



January Lunch Menu

DC PUBLIC SCHOOLS | ECE

What do the colors on the menu mean?

GREEN = locally-sourced

BLUE = international

ORANGE = Fresh Feature Friday Winner!

= vegetarian entree

All grains served are whole grain rich



*denotes mandarin oranges for River Terrace EC

Student's choice of skim or 1% milk provided at every meal.

Turkey & cheese or sunbutter & jelly sandwich available daily.

Menu subject to change based on availability

This institution is an equal opportunity provider

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1/2</p> <p>no school winter break</p> 	<p>1/3</p> <ul style="list-style-type: none"> turkey, ham and cheddar melt grilled cheese roasted broccoli fresh orange wedges* 	<p>1/4</p> <ul style="list-style-type: none"> diced crispy chicken tender veggie chick'n nuggets whole grain cornbread muffin savory sautéed kale ketchup fresh banana 	<p>1/5</p> <ul style="list-style-type: none"> whole wheat mac & cheese sunbutter and jelly sandwich herb roasted butternut squash fresh cantaloupe 	<p>1/6</p> <ul style="list-style-type: none"> beef shepherd's pie lentil shepherd's pie whole wheat roll mashed potatoes fresh apple slices
<p>9</p> <ul style="list-style-type: none"> turkey and bean chili veg out chili whole grain tortilla chips steamed corn chilled pear 	<p>10</p> <ul style="list-style-type: none"> chicken and cheese quesadilla cheese quesadilla tomato salsa fresh orange wedges* 	<p>11</p> <ul style="list-style-type: none"> beef burger with lettuce and tomato on a whole wheat bun veggie burger ketchup, mustard fresh banana 	<p>12</p> <ul style="list-style-type: none"> turkey sausage patty veggie breakfast sausage patty hash brown potatoes ketchup all natural syrup fresh cantaloupe 	<p>13</p> <ul style="list-style-type: none"> beef bolognese tofu bolognese whole grain rotini pasta sautéed green beans fresh apple slices 
<p>16</p> <p>no school martin luther king jr day</p>	<p>17</p> <ul style="list-style-type: none"> chicken yassa veggie chick'n nuggets jollof rice honey cinnamon sweet potatoes fresh orange wedges* 	<p>18</p> <ul style="list-style-type: none"> tuna salad sandwich grilled cheese cucumber coins honey mustard dressing fresh banana 	<p>19</p> <ul style="list-style-type: none"> zesty beef and pasta bake powered up pasta with chickpeas with a whole wheat roll roasted carrots fresh cantaloupe 	<p>20</p> <ul style="list-style-type: none"> diced Jamaican jerk chicken drum Jamaican jerk tofu yellow rice sautéed cabbage fresh apple slices
<p>23</p> <ul style="list-style-type: none"> baked fish sticks veggie chick'n nuggets whole wheat roll cheesy broccoli chilled pear 	<p>24</p> <ul style="list-style-type: none"> roasted turkey veggie chick'n nuggets whole grain cornbread muffin mashed potatoes gravy fresh orange wedges* 	<p>25</p> <p>no school professional development day</p>	<p>26</p> <ul style="list-style-type: none"> diced BBQ chicken drum BBQ tofu bites brown rice ketchup roasted cauliflower fresh cantaloupe 	<p>27</p> <ul style="list-style-type: none"> flatbread cheese pizza mixed greens ranch dressing fresh apple slices
<p>30</p> <ul style="list-style-type: none"> turkey, ham and cheddar melt grilled cheese roasted broccoli chilled pear 	<p>31</p> <ul style="list-style-type: none"> diced orange glazed chicken orange glazed tofu whole grain fried rice glazed carrots fresh orange wedges* 	<p>2/1</p> <ul style="list-style-type: none"> diced crispy chicken tender veggie chick'n nuggets whole grain cornbread muffin savory sautéed kale ketchup fresh banana 	<p>2/2</p> <ul style="list-style-type: none"> whole wheat mac & cheese sunbutter and jelly sandwich herb roasted butternut squash fresh cantaloupe 	<p>2/3</p> <ul style="list-style-type: none"> beef shepherd's pie lentil shepherd's pie whole wheat roll mashed potatoes fresh apple slices

LOCAL FEATURE:

BUTTERNUT SQUASH

Butternut squash grows on long vines during the fall and winter. It is orange in color and it tastes sweet like pumpkin.



