



April Salad Bar Lunch Menu

DC PUBLIC SCHOOLS | 9-12

All grains served are whole grain rich

Student's choice of skim or 1% milk provided at every meal.

Menu subject to change based on availability

This institution is an equal opportunity provider

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

04/01 - 04/05 & 04/29 - 05/03 CHEF SALAD

+ pick your base

- mixed greens salad

+pick your protein

- herb roasted chicken
- diced turkey ham
- hard-boiled egg

+pick your toppings

- chickpeas
- tomatoes
- diced cucumber
- corn
- shredded cheddar cheese
- whole grain croutons
- whole grain roll

+add your dressing

- honey mustard dressing

04/08 - 04/12 BBQ CHICKEN

+ pick your base

- romaine

+pick your protein

- bbq chicken
- chickpeas

+pick your toppings

- red onion
- red pepper strips
- corn
- shredded cheddar cheese
- whole grain croutons
- whole grain roll

+add your dressing

- honey mustard dressing

04/15 - 04/19 SOUTHWEST TACO

+ pick your base

- romaine

+pick your protein

- cumin line chicken
- black beans

+pick your toppings

- cherry tomatoes
- corn
- red onion
- shredded cheddar cheese
- whole grain tortilla chips
- whole grain roll

+add your dressing

- honey lime dressing

04/22 - 04/26 BUFFALO CHICKEN

+ pick your base

- mixed greens salad

+pick your protein

- buffalo chicken strips
- herb roasted chicken

+pick your toppings

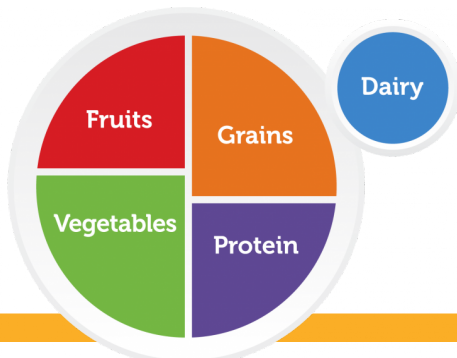
- diced cucumber
- shredded carrots
- corn
- kidney beans
- sunflower seeds
- shredded mozzarella cheese
- whole grain croutons
- whole grain roll

+add your dressing

- ranch dressing

CREATING A BALANCED MEAL!

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



Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

Menu Name: DCPS Lunch 9-12 Salad Bar

Include Cost: No

Site:

Report Style: Detailed

Use Alternate Menu Name: No

Monday - 04/01/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000562 Diced Turkey Ham	2 oz scoop	50	54	0.81	285	0	*N/A*	2.42	0.00	32	0.54	0.00	7.54	0	10.8	0.65	0.58
990332 Herb Roasted Chicken Tender, Chopped	2 oz	50	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
000882 Hard Boiled Egg - 2 oz	1 each	95	78	1.63	62	1	*N/A*	5.30	*N/A*	186	0.56	0.00	6.29	260	25.0	0.00	0.60
000468 Mixed Greens Salad	8oz scoop	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
001020 Chickpeas	.25 C	40	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
001088 Tomatoes	2oz scoop	100	11	0.02	3	2	*N/A*	0.12	0.00	0	2.32	0.72	0.52	497	6.0	8.18	0.16
990266 Diced Cucumber	.25 C	100	6	0.02	1	1	*N/A*	0.04	0.00	0	1.48	0.20	0.27	43	6.5	1.14	0.11
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
000951 Whole Grain Croutons	.5 C	100	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	0	0.0	0.00	0.00
000004 Whole Wheat Roll	1 each	100	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
990044 Honey Mustard Dressing	1 oz	100	45	0.48	106	3	*N/A*	3.40	*0.00	0	3.80	0.02	0.05	0	0.9	0.02	0.03
990210 Shredded Cheddar Cheese	.25 C	75	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
000884 Fresh Pear	1 each	100	131	0.05	2	22	*N/A*	0.32	0.00	0	35.03	7.13	0.83	58	20.7	9.89	0.41
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			804	8.40	1204	45	0	29.43	*0.00	241	104.48	18.01	41.88	*2364	*690.3	*32.46	*4.60
% of Calories				9.40%		22.4%	0%	32.9%	*0.0%		52.0%		20.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Tuesday - 04/02/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000562 Diced Turkey Ham	2 oz scoop	50	54	0.81	285	0	*N/A*	2.42	0.00	32	0.54	0.00	7.54	0	10.8	0.65	0.58
990332 Herb Roasted Chicken Tender, Chopped	2 oz	50	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
000882 Hard Boiled Egg - 2 oz	1 each	95	78	1.63	62	1	*N/A*	5.30	*N/A*	186	0.56	0.00	6.29	260	25.0	0.00	0.60
000468 Mixed Greens Salad	8oz scoop	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
001020 Chickpeas	.25 C	40	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
001088 Tomatoes	2oz scoop	100	11	0.02	3	2	*N/A*	0.12	0.00	0	2.32	0.72	0.52	497	6.0	8.18	0.16
990266 Diced Cucumber	.25 C	100	6	0.02	1	1	*N/A*	0.04	0.00	0	1.48	0.20	0.27	43	6.5	1.14	0.11
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
000951 Whole Grain Croutons	.5 C	100	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000004 Whole Wheat Roll	1 each	100	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
990044 Honey Mustard Dressing	1 oz	100	45	0.48	106	3	*N/A*	3.40	*0.00	0	3.80	0.02	0.05	0	0.9	0.02	0.03
990210 Shredded Cheddar Cheese	.25 C	75	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
000812 Orange Wedges	1 C/6 wedges	99	86	0.03	0	17	*N/A*	0.22	0.00	0	21.62	4.42	1.73	414	73.6	97.89	0.18
001064 Mandarin Oranges**	1 C	1	72	0.01	9	16	*N/A*	0.08	0.00	0	17.78	2.30	1.42	2480	23.0	64.10	0.51
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			759	8.38	1201	40	0	29.32	*0.00	241	91.03	15.28	42.78	*2741	*742.7	*120.12	*4.38
% of Calories				9.94%		21.1%	0%	34.8%	*0.0%		48.0%		22.5%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Wednesday - 04/03/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000562 Diced Turkey Ham	2 oz scoop	50	54	0.81	285	0	*N/A*	2.42	0.00	32	0.54	0.00	7.54	0	10.8	0.65	0.58
990332 Herb Roasted Chicken Tender, Chopped	2 oz	50	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
000882 Hard Boiled Egg - 2 oz	1 each	95	78	1.63	62	1	*N/A*	5.30	*N/A*	186	0.56	0.00	6.29	260	25.0	0.00	0.60

