



December 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

12/02 - 12/06 & 01/02-01/03 SOUTHWEST TACO

- + pick your base**
 - romaine
- +pick your protein**
 - cumin lime 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

12/09 - 12/13 BUFFALO CHICKEN

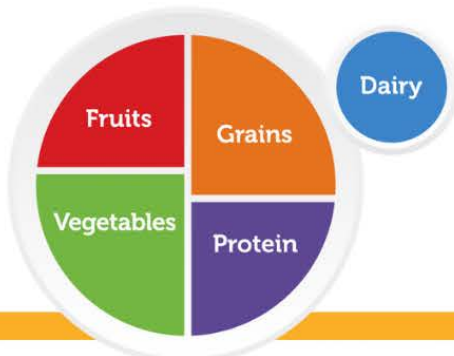
- + pick your base**
 - mixed greens salad
- +pick your protein**
 - buffalo chicken strips
 - herb roasted chicken
- +pick your toppings**
 - diced cucumber
 - shredded carrots
 - corn
 - kidney beans
 - sunflower seeds
 - shredded mozzarella cheese
 - whole grain croutons
 - whole grain roll
- +add your dressing**
 - ranch dressing

12/16 - 12/20 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

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

Dec 2, 2024 thru Jan 3, 2025

Menu Name: DCPS Lunch 9-12 Salad Bar

Include Cost: No

Site:

Report Style: Detailed

Use Alternate Menu Name: No

Monday - 12/02/2024

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)
001037 Cumin Lime Chicken	3 oz	80	143	1.10	222	0	*0	7.33	*0.00	57	1.64	0.34	17.95	*130	*12.3	*0.46	*0.84
990252 Black Beans, Canned -.5 C	.5 C	50	74	0.07	95	1	*N/A*	0.24	0.00	0	13.47	5.63	4.90	3	28.5	2.17	1.54
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
001088 Diced Tomatoes	2 oz	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
001157 Corn	.25 C	75	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
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
001087 WG Corn Tortilla Chips	10 each	70	108	0.77	88	0	*N/A*	4.61	0.00	0	15.36	1.54	1.54	0	15.4	0.00	0.00
000004 Whole Wheat Roll	1 each	60	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
001038 Honey Lime Dressing	1 oz	100	223	3.49	216	2	*N/A*	23.27	*0.00	12	3.79	0.44	0.33	205	8.0	0.77	0.38
990210 Shredded Cheddar Cheese	.25 C	50	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
990262 Chilled Pears - 1 C	1 C	100	202	0.00	16	*N/A*	*N/A*	0.40	*N/A*	0	51.79	10.90	1.66	36	40.4	6.46	1.17
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

Dec 2, 2024 thru Jan 3, 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
Weighted Daily Average			919	9.19	841	*19	*0	40.33	*0.00	82	111.72	20.10	36.15	*6528	*621.4	*25.49	*4.68
% of Calories				9.00%		*8.3%	*0%	39.5%	*0.0%		48.6%		15.7%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Tuesday - 12/03/2024

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)
001037 Cumin Lime Chicken	3 oz	80	143	1.10	222	0	*0	7.33	*0.00	57	1.64	0.34	17.95	*130	*12.3	*0.46	*0.84
990252 Black Beans, Canned -.5 C	.5 C	50	74	0.07	95	1	*N/A*	0.24	0.00	0	13.47	5.63	4.90	3	28.5	2.17	1.54
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
001088 Diced Tomatoes	2 oz	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
001157 Corn	.25 C	75	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
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
001087 WG Corn Tortilla Chips	10 each	70	108	0.77	88	0	*N/A*	4.61	0.00	0	15.36	1.54	1.54	0	15.4	0.00	0.00
000004 Whole Wheat Roll	1 each	60	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
001038 Honey Lime Dressing	1 oz	100	223	3.49	216	2	*N/A*	23.27	*0.00	12	3.79	0.44	0.33	205	8.0	0.77	0.38
990210 Shredded Cheddar Cheese	.25 C	50	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	6 each	100	86	0.03	0	17	*N/A*	0.22	0.00	0	21.62	4.42	1.73	414	73.6	97.89	0.18