Try the **local butternut squash** on:
January 5th and 13th
February 2nd

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Feb 3, 2023

Menu Name: DCPS Lunch ECE

Include Cost: No

Site:

Report Style: Detailed

Monday - 01/02/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Tuesday - 01/03/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
000390 Turkey Ham & Cheddar Melt	1 each	91	300	5.25	735	*0	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000539 Grilled Cheese on WW Bread	1 each	5	340	9.00	660	*0	16.00	0.00	40	32.00	4.00	20.00	600	520.0	0.00	1.44
990334 Roasted Broccoli	.25 C	100	27	0.22	63	1	1.30	*0.00	0	3.33	1.28	1.39	*301	*22.9	*43.05	*0.36
000135 Orange Wedges	.5 C / 3 wedges	100	43	0.01	0	9	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	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	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	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jan 2, 2023 thru Feb 3, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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	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	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	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*	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*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average				477	6.77	907	*22	15.23	*0.00	58	59.20	7.55	30.93	*1241	*760.4	*93.30	*2.03
% of Calories					12.77%		*18.4%	28.7%	*0.0%		49.6%		25.9%				
Weekly Nutrient Guideline				550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Wednesday - 01/04/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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	1	118	0.19	199	1	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	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
000850	WG Cornbread Muffin - Small	1 each	100	150	0.50	90	9	5.00	0.00	15	23.00	1.00	3.00	0	20.0	0.00	0.72
001122	Savory Sauteed Kale	.25 C	100	28	0.17	89	1	1.18	*0.00	0	3.84	1.94	1.35	*1905	*105.8	*37.27	*0.77
000556	Ketchup	1 each	100	10	0.00	100	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000175	Fresh Banana	1 each	100	105	0.13	1	14	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	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jan 2, 2023 thru Feb 3, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	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	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	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	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	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*	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*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			421	2.18	446	*37	9.86	*0.00	26	70.87	6.50	15.61	*2413	*508.9	*48.31	*2.11
% of Calories				4.66%		*35.2%	21.1%	*0.0%		67.3%		14.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Thursday - 01/05/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
990255 Whole Wheat Mac & Cheese	1 C	96	416	11.14	596	6	19.86	*0.05	56	41.53	*4.33	22.83	*269	*365.4	*0.02	*0.11
990651 Herb Roasted Butternut Squash	.25 C	100	44	0.34	73	*0	2.39	*0.00	0	5.71	1.14	0.68	*839	*25.8	*7.64	*0.52
990424 Cantaloupe	.5 C	100	27	0.04	12	6	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	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	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Feb 3, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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	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	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	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	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*	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*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			586	12.40	800	*24	24.39	*0.05	64	65.83	*6.23	32.26	*4166	*758.0	*37.04	*0.99
% of Calories				19.04%		*16.4%	37.5%	*0.1%		44.9%		22.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Friday - 01/06/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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	91	184	3.37	478	*1	10.45	*0.48	49	5.54	0.70	15.74	*1159	*23.6	*3.31	*2.12
000797 Lentil Shepherd's Pie	.625 C	5	161	0.46	510	2	3.24	*0.00	0	25.41	3.84	8.13	*1371	*22.8	*4.10	*2.44
000004 Whole Wheat Roll	1 each	96	80	0.00	170	2	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	2.14	*0.00	2	6.88	1.34	1.54	24	22.5	6.04	1.73
001201 Fresh Apple Slices	3 each	100	58	0.03	1	12	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	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jan 2, 2023 thru Feb 3, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	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	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	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	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	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*	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*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			477	5.09	868	*28	15.75	*0.43	57	57.84	6.99	28.46	*1638	*483.8	*15.14	*5.15
% of Calories				9.60%		*23.5%	29.7%	*0.8%		48.5%		23.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Monday - 01/09/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
990402 Turkey & Bean Chili	6 oz	91	164	1.51	177	*2	5.56	*0.00	54	16.53	4.38	13.17	*536	*71.3	*8.41	*2.81
000725 Veg Out Chili	6 oz	5	165	0.32	373	*3	1.88	*0.00	0	29.29	8.84	8.84	*474	*63.2	*12.95	*2.50
001087 WG Corn Tortilla Chips	10 each	96	108	0.77	88	0	4.61	0.00	0	15.36	1.54	1.54	0	15.4	0.00	0.00
001097 Steamed Corn	.25 C	100	46	0.21	48	1	1.44	*0.00	0	8.47	0.86	1.24	*80	*1.6	*2.62	*0.17
990261 Chilled Pears	.5 C	100	101	0.00	8	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jan 2, 2023 thru Feb 3, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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	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	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	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	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	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	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*	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*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average				524	3.65	462	*15	14.00	*0.00	60	79.50	12.44	24.99	*1040	*479.0	*14.90	*3.63
% of Calories					6.27%		*11.5%	24.0%	*0.0%		60.7%		19.1%				
Weekly Nutrient Guideline				550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Tuesday - 01/10/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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 8" Tortilla	1 each	91	322	8.17	459	2	14.22	*0.00	66	23.84	2.23	24.20	*440	*259.9	*1.96	*1.64
000471	Cheese Quesadilla	1 each	5	360	14.00	580	2	22.00	0.00	60	24.00	2.00	17.00	600	455.0	0.00	1.00
001099	Tomato Salsa	.25 C	100	17	0.03	53	*2	0.19	*0.00	0	3.59	1.05	0.77	580	9.4	12.90	0.26
000135	Orange Wedges	.5 C / 3 wedges	99	43	0.01	0	9	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jan 2, 2023 thru Feb 3, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
001063 Mandarin Oranges**	.5 C	1	36	0.00	4	8	0.04	0.00	0	8.89	1.15	0.71	1240	11.5	32.05	0.26
000231 Skim Milk	8 oz	30	86	0.29	128	12	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	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	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	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	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	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*	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*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			486	9.49	641	*25	17.12	*0.00	74	51.16	5.61	33.52	*1658	*679.6	*64.21	*2.09
% of Calories				17.57%		*20.6%	31.7%	*0.0%		42.1%		27.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Wednesday - 01/11/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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	91	265	2.63	279	3	8.70	0.21	50	29.53	4.15	20.91	107	29.2	0.06	3.05
000409 Veggie Burger on WW Bun	1 each	5	256	0.68	548	5	5.42	0.00	0	46.77	10.15	16.25	0	74.7	0.00	3.42
000982 Lettuce & Tomato	.25 C	100	7	0.01	2	1	0.10	0.00	0	1.49	0.62	0.41	1478	7.4	4.15	0.21

