



April Lunch Menu

LUNCH ECE

What do the colors on the menu mean?

GREEN = locally-sourced

= vegetarian entree

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <ul style="list-style-type: none"> all beef hot dog (sliced lengthwise) veggie burger whole grain bun bbq baked beans ketchup & mustard chilled pears 	2 <ul style="list-style-type: none"> cajun fish tacos bean & cheese tacos baja cream sauce steamed corn fresh orange wedges 	3 <ul style="list-style-type: none"> diced herb chicken drum veggie chik'n nuggets cornbread muffin roasted cauliflower ketchup fresh banana 	4 <ul style="list-style-type: none"> chicken alfredo veggie chik'n nugget alfredo whole grain penne roasted broccoli fresh cantaloupe 	5 no school
8 <ul style="list-style-type: none"> cheese pizza steamed green peas chilled pears 	9 <ul style="list-style-type: none"> beef & cheese nachos bean & cheese nachos southwest taco corn sour cream fresh orange wedges 	10 <ul style="list-style-type: none"> chicken stir fry super sesame tofu brown rice steamed carrots fresh banana 	11 <ul style="list-style-type: none"> pulled bbq chicken bbq tofu whole grain bun jazy black eyed peas fresh cantaloupe 	12 breakfast for lunch! <ul style="list-style-type: none"> scrambled eggs whole grain waffles sweet potato hash all-natural syrup fresh apple slices
15 no school	16 no school	17 no school	18 no school	19 no school
22 <ul style="list-style-type: none"> cheese pizza steamed green beans chilled peaches 	23 <ul style="list-style-type: none"> beef & cheese tacos sofritas tacos roasted tomato salsa applesauce 	24 <ul style="list-style-type: none"> sweet chili chicken sweet chili tofu brown rice glazed carrots fresh banana 	25 <ul style="list-style-type: none"> turkey sloppy joe lentil sloppy joe whole grain bun sweet potato fries ketchup fresh cantaloupe 	26 <ul style="list-style-type: none"> diced crispy chicken tender veggie chik'n nuggets whole grain roll mashed potatoes ketchup fresh apple slices
29 <ul style="list-style-type: none"> all beef hot dog (sliced lengthwise) veggie burger whole grain bun bbq baked beans ketchup & mustard chilled pears 	30 <ul style="list-style-type: none"> cajun fish tacos bean & cheese tacos baja cream sauce chili black beans steamed corn fresh orange wedges 	1 <ul style="list-style-type: none"> diced herb chicken drum veggie chik'n nuggets cornbread muffin roasted cauliflower ketchup fresh banana 	2 <ul style="list-style-type: none"> chicken alfredo veggie chik'n nugget alfredo whole grain penne roasted broccoli fresh cantaloupe 	3 <ul style="list-style-type: none"> grilled cheese steamed green peas ketchup fresh apple slices

HAPPY EARTH DAY!

Celebrate Earth day on April 22nd by spending time outside, picking up litter, hugging a tree, or looking for butterflies!



EARTH DAY

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

Menu Name: DCPS Lunch ECE

Include Cost: No

Site:

Report Style: Detailed

Use Alternate Menu Name: No

Monday - 04/01/2024

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)
000240 All Beef Hot Dog on a WW Bun	1 each	98	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	2	256	0.68	548	5	*N/A*	5.42	0.00	0	46.77	10.15	16.25	0	74.7	0.00	3.42
990261 Chilled Pears	.5 C	100	101	0.00	8	*N/A*	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58
001176 BBQ Baked Beans	3oz scoop	100	136	0.58	101	4	*N/A*	4.02	*0.00	0	20.37	3.70	5.52	*278	*54.9	*0.25	*2.04
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
000557 Mustard	1 each	100	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
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			674	8.61	1101	*21	*0	23.25	*0.00	44	90.72	13.27	25.72	*720	*480.4	*5.40	*4.89
% of Calories				11.50 %		*12.5%	*0%	31.0%	*0.0%		53.8%		15.3%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					7.10	778	267.00	15.00	3.30