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000468 Mixed Greens Salad	8oz scoop	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
001020 Chickpeas	.25 C	40	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
001088 Tomatoes	2oz scoop	100	11	0.02	3	2	*N/A*	0.12	0.00	0	2.32	0.72	0.52	497	6.0	8.18	0.16
990266 Diced Cucumber	.25 C	100	6	0.02	1	1	*N/A*	0.04	0.00	0	1.48	0.20	0.27	43	6.5	1.14	0.11
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
000951 Whole Grain Croutons	.5 C	100	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	0	0.0	0.00	0.00
000004 Whole Wheat Roll	1 each	100	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
990044 Honey Mustard Dressing	1 oz	100	45	0.48	106	3	*N/A*	3.40	*0.00	0	3.80	0.02	0.05	0	0.9	0.02	0.03
990210 Shredded Cheddar Cheese	.25 C	75	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
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000170 100% Apple Juice	4 oz	100	70	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	0.00	0	0.0	0.00	0.00
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			848	8.48	1202	*37	*0	29.49	*0.00	241	112.40	13.95	42.34	*2382	*675.5	*32.84	*4.50
% of Calories				9.00%		*17.5%	*0%	31.3%	*0.0%		53.0%		20.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

Thursday - 04/04/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000562 Diced Turkey Ham	2 oz scoop	50	54	0.81	285	0	*N/A*	2.42	0.00	32	0.54	0.00	7.54	0	10.8	0.65	0.58
990332 Herb Roasted Chicken Tender, Chopped	2 oz	50	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
000882 Hard Boiled Egg - 2 oz	1 each	95	78	1.63	62	1	*N/A*	5.30	*N/A*	186	0.56	0.00	6.29	260	25.0	0.00	0.60
000468 Mixed Greens Salad	8oz scoop	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
001020 Chickpeas	.25 C	40	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
001088 Tomatoes	2oz scoop	100	11	0.02	3	2	*N/A*	0.12	0.00	0	2.32	0.72	0.52	497	6.0	8.18	0.16
990266 Diced Cucumber	.25 C	100	6	0.02	1	1	*N/A*	0.04	0.00	0	1.48	0.20	0.27	43	6.5	1.14	0.11
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
000951 Whole Grain Croutons	.5 C	100	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	0	0.0	0.00	0.00
000004 Whole Wheat Roll	1 each	100	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
990044 Honey Mustard Dressing	1 oz	100	45	0.48	106	3	*N/A*	3.40	*0.00	0	3.80	0.02	0.05	0	0.9	0.02	0.03
990210 Shredded Cheddar Cheese	.25 C	75	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
990421 Cantaloupe	1 C	100	53	0.08	25	12	*N/A*	0.30	0.00	0	12.73	1.40	1.31	5276	14.0	57.25	0.33
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (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			726	8.43	1226	35	0	29.40	*0.00	241	82.18	12.29	42.37	*7582	*683.7	*79.82	*4.52
% of Calories				10.45 %		19.3%	0%	36.4%	*0.0%		45.3%		23.3%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Friday - 04/05/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Monday - 04/08/2024