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jan 2, 2023 thru Feb 3, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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	100	10	0.00	100	0	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*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000175 Fresh Banana	1 each	100	105	0.13	1	14	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	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	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	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	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	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	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*	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*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			503	3.89	598	*31	11.45	*0.19	56	73.54	8.20	30.55	2081	418.0	15.22	3.65
% of Calories				6.96%		*24.7%	20.5%	*0.3%		58.5%		24.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Thursday - 01/12/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
001128 Turkey Sausage Patty	1 each	95	60	1.00	90	0	4.00	0.00	30	0.00	0.00	6.00	0	20.0	0.00	0.72

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jan 2, 2023 thru Feb 3, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
000801 Veggie Breakfast Sausage Patty	1 each	5	70	0.00	250	1	2.50	0.00	0	4.00	1.00	9.00	0	0.0	0.00	1.80
000997 Whole Grain Waffles Bakecrafters	1 each	96	70	0.00	95	1	2.51	0.00	0	11.04	0.00	2.01	0	0.0	0.00	0.36
990077 Hash Brown Potatoes	.25 C	100	35	0.09	52	*0	0.61	*0.00	0	6.50	1.30	1.34	*0	*15.6	*5.81	*1.66
000556 Ketchup	1 each	100	10	0.00	100	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000625 All Natural Syrup	1 each	100	35	0.00	5	8	0.00	0.00	0	8.00	0.00	0.00	0	0.0	0.00	0.00
990424 Cantaloupe	.5 C	100	27	0.04	12	6	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	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	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	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	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			332	2.24	473	*28	8.86	*0.00	38	45.79	2.05	18.35	*3062	*406.2	*35.18	*3.03
% of Calories				6.07%		*33.7%	24.0%	*0.0%		55.2%		22.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Friday - 01/13/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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	91	203	3.16	391	*7	8.92	*0.48	49	12.03	0.67	17.07	*108	*25.2	*2.61	*2.05
001045 Tofu Bolognese	1 C	5	176	1.23	175	*6	6.80	*0.00	0	16.73	1.98	13.77	*135	*264.9	*2.85	*2.45

