



February Lunch Menu

DCPS | LUNCH K-8

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

BLACK HISTORY MONTH

DCKK invites you to celebrate with various dishes throughout the month that highlight the rich cultural heritage and resilience of African Americans throughout history!

2/7- Jambalaya

2/13 Peach Cobbler

2/25 Fish & Grits

locally sourced!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <ul style="list-style-type: none"> crispy catfish veggie chik'n nuggets hot sauce whole grain roll sauteed green beans steamed carrots fresh pear 	4 <ul style="list-style-type: none"> chicken & cheese quesadilla cheese quesadilla chili black beans steamed corn fresh orange wedges 	5 <ul style="list-style-type: none"> turkey meatballs & sauce tofu bolognese whole grain spaghetti roasted carrots mixed greens salad house ranch dressing fresh banana 	6 <ul style="list-style-type: none"> beef sheperd's pie lentil sheperd's pie whole grain biscuit mashed potatoes steamed green peas fresh cantaloupe 	7 <ul style="list-style-type: none"> cajun chicken veggie chik'n nuggets ketchup veggie creole jambalaya honey cinnamon sweet potatoes sauteed cabbage fresh apple slices
10 <ul style="list-style-type: none"> turkey & bean chili veg out chili shredded cheddar cheese sour cream corn tortilla chips steamed corn steamed broccoli fresh pear 	11 <ul style="list-style-type: none"> cheese pizza baby spinach salad baby carrots balsamic dressing fresh orange wedges 	12 <ul style="list-style-type: none"> oven fried chicken veggie chik'n nuggets ketchup whole grain roll mac & cheese braised collard greens cinnamon roasted butternut squash fresh banana 	13 <ul style="list-style-type: none"> beef burger veggie burger whole grain bun lettuce & tomato baked potato wedges ketchup & mustard peach cobbler 	14 no school
17 no school	18 <ul style="list-style-type: none"> all-beef hotdog veggie burger whole grain bun sauteed green beans steamed carrots ketchup & mustard fresh orange wedges 	19 <ul style="list-style-type: none"> bbq chicken drum bbq veggie chik'n nuggets cornbread muffin steamed corn sweet potato wedges ketchup fresh banana 	20 <ul style="list-style-type: none"> beef bolognese tofu bolognese whole grain rotini pasta parmesan butternut squash mixed greens salad house ranch dressing fresh cantaloupe 	21 <ul style="list-style-type: none"> chicken stir-fry super sesame tofu brown rice steamed green peas & carrots sweet chili cauliflower fresh apple slices
24 <ul style="list-style-type: none"> cheese pizza steamed broccoli rosemary garlic carrots fresh pear 	25 <ul style="list-style-type: none"> crispy catfish veggie chik'n nuggets hot sauce cheesy grits sauteed green beans black eyed peas fresh orange wedges 	26 <ul style="list-style-type: none"> crispy chicken tender veggie chik'n nuggets whole grain waffles sweet potato hash braised collard greens ketchup all-natural syrup fresh banana 	27 <ul style="list-style-type: none"> beef & cheese nachos bean & cheese nachos steamed corn roasted tomato salsa sour cream fresh cantaloupe 	28 <ul style="list-style-type: none"> sweet chili chicken sweet chili tofu brown rice steamed carrots ginger soy broccoli fresh apple slices
3/3 <ul style="list-style-type: none"> chicken alfredo veggie chik'n alfredo whole grain penne pasta steamed broccoli steamed carrots fresh pear 	3/4 <ul style="list-style-type: none"> all-beef hotdog veggie burger whole grain bun roasted red potatoes bbq baked beans ketchup & mustard fresh orange wedges 	3/5 <ul style="list-style-type: none"> baja fish tacos baja cream sauce cheese quesadilla steamed corn tangy cilantro-lime slaw fresh banana 	3/6 <ul style="list-style-type: none"> herb roasted chicken drum veggie chik'n nuggets ketchup cornbread muffin butternut squash puree roasted cauliflower fresh honeydew 	3/7 <ul style="list-style-type: none"> grilled cheese sweet potato fries ketchup pesto green beans fresh apple slices