Tuesday - 04/02/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Apr 1, 2024 thru May 3, 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)
990819 Cajun Fish Tacos	2 each	95	240	1.10	360	0	0	6.18	*0.00	69	27.05	4.38	23.22	*363	*83.9	*0.24	*0.19
000706 Black Bean & Cheese Taco	2 each	5	404	4.67	447	*1	*N/A*	12.46	*0.00	15	59.90	12.49	18.73	*718	*252.0	*13.00	*2.95
001097 Steamed Corn	.25 C	100	46	0.21	48	1	*N/A*	1.44	*0.00	0	8.47	0.86	1.24	*80	*1.6	*2.62	*0.17
990806 Baja Cream Sauce	1 oz	100	38	1.64	83	0	*N/A*	2.65	*0.00	9	2.22	0.04	1.11	98	42.9	0.67	0.06
000135 Orange Wedges	.5 C / 3 wedges	100	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			473	4.30	609	*23	*0	12.46	*0.00	85	62.32	7.89	34.47	*1188	*538.3	*53.85	*0.73
% of Calories				8.18%		*19.5%	*0%	23.7%	*0.0%		52.7%		29.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					7.10	778	267.00	15.00	3.30

Wednesday - 04/03/2024

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)
000378 Herb Roasted Chicken Tender	3 oz scoop	95	99	0.34	123	0	*N/A*	2.28	*0.00	48	0.36	0.19	18.80	*17	*7.9	*2.90	*0.80
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	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

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Apr 1, 2024 thru May 3, 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)
000850 WG Cornbread Muffin - Small	1 each	100	150	0.50	90	9	*N/A*	5.00	0.00	15	23.00	1.00	3.00	0	20.0	0.00	0.72
001145 Roasted Cauliflower	2oz scoop	100	48	0.46	125	2	*N/A*	2.53	*0.00	0	5.37	2.10	2.03	*0	*23.2	*49.68	*0.46
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
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			515	2.62	568	38	0	12.36	*0.00	71	70.91	6.60	33.20	*515	*423.7	*63.44	*2.43
% of Calories				4.58%		29.5%	0%	21.6%	*0.0%		55.1%		25.8%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					7.10	778	267.00	15.00	3.30

Thursday - 04/04/2024

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)
990300 Chicken Alfredo	4 oz	95	142	1.94	268	2	*N/A*	5.08	*0.00	57	3.39	0.12	21.29	*55	*42.7	*2.54	*0.62
990805 Veggie Chik'n Alfredo	5 nuggets	5	291	3.19	678	4	*N/A*	15.08	*0.00	8	25.89	5.12	17.59	*55	*92.7	*0.05	*2.38
000521 Whole Wheat Penne Pasta	.5 C	100	120	0.32	98	0	*N/A*	2.95	*0.00	0	19.31	2.36	3.30	*0	*14.0	*0.00	*0.85
001095 Steamed Broccoli	.25 C	100	31	0.28	63	1	*N/A*	1.80	*0.00	0	3.20	1.26	1.36	301	22.7	43.05	0.36
990424 Cantaloupe	.5 C	100	27	0.04	12	6	*N/A*	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			424	3.79	576	22	0	12.24	*0.00	64	45.52	4.69	34.69	*3417	*453.5	*74.83	*2.16
% of Calories				8.04%		20.8%	0%	26.0%	*0.0%		42.9%		32.7%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					7.10	778	267.00	15.00	3.30

Friday - 04/05/2024

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			550 - 650	<10	1110			<=30					7.10	778	267.00	15.00	3.30

Monday - 04/08/2024

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)
990871 MP Cheese Pizza	1 each	100	310	5.00	590	3	1	12.00	0.00	25	37.00	4.00	16.00	0	310.0	0.00	1.90

