



May Lunch Menu

LUNCH ECE

What do the colors on the menu mean?

GREEN = locally-sourced

= vegetarian entree

All grains served are whole grain rich
Student's choice of skim or 1% milk provided at every meal.

Menu subject to change based on availability

This institution is an equal opportunity provider

CELEBRATE THE LANGUAGE LEARNERS FESTIVAL!

Sample flavors from **Sudan** & **Egypt** on May 29th to celebrate the Arabic Language



Sample flavors from **Panama**, **Guatemala**, & **Costa Rica** on May 30th to celebrate the Spanish Language



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| 4/29 <ul style="list-style-type: none"> all beef hot dog (sliced lengthwise) veggie burger whole grain bun bbq baked beans ketchup & mustard chilled pears | 4/30 <ul style="list-style-type: none"> cajun fish tacos bean & cheese tacos baja cream sauce steamed corn fresh orange wedges | 1 <ul style="list-style-type: none"> diced herb chicken drum veggie chik'n nuggets cornbread muffin roasted cauliflower ketchup fresh banana | 2 <ul style="list-style-type: none"> chicken alfredo veggie chik'n nugget alfredo whole grain penne roasted broccoli fresh cantaloupe | 3 <ul style="list-style-type: none"> grilled cheese sweet potato fries ketchup fresh apple slices <p>SCHOOL LUNCH HERO DAY</p> |
| 6 <ul style="list-style-type: none"> cheese pizza steamed green peas chilled pears | 7 <ul style="list-style-type: none"> beef & cheese nachos bean & cheese nachos southwest taco corn sour cream fresh orange wedges | 8 <ul style="list-style-type: none"> chicken stir fry super sesame tofu brown rice steamed carrots fresh banana <p>HAWAII HERITAGE MONTH</p> | 9 <ul style="list-style-type: none"> pulled bbq chicken bbq tofu whole grain bun jazy black eyed peas fresh cantaloupe | 10 <p>breakfast for lunch!</p> <ul style="list-style-type: none"> scrambled eggs whole grain waffles sweet potato hash all-natural syrup fresh apple slices |
| 13 <ul style="list-style-type: none"> beef burger veggie burger whole grain bun roasted cauliflower ketchup & mustard chilled pears | 14 <ul style="list-style-type: none"> cumin lime chicken tacos cheese quesadilla sauteed peppers & onions sour cream fresh orange wedges | 15 <ul style="list-style-type: none"> diced bbq chicken tender bbq veggie chik'n nuggets mac & cheese whole grain roll cinnamon roasted butternut squash fresh banana | 16 <ul style="list-style-type: none"> turkey meatballs veggie chik'n nuggets whole grain spaghetti mushroom bolognese fresh cantaloupe | 17 <ul style="list-style-type: none"> crispy fish sandwich grilled cheese sauteed green beans fresh apple slices |
| 20 <ul style="list-style-type: none"> cheese pizza roasted broccoli chilled pears | 21 <ul style="list-style-type: none"> beef & cheese tacos sofritas tacos roasted tomato salsa fresh orange wedges | 22 <ul style="list-style-type: none"> sweet chili chicken sweet chili tofu brown rice glazed carrots fresh banana | 23 <ul style="list-style-type: none"> turkey sloppy joe lentil sloppy joe whole grain bun sweet potato fries ketchup fresh cantaloupe | 24 <ul style="list-style-type: none"> diced crispy chicken tender veggie chik'n nuggets whole grain roll mashed potatoes ketchup fresh apple slices |
| 27 <p>no school</p> | 28 <ul style="list-style-type: none"> all beef hot dog (sliced lengthwise) veggie burger whole grain bun bbq baked beans ketchup & mustard fresh orange wedges | 29 <ul style="list-style-type: none"> macarona bechamel lentil macarona bechamel sauteed green beans fresh banana <p>ISRAELI HERITAGE MONTH</p> | 30 <ul style="list-style-type: none"> diced cumin lime chicken veggie chik'n nuggets cilantro lime rice oven-baked plantains chili black beans sour cream fresh cantaloupe <p>IHOLA!</p> | 31 <ul style="list-style-type: none"> grilled cheese steamed green peas ketchup fresh apple slices |

Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

Menu Name: DCPS Lunch ECE

Include Cost: No

Site:

Report Style: Detailed

Use Alternate Menu Name: No

Monday - 04/29/2024

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000240 All Beef Hot Dog on a WW Bun | 1 each | 98 | 320 | 7.00 | 710 | 4 | *N/A* | 17.50 | 0.00 | 35 | 30.00 | 4.00 | 11.00 | 0 | 40.0 | 1.20 | 2.16 |
| 000409 Veggie Burger on WW Bun | 1 each | 2 | 256 | 0.68 | 548 | 5 | *N/A* | 5.42 | 0.00 | 0 | 46.77 | 10.15 | 16.25 | 0 | 74.7 | 0.00 | 3.42 |
| 990261 Chilled Pears | .5 C | 100 | 101 | 0.00 | 8 | *N/A* | *N/A* | 0.20 | *N/A* | 0 | 25.89 | 5.45 | 0.83 | 18 | 20.2 | 3.23 | 0.58 |
| 001176 BBQ Baked Beans | 3oz scoop | 100 | 136 | 0.58 | 101 | 4 | *N/A* | 4.02 | *0.00 | 0 | 20.37 | 3.70 | 5.52 | *278 | *54.9 | *0.25 | *2.04 |
| 000556 Ketchup | 1 each | 100 | 10 | 0.00 | 100 | 0 | *N/A* | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000557 Mustard | 1 each | 100 | 10 | 0.00 | 71 | *N/A* | *N/A* | 0.00 | *N/A* | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 12 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | 1131 | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 13 | *N/A* | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 115 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 90 | 0.00 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |
| 990383 Vanilla Soy milk | 8 oz | 0 | 140 | 0.50 | 110 | 15 | *N/A* | 4.50 | 0.00 | 0 | 17.00 | 2.00 | 8.00 | 500 | 300.0 | 0.00 | 1.08 |
| Weighted Daily Average | | | 674 | 8.61 | 1101 | *21 | *0 | 23.25 | *0.00 | 44 | 90.72 | 13.27 | 25.72 | *720 | *480.4 | *5.40 | *4.89 |
| % of Calories | | | | 11.50 % | | *12.5% | *0% | 31.0% | *0.0% | | 53.8% | | 15.3% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1110 | | | <=30 | | | | | 7.10 | 778 | 267.00 | 15.00 | 3.30 |