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

Menu Name: DCPS Lunch K-8

Include Cost: No

Site:

Use Alternate Menu Name: No

Monday - 02/03/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990957 Crispy Catfish	1 filet each	91	168	0.49	296	1	*0	4.51	*0.00	69	10.53	0.82	20.96	*137	*27.5	*0.07	*0.76
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	96	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	1.08
000047 Sauteed Green Beans	4 oz	75	52	0.36	96	*0	*N/A*	2.41	*0.00	0	6.19	2.06	1.46	*107	*33.9	*10.12	*0.69
000454 Steamed Carrots	4 oz	75	41	0.00	82	5	*N/A*	0.00	0.00	0	9.52	4.08	1.36	*N/A*	40.8	*N/A*	0.54
000604 Hot Sauce	1 each	96	0	0.00	32	0	*N/A*	0.00	*N/A*	0	0.02	0.00	0.01	2	0.1	0.90	0.01
000884 Fresh Pear	1 each	100	101	0.04	2	17	*N/A*	0.25	0.00	0	27.11	5.52	0.64	44	16.0	7.65	0.32
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	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	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			528	2.14	762	*37	*0	10.40	*0.00	74	78.87	13.27	34.48	*681	*531.7	*16.93	*3.28
% of Calories				3.65%		*28.0%	*0%	17.7%	*0.0%		59.8%		26.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 02/04/2025

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)
000479 Chicken & Cheese Quesadilla on 10" Tortilla	1 each	91	363	7.67	682	0	*0	15.22	*0.00	54	35.84	4.23	22.54	*440	*364.9	*1.34	*2.42
000471 Cheese Quesadilla	1 each	5	420	13.50	810	0	*0	23.00	0.00	60	36.00	4.00	20.00	600	560.0	0.00	1.90
000637 Chili Black Beans	.5 C	75	209	0.65	141	*1	*N/A*	3.93	*0.00	0	33.39	8.49	11.20	*564	*71.2	*13.00	*2.95
000469 Steamed Corn	4 oz	75	88	0.34	96	2	*N/A*	2.32	*0.00	0	17.08	1.73	2.49	*161	*3.3	*5.28	*0.35
990351 Low Fat Sour Cream	1 oz	96	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
000604 Hot Sauce	1 each	96	0	0.00	32	0	*N/A*	0.00	*N/A*	0	0.02	0.00	0.01	2	0.1	0.90	0.01
000135 Orange Wedges	4 oz / 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

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	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)
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			771	11.55	1031	*23	*0	25.51	*0.00	73	98.94	14.16	42.64	*1704	*866.1	*65.74	*5.07
% of Calories				13.48 %		*11.9%	*0%	29.8%	*0.0%		51.3%		22.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 02/05/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000913 Turkey Meatballs & Sauce	4 each	91	148	1.10	493	4	*N/A*	5.69	*0.00	45	11.16	0.94	14.46	*88	*39.2	*3.99	*1.42
001045 Tofu Bolognese	1 C	5	193	1.35	193	*7	*0	7.48	*0.00	0	18.38	2.18	15.14	*148	*291.1	*3.13	*2.69
990301 Whole Grain Spaghetti	.5 C	96	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
000244 Roasted Carrots	.5 C	75	69	0.36	171	5	*N/A*	2.56	*0.00	0	11.08	3.20	1.14	*18573	*38.7	*6.61	*0.38
000468 Mixed Greens Salad	8oz	75	14	0.03	24	1	*N/A*	0.20	0.00	0	2.69	1.67	1.27	786	40.1	8.45	0.97
000372 House Ranch Dressing	1 oz	75	62	1.45	104	1	*N/A*	5.49	*0.00	6	2.37	0.06	0.79	44	29.2	0.49	0.04
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
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

Feb 3, 2025 thru Feb 28, 2025

	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)
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			584	4.27	922	*37	*0	17.42	*0.00	57	83.34	10.49	30.39	*15146	*526.3	*26.46	*3.90
% of Calories				6.58%		*25.3%	*0%	26.8%	*0.0%		57.1%		20.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 02/06/2025