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 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)
001101 Steamed Green Peas	.25 C	100	46	0.18	98	2	*N/A*	1.27	*0.00	0	6.44	2.13	2.47	974	10.4	8.52	0.73
990261 Chilled Pears	.5 C	100	101	0.00	8	*N/A*	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			554	6.33	810	*18	*1	15.24	*0.00	35	81.46	11.58	27.57	1415	705.2	12.49	3.30
% of Calories				10.28 %		*13.0%	*0.7%	24.8%	*0.0%		58.8%		19.9%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					7.10	778	267.00	15.00	3.30

Tuesday - 04/09/2024

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)
990785 Beef and Cheese Nachos ECE	see recipe	95	406	9.99	614	3	*N/A*	23.55	*0.50	81	23.05	*2.82	26.94	*1345	*233.0	*21.87	*2.55
990786 Bean and Cheese Nachos ECE	See recipe	5	315	6.89	578	3	*N/A*	15.49	*0.00	30	31.35	*6.35	14.70	*186	*237.0	*2.37	*1.40
990075 Southwest Taco Corn	.25 C	100	57	0.28	141	*1	*N/A*	1.96	*0.00	0	10.11	1.33	1.55	*230	*9.3	*8.25	*0.41
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
000135 Orange Wedges	.5 C / 3 wedges	100	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
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

Apr 1, 2024 thru May 3, 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)
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			639	13.18	887	*26	*0	30.02	*0.47	98	58.55	*6.54	38.02	*2241	*684.4	*79.09	*3.10
% of Calories				18.56 %		*16.3%	*0%	42.3%	*0.7%		36.7%		23.8%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					7.10	778	267.00	15.00	3.30

Wednesday - 04/10/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000406 Chicken Stir Fry	1 tender	95	108	0.33	311	0	*N/A*	2.40	*0.00	48	1.36	0.38	19.44	6	14.0	4.45	0.60
000726 Super Sesame Tofu	.5 C	5	128	1.33	430	1	*N/A*	7.57	*0.00	0	4.84	1.40	12.43	*79	*259.1	*1.41	*2.27
990356 Brown Rice	.5 C	100	124	0.18	101	*0	*N/A*	2.19	*0.00	0	23.22	1.49	3.21	*142	*4.8	*0.08	*0.59
990377 Steamed Carrots	.25 C	100	36	0.19	90	3	*N/A*	1.38	*0.00	0	5.81	1.79	0.59	*9775	*25.4	*3.45	*0.18
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
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

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			471	2.03	623	*30	*0	8.38	*0.00	56	69.65	6.78	32.45	*10426	*427.0	*18.83	*1.84
% of Calories				3.88%		*25.5%	*0%	16.0%	*0.0%		59.2%		27.6%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					7.10	778	267.00	15.00	3.30

Thursday - 04/11/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000609 Pulled BBQ Chicken on WW Bun	1 each	95	281	0.17	525	13	*N/A*	4.24	*0.01	48	39.54	4.02	24.70	*0	21.8	*2.49	2.06
000728 BBQ Tofu on a Whole Wheat Bun	1 each	5	345	1.02	783	25	*N/A*	7.53	*0.00	0	56.98	5.72	17.81	*342	283.9	*0.46	4.03
990484 Jazzy Black Eyed Peas (Canned) - .25 C	.25 C	100	62	0.32	105	*0	*N/A*	2.66	*0.00	0	7.16	1.77	2.54	*113	*10.5	*3.36	*0.81
990424 Cantaloupe	.5 C	100	27	0.04	12	6	*N/A*	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			470	1.72	769	*32	*0	8.99	*0.01	56	66.07	6.58	35.83	*3192	*417.0	*35.12	*3.21
% of Calories				3.29%		*27.2%	*0%	17.2%	*0.0%		56.2%		30.5%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					7.10	778	267.00	15.00	3.30

