



June 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

6/3 - 6/7 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

6/10 - 6/14 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

6/17 BUFFALO CHICKEN

+ pick your base

- mixed greens salad

+pick your protein

- buffalo chicken strips
- herb roasted chicken

+pick your toppings

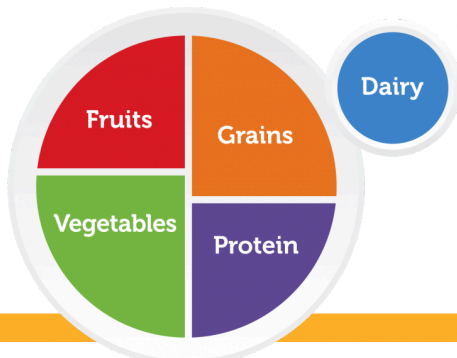
- diced cucumber
- shredded carrots
- corn
- kidney beans
- sunflower seeds
- shredded mozzarella cheese
- whole grain croutons
- whole grain roll

+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

Jun 3, 2024 thru Jun 21, 2024

Menu Name: DCPS Lunch 9-12 Salad Bar

Include Cost: No

Site:

Report Style: Detailed

Use Alternate Menu Name: No

Monday - 06/03/2024

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)
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
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

Jun 3, 2024 thru Jun 21, 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			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 - 06/04/2024

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									

Wednesday - 06/05/2024

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)	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

DC Central Kitchen

Portion Values

Jun 3, 2024 thru Jun 21, 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
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			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 - 06/06/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jun 3, 2024 thru Jun 21, 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)
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 - .25 C	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	8 oz	100	53	0.08	25	12	*N/A*	0.30	0.00	0	12.73	1.40	1.31	5276	14.0	57.25	0.33
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla 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			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									

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

Friday - 06/07/2024

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
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

Jun 3, 2024 thru Jun 21, 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			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 - 06/10/2024

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)
001037 Cumin Lime Chicken	3 oz	100	136	0.83	198	0	*N/A*	5.82	*0.00	48	1.64	0.34	19.04	*130	*9.2	*2.95	*1.06
990252 Black Beans, Canned -.5 C	.5 C	95	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
990250 Cherry Tomatoes - .25 C	.25 C	100	3	0.00	1	0	*N/A*	0.03	0.00	0	0.64	0.20	0.14	136	1.6	2.24	0.04
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	100	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	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
001038 Honey Lime Dressing	1 oz	100	85	1.03	255	2	*N/A*	7.19	*0.00	0	5.79	0.44	0.33	205	8.0	0.77	0.38
990210 Shredded Cheddar Cheese	.25 C	80	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

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jun 3, 2024 thru Jun 21, 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				864	8.78	1078	*42	*0	28.71	*0.00	82	115.09	19.89	45.90	*6325	*698.5	*27.20	*5.37
% of Calories				9.15%		*19.4%	*0%	29.9%	*0.0%		53.3%		21.2%					
Weekly Nutrient Guideline				750 - 850	<10	1280			<=0									

Tuesday - 06/11/2024

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)	
001037	Cumin Lime Chicken	3 oz	100	136	0.83	198	0	*N/A*	5.82	*0.00	48	1.64	0.34	19.04	*130	*9.2	*2.95	*1.06
990252	Black Beans, Canned -.5 C	.5 C	95	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
990250	Cherry Tomatoes - .25 C	.25 C	100	3	0.00	1	0	*N/A*	0.03	0.00	0	0.64	0.20	0.14	136	1.6	2.24	0.04
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	100	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	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

DC Central Kitchen

Portion Values

Jun 3, 2024 thru Jun 21, 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)
001038 Honey Lime Dressing	1 oz	100	85	1.03	255	2	*N/A*	7.19	*0.00	0	5.79	0.44	0.33	205	8.0	0.77	0.38
990210 Shredded Cheddar Cheese	.25 C	80	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	99	86	0.03	0	17	*N/A*	0.22	0.00	0	21.62	4.42	1.73	414	73.6	97.89	0.18
001064 Mandarin Oranges**	1 C	1	72	0.01	9	16	*N/A*	0.08	0.00	0	17.78	2.30	1.42	2480	23.0	64.10	0.51
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			820	8.76	1076	*37	*0	28.60	*0.00	82	101.64	17.16	46.80	*6703	*750.9	*114.86	*5.14
% of Calories				9.61%		*18.0%	*0%	31.4%	*0.0%		49.6%		22.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Wednesday - 06/12/2024

