



March Lunch Menu

LUNCH 9-12

What do the colors on the menu mean?

GREEN = locally-sourced
 = vegetarian entree

All grains served are whole grain rich
Student's choice of skim or 1% milk provided at every meal.

Menu subject to change based on availability

This institution is an equal opportunity provider

NEW MENU ITEMS

Check out the exciting new dishes being added to the menu this month!

- Pesto Green Beans 3/7
- Chicken & Black Bean Empanadas 3/18
- Hot Honey Chicken 3/20
- Southwest Sweet Potato Mash 3/20
- Red Beans & Rice 3/21

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <ul style="list-style-type: none"> chicken alfredo veggie chik'n alfredo whole grain penne pasta steamed broccoli steamed carrots fresh pear 	4 <ul style="list-style-type: none"> all-beef hotdog veggie burger whole grain bun roasted red potatoes bbq baked beans ketchup & mustard fresh orange wedges 	5 <ul style="list-style-type: none"> baja fish tacos baja cream sauce cheese quesadilla steamed corn tangy cilantro-lime slaw fresh apple fresh banana 	6 <ul style="list-style-type: none"> herb roasted chicken drum veggie chik'n nuggets ketchup cornbread muffin butternut squash puree roasted cauliflower fresh honeydew 	7 <ul style="list-style-type: none"> grilled cheese sweet potato fries ketchup pesto green beans fresh apple slices
10 <ul style="list-style-type: none"> pepperoni pizza cheese pizza baby spinach salad cucumber coins house ranch dressing fresh pear 	11 <ul style="list-style-type: none"> pulled bbq chicken bbq tofu whole grain bun coleslaw jazzy black-eyed peas fresh orange wedges 	12 <ul style="list-style-type: none"> beef & cheese nachos bean & cheese nachos southwest taco corn roasted tomato salsa sour cream fresh apple fresh banana 	no school no school	
17 <ul style="list-style-type: none"> beef burger veggie burger whole grain bun sauteed green beans steamed carrots ketchup & mustard fresh apple slices 	18 <ul style="list-style-type: none"> chicken & black bean empanadas cheese quesadilla roasted tomato salsa oven fried plantains sour cream fresh orange wedges 	19 <ul style="list-style-type: none"> turkey meatballs and house tomato sauce tofu bolognese whole grain spaghetti mixed greens salad diced cucumber house ranch dressing fresh banana fresh apple 	20 <ul style="list-style-type: none"> hot honey chicken drum hot honey veggie chik'n nuggets whole grain roll mac & cheese braised collard greens southwest sweet potato mash fresh honeydew 	21 <ul style="list-style-type: none"> crispy catfish veggie chik'n nuggets red beans and rice hot sauce whole grain roll sauteed cabbage fresh pear
24 <ul style="list-style-type: none"> crispy chicken tender veggie chik'n nuggets ketchup whole grain roll mashed potatoes sauteed green beans fresh pear 	25 <ul style="list-style-type: none"> beef tacos sofritas tacos shredded lettuce chipotle pinto beans roasted tomato salsa fresh orange wedges 	26 <ul style="list-style-type: none"> sweet chili chicken sweet chili tofu brown rice steamed carrots ginger soy broccoli fresh apple fresh banana 	27 <ul style="list-style-type: none"> turkey sloppy joe lentil sloppy joe whole grain bun sweet potato fries ketchup garlic kale fresh honeydew 	28 <ul style="list-style-type: none"> cheese pizza steamed corn mixed greens salad italian dressing fresh apple slices
31 <ul style="list-style-type: none"> chicken alfredo veggie chik'n alfredo whole grain penne pasta steamed broccoli steamed carrots fresh pear 	4/1 <ul style="list-style-type: none"> all-beef hotdog veggie burger whole grain bun roasted red potatoes bbq baked beans ketchup & mustard fresh orange wedges 	4/2 <ul style="list-style-type: none"> baja fish tacos baja cream sauce cheese quesadilla steamed corn tangy cilantro-lime slaw fresh apple fresh banana 	4/3 <ul style="list-style-type: none"> herb roasted chicken drum veggie chik'n nuggets ketchup cornbread muffin butternut squash puree roasted cauliflower fresh honeydew 	4/4 <ul style="list-style-type: none"> grilled cheese sweet potato fries ketchup pesto green beans fresh apple slices

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

Menu Name: DCPS Lunch 9-12

Include Cost: No

Site:

Use Alternate Menu Name: No

Monday - 03/03/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999041 Seasoned Diced Chicken	3 oz	91	105	0.60	145	0	*0	3.76	*0.00	57	0.29	0.06	17.66	*0	*4.1	*0.04	*0.30
990376 Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
999042 Penne Pasta with Alfredo Sauce	8 oz	96	340	4.99	487	2	*0	13.13	*0.01	22	41.82	4.72	12.93	*457	*233.1	*0.00	*1.70
000454 Steamed Carrots	4 oz	100	41	0.00	82	5	*N/A*	0.00	0.00	0	9.52	4.08	1.36	*N/A*	40.8	*N/A*	0.54
000107 Steamed Broccoli	.5 C	100	33	0.11	32	2	*N/A*	0.36	0.00	0	6.41	2.51	2.72	601	45.4	86.10	0.70
000884 Fresh Pear	1 each	100	101	0.04	2	17	*N/A*	0.25	0.00	0	27.11	5.52	0.64	44	16.0	7.65	0.32
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
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			724	6.86	879	*39	*0	19.91	*0.01	84	98.47	17.17	42.97	*1515	*706.6	*94.54	*3.77
% of Calories				8.53%		*21.5%	*0%	24.8%	*0.0%		54.4%		23.7%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Tuesday - 03/04/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000240 All Beef Hot Dog on a WW Bun	1 each	91	320	7.00	710	4	*N/A*	17.50	0.00	35	30.00	4.00	11.00	0	40.0	1.20	2.16
000409 Veggie Burger on WW Bun	1 each	5	370	2.50	570	4	*0	15.00	0.00	0	36.00	6.00	25.00	0	24.0	0.00	7.44
000475 BBQ Baked Beans	4 oz	100	219	0.65	103	5	*2	4.25	*0.00	0	35.99	6.81	10.50	*410	*85.5	*0.47	*3.68
000386 Roasted Red Potatoes	.5 C	100	86	0.35	110	*0	*N/A*	2.37	*0.00	0	14.90	1.62	1.79	*7	*10.2	*7.93	*0.69
000556 Ketchup	1 each	96	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	96	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000812 Orange Wedges	6 each	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

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat 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
000776	Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592	Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652	Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557	Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average				836	8.85	1195	*38	*2	26.29	*0.00	43	117.37	16.99	34.29	*1281	*580.8	*107.80	*7.09
% of Calories				9.53%		*18.2%	*1.0%	28.3%	*0.0%		56.2%		16.4%					
Weekly Nutrient Guideline				750 - 850	<10	1280			<=0									

Wednesday - 03/05/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
991027	Baja Fish Tacos	2 each	91	246	1.19	378	*0	*0	6.79	*0.00	69	27.15	4.48	23.26	*336	*86.9	*0.13	*0.31
990674	Cheese Quesadilla on 6" tortillas	2 each	5	360	13.00	590	0	*N/A*	22.00	0.00	60	28.00	4.00	18.00	600	480.0	0.00	0.00
990806	Baja Cream Sauce	1 oz	96	38	1.64	83	0	*N/A*	2.65	*0.00	9	2.22	0.04	1.11	98	42.9	0.67	0.06
000469	Steamed Corn	4 oz	100	88	0.34	96	2	*N/A*	2.32	*0.00	0	17.08	1.73	2.49	*161	*3.3	*5.28	*0.35
000924	Tangy Cilantro-Lime Slaw	.5 C	100	96	0.76	233	6	*N/A*	5.30	*0.00	0	12.03	3.20	1.73	*5775	*56.1	*44.05	*0.85
000175	Fresh Banana	1 each	50	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
000673	Fresh Apple	1 each	50	95	0.05	2	19	*N/A*	0.31	0.00	0	25.13	4.37	0.47	98	10.9	8.37	0.22

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat 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
000776	Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592	Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652	Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557	Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average				678	5.81	926	*38	*0	20.57	*0.00	85	97.28	13.19	37.25	*6881	*586.5	*60.15	*1.99
% of Calories					7.71%		*22.4%	*0%	27.3%	*0.0%		57.4%		22.0%				
Weekly Nutrient Guideline				750 - 850	<10	1280			<=0									

