



February Sandwich 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 - apple & banana;
Thurs - cantaloupe; Fri - apple

2/3 - 2/7 GRILLED CHEESE

- grilled cheese**
- whole grain bread
 - cheddar cheese

2/10 - 2/14 CHEESEBURGER

- cheeseburger**
- whole grain bun
 - all beef burger
 - cheddar cheese
 - lettuce & tomato
 - ketchup & mustard

2/18 - 2/21 TURKEY CLUB

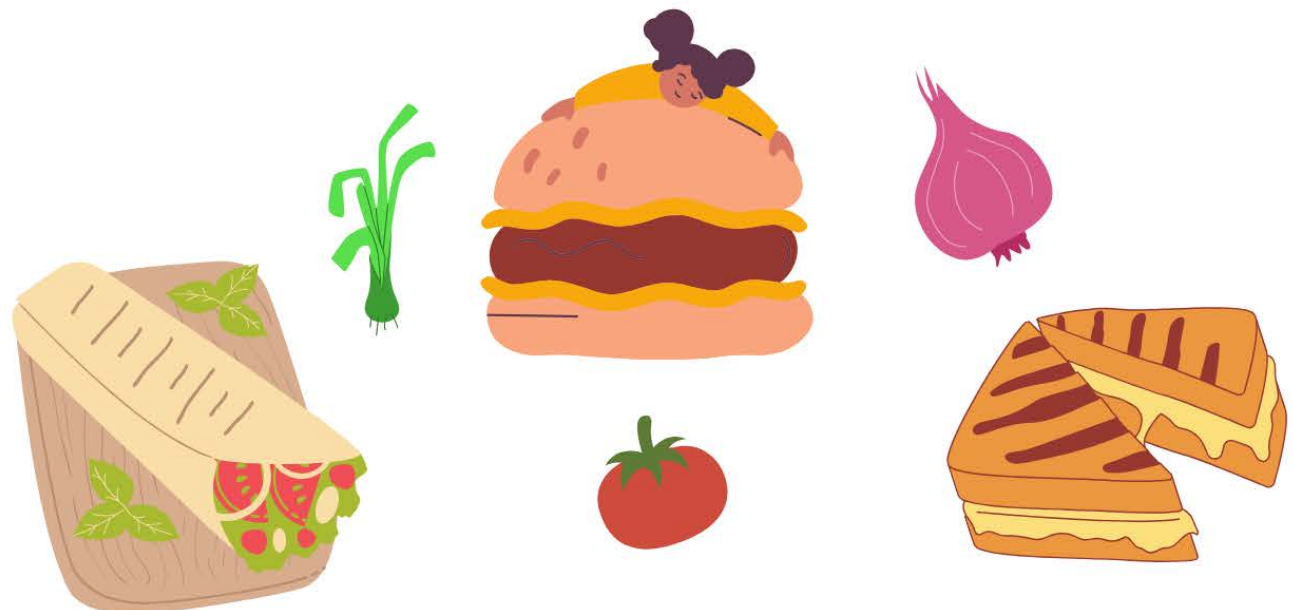
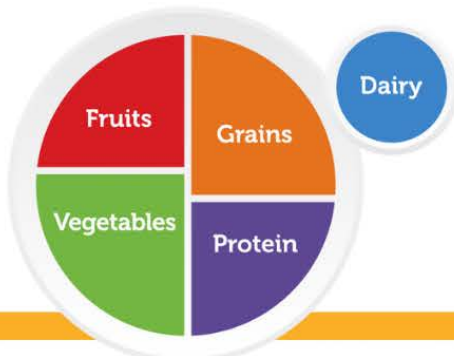
- turkey club**
- whole grain bread
 - sliced turkey
 - turkey bacon
 - lettuce & tomato

2/24 - 2/28 MEATBALL SUB

- meatball sub**
- whole grain hoagie
 - provolone cheese
 - turkey meatballs in house marinara sauce

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

Feb 3, 2025 thru Feb 28, 2025

Menu Name: DCPS Lunch 9-12 + Sandwich Bar

Include Cost: No

Site:

Use Alternate Menu Name: No

Monday - 02/03/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990957 Crispy Catfish	1 filet each	81	168	0.49	296	1	*0	4.51	*0.00	69	10.53	0.82	20.96	*137	*27.5	*0.07	*0.76
000604 Hot Sauce	1 each	81	0	0.00	32	0	*N/A*	0.00	*N/A*	0	0.02	0.00	0.01	2	0.1	0.90	0.01
990376 Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
990789 Whole Wheat Roll	2 each	86	160	0.00	340	4	*N/A*	2.00	0.00	0	32.00	4.00	6.00	0	120.0	0.00	2.16
000047 Sauteed Green Beans	4 oz	100	52	0.36	96	*0	*N/A*	2.41	*0.00	0	6.19	2.06	1.46	*107	*33.9	*10.12	*0.69
000454 Steamed Carrots	4 oz	100	41	0.00	82	5	*N/A*	0.00	0.00	0	9.52	4.08	1.36	*N/A*	40.8	*N/A*	0.54
000884 Fresh Pear	1 each	100	101	0.04	2	17	*N/A*	0.25	0.00	0	27.11	5.52	0.64	44	16.0	7.65	0.32
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000539 Grilled Cheese on WW Bread	1 each	10	340	9.00	660	*0	*N/A*	16.00	0.00	40	32.00	4.00	20.00	600	520.0	0.00	1.44
Weighted Daily Average			630	3.08	967	*40	*0	12.91	*0.00	71	97.10	16.65	37.37	*754	*645.3	*19.32	*4.48
% of Calories				4.40%		*25.4%	*0%	18.4%	*0.0%		61.7%		23.7%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Tuesday - 02/04/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000479 Chicken & Cheese Quesadilla on 10" Tortilla	1 each	81	363	7.67	682	0	*0	15.22	*0.00	54	35.84	4.23	22.54	*440	*364.9	*1.34	*2.42
000471 Cheese Quesadilla	1 each	5	420	13.50	810	0	*0	23.00	0.00	60	36.00	4.00	20.00	600	560.0	0.00	1.90
990329 WG Corn Tortilla Chips	20 each	86	215	1.54	177	0	*N/A*	9.21	0.00	0	30.71	3.07	3.07	0	30.7	0.00	0.00
000637 Chili Black Beans	.5 C	100	209	0.65	141	*1	*N/A*	3.93	*0.00	0	33.39	8.49	11.20	*564	*71.2	*13.00	*2.95
000469 Steamed Corn	4 oz	100	88	0.34	96	2	*N/A*	2.32	*0.00	0	17.08	1.73	2.49	*161	*3.3	*5.28	*0.35
990351 Low Fat Sour Cream	1 oz	100	40	1.90	20	0	*N/A*	3.05	0.00	10	2.04	0.00	1.01	94	40.5	0.26	0.02
000604 Hot Sauce	1 each	86	0	0.00	32	0	*N/A*	0.00	*N/A*	0	0.02	0.00	0.01	2	0.1	0.90	0.01
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

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
000230	1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160	Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383	Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000539	Grilled Cheese on WW Bread	1 each	10	340	9.00	660	*0	*N/A*	16.00	0.00	40	32.00	4.00	20.00	600	520.0	0.00	1.44
000776	Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592	Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652	Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557	Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average				1072	13.34	1238	*33	*0	35.30	*0.00	72	148.44	21.52	49.35	*2132	*964.5	*118.71	*5.89
% of Calories					11.20 %		*12.3%	*0%	29.6%	*0.0%		55.4%		18.4%				
Weekly Nutrient Guideline				750 - 850	<10	1280			<=0									

Wednesday - 02/05/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
000913	Turkey Meatballs & Sauce	4 each	81	148	1.10	493	4	*N/A*	5.69	*0.00	45	11.16	0.94	14.46	*88	*39.2	*3.99	*1.42
001045	Tofu Bolognese	1 C	5	193	1.35	193	*7	*0	7.48	*0.00	0	18.38	2.18	15.14	*148	*291.1	*3.13	*2.69
990303	Whole Grain Spaghetti	1 C	86	228	0.78	201	1	*N/A*	5.23	*0.00	0	40.27	5.27	7.85	*0	*30.8	*0.00	*1.95
000244	Roasted Carrots	.5 C	100	69	0.36	171	5	*N/A*	2.56	*0.00	0	11.08	3.20	1.14	*18573	*38.7	*6.61	*0.38