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)
000793 Beef Shepherd's Pie	3 oz	91	243	5.69	472	*1	*0	17.92	*0.54	53	5.52	0.69	14.29	*1160	*28.5	*3.32	*1.99
000797 Lentil Shepherd's Pie	5 oz scoop	5	161	0.47	508	*2	*0	3.64	*0.00	0	24.68	3.85	8.32	*1169	*23.2	*3.67	*2.37
000455 Whole Grain Biscuit	1 each	100	170	5.00	330	2	*N/A*	8.00	0.00	0	22.00	2.00	4.00	0	140.0	0.00	1.20
000682 Mashed Potatoes	.5 C	75	105	1.35	203	*1	*N/A*	4.39	*0.00	4	14.01	2.74	3.13	*48	*45.6	*12.31	*3.52
000466 Steamed Green Peas	4 oz	75	94	0.38	196	5	*N/A*	2.62	*0.00	0	12.89	4.26	4.94	*1947	*20.8	*17.03	*1.45

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	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)	
990424	Cantaloupe	.5 C	100	54	0.08	25	12	*N/A*	0.30	0.00	0	12.95	1.43	1.33	5369	14.3	58.26	0.33
000231	Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230	1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160	Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383	Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776	Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592	Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652	Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557	Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average				718	12.90	1251	*32	*0	32.82	*0.49	62	75.27	9.72	33.82	*8410	*605.6	*84.23	*7.37
% of Calories					16.17 %		*17.8%	*0%	41.1%	*0.6%		41.9%		18.8%				
Weekly Nutrient Guideline				600 - 650	<10	1110			<=0									

Friday - 02/07/2025

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)	
990976	Cajun Chicken	3oz scoop	91	110	0.62	178	0	*0	3.87	*0.00	57	1.28	0.45	17.87	*394	*8.0	*0.16	*0.50
990376	Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
000556	Ketchup	1 each	5	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	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)
999016 Veggie Creole Jambalaya	.75 C	96	171	0.38	214	*4	*0	3.94	*0.00	0	31.18	3.46	4.70	*363	*44.7	*24.64	*1.64
000688 Honey Cinnamon Sweet Potatoes	.5 C	75	110	0.26	149	6	*N/A*	1.74	*0.00	0	22.30	3.08	1.58	*14158	*31.7	*2.41	*0.63
000639 Sauteed Cabbage	.5 C	75	38	0.27	117	3	*0	1.84	*0.00	0	5.14	1.85	1.01	*65	*29.6	*24.75	*0.36
001201 Fresh Apple Slices	3 each	100	47	0.03	1	9	*N/A*	0.15	0.00	0	12.57	2.18	0.24	49	5.5	4.19	0.11
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			550	2.72	736	*33	*0	13.43	*0.00	63	79.36	10.09	32.73	*11853	*478.5	*49.11	*3.19
% of Calories				4.45%		*24.0%	*0%	22.0%	*0.0%		57.7%		23.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 02/10/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990402 Turkey & Bean Chili	6 oz	91	164	1.51	177	*2	*N/A*	5.56	*0.00	54	16.44	4.38	13.16	*536	*70.2	*8.20	*2.81
000725 Veg Out Chili	6 oz	5	165	0.32	373	*3	*N/A*	1.88	*0.00	0	29.30	8.84	8.85	*474	*63.2	*12.95	*2.50
990403 Shredded Cheddar Cheese	1 oz	96	55	3.00	95	0	*N/A*	4.50	0.00	15	0.50	0.00	3.50	150	100.0	0.00	0.00
990351 Low Fat Sour Cream	1 oz	96	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
001087 WG Corn Tortilla Chips	10 each	96	108	0.77	88	0	*N/A*	4.61	0.00	0	15.36	1.54	1.54	0	15.4	0.00	0.00
000469 Steamed Corn	4 oz	75	88	0.34	96	2	*N/A*	2.32	*0.00	0	17.08	1.73	2.49	*161	*3.3	*5.28	*0.35
000107 Steamed Broccoli	.5 C	75	33	0.11	32	2	*N/A*	0.36	0.00	0	6.41	2.51	2.72	601	45.4	86.10	0.70
000884 Fresh Pear	1 each	100	101	0.04	2	17	*N/A*	0.25	0.00	0	27.11	5.52	0.64	44	16.0	7.65	0.32
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
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	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	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			660	8.52	615	*35	*N/A*	21.86	*0.00	84	92.22	14.83	31.79	*1792	*643.6	*85.31	*4.00
% of Calories				11.62 %		*21.2%	*N/A*	29.8%	*0.0%		55.9%		19.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 02/11/2025