Reimbursable Meal Total 100

	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)
990251 BBQ Chicken, Diced - 2.25 oz	4 oz	100	153	1.32	285	8	*N/A*	4.40	0.00	48	9.84	0.00	15.84	*0	1.3	*0.00	0.10
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
000188 Romaine Salad	1 C	100	10	0.02	5	1	*N/A*	0.17	0.00	0	1.91	1.22	0.71	5049	19.1	2.32	0.56
001013 Red Onion - .25 C	.25 C	100	20	0.02	2	*N/A*	*N/A*	0.05	*N/A*	0	4.55	0.83	0.54	1	11.2	3.61	0.10

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990349 Red Pepper Strips - .25 C	2oz scoop	100	8	0.02	1	1	*N/A*	0.09	0.00	0	1.88	0.66	0.31	976	2.2	39.82	0.13
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
000951 Whole Grain Croutons	.5 C	100	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	0	0.0	0.00	0.00
000004 Whole Wheat Roll	1 each	100	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
990044 Honey Mustard Dressing	1 oz	100	45	0.48	106	3	*N/A*	3.40	*0.00	0	3.80	0.02	0.05	0	0.9	0.02	0.03
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
000884 Fresh Pear	1 each	100	131	0.05	2	22	*N/A*	0.32	0.00	0	35.03	7.13	0.83	58	20.7	9.89	0.41
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			833	7.37	1248	*52	*0	26.48	*0.00	79	116.39	18.40	41.64	*6797	632.3	*59.27	3.30
% of Calories				7.96%		*25.0%	*0%	28.6%	*0.0%		55.9%		20.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Tuesday - 04/09/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990251 BBQ Chicken, Diced - 2.25 oz	4 oz	100	153	1.32	285	8	*N/A*	4.40	0.00	48	9.84	0.00	15.84	*0	1.3	*0.00	0.10

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
000188 Romaine Salad	1 C	100	10	0.02	5	1	*N/A*	0.17	0.00	0	1.91	1.22	0.71	5049	19.1	2.32	0.56
001013 Red Onion - .25 C	.25 C	100	20	0.02	2	*N/A*	*N/A*	0.05	*N/A*	0	4.55	0.83	0.54	1	11.2	3.61	0.10
990349 Red Pepper Strips - .25 C	2oz scoop	100	8	0.02	1	1	*N/A*	0.09	0.00	0	1.88	0.66	0.31	976	2.2	39.82	0.13
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
000951 Whole Grain Croutons	.5 C	100	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	0	0.0	0.00	0.00
000004 Whole Wheat Roll	1 each	100	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
990044 Honey Mustard Dressing	1 oz	100	45	0.48	106	3	*N/A*	3.40	*0.00	0	3.80	0.02	0.05	0	0.9	0.02	0.03
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
000812 Orange Wedges	1 C/6 wedges	99	86	0.03	0	17	*N/A*	0.22	0.00	0	21.62	4.42	1.73	414	73.6	97.89	0.18
001064 Mandarin Oranges**	1 C	1	72	0.01	9	16	*N/A*	0.08	0.00	0	17.78	2.30	1.42	2480	23.0	64.10	0.51
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			789	7.35	1246	*47	*0	26.37	*0.00	79	102.94	15.66	42.53	*7174	684.7	*146.93	3.07
% of Calories				8.38%		*23.8%	*0%	30.1%	*0.0%		52.2%		21.6%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

