SERVING AWARD-WINNING FOOD THAT KIDS LOVE. WWW.DCCENTRALKITCHEN.ORG FOLLOW US ON SOCIAL MEDIA!

September 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

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
8/29 **no school**	8/30 **no school**	8/31 **no school**	1 • sweet chili chicken • sweet chili tofu • brown rice • asian broccoli • fresh cantaloupe	2 • turkey meatball sub • grilled cheese • whole grain spaghetti • cucumber coins • parmesan cream dressing • fresh orange wedges
5 **no school**	6 • whole grain ravioli • sunbutter & jelly sandwich • garlic breadstick • steamed broccoli • fresh watermelon	7 • oven fried chicken drum • veggie chik'n nuggets • whole grain waffles • sweet potato hash • all natural syrup • ketchup • fresh apple slices	8 • flatbread pizza with italian turkey sausage • flatbread cheese pizza • spinach salad • ranch dressing • fresh cantaloupe	9 • turkey sloppy joe • lentil sloppy joes • baked potato fries • ketchup • fresh orange wedges
12 • beef burger • veggie burger • sauteed green beans • ketchup • mustard • chilled peaches	13 • beef and cheese nachos • bean and cheese nachos • tomato salsa • sour cream • fresh watermelon	14 • crispy chicken tender • veggie chik'n nuggets • brown rice • summer squash salad • ketchup • fresh apple slices	15 • chicken stir-fry • super sesame tofu • whole grain lo-mein noodles • korean cauliflower • fresh cantaloupe	16 • macaroni & cheese • powered up chickpea pasta • cinnamon roasted butternut squash • fresh orange wedges
19 • turkey club • egg salad sandwich • lettuce & tomato • mustard & mayo • chilled peaches	20 • peruvian chicken drum • veggie chik'n nuggets • cilantro lime rice • roasted summer squash • fresh watermelon	21 • tuna salad sandwich • sunbutter & jelly sandwich • cucumber coins • italian dressing • fresh apple slices	22 • flatbread pizza with turkey pepperoni • flatbread cheese pizza • mixed greens salad • balsamic dressing • fresh cantaloupe	23 • pulled bbq chicken sandwich • bbq tofu sandwich • baked potato fries • ketchup • fresh orange wedges
26 • all beef hot dog • veggie burger • ketchup, mustard • steamed corn • chilled peaches	27 • chicken & cheese enchiladas • cheese quesadillas • diced tomatoes • fresh watermelon	28 • crispy fish sandwich • sunbutter and jelly sandwich • potato salad • fresh apple slices	29 • sweet chili chicken • sweet chili tofu • brown rice • asian broccoli • fresh cantaloupe	30 • turkey meatball sub • grilled cheese • whole grain spaghetti • cucumber coins • parmesan cream dressing • fresh orange wedges

HISPANIC HERITAGE MONTH

Celebrate with DCCK by trying a delicious, South American-inspired menu on September 20th.

Peruvian Chicken Drum
Cilantro Lime Rice
Chili Black Beans
Summer Squash
Fresh Watermelon

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

Menu Name: DCPS Lunch ECE

Include Cost: No

Site:

Report Style: Detailed

Monday - 08/29/2022 **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)
000240 All Beef Hot Dog on a WW Bun	1 each	91	320	7.00	710	4	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	256	0.68	548	5	5.42	0.00	0	46.77	10.15	16.25	0	74.7	0.00	3.42
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
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
000784 Chilled Peaches	.5 C	100	66	0.00	0	13	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	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

	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)
000557 Mustard	1 each	0	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			552	7.93	1033	*31	20.41	*0.00	43	69.84	6.56	22.40	*510	*428.0	*4.46	*2.50
% of Calories				12.93%		*22.5%	33.3%	*0.0%		50.6%		16.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Tuesday - 08/30/2022 **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)
990722 Chicken and Cheese Enchilada ECE	1 Portion	91	332	7.92	767	*2	16.44	*0.01	*55	30.27	*4.42	*19.61	*543	314.7	*19.49	*0.65
990674 Cheese Quesadilla on 6" tortillas	2 each	5	400	14.00	760	0	22.00	0.00	60	34.00	0.00	18.00	600	540.0	0.00	2.00
001088 Tomatoes	.25 C	100	11	0.02	3	2	0.12	0.00	0	2.32	0.72	0.52	497	6.0	8.18	0.16
001038 Honey Lime Dressing	1 oz	100	85	1.03	255	2	7.19	*0.00	0	5.79	0.44	0.33	205	8.0	0.77	0.38
000446 Fresh Watermelon	.5 C	100	23	0.01	1	5	0.11	0.00	0	5.74	0.30	0.46	432	5.3	6.16	0.18
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