Tuesday - 04/30/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

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

Wednesday - 05/01/2024

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000378 Herb Roasted Chicken Tender | 3 oz scoop | 95 | 99 | 0.34 | 123 | 0 | *N/A* | 2.28 | *0.00 | 48 | 0.36 | 0.19 | 18.80 | *17 | *7.9 | *2.90 | *0.80 |
| 990376 Veggie Chik'n Nuggets | 5 each | 5 | 225 | 1.25 | 438 | 2 | *N/A* | 10.00 | 0.00 | 0 | 22.50 | 5.00 | 15.00 | 0 | 50.0 | 0.00 | 2.25 |
| 000556 Ketchup | 1 each | 100 | 10 | 0.00 | 100 | 0 | *N/A* | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Apr 29, 2024 thru May 31, 2024

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000850 WG Cornbread Muffin - Small | 1 each | 100 | 150 | 0.50 | 90 | 9 | *N/A* | 5.00 | 0.00 | 15 | 23.00 | 1.00 | 3.00 | 0 | 20.0 | 0.00 | 0.72 |
| 001145 Roasted Cauliflower | 2oz scoop | 100 | 48 | 0.46 | 125 | 2 | *N/A* | 2.53 | *0.00 | 0 | 5.37 | 2.10 | 2.03 | *0 | *23.2 | *49.68 | *0.46 |
| 000175 Fresh Banana | 1 each | 100 | 105 | 0.13 | 1 | 14 | *N/A* | 0.39 | 0.00 | 0 | 26.95 | 3.07 | 1.29 | 76 | 5.9 | 10.27 | 0.31 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 12 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | 1131 | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 13 | *N/A* | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 115 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 90 | 0.00 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |
| 990383 Vanilla Soy milk | 8 oz | 0 | 140 | 0.50 | 110 | 15 | *N/A* | 4.50 | 0.00 | 0 | 17.00 | 2.00 | 8.00 | 500 | 300.0 | 0.00 | 1.08 |
| Weighted Daily Average | | | 515 | 2.62 | 568 | 38 | 0 | 12.36 | *0.00 | 71 | 70.91 | 6.60 | 33.20 | *515 | *423.7 | *63.44 | *2.43 |
| % of Calories | | | | 4.58% | | 29.5% | 0% | 21.6% | *0.0% | | 55.1% | | 25.8% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1110 | | | <=30 | | | | | 7.10 | 778 | 267.00 | 15.00 | 3.30 |

Thursday - 05/02/2024

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990300 Chicken Alfredo | 4 oz | 95 | 142 | 1.94 | 268 | 2 | *N/A* | 5.08 | *0.00 | 57 | 3.39 | 0.12 | 21.29 | *55 | *42.7 | *2.54 | *0.62 |
| 990805 Veggie Chik'n Alfredo | 5 nuggets | 5 | 291 | 3.19 | 678 | 4 | *N/A* | 15.08 | *0.00 | 8 | 25.89 | 5.12 | 17.59 | *55 | *92.7 | *0.05 | *2.38 |
| 000521 Whole Wheat Penne Pasta | .5 C | 100 | 120 | 0.32 | 98 | 0 | *N/A* | 2.95 | *0.00 | 0 | 19.31 | 2.36 | 3.30 | *0 | *14.0 | *0.00 | *0.85 |
| 001095 Steamed Broccoli | .25 C | 100 | 31 | 0.28 | 63 | 1 | *N/A* | 1.80 | *0.00 | 0 | 3.20 | 1.26 | 1.36 | 301 | 22.7 | 43.05 | 0.36 |
| 990424 Cantaloupe | .5 C | 100 | 27 | 0.04 | 12 | 6 | *N/A* | 0.15 | 0.00 | 0 | 6.36 | 0.70 | 0.66 | 2638 | 7.0 | 28.63 | 0.16 |

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Apr 29, 2024 thru May 31, 2024

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

Friday - 05/03/2024

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000539 Grilled Cheese on WW Bread | 1 each | 100 | 340 | 9.00 | 660 | *0 | *N/A* | 16.00 | 0.00 | 40 | 32.00 | 4.00 | 20.00 | 600 | 520.0 | 0.00 | 1.44 |
| 001103 Sweet Potato Fries | 2oz scoop | 100 | 54 | 0.17 | 74 | 2 | *N/A* | 1.16 | *0.00 | 0 | 10.19 | 1.54 | 0.82 | *7113 | *15.4 | *1.21 | *0.33 |
| 000556 Ketchup | 1 each | 100 | 10 | 0.00 | 100 | 0 | *N/A* | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 001201 Fresh Apple Slices | 3 each | 100 | 58 | 0.03 | 1 | 12 | *N/A* | 0.19 | 0.00 | 0 | 15.40 | 2.68 | 0.29 | 60 | 6.7 | 5.13 | 0.13 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 12 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | 1131 | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 13 | *N/A* | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 115 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 90 | 0.00 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |

Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990383 Vanilla Soy milk | 8 oz | 0 | 140 | 0.50 | 110 | 15 | *N/A* | 4.50 | 0.00 | 0 | 17.00 | 2.00 | 8.00 | 500 | 300.0 | 0.00 | 1.08 |
| Weighted Daily Average | | | 560 | 10.35 | 949 | *26 | *0 | 19.11 | *0.00 | 50 | 71.71 | 8.22 | 29.38 | *8196 | *906.7 | *7.08 | *1.98 |
| % of Calories | | | | 16.63 % | | *18.6% | *0% | 30.7% | *0.0% | | 51.2% | | 21.0% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1110 | | | <=30 | | | | | 7.10 | 778 | 267.00 | 15.00 | 3.30 |

Monday - 05/06/2024

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990871 MP Cheese Pizza | 1 each | 100 | 310 | 5.00 | 590 | 3 | 1 | 12.00 | 0.00 | 25 | 37.00 | 4.00 | 16.00 | 0 | 310.0 | 0.00 | 1.90 |
| 001101 Steamed Green Peas | .25 C | 100 | 46 | 0.18 | 98 | 2 | *N/A* | 1.27 | *0.00 | 0 | 6.44 | 2.13 | 2.47 | 974 | 10.4 | 8.52 | 0.73 |
| 990261 Chilled Pears | .5 C | 100 | 101 | 0.00 | 8 | *N/A* | *N/A* | 0.20 | *N/A* | 0 | 25.89 | 5.45 | 0.83 | 18 | 20.2 | 3.23 | 0.58 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 12 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | 1131 | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 13 | *N/A* | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 115 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 90 | 0.00 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |
| 990383 Vanilla Soy milk | 8 oz | 0 | 140 | 0.50 | 110 | 15 | *N/A* | 4.50 | 0.00 | 0 | 17.00 | 2.00 | 8.00 | 500 | 300.0 | 0.00 | 1.08 |
| Weighted Daily Average | | | 554 | 6.33 | 810 | *18 | *1 | 15.24 | *0.00 | 35 | 81.46 | 11.58 | 27.57 | 1415 | 705.2 | 12.49 | 3.30 |
| % of Calories | | | | 10.28 % | | *13.0% | *0.7% | 24.8% | *0.0% | | 58.8% | | 19.9% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1110 | | | <=30 | | | | | 7.10 | 778 | 267.00 | 15.00 | 3.30 |