Thursday - 03/06/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
001197	Herb Roasted Chicken Drum 2 ea	2 each	91	383	5.84	412	0	*N/A*	23.90	*0.10	193	0.91	0.35	38.20	*127	*30.8	*0.77	*1.97
990376	Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
000556	Ketchup	1 each	5	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000851	WG Cornbread Muffin - Large	1 each	96	220	1.00	115	18	18	8.00	0.00	20	36.00	1.00	3.00	0	27.0	0.00	1.00

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000517 Butternut Squash Puree	.5 C	100	119	0.70	102	*4	*4	4.73	*0.00	0	19.83	2.95	1.68	*2312	*58.2	*20.81	*1.16
000651 Roasted Cauliflower	4 oz	100	75	0.59	249	4	*N/A*	2.83	*0.00	0	10.76	4.21	4.07	*1	*46.4	*99.48	*0.91
990436 Honeydew - 1 C	1 C	100	72	0.08	36	16	0	0.28	0.00	0	18.14	1.60	1.08	100	12.0	35.92	0.34
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	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
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			954	9.02	1042	*55	*22	40.54	*0.09	206	99.23	10.52	54.24	*2958	*547.5	*157.68	*5.46
% of Calories				8.51%		*23.1%	*9.2%	38.2%	*0.1%		41.6%		22.7%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Friday - 03/07/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000539 Grilled Cheese on WW Bread	1 each	96	340	9.00	660	*0	*N/A*	16.00	0.00	40	32.00	4.00	20.00	600	520.0	0.00	1.44

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000239 Sweet Potato Fries	4 oz	100	108	0.34	149	4	*N/A*	2.31	*0.00	0	20.38	3.08	1.63	*14224	*30.9	*2.42	*0.66
000556 Ketchup	1 each	100	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
991001 Pesto Green Beans	4oz	100	68	0.64	141	*0	*0	3.96	*0.00	3	6.30	2.00	2.20	*107	59.2	*10.09	0.87
001200 Fresh Apple Slices	6 each	100	95	0.05	2	19	*N/A*	0.31	0.00	0	25.13	4.37	0.47	98	10.9	8.37	0.22
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
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			723	10.99	1167	*36	*0	24.72	*0.00	52	98.41	13.52	32.52	*15436	*974.6	*21.63	*3.31
% of Calories				13.68 %		*19.9%	*0%	30.8%	*0.0%		54.4%		18.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Monday - 03/10/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991042 Pepperoni Pizza	2 slice	91	584	10.40	1268	6	*2	23.20	0.00	60	62.40	6.00	32.40	*3	620.0	*0.00	4.00
990979 Cheese Pizza	2 slice	5	560	10.00	1140	6	2	22.00	0.00	50	62.00	6.00	30.00	*N/A*	620.0	*N/A*	3.20
001141 Baby Spinach Salad	1 C	100	11	0.00	38	0	*N/A*	0.00	0.00	0	1.74	1.08	1.39	2260	52.2	7.34	0.63
000033 Cucumber Coins	4 oz	100	11	0.03	1	1	*N/A*	0.08	0.00	0	2.66	0.37	0.48	77	11.7	2.05	0.20
000372 House Ranch Dressing	1 oz	100	62	1.45	104	1	*N/A*	5.49	*0.00	6	2.37	0.06	0.79	44	29.2	0.49	0.04
000884 Fresh Pear	1 each	100	101	0.04	2	17	*N/A*	0.25	0.00	0	27.11	5.52	0.64	44	16.0	7.65	0.32
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
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			860	12.80	1498	*39	*2	30.81	*0.00	75	107.64	13.01	43.30	*2858	1078.6	*18.28	5.18
% of Calories				13.40 %		*18.1%	*0.9%	32.2%	*0.0%		50.1%		20.1%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Tuesday - 03/11/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000609 Pulled BBQ Chicken on WW Bun	1 each	91	289	0.59	548	13	*0	5.75	*0.00	57	39.54	4.02	23.61	*0	*24.9	*0.00	*1.84
000728 BBQ Tofu on a Whole Wheat Bun	1 each	5	343	1.02	783	25	*N/A*	7.41	*0.00	0	56.83	5.66	17.71	*336	281.7	*0.44	3.98
990876 Jazzy Black Eyed Peas	4 oz	100	123	0.65	209	*1	*N/A*	5.33	*0.00	0	14.34	3.54	5.09	*212	*20.7	*6.47	*1.60
000307 Coleslaw	4oz	100	170	2.42	165	6	*N/A*	14.34	*0.00	9	9.61	2.76	1.51	3052	51.3	34.04	0.54
000812 Orange Wedges	6 each	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
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			776	5.00	1054	*49	*0	28.28	*0.00	72	98.25	14.86	39.72	*4146	*556.2	*138.84	*4.40
% of Calories				5.80%		*25.3%	*0%	32.8%	*0.0%		50.6%		20.5%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Wednesday - 03/12/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990783 Beef and Cheese Nachos 9-12	see recipe	91	536	10.15	688	1	*0	30.43	*0.41	59	46.39	5.23	19.57	*725	*208.9	*17.17	*1.83
990784 Bean and Cheese Nachos 9-12	See recipe	5	505	6.15	580	*1	*0	18.92	*0.00	20	66.03	11.49	18.87	*564	*246.5	*13.00	*2.95
990351 Low Fat Sour Cream	1 oz	96	40	1.90	20	0	*N/A*	3.05	0.00	10	2.04	0.00	1.01	94	40.5	0.26	0.02
000922 Southwest Taco Corn	4 oz	100	112	0.56	277	*2	*N/A*	3.87	*0.00	0	19.69	2.46	2.92	*363	*18.1	*13.95	*0.81
990858 Roasted Tomato Salsa	4 oz	100	36	0.02	522	4	*0	0.17	*0.00	0	7.34	1.59	1.46	*32	33.6	*1.84	0.26
000175 Fresh Banana	1 each	50	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
000673 Fresh Apple	1 each	50	95	0.05	2	19	*N/A*	0.31	0.00	0	25.13	4.37	0.47	98	10.9	8.37	0.22
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
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			915	13.35	1618	*36	*0	38.74	*0.37	76	114.43	13.33	33.99	*1690	*675.9	*42.39	*3.36
% of Calories				13.13 %		*15.7%	*0%	38.1%	*0.4%		50.0%		14.9%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