	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)
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			557	10.28	1136	*23	26.26	*0.01	*64	56.98	*5.70	*29.09	*2090	707.1	*33.59	*1.60
% of Calories				16.61%		*16.5%	42.4%	*0.0%		40.9%		*20.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Wednesday - 08/31/2022 **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)
990362 Crispy Fish Sandwich on WW Bun	1 each	91	313	0.81	797	4	7.25	*0.00	61	40.25	4.84	24.84	*137	*89.7	*0.07	*2.21
000776 Sunbutter & Jelly Sandwich	1 each	5	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
990086 Potato Salad	.25 C	100	44	0.18	94	*0	1.20	*0.00	0	7.72	0.82	0.90	12	5.7	4.01	0.35
000604 Hot Sauce	1 each	100	0	0.00	32	0	0.00	*N/A*	0	0.02	0.00	0.01	2	0.1	0.90	0.01
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

	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)
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			532	2.41	1019	*28	12.59	*0.00	66	76.42	8.51	33.66	*631	*476.5	*10.86	*2.88
% of Calories				4.08%		*21.1%	21.3%	*0.0%		57.5%		25.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Thursday - 09/01/2022 **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)
000668 Sweet Chili Chicken	3 oz scoop	91	188	0.64	697	16	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	2.78	*0.00	0	18.37	0.23	1.26	*45	*27.1	*0.21	*0.32
990356 Brown Rice, Long Grain	.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
001170 Asian Broccoli	.25 C	100	38	0.34	139	1	2.14	*0.00	0	3.96	1.34	1.75	*301	*24.4	*43.06	*0.46
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

	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)
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			481	2.48	1057	*35	11.48	*0.00	55	65.30	3.98	31.88	*3513	*414.1	*74.98	*2.00
% of Calories				4.64%		*29.1%	21.5%	*0.0%		54.3%		26.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Friday - 09/02/2022 **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)
000916 Turkey Meatball Sub	1 each	91	339	3.63	885	6	11.73	*0.00	55	38.15	3.94	24.00	*88	*230.6	*3.99	*3.22
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
000137 Parmesan Cream Dressing	1 oz	100	88	2.95	251	1	8.04	*0.00	13	2.46	0.03	4.25	*34	*23.7	*0.56	*0.09
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