Tuesday - 05/07/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|-----------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990785 Beef and Cheese Nachos ECE | see recipe | 95 | 406 | 9.99 | 614 | 3 | *N/A* | 23.55 | *0.50 | 81 | 23.05 | *2.82 | 26.94 | *1345 | *233.0 | *21.87 | *2.55 |
| 990786 Bean and Cheese Nachos ECE | See recipe | 5 | 315 | 6.89 | 578 | 3 | *N/A* | 15.49 | *0.00 | 30 | 31.35 | *6.35 | 14.70 | *186 | *237.0 | *2.37 | *1.40 |
| 990075 Southwest Taco Corn | .25 C | 100 | 57 | 0.28 | 141 | *1 | *N/A* | 1.96 | *0.00 | 0 | 10.11 | 1.33 | 1.55 | *230 | *9.3 | *8.25 | *0.41 |
| 990351 Low Fat Sour Cream | 1 oz | 100 | 40 | 1.90 | 20 | 0 | *N/A* | 3.05 | 0.00 | 10 | 2.04 | 0.00 | 1.01 | 94 | 40.5 | 0.26 | 0.02 |
| 000135 Orange Wedges | .5 C / 3 wedges | 100 | 43 | 0.01 | 0 | 9 | *N/A* | 0.11 | 0.00 | 0 | 10.81 | 2.21 | 0.86 | 207 | 36.8 | 48.94 | 0.09 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 12 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | 1131 | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 13 | *N/A* | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 115 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 90 | 0.00 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |
| 990383 Vanilla Soy milk | 8 oz | 0 | 140 | 0.50 | 110 | 15 | *N/A* | 4.50 | 0.00 | 0 | 17.00 | 2.00 | 8.00 | 500 | 300.0 | 0.00 | 1.08 |
| Weighted Daily Average | | | 639 | 13.18 | 887 | *26 | *0 | 30.02 | *0.47 | 98 | 58.55 | *6.54 | 38.02 | *2241 | *684.4 | *79.09 | *3.10 |
| % of Calories | | | | 18.56 % | | *16.3% | *0% | 42.3% | *0.7% | | 36.7% | | 23.8% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1110 | | | <=30 | | | | | 7.10 | 778 | 267.00 | 15.00 | 3.30 |

Wednesday - 05/08/2024

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000406 Chicken Stir Fry | 1 tender | 95 | 108 | 0.33 | 311 | 0 | *N/A* | 2.40 | *0.00 | 48 | 1.36 | 0.38 | 19.44 | 6 | 14.0 | 4.45 | 0.60 |
| 000726 Super Sesame Tofu | .5 C | 5 | 128 | 1.33 | 430 | 1 | *N/A* | 7.57 | *0.00 | 0 | 4.84 | 1.40 | 12.43 | *79 | *259.1 | *1.41 | *2.27 |

Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | |
|---------------------------|----------------------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|-------|
| 990356 | Brown Rice | .5 C | 100 | 124 | 0.18 | 101 | *0 | *N/A* | 2.19 | *0.00 | 0 | 23.22 | 1.49 | 3.21 | *142 | *4.8 | *0.08 | *0.59 |
| 990377 | Steamed Carrots | .25 C | 100 | 36 | 0.19 | 90 | 3 | *N/A* | 1.38 | *0.00 | 0 | 5.81 | 1.79 | 0.59 | *9775 | *25.4 | *3.45 | *0.18 |
| 000175 | Fresh Banana | 1 each | 100 | 105 | 0.13 | 1 | 14 | *N/A* | 0.39 | 0.00 | 0 | 26.95 | 3.07 | 1.29 | 76 | 5.9 | 10.27 | 0.31 |
| 000231 | Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 12 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | 1131 | 503.9 | 2.47 | 0.10 |
| 000230 | 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 13 | *N/A* | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 115 | 305.0 | 0.00 | 0.07 |
| 001160 | Fat Free Lactose-Free Milk | 8 oz | 1 | 90 | 0.00 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |
| 990383 | Vanilla Soy milk | 8 oz | 0 | 140 | 0.50 | 110 | 15 | *N/A* | 4.50 | 0.00 | 0 | 17.00 | 2.00 | 8.00 | 500 | 300.0 | 0.00 | 1.08 |
| Weighted Daily Average | | | | 471 | 2.03 | 623 | *30 | *0 | 8.38 | *0.00 | 56 | 69.65 | 6.78 | 32.45 | *10426 | *427.0 | *18.83 | *1.84 |
| % of Calories | | | | | 3.88% | | *25.5% | *0% | 16.0% | *0.0% | | 59.2% | | 27.6% | | | | |
| Weekly Nutrient Guideline | | | | 550 - 650 | <10 | 1110 | | | <=30 | | | | | 7.10 | 778 | 267.00 | 15.00 | 3.30 |

Thursday - 05/09/2024

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | |
|--------|--|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|-------|
| 000609 | Pulled BBQ Chicken on WW Bun | 1 each | 95 | 281 | 0.17 | 525 | 13 | *N/A* | 4.24 | *0.01 | 48 | 39.54 | 4.02 | 24.70 | *0 | 21.8 | *2.49 | 2.06 |
| 000728 | BBQ Tofu on a Whole Wheat Bun | 1 each | 5 | 345 | 1.02 | 783 | 25 | *N/A* | 7.53 | *0.00 | 0 | 56.98 | 5.72 | 17.81 | *342 | 283.9 | *0.46 | 4.03 |
| 990484 | Jazzy Black Eyed Peas (Canned) - .25 C | .25 C | 100 | 62 | 0.32 | 105 | *0 | *N/A* | 2.66 | *0.00 | 0 | 7.16 | 1.77 | 2.54 | *113 | *10.5 | *3.36 | *0.81 |
| 990424 | Cantaloupe | .5 C | 100 | 27 | 0.04 | 12 | 6 | *N/A* | 0.15 | 0.00 | 0 | 6.36 | 0.70 | 0.66 | 2638 | 7.0 | 28.63 | 0.16 |
| 000231 | Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 12 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | 1131 | 503.9 | 2.47 | 0.10 |

Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 13 | *N/A* | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 115 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 90 | 0.00 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |
| 990383 Vanilla Soy milk | 8 oz | 0 | 140 | 0.50 | 110 | 15 | *N/A* | 4.50 | 0.00 | 0 | 17.00 | 2.00 | 8.00 | 500 | 300.0 | 0.00 | 1.08 |
| Weighted Daily Average | | | 470 | 1.72 | 769 | *32 | *0 | 8.99 | *0.01 | 56 | 66.07 | 6.58 | 35.83 | *3192 | *417.0 | *35.12 | *3.21 |
| % of Calories | | | | 3.29% | | *27.2% | *0% | 17.2% | *0.0% | | 56.2% | | 30.5% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1110 | | | <=30 | | | | | 7.10 | 778 | 267.00 | 15.00 | 3.30 |

Friday - 05/10/2024

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000733 Scrambled Eggs | 3 oz scoop | 100 | 100 | 2.13 | 139 | 0 | *N/A* | 6.40 | *0.00 | 242 | 0.03 | 0.01 | 8.54 | *0 | 37.2 | *0.00 | 1.43 |
| 000997 Whole Grain Waffles Bakecrafters | 1 each | 100 | 70 | 0.00 | 95 | 1 | *N/A* | 2.51 | 0.00 | 0 | 11.04 | 0.00 | 2.01 | 0 | 0.0 | 0.00 | 0.36 |
| 990648 Sweet Potato Hash | 0.25 C | 100 | 89 | 0.35 | 180 | *3 | *N/A* | 2.33 | *0.00 | 0 | 15.84 | 2.53 | 1.39 | *10105 | *25.2 | *8.28 | *0.56 |
| 001201 Fresh Apple Slices | 3 each | 100 | 58 | 0.03 | 1 | 12 | *N/A* | 0.19 | 0.00 | 0 | 15.40 | 2.68 | 0.29 | 60 | 6.7 | 5.13 | 0.13 |
| 000625 All Natural Syrup | 1 each | 100 | 35 | 0.00 | 5 | 8 | *N/A* | 0.00 | 0.00 | 0 | 8.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 12 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | 1131 | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 13 | *N/A* | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 115 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 90 | 0.00 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |

Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990383 Vanilla Soy milk | 8 oz | 0 | 140 | 0.50 | 110 | 15 | *N/A* | 4.50 | 0.00 | 0 | 17.00 | 2.00 | 8.00 | 500 | 300.0 | 0.00 | 1.08 |
| Weighted Daily Average | | | 449 | 3.67 | 535 | *36 | *0 | 13.20 | *0.00 | 252 | 62.44 | 5.22 | 20.50 | *10589 | *433.7 | *14.15 | *2.56 |
| % of Calories | | | | 7.36% | | *32.1% | *0% | 26.5% | *0.0% | | 55.6% | | 18.3% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1110 | | | <=30 | | | | | 7.10 | 778 | 267.00 | 15.00 | 3.30 |

Monday - 05/13/2024

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000235 Beef Burger on WW Bun | 1 each | 95 | 265 | 2.63 | 279 | 3 | *N/A* | 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 | *N/A* | 5.42 | 0.00 | 0 | 46.77 | 10.15 | 16.25 | 0 | 74.7 | 0.00 | 3.42 |
| 001145 Roasted Cauliflower | 2oz scoop | 100 | 48 | 0.46 | 125 | 2 | *N/A* | 2.53 | *0.00 | 0 | 5.37 | 2.10 | 2.03 | *0 | *23.2 | *49.68 | *0.46 |
| 000557 Mustard | 1 each | 100 | 10 | 0.00 | 71 | *N/A* | *N/A* | 0.00 | *N/A* | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000556 Ketchup | 1 each | 100 | 10 | 0.00 | 100 | 0 | *N/A* | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990261 Chilled Pears | .5 C | 100 | 101 | 0.00 | 8 | *N/A* | *N/A* | 0.20 | *N/A* | 0 | 25.89 | 5.45 | 0.83 | 18 | 20.2 | 3.23 | 0.58 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 12 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | 1131 | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 13 | *N/A* | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 115 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 90 | 0.00 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |

Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990383 Vanilla Soy milk | 8 oz | 0 | 140 | 0.50 | 110 | 15 | *N/A* | 4.50 | 0.00 | 0 | 17.00 | 2.00 | 8.00 | 500 | 300.0 | 0.00 | 1.08 |
| Weighted Daily Average | | | 531 | 4.14 | 710 | *18 | *0 | 13.03 | *0.20 | 57 | 75.78 | 12.00 | 31.81 | *544 | *439.5 | *53.70 | *4.19 |
| % of Calories | | | | 7.02% | | *13.6% | *0% | 22.1% | *0.3% | | 57.1% | | 24.0% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1110 | | | <=30 | | | | | 7.10 | 778 | 267.00 | 15.00 | 3.30 |

Tuesday - 05/14/2024

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---|-----------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 001037 Cumin Lime Chicken | 3 oz | 95 | 136 | 0.83 | 198 | 0 | *N/A* | 5.82 | *0.00 | 48 | 1.64 | 0.34 | 19.04 | *130 | *9.2 | *2.95 | *1.06 |
| 990269 Whole Wheat Tortillas, 6 inch - 2 each | 2 each | 95 | 140 | 1.00 | 210 | 0 | *N/A* | 4.00 | 0.00 | 0 | 26.00 | 4.00 | 4.00 | 0 | 80.0 | 0.00 | 0.00 |
| 990674 Cheese Quesadilla on 6" tortillas | 2 each | 5 | 400 | 14.00 | 760 | 0 | *N/A* | 22.00 | 0.00 | 60 | 34.00 | 0.00 | 18.00 | 600 | 540.0 | 0.00 | 2.00 |
| 990331 Sauteed Peppers & Onions, Strips | .25 C | 100 | 24 | 0.13 | 33 | 2 | *N/A* | 0.85 | *0.00 | 0 | 3.98 | 0.99 | 0.56 | *86 | *12.9 | *20.72 | *0.15 |
| 990351 Low Fat Sour Cream | 1 oz | 100 | 40 | 1.90 | 20 | 0 | *N/A* | 3.05 | 0.00 | 10 | 2.04 | 0.00 | 1.01 | 94 | 40.5 | 0.26 | 0.02 |
| 000135 Orange Wedges | .5 C / 3 wedges | 100 | 43 | 0.01 | 0 | 9 | *N/A* | 0.11 | 0.00 | 0 | 10.81 | 2.21 | 0.86 | 207 | 36.8 | 48.94 | 0.09 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 12 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | 1131 | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 13 | *N/A* | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 115 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 90 | 0.00 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |

Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990383 Vanilla Soy milk | 8 oz | 0 | 140 | 0.50 | 110 | 15 | *N/A* | 4.50 | 0.00 | 0 | 17.00 | 2.00 | 8.00 | 500 | 300.0 | 0.00 | 1.08 |
| Weighted Daily Average | | | 487 | 5.63 | 593 | 23 | 0 | 16.21 | *0.00 | 69 | 56.91 | 7.32 | 33.50 | *964 | *566.5 | *73.47 | *1.45 |
| % of Calories | | | | 10.40 % | | 18.9% | 0% | 30.0% | *0.0% | | 46.7% | | 27.5% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1110 | | | <=30 | | | | | 7.10 | 778 | 267.00 | 15.00 | 3.30 |

Wednesday - 05/15/2024

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990404 BBQ Chicken Tenders, Diced | 3 oz scoop | 95 | 136 | 0.00 | 308 | 13 | *N/A* | 0.00 | 0.00 | 48 | 14.00 | 0.00 | 18.70 | *0 | 2.0 | *2.49 | 0.66 |
| 990626 BBQ Veggie Chik'n Nuggets | 5 each | 5 | 305 | 1.25 | 811 | 20 | *N/A* | 10.00 | 0.00 | 0 | 41.17 | 5.00 | 15.00 | *0 | 52.7 | *0.00 | 2.46 |
| 990845 Whole Wheat Mac & Cheese | 4 oz scoop | 100 | 208 | 5.57 | 293 | 3 | *N/A* | 9.93 | *0.00 | 28 | 20.77 | *2.16 | 11.41 | *134 | *182.7 | *0.01 | *0.06 |
| 990222 Cinnamon Roasted Butternut Squash | 2oz scoop | 100 | 39 | 0.21 | 62 | *0 | *N/A* | 1.45 | *0.00 | 0 | 6.91 | 1.18 | 0.72 | 1033 | 22.4 | 9.30 | 0.46 |
| 000175 Fresh Banana | 1 each | 100 | 105 | 0.13 | 1 | 14 | *N/A* | 0.39 | 0.00 | 0 | 26.95 | 3.07 | 1.29 | 76 | 5.9 | 10.27 | 0.31 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 12 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | 1131 | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 13 | *N/A* | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 115 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 90 | 0.00 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |

Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990383 Vanilla Soy milk | 8 oz | 0 | 140 | 0.50 | 110 | 15 | *N/A* | 4.50 | 0.00 | 0 | 17.00 | 2.00 | 8.00 | 500 | 300.0 | 0.00 | 1.08 |
| Weighted Daily Average | | | 594 | 7.12 | 803 | *43 | *0 | 14.04 | *0.00 | 84 | 82.11 | *6.67 | 40.21 | *1667 | *580.2 | *22.69 | *1.65 |
| % of Calories | | | | 10.79 % | | *29.0% | *0% | 21.3% | *0.0% | | 55.3% | | 27.1% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1110 | | | <=30 | | | | | 7.10 | 778 | 267.00 | 15.00 | 3.30 |

Thursday - 05/16/2024

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990815 Turkey Meatball | 4 each | 95 | 110 | 1.00 | 390 | 0 | *N/A* | 5.00 | 0.00 | 45 | 4.00 | 0.00 | 13.00 | 0 | 20.0 | 0.00 | 0.72 |
| 990376 Veggie Chik'n Nuggets | 5 each | 5 | 225 | 1.25 | 438 | 2 | *N/A* | 10.00 | 0.00 | 0 | 22.50 | 5.00 | 15.00 | 0 | 50.0 | 0.00 | 2.25 |
| 990893 TEST Mushroom Bolognese V2 TEST | 2oz scoop | 100 | 40 | 0.04 | 75 | 3 | 0 | 0.23 | *0.00 | 0 | 7.64 | 1.66 | 2.08 | *68 | *13.8 | *2.89 | *0.48 |
| 990301 Whole Grain Spaghetti | .5 C | 100 | 114 | 0.39 | 101 | 0 | *N/A* | 2.62 | *0.00 | 0 | 20.13 | 2.63 | 3.92 | *0 | *15.4 | *0.00 | *0.97 |
| 990424 Cantaloupe | .5 C | 100 | 27 | 0.04 | 12 | 6 | *N/A* | 0.15 | 0.00 | 0 | 6.36 | 0.70 | 0.66 | 2638 | 7.0 | 28.63 | 0.16 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 12 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | 1131 | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 13 | *N/A* | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 115 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 90 | 0.00 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |

Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990383 Vanilla Soy milk | 8 oz | 0 | 140 | 0.50 | 110 | 15 | *N/A* | 4.50 | 0.00 | 0 | 17.00 | 2.00 | 8.00 | 500 | 300.0 | 0.00 | 1.08 |
| Weighted Daily Average | | | 394 | 2.63 | 695 | 22 | 0 | 10.01 | *0.00 | 53 | 51.18 | 5.25 | 28.03 | *3129 | *422.4 | *32.26 | *2.50 |
| % of Calories | | | | 6.01% | | 22.3% | 0% | 22.9% | *0.0% | | 52.0% | | 28.5% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1110 | | | <=30 | | | | | 7.10 | 778 | 267.00 | 15.00 | 3.30 |