Thursday - 03/13/2025

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 - 03/14/2025

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 - 03/17/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000235 Beef Burger on WW Bun	1 each	91	283	3.00	284	3	*N/A*	9.63	0.24	57	29.53	4.15	22.98	107	30.2	0.05	3.27
000409 Veggie Burger on WW Bun	1 each	5	370	2.50	570	4	*0	15.00	0.00	0	36.00	6.00	25.00	0	24.0	0.00	7.44

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000454 Steamed Carrots	4 oz	100	41	0.00	82	5	*N/A*	0.00	0.00	0	9.52	4.08	1.36	*N/A*	40.8	*N/A*	0.54
000047 Sauteed Green Beans	4 oz	100	52	0.36	96	*0	*N/A*	2.41	*0.00	0	6.19	2.06	1.46	*107	*33.9	*10.12	*0.69
000557 Mustard	1 each	96	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000556 Ketchup	1 each	96	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
001200 Fresh Apple Slices	6 each	100	95	0.05	2	19	*N/A*	0.31	0.00	0	25.13	4.37	0.47	98	10.9	8.37	0.22
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
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			599	4.58	773	*40	*0	15.01	*0.22	63	85.32	14.81	34.47	*733	*488.7	*19.30	*4.98
% of Calories				6.88%		*26.7%	*0%	22.6%	*0.3%		57.0%		23.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Tuesday - 03/18/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991003 Chicken & Black Bean Empanadas	2 empanadas	91	280	1.50	890	1	0	6.00	0.00	45	40.00	5.00	17.00	*N/A*	*N/A*	*N/A*	*N/A*
990674 Cheese Quesadilla on 6" tortillas	2 each	5	360	13.00	590	0	*N/A*	22.00	0.00	60	28.00	4.00	18.00	600	480.0	0.00	0.00
990351 Low Fat Sour Cream	1 oz	96	40	1.90	20	0	*N/A*	3.05	0.00	10	2.04	0.00	1.01	94	40.5	0.26	0.02
990858 Roasted Tomato Salsa	4 oz	100	36	0.02	522	4	*0	0.17	*0.00	0	7.34	1.59	1.46	*32	33.6	*1.84	0.26
991004 Oven Fried Plantains	.5 C	100	189	0.53	73	25	*N/A*	3.68	*0.00	0	35.78	2.10	2.10	*0	0.0	*0.00	1.14
000812 Orange Wedges	6 each	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
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			739	5.72	1596	*60	*0	16.34	*0.00	64	118.34	13.07	31.65	*1017	*544.0	*100.39	*1.80
% of Calories				6.97%		*32.5%	*0%	19.9%	*0.0%		64.1%		17.1%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