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 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)
000468 Mixed Greens Salad	8oz	100	14	0.03	24	1	*N/A*	0.20	0.00	0	2.69	1.67	1.27	786	40.1	8.45	0.97
000372 House Ranch Dressing	1 oz	100	62	1.45	104	1	*N/A*	5.49	*0.00	6	2.37	0.06	0.79	44	29.2	0.49	0.04
000175 Fresh Banana	1 each	50	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000673 Fresh Apple	1 each	50	95	0.05	2	19	*N/A*	0.31	0.00	0	25.13	4.37	0.47	98	10.9	8.37	0.22
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
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
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000539 Grilled Cheese on WW Bread	1 each	10	340	9.00	660	*0	*N/A*	16.00	0.00	40	32.00	4.00	20.00	600	520.0	0.00	1.44
Weighted Daily Average			720	5.78	1090	*41	*0	22.46	*0.00	58	103.86	14.68	34.32	*20059	*615.5	*29.00	*4.95
% of Calories				7.22%		*22.8%	*0%	28.1%	*0.0%		57.7%		19.1%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Thursday - 02/06/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 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)	
000793	Beef Shepherd's Pie	3 oz	81	243	5.69	472	*1	*0	17.92	*0.54	53	5.52	0.69	14.29	*1160	*28.5	*3.32	*1.99
000797	Lentil Shepherd's Pie	5 oz scoop	5	161	0.47	508	*2	*0	3.64	*0.00	0	24.68	3.85	8.32	*1169	*23.2	*3.67	*2.37
000455	Whole Grain Biscuit	1 each	86	170	5.00	330	2	*N/A*	8.00	0.00	0	22.00	2.00	4.00	0	140.0	0.00	1.20
000682	Mashed Potatoes	.5 C	100	105	1.35	203	*1	*N/A*	4.39	*0.00	4	14.01	2.74	3.13	*48	*45.6	*12.31	*3.52
000466	Steamed Green Peas	4 oz	100	94	0.38	196	5	*N/A*	2.62	*0.00	0	12.89	4.26	4.94	*1947	*20.8	*17.03	*1.45
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
000776	Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592	Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652	Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557	Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000539	Grilled Cheese on WW Bread	1 each	10	340	9.00	660	*0	*N/A*	16.00	0.00	40	32.00	4.00	20.00	600	520.0	0.00	1.44
Weighted Daily Average				808	13.05	1348	*46	*0	33.56	*0.44	62	94.52	12.95	37.19	*14222	*666.1	*149.50	*8.73
% of Calories					14.54 %		*22.8%	*0%	37.4%	*0.5%		46.8%		18.4%				
Weekly Nutrient Guideline				750 - 850	<10	1280			<=0									

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

Friday - 02/07/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
990976	Cajun Chicken	3oz scoop	81	110	0.62	178	0	*0	3.87	*0.00	57	1.28	0.45	17.87	*394	*8.0	*0.16	*0.50
990376	Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
000556	Ketchup	1 each	5	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
999016	Veggie Creole Jambalaya	.75 C	86	171	0.38	214	*4	*0	3.94	*0.00	0	31.18	3.46	4.70	*363	*44.7	*24.64	*1.64
000004	Whole Wheat Roll	1 each	86	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
000688	Honey Cinnamon Sweet Potatoes	.5 C	100	110	0.26	149	6	*N/A*	1.74	*0.00	0	22.30	3.08	1.58	*14158	*31.7	*2.41	*0.63
000639	Sauteed Cabbage	.5 C	100	38	0.27	117	3	*0	1.84	*0.00	0	5.14	1.85	1.01	*65	*29.6	*24.75	*0.36
001200	Fresh Apple Slices	6 each	100	95	0.05	2	19	*N/A*	0.31	0.00	0	25.13	4.37	0.47	98	10.9	8.37	0.22
000231	Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230	1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160	Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383	Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776	Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592	Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652	Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557	Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 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)
000539 Grilled Cheese on WW Bread	1 each	10	340	9.00	660	*0	*N/A*	16.00	0.00	40	32.00	4.00	20.00	600	520.0	0.00	1.44
Weighted Daily Average			709	3.68	977	*46	*0	16.15	*0.00	61	112.50	15.24	35.93	*15442	*597.6	*57.60	*4.40
% of Calories				4.67%		*26.0%	*0%	20.5%	*0.0%		63.5%		20.3%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Monday - 02/10/2025