Base Menu Spreadsheet

Portion Values

Dec 2, 2024 thru Jan 3, 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
Weighted Daily Average			804	9.21	824	*36	*0	40.14	*0.00	82	81.55	13.62	36.23	*6906	*654.6	*116.92	*3.69
% of Calories				10.31 %		*17.9%	*0%	44.9%	*0.0%		40.6%		18.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Wednesday - 12/04/2024

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)
001037 Cumin Lime Chicken	3 oz	80	143	1.10	222	0	*0	7.33	*0.00	57	1.64	0.34	17.95	*130	*12.3	*0.46	*0.84
990252 Black Beans, Canned -.5 C	.5 C	50	74	0.07	95	1	*N/A*	0.24	0.00	0	13.47	5.63	4.90	3	28.5	2.17	1.54
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
001088 Diced Tomatoes	2 oz	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
001157 Corn	.25 C	75	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
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
001087 WG Corn Tortilla Chips	10 each	70	108	0.77	88	0	*N/A*	4.61	0.00	0	15.36	1.54	1.54	0	15.4	0.00	0.00
000004 Whole Wheat Roll	1 each	60	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

Dec 2, 2024 thru Jan 3, 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)
001038 Honey Lime Dressing	1 oz	100	223	3.49	216	2	*N/A*	23.27	*0.00	12	3.79	0.44	0.33	205	8.0	0.77	0.38
990210 Shredded Cheddar Cheese	.25 C	50	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	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	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 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			828	9.28	826	*38	*0	40.31	*0.00	82	88.81	13.41	35.43	*6589	*590.6	*29.29	*3.80
% of Calories				10.09 %		*18.4%	*0%	43.8%	*0.0%		42.9%		17.1%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Thursday - 12/05/2024

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)
001037 Cumin Lime Chicken	3 oz	80	143	1.10	222	0	*0	7.33	*0.00	57	1.64	0.34	17.95	*130	*12.3	*0.46	*0.84
990252 Black Beans, Canned -.5 C	.5 C	50	74	0.07	95	1	*N/A*	0.24	0.00	0	13.47	5.63	4.90	3	28.5	2.17	1.54
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
001088 Diced Tomatoes	2 oz	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

DC Central Kitchen

Portion Values

Dec 2, 2024 thru Jan 3, 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)
001157 Corn	.25 C	75	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
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
001087 WG Corn Tortilla Chips	10 each	70	108	0.77	88	0	*N/A*	4.61	0.00	0	15.36	1.54	1.54	0	15.4	0.00	0.00
000004 Whole Wheat Roll	1 each	60	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
001038 Honey Lime Dressing	1 oz	100	223	3.49	216	2	*N/A*	23.27	*0.00	12	3.79	0.44	0.33	205	8.0	0.77	0.38
990210 Shredded Cheddar Cheese	.25 C	50	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	8 oz	100	108	0.16	51	25	*N/A*	0.60	0.00	0	25.91	2.86	2.67	10738	28.6	116.53	0.67
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			825	9.35	875	*44	*0	40.53	*0.00	82	85.84	12.06	37.16	*17230	*609.6	*135.56	*4.18
% of Calories				10.20 %		*21.3%	*0%	44.2%	*0.0%		41.6%		18.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Friday - 12/06/2024

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)
001037 Cumin Lime Chicken	3 oz	80	143	1.10	222	0	*0	7.33	*0.00	57	1.64	0.34	17.95	*130	*12.3	*0.46	*0.84