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

Friday - 04/12/2024

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)
000733 Scrambled Eggs	3 oz scoop	100	100	2.13	139	0	*N/A*	6.40	*0.00	242	0.03	0.01	8.54	*0	37.2	*0.00	1.43
000997 Whole Grain Waffles Bakecrafters	1 each	100	70	0.00	95	1	*N/A*	2.51	0.00	0	11.04	0.00	2.01	0	0.0	0.00	0.36
990648 Sweet Potato Hash	0.25 C	100	89	0.35	180	*3	*N/A*	2.33	*0.00	0	15.84	2.53	1.39	*10105	*25.2	*8.28	*0.56
001201 Fresh Apple Slices	3 each	100	58	0.03	1	12	*N/A*	0.19	0.00	0	15.40	2.68	0.29	60	6.7	5.13	0.13
000625 All Natural Syrup	1 each	100	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
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			449	3.67	535	*36	*0	13.20	*0.00	252	62.44	5.22	20.50	*10589	*433.7	*14.15	*2.56
% of Calories				7.36%		*32.1%	*0%	26.5%	*0.0%		55.6%		18.3%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					7.10	778	267.00	15.00	3.30

Monday - 04/15/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 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			550 - 650	<10	1110			<=30					7.10	778	267.00	15.00	3.30	

Tuesday - 04/16/2024

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			550 - 650	<10	1110			<=30					7.10	778	267.00	15.00	3.30	

Wednesday - 04/17/2024

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			550 - 650	<10	1110			<=30					7.10	778	267.00	15.00	3.30	

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

Thursday - 04/18/2024

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			550 - 650	<10	1110			<=30					7.10	778	267.00	15.00	3.30	

Friday - 04/19/2024

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			550 - 650	<10	1110			<=30					7.10	778	267.00	15.00	3.30	

Monday - 04/22/2024

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)
990871 MP Cheese Pizza	1 each	100	310	5.00	590	3	1	12.00	0.00	25	37.00	4.00	16.00	0	310.0	0.00	1.90
001091 Sauteed Green Beans	.25 C	100	25	0.17	48	*0	*N/A*	1.16	*0.00	0	3.09	1.03	0.73	53	17.0	5.06	0.35

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000784 Chilled Peaches	.5 C	100	66	0.00	0	13	*N/A*	0.00	0.00	0	15.84	1.32	1.32	*N/A*	11.9	*N/A*	0.00
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			499	6.32	752	*29	*1	14.93	*0.00	35	68.06	6.35	26.32	*477	703.5	*5.80	2.33
% of Calories				11.40 %		*23.2%	*0.8%	26.9%	*0.0%		54.6%		21.1%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					7.10	778	267.00	15.00	3.30

Tuesday - 04/23/2024

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)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990185 Beef Tacos in 6" Tortilla	2 each	95	578	13.75	828	2	*N/A*	31.28	*1.00	133	34.23	6.42	43.98	*2647	*330.6	*43.70	*4.90
990810 Sofritas Tofu Soft Tacos	2 each	5	278	2.20	643	*3	*N/A*	10.73	*0.00	0	35.90	5.96	16.12	*392	*360.5	*0.73	*3.49
990870 Roasted Tomato Salsa	2oz scoop	100	5	0.00	16	*0	*N/A*	0.02	*0.00	0	0.96	0.32	0.10	105	6.8	1.81	0.13
000675 Chilled Applesauce	.5 C	100	54	0.01	3	*N/A*	*N/A*	0.13	*N/A*	0	14.49	1.42	0.22	37	5.1	1.29	0.30
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

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			720	14.33	951	*15	*0	32.17	*0.95	136	61.89	8.13	51.18	*3100	*708.7	*45.39	*5.33
% of Calories				17.91 %		*8.3%	*0%	40.2%	*1.2%		34.4%		28.4%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					7.10	778	267.00	15.00	3.30

Wednesday - 04/24/2024

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)
000668 Sweet Chili Chicken	3 oz scoop	95	188	0.64	697	16	*N/A*	4.49	*0.00	48	18.63	0.22	18.88	*0	*2.4	*2.70	*0.63
990760 Sweet Chili Tofu	.5 C	5	99	0.42	592	16	*N/A*	2.78	*0.00	0	18.37	0.23	1.26	*45	*27.1	*0.21	*0.32
990356 Brown Rice	.5 C	100	124	0.18	101	*0	*N/A*	2.19	*0.00	0	23.22	1.49	3.21	*142	*4.8	*0.08	*0.59
990068 Glazed Carrots	.25 C	100	35	0.11	90	4	*N/A*	0.79	*0.00	0	7.01	1.80	0.60	*9779	*26.4	*3.45	*0.21
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
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