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)
990402 Turkey & Bean Chili	6 oz	81	164	1.51	177	*2	*N/A*	5.56	*0.00	54	16.44	4.38	13.16	*536	*70.2	*8.20	*2.81
000725 Veg Out Chili	6 oz	5	165	0.32	373	*3	*N/A*	1.88	*0.00	0	29.30	8.84	8.85	*474	*63.2	*12.95	*2.50
990403 Shredded Cheddar Cheese	1 oz	86	55	3.00	95	0	*N/A*	4.50	0.00	15	0.50	0.00	3.50	150	100.0	0.00	0.00
990351 Low Fat Sour Cream	1 oz	86	40	1.90	20	0	*N/A*	3.05	0.00	10	2.04	0.00	1.01	94	40.5	0.26	0.02
990329 WG Corn Tortilla Chips	20 each	86	215	1.54	177	0	*N/A*	9.21	0.00	0	30.71	3.07	3.07	0	30.7	0.00	0.00
000469 Steamed Corn	4 oz	100	88	0.34	96	2	*N/A*	2.32	*0.00	0	17.08	1.73	2.49	*161	*3.3	*5.28	*0.35
000107 Steamed Broccoli	.5 C	100	33	0.11	32	2	*N/A*	0.36	0.00	0	6.41	2.51	2.72	601	45.4	86.10	0.70
000884 Fresh Pear	1 each	100	101	0.04	2	17	*N/A*	0.25	0.00	0	27.11	5.52	0.64	44	16.0	7.65	0.32
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 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
000592	Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000776	Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000652	Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557	Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
990237	Cheeseburger on WW Bun	1 each	10	372	6.19	393	3	*N/A*	15.53	0.32	85	29.53	4.15	31.81	259	132.9	0.05	3.82
000982	Lettuce & Tomato	2 oz	10	7	0.01	2	1	*N/A*	0.10	0.00	0	1.49	0.62	0.41	1478	7.4	4.15	0.21
000556	Ketchup	1 each	10	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000557	Mustard	1 each	10	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average				786	9.19	741	*36	*N/A*	26.28	*0.03	85	111.17	17.10	35.71	*2078	*660.4	*107.72	*4.38
% of Calories					10.52 %		*18.3%	*N/A*	30.1%	*0.0%		56.6%		18.2%				
Weekly Nutrient Guideline				750 - 850	<10	1280			<=0									

Tuesday - 02/11/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
990979	Cheese Pizza	2 slice	86	560	10.00	1140	6	2	22.00	0.00	50	62.00	6.00	30.00	*N/A*	620.0	*N/A*	3.20
001141	Baby Spinach Salad	1 C	100	11	0.00	38	0	*N/A*	0.00	0.00	0	1.74	1.08	1.39	2260	52.2	7.34	0.63
000151	Baby Carrots	.5 C	100	25	0.01	55	*N/A*	*N/A*	0.08	0.00	0	5.73	2.03	0.44	9694	22.3	1.86	0.63

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Feb 3, 2025 thru Feb 28, 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)
000109 Balsamic Dressing	1 oz	100	94	1.28	52	*0	*0	9.00	*0.00	0	2.08	0.08	0.10	*0	*3.4	*0.00	*0.01
000812 Orange Wedges	6 each	99	86	0.03	0	17	*N/A*	0.22	0.00	0	21.62	4.42	1.73	414	73.6	97.89	0.18
001064 Mandarin Oranges**	1 C	1	72	0.01	9	16	*N/A*	0.08	0.00	0	17.78	2.30	1.42	2480	23.0	64.10	0.51
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
990237 Cheeseburger on WW Bun	1 each	10	372	6.19	393	3	*N/A*	15.53	0.32	85	29.53	4.15	31.81	259	132.9	0.05	3.82
000982 Lettuce & Tomato	2 oz	10	7	0.01	2	1	*N/A*	0.10	0.00	0	1.49	0.62	0.41	1478	7.4	4.15	0.21
000556 Ketchup	1 each	10	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	10	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			853	11.86	1324	*36	*2	32.56	*0.03	62	101.64	13.45	41.70	*12993	*1072.6	*107.92	*4.80
% of Calories				12.51 %		*16.9%	*0.9%	34.4%	*0.0%		47.7%		19.6%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

