48	*0.00	0	45.83	5.36	8.62	*19	*35.4	*0.20	*2.03
990357	Brown Rice	1 C	25	248	0.35	201	*0	*N/A*	4.37	*0.00	0	46.44	2.99	6.42	*284	*9.6	*0.16	*1.19
001170	Asian Broccoli	.25 C	100	39	0.34	158	1	*N/A*	2.13	*0.00	0	3.76	1.32	1.68	*301	*23.3	*43.06	*0.42
990377	Steamed Carrots	.25 C	100	36	0.19	90	3	*N/A*	1.38	*0.00	0	5.81	1.79	0.59	*9775	*25.4	*3.45	*0.18
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	*0.98
990902	Water Chestnuts	2 oz scoop	50	19	0.00	3	0	0.00	0.00	0	4.45	0.83	0.28	0	1.4	0.00	0.31	

# Base Menu Spreadsheet

## Portion Values

Aug 26, 2024 thru Sep 27, 2024

	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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001145 Roasted Cauliflower	2oz scoop	70	4	0.04	11	0	*N/A*	0.23	*0.00	0	0.48	0.19	0.18	*0	*2.1	*4.44	*0.04
000962 Fresh Watermelon	1 C	100	46	0.02	2	9	*N/A*	0.23	0.00	0	11.48	0.61	0.93	865	10.6	12.31	0.36
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			690	3.43	1188	*37	*0	18.05	*0.00	53	93.63	11.45	43.18	*11593	*510.4	*67.93	*4.74
% of Calories				4.47%		*21.4%	*0%	23.5%	*0.0%		54.3%		25.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

### Wednesday - 09/25/2024

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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990903 Teriyaki Beef	3 oz scoop	90	337	10.84	511	*8	*N/A*	26.86	*0.00	65	8.91	0.08	15.43	*10	*15.0	*0.13	*1.89
000726 Super Sesame Tofu	.5 C	10	129	1.32	494	1	*N/A*	7.53	*0.00	0	4.21	1.32	12.20	*79	*255.6	*1.41	*2.12
990438 Whole Grain Lo Mein	1 C	75	277	1.10	444	5	*N/A*	7.48	*0.00	0	45.83	5.36	8.62	*19	*35.4	*0.20	*2.03
990357 Brown Rice	1 C	25	248	0.35	201	*0	*N/A*	4.37	*0.00	0	46.44	2.99	6.42	*284	*9.6	*0.16	*1.19
001170 Asian Broccoli	.25 C	100	39	0.34	158	1	*N/A*	2.13	*0.00	0	3.76	1.32	1.68	*301	*23.3	*43.06	*0.42
990377 Steamed Carrots	.25 C	100	36	0.19	90	3	*N/A*	1.38	*0.00	0	5.81	1.79	0.59	*9775	*25.4	*3.45	*0.18

# Base Menu Spreadsheet

## Portion Values

Aug 26, 2024 thru Sep 27, 2024

	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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	*0.98
990902 Water Chestnuts	2 oz scoop	50	19	0.00	3	0	0	0.00	0.00	0	4.45	0.83	0.28	0	1.4	0.00	0.31
001145 Roasted Cauliflower	2oz scoop	70	4	0.04	11	0	*N/A*	0.23	*0.00	0	0.48	0.19	0.18	*0	*2.1	*4.44	*0.04
000812 Orange Wedges	6 each	100	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
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			917	12.90	1344	*45	*0	40.19	*0.00	68	104.22	15.26	40.80	*11142	*584.1	*151.28	*5.74
% of Calories				12.66 %		*19.6%	*0%	39.4%	*0.0%		45.5%		17.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

