



# November 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

## 11/04 - 11/08 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

## 11/11 - 11/15 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

## 11/18 - 11/22 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

## 11/25 - 11/29 BBQ CHICKEN

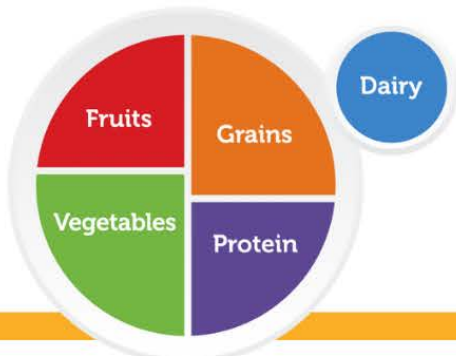
- + pick your base**
  - romaine
- +pick your protein**
  - bbq chicken
  - chickpeas

- +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

Nov 4, 2024 thru Dec 6, 2024

**Menu Name:** DCPS Lunch 9-12 Salad Bar  
**Site:**  
**Use Alternate Menu Name:** No

**Include Cost:** No  
**Report Style:** Detailed

**Monday - 11/04/2024 Reimbursable Meal Total 1**

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

**Tuesday - 11/05/2024 Reimbursable Meal Total 1**

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

**Wednesday - 11/06/2024 Reimbursable Meal Total 100**

# Base Menu Spreadsheet

## Portion Values

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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 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			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									

# Base Menu Spreadsheet

Portion Values

Nov 4, 2024 thru Dec 6, 2024

Thursday - 11/07/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			834	9.36	876	*44	*0	40.61	*0.00	82	87.96	12.28	37.47	*17250	*610.0	*136.21	*4.22
% of Calories				10.10 %		*21.1%	*0%	43.8%	*0.0%		42.2%		18.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

## Friday - 11/08/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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

**Base Menu Spreadsheet**

Portion Values

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			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									

**Monday - 11/11/2024**

**Reimbursable Meal Total 1**

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

**Tuesday - 11/12/2024**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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

# Base Menu Spreadsheet

## Portion Values

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
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									

### Wednesday - 11/13/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
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

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
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
000673	Fresh Apple	1 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				945	6.92	1267	*58	*0	32.40	*0.00	86	127.89	*21.10	48.81	*11053	*533.9	*30.28	*4.03
% of Calories					6.59%		*24.6%	*0%	30.9%	*0.0%		54.1%		20.7%				
Weekly Nutrient Guideline				750 - 850	<10	1280			<=0									

### Thursday - 11/14/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
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

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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 - 11/15/2024

Reimbursable Meal Total 100

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			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 - 11/18/2024**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	66	0.38	92	0	*0	2.37	*0.00	36	0.21	0.11	11.06	*9	*6.3	*0.24	*0.32
000882 Hard Boiled Egg	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
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
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 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
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
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	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

# Base Menu Spreadsheet

## Portion Values

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990210 Shredded Cheddar Cheese	.25 C	60	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			851	8.76	1144	45	*0	36.24	*0.00	245	102.59	17.56	39.93	*6582	*640.3	*25.55	*4.12
% of Calories				9.26%		21.2%	*0%	38.3%	*0.0%		48.2%		18.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

### Tuesday - 11/19/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
000882 Hard Boiled Egg	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
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
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
990332 Herb Roasted Chicken Tender, Chopped	2 oz	50	66	0.38	92	0	*0	2.37	*0.00	36	0.21	0.11	11.06	*9	*6.3	*0.24	*0.32
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

## Portion Values

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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	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	60	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			807	8.74	1142	40	*0	36.14	*0.00	245	89.18	14.84	40.84	*6938	*693.2	*113.55	*3.89
% of Calories				9.75%		19.8%	*0%	40.3%	*0.0%		44.2%		20.2%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

### Wednesday - 11/20/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990332 Herb Roasted Chicken Tender, Chopped	2 oz	50	66	0.38	92	0	*0	2.37	*0.00	36	0.21	0.11	11.06	*9	*6.3	*0.24	*0.32
000882 Hard Boiled Egg	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
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
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 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
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
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	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	60	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

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			831	8.81	1144	41	*0	36.30	*0.00	245	96.43	14.64	40.04	*6622	*629.2	*25.93	*4.00
% of Calories				9.54%		19.7%	*0%	39.3%	*0.0%		46.4%		19.3%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

### Thursday - 11/21/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	66	0.38	92	0	*0	2.37	*0.00	36	0.21	0.11	11.06	*9	*6.3	*0.24	*0.32
000882 Hard Boiled Egg	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
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
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 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
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
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	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



# Base Menu Spreadsheet

## Portion Values

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990210 Shredded Cheddar Cheese	.25 C	60	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			828	8.87	1193	48	*0	36.52	*0.00	245	93.47	13.29	41.77	*17262	*648.2	*132.19	*4.38
% of Calories				9.64%		23.2%	*0%	39.7%	*0.0%		45.2%		20.2%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

### Friday - 11/22/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	66	0.38	92	0	*0	2.37	*0.00	36	0.21	0.11	11.06	*9	*6.3	*0.24	*0.32
000882 Hard Boiled Egg	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
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
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 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

## Portion Values

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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	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	60	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			836	8.77	1144	46	*0	36.29	*0.00	245	98.35	15.78	39.69	*6645	*633.0	*25.92	*3.98
% of Calories				9.44%		22.0%	*0%	39.1%	*0.0%		47.1%		19.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

### Monday - 11/25/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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 - 11/26/2024

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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									

# Base Menu Spreadsheet

Portion Values

Nov 4, 2024 thru Dec 6, 2024

## Wednesday - 11/27/2024

### Reimbursable Meal Total 1

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

## Thursday - 11/28/2024

### Reimbursable Meal Total 1

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

## Friday - 11/29/2024

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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 - 12/02/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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

# Base Menu Spreadsheet

## Portion Values

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
000231	Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230	1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160	Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383	Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average				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									

## Tuesday - 12/03/2024

## Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
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

# Base Menu Spreadsheet

## Portion Values

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
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
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			813	9.23	825	*37	*0	40.22	*0.00	82	83.67	13.83	36.53	*6925	*655.0	*117.57	*3.74
% of Calories				10.22 %		*18.2%	*0%	44.5%	*0.0%		41.2%		18.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

### Wednesday - 12/04/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (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



# Base Menu Spreadsheet

## Portion Values

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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
000673 Fresh Apple	1 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			947	9.39	828	*57	*0	40.77	*0.00	82	119.79	17.84	36.67	*6707	*600.7	*40.20	*4.13
% of Calories				8.92%		*24.1%	*0%	38.7%	*0.0%		50.6%		15.5%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Thursday - 12/05/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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			834	9.36	876	*44	*0	40.61	*0.00	82	87.96	12.28	37.47	*17250	*610.0	*136.21	*4.22
% of Calories				10.10 %		*21.1%	*0%	43.8%	*0.0%		42.2%		18.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Friday - 12/06/2024

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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

Nov 4, 2024 thru Dec 6, 2024

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	856	9	1040	*43	*0	36.62	*0.00	128	99.90	*16.19	41.29	*9844	*610.7	*66.68	*4.05
% of Calories		8.97%		*20.1%	*0%	38.5%	*0.0%		46.7%		19.3%				

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.



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