Wednesday - 03/19/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000913 Turkey Meatballs & Sauce	4 each	91	148	1.10	493	4	*N/A*	5.69	*0.00	45	11.16	0.94	14.46	*88	*39.2	*3.99	*1.42
001045 Tofu Bolognese	1 C	5	193	1.35	193	*7	*0	7.48	*0.00	0	18.38	2.18	15.14	*148	*291.1	*3.13	*2.69
990303 Whole Grain Spaghetti	1 C	96	228	0.78	201	1	*N/A*	5.23	*0.00	0	40.27	5.27	7.85	*0	*30.8	*0.00	*1.95
000468 Mixed Greens Salad	8oz	100	14	0.03	24	1	*N/A*	0.20	0.00	0	2.69	1.67	1.27	786	40.1	8.45	0.97
990267 Diced Cucumber	4oz	100	12	0.03	2	1	*N/A*	0.09	0.00	0	2.97	0.41	0.53	86	13.1	2.29	0.23
000372 House Ranch Dressing	1 oz	100	62	1.45	104	1	*N/A*	5.49	*0.00	6	2.37	0.06	0.79	44	29.2	0.49	0.04
000175 Fresh Banana	1 each	50	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
000673 Fresh Apple	1 each	50	95	0.05	2	19	*N/A*	0.31	0.00	0	25.13	4.37	0.47	98	10.9	8.37	0.22
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
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			667	4.74	925	*37	*0	19.49	*0.00	58	97.70	12.11	33.94	*1520	*545.0	*25.08	*4.99
% of Calories				6.40%		*22.2%	*0%	26.3%	*0.0%		58.6%		20.4%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Thursday - 03/20/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991041 Hot Honey Chicken Drum	2 each	91	499	5.18	821	35	*N/A*	19.36	*0.10	193	35.99	0.27	38.30	666	22.6	0.30	1.74
991029 Hot Honey Veggie Chik'n Nuggets	5 each	5	435	1.25	1234	49	*N/A*	10.00	*0.00	0	69.06	5.11	15.17	756	53.4	0.28	2.49
990845 Whole Wheat Mac & Cheese	4 oz scoop	96	211	6.00	400	1	*0	9.64	0.00	30	22.00	2.12	9.98	0	223.0	0.00	0.00
000004 Whole Wheat Roll	1 each	96	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	1.08
000005 Braised Collard Greens	4 oz	100	67	0.30	124	*1	*1	2.12	*0.00	0	10.51	5.48	3.74	*9800	*217.1	*52.56	*0.33
999021 Southwest Sweet Potato Mash	.5 C	100	180	0.04	165	16	*9	0.16	*0.00	0	42.80	5.24	2.71	23472	63.2	4.01	1.26
990436 Honeydew - 1 C	1 C	100	72	0.08	36	16	0	0.28	0.00	0	18.14	1.60	1.08	100	12.0	35.92	0.34
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	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

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			1190	12.26	1823	*83	*10	33.68	*0.09	216	158.03	17.01	64.61	*34446	*961.6	*93.53	*4.87
% of Calories				9.27%		*27.9%	*3.4%	25.5%	*0.1%		53.1%		21.7%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Friday - 03/21/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990957 Crispy Catfish	1 filet each	91	168	0.49	296	1	*0	4.51	*0.00	69	10.53	0.82	20.96	*137	*27.5	*0.07	*0.76
990376 Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
991051 Red Beans & Rice	8 oz	96	263	0.23	276	*1	*0	3.28	*0.00	0	48.24	7.36	11.65	*73	*45.7	*7.57	*3.15
000004 Whole Wheat Roll	1 each	96	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	1.08
000604 Hot Sauce	1 each	96	0	0.00	32	0	*N/A*	0.00	*N/A*	0	0.02	0.00	0.01	2	0.1	0.90	0.01
000639 Sauteed Cabbage	.5 C	100	38	0.27	117	3	*0	1.84	*0.00	0	5.14	1.85	1.01	*65	*29.6	*24.75	*0.36
000884 Fresh Pear	1 each	100	101	0.04	2	17	*N/A*	0.25	0.00	0	27.11	5.52	0.64	44	16.0	7.65	0.32
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