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Dec 2, 2024 thru Jan 3, 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)
990252 Black Beans, Canned -.5 C	.5 C	50	74	0.07	95	1	*N/A*	0.24	0.00	0	13.47	5.63	4.90	3	28.5	2.17	1.54
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
001088 Diced Tomatoes	2 oz	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
001157 Corn	.25 C	75	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
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
001087 WG Corn Tortilla Chips	10 each	70	108	0.77	88	0	*N/A*	4.61	0.00	0	15.36	1.54	1.54	0	15.4	0.00	0.00
000004 Whole Wheat Roll	1 each	60	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
001038 Honey Lime Dressing	1 oz	100	223	3.49	216	2	*N/A*	23.27	*0.00	12	3.79	0.44	0.33	205	8.0	0.77	0.38
990210 Shredded Cheddar Cheese	.25 C	50	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 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			833	9.25	827	*42	*0	40.30	*0.00	82	90.73	14.56	35.08	*6612	*594.4	*29.29	*3.78
% of Calories				9.99%		*20.2%	*0%	43.5%	*0.0%		43.6%		16.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Monday - 12/09/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Dec 2, 2024 thru Jan 3, 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)
000979 Buffalo Chicken Strips	3 oz	50	111	0.27	646	0	*0	1.51	0.00	57	0.00	0.00	17.60	566	3.1	0.00	0.27
000378 Herb Roasted Chicken	3 oz scoop	50	105	0.61	146	0	*0	3.79	*0.00	57	0.36	0.19	17.71	*17	*11.0	*0.41	*0.57
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
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
990266 Diced Cucumber	2oz	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	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
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
000884 Fresh Pear	1 each	100	131	0.05	2	22	*N/A*	0.32	0.00	0	35.03	7.13	0.83	58	20.7	9.89	0.41
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Dec 2, 2024 thru Jan 3, 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
Weighted Daily Average			855	6.78	1265	*42	*0	31.95	*0.00	86	105.17	*19.81	47.77	*10915	*535.3	*19.64	*3.87
% of Calories				7.14%		*19.6%	*0%	33.6%	*0.0%		49.2%		22.3%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Tuesday - 12/10/2024

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)
000979 Buffalo Chicken Strips	3 oz	50	111	0.27	646	0	*0	1.51	0.00	57	0.00	0.00	17.60	566	3.1	0.00	0.27
000378 Herb Roasted Chicken	3 oz scoop	50	105	0.61	146	0	*0	3.79	*0.00	57	0.36	0.19	17.71	*17	*11.0	*0.41	*0.57
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
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
990266 Diced Cucumber	2oz	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	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
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

Dec 2, 2024 thru Jan 3, 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)
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
000812 Orange Wedges	6 each	100	86	0.03	0	17	*N/A*	0.22	0.00	0	21.62	4.42	1.73	414	73.6	97.89	0.18
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			811	6.76	1263	*37	*0	31.85	*0.00	86	91.76	*17.09	48.67	*11271	*588.2	*107.64	*3.64
% of Calories				7.50%		*18.2%	*0%	35.3%	*0.0%		45.3%		24.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Wednesday - 12/11/2024

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)
000979 Buffalo Chicken Strips	3 oz	50	111	0.27	646	0	*0	1.51	0.00	57	0.00	0.00	17.60	566	3.1	0.00	0.27
000378 Herb Roasted Chicken	3 oz scoop	50	105	0.61	146	0	*0	3.79	*0.00	57	0.36	0.19	17.71	*17	*11.0	*0.41	*0.57
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
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
990266 Diced Cucumber	2oz	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

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Dec 2, 2024 thru Jan 3, 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)
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	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
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
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	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			835	6.82	1265	*39	*0	32.02	*0.00	86	99.01	*16.89	47.88	*10955	*524.2	*20.01	*3.74
% of Calories				7.35%		*18.7%	*0%	34.5%	*0.0%		47.4%		22.9%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Thursday - 12/12/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Dec 2, 2024 thru Jan 3, 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)
000979 Buffalo Chicken Strips	3 oz	50	111	0.27	646	0	*0	1.51	0.00	57	0.00	0.00	17.60	566	3.1	0.00	0.27
000378 Herb Roasted Chicken	3 oz scoop	50	105	0.61	146	0	*0	3.79	*0.00	57	0.36	0.19	17.71	*17	*11.0	*0.41	*0.57
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
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
990266 Diced Cucumber	2oz	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	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
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	8 oz	100	108	0.16	51	25	*N/A*	0.60	0.00	0	25.91	2.86	2.67	10738	28.6	116.53	0.67
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

Dec 2, 2024 thru Jan 3, 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
Weighted Daily Average			832	6.89	1314	*45	*0	32.24	*0.00	86	96.05	*15.53	49.61	*21596	*543.2	*126.28	*4.12
% of Calories				7.45%		*21.6%	*0%	34.9%	*0.0%		46.2%		23.9%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Friday - 12/13/2024