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			546	2.20	997	*47	*0	9.54	*0.00	56	87.92	6.58	31.37	*10423	*405.3	*17.11	*1.80
% of Calories				3.63%		*34.4%	*0%	15.7%	*0.0%		64.4%		23.0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					7.10	778	267.00	15.00	3.30

Thursday - 04/25/2024

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)
000065 Turkey Sloppy Joe on WW Bun	1 each	95	298	2.27	600	*10	*N/A*	10.01	*0.00	87	37.49	4.74	19.86	*151	*86.7	*4.99	*3.33
990666 Lentil Sloppy Joe on WW Bun	1 each	5	332	0.41	877	*12	*N/A*	5.52	*0.00	0	62.06	8.77	14.45	*831	*44.0	*9.23	*4.28
001103 Sweet Potato Fries	2oz scoop	100	54	0.17	74	2	*N/A*	1.16	*0.00	0	10.19	1.54	0.82	*7113	*15.4	*1.21	*0.33
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
990424 Cantaloupe	.5 C	100	27	0.04	12	6	*N/A*	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16
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

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			487	3.54	915	*31	*0	12.85	*0.00	93	69.39	7.18	29.34	*10359	*471.6	*35.77	*3.95
% of Calories				6.54%		*25.5%	*0%	23.7%	*0.0%		57.0%		24.1%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					7.10	778	267.00	15.00	3.30

Friday - 04/26/2024

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)
990392 Diced Crispy Chicken Tenders	3 oz	95	118	0.19	199	1	*N/A*	0.77	*0.00	49	7.23	0.68	20.38	278	31.4	2.61	1.10
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
000004 Whole Wheat Roll	1 each	100	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	1.08
001089 Mashed Potatoes	2 oz scoop	100	51	0.66	101	*0	*N/A*	2.14	*0.00	2	6.88	1.34	1.54	24	22.5	6.04	1.73
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
001201 Fresh Apple Slices	3 each	100	58	0.03	1	12	*N/A*	0.19	0.00	0	15.40	2.68	0.29	60	6.7	5.13	0.13
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

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			420	2.09	698	*28	*0	6.33	*0.00	58	60.40	6.92	33.21	771	486.2	14.39	4.18
% of Calories				4.48%		*26.7%	*0%	13.6%	*0.0%		57.5%		31.6%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					7.10	778	267.00	15.00	3.30

Monday - 04/29/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000240 All Beef Hot Dog on a WW Bun	1 each	98	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	2	256	0.68	548	5	*N/A*	5.42	0.00	0	46.77	10.15	16.25	0	74.7	0.00	3.42
990261 Chilled Pears	.5 C	100	101	0.00	8	*N/A*	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58
001176 BBQ Baked Beans	3oz scoop	100	136	0.58	101	4	*N/A*	4.02	*0.00	0	20.37	3.70	5.52	*278	*54.9	*0.25	*2.04
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
000557 Mustard	1 each	100	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
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

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			674	8.61	1101	*21	*0	23.25	*0.00	44	90.72	13.27	25.72	*720	*480.4	*5.40	*4.89
% of Calories				11.50 %		*12.5%	*0%	31.0%	*0.0%		53.8%		15.3%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					7.10	778	267.00	15.00	3.30

