



November 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 - banana;
Thurs - cantaloupe; Fri - apple

11/04 - 11/07 MEATBALL SUB

meatball sub

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

11/11 - 11/15 GRILLED CHEESE

grilled cheese

- whole grain bread
- cheddar cheese

11/18 - 11/22 CHEESEBURGER

cheeseburger

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

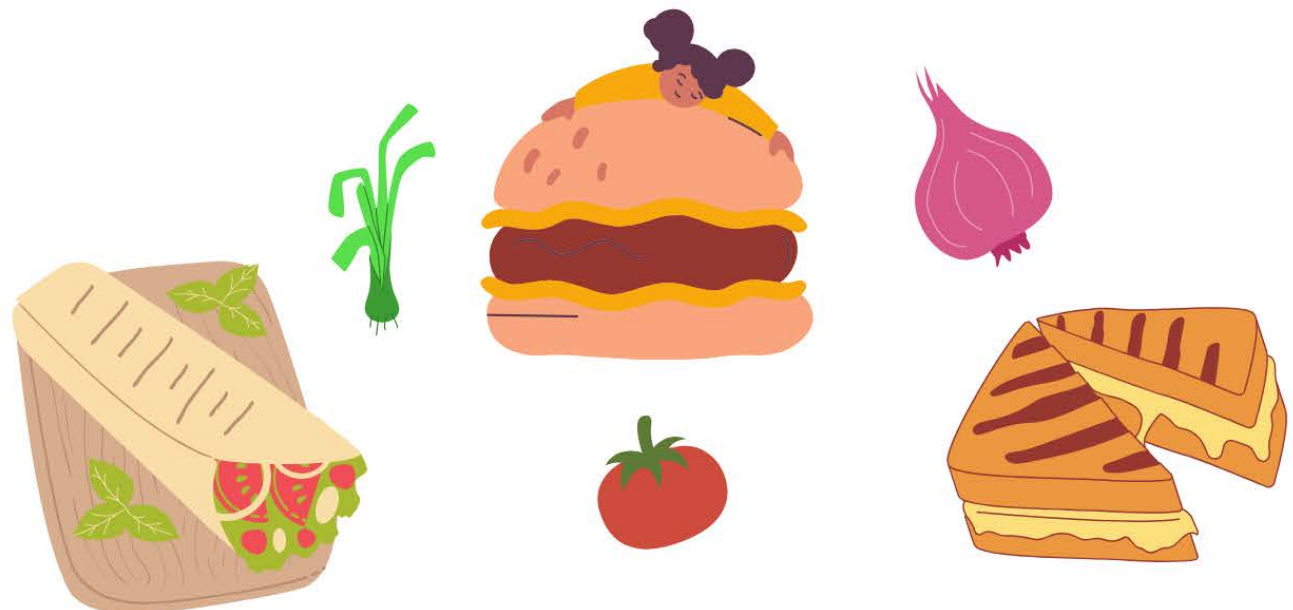
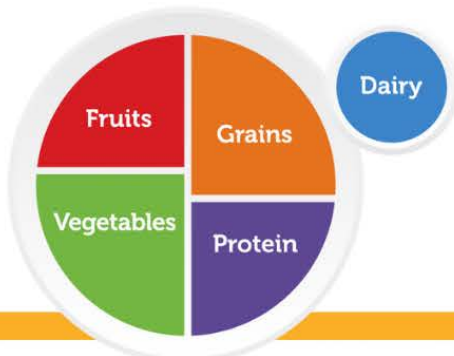
11/25 - 11/29 TURKEY CLUB

turkey club

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

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 + Sandwich 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 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 - 11/05/2024 Reimbursable Meal Total 1