### Thursday - 09/26/2024

### 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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990339 Teriyaki Chicken	3 oz scoop	90	132	0.32	336	8	*N/A*	2.25	*0.00	48	8.42	0.08	18.97	*10	*3.0	*2.61	*0.57
000726 Super Sesame Tofu	.5 C	10	129	1.32	494	1	*N/A*	7.53	*0.00	0	4.21	1.32	12.20	*79	*255.6	*1.41	*2.12
990438 Whole Grain Lo Mein	1 C	75	277	1.10	444	5	*N/A*	7.48	*0.00	0	45.83	5.36	8.62	*19	*35.4	*0.20	*2.03
990357 Brown Rice	1 C	25	248	0.35	201	*0	*N/A*	4.37	*0.00	0	46.44	2.99	6.42	*284	*9.6	*0.16	*1.19

**Base Menu Spreadsheet**

Portion Values

Aug 26, 2024 thru Sep 27, 2024

	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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001170 Asian Broccoli	.25 C	100	39	0.34	158	1	*N/A*	2.13	*0.00	0	3.76	1.32	1.68	*301	*23.3	*43.06	*0.42
990377 Steamed Carrots	.25 C	100	36	0.19	90	3	*N/A*	1.38	*0.00	0	5.81	1.79	0.59	*9775	*25.4	*3.45	*0.18
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	*0.98
990902 Water Chestnuts	2 oz scoop	50	19	0.00	3	0	0	0.00	0.00	0	4.45	0.83	0.28	0	1.4	0.00	0.31
001145 Roasted Cauliflower	2oz scoop	70	4	0.04	11	0	*N/A*	0.23	*0.00	0	0.48	0.19	0.18	*0	*2.1	*4.44	*0.04
990421 Cantaloupe	8 oz	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			698	3.49	1212	*40	*0	18.12	*0.00	53	94.89	12.25	43.56	*16004	*513.8	*112.87	*4.70
% of Calories				4.50%		*22.9%	*0%	23.4%	*0.0%		54.4%		25.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

**Friday - 09/27/2024**

**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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990339 Teriyaki Chicken	3 oz scoop	90	132	0.32	336	8	*N/A*	2.25	*0.00	48	8.42	0.08	18.97	*10	*3.0	*2.61	*0.57
000726 Super Sesame Tofu	.5 C	10	129	1.32	494	1	*N/A*	7.53	*0.00	0	4.21	1.32	12.20	*79	*255.6	*1.41	*2.12

# Base Menu Spreadsheet

## Portion Values

Aug 26, 2024 thru Sep 27, 2024

	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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990438 Whole Grain Lo Mein	1 C	75	277	1.10	444	5	*N/A*	7.48	*0.00	0	45.83	5.36	8.62	*19	*35.4	*0.20	*2.03
990357 Brown Rice	1 C	25	248	0.35	201	*0	*N/A*	4.37	*0.00	0	46.44	2.99	6.42	*284	*9.6	*0.16	*1.19
001170 Asian Broccoli	.25 C	100	39	0.34	158	1	*N/A*	2.13	*0.00	0	3.76	1.32	1.68	*301	*23.3	*43.06	*0.42
990377 Steamed Carrots	.25 C	100	36	0.19	90	3	*N/A*	1.38	*0.00	0	5.81	1.79	0.59	*9775	*25.4	*3.45	*0.18
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	*0.98
990902 Water Chestnuts	2 oz scoop	50	19	0.00	3	0	0	0.00	0.00	0	4.45	0.83	0.28	0	1.4	0.00	0.31
001145 Roasted Cauliflower	2oz scoop	70	4	0.04	11	0	*N/A*	0.23	*0.00	0	0.48	0.19	0.18	*0	*2.1	*4.44	*0.04
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			761	3.47	1189	*51	*0	18.20	*0.00	53	112.95	16.20	42.83	*10849	*513.1	*65.87	*4.64
% of Calories				4.10%		*26.8%	*0%	21.5%	*0.0%		59.4%		22.5%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	773	6	1136	*39	*0	23.09	*0.00	59	105.61	*14.89	42.56	*9435	*552.4	*100.76	*5.04
% of Calories		6.97%		*20.2%	*0%	26.9%	*0.0%		54.6%		22.0%				

# Base Menu Spreadsheet

## Portion Values

Aug 26, 2024 thru Sep 27, 2024

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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*

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

*<sup>2</sup> - 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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