Wednesday - 04/10/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990251 BBQ Chicken, Diced - 2.25 oz	4 oz	100	153	1.32	285	8	*N/A*	4.40	0.00	48	9.84	0.00	15.84	*0	1.3	*0.00	0.10
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
000188 Romaine Salad	1 C	100	10	0.02	5	1	*N/A*	0.17	0.00	0	1.91	1.22	0.71	5049	19.1	2.32	0.56
001013 Red Onion - .25 C	.25 C	100	20	0.02	2	*N/A*	*N/A*	0.05	*N/A*	0	4.55	0.83	0.54	1	11.2	3.61	0.10
990349 Red Pepper Strips - .25 C	2oz scoop	100	8	0.02	1	1	*N/A*	0.09	0.00	0	1.88	0.66	0.31	976	2.2	39.82	0.13
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
000951 Whole Grain Croutons	.5 C	100	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	0	0.0	0.00	0.00
000004 Whole Wheat Roll	1 each	100	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
990044 Honey Mustard Dressing	1 oz	100	45	0.48	106	3	*N/A*	3.40	*0.00	0	3.80	0.02	0.05	0	0.9	0.02	0.03
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
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000170 100% Apple Juice	4 oz	100	70	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	0.00	0	0.0	0.00	0.00
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			877	7.45	1247	*44	*0	26.54	*0.00	79	124.31	14.33	42.09	*6815	617.5	*59.65	3.19
% of Calories				7.65%		*20.1%	*0%	27.2%	*0.0%		56.7%		19.2%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Thursday - 04/11/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990251 BBQ Chicken, Diced - 2.25 oz	4 oz	100	153	1.32	285	8	*N/A*	4.40	0.00	48	9.84	0.00	15.84	*0	1.3	*0.00	0.10
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
000188 Romaine Salad	1 C	100	10	0.02	5	1	*N/A*	0.17	0.00	0	1.91	1.22	0.71	5049	19.1	2.32	0.56
001013 Red Onion - .25 C	.25 C	100	20	0.02	2	*N/A*	*N/A*	0.05	*N/A*	0	4.55	0.83	0.54	1	11.2	3.61	0.10
990349 Red Pepper Strips - .25 C	2oz scoop	100	8	0.02	1	1	*N/A*	0.09	0.00	0	1.88	0.66	0.31	976	2.2	39.82	0.13
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
000951 Whole Grain Croutons	.5 C	100	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	0	0.0	0.00	0.00
000004 Whole Wheat Roll	1 each	100	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
990044 Honey Mustard Dressing	1 oz	100	45	0.48	106	3	*N/A*	3.40	*0.00	0	3.80	0.02	0.05	0	0.9	0.02	0.03
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
990421 Cantaloupe	1 C	100	53	0.08	25	12	*N/A*	0.30	0.00	0	12.73	1.40	1.31	5276	14.0	57.25	0.33

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			755	7.40	1271	*42	*0	26.45	*0.00	79	94.09	12.67	42.12	*12016	625.6	*106.63	3.21
% of Calories				8.82%		*22.3%	*0%	31.5%	*0.0%		49.8%		22.3%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Friday - 04/12/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990251 BBQ Chicken, Diced - 2.25 oz	4 oz	100	153	1.32	285	8	*N/A*	4.40	0.00	48	9.84	0.00	15.84	*0	1.3	*0.00	0.10
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
000188 Romaine Salad	1 C	100	10	0.02	5	1	*N/A*	0.17	0.00	0	1.91	1.22	0.71	5049	19.1	2.32	0.56
001013 Red Onion - .25 C	.25 C	100	20	0.02	2	*N/A*	*N/A*	0.05	*N/A*	0	4.55	0.83	0.54	1	11.2	3.61	0.10
990349 Red Pepper Strips - .25 C	2oz scoop	100	8	0.02	1	1	*N/A*	0.09	0.00	0	1.88	0.66	0.31	976	2.2	39.82	0.13
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
000951 Whole Grain Croutons	.5 C	100	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	0	0.0	0.00	0.00
000004 Whole Wheat Roll	1 each	100	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

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990044 Honey Mustard Dressing	1 oz	100	45	0.48	106	3	*N/A*	3.40	*0.00	0	3.80	0.02	0.05	0	0.9	0.02	0.03
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
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	7.38	1248	*53	*0	26.53	*0.00	79	112.16	16.62	41.39	*6860	625.0	*59.64	3.15
% of Calories				8.12%		*25.9%	*0%	29.2%	*0.0%		54.8%		20.2%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Monday - 04/15/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Tuesday - 04/16/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Wednesday - 04/17/2024 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Thursday - 04/18/2024 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Friday - 04/19/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Monday - 04/22/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000979 Buffalo Chicken Strips	3 oz	50	104	0.00	622	0	*N/A*	0.00	0.00	48	0.00	0.00	18.70	566	0.0	2.49	0.50
000378 Herb Roasted Chicken Tender	3 oz scoop	50	99	0.34	123	0	*N/A*	2.28	*0.00	48	0.36	0.19	18.80	*17	*7.9	*2.90	*0.80
001029 Sunflower Seeds - .5 oz	1 oz	100	82	0.74	0	0	*N/A*	7.06	*N/A*	0	3.41	1.57	2.74	1	9.9	0.20	0.54
001022 Kidney Beans	.25 C	100	24	0.01	31	*N/A*	*N/A*	0.10	0.00	0	4.37	1.80	1.47	0	6.8	0.31	0.35