Tuesday - 04/30/2024

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)
990819 Cajun Fish Tacos	2 each	95	240	1.10	360	0	0	6.18	*0.00	69	27.05	4.38	23.22	*363	*83.9	*0.24	*0.19
000706 Black Bean & Cheese Taco	2 each	5	404	4.67	447	*1	*N/A*	12.46	*0.00	15	59.90	12.49	18.73	*718	*252.0	*13.00	*2.95
001097 Steamed Corn	.25 C	100	46	0.21	48	1	*N/A*	1.44	*0.00	0	8.47	0.86	1.24	*80	*1.6	*2.62	*0.17
990806 Baja Cream Sauce	1 oz	100	38	1.64	83	0	*N/A*	2.65	*0.00	9	2.22	0.04	1.11	98	42.9	0.67	0.06
000135 Orange Wedges	.5 C / 3 wedges	100	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
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

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			473	4.30	609	*23	*0	12.46	*0.00	85	62.32	7.89	34.47	*1188	*538.3	*53.85	*0.73
% of Calories				8.18%		*19.5%	*0%	23.7%	*0.0%		52.7%		29.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					7.10	778	267.00	15.00	3.30

Wednesday - 05/01/2024

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)
000378 Herb Roasted Chicken Tender	3 oz scoop	95	99	0.34	123	0	*N/A*	2.28	*0.00	48	0.36	0.19	18.80	*17	*7.9	*2.90	*0.80
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	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
000850 WG Cornbread Muffin - Small	1 each	100	150	0.50	90	9	*N/A*	5.00	0.00	15	23.00	1.00	3.00	0	20.0	0.00	0.72
001145 Roasted Cauliflower	2oz scoop	100	48	0.46	125	2	*N/A*	2.53	*0.00	0	5.37	2.10	2.03	*0	*23.2	*49.68	*0.46
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
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

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			515	2.62	568	38	0	12.36	*0.00	71	70.91	6.60	33.20	*515	*423.7	*63.44	*2.43
% of Calories				4.58%		29.5%	0%	21.6%	*0.0%		55.1%		25.8%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					7.10	778	267.00	15.00	3.30

Thursday - 05/02/2024

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)
990300 Chicken Alfredo	4 oz	95	142	1.94	268	2	*N/A*	5.08	*0.00	57	3.39	0.12	21.29	*55	*42.7	*2.54	*0.62
990805 Veggie Chik'n Alfredo	5 nuggets	5	291	3.19	678	4	*N/A*	15.08	*0.00	8	25.89	5.12	17.59	*55	*92.7	*0.05	*2.38
000521 Whole Wheat Penne Pasta	.5 C	100	120	0.32	98	0	*N/A*	2.95	*0.00	0	19.31	2.36	3.30	*0	*14.0	*0.00	*0.85
001095 Steamed Broccoli	.25 C	100	31	0.28	63	1	*N/A*	1.80	*0.00	0	3.20	1.26	1.36	301	22.7	43.05	0.36
990424 Cantaloupe	.5 C	100	27	0.04	12	6	*N/A*	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16
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

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			424	3.79	576	22	0	12.24	*0.00	64	45.52	4.69	34.69	*3417	*453.5	*74.83	*2.16
% of Calories				8.04%		20.8%	0%	26.0%	*0.0%		42.9%		32.7%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					7.10	778	267.00	15.00	3.30

Friday - 05/03/2024

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)
000539 Grilled Cheese on WW Bread	1 each	100	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
001103 Sweet Potato Fries	2oz scoop	100	54	0.17	74	2	*N/A*	1.16	*0.00	0	10.19	1.54	0.82	*7113	*15.4	*1.21	*0.33
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
001201 Fresh Apple Slices	3 each	100	58	0.03	1	12	*N/A*	0.19	0.00	0	15.40	2.68	0.29	60	6.7	5.13	0.13
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			560	10.35	949	*26	*0	19.11	*0.00	50	71.71	8.22	29.38	*8196	*906.7	*7.08	*1.98
% of Calories				16.63 %		*18.6%	*0%	30.7%	*0.0%		51.2%		21.0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					7.10	778	267.00	15.00	3.30

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	526	5	768	*28	*0	15.34	*0.08	76	68.24	*7.63	32.18	*3835	*533.7	*35.80	*2.84
% of Calories		9.39%		*21.3%	*0%	26.2%	*0.1%		51.9%		24.5%				

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

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

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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