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	111	0.27	646	0	*0	1.51	0.00	57	0.00	0.00	17.60	566	3.1	0.00	0.27
000378 Herb Roasted Chicken	3 oz scoop	50	105	0.61	146	0	*0	3.79	*0.00	57	0.36	0.19	17.71	*17	*11.0	*0.41	*0.57
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
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
990266 Diced Cucumber	2oz	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	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
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

Dec 2, 2024 thru Jan 3, 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)
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
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			840	6.79	1265	*43	*0	32.01	*0.00	86	100.93	*18.03	47.52	*10978	*528.0	*20.01	*3.72
% of Calories				7.28%		*20.5%	*0%	34.3%	*0.0%		48.1%		22.6%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Monday - 12/16/2024

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	174	0.99	239	8	*N/A*	3.53	*0.00	67	8.96	0.00	24.18	*23	13.0	*0.00	0.93
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	2 oz	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	75	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

Base Menu Spreadsheet

Portion Values

Dec 2, 2024 thru Jan 3, 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)
000951 Whole Grain Croutons	.5 C	75	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	75	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	111	1.66	88	3	*N/A*	11.11	*0.00	6	2.84	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			856	8.22	1070	*51	*N/A*	30.97	*0.00	103	104.39	16.67	47.91	*6800	628.6	*58.62	3.81
% of Calories				8.64%		*23.8%	*N/A*	32.6%	*0.0%		48.8%		22.4%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Tuesday - 12/17/2024

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	174	0.99	239	8	*N/A*	3.53	*0.00	67	8.96	0.00	24.18	*23	13.0	*0.00	0.93
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

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Dec 2, 2024 thru Jan 3, 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)
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	2 oz	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	75	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	75	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	75	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	111	1.66	88	3	*N/A*	11.11	*0.00	6	2.84	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	6 each	100	86	0.03	0	17	*N/A*	0.22	0.00	0	21.62	4.42	1.73	414	73.6	97.89	0.18
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			811	8.19	1068	*46	*N/A*	30.87	*0.00	103	90.98	13.96	48.81	*7157	681.5	*146.62	3.58
% of Calories				9.09%		*22.7%	*N/A*	34.3%	*0.0%		44.9%		24.1%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Wednesday - 12/18/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Dec 2, 2024 thru Jan 3, 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)
990251 BBQ Chicken, Diced - 2.25 oz	4 oz	100	174	0.99	239	8	*N/A*	3.53	*0.00	67	8.96	0.00	24.18	*23	13.0	*0.00	0.93
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	2 oz	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	75	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	75	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	75	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	111	1.66	88	3	*N/A*	11.11	*0.00	6	2.84	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	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	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

Dec 2, 2024 thru Jan 3, 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
Weighted Daily Average			835	8.26	1070	*48	*N/A*	31.03	*0.00	103	98.23	13.75	48.01	*6841	617.6	*58.99	3.69
% of Calories				8.90%		*23.0%	*N/A*	33.4%	*0.0%		47.1%		23.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Thursday - 12/19/2024

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	174	0.99	239	8	*N/A*	3.53	*0.00	67	8.96	0.00	24.18	*23	13.0	*0.00	0.93
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	2 oz	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	75	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	75	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	75	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	111	1.66	88	3	*N/A*	11.11	*0.00	6	2.84	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	8 oz	100	108	0.16	51	25	*N/A*	0.60	0.00	0	25.91	2.86	2.67	10738	28.6	116.53	0.67

Base Menu Spreadsheet

Portion Values

Dec 2, 2024 thru Jan 3, 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
Weighted Daily Average			833	8.33	1119	*54	*N/A*	31.25	*0.00	103	95.27	12.40	49.75	*17481	636.5	*165.26	4.07
% of Calories				9.00%		*25.9%	*N/A*	33.8%	*0.0%		45.7%		23.9%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Friday - 12/20/2024

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	174	0.99	239	8	*N/A*	3.53	*0.00	67	8.96	0.00	24.18	*23	13.0	*0.00	0.93
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	2 oz	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	75	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	75	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	75	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