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000468 Mixed Greens Salad	8oz scoop	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
990266 Diced Cucumber	.25 C	100	6	0.02	1	1	*N/A*	0.04	0.00	0	1.48	0.20	0.27	43	6.5	1.14	0.11
990211 Shredded Carrots - .25 C	.25 C	100	12	0.01	20	1	*N/A*	0.07	0.00	0	2.82	0.83	0.27	4926	9.7	1.74	0.09
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
000372 House Ranch Dressing	1 oz	100	37	1.00	111	1	*N/A*	2.58	*0.00	4	2.72	0.06	0.78	81	28.9	1.02	0.06
990333 Shredded Mozzarella	.25 C	80	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*
000951 Whole Grain Croutons	.5 C	100	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	0	0.0	0.00	0.00
000004 Whole Wheat Roll	1 each	100	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
990898 Chilled Peaches	8oz scoop	100	132	0.00	0	26	*N/A*	0.00	0.00	0	31.69	2.64	2.64	*N/A*	23.8	*N/A*	0.00
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			829	6.01	1266	*47	*0	27.24	*0.00	75	102.97	*15.77	51.23	*6631	*556.0	*18.91	*4.10
% of Calories				6.52%		*22.7%	*0%	29.6%	*0.0%		49.7%		24.7%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Tuesday - 04/23/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000979 Buffalo Chicken Strips	3 oz	50	104	0.00	622	0	*N/A*	0.00	0.00	48	0.00	0.00	18.70	566	0.0	2.49	0.50
000378 Herb Roasted Chicken Tender	3 oz scoop	50	99	0.34	123	0	*N/A*	2.28	*0.00	48	0.36	0.19	18.80	*17	*7.9	*2.90	*0.80
001029 Sunflower Seeds - .5 oz	1 oz	100	82	0.74	0	0	*N/A*	7.06	*N/A*	0	3.41	1.57	2.74	1	9.9	0.20	0.54
001022 Kidney Beans	.25 C	100	24	0.01	31	*N/A*	*N/A*	0.10	0.00	0	4.37	1.80	1.47	0	6.8	0.31	0.35
000468 Mixed Greens Salad	8oz scoop	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
990266 Diced Cucumber	.25 C	100	6	0.02	1	1	*N/A*	0.04	0.00	0	1.48	0.20	0.27	43	6.5	1.14	0.11
990211 Shredded Carrots - .25 C	.25 C	100	12	0.01	20	1	*N/A*	0.07	0.00	0	2.82	0.83	0.27	4926	9.7	1.74	0.09
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
000372 House Ranch Dressing	1 oz	100	37	1.00	111	1	*N/A*	2.58	*0.00	4	2.72	0.06	0.78	81	28.9	1.02	0.06
990333 Shredded Mozzarella	.25 C	80	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*
000951 Whole Grain Croutons	.5 C	100	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	0	0.0	0.00	0.00
000004 Whole Wheat Roll	1 each	100	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
990138 Chilled Applesauce - 1 C	1 C	100	108	0.02	5	*N/A*	*N/A*	0.26	*N/A*	0	28.98	2.83	0.44	75	10.3	2.57	0.59
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			805	6.03	1271	*20	*0	27.50	*0.00	75	100.26	*15.96	49.02	*6706	*542.5	*21.48	*4.69
% of Calories				6.74%		*9.9%	*0%	30.7%	*0.0%		49.8%		24.4%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Wednesday - 04/24/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000979 Buffalo Chicken Strips	3 oz	50	104	0.00	622	0	*N/A*	0.00	0.00	48	0.00	0.00	18.70	566	0.0	2.49	0.50
000378 Herb Roasted Chicken Tender	3 oz scoop	50	99	0.34	123	0	*N/A*	2.28	*0.00	48	0.36	0.19	18.80	*17	*7.9	*2.90	*0.80
001029 Sunflower Seeds - .5 oz	1 oz	100	82	0.74	0	0	*N/A*	7.06	*N/A*	0	3.41	1.57	2.74	1	9.9	0.20	0.54
001022 Kidney Beans	.25 C	100	24	0.01	31	*N/A*	*N/A*	0.10	0.00	0	4.37	1.80	1.47	0	6.8	0.31	0.35
000468 Mixed Greens Salad	8oz scoop	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
990266 Diced Cucumber	.25 C	100	6	0.02	1	1	*N/A*	0.04	0.00	0	1.48	0.20	0.27	43	6.5	1.14	0.11
990211 Shredded Carrots - .25 C	.25 C	100	12	0.01	20	1	*N/A*	0.07	0.00	0	2.82	0.83	0.27	4926	9.7	1.74	0.09
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
000372 House Ranch Dressing	1 oz	100	37	1.00	111	1	*N/A*	2.58	*0.00	4	2.72	0.06	0.78	81	28.9	1.02	0.06
990333 Shredded Mozzarella	.25 C	80	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*
000951 Whole Grain Croutons	.5 C	100	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
000004	Whole Wheat Roll	1 each	100	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
000175	Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000170	100% Apple Juice	4 oz	100	70	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	0.00	0	0.0	0.00	0.00
000231	Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230	1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160	Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383	Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average				872	6.14	1267	*35	*0	27.63	*0.00	75	114.23	*16.20	49.87	*6707	*538.1	*29.17	*4.41
% of Calories					6.34%		*16.1%	*0%	28.5%	*0.0%		52.4%		22.9%				
Weekly Nutrient Guideline				750 - 850	<10	1280			<=0									