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat 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
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			749	2.36	1011	*37	*0	13.59	*0.00	74	118.53	17.58	44.57	*736	*549.1	*41.35	*5.73
% of Calories				2.84%		*19.8%	*0%	16.3%	*0.0%		63.3%		23.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Monday - 03/24/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000543 Crispy Chicken Tender	1 each	91	137	0.24	283	1	*N/A*	0.87	*0.00	49	11.00	0.82	20.98	141	38.9	2.66	1.26
990376 Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
000556 Ketchup	1 each	5	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990789 Whole Wheat Roll	2 each	96	160	0.00	340	4	*N/A*	2.00	0.00	0	32.00	4.00	6.00	0	120.0	0.00	2.16
000682 Mashed Potatoes	.5 C	100	105	1.35	203	*1	*N/A*	4.39	*0.00	4	14.01	2.74	3.13	*48	*45.6	*12.31	*3.52

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
000047	Sauteed Green Beans	4 oz	100	52	0.36	96	*0	*N/A*	2.41	*0.00	0	6.19	2.06	1.46	*107	*33.9	*10.12	*0.69
000884	Fresh Pear	1 each	100	101	0.04	2	17	*N/A*	0.25	0.00	0	27.11	5.52	0.64	44	16.0	7.65	0.32
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
000776	Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592	Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652	Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557	Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average				665	3.34	1053	*36	*N/A*	13.04	*0.00	60	103.15	15.38	39.85	*758	*623.1	*33.27	*8.05
% of Calories					4.52%		*21.7%	*N/A*	17.6%	*0.0%		62.0%		24.0%				
Weekly Nutrient Guideline				750 - 850	<10	1280			<=0									

Tuesday - 03/25/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
990897	Beef Tacos in 6" Tortilla	2 each	91	419	11.19	592	1	*0	25.45	*0.41	70	30.56	5.21	21.94	*1027	*304.9	*17.17	*1.83
990810	Sofritas Tofu Soft Tacos	2 each	5	278	2.20	480	3	*1	11.15	*0.00	0	35.48	5.96	16.12	*224	*363.5	*0.73	*3.49

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
990327	Chipotle Pinto Beans	4 oz	100	171	0.31	126	*1	*N/A*	1.97	*0.00	0	28.51	7.08	9.52	*118	*56.4	*3.55	*2.51
990870	Roasted Tomato Salsa	2 oz	96	18	0.01	261	2	*0	0.09	*0.00	0	3.67	0.80	0.73	*16	16.8	*0.92	0.13
000967	Shredded Lettuce	4 oz	96	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
000812	Orange Wedges	6 each	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
000776	Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592	Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652	Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557	Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average				791	11.96	1084	*34	*0	28.86	*0.37	74	98.02	18.10	42.08	*4409	*825.0	*119.53	*5.13
% of Calories					13.61 %		*17.2%	*0%	32.8%	*0.4%		49.6%		21.3%				
Weekly Nutrient Guideline				750 - 850	<10	1280			<=0									

Wednesday - 03/26/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000668 Sweet Chili Chicken	3 oz scoop	91	163	0.59	310	10	*10	3.75	0.00	57	14.45	0.03	17.67	*0	*11.8	*0.00	*0.54
990760 Sweet Chili Tofu	4 oz	5	156	0.99	273	11	*10	5.20	0.00	0	17.73	1.12	11.28	0	259.1	0.25	2.26
990357 Brown Rice	1 C	96	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
000623 Ginger Soy Broccoli	4 oz	100	78	0.67	316	2	*0	4.25	*0.00	0	7.55	2.63	3.38	*601	*46.6	*86.11	*0.81
000454 Steamed Carrots	4 oz	100	41	0.00	82	5	*N/A*	0.00	0.00	0	9.52	4.08	1.36	*N/A*	40.8	*N/A*	0.54
000175 Fresh Banana	1 each	50	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
000673 Fresh Apple	1 each	50	95	0.05	2	19	*N/A*	0.31	0.00	0	25.13	4.37	0.47	98	10.9	8.37	0.22
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
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			729	3.01	1030	*46	*10	15.25	*0.00	63	115.61	13.61	37.45	*1391	*503.1	*96.35	*3.55
% of Calories				3.72%		*25.2%	*5.5%	18.8%	*0.0%		63.4%		20.5%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