Friday - 05/17/2024

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990873 Crispy Catfish Sandwich on WW bun | 1 each | 95 | 329 | 0.81 | 582 | 4 | 0 | 8.75 | *0.00 | 69 | 39.57 | 4.84 | 26.97 | *137 | *47.9 | *0.07 | *2.21 |
| 000792 Grilled Cheese on WW Bun | 1 each | 5 | 320 | 9.00 | 620 | 3 | *N/A* | 16.00 | 0.00 | 40 | 29.00 | 4.00 | 20.00 | 600 | 420.0 | 0.00 | 1.44 |
| 001091 Sauteed Green Beans | .25 C | 100 | 25 | 0.17 | 48 | *0 | *N/A* | 1.16 | *0.00 | 0 | 3.09 | 1.03 | 0.73 | 53 | 17.0 | 5.06 | 0.35 |
| 001201 Fresh Apple Slices | 3 each | 100 | 58 | 0.03 | 1 | 12 | *N/A* | 0.19 | 0.00 | 0 | 15.40 | 2.68 | 0.29 | 60 | 6.7 | 5.13 | 0.13 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 12 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | 1131 | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 13 | *N/A* | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 115 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 90 | 0.00 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |
| 990383 Vanilla Soy milk | 8 oz | 0 | 140 | 0.50 | 110 | 15 | *N/A* | 4.50 | 0.00 | 0 | 17.00 | 2.00 | 8.00 | 500 | 300.0 | 0.00 | 1.08 |
| Weighted Daily Average | | | 509 | 2.58 | 748 | *28 | *0 | 12.23 | *0.00 | 78 | 69.66 | 8.50 | 35.91 | *697 | *454.7 | *11.00 | *2.73 |
| % of Calories | | | | 4.56% | | *22.0% | *0% | 21.6% | *0.0% | | 54.7% | | 28.2% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1110 | | | <=30 | | | | | 7.10 | 778 | 267.00 | 15.00 | 3.30 |

Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

Monday - 05/20/2024

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990871 MP Cheese Pizza | 1 each | 100 | 310 | 5.00 | 590 | 3 | 1 | 12.00 | 0.00 | 25 | 37.00 | 4.00 | 16.00 | 0 | 310.0 | 0.00 | 1.90 |
| 990334 Roasted Broccoli | .25 C | 100 | 27 | 0.22 | 63 | 1 | *N/A* | 1.30 | *0.00 | 0 | 3.33 | 1.28 | 1.39 | *301 | *22.9 | *43.05 | *0.36 |
| 990261 Chilled Pears | .5 C | 1 | 101 | 0.00 | 8 | *N/A* | *N/A* | 0.20 | *N/A* | 0 | 25.89 | 5.45 | 0.83 | 18 | 20.2 | 3.23 | 0.58 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 12 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | 1131 | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 13 | *N/A* | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 115 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 90 | 0.00 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |
| 990383 Vanilla Soy milk | 8 oz | 0 | 140 | 0.50 | 110 | 15 | *N/A* | 4.50 | 0.00 | 0 | 17.00 | 2.00 | 8.00 | 500 | 300.0 | 0.00 | 1.08 |
| Weighted Daily Average | | | 436 | 6.37 | 767 | *16 | *1 | 15.07 | *0.00 | 35 | 52.71 | 5.33 | 25.67 | *725 | *697.8 | *43.83 | *2.35 |
| % of Calories | | | | 13.15 % | | *14.7% | *0.9% | 31.1% | *0.0% | | 48.4% | | 23.6% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1110 | | | <=30 | | | | | 7.10 | 778 | 267.00 | 15.00 | 3.30 |

Tuesday - 05/21/2024

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990185 Beef Tacos in 6" Tortilla | 2 each | 95 | 578 | 13.75 | 828 | 2 | *N/A* | 31.28 | *1.00 | 133 | 34.23 | 6.42 | 43.98 | *2647 | *330.6 | *43.70 | *4.90 |
| 990810 Sofritas Tofu Soft Tacos | 2 each | 5 | 278 | 2.20 | 643 | *3 | *N/A* | 10.73 | *0.00 | 0 | 35.90 | 5.96 | 16.12 | *392 | *360.5 | *0.73 | *3.49 |
| 990870 Roasted Tomato Salsa | 2oz scoop | 100 | 24 | 0.01 | 81 | *0 | *N/A* | 0.10 | *0.00 | 0 | 4.79 | 1.58 | 0.50 | 523 | 34.0 | 9.04 | 0.64 |

Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|-----------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000135 Orange Wedges | .5 C / 3 wedges | 100 | 43 | 0.01 | 0 | 9 | *N/A* | 0.11 | 0.00 | 0 | 10.81 | 2.21 | 0.86 | 207 | 36.8 | 48.94 | 0.09 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 12 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | 1131 | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 13 | *N/A* | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 115 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 90 | 0.00 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |
| 990383 Vanilla Soy milk | 8 oz | 0 | 140 | 0.50 | 110 | 15 | *N/A* | 4.50 | 0.00 | 0 | 17.00 | 2.00 | 8.00 | 500 | 300.0 | 0.00 | 1.08 |
| Weighted Daily Average | | | 728 | 14.34 | 1014 | *24 | *0 | 32.23 | *0.95 | 136 | 62.04 | 10.18 | 52.22 | *3688 | *767.5 | *100.28 | *5.63 |
| % of Calories | | | | 17.73 % | | *13.2% | *0% | 39.8% | *1.2% | | 34.1% | | 28.7% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1110 | | | <=30 | | | | | 7.10 | 778 | 267.00 | 15.00 | 3.30 |

Wednesday - 05/22/2024

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|----------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000668 Sweet Chili Chicken | 3 oz scoop | 95 | 188 | 0.64 | 697 | 16 | *N/A* | 4.49 | *0.00 | 48 | 18.63 | 0.22 | 18.88 | *0 | *2.4 | *2.70 | *0.63 |
| 990760 Sweet Chili Tofu | .5 C | 5 | 99 | 0.42 | 592 | 16 | *N/A* | 2.78 | *0.00 | 0 | 18.37 | 0.23 | 1.26 | *45 | *27.1 | *0.21 | *0.32 |
| 990356 Brown Rice | .5 C | 100 | 124 | 0.18 | 101 | *0 | *N/A* | 2.19 | *0.00 | 0 | 23.22 | 1.49 | 3.21 | *142 | *4.8 | *0.08 | *0.59 |
| 990068 Glazed Carrots | .25 C | 100 | 35 | 0.11 | 90 | 4 | *N/A* | 0.79 | *0.00 | 0 | 7.01 | 1.80 | 0.60 | *9779 | *26.4 | *3.45 | *0.21 |
| 000175 Fresh Banana | 1 each | 100 | 105 | 0.13 | 1 | 14 | *N/A* | 0.39 | 0.00 | 0 | 26.95 | 3.07 | 1.29 | 76 | 5.9 | 10.27 | 0.31 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 12 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | 1131 | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 13 | *N/A* | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 115 | 305.0 | 0.00 | 0.07 |

Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 90 | 0.00 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |
| 990383 Vanilla Soymilk | 8 oz | 0 | 140 | 0.50 | 110 | 15 | *N/A* | 4.50 | 0.00 | 0 | 17.00 | 2.00 | 8.00 | 500 | 300.0 | 0.00 | 1.08 |
| Weighted Daily Average | | | 546 | 2.20 | 997 | *47 | *0 | 9.54 | *0.00 | 56 | 87.92 | 6.58 | 31.37 | *10423 | *405.3 | *17.11 | *1.80 |
| % of Calories | | | | 3.63% | | *34.4% | *0% | 15.7% | *0.0% | | 64.4% | | 23.0% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1110 | | | <=30 | | | | | 7.10 | 778 | 267.00 | 15.00 | 3.30 |

Thursday - 05/23/2024

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000065 Turkey Sloppy Joe on WW Bun | 1 each | 95 | 298 | 2.27 | 600 | *10 | *N/A* | 10.01 | *0.00 | 87 | 37.49 | 4.74 | 19.86 | *151 | *86.7 | *4.99 | *3.33 |
| 990666 Lentil Sloppy Joe on WW Bun | 1 each | 5 | 332 | 0.41 | 877 | *12 | *N/A* | 5.52 | *0.00 | 0 | 62.06 | 8.77 | 14.45 | *831 | *44.0 | *9.23 | *4.28 |
| 001103 Sweet Potato Fries | 2oz scoop | 100 | 54 | 0.17 | 74 | 2 | *N/A* | 1.16 | *0.00 | 0 | 10.19 | 1.54 | 0.82 | *7113 | *15.4 | *1.21 | *0.33 |
| 000556 Ketchup | 1 each | 100 | 10 | 0.00 | 100 | 0 | *N/A* | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990424 Cantaloupe | .5 C | 100 | 27 | 0.04 | 12 | 6 | *N/A* | 0.15 | 0.00 | 0 | 6.36 | 0.70 | 0.66 | 2638 | 7.0 | 28.63 | 0.16 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 12 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | 1131 | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 13 | *N/A* | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 115 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 90 | 0.00 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |

Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

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

Friday - 05/24/2024

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990392 Diced Crispy Chicken Tenders | 3 oz | 95 | 118 | 0.19 | 199 | 1 | *N/A* | 0.77 | *0.00 | 49 | 7.23 | 0.68 | 20.38 | 278 | 31.4 | 2.61 | 1.10 |
| 990376 Veggie Chik'n Nuggets | 5 each | 5 | 225 | 1.25 | 438 | 2 | *N/A* | 10.00 | 0.00 | 0 | 22.50 | 5.00 | 15.00 | 0 | 50.0 | 0.00 | 2.25 |
| 000004 Whole Wheat Roll | 1 each | 100 | 80 | 0.00 | 170 | 2 | *N/A* | 1.00 | 0.00 | 0 | 16.00 | 2.00 | 3.00 | 0 | 60.0 | 0.00 | 1.08 |
| 001089 Mashed Potatoes | 2 oz scoop | 100 | 51 | 0.66 | 101 | *0 | *N/A* | 2.14 | *0.00 | 2 | 6.88 | 1.34 | 1.54 | 24 | 22.5 | 6.04 | 1.73 |
| 000556 Ketchup | 1 each | 100 | 10 | 0.00 | 100 | 0 | *N/A* | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 001201 Fresh Apple Slices | 3 each | 100 | 58 | 0.03 | 1 | 12 | *N/A* | 0.19 | 0.00 | 0 | 15.40 | 2.68 | 0.29 | 60 | 6.7 | 5.13 | 0.13 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 12 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | 1131 | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 13 | *N/A* | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 115 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 90 | 0.00 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |

Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

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

Monday - 05/27/2024

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 000145 NO SCHOOL TODAY | | | | | | | | | | | | | | | | | |
| Weighted Daily Average | | | 0 | 0.00 | 0 | 0 | 0 | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| % of Calories | | | | 0% | | 0% | 0% | 0% | 0% | | 0% | | 0% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1110 | | | <=30 | | | | | 7.10 | 778 | 267.00 | 15.00 | 3.30 |

Tuesday - 05/28/2024

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 000240 All Beef Hot Dog on a WW Bun | 1 each | 98 | 320 | 7.00 | 710 | 4 | *N/A* | 17.50 | 0.00 | 35 | 30.00 | 4.00 | 11.00 | 0 | 40.0 | 1.20 | 2.16 |
| 000409 Veggie Burger on WW Bun | 1 each | 2 | 256 | 0.68 | 548 | 5 | *N/A* | 5.42 | 0.00 | 0 | 46.77 | 10.15 | 16.25 | 0 | 74.7 | 0.00 | 3.42 |
| 001176 BBQ Baked Beans | 3oz scoop | 100 | 136 | 0.58 | 101 | 4 | *N/A* | 4.02 | *0.00 | 0 | 20.37 | 3.70 | 5.52 | *278 | *54.9 | *0.25 | *2.04 |
| 000556 Ketchup | 1 each | 100 | 10 | 0.00 | 100 | 0 | *N/A* | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |

Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|-----------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000557 Mustard | 1 each | 100 | 10 | 0.00 | 71 | *N/A* | *N/A* | 0.00 | *N/A* | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000135 Orange Wedges | .5 C / 3 wedges | 100 | 43 | 0.01 | 0 | 9 | *N/A* | 0.11 | 0.00 | 0 | 10.81 | 2.21 | 0.86 | 207 | 36.8 | 48.94 | 0.09 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 12 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | 1131 | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 13 | *N/A* | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 115 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 90 | 0.00 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |
| 990383 Vanilla Soy milk | 8 oz | 0 | 140 | 0.50 | 110 | 15 | *N/A* | 4.50 | 0.00 | 0 | 17.00 | 2.00 | 8.00 | 500 | 300.0 | 0.00 | 1.08 |
| Weighted Daily Average | | | 616 | 8.62 | 1093 | *29 | *0 | 23.16 | *0.00 | 44 | 75.64 | 10.03 | 25.76 | *908 | *497.0 | *51.11 | *4.40 |
| % of Calories | | | | 12.59 % | | *18.8% | *0% | 33.8% | *0.0% | | 49.1% | | 16.7% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1110 | | | <=30 | | | | | 7.10 | 778 | 267.00 | 15.00 | 3.30 |