Thursday - 04/25/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
000979	Buffalo Chicken Strips	3 oz	50	104	0.00	622	0	*N/A*	0.00	0.00	48	0.00	0.00	18.70	566	0.0	2.49	0.50
000378	Herb Roasted Chicken Tender	3 oz scoop	50	99	0.34	123	0	*N/A*	2.28	*0.00	48	0.36	0.19	18.80	*17	*7.9	*2.90	*0.80
001029	Sunflower Seeds - .5 oz	1 oz	100	82	0.74	0	0	*N/A*	7.06	*N/A*	0	3.41	1.57	2.74	1	9.9	0.20	0.54
001022	Kidney Beans	.25 C	100	24	0.01	31	*N/A*	*N/A*	0.10	0.00	0	4.37	1.80	1.47	0	6.8	0.31	0.35
000468	Mixed Greens Salad	8oz scoop	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

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990266 Diced Cucumber	.25 C	100	6	0.02	1	1	*N/A*	0.04	0.00	0	1.48	0.20	0.27	43	6.5	1.14	0.11
990211 Shredded Carrots - .25 C	.25 C	100	12	0.01	20	1	*N/A*	0.07	0.00	0	2.82	0.83	0.27	4926	9.7	1.74	0.09
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
000372 House Ranch Dressing	1 oz	100	37	1.00	111	1	*N/A*	2.58	*0.00	4	2.72	0.06	0.78	81	28.9	1.02	0.06
990333 Shredded Mozzarella	.25 C	80	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*
000951 Whole Grain Croutons	.5 C	100	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	0	0.0	0.00	0.00
000004 Whole Wheat Roll	1 each	100	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
990421 Cantaloupe	1 C	100	53	0.08	25	12	*N/A*	0.30	0.00	0	12.73	1.40	1.31	5276	14.0	57.25	0.33
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			750	6.09	1291	*32	*0	27.53	*0.00	75	84.01	*14.54	49.90	*11907	*546.2	*76.16	*4.43
% of Calories				7.31%		*17.1%	*0%	33.0%	*0.0%		44.8%		26.6%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Friday - 04/26/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000979 Buffalo Chicken Strips	3 oz	50	104	0.00	622	0	*N/A*	0.00	0.00	48	0.00	0.00	18.70	566	0.0	2.49	0.50
000378 Herb Roasted Chicken Tender	3 oz scoop	50	99	0.34	123	0	*N/A*	2.28	*0.00	48	0.36	0.19	18.80	*17	*7.9	*2.90	*0.80
001029 Sunflower Seeds - .5 oz	1 oz	100	82	0.74	0	0	*N/A*	7.06	*N/A*	0	3.41	1.57	2.74	1	9.9	0.20	0.54
001022 Kidney Beans	.25 C	100	24	0.01	31	*N/A*	*N/A*	0.10	0.00	0	4.37	1.80	1.47	0	6.8	0.31	0.35
000468 Mixed Greens Salad	8oz scoop	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
990266 Diced Cucumber	.25 C	100	6	0.02	1	1	*N/A*	0.04	0.00	0	1.48	0.20	0.27	43	6.5	1.14	0.11
990211 Shredded Carrots - .25 C	.25 C	100	12	0.01	20	1	*N/A*	0.07	0.00	0	2.82	0.83	0.27	4926	9.7	1.74	0.09
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
000372 House Ranch Dressing	1 oz	100	37	1.00	111	1	*N/A*	2.58	*0.00	4	2.72	0.06	0.78	81	28.9	1.02	0.06
990333 Shredded Mozzarella	.25 C	80	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*
000951 Whole Grain Croutons	.5 C	100	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	0	0.0	0.00	0.00
000004 Whole Wheat Roll	1 each	100	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
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