Thursday - 03/27/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000065 Turkey Sloppy Joe on WW Bun	1 each	91	294	2.27	565	*10	*2	9.90	*0.00	87	36.84	4.68	19.77	*149	*81.8	*4.62	*3.15
990666 Lentil Sloppy Joe on WW Bun	1 each	5	329	0.41	1046	*12	*2	5.52	*0.00	0	61.37	8.76	14.43	*813	*43.6	*9.12	*4.27
000239 Sweet Potato Fries	4 oz	100	108	0.34	149	4	*N/A*	2.31	*0.00	0	20.38	3.08	1.63	*14224	*30.9	*2.42	*0.66
000556 Ketchup	1 each	100	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000492 Garlic Kale	4oz scoop	100	54	0.46	136	1	*N/A*	3.40	*0.00	0	4.80	3.34	2.57	*3711	*197.6	*72.04	*1.34
990436 Honeydew - 1 C	1 C	100	72	0.08	36	16	0	0.28	0.00	0	18.14	1.60	1.08	100	12.0	35.92	0.34
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	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
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			644	4.28	1128	*43	*2	18.06	*0.00	90	95.80	12.95	33.00	*18641	*691.5	*115.80	*5.61
% of Calories				5.98%		*26.7%	*1.2%	25.2%	*0.0%		59.5%		20.5%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

Friday - 03/28/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990979 Cheese Pizza	2 slice	96	560	10.00	1140	6	2	22.00	0.00	50	62.00	6.00	30.00	*N/A*	620.0	*N/A*	3.20
000468 Mixed Greens Salad	8oz	100	14	0.03	24	1	*N/A*	0.20	0.00	0	2.69	1.67	1.27	786	40.1	8.45	0.97
000680 Italian Dressing	1 oz	100	134	1.98	25	*0	*N/A*	13.83	*0.00	0	0.86	0.27	0.09	*49	*13.0	*0.42	*0.44
000469 Steamed Corn	4 oz	100	88	0.34	96	2	*N/A*	2.32	*0.00	0	17.08	1.73	2.49	*161	*3.3	*5.28	*0.35
001200 Fresh Apple Slices	6 each	100	95	0.05	2	19	*N/A*	0.31	0.00	0	25.13	4.37	0.47	98	10.9	8.37	0.22
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
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			985	13.32	1384	*41	*2	40.56	*0.00	59	119.17	14.03	42.14	*1524	*1036.9	*23.27	*5.24
% of Calories				12.17 %		*16.6%	*0.8%	37.1%	*0.0%		48.4%		17.1%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Monday - 03/31/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999041 Seasoned Diced Chicken	3 oz	91	105	0.60	145	0	*0	3.76	*0.00	57	0.29	0.06	17.66	*0	*4.1	*0.04	*0.30
990376 Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
999042 Penne Pasta with Alfredo Sauce	8 oz	96	340	4.99	487	2	*0	13.13	*0.01	22	41.82	4.72	12.93	*457	*233.1	*0.00	*1.70
000454 Steamed Carrots	4 oz	100	41	0.00	82	5	*N/A*	0.00	0.00	0	9.52	4.08	1.36	*N/A*	40.8	*N/A*	0.54
000107 Steamed Broccoli	.5 C	100	33	0.11	32	2	*N/A*	0.36	0.00	0	6.41	2.51	2.72	601	45.4	86.10	0.70
000884 Fresh Pear	1 each	100	101	0.04	2	17	*N/A*	0.25	0.00	0	27.11	5.52	0.64	44	16.0	7.65	0.32
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
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			724	6.86	879	*39	*0	19.91	*0.01	84	98.47	17.17	42.97	*1515	*706.6	*94.54	*3.77
% of Calories				8.53%		*21.5%	*0%	24.8%	*0.0%		54.4%		23.7%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