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)
990978 Cheese Pizza	1 slice	96	280	5.00	570	3	1	11.00	0.00	25	31.00	3.00	15.00	*N/A*	310.0	*N/A*	1.60
001141 Baby Spinach Salad	1 C	75	11	0.00	38	0	*N/A*	0.00	0.00	0	1.74	1.08	1.39	2260	52.2	7.34	0.63
000151 Baby Carrots	.5 C	75	25	0.01	55	*N/A*	*N/A*	0.08	0.00	0	5.73	2.03	0.44	9694	22.3	1.86	0.63
000109 Balsamic Dressing	1 oz	75	94	1.28	52	*0	*0	9.00	*0.00	0	2.08	0.08	0.10	*0	*3.4	*0.00	*0.01
000812 Orange Wedges	6 each	99	86	0.03	0	17	*N/A*	0.22	0.00	0	21.62	4.42	1.73	414	73.6	97.89	0.18
001064 Mandarin Oranges**	1 C	1	72	0.01	9	16	*N/A*	0.08	0.00	0	17.78	2.30	1.42	2480	23.0	64.10	0.51
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			568	7.12	798	*33	*1	20.37	*0.00	35	72.39	9.90	26.59	*9831	*803.5	*105.20	*2.86
% of Calories				11.28 %		*23.2%	*0.7%	32.3%	*0.0%		51.0%		18.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 02/12/2025

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)
000179 Oven Fried Chicken Drum	1 each	91	231	2.78	305	1	*N/A*	10.59	*0.05	97	11.66	1.39	21.21	640	49.5	0.42	2.06
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
000556 Ketchup	1 each	96	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
000004 Whole Wheat Roll	1 each	96	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	1.08
990845 Whole Wheat Mac & Cheese	4 oz scoop	96	211	6.00	400	1	*0	9.64	0.00	30	22.00	2.12	9.98	0	223.0	0.00	0.00
000005 Braised Collard Greens	4 oz	75	67	0.30	124	*1	*1	2.12	*0.00	0	10.51	5.48	3.74	*9800	*217.1	*52.56	*0.33
990221 Cinnamon Roasted Butternut Squash	4 oz	75	81	0.44	123	*1	*1	3.00	*0.00	0	13.82	2.37	1.44	*2068	*44.9	*18.61	*0.90
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

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	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
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			842	10.36	1272	*32	*1	27.36	*0.04	128	109.23	14.66	46.70	*9989	*896.0	*64.78	*4.44
% of Calories				11.07 %		*15.2%	*0.5%	29.2%	*0.0%		51.9%		22.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 02/13/2025

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	91	283	3.00	284	3	*N/A*	9.63	0.24	57	29.53	4.15	22.98	107	30.2	0.05	3.27
000409 Veggie Burger on WW Bun	1 each	5	370	2.50	570	4	*0	15.00	0.00	0	36.00	6.00	25.00	0	24.0	0.00	7.44
990837 Baked Potato Wedges	4 oz	75	78	0.35	104	*0	*N/A*	2.38	*0.00	0	12.36	2.54	2.55	*137	*30.7	*10.74	*3.13
000982 Lettuce & Tomato	2 oz	75	7	0.01	2	1	*N/A*	0.10	0.00	0	1.49	0.62	0.41	1478	7.4	4.15	0.21
000556 Ketchup	1 each	96	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

Feb 3, 2025 thru Feb 28, 2025

	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	96	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
999015 Peach Cobbler	.625 C	100	237	5.68	120	11	*1	11.17	*0.00	13	31.41	1.90	2.07	*151	*2.6	*0.01	*0.08
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			713	10.12	793	*27	*1	25.32	*0.22	76	86.28	8.58	35.47	*1889	*434.2	*11.97	*6.12
% of Calories				12.77 %		*15.1%	*0.6%	32.0%	*0.3%		48.4%		19.9%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 02/14/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 02/17/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 02/18/2025