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			813	6.07	1268	*43	*0	27.62	*0.00	75	102.07	*18.48	49.17	*6751	*545.6	*29.16	*4.37
% of Calories				6.72%		*21.2%	*0%	30.6%	*0.0%		50.2%		24.2%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Monday - 04/29/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000562 Diced Turkey Ham	2 oz scoop	50	54	0.81	285	0	*N/A*	2.42	0.00	32	0.54	0.00	7.54	0	10.8	0.65	0.58
990332 Herb Roasted Chicken Tender, Chopped	2 oz	50	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
000882 Hard Boiled Egg - 2 oz	1 each	95	78	1.63	62	1	*N/A*	5.30	*N/A*	186	0.56	0.00	6.29	260	25.0	0.00	0.60
000468 Mixed Greens Salad	8oz scoop	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
001020 Chickpeas	.25 C	40	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
001088 Tomatoes	2oz scoop	100	11	0.02	3	2	*N/A*	0.12	0.00	0	2.32	0.72	0.52	497	6.0	8.18	0.16
990266 Diced Cucumber	.25 C	100	6	0.02	1	1	*N/A*	0.04	0.00	0	1.48	0.20	0.27	43	6.5	1.14	0.11
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
000951 Whole Grain Croutons	.5 C	100	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	0	0.0	0.00	0.00
000004 Whole Wheat Roll	1 each	100	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
990044 Honey Mustard Dressing	1 oz	100	45	0.48	106	3	*N/A*	3.40	*0.00	0	3.80	0.02	0.05	0	0.9	0.02	0.03

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990210 Shredded Cheddar Cheese	.25 C	75	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
000884 Fresh Pear	1 each	100	131	0.05	2	22	*N/A*	0.32	0.00	0	35.03	7.13	0.83	58	20.7	9.89	0.41
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			804	8.40	1204	45	0	29.43	*0.00	241	104.48	18.01	41.88	*2364	*690.3	*32.46	*4.60
% of Calories				9.40%		22.4%	0%	32.9%	*0.0%		52.0%		20.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Tuesday - 04/30/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000562 Diced Turkey Ham	2 oz scoop	50	54	0.81	285	0	*N/A*	2.42	0.00	32	0.54	0.00	7.54	0	10.8	0.65	0.58
990332 Herb Roasted Chicken Tender, Chopped	2 oz	50	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
000882 Hard Boiled Egg - 2 oz	1 each	95	78	1.63	62	1	*N/A*	5.30	*N/A*	186	0.56	0.00	6.29	260	25.0	0.00	0.60
000468 Mixed Greens Salad	8oz scoop	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
001020 Chickpeas	.25 C	40	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
001088 Tomatoes	2oz scoop	100	11	0.02	3	2	*N/A*	0.12	0.00	0	2.32	0.72	0.52	497	6.0	8.18	0.16

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990266 Diced Cucumber	.25 C	100	6	0.02	1	1	*N/A*	0.04	0.00	0	1.48	0.20	0.27	43	6.5	1.14	0.11
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
000951 Whole Grain Croutons	.5 C	100	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	0	0.0	0.00	0.00
000004 Whole Wheat Roll	1 each	100	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
990044 Honey Mustard Dressing	1 oz	100	45	0.48	106	3	*N/A*	3.40	*0.00	0	3.80	0.02	0.05	0	0.9	0.02	0.03
990210 Shredded Cheddar Cheese	.25 C	75	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
000812 Orange Wedges	1 C/6 wedges	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			759	8.38	1201	40	0	29.32	*0.00	241	91.07	15.30	42.79	*2720	*743.2	*120.46	*4.37
% of Calories				9.94%		21.1%	0%	34.8%	*0.0%		48.0%		22.6%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Wednesday - 05/01/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000562 Diced Turkey Ham	2 oz scoop	50	54	0.81	285	0	*N/A*	2.42	0.00	32	0.54	0.00	7.54	0	10.8	0.65	0.58