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jan 2, 2023 thru Feb 3, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
990353 Whole Wheat Rotini Pasta	.5 C	96	111	0.32	101	0	2.99	*0.00	0	19.50	3.50	4.00	*0	*15.6	*0.00	*1.00
001091 Sauteed Green Beans	.25 C	100	25	0.17	48	*0	1.16	*0.00	0	3.09	1.03	0.73	53	17.0	5.06	0.35
001201 Fresh Apple Slices	3 each	100	58	0.03	1	12	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	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	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	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	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	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	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*	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*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			499	4.76	652	*31	15.46	*0.43	55	62.88	8.01	30.10	*649	*449.3	*13.46	*3.62
% of Calories				8.59%		*24.8%	27.9%	*0.8%		50.4%		24.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Monday - 01/16/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
000895 WG Sausage & Cheese Pizza	1 flatbread	91	406	7.64	787	6	18.95	*0.00	67	38.28	*4.12	26.44	*144	*65.9	*5.02	*2.10

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jan 2, 2023 thru Feb 3, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
000853 WG Flatbread Cheese Pizza	1 flatbread	5	380	8.19	778	6	17.84	*0.00	30	38.18	*3.94	23.66	*88	*39.2	*3.99	*1.42
001121 Romaine Salad	.5 C	100	5	0.01	2	0	0.09	0.00	0	0.95	0.61	0.36	2525	9.6	1.16	0.28
000372 House Ranch Dressing	1 oz	100	37	1.00	111	1	2.58	*0.00	4	2.72	0.06	0.78	81	28.9	1.02	0.06
990261 Chilled Pears	.5 C	100	101	0.00	8	*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	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	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	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	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	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	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*	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*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			647	9.68	1018	*20	23.79	*0.00	78	80.20	*10.29	36.22	*3189	*495.0	*10.92	*3.09
% of Calories				13.47%		*12.4%	33.1%	*0.0%		49.6%		22.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Tuesday - 01/17/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jan 2, 2023 thru Feb 3, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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	2 oz	91	130	0.35	35	6	2.52	*0.00	48	7.81	0.69	19.00	*275	*13.9	*3.68	*0.99
990376	Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
000605	Jollof Rice	.5 C	96	159	0.35	111	*2	3.39	*0.00	0	28.72	2.64	4.05	*2089	*18.0	*20.74	*1.13
001152	Honey Cinnamon Sweet Potatoes	2oz scoop	100	57	0.17	74	3	1.15	*0.00	0	11.15	1.54	0.79	*7079	*15.9	*1.21	*0.32
000135	Orange Wedges	.5 C / 3 wedges	99	43	0.01	0	9	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
001063	Mandarin Oranges**	.5 C	1	36	0.00	4	8	0.04	0.00	0	8.89	1.15	0.71	1240	11.5	32.05	0.26
000231	Skim Milk	8 oz	30	86	0.29	128	12	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	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	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	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	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	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*	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*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average				498	2.22	376	*32	10.09	*0.00	54	71.63	7.39	32.61	*9982	*459.2	*73.99	*2.70
% of Calories					4.01%		*25.7%	18.2%	*0.0%		57.5%		26.2%				
Weekly Nutrient Guideline				550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Wednesday - 01/18/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jan 2, 2023 thru Feb 3, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
000656 Tuna Salad on WW Bread	1 each	91	253	0.51	594	*0	5.00	*0.00	18	33.06	4.12	20.52	82	128.2	0.35	2.33
000539 Grilled Cheese on WW Bread	1 each	5	340	9.00	660	*0	16.00	0.00	40	32.00	4.00	20.00	600	520.0	0.00	1.44
001093 Cucumber Coins	.25 C	100	5	0.01	1	1	0.04	0.00	0	1.33	0.18	0.24	38	5.9	1.02	0.10
990044 Honey Mustard Dressing	1 oz	100	45	0.48	106	3	3.40	*0.00	0	3.80	0.02	0.05	0	0.9	0.02	0.03
000175 Fresh Banana	1 each	100	105	0.13	1	14	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	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	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	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	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	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	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*	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*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			518	2.85	824	*31	11.95	*0.00	29	77.66	7.45	30.26	649	529.7	12.38	2.82
% of Calories				4.95%		*23.9%	20.8%	*0.0%		60.0%		23.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Thursday - 01/19/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jan 2, 2023 thru Feb 3, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
000189 Zesty Beef & Pasta Bake	1 C	91	323	4.89	289	5	12.10	*0.48	56	29.45	*3.60	24.31	*88	*39.0	*4.11	*3.33
000785 Powered Up Pasta w/Chickpea ES	1 C	5	221	0.34	290	4	2.93	*0.00	0	43.11	5.39	8.80	*654	*43.1	*7.86	*3.07