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	91	320	7.00	710	4	*N/A*	17.50	0.00	35	30.00	4.00	11.00	0	40.0	1.20	2.16
000409 Veggie Burger on WW Bun	1 each	5	370	2.50	570	4	*0	15.00	0.00	0	36.00	6.00	25.00	0	24.0	0.00	7.44
000556 Ketchup	1 each	96	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	96	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	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)
000454 Steamed Carrots	4 oz	75	41	0.00	82	5	*N/A*	0.00	0.00	0	9.52	4.08	1.36	*N/A*	40.8	*N/A*	0.54
000047 Sauteed Green Beans	4 oz	75	52	0.36	96	*0	*N/A*	2.41	*0.00	0	6.19	2.06	1.46	*107	*33.9	*10.12	*0.69
000135 Orange Wedges	4 oz / 3 wedges	99	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
001063 Mandarin Oranges**	.5 C	1	36	0.00	4	8	*N/A*	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	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			558	8.09	1114	*29	*0	21.37	*0.00	43	67.48	10.97	23.25	*728	*504.6	*58.21	*3.55
% of Calories				13.05 %		*20.8%	*0%	34.5%	*0.0%		48.4%		16.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 02/19/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	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)
990635 BBQ Chicken Drum	1 each	91	246	2.84	402	13	*N/A*	10.61	0.05	106	14.13	0.00	20.85	*53	11.2	*0.00	0.98
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
000851 WG Cornbread Muffin - Large	1 each	96	220	1.00	115	18	18	8.00	0.00	20	36.00	1.00	3.00	0	27.0	0.00	1.00
000469 Steamed Corn	4 oz	75	88	0.34	96	2	*N/A*	2.32	*0.00	0	17.08	1.73	2.49	*161	*3.3	*5.28	*0.35
990839 Sweet Potato Wedges	4 oz	75	142	0.45	196	6	*N/A*	3.04	*0.00	0	26.81	4.05	2.14	*18716	*40.6	*3.18	*0.86
000556 Ketchup	1 each	75	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
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 Soymilk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			851	5.64	954	*63	*17	25.03	*0.05	127	124.73	8.85	36.38	*14712	*452.0	*17.36	*3.38
% of Calories				5.96%		*29.6%	*8.0%	26.5%	*0.1%		58.6%		17.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

Thursday - 02/20/2025

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)
001044 Beef Bolognese	.5 C	91	262	5.49	384	*7	*0	16.41	*0.54	52	11.88	0.65	15.59	*108	*30.1	*2.61	*1.88
001045 Tofu Bolognese	1 C	5	193	1.35	193	*7	*0	7.48	*0.00	0	18.38	2.18	15.14	*148	*291.1	*3.13	*2.69
990353 Whole Wheat Rotini Pasta	.5 C	96	111	0.32	101	0	*N/A*	2.99	*0.00	0	19.50	3.50	4.00	*0	*15.6	*0.00	*1.00
000468 Mixed Greens Salad	8oz	75	14	0.03	24	1	*N/A*	0.20	0.00	0	2.69	1.67	1.27	786	40.1	8.45	0.97
990224 Parmesan Butternut Squash	.5 C	75	127	1.63	133	*0	*N/A*	6.81	*0.00	4	15.63	2.44	3.68	*2067	*49.1	*18.61	*1.06
000372 House Ranch Dressing	1 oz	75	62	1.45	104	1	*N/A*	5.49	*0.00	6	2.37	0.06	0.79	44	29.2	0.49	0.04
990424 Cantaloupe	.5 C	100	54	0.08	25	12	*N/A*	0.30	0.00	0	12.95	1.43	1.33	5369	14.3	58.26	0.33
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	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	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			676	9.10	818	*34	*0	30.63	*0.49	67	72.81	8.85	33.44	*8078	*534.4	*82.20	*4.88
% of Calories				12.12 %		*20.1%	*0%	40.8%	*0.7%		43.1%		19.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 02/21/2025