	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)
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			578	8.04	1232	*28	22.45	*0.00	76	64.78	6.43	37.21	*830	*676.4	*54.75	*3.48
% of Calories				12.52%		*19.4%	35.0%	*0.0%		44.8%		25.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Monday - 09/05/2022 **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)	Calcm (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 - 09/06/2022 **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)
990534 Whole Grain Cheese Ravioli with Tomato Sauce	3 each	96	228	1.75	597	5	5.27	*0.00	50	30.15	1.94	16.46	*88	*169.2	*3.99	*1.79
990536 Whole Grain Garlic Breadstick	1 each	100	100	0.50	95	1	3.50	0.00	0	15.00	1.00	1.00	*N/A*	0.0	*N/A*	0.90
001095 Steamed Broccoli	.25 C	100	31	0.28	63	1	1.80	*0.00	0	3.20	1.26	1.36	301	22.7	43.05	0.36
000446 Fresh Watermelon	.5 C	100	23	0.01	1	5	0.11	0.00	0	5.74	0.30	0.46	432	5.3	6.16	0.18
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			488	3.79	873	*24	13.25	*0.00	59	66.77	4.65	27.65	*1247	*564.9	*53.79	*3.35
% of Calories				6.99%		*19.7%	24.4%	*0.0%		54.7%		22.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Wednesday - 09/07/2022 **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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990392 Diced Crispy Chicken Tenders	3 oz	91	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
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
990648 Sweet Potato Hash	0.25 C	100	68	0.03	180	*3	0.09	*0.00	0	15.84	2.53	1.39	10105	25.2	8.28	0.56
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
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			473	1.61	723	*38	6.67	*0.00	55	73.44	6.31	31.92	10848	437.4	16.53	2.34
% of Calories				3.06%		*32.1%	12.7%	*0.0%		62.1%		27.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Thursday - 09/08/2022 **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)
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
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
001142 Baby Spinach Salad	.5 C	100	5	0.00	19	0	0.00	0.00	0	0.87	0.54	0.70	1129	26.1	3.66	0.31
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
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			573	9.71	1039	*26	23.65	*0.00	78	60.58	*5.47	36.39	*4414	*498.3	*38.82	*2.70
% of Calories				15.25%		*18.2%	37.1%	*0.0%		42.3%		25.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Friday - 09/09/2022 **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)
000065 Turkey Sloppy Joe on WW Bun	1 each	91	304	1.86	591	*10	9.54	*0.09	60	37.55	4.74	22.06	*211	*60.6	*3.32	*3.24
990666 Lentil Sloppy Joe on WW Bun	1 each	5	332	0.41	877	*12	5.52	*0.00	0	62.06	8.77	14.45	*831	*44.0	*9.23	*4.28
001124 Baked Potato Fries	.25 C	100	39	0.18	52	*0	1.19	*0.00	0	6.18	1.27	1.27	*68	*15.3	*5.37	*1.57
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
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 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			501	3.22	875	*31	13.03	*0.08	66	70.13	8.45	31.96	*949	*483.6	*58.38	*5.01
% of Calories				5.78%		*24.8%	23.4%	*0.1%		56.0%		25.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Monday - 09/12/2022 **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)
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
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
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
000784 Chilled Peaches	.5 C	100	66	0.00	0	13	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	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			482	3.91	642	*29	12.13	*0.19	56	64.03	6.86	30.91	*581	433.6	*5.86	3.49
% of Calories				7.30%		*24.1%	22.6%	*0.4%		53.1%		25.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Tuesday - 09/13/2022 **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)
990765 Beef and Cheese Nachos ECE	each	91	339	8.34	489	3	19.15	*0.36	62	23.23	2.60	19.10	*1226	*199.8	*15.75	*2.07
990764 Bean and Cheese Nachos ECE	each	5	355	6.11	509	4	13.13	*0.00	26	44.90	11.87	16.17	391	235.8	3.93	3.09
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
990351 Low Fat Sour Cream	1 oz	100	40	1.90	20	0	3.05	0.00	10	2.04	0.00	1.01	94	40.5	0.26	0.02
000446 Fresh Watermelon	.5 C	100	23	0.01	1	5	0.11	0.00	0	5.74	0.30	0.46	432	5.3	6.16	0.18
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			521	11.14	687	*22	24.21	*0.33	79	48.64	4.55	29.45	*2672	*623.2	*34.60	*2.69
% of Calories				19.24%		*16.9%	41.8%	*0.6%		37.3%		22.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Wednesday - 09/14/2022 **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)