Tuesday - 04/01/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000240 All Beef Hot Dog on a WW Bun	1 each	91	320	7.00	710	4	*N/A*	17.50	0.00	35	30.00	4.00	11.00	0	40.0	1.20	2.16
000409 Veggie Burger on WW Bun	1 each	5	370	2.50	570	4	*0	15.00	0.00	0	36.00	6.00	25.00	0	24.0	0.00	7.44
000475 BBQ Baked Beans	4 oz	100	219	0.65	103	5	*2	4.25	*0.00	0	35.99	6.81	10.50	*410	*85.5	*0.47	*3.68
000386 Roasted Red Potatoes	.5 C	100	86	0.35	110	*0	*N/A*	2.37	*0.00	0	14.90	1.62	1.79	*7	*10.2	*7.93	*0.69
000556 Ketchup	1 each	96	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	96	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000812 Orange Wedges	6 each	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
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			836	8.85	1195	*38	*2	26.29	*0.00	43	117.37	16.99	34.29	*1281	*580.8	*107.80	*7.09
% of Calories				9.53%		*18.2%	*1.0%	28.3%	*0.0%		56.2%		16.4%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Wednesday - 04/02/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991027 Baja Fish Tacos	2 each	91	246	1.19	378	*0	*0	6.79	*0.00	69	27.15	4.48	23.26	*336	*86.9	*0.13	*0.31
990674 Cheese Quesadilla on 6" tortillas	2 each	5	360	13.00	590	0	*N/A*	22.00	0.00	60	28.00	4.00	18.00	600	480.0	0.00	0.00
990806 Baja Cream Sauce	1 oz	96	38	1.64	83	0	*N/A*	2.65	*0.00	9	2.22	0.04	1.11	98	42.9	0.67	0.06
000469 Steamed Corn	4 oz	100	88	0.34	96	2	*N/A*	2.32	*0.00	0	17.08	1.73	2.49	*161	*3.3	*5.28	*0.35
000924 Tangy Cilantro-Lime Slaw	.5 C	100	96	0.76	233	6	*N/A*	5.30	*0.00	0	12.03	3.20	1.73	*5775	*56.1	*44.05	*0.85
000175 Fresh Banana	1 each	50	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
000673 Fresh Apple	1 each	50	95	0.05	2	19	*N/A*	0.31	0.00	0	25.13	4.37	0.47	98	10.9	8.37	0.22
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

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			678	5.81	926	*38	*0	20.57	*0.00	85	97.28	13.19	37.25	*6881	*586.5	*60.15	*1.99
% of Calories				7.71%		*22.4%	*0%	27.3%	*0.0%		57.4%		22.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Thursday - 04/03/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001197 Herb Roasted Chicken Drum 2 ea	2 each	91	383	5.84	412	0	*N/A*	23.90	*0.10	193	0.91	0.35	38.20	*127	*30.8	*0.77	*1.97
990376 Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
000556 Ketchup	1 each	5	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000851 WG Cornbread Muffin - Large	1 each	96	220	1.00	115	18	18	8.00	0.00	20	36.00	1.00	3.00	0	27.0	0.00	1.00
000517 Butternut Squash Puree	.5 C	100	119	0.70	102	*4	*4	4.73	*0.00	0	19.83	2.95	1.68	*2312	*58.2	*20.81	*1.16
000651 Roasted Cauliflower	4 oz	100	75	0.59	249	4	*N/A*	2.83	*0.00	0	10.76	4.21	4.07	*1	*46.4	*99.48	*0.91
990436 Honeydew - 1 C	1 C	100	72	0.08	36	16	0	0.28	0.00	0	18.14	1.60	1.08	100	12.0	35.92	0.34
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat 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
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			954	9.02	1042	*55	*22	40.54	*0.09	206	99.23	10.52	54.24	*2958	*547.5	*157.68	*5.46
% of Calories				8.51%		*23.1%	*9.2%	38.2%	*0.1%		41.6%		22.7%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Friday - 04/04/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000539 Grilled Cheese on WW Bread	1 each	96	340	9.00	660	*0	*N/A*	16.00	0.00	40	32.00	4.00	20.00	600	520.0	0.00	1.44
000239 Sweet Potato Fries	4 oz	100	108	0.34	149	4	*N/A*	2.31	*0.00	0	20.38	3.08	1.63	*14224	*30.9	*2.42	*0.66
000556 Ketchup	1 each	100	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
991001 Pesto Green Beans	4oz	100	68	0.64	141	*0	*0	3.96	*0.00	3	6.30	2.00	2.20	*107	59.2	*10.09	0.87
001200 Fresh Apple Slices	6 each	100	95	0.05	2	19	*N/A*	0.31	0.00	0	25.13	4.37	0.47	98	10.9	8.37	0.22

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)	
000231	Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	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
000776	Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592	Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652	Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557	Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average				723	10.99	1167	*36	*0	24.72	*0.00	52	98.41	13.52	32.52	*15436	*974.6	*21.63	*3.31
% of Calories					13.68 %		*19.9%	*0%	30.8%	*0.0%		54.4%		18.0%				
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)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	789	8	1148	*43	*3	25.03	*0.05	86	106.59	14.46	40.14	*5653	*690.0	*76.13	*4.61
% of Calories		8.92%		*21.8%	*1.5%	28.6%	*0.1%		54.0%		20.3%				

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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