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	3 oz scoop	91	114	0.60	335	0	*0	3.86	*0.00	57	1.31	0.36	18.30	5	16.2	1.95	0.35
000726 Super Sesame Tofu	.5 C	5	129	1.32	494	1	*N/A*	7.53	*0.00	0	4.21	1.32	12.20	*79	*255.6	*1.41	*2.12
990356 Brown Rice	4 oz	96	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
990980 Green Peas and Carrots	4oz	75	74	0.35	178	5	*N/A*	2.43	*0.00	0	10.36	3.80	3.04	*980	*27.1	*8.57	*0.95
990857 Sweet Chili Cauliflower	4 oz	75	181	0.78	467	20	*15	4.01	0.00	0	33.68	4.68	4.54	*0	*64.2	*111.51	*1.39
001201 Fresh Apple Slices	3 each	100	47	0.03	1	9	*N/A*	0.15	0.00	0	12.57	2.18	0.24	49	5.5	4.19	0.11
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			583	2.97	1053	*41	*12	13.76	*0.00	63	83.18	10.60	35.29	*1360	*480.4	*96.92	*3.05
% of Calories				4.58%		*28.1%	*8.2%	21.2%	*0.0%		57.1%		24.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 02/24/2025

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)
990978 Cheese Pizza	1 slice	96	280	5.00	570	3	1	11.00	0.00	25	31.00	3.00	15.00	*N/A*	310.0	*N/A*	1.60
000107 Steamed Broccoli	.5 C	75	33	0.11	32	2	*N/A*	0.36	0.00	0	6.41	2.51	2.72	601	45.4	86.10	0.70
001041 Rosemary Garlic Carrots	.5 C	75	73	0.45	264	*5	*N/A*	3.10	*0.00	0	11.06	3.22	1.10	*18571	*40.4	*6.87	*0.40
000884 Fresh Pear	1 each	100	101	0.04	2	17	*N/A*	0.25	0.00	0	27.11	5.52	0.64	44	16.0	7.65	0.32
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			566	6.57	913	*38	*1	16.18	*0.00	35	83.86	12.93	26.93	*14854	*752.4	*78.13	*2.87
% of Calories				10.45 %		*26.9%	*0.7%	25.7%	*0.0%		59.3%		19.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 02/25/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990957 Crispy Catfish	1 filet each	91	168	0.49	296	1	*0	4.51	*0.00	69	10.53	0.82	20.96	*137	*27.5	*0.07	*0.76
000604 Hot Sauce	1 each	96	0	0.00	32	0	*N/A*	0.00	*N/A*	0	0.02	0.00	0.01	2	0.1	0.90	0.01
990376 Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
000104 Cheesy Grits	4 oz	96	110	1.57	102	1	*N/A*	2.55	*0.00	8	17.62	0.35	4.02	124	70.4	0.00	0.22
000004 Whole Wheat Roll	1 each	96	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	1.08
000047 Sauteed Green Beans	4 oz	75	52	0.36	96	*0	*N/A*	2.41	*0.00	0	6.19	2.06	1.46	*107	*33.9	*10.12	*0.69
000029 Black Eyed Peas	.5 C	50	145	0.47	56	*1	*N/A*	2.86	*0.00	0	22.43	4.14	8.40	*197	*42.6	*8.91	*3.00
000135 Orange Wedges	4 oz / 3 wedges	99	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
001063 Mandarin Oranges**	.5 C	1	36	0.00	4	8	*N/A*	0.04	0.00	0	8.89	1.15	0.71	1240	11.5	32.05	0.26

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	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
000776	Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592	Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652	Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557	Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average				618	3.85	825	*25	*0	14.14	*0.00	81	83.54	9.30	41.74	*1071	*610.6	*62.50	*4.35
% of Calories					5.61%		*16.2%	*0%	20.6%	*0.0%		54.1%		27.0%				
Weekly Nutrient Guideline				600 - 650	<10	1110			<=0									