Wednesday - 02/12/2025

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)
001198 Oven Fried Chicken Drum	2 each	81	462	5.57	611	2	*N/A*	21.17	*0.10	193	23.34	2.78	42.41	1281	99.2	0.84	4.12
990376 Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
000556 Ketchup	1 each	5	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990845 Whole Wheat Mac & Cheese	4 oz scoop	96	211	6.00	400	1	*0	9.64	0.00	30	22.00	2.12	9.98	0	223.0	0.00	0.00
000004 Whole Wheat Roll	1 each	96	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	1.08
000005 Braised Collard Greens	4 oz	100	67	0.30	124	*1	*1	2.12	*0.00	0	10.51	5.48	3.74	*9800	*217.1	*52.56	*0.33
990221 Cinnamon Roasted Butternut Squash	4 oz	100	81	0.44	123	*1	*1	3.00	*0.00	0	13.82	2.37	1.44	*2068	*44.9	*18.61	*0.90
000175 Fresh Banana	1 each	50	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000673 Fresh Apple	1 each	50	95	0.05	2	19	*N/A*	0.31	0.00	0	25.13	4.37	0.47	98	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 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)
990237 Cheeseburger on WW Bun	1 each	10	372	6.19	393	3	*N/A*	15.53	0.32	85	29.53	4.15	31.81	259	132.9	0.05	3.82
000982 Lettuce & Tomato	2 oz	10	7	0.01	2	1	*N/A*	0.10	0.00	0	1.49	0.62	0.41	1478	7.4	4.15	0.21
000556 Ketchup	1 each	10	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	10	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			1069	13.10	1516	*36	*2	37.67	*0.11	205	124.17	18.74	65.87	*13596	*1013.3	*82.35	*6.57
% of Calories				11.03 %		*13.5%	*0.7%	31.7%	*0.1%		46.5%		24.6%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Thursday - 02/13/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000235 Beef Burger on WW Bun	1 each	81	283	3.00	284	3	*N/A*	9.63	0.24	57	29.53	4.15	22.98	107	30.2	0.05	3.27
000409 Veggie Burger on WW Bun	1 each	5	370	2.50	570	4	*0	15.00	0.00	0	36.00	6.00	25.00	0	24.0	0.00	7.44
000557 Mustard	1 each	96	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000556 Ketchup	1 each	96	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990837 Baked Potato Wedges	4 oz	100	78	0.35	104	*0	*N/A*	2.38	*0.00	0	12.36	2.54	2.55	*137	*30.7	*10.74	*3.13
990987 Lettuce & Tomato	.5 C	100	14	0.03	5	2	*N/A*	0.19	0.00	0	2.98	1.23	0.82	2955	14.8	8.30	0.42
990424 Cantaloupe	.5 C	100	54	0.08	25	12	*N/A*	0.30	0.00	0	12.95	1.43	1.33	5369	14.3	58.26	0.33
999015 Peach Cobbler	.625 C	100	237	5.68	120	11	*1	11.17	*0.00	13	31.41	1.90	2.07	*151	*2.6	*0.01	*0.08

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
000231	Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230	1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160	Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383	Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776	Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592	Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652	Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557	Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
990237	Cheeseburger on WW Bun	1 each	10	372	6.19	393	3	*N/A*	15.53	0.32	85	29.53	4.15	31.81	259	132.9	0.05	3.82
Weighted Daily Average				804	10.62	858	*41	*1	26.93	*0.23	79	104.19	11.41	38.83	*9155	*475.7	*78.11	*7.56
% of Calories					11.89 %		*20.4%	*0.5%	30.1%	*0.3%		51.8%		19.3%				
Weekly Nutrient Guideline				750 - 850	<10	1280			<=0									

Friday - 02/14/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 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									