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

Wednesday - 11/06/2024 Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals 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	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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	72	0.38	179	6	*N/A*	2.76	*0.00	0	11.62	3.58	1.18	*19543	*50.8	*6.90	*0.36
990262 Chilled Pears - 1 C	1 C	100	202	0.00	16	*N/A*	*N/A*	0.40	*N/A*	0	51.79	10.90	1.66	36	40.4	6.46	1.17
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
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			958	11.02	1503	*19	*N/A*	*9.52	*0.00	*16	*87.30	*17.16	*15.71	*20125	*522.6	*24.63	*2.73
% of Calories				10.35 %		*7.9%	*N/A*	*8.9%	*0.0%		*36.5%		*6.6%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Thursday - 11/07/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals 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	473	10.10	640	*1	*0	27.94	*0.68	61	36.93	4.28	18.45	*727	*199.5	*17.17	*1.82
990784 Bean and Cheese Nachos 9-12	See recipe	5	457	5.80	540	*1	*0	16.84	*0.00	20	59.09	10.80	18.18	*564	*239.6	*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	48	0.02	163	*0	*N/A*	0.19	*0.00	0	9.60	3.16	1.00	1046	68.0	18.08	1.28
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 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			838	12.47	1105	*41	*0	33.44	*0.55	77	105.10	12.38	34.38	*13091	*709.4	*155.85	*4.44
% of Calories				13.39 %		*19.6%	*0%	35.9%	*0.6%		50.2%		16.4%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Base Menu Spreadsheet

Portion Values

Nov 4, 2024 thru Dec 6, 2024

Friday - 11/08/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990960 Sweet Chili Strips	4 oz scoop	86	223	0.32	306	14	*0	6.27	0.00	0	24.33	5.06	18.17	*0	*1.3	*0.00	*0.02
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	72	0.38	179	6	*N/A*	2.76	*0.00	0	11.62	3.58	1.18	*19543	*50.8	*6.90	*0.36
000623 Asian Broccoli	4 oz	100	78	0.67	316	2	*N/A*	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	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
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			821	3.37	1164	*56	*0	20.49	*0.00	16	128.53	19.11	37.71	*20948	*517.6	*104.56	*2.99
% of Calories				3.69%		*27.3%	*0%	22.5%	*0.0%		62.6%		18.4%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Base Menu Spreadsheet

Portion Values

Nov 4, 2024 thru Dec 6, 2024

Monday - 11/11/2024

Reimbursable Meal Total 1

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

Tuesday - 11/12/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990957 Baked 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
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
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

Base Menu Spreadsheet

Portion Values

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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			707	3.43	982	*41	*0	15.31	*0.00	71	112.58	15.91	38.69	*928	*612.4	*26.83	*4.37
% of Calories				4.37%		*23.2%	*0%	19.5%	*0.0%		63.7%		21.9%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Wednesday - 11/13/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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	*N/A*	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*	2.67	*0.00	0	11.10	3.42	1.16	*18573	*49.1	*6.56	*0.36
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

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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	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
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
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			842	5.89	1092	*62	*N/A*	22.99	*0.00	58	135.59	19.60	35.33	*20168	*636.8	*40.16	*5.24
% of Calories				6.30%		*29.5%	*N/A*	24.6%	*0.0%		64.4%		16.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Thursday - 11/14/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000793 Beef Shepherd's Pie	3 oz	81	248	6.27	480	*1	*N/A*	18.38	*0.91	55	5.52	0.69	14.06	*1163	*28.5	*3.32	*1.97
000797 Lentil Shepherd's Pie	.625 C	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	.5 C	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			812	13.51	1355	*46	*0	33.94	*0.74	64	94.52	12.95	37.00	*14224	*666.1	*149.50	*8.71
% of Calories				14.97 %		*22.7%	*0%	37.6%	*0.8%		46.6%		18.2%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Base Menu Spreadsheet

Portion Values

Nov 4, 2024 thru Dec 6, 2024

Friday - 11/15/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
000519	Chicken Yassa	3 oz scoop	81	136	0.62	59	6	*0	3.96	*0.00	57	7.72	0.66	18.12	*275	*15.7	*1.22	*0.75
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
990389	Jollof Rice	1 C	86	318	0.71	222	*4	*N/A*	6.78	*0.00	0	57.44	5.29	8.11	*4178	*36.0	*41.47	*2.27
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	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
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

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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			810	3.98	742	*53	*0	17.87	*0.00	61	132.20	16.25	36.59	*18649	*547.2	*74.82	*4.26
% of Calories				4.42%		*26.2%	*0%	19.9%	*0.0%		65.3%		18.1%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Monday - 11/18/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
990351 Low Fat Sour Cream	1 oz	60	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
990403 Shredded Cheddar Cheese	1 oz	60	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
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	64	0.59	125	2	*N/A*	3.72	*0.00	0	6.41	2.51	2.72	*601	*45.4	*86.10	*0.70
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 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	0.0	0.00	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	.25 C	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				822	8.41	805	*41	*N/A*	27.75	*0.03	78	118.43	18.71	34.73	*2028	*628.5	*109.89	*4.47
% of Calories					9.21%		*20.0%	*N/A*	30.4%	*0.0%		57.6%		16.9%				
Weekly Nutrient Guideline				750 - 850	<10	1280			<=0									