990062 Roasted Carrots	.25 C	100	35	0.18	85	3	1.36	*0.00	0	5.58	1.72	0.60	*9287	*25.0	*3.28	*0.19
990424 Cantaloupe	.5 C	100	27	0.04	12	6	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	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	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	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	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	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	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*	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*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			483	6.01	517	*26	15.45	*0.43	62	54.79	*6.20	32.84	*12467	*444.1	*36.80	*3.72
% of Calories				11.20%		*21.5%	28.8%	*0.8%		45.4%		27.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Friday - 01/20/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jan 2, 2023 thru Feb 3, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
990543 Jamaican Jerk Chicken Thigh, Diced	3 oz	91	169	1.68	257	*2	8.29	*0.02	84	4.53	0.62	18.06	*38	*24.3	*0.83	*1.36
990642 Jamaican Jerk Tofu	.5 C	5	158	1.69	187	*3	9.82	*0.00	0	8.08	1.75	11.83	*16	*268.8	*1.08	*2.65
000630 Yellow Rice	.5 C	96	123	0.17	97	*0	2.16	*0.00	0	22.94	1.43	3.21	*4	*5.9	*0.08	*0.78
990081 Sauteed Cabbage	.25 C	100	18	0.13	75	1	0.85	*0.00	0	2.61	0.92	0.50	53	14.5	12.37	0.18
001201 Fresh Apple Slices	3 each	100	58	0.03	1	12	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	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	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	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	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	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	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*	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*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			471	3.25	554	*28	13.93	*0.02	87	58.44	5.86	29.92	*582	*436.8	*19.14	*2.63
% of Calories				6.21%		*23.8%	26.6%	*0.0%		49.6%		25.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Monday - 01/23/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jan 2, 2023 thru Feb 3, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
990631 Baked Fish Sticks	2 each	91	150	0.47	511	1	2.93	*0.00	61	11.21	0.82	18.84	137	69.4	0.07	0.77
990376 Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
000004 Whole Wheat Roll	1 each	96	80	0.00	170	2	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	1.08
001149 Cheesy Broccoli	.25 C	100	43	1.77	113	1	2.72	*0.00	9	2.60	0.90	2.99	301	74.0	30.75	0.26
990261 Chilled Pears	.5 C	100	101	0.00	8	*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	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	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	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	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	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	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*	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*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			485	3.58	913	*16	9.83	*0.00	75	69.06	9.50	33.61	874	591.8	34.80	2.88
% of Calories				6.64%		*13.2%	18.2%	*0.0%		57.0%		27.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Tuesday - 01/24/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jan 2, 2023 thru Feb 3, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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	91	88	0.10	562	0	1.60	*0.00	35	1.67	0.26	18.18	23	10.0	0.23	0.86
000705	Brown Gravy	1 oz	91	30	1.42	183	*0	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	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	35	1.16	145	*1	1.90	*0.00	5	4.11	0.41	0.48	*1053	*7.0	*0.94	*0.24
000850	WG Cornbread Muffin - Small	1 each	100	150	0.50	90	9	5.00	0.00	15	23.00	1.00	3.00	0	20.0	0.00	0.72
001089	Mashed Potatoes	2 oz scoop	100	51	0.66	101	*0	2.14	*0.00	2	6.88	1.34	1.54	24	22.5	6.04	1.73
000135	Orange Wedges	.5 C / 3 wedges	99	43	0.01	0	9	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
001063	Mandarin Oranges**	.5 C	1	36	0.00	4	8	0.04	0.00	0	8.89	1.15	0.71	1240	11.5	32.05	0.26
000231	Skim Milk	8 oz	30	86	0.29	128	12	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	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	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	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	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	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*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Feb 3, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			480	3.99	1041	*31	14.21	*0.00	66	59.12	5.35	32.10	*808	*468.3	*56.09	*3.74
% of Calories				7.48%		*25.8%	26.6%	*0.0%		49.3%		26.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Wednesday - 01/25/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Thursday - 01/26/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
990569 BBQ Chicken, Diced	2 oz scoop	91	93	0.73	198	6	2.43	0.00	27	7.49	0.00	8.76	*0	1.0	*0.00	0.08
000727 BBQ Tofu Bites	.5 C	5	205	1.02	543	22	5.53	*0.00	0	27.98	1.72	11.81	*342	263.9	*0.46	2.59
990356 Brown Rice	.5 C	100	124	0.18	101	*0	2.19	*0.00	0	23.22	1.49	3.21	*142	*4.8	*0.08	*0.59
001145 Roasted Cauliflower	.25 C	100	24	0.23	62	1	1.27	*0.00	0	2.68	1.05	1.02	*0	*11.6	*24.84	*0.23