Monday - 02/17/2025

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									

Tuesday - 02/18/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000240 All Beef Hot Dog on a WW Bun	1 each	81	320	7.00	710	4	*N/A*	17.50	0.00	35	30.00	4.00	11.00	0	40.0	1.20	2.16
000409 Veggie Burger on WW Bun	1 each	5	370	2.50	570	4	*0	15.00	0.00	0	36.00	6.00	25.00	0	24.0	0.00	7.44
000556 Ketchup	1 each	86	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	86	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000454 Steamed Carrots	4 oz	100	41	0.00	82	5	*N/A*	0.00	0.00	0	9.52	4.08	1.36	*N/A*	40.8	*N/A*	0.54
000047 Sauteed Green Beans	4 oz	100	52	0.36	96	*0	*N/A*	2.41	*0.00	0	6.19	2.06	1.46	*107	*33.9	*10.12	*0.69
000812 Orange Wedges	6 each	99	86	0.03	0	17	*N/A*	0.22	0.00	0	21.62	4.42	1.73	414	73.6	97.89	0.18
001064 Mandarin Oranges**	1 C	1	72	0.01	9	16	*N/A*	0.08	0.00	0	17.78	2.30	1.42	2480	23.0	64.10	0.51
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000607 Turkey Club on WW Bread w/ Let, Tom	1 each	10	309	0.76	841	*1	*N/A*	9.91	0.00	49	33.49	4.62	25.08	1482	127.4	4.15	3.15
Weighted Daily Average			621	7.57	1155	*39	*0	21.32	*0.00	44	82.35	14.77	26.23	*1120	*568.6	*109.81	*4.05
% of Calories				10.97%		*25.1%	*0%	30.9%	*0.0%		53.0%		16.9%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Wednesday - 02/19/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 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)
001193 BBQ Chicken Drum	2 each	81	434	5.18	664	20	*N/A*	19.38	0.10	194	22.28	0.00	38.09	*97	20.0	*0.00	1.75
990626 BBQ Veggie Chik'n Nuggets	5 each	5	305	1.25	811	20	*N/A*	10.00	0.00	0	41.17	5.00	15.00	*0	52.7	*0.00	2.46
000851 WG Cornbread Muffin - Large	1 each	86	220	1.00	115	18	18	8.00	0.00	20	36.00	1.00	3.00	0	27.0	0.00	1.00
000469 Steamed Corn	4 oz	100	88	0.34	96	2	*N/A*	2.32	*0.00	0	17.08	1.73	2.49	*161	*3.3	*5.28	*0.35
990839 Sweet Potato Wedges	4 oz	100	142	0.45	196	6	*N/A*	3.04	*0.00	0	26.81	4.05	2.14	*18716	*40.6	*3.18	*0.86
000556 Ketchup	1 each	100	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000175 Fresh Banana	1 each	50	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000673 Fresh Apple	1 each	50	95	0.05	2	19	*N/A*	0.31	0.00	0	25.13	4.37	0.47	98	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000607 Turkey Club on WW Bread w/ Let, Tom	1 each	10	309	0.76	841	*1	*N/A*	9.91	0.00	49	33.49	4.62	25.08	1482	127.4	4.15	3.15
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			1043	7.39	1297	*70	*15	32.56	*0.08	190	140.23	11.31	51.23	*19621	*481.5	*18.94	*4.37
% of Calories				6.38%		*26.8%	*5.8%	28.1%	*0.1%		53.8%		19.6%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Thursday - 02/20/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001044 Beef Bolognese	.5 C	81	262	5.49	384	*7	*0	16.41	*0.54	52	11.88	0.65	15.59	*108	*30.1	*2.61	*1.88
001045 Tofu Bolognese	1 C	5	193	1.35	193	*7	*0	7.48	*0.00	0	18.38	2.18	15.14	*148	*291.1	*3.13	*2.69
990355 Whole Wheat Rotini Pasta	1 C	86	222	0.64	201	1	*N/A*	5.98	*0.00	0	39.00	7.00	8.00	*0	*31.2	*0.00	*2.00
000468 Mixed Greens Salad	8oz	100	14	0.03	24	1	*N/A*	0.20	0.00	0	2.69	1.67	1.27	786	40.1	8.45	0.97
990224 Parmesan Butternut Squash	.5 C	100	127	1.63	133	*0	*N/A*	6.81	*0.00	4	15.63	2.44	3.68	*2067	*49.1	*18.61	*1.06
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
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

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000607 Turkey Club on WW Bread w/ Let, Tom	1 each	10	309	0.76	841	*1	*N/A*	9.91	0.00	49	33.49	4.62	25.08	1482	127.4	4.15	3.15
Weighted Daily Average			870	9.72	1031	*47	*0	35.68	*0.44	69	107.92	14.38	40.20	*14309	*599.9	*147.51	*6.61
% of Calories				10.06 %		*21.6%	*0%	36.9%	*0.5%		49.6%		18.5%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Friday - 02/21/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000406 Chicken Stir Fry	3 oz scoop	81	114	0.60	335	0	*0	3.86	*0.00	57	1.31	0.36	18.30	5	16.2	1.95	0.35
000726 Super Sesame Tofu	.5 C	5	129	1.32	494	1	*N/A*	7.53	*0.00	0	4.21	1.32	12.20	*79	*255.6	*1.41	*2.12
990357 Brown Rice	1 C	86	248	0.35	201	*0	*N/A*	4.37	*0.00	0	46.44	2.99	6.42	*284	*9.6	*0.16	*1.19
990980 Green Peas and Carrots	4oz	100	74	0.35	178	5	*N/A*	2.43	*0.00	0	10.36	3.80	3.04	*980	*27.1	*8.57	*0.95
990857 Sweet Chili Cauliflower	4 oz	100	181	0.78	467	20	*15	4.01	0.00	0	33.68	4.68	4.54	*0	*64.2	*111.51	*1.39
001200 Fresh Apple Slices	6 each	100	95	0.05	2	19	*N/A*	0.31	0.00	0	25.13	4.37	0.47	98	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000607 Turkey Club on WW Bread w/ Let, Tom	1 each	10	309	0.76	841	*1	*N/A*	9.91	0.00	49	33.49	4.62	25.08	1482	127.4	4.15	3.15
Weighted Daily Average			808	3.43	1342	*57	*15	17.79	*0.00	62	127.62	16.47	40.54	*1909	*523.4	*131.41	*4.47
% of Calories				3.82%		*28.2%	*7.4%	19.8%	*0.0%		63.2%		20.1%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Monday - 02/24/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990979 Cheese Pizza	2 slice	86	560	10.00	1140	6	2	22.00	0.00	50	62.00	6.00	30.00	*N/A*	620.0	*N/A*	3.20
000047 Sauteed Green Beans	4 oz	100	52	0.36	96	*0	*N/A*	2.41	*0.00	0	6.19	2.06	1.46	*107	*33.9	*10.12	*0.69
000244 Roasted Carrots	.5 C	100	69	0.36	171	5	*N/A*	2.56	*0.00	0	11.08	3.20	1.14	*18573	*38.7	*6.61	*0.38
000884 Fresh Pear	1 each	100	101	0.04	2	17	*N/A*	0.25	0.00	0	27.11	5.52	0.64	44	16.0	7.65	0.32