000543 Crispy Chicken Tender	1 each	91	137	0.24	283	1	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	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
990356 Brown Rice, Long Grain	.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
990751 Summer Squash Salad	.25C	100	24	0.19	159	*1	1.21	*0.00	0	2.88	0.65	0.65	*118	*9.7	*7.52	*0.22
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
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			468	1.99	782	*27	7.66	*0.00	55	68.52	6.05	33.01	*878	*433.5	*15.90	*2.40
% of Calories				3.83%		*23.1%	14.7%	*0.0%		58.6%		28.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Thursday - 09/15/2022 **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)
000406 Chicken Stir Fry	1 tender	91	108	0.33	311	0	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	7.57	*0.00	0	4.93	1.41	12.44	*79	*259.1	*1.44	*2.27
990437 Whole Grain Lo Mein	.5 C	100	138	0.55	181	2	3.76	*0.00	0	23.24	2.71	4.40	*11	*19.1	*0.11	*1.08
001162 Korean Cauliflower	.25 C	100	34	0.27	145	3	1.54	*0.00	0	4.40	1.18	1.14	*12	*13.8	*25.08	*0.27
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			419	2.54	785	*24	10.78	*0.00	55	49.37	5.24	33.53	*3100	*440.1	*58.69	*2.35
% of Calories				5.46%		*22.9%	23.2%	*0.0%		47.1%		32.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Friday - 09/16/2022 **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
990222 Cinnamon Roasted Butternut Squash	.25 C	100	31	0.17	49	*0	1.16	*0.00	0	5.53	0.95	0.58	827	18.0	7.44	0.36
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 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			590	12.19	764	*27	23.12	*0.05	64	70.07	*7.53	32.37	*1732	*779.7	*56.99	*0.76
% of Calories				18.59%		*18.3%	35.3%	*0.1%		47.5%		21.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Monday - 09/19/2022 **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)
000607 Turkey Club on WW Bread w/ Let, Tom	1 each	91	309	0.76	841	*1	9.91	0.00	49	33.49	4.62	25.08	1482	127.4	4.15	3.15
000767 Egg Salad on WW Bread	1 each	5	264	1.97	533	*1	9.67	*0.00	186	33.79	4.26	12.49	374	151.6	0.31	2.14
000982 Lettuce & Tomato	.25 C	9	7	0.01	2	1	0.10	0.00	0	1.49	0.62	0.41	1478	7.4	4.15	0.21
000652 Light Mayonnaise	1 each	100	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	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
000784 Chilled Peaches	.5 C	100	66	0.00	0	13	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	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			517	2.11	1115	*27	15.29	*0.00	64	62.03	6.02	33.82	*1930	510.5	*4.92	3.18
% of Calories				3.67%		*20.9%	26.6%	*0.0%		48.0%		26.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Tuesday - 09/20/2022 **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)
000742 Peruvian Chicken Tender	1 ea/3 oz scoop	91	133	0.67	358	*0	4.96	*0.00	48	2.33	0.92	19.98	*175	*32.4	*3.57	*0.95
990626 BBQ Veggie Chik'n Nuggets	5 each	5	305	1.25	811	20	10.00	0.00	0	41.17	5.00	15.00	*0	52.7	*0.00	2.46
000824 Cilantro-Lime Brown Rice	.5 C	100	123	0.17	101	*0	2.17	*0.00	0	23.06	1.62	3.32	*116	*5.6	*3.21	*0.64
990203 Roasted Summer Squash	.25 C	100	19	0.20	49	1	1.26	*0.00	0	1.76	0.50	0.54	*85	*9.4	*9.18	*0.20
000446 Fresh Watermelon	.5 C	100	23	0.01	1	5	0.11	0.00	0	5.74	0.30	0.46	432	5.3	6.16	0.18
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			418	2.38	659	*20	11.34	*0.00	55	48.63	3.75	32.28	*1223	*426.9	*22.55	*2.20
% of Calories				5.12%		*19.1%	24.4%	*0.0%		46.5%		30.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Wednesday - 09/21/2022 **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)
000656 Tuna Salad on WW Bread	1 each	96	253	0.51	594	*0	5.00	*0.00	18	33.06	4.12	20.52	82	128.2	0.35	2.33
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
000680 Italian Dressing	1 oz	100	80	1.20	17	*0	8.67	*0.00	0	0.56	0.17	0.06	32	8.5	0.27	0.33
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			502	3.05	731	*25	16.48	*0.00	28	62.91	7.22	29.30	639	518.5	7.52	3.00
% of Calories				5.47%		*19.9%	29.5%	*0.0%		50.1%		23.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Thursday - 09/22/2022 **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)
990418 WG Flatbread Turkey Pepperoni Pizza	1 flatbread	91	400	8.52	884	6	18.84	*0.00	39	38.51	*3.94	25.66	*90	*39.2	*3.99	*2.09
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
001148 Mixed Greens Salad	.5 C	100	7	0.02	12	0	0.10	0.00	0	1.35	0.84	0.64	393	20.1	4.22	0.48
000109 Balsamic Dressing	1 oz	100	87	1.20	52	*0	8.68	*0.00	0	2.08	0.08	0.10	0	3.5	0.00	0.06
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			620	10.73	1062	*25	29.74	*0.00	48	60.63	*5.63	34.94	*3548	*442.6	*37.43	*2.87