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jan 2, 2023 thru Feb 3, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)	
990424	Cantaloupe	.5 C	100	27	0.04	12	6	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	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	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	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	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	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	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*	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*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average				385	2.47	525	*27	8.87	*0.00	35	54.37	3.56	22.46	*3227	*411.9	*54.32	*1.38
% of Calories					5.77%		*28.1%	20.7%	*0.0%		56.5%		23.3%				
Weekly Nutrient Guideline				550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Friday - 01/27/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)	
000853	WG Flatbread Cheese Pizza	1 flatbread	96	380	8.19	778	6	17.84	*0.00	30	38.18	*3.94	23.66	*88	*39.2	*3.99	*1.42
001148	Mixed Greens Salad	.5 C	1	7	0.02	12	0	0.10	0.00	0	1.35	0.84	0.64	393	20.1	4.22	0.48
000372	House Ranch Dressing	1 oz	100	37	1.00	111	1	2.58	*0.00	4	2.72	0.06	0.78	81	28.9	1.02	0.06

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Feb 3, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
001201 Fresh Apple Slices	3 each	100	58	0.03	1	12	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	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	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	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	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	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	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*	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*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			576	10.21	1000	*31	22.68	*0.00	44	68.67	*6.75	32.81	*659	*447.8	*10.77	*1.75
% of Calories				15.95%		*21.5%	35.4%	*0.0%		47.7%		22.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Monday - 01/30/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
000390 Turkey Ham & Cheddar Melt	1 each	91	300	5.25	735	*0	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000539 Grilled Cheese on WW Bread	1 each	5	340	9.00	660	*0	16.00	0.00	40	32.00	4.00	20.00	600	520.0	0.00	1.44
990334 Roasted Broccoli	.25 C	100	27	0.22	63	1	1.30	*0.00	0	3.33	1.28	1.39	*301	*22.9	*43.05	*0.36

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jan 2, 2023 thru Feb 3, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
990261 Chilled Pears	.5 C	100	101	0.00	8	*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	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	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	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	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	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	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*	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*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			534	6.76	915	*13	15.32	*0.00	58	74.28	10.79	30.89	*1052	*743.8	*47.58	*2.52
% of Calories				11.39%		*9.7%	25.8%	*0.0%		55.6%		23.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Tuesday - 01/31/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
000467 Orange Glazed Chicken	1 each	91	166	0.35	289	8	2.54	*0.00	48	15.89	0.58	19.69	*22	*24.5	*10.28	*0.86
990641 Orange Glazed Tofu	.5 C	5	145	1.09	182	9	5.94	*0.00	0	13.46	1.35	12.04	*22	*263.6	*8.04	*2.29
990606 Whole Grain Fried Rice	5 oz scoop	96	158	0.51	304	*1	4.17	*0.00	24	25.65	2.12	4.84	*1868	13.3	*3.02	0.95