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
000231	Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230	1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160	Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383	Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776	Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592	Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652	Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557	Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000916	Turkey Meatball Sub	1 each	10	339	3.63	885	6	*N/A*	11.73	*0.00	55	38.16	3.94	24.00	*88	*230.6	*3.99	*3.22
Weighted Daily Average				854	11.04	1480	*41	*2	28.08	*0.00	59	115.40	16.56	40.46	*19164	*1019.3	*25.54	*4.65
% of Calories					11.63 %		*19.2%	*0.9%	29.6%	*0.0%		54.1%		19.0%				
Weekly Nutrient Guideline				750 - 850	<10	1280			<=0									

Tuesday - 02/25/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
990957	Crispy Catfish	1 filet each	81	168	0.49	296	1	*0	4.51	*0.00	69	10.53	0.82	20.96	*137	*27.5	*0.07	*0.76
000604	Hot Sauce	1 each	86	0	0.00	32	0	*N/A*	0.00	*N/A*	0	0.02	0.00	0.01	2	0.1	0.90	0.01
990376	Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 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)	
000104	Cheesy Grits	4 oz	86	110	1.57	102	1	*N/A*	2.55	*0.00	8	17.62	0.35	4.02	124	70.4	0.00	0.22
000004	Whole Wheat Roll	1 each	86	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
000047	Sauteed Green Beans	4 oz	100	52	0.36	96	*0	*N/A*	2.41	*0.00	0	6.19	2.06	1.46	*107	*33.9	*10.12	*0.69
000029	Black Eyed Peas	.5 C	100	145	0.47	56	*1	*N/A*	2.86	*0.00	0	22.43	4.14	8.40	*197	*42.6	*8.91	*3.00
000812	Orange Wedges	6 each	99	86	0.03	0	17	*N/A*	0.22	0.00	0	21.62	4.42	1.73	414	73.6	97.89	0.18
001064	Mandarin Oranges**	1 C	1	72	0.01	9	16	*N/A*	0.08	0.00	0	17.78	2.30	1.42	2480	23.0	64.10	0.51
000231	Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230	1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160	Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383	Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776	Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592	Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652	Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557	Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000916	Turkey Meatball Sub	1 each	10	339	3.63	885	6	*N/A*	11.73	*0.00	55	38.16	3.94	24.00	*88	*230.6	*3.99	*3.22
Weighted Daily Average				745	4.34	906	*34	*0	16.65	*0.00	79	106.49	14.16	46.77	*1396	*684.2	*118.56	*6.23
% of Calories					5.24%		*18.3%	*0%	20.1%	*0.0%		57.2%		25.1%				
Weekly Nutrient Guideline				750 - 850	<10	1280			<=0									