Tuesday - 11/19/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
990979	Cheese Pizza	2 slice	86	560	10.00	1140	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	
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

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000109 Balsamic Dressing	1 oz	100	94	1.28	52	*0	*N/A*	9.00	*0.00	0	2.08	0.08	0.10	*0	*3.4	*0.00	*0.01
990990 Apple Trifle	1 each	100	196	2.93	39	24	*5	7.25	*0.14	14	33.75	2.15	2.00	214	29.1	0.18	0.76
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
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	.25 C	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			962	14.76	1363	*38	*5	*20.68	*0.17	*33	*60.49	*6.05	*16.18	*12773	*495.4	*10.55	*2.63
% of Calories				13.81 %		*15.8%	*2.1%	*19.3%	*0.2%		*25.2%		*6.7%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Wednesday - 11/20/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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	0.5 C	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	75	67	0.30	124	*1	*N/A*	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	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
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

Base Menu Spreadsheet

Portion Values

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000982 Lettuce & Tomato	.25 C	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			776	3.21	1159	*49	*N/A*	16.50	*0.03	59	123.29	15.00	39.97	*28373	*645.3	*69.57	*4.01
% of Calories				3.72%		*25.3%	*N/A*	19.1%	*0.0%		63.6%		20.6%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Thursday - 11/21/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990700 Jamaican Jerk Chicken Drum	2 each	81	493	7.07	627	*5	*N/A*	30.42	*0.11	212	8.72	1.14	42.63	*136	*50.1	*1.56	*2.71
990642 Jamaican Jerk Tofu	.5 C	5	159	1.69	206	*3	*N/A*	9.81	*0.00	0	7.90	1.72	11.77	*16	*267.8	*1.08	*2.60
990347 Yellow Rice	1 C	86	244	0.35	194	*0	*N/A*	4.31	*0.00	0	45.54	2.83	6.37	*7	*11.8	*0.16	*1.56
000351 Red Beans	.5 C	100	149	0.39	52	0	*N/A*	2.69	*0.00	0	23.58	5.82	8.43	*102	*34.2	*2.33	*2.60
990989 Trinbagonian Style Corn Soup	4 oz	100	*106	*0.71	*75	*4	*0	*1.70	*0.04	*3	*20.42	*3.71	*4.44	*3340	*43.8	*10.73	*0.34
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 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
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	.25 C	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			*1136	*9.31	*1061	*46	*0	*38.17	*0.16	*194	*133.72	*16.54	*68.37	*14901	*559.0	*132.22	*7.87
% of Calories				*7.38%		*16.2%	*0%	*30.2%	*0.1%		*47.1%		*24.1%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Friday - 11/22/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	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	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

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
990837 Baked Potato Wedges	4 oz	75	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	75	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
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
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			603	4.84	671	*40	*0	15.19	*0.23	66	86.58	12.49	35.17	*2982	*460.8	*25.34	*6.52
% of Calories				7.22%		*26.5%	*0%	22.7%	*0.3%		57.4%		23.3%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Monday - 11/25/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
000475 BBQ Baked Beans	4 oz	100	219	0.65	103	5	*N/A*	4.25	*0.00	0	35.99	6.81	10.50	*410	*85.5	*0.47	*3.68
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
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
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

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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			880	8.23	1178	*45	*0	25.59	*0.00	44	133.15	19.90	35.50	*1206	*530.3	*17.78	*7.07
% of Calories				8.42%		*20.5%	*0%	26.2%	*0.0%		60.5%		16.1%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Tuesday - 11/26/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000061 Roasted Turkey	2 slices	81	88	0.10	562	0	*N/A*	1.62	*0.00	35	1.67	0.26	18.18	*23	*10.0	*0.23	*0.86
000705 Brown Gravy	1 oz	81	30	1.42	183	*0	*N/A*	2.34	*0.00	6	1.88	0.08	0.39	69	3.2	0.29	0.11
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
000679 Vegetarian Brown Gravy	1 oz	5	36	1.16	48	*1	*0	2.13	*0.00	5	3.86	0.40	0.48	*933	*8.6	*0.94	*0.23
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
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
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
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