Wednesday - 05/29/2024

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990901 Macarona Bechamel | 8oz scoop | 91 | 452 | 6.15 | 358 | 5 | *N/A* | 15.87 | *0.46 | 61 | 49.71 | *5.61 | 25.99 | *377 | *110.0 | *3.04 | *4.10 |
| 990904 Macarona Lentil Bechamel | 8oz scoop | 5 | 452 | 6.15 | 358 | 5 | *N/A* | 15.87 | *0.46 | 61 | 49.74 | *5.60 | 25.99 | *377 | *110.7 | *3.18 | *4.09 |
| 000047 Sauteed Green Beans | 4oz scoop | 100 | 51 | 0.34 | 96 | *0 | *N/A* | 2.33 | *0.00 | 0 | 6.19 | 2.06 | 1.46 | 107 | 34.0 | 10.12 | 0.70 |
| 000175 Fresh Banana | 1 each | 100 | 105 | 0.13 | 1 | 14 | *N/A* | 0.39 | 0.00 | 0 | 26.95 | 3.07 | 1.29 | 76 | 5.9 | 10.27 | 0.31 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 12 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | 1131 | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 13 | *N/A* | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 115 | 305.0 | 0.00 | 0.07 |

Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 90 | 0.00 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |
| 990383 Vanilla Soymilk | 8 oz | 0 | 140 | 0.50 | 110 | 15 | *N/A* | 4.50 | 0.00 | 0 | 17.00 | 2.00 | 8.00 | 500 | 300.0 | 0.00 | 1.08 |
| Weighted Daily Average | | | 687 | 7.53 | 555 | *32 | *0 | 19.72 | *0.44 | 69 | 92.99 | *10.51 | 35.97 | *968 | *510.1 | *24.05 | *5.02 |
| % of Calories | | | | 9.86% | | *18.6% | *0% | 25.8% | *0.6% | | 54.1% | | 20.9% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1110 | | | <=30 | | | | | 7.10 | 778 | 267.00 | 15.00 | 3.30 |

Thursday - 05/30/2024

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 001037 Cumin Lime Chicken | 3 oz | 91 | 136 | 0.83 | 198 | 0 | *N/A* | 5.82 | *0.00 | 48 | 1.64 | 0.34 | 19.04 | *130 | *9.2 | *2.95 | *1.06 |
| 990376 Veggie Chik'n Nuggets | 5 each | 5 | 225 | 1.25 | 438 | 2 | *N/A* | 10.00 | 0.00 | 0 | 22.50 | 5.00 | 15.00 | 0 | 50.0 | 0.00 | 2.25 |
| 000824 Cilantro-Lime Brown Rice | 4oz scoop | 96 | 122 | 0.17 | 99 | *0 | *N/A* | 2.15 | *0.00 | 0 | 22.89 | 1.51 | 3.22 | *60 | *5.6 | *1.85 | *0.64 |
| 990575 Chili Black Beans | 2oz | 100 | 104 | 0.32 | 32 | *0 | *N/A* | 1.96 | *0.00 | 0 | 16.70 | 4.25 | 5.60 | *283 | *35.6 | *6.50 | *1.48 |
| 990296 Oven Fried Plantains | .25 C | 100 | 95 | 0.26 | 60 | 13 | *N/A* | 1.84 | *0.00 | 0 | 17.89 | 1.05 | 1.05 | *0 | 0.0 | *0.00 | 0.57 |
| 990424 Cantaloupe | .5 C | 100 | 27 | 0.04 | 12 | 6 | *N/A* | 0.15 | 0.00 | 0 | 6.36 | 0.70 | 0.66 | 2638 | 7.0 | 28.63 | 0.16 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 12 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | 1131 | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 13 | *N/A* | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 115 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 90 | 0.00 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |

Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990383 Vanilla Soy milk | 8 oz | 0 | 140 | 0.50 | 110 | 15 | *N/A* | 4.50 | 0.00 | 0 | 17.00 | 2.00 | 8.00 | 500 | 300.0 | 0.00 | 1.08 |
| Weighted Daily Average | | | 576 | 2.75 | 515 | *32 | *0 | 13.58 | *0.00 | 54 | 77.67 | 8.01 | 36.75 | *3520 | *423.5 | *40.33 | *3.98 |
| % of Calories | | | | 4.30% | | *22.2% | *0% | 21.2% | *0.0% | | 53.9% | | 25.5% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1110 | | | <=30 | | | | | 7.10 | 778 | 267.00 | 15.00 | 3.30 |

Friday - 05/31/2024

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000539 Grilled Cheese on WW Bread | 1 each | 100 | 340 | 9.00 | 660 | *0 | *N/A* | 16.00 | 0.00 | 40 | 32.00 | 4.00 | 20.00 | 600 | 520.0 | 0.00 | 1.44 |
| 001103 Sweet Potato Fries | 2oz scoop | 100 | 54 | 0.17 | 74 | 2 | *N/A* | 1.16 | *0.00 | 0 | 10.19 | 1.54 | 0.82 | *7113 | *15.4 | *1.21 | *0.33 |
| 000556 Ketchup | 1 each | 100 | 10 | 0.00 | 100 | 0 | *N/A* | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 001201 Fresh Apple Slices | 3 each | 100 | 58 | 0.03 | 1 | 12 | *N/A* | 0.19 | 0.00 | 0 | 15.40 | 2.68 | 0.29 | 60 | 6.7 | 5.13 | 0.13 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 12 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | 1131 | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 13 | *N/A* | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 115 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 90 | 0.00 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |
| 990383 Vanilla Soy milk | 8 oz | 0 | 140 | 0.50 | 110 | 15 | *N/A* | 4.50 | 0.00 | 0 | 17.00 | 2.00 | 8.00 | 500 | 300.0 | 0.00 | 1.08 |
| Weighted Daily Average | | | 560 | 10.35 | 949 | *26 | *0 | 19.11 | *0.00 | 50 | 71.71 | 8.22 | 29.38 | *8196 | *906.7 | *7.08 | *1.98 |
| % of Calories | | | | 16.63 % | | *18.6% | *0% | 30.7% | *0.0% | | 51.2% | | 21.0% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1110 | | | <=30 | | | | | 7.10 | 778 | 267.00 | 15.00 | 3.30 |

Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

| | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-------------------|-----------------------------|---------------------------|---------------------------|------------------------|------------------------|--------------|----------------------------|----------------|-------------|--------------|--------------|---------------|---------------|---------------|--------------|
| Weighted Averages | 533 | 6 | 770 | *28 | *0 | 15.52 | *0.09 | 73 | 69.39 | *7.92 | 32.54 | *3686 | *545.8 | *37.14 | *3.00 |
| % of Calories | | 9.61% | | *21.0% | *0% | 26.2% | *0.2% | | 52.1% | | 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.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.



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