Wednesday - 02/26/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
000543	Crispy Chicken Tender	1 each	91	137	0.24	283	1	*N/A*	0.87	*0.00	49	11.00	0.82	20.98	141	38.9	2.66	1.26
990376	Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
000556	Ketchup	1 each	96	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990076	Whole Grain Waffles Bakecrafters	2 each	96	141	0.00	191	2	*N/A*	5.02	0.00	0	22.09	0.00	4.02	0	0.0	0.00	0.72

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	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)
000625 All Natural Syrup	1 each	96	35	0.00	5	8	*N/A*	0.00	0.00	0	8.00	0.00	0.00	0	0.0	0.00	0.00
990693 Sweet Potato Hash	4 oz	75	178	0.70	360	*6	*N/A*	4.66	*0.00	0	31.72	5.06	2.79	*20207	*50.4	*16.56	*1.12
000005 Braised Collard Greens	4 oz	75	67	0.30	124	*1	*1	2.12	*0.00	0	10.51	5.48	3.74	*9800	*217.1	*52.56	*0.33
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
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			719	2.47	1070	*44	*1	14.37	*0.00	55	114.45	12.20	38.90	*23139	*618.8	*65.28	*3.54
% of Calories				3.09%		*24.5%	*0.6%	18.0%	*0.0%		63.7%		21.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 02/27/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	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)
990727 Beef and Cheese Nachos K-8	see recipe	91	465	9.64	630	1	*0	27.37	*0.41	59	36.19	4.21	18.55	*725	*198.7	*17.17	*1.83
990726 Bean and Cheese Nachos K-8	See recipe	5	505	6.15	580	*1	*0	18.92	*0.00	20	66.03	11.49	18.87	*564	*246.5	*13.00	*2.95
000469 Steamed Corn	4 oz	75	88	0.34	96	2	*N/A*	2.32	*0.00	0	17.08	1.73	2.49	*161	*3.3	*5.28	*0.35
990870 Roasted Tomato Salsa	2 oz	100	18	0.01	261	2	*0	0.09	*0.00	0	3.67	0.80	0.73	*16	16.8	*0.92	0.13
990351 Low Fat Sour Cream	1 oz	50	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
990424 Cantaloupe	.5 C	100	54	0.08	25	12	*N/A*	0.30	0.00	0	12.95	1.43	1.33	5369	14.3	58.26	0.33
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			722	11.69	1112	*30	*0	32.29	*0.37	71	80.57	8.16	31.28	*6671	*621.4	*80.30	*2.74
% of Calories				14.57%		*16.6%	*0%	40.3%	*0.5%		44.6%		17.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 02/28/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000668 Sweet Chili Chicken	3 oz scoop	91	163	0.59	310	10	*10	3.75	0.00	57	14.45	0.03	17.67	*0	*11.8	*0.00	*0.54
990760 Sweet Chili Tofu	4 oz	5	156	0.99	273	11	*10	5.20	0.00	0	17.73	1.12	11.28	0	259.1	0.25	2.26
990356 Brown Rice	4 oz	96	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
000454 Steamed Carrots	4 oz	75	41	0.00	82	5	*N/A*	0.00	0.00	0	9.52	4.08	1.36	*N/A*	40.8	*N/A*	0.54
000623 Ginger Soy Broccoli	4 oz	75	78	0.67	316	2	*0	4.25	*0.00	0	7.55	2.63	3.38	*601	*46.6	*86.11	*0.81
001201 Fresh Apple Slices	3 each	100	47	0.03	1	9	*N/A*	0.15	0.00	0	12.57	2.18	0.24	49	5.5	4.19	0.11
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			528	2.60	833	*37	*10	11.90	*0.00	63	75.58	8.97	32.54	*1067	*473.7	*69.61	*2.49
% of Calories				4.43%		*28.0%	*7.6%	20.3%	*0.0%		57.3%		24.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
--	--------------------------	------------------------	------------------------	------------------	------------------	-----------	-------------------------	-------------	----------	-----------	-----------	------------	------------	------------	-----------

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

Weighted Averages		653	7	937	*35	*2	20.79	*0.09	70	86.78	10.92	34.13	*7388	*601.9	*62.24	*3.95
% of Calories			9.40%		*21.4%	*1.2%	28.7%	*0.1%		53.2%		20.9%				

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.



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442;
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.