% of Calories				15.58%		*16.1%	43.2%	*0.0%		39.1%		22.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Friday - 09/23/2022 **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)
000609 Pulled BBQ Chicken on WW Bun	1 each	91	281	0.17	525	13	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	7.53	*0.00	0	56.98	5.72	17.81	*342	283.9	*0.46	4.03
001124 Baked Potato Fries	.25 C	100	39	0.18	52	*0	1.19	*0.00	0	6.18	1.27	1.27	*68	*15.3	*5.37	*1.57
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
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	70	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
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			481	1.72	810	*34	8.34	*0.01	55	71.68	7.64	34.53	*729	*460.3	*57.19	*3.93
% of Calories				3.22%		*28.3%	15.6%	*0.0%		59.6%		28.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Monday - 09/26/2022 **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)
000240 All Beef Hot Dog on a WW Bun	1 each	91	320	7.00	710	4	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	256	0.68	548	5	5.42	0.00	0	46.77	10.15	16.25	0	74.7	0.00	3.42
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
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
000784 Chilled Peaches	.5 C	100	66	0.00	0	13	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	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	0	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			552	7.93	1033	*31	20.41	*0.00	43	69.84	6.56	22.40	*510	*428.0	*4.46	*2.50
% of Calories				12.93%		*22.5%	33.3%	*0.0%		50.6%		16.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Tuesday - 09/27/2022 **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)
990722 Chicken and Cheese Enchilada ECE	1 Portion	91	332	7.92	767	*2	16.44	*0.01	*55	30.27	*4.42	*19.61	*543	314.7	*19.49	*0.65
990674 Cheese Quesadilla on 6" tortillas	2 each	5	400	14.00	760	0	22.00	0.00	60	34.00	0.00	18.00	600	540.0	0.00	2.00
001088 Tomatoes	.25 C	100	11	0.02	3	2	0.12	0.00	0	2.32	0.72	0.52	497	6.0	8.18	0.16
001038 Honey Lime Dressing	1 oz	100	85	1.03	255	2	7.19	*0.00	0	5.79	0.44	0.33	205	8.0	0.77	0.38
000446 Fresh Watermelon	.5 C	100	23	0.01	1	5	0.11	0.00	0	5.74	0.30	0.46	432	5.3	6.16	0.18
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			557	10.28	1136	*23	26.26	*0.01	*64	56.98	*5.70	*29.09	*2090	707.1	*33.59	*1.60
% of Calories				16.61%		*16.5%	42.4%	*0.0%		40.9%		*20.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Wednesday - 09/28/2022 **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)
990362 Crispy Fish Sandwich on WW Bun	1 each	91	313	0.81	797	4	7.25	*0.00	61	40.25	4.84	24.84	*137	*89.7	*0.07	*2.21
000776 Sunbutter & Jelly Sandwich	1 each	5	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
990086 Potato Salad	.25 C	100	44	0.18	94	*0	1.20	*0.00	0	7.72	0.82	0.90	12	5.7	4.01	0.35
000604 Hot Sauce	1 each	100	0	0.00	32	0	0.00	*N/A*	0	0.02	0.00	0.01	2	0.1	0.90	0.01
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			532	2.41	1019	*28	12.59	*0.00	66	76.42	8.51	33.66	*631	*476.5	*10.86	*2.88
% of Calories				4.08%		*21.1%	21.3%	*0.0%		57.5%		25.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Thursday - 09/29/2022 **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)
000668 Sweet Chili Chicken	3 oz scoop	91	188	0.64	697	16	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	2.78	*0.00	0	18.37	0.23	1.26	*45	*27.1	*0.21	*0.32
990356 Brown Rice, Long Grain	.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
001170 Asian Broccoli	.25 C	100	38	0.34	139	1	2.14	*0.00	0	3.96	1.34	1.75	*301	*24.4	*43.06	*0.46
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			481	2.48	1057	*35	11.48	*0.00	55	65.30	3.98	31.88	*3513	*414.1	*74.98	*2.00
% of Calories				4.64%		*29.1%	21.5%	*0.0%		54.3%		26.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					7.10	778	267.00	15.00	3.30

Friday - 09/30/2022 **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)
000916 Turkey Meatball Sub	1 each	91	339	3.63	885	6	11.73	*0.00	55	38.15	3.94	24.00	*88	*230.6	*3.99	*3.22
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
000137 Parmesan Cream Dressing	1 oz	100	88	2.95	251	1	8.04	*0.00	13	2.46	0.03	4.25	*34	*23.7	*0.56	*0.09
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 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			578	8.04	1232	*28	22.45	*0.00	76	64.78	6.43	37.21	*830	*676.4	*54.75	*3.48
% of Calories				12.52%		*19.4%	35.0%	*0.0%		44.8%		25.8%				
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			519	6	938	*28	16.75	*0.03	*59	64.34	*6.16	*31.69	*2068	*519.1	*34.44	*2.72
% of Calories				9.57%		*21.6%	29.0%	*0.1%		49.6%		*24.4%				

***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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