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990332 Herb Roasted Chicken Tender, Chopped	2 oz	50	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
000882 Hard Boiled Egg - 2 oz	1 each	95	78	1.63	62	1	*N/A*	5.30	*N/A*	186	0.56	0.00	6.29	260	25.0	0.00	0.60
000468 Mixed Greens Salad	8oz scoop	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
001020 Chickpeas	.25 C	40	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
001088 Tomatoes	2oz scoop	100	11	0.02	3	2	*N/A*	0.12	0.00	0	2.32	0.72	0.52	497	6.0	8.18	0.16
990266 Diced Cucumber	.25 C	100	6	0.02	1	1	*N/A*	0.04	0.00	0	1.48	0.20	0.27	43	6.5	1.14	0.11
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
000951 Whole Grain Croutons	.5 C	100	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	0	0.0	0.00	0.00
000004 Whole Wheat Roll	1 each	100	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
990044 Honey Mustard Dressing	1 oz	100	45	0.48	106	3	*N/A*	3.40	*0.00	0	3.80	0.02	0.05	0	0.9	0.02	0.03
990210 Shredded Cheddar Cheese	.25 C	75	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
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000170 100% Apple Juice	4 oz	100	70	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	0.00	0	0.0	0.00	0.00
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			848	8.48	1202	*37	*0	29.49	*0.00	241	112.40	13.95	42.34	*2382	*675.5	*32.84	*4.50
% of Calories				9.00%		*17.5%	*0%	31.3%	*0.0%		53.0%		20.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Thursday - 05/02/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000562 Diced Turkey Ham	2 oz scoop	50	54	0.81	285	0	*N/A*	2.42	0.00	32	0.54	0.00	7.54	0	10.8	0.65	0.58
990332 Herb Roasted Chicken Tender, Chopped	2 oz	50	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
000882 Hard Boiled Egg - 2 oz	1 each	95	78	1.63	62	1	*N/A*	5.30	*N/A*	186	0.56	0.00	6.29	260	25.0	0.00	0.60
000468 Mixed Greens Salad	8oz scoop	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
001020 Chickpeas	.25 C	40	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
001088 Tomatoes	2oz scoop	100	11	0.02	3	2	*N/A*	0.12	0.00	0	2.32	0.72	0.52	497	6.0	8.18	0.16
990266 Diced Cucumber	.25 C	100	6	0.02	1	1	*N/A*	0.04	0.00	0	1.48	0.20	0.27	43	6.5	1.14	0.11
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
000951 Whole Grain Croutons	.5 C	100	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	0	0.0	0.00	0.00
000004 Whole Wheat Roll	1 each	100	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
990044 Honey Mustard Dressing	1 oz	100	45	0.48	106	3	*N/A*	3.40	*0.00	0	3.80	0.02	0.05	0	0.9	0.02	0.03

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990210 Shredded Cheddar Cheese	.25 C	75	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
990421 Cantaloupe	1 C	100	53	0.08	25	12	*N/A*	0.30	0.00	0	12.73	1.40	1.31	5276	14.0	57.25	0.33
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			726	8.43	1226	35	0	29.40	*0.00	241	82.18	12.29	42.37	*7582	*683.7	*79.82	*4.52
% of Calories				10.45 %		19.3%	0%	36.4%	*0.0%		45.3%		23.3%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Friday - 05/03/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000562 Diced Turkey Ham	2 oz scoop	50	54	0.81	285	0	*N/A*	2.42	0.00	32	0.54	0.00	7.54	0	10.8	0.65	0.58
990332 Herb Roasted Chicken Tender, Chopped	2 oz	50	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
000882 Hard Boiled Egg - 2 oz	1 each	95	78	1.63	62	1	*N/A*	5.30	*N/A*	186	0.56	0.00	6.29	260	25.0	0.00	0.60
000468 Mixed Greens Salad	8oz scoop	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
001020 Chickpeas	.25 C	40	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
001088 Tomatoes	2oz scoop	100	11	0.02	3	2	*N/A*	0.12	0.00	0	2.32	0.72	0.52	497	6.0	8.18	0.16

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990266 Diced Cucumber	.25 C	100	6	0.02	1	1	*N/A*	0.04	0.00	0	1.48	0.20	0.27	43	6.5	1.14	0.11
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
000951 Whole Grain Croutons	.5 C	100	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	0	0.0	0.00	0.00
000004 Whole Wheat Roll	1 each	100	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
990044 Honey Mustard Dressing	1 oz	100	45	0.48	106	3	*N/A*	3.40	*0.00	0	3.80	0.02	0.05	0	0.9	0.02	0.03
990210 Shredded Cheddar Cheese	.25 C	75	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
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			789	8.41	1203	46	0	29.48	*0.00	241	100.25	16.24	41.64	*2427	*683.0	*32.83	*4.46
% of Calories				9.59%		23.3%	0%	33.6%	*0.0%		50.8%		21.1%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	800	8	1236	*41	*0	28.14	*0.00	155	101.78	*15.47	44.18	*5837	*641.1	*61.61	*4.12
% of Calories		8.47%		*20.5%	*0%	31.7%	*0.0%		50.9%		22.1%				

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

**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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