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)
001037 Cumin Lime Chicken	3 oz	100	136	0.83	198	0	*N/A*	5.82	*0.00	48	1.64	0.34	19.04	*130	*9.2	*2.95	*1.06
990252 Black Beans, Canned -.5 C	.5 C	95	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
990250 Cherry Tomatoes - .25 C	.25 C	100	3	0.00	1	0	*N/A*	0.03	0.00	0	0.64	0.20	0.14	136	1.6	2.24	0.04

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001157 Corn	.25 C	100	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	80	1.6	2.61	0.17
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	100	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	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
001038 Honey Lime Dressing	1 oz	100	85	1.03	255	2	*N/A*	7.19	*0.00	0	5.79	0.44	0.33	205	8.0	0.77	0.38
990210 Shredded Cheddar Cheese	.25 C	80	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			908	8.86	1077	*34	*0	28.77	*0.00	82	123.01	15.83	46.36	*6343	*683.7	*27.57	*5.26
% of Calories				8.78%		*15.0%	*0%	28.5%	*0.0%		54.2%		20.4%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Thursday - 06/13/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jun 3, 2024 thru Jun 21, 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)
001037 Cumin Lime Chicken	3 oz	100	136	0.83	198	0	*N/A*	5.82	*0.00	48	1.64	0.34	19.04	*130	*9.2	*2.95	*1.06
990252 Black Beans, Canned -.5 C	.5 C	95	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
990250 Cherry Tomatoes - .25 C	.25 C	100	3	0.00	1	0	*N/A*	0.03	0.00	0	0.64	0.20	0.14	136	1.6	2.24	0.04
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	100	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	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
001038 Honey Lime Dressing	1 oz	100	85	1.03	255	2	*N/A*	7.19	*0.00	0	5.79	0.44	0.33	205	8.0	0.77	0.38
990210 Shredded Cheddar Cheese	.25 C	80	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	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 Soymilk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			786	8.81	1101	*32	*0	28.68	*0.00	82	92.79	14.16	46.38	*11544	*691.9	*74.56	*5.28
% of Calories				10.09 %		*16.3%	*0%	32.8%	*0.0%		47.2%		23.6%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

Friday - 06/14/2024

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	100	136	0.83	198	0	*N/A*	5.82	*0.00	48	1.64	0.34	19.04	*130	*9.2	*2.95	*1.06
990252 Black Beans, Canned - .5 C	.5 C	95	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
990250 Cherry Tomatoes - .25 C	.25 C	100	3	0.00	1	0	*N/A*	0.03	0.00	0	0.64	0.20	0.14	136	1.6	2.24	0.04
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	100	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	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
001038 Honey Lime Dressing	1 oz	100	85	1.03	255	2	*N/A*	7.19	*0.00	0	5.79	0.44	0.33	205	8.0	0.77	0.38
990210 Shredded Cheddar Cheese	.25 C	80	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

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 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			849	8.79	1078	*43	*0	28.76	*0.00	82	110.85	18.11	45.65	*6388	*691.2	*27.56	*5.22
% of Calories				9.32%		*20.3%	*0%	30.5%	*0.0%		52.2%		21.5%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Monday - 06/17/2024

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)
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

Jun 3, 2024 thru Jun 21, 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
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			828	6.06	1268	*43	*0	27.56	*0.00	75	106.31	*20.26	49.41	*6689	*552.9	*28.80	*4.51
% of Calories				6.59%		*20.8%	*0%	30.0%	*0.0%		51.4%		23.9%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	834	8	1169	*42	*0	27.71	*0.00	80	109.66	*16.74	44.77	*7648	*657.0	*58.57	*4.36
% of Calories		8.60%		*20.1%	*0%	29.9%	*0.0%		52.6%		21.5%				

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.

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