Base Menu Spreadsheet

Portion Values

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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			689	5.34	1252	*46	*15	21.47	*0.00	71	94.17	11.28	36.24	*1289	*576.6	*121.62	*6.66
% of Calories				6.98%		*26.7%	*8.7%	28.0%	*0.0%		54.7%		21.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Wednesday - 11/27/2024

Reimbursable Meal Total 1

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

Thursday - 11/28/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 4, 2024 thru Dec 6, 2024

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

Friday - 11/29/2024 Reimbursable Meal Total 1

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

Monday - 12/02/2024 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990979 Cheese Pizza	2 slice	86	560	10.00	1140	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
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

Base Menu Spreadsheet

Portion Values

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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			974	10.98	1419	*15	*N/A*	*9.09	*0.00	*16	*92.76	*15.31	*17.02	*743	*475.1	*23.01	*2.72
% of Calories				10.15 %		*6.2%	*N/A*	*8.4%	*0.0%		*38.1%		*7.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Tuesday - 12/03/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990873 Crispy Catfish Sandwich on WW bun	1 each	81	329	0.81	582	4	*0	8.75	*0.00	69	39.57	4.84	26.97	*137	*47.9	*0.07	*2.21
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

Base Menu Spreadsheet

Portion Values

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000539 Grilled Cheese on WW Bread	1 each	5	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
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
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
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			753	3.64	1020	*34	*0	17.30	*0.00	74	109.75	15.82	46.94	*1350	*608.7	*119.13	*8.69
% of Calories				4.35%		*18.1%	*0%	20.7%	*0.0%		58.3%		24.9%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Base Menu Spreadsheet

Portion Values

Nov 4, 2024 thru Dec 6, 2024

Wednesday - 12/04/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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	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	*N/A*	2.12	*0.00	0	10.51	5.48	3.74	*9800	*217.1	*52.56	*0.33
990221 Cinnamon Roasted Butternut Squash	4oz	100	81	0.44	123	*1	*N/A*	3.00	*0.00	0	13.82	2.37	1.44	*2068	*44.9	*18.61	*0.90
000175 Fresh Banana	1 each	75	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	75	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
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

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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			865	8.58	1284	*48	*0	21.07	*0.00	85	131.96	19.67	48.21	*12568	*979.6	*89.87	*4.34
% of Calories				8.93%		*22.2%	*0%	21.9%	*0.0%		61.0%		22.3%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Thursday - 12/05/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990783 Beef and Cheese Nachos 9-12	see recipe	81	473	10.10	640	*1	*0	27.94	*0.68	61	36.93	4.28	18.45	*727	*199.5	*17.17	*1.82
990784 Bean and Cheese Nachos 9-12	See recipe	5	457	5.80	540	*1	*0	16.84	*0.00	20	59.09	10.80	18.18	*564	*239.6	*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	48	0.02	163	*0	*N/A*	0.19	*0.00	0	9.60	3.16	1.00	1046	68.0	18.08	1.28
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

Nov 4, 2024 thru Dec 6, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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			838	12.47	1105	*41	*0	33.44	*0.55	77	105.10	12.38	34.38	*13091	*709.4	*155.85	*4.44
% of Calories				13.39 %		*19.6%	*0%	35.9%	*0.6%		50.2%		16.4%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Friday - 12/06/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990960 Sweet Chili Strips	4 oz scoop	86	223	0.32	306	14	*0	6.27	0.00	0	24.33	5.06	18.17	*0	*1.3	*0.00	*0.02
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	72	0.38	179	6	*N/A*	2.76	*0.00	0	11.62	3.58	1.18	*19543	*50.8	*6.90	*0.36
000623 Asian Broccoli	4 oz	100	78	0.67	316	2	*N/A*	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	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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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			821	3.37	1164	*56	*0	20.49	*0.00	16	128.53	19.11	37.71	*20948	*517.6	*104.56	*2.99
% of Calories				3.69%		*27.3%	*0%	22.5%	*0.0%		62.6%		18.4%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	*837	*7.73	*1128	*43	*1	*22.12	*0.13	*62	*111.25	*15.56	*36.10	*11599	*599.9	*81.88	*5.01
% of Calories		*8.31%		*20.5%	*0.5%	*23.8%	*0.1%		*53.2%		*17.3%				

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
 1 - denotes required nutrient values
 2 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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