



SERVING AWARD-WINNING FOOD THAT KIDS LOVE.

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May Lunch Menu

DC PUBLIC SCHOOLS | K-8

What do the colors on the menu mean?

GREEN = locally-sourced

BLUE = international

ORANGE = Fresh Feature Friday Winner!
= vegetarian entree

All grains served are whole grain rich

*denotes mandarin oranges for River Terrace EC

Student's choice of skim or 1% milk
provided at every meal.Turkey & cheese or sunbutter & jelly
sandwich available daily.

Menu subject to change based on availability

This institution is an equal opportunity provider

ASIAN AMERICAN PACIFIC ISLANDER MONTH

Celebrate with DCCK by trying a tasty,
Asian-inspired dish on May 18th!

FRIED RICE

Most experts agree that fried rice was
originally invented in China over 1000
years ago! Today, many countries
have their own version of this
yummy dish.Our fried rice is made with
brown rice, carrots, peas, green
onions, and eggs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 - all beef hot dog - veggie burger - whole grain bun - bbq baked beans - buffalo cauliflower - ketchup & mustard - fresh pear	2 - beef and cheese nachos - bean and cheese nachos - southwest taco corn - tomato salsa - sour cream - fresh orange wedges*	3 - turkey meatballs & sauce - powered up pasta with chickpeas - whole grain spaghetti - mixed greens salad - cucumber coins - parmesan cream dressing - fresh banana	4 - chicken stirfry - super sesame tofu - brown rice - steamed carrots - asian kale slaw - fresh cantaloupe	5 SCHOOL LUNCH HERO DAY - crispy fish sandwich on whole grain bun - grilled cheese on whole grain bread - sauteed green beans - potato salad - hot sauce - fresh apple slices
8 - chicken alfredo - veggie chik'n alfredo - whole grain penne pasta - roasted carrots - steamed broccoli - fresh pear	9 - beef & cheese tacos - sofritas tacos - chili black beans - diced tomatoes - fresh orange wedges*	10 - buffalo chicken drum - buffalo veggie chik'n nuggets - brown rice - steamed corn - celery sticks - ranch dressing - fresh banana	11 - turkey sloppy joe - lentil sloppy joe - whole grain bun - baked potato fries - coleslaw - ketchup - fresh cantaloupe	12 - cheese pizza - mixed greens salad - baby carrots - honey mustard dressing - fresh apple slices
15 - beef burger - veggie burger - whole grain bun - bbq baked beans - sauteed green beans - ketchup & mustard - fresh pear	16 - chesapeake fish tacos - black bean & cheese tacos - southwest taco corn - tangy cilantro-lime slaw - baja cream sauce - fresh orange wedges*	17 - crispy chicken tender - veggie chik'n nuggets - brown rice - sweet potato fries - roasted cauliflower - ketchup - fresh banana	18 - teriyaki chicken drum - super sesame tofu - whole grain fried rice - garlic broccoli - glazed carrots - fresh cantaloupe	19 - mac & cheese - powered up pasta with chickpeas - braised collard greens - mashed butternut squash - fresh apple slices
22 - turkey bacon ranch wrap - sunbutter & jelly sandwich - cucumber coins - chickpea salad - fresh pear	23 - chicken fajitas - cheese quesadilla - sauteed peppers & onions - chipotle pinto beans - sour cream - fresh orange wedges*	24 - pulled bbq chicken - bbq tofu - whole grain bun - baked potato fries - corn & pepper salad - ketchup - fresh banana	25 - turkey pepperoni pizza - cheese pizza - mixed greens salad - diced tomatoes - balsamic dressing - fresh cantaloupe	26 - tuna salad sandwich - egg salad sandwich - whole grain bread - steamed green peas - baby carrots - ranch dressing - fresh apple slices
29 no school	30 - all beef hot dog - veggie burger - whole grain bun - bbq baked beans - roasted carrots - ketchup & mustard - fresh orange wedges*	31 - turkey meatballs & sauce - powered up pasta with chickpeas - whole grain spaghetti - mixed greens salad - cucumber coins - parmesan cream dressing - fresh banana	6/1 - chicken stirfry - super sesame tofu - brown rice - steamed carrots - asian kale slaw - fresh cantaloupe	6/2 - crispy fish sandwich on whole grain bun - grilled cheese on whole grain bread - sauteed green beans - potato salad - hot sauce - fresh apple slices

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

May 1, 2023 thru Jun 2, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000557 Mustard	1 each	2	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			781	8.63	1134	*40	24.89	*0.00	43	110.51	17.30	31.65	*987	*528.1	*19.16	*6.59
% of Calories				9.94%		*20.5%	28.7%	*0.0%		56.6%		16.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 05/02/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990727 Beef and Cheese Nachos K-8	see recipe	91	454	11.36	619	3	26.39	*0.36	76	31.76	*3.25	24.14	*1112	*275.2	*16.01	*1.89
990726 Bean and Cheese Nachos K-8	See recipe	5	546	9.66	609	*3	23.86	*0.00	40	62.56	*10.87	23.58	*838	*331.1	*13.28	*3.07
000922 Southwest Taco Corn	.5 C	100	113	0.56	247	*2	3.89	*0.00	0	19.81	2.52	3.04	*448	*15.3	*13.46	*0.70
001099 Tomato Salsa	.25 C	100	17	0.03	53	*2	0.19	*0.00	0	3.59	1.05	0.77	580	9.4	12.90	0.26
990351 Low Fat Sour Cream	1 oz	96	40	1.90	20	0	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	99	43	0.01	0	9	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
001063 Mandarin Oranges**	.5 C	1	36	0.00	4	8	0.04	0.00	0	8.89	1.15	0.71	1240	11.5	32.05	0.26
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