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

Wednesday - 02/26/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000543 Crispy Chicken Tender	1 each	81	137	0.24	283	1	*N/A*	0.87	*0.00	49	11.00	0.82	20.98	141	38.9	2.66	1.26
990376 Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
000556 Ketchup	1 each	86	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990076 Whole Grain Waffles Bakecrafters	2 each	86	141	0.00	191	2	*N/A*	5.02	0.00	0	22.09	0.00	4.02	0	0.0	0.00	0.72
000625 All Natural Syrup	1 each	86	35	0.00	5	8	*N/A*	0.00	0.00	0	8.00	0.00	0.00	0	0.0	0.00	0.00
990693 Sweet Potato Hash	4 oz	100	178	0.70	360	*6	*N/A*	4.66	*0.00	0	31.72	5.06	2.79	*20207	*50.4	*16.56	*1.12
000005 Braised Collard Greens	4 oz	100	67	0.30	124	*1	*1	2.12	*0.00	0	10.51	5.48	3.74	*9800	*217.1	*52.56	*0.33
000175 Fresh Banana	1 each	50	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000673 Fresh Apple	1 each	50	95	0.05	2	19	*N/A*	0.31	0.00	0	25.13	4.37	0.47	98	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000916 Turkey Meatball Sub	1 each	10	339	3.63	885	6	*N/A*	11.73	*0.00	55	38.16	3.94	24.00	*88	*230.6	*3.99	*3.22
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			777	3.02	1222	*48	*1	16.61	*0.00	56	123.60	15.80	40.03	*30647	*707.4	*81.75	*3.98
% of Calories				3.50%		*24.7%	*0.5%	19.2%	*0.0%		63.6%		20.6%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Thursday - 02/27/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990783 Beef and Cheese Nachos 9-12	see recipe	81	536	10.15	688	1	*0	30.43	*0.41	59	46.39	5.23	19.57	*725	*208.9	*17.17	*1.83
990784 Bean and Cheese Nachos 9-12	See recipe	5	505	6.15	580	*1	*0	18.92	*0.00	20	66.03	11.49	18.87	*564	*246.5	*13.00	*2.95
000469 Steamed Corn	4 oz	100	88	0.34	96	2	*N/A*	2.32	*0.00	0	17.08	1.73	2.49	*161	*3.3	*5.28	*0.35
990858 Roasted Tomato Salsa	4 oz	100	36	0.02	522	4	*0	0.17	*0.00	0	7.34	1.59	1.46	*32	33.6	*1.84	0.26
990351 Low Fat Sour Cream	1 oz	95	40	1.90	20	0	*N/A*	3.05	0.00	10	2.04	0.00	1.01	94	40.5	0.26	0.02
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 Soymilk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 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)
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000916 Turkey Meatball Sub	1 each	10	339	3.63	885	6	*N/A*	11.73	*0.00	55	38.16	3.94	24.00	*88	*230.6	*3.99	*3.22
Weighted Daily Average			879	12.52	1505	*45	*0	35.55	*0.33	75	110.85	11.61	35.79	*12075	*683.0	*139.60	*3.44
% of Calories				12.82 %		*20.5%	*0%	36.4%	*0.3%		50.4%		16.3%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Friday - 02/28/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000668 Sweet Chili Chicken	3 oz scoop	81	163	0.59	310	10	*10	3.75	0.00	57	14.45	0.03	17.67	*0	*11.8	*0.00	*0.54
990760 Sweet Chili Tofu	4 oz	5	156	0.99	273	11	*10	5.20	0.00	0	17.73	1.12	11.28	0	259.1	0.25	2.26
990357 Brown Rice	1 C	86	248	0.35	201	*0	*N/A*	4.37	*0.00	0	46.44	2.99	6.42	*284	*9.6	*0.16	*1.19
000454 Steamed Carrots	4 oz	100	41	0.00	82	5	*N/A*	0.00	0.00	0	9.52	4.08	1.36	*N/A*	40.8	*N/A*	0.54
000623 Ginger Soy Broccoli	4 oz	100	78	0.67	316	2	*0	4.25	*0.00	0	7.55	2.63	3.38	*601	*46.6	*86.11	*0.81
001200 Fresh Apple Slices	6 each	100	95	0.05	2	19	*N/A*	0.31	0.00	0	25.13	4.37	0.47	98	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 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)
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000916 Turkey Meatball Sub	1 each	10	339	3.63	885	6	*N/A*	11.73	*0.00	55	38.16	3.94	24.00	*88	*230.6	*3.99	*3.22
Weighted Daily Average			716	3.23	1068	*48	*9	15.57	*0.00	63	112.43	14.36	37.03	*1383	*526.5	*95.79	*3.66
% of Calories				4.06%		*26.8%	*5.0%	19.6%	*0.0%		62.8%		20.7%				
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	820	8	1170	*44	*3	25.76	*0.09	81	112.47	15.06	40.81	*10670	*694.7	*89.95	*5.18
% of Calories		8.90%		*21.5%	*1.5%	28.3%	*0.1%		54.9%		19.9%				

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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