Dec 2, 2024 thru Jan 3, 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)
990044 Honey Mustard Dressing	1 oz	100	111	1.66	88	3	*N/A*	11.11	*0.00	6	2.84	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			841	8.23	1070	*52	*N/A*	31.02	*0.00	103	100.15	14.89	47.66	*6863	621.3	*58.99	3.67
% of Calories				8.81%		*24.7%	*N/A*	33.2%	*0.0%		47.6%		22.7%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Monday - 12/23/2024

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 - 12/24/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Dec 2, 2024 thru Jan 3, 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)
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 - 12/25/2024 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 - 12/26/2024 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Dec 2, 2024 thru Jan 3, 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)
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 - 12/27/2024

Reimbursable Meal Total 1

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

Monday - 12/30/2024

Reimbursable Meal Total 1

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

Base Menu Spreadsheet

Portion Values

Dec 2, 2024 thru Jan 3, 2025

Tuesday - 12/31/2024

Reimbursable Meal Total 1

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

Wednesday - 01/01/2025

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									

Thursday - 01/02/2025

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)
001037 Cumin Lime Chicken	3 oz	80	143	1.10	222	0	*0	7.33	*0.00	57	1.64	0.34	17.95	*130	*12.3	*0.46	*0.84
990252 Black Beans, Canned -.5 C	.5 C	50	74	0.07	95	1	*N/A*	0.24	0.00	0	13.47	5.63	4.90	3	28.5	2.17	1.54

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Dec 2, 2024 thru Jan 3, 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)
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
001088 Diced Tomatoes	2 oz	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
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
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
001087 WG Corn Tortilla Chips	10 each	70	108	0.77	88	0	*N/A*	4.61	0.00	0	15.36	1.54	1.54	0	15.4	0.00	0.00
000004 Whole Wheat Roll	1 each	60	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
001038 Honey Lime Dressing	1 oz	100	223	3.49	216	2	*N/A*	23.27	*0.00	12	3.79	0.44	0.33	205	8.0	0.77	0.38
990210 Shredded Cheddar Cheese	.25 C	50	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
990262 Chilled Pears - 1 C	1 C	100	202	0.00	16	*N/A*	*N/A*	0.40	*N/A*	0	51.79	10.90	1.66	36	40.4	6.46	1.17
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			928	9.20	841	*20	*0	40.41	*0.00	82	113.83	20.32	36.46	*6548	*621.8	*26.14	*4.72
% of Calories				8.92%		*8.6%	*0%	39.2%	*0.0%		49.1%		15.7%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Friday - 01/03/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Dec 2, 2024 thru Jan 3, 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)
001037 Cumin Lime Chicken	3 oz	80	143	1.10	222	0	*0	7.33	*0.00	57	1.64	0.34	17.95	*130	*12.3	*0.46	*0.84
990252 Black Beans, Canned -.5 C	.5 C	50	74	0.07	95	1	*N/A*	0.24	0.00	0	13.47	5.63	4.90	3	28.5	2.17	1.54
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
001088 Diced Tomatoes	2 oz	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
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
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
001087 WG Corn Tortilla Chips	10 each	70	108	0.77	88	0	*N/A*	4.61	0.00	0	15.36	1.54	1.54	0	15.4	0.00	0.00
000004 Whole Wheat Roll	1 each	60	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
001038 Honey Lime Dressing	1 oz	100	223	3.49	216	2	*N/A*	23.27	*0.00	12	3.79	0.44	0.33	205	8.0	0.77	0.38
990210 Shredded Cheddar Cheese	.25 C	50	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 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			842	9.26	827	*43	*0	40.38	*0.00	82	92.84	14.77	35.38	*6632	*594.8	*29.94	*3.82
% of Calories				9.90%		*20.4%	*0%	43.2%	*0.0%		44.1%		16.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Base Menu Spreadsheet

Portion Values

Dec 2, 2024 thru Jan 3, 2025

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	843	8	1037	*41	*0	35.15	*0.00	89	96.90	*15.76	43.26	*9877	*599.5	*69.10	*3.92
% of Calories		8.80%		*19.5%	*0%	37.5%	*0.0%		46.0%		20.5%				

**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.



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442;
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.