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Feb 3, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)	
990068	Glazed Carrots	.25 C	100	34	0.10	86	4	0.75	*0.00	0	6.66	1.71	0.57	*9290	*25.1	*3.28	*0.20
000135	Orange Wedges	.5 C / 3 wedges	99	43	0.01	0	9	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
001063	Mandarin Oranges**	.5 C	1	36	0.00	4	8	0.04	0.00	0	8.89	1.15	0.71	1240	11.5	32.05	0.26
000231	Skim Milk	8 oz	30	86	0.29	128	12	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	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	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	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	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	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*	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*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average				502	2.29	792	*34	10.26	*0.00	78	71.09	6.76	33.62	*11752	*484.3	*65.47	*2.29
% of Calories					4.11%		*27.1%	18.4%	*0.0%		56.6%		26.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230			<=30					7.10	778	267.00	15.00	3.30

Wednesday - 02/01/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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	1	118	0.19	199	1	0.77	*0.00	49	7.23	0.68	20.38	278	31.4	2.61	1.10

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jan 2, 2023 thru Feb 3, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
990376 Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
000850 WG Cornbread Muffin - Small	1 each	100	150	0.50	90	9	5.00	0.00	15	23.00	1.00	3.00	0	20.0	0.00	0.72
001122 Savory Sauteed Kale	.25 C	100	28	0.17	89	1	1.18	*0.00	0	3.84	1.94	1.35	*1905	*105.8	*37.27	*0.77
000556 Ketchup	1 each	100	10	0.00	100	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000175 Fresh Banana	1 each	100	105	0.13	1	14	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	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	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	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	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	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	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*	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*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			421	2.18	446	*37	9.86	*0.00	26	70.87	6.50	15.61	*2413	*508.9	*48.31	*2.11
% of Calories				4.66%		*35.2%	21.1%	*0.0%		67.3%		14.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Thursday - 02/02/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jan 2, 2023 thru Feb 3, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
990255 Whole Wheat Mac & Cheese	1 C	96	416	11.14	596	6	19.86	*0.05	56	41.53	*4.33	22.83	*269	*365.4	*0.02	*0.11
990651 Herb Roasted Butternut Squash	.25 C	100	44	0.34	73	*0	2.39	*0.00	0	5.71	1.14	0.68	*839	*25.8	*7.64	*0.52
990424 Cantaloupe	.5 C	100	27	0.04	12	6	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	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	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	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	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	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	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*	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*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			586	12.40	800	*24	24.39	*0.05	64	65.83	*6.23	32.26	*4166	*758.0	*37.04	*0.99
% of Calories				19.04%		*16.4%	37.5%	*0.1%		44.9%		22.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Friday - 02/03/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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	91	184	3.37	478	*1	10.45	*0.48	49	5.54	0.70	15.74	*1159	*23.6	*3.31	*2.12

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Feb 3, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
000797 Lentil Shepherd's Pie	.625 C	5	161	0.46	510	2	3.24	*0.00	0	25.41	3.84	8.13	*1371	*22.8	*4.10	*2.44
000004 Whole Wheat Roll	1 each	96	80	0.00	170	2	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	2.14	*0.00	2	6.88	1.34	1.54	24	22.5	6.04	1.73
001201 Fresh Apple Slices	3 each	100	58	0.03	1	12	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	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	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	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	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	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	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*	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*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			477	5.09	868	*28	15.75	*0.43	57	57.84	6.99	28.46	*1638	*483.8	*15.14	*5.15
% of Calories				9.60%		*23.5%	29.7%	*0.8%		48.5%		23.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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	494	5	715	*27	14.72	*0.09	57	65.24	*7.10	29.06	*3105	*530.7	*37.37	*2.79
% of Calories		9.78%		*21.9%	26.8%	*0.2%		52.8%		23.5%				

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jan 2, 2023 thru Feb 3, 2023

**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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