May 1, 2023 thru Jun 2, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			767	14.55	1055	*28	35.10	*0.33	92	82.07	*9.50	37.80	*2821	*741.5	*91.37	*3.13
% of Calories				17.07%		*14.6%	41.2%	*0.4%		42.8%		19.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 05/03/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000913 Turkey Meatballs & Sauce	4 each	91	152	1.10	517	5	5.70	*0.00	45	11.95	0.96	14.46	*179	*40.0	*5.29	*1.40
001109 Powered Up Pasta w/Chickpea	1.5 C	5	461	0.70	871	9	6.17	*0.00	0	87.39	13.68	19.90	*982	*99.1	*12.56	*6.71
990301 Whole Grain Spaghetti	.5 C	91	114	0.39	101	0	2.62	*0.00	0	20.13	2.63	3.92	*0	*15.4	*0.00	*0.97
000468 Mixed Greens Salad	1 C	100	14	0.03	24	1	0.20	0.00	0	2.69	1.67	1.27	786	40.1	8.45	0.97
001093 Cucumber Coins	.25 C	100	5	0.01	1	1	0.04	0.00	0	1.33	0.18	0.24	38	5.9	1.02	0.10
000137 Parmesan Cream Dressing	1 oz	100	88	2.95	251	1	8.04	*0.00	13	2.46	0.03	4.25	*34	*23.7	*0.56	*0.09
000175 Fresh Banana	1 each	100	105	0.13	1	14	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

May 1, 2023 thru Jun 2, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			593	5.84	1025	*34	19.33	*0.00	64	80.88	9.14	33.79	*1577	*505.4	*26.50	*4.16
% of Calories				8.86%		*22.9%	29.3%	*0.0%		54.6%		22.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 05/04/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000406 Chicken Stir Fry	1 tender	91	108	0.33	311	0	2.40	*0.00	48	1.36	0.38	19.44	6	14.0	4.45	0.60
000726 Super Sesame Tofu	.5 C	5	128	1.33	430	1	7.57	*0.00	0	4.93	1.41	12.44	*79	*259.1	*1.44	*2.27
990356 Brown Rice	.5 C	96	124	0.18	101	*0	2.19	*0.00	0	23.22	1.49	3.21	*142	*4.8	*0.08	*0.59
001172 Asian Kale Slaw	.5 C	100	47	0.52	72	1	3.78	*0.00	0	3.02	1.41	1.05	2337	70.3	27.54	0.53
000454 Steamed Carrots	.5 C	100	69	0.36	171	5	2.62	*0.00	0	11.04	3.40	1.12	*18566	*48.3	*6.56	*0.34

Base Menu Spreadsheet

Portion Values

May 1, 2023 thru Jun 2, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990424 Cantaloupe	.5 C	100	27	0.04	12	6	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			481	2.77	798	*26	13.99	*0.00	55	58.09	7.59	33.24	*24116	*530.3	*67.67	*2.44
% of Calories				5.18%		*21.6%	26.2%	*0.0%		48.3%		27.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 05/05/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990362 Crispy Fish Sandwich on WW Bun	1 each	91	313	0.81	797	4	7.25	*0.00	61	40.25	4.84	24.84	*137	*89.7	*0.07	*2.21
000539 Grilled Cheese on WW Bread	1 each	5	340	9.00	660	*0	16.00	0.00	40	32.00	4.00	20.00	600	520.0	0.00	1.44
000047 Sauteed Green Beans	.5 C	100	51	0.34	96	*0	2.33	*0.00	0	6.19	2.06	1.46	107	34.0	10.12	0.70

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

May 1, 2023 thru Jun 2, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990086 Potato Salad	.25 C	100	44	0.18	94	*0	1.20	*0.00	0	7.72	0.82	0.90	12	5.7	4.01	0.35
000604 Hot Sauce	1 each	100	0	0.00	32	0	0.00	*N/A*	0	0.02	0.00	0.01	2	0.1	0.90	0.01
001201 Fresh Apple Slices	3 each	100	58	0.03	1	12	0.19	0.00	0	15.40	2.68	0.29	60	6.7	5.13	0.13
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			571	3.05	1124	*28	13.89	*0.00	68	81.44	10.39	35.27	*767	*528.5	*20.98	*3.46
% of Calories				4.81%		*19.6%	21.9%	*0.0%		57.1%		24.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 05/08/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990300 Chicken Alfredo	4 oz	91	142	1.94	268	2	5.08	*0.00	57	3.39	0.12	21.29	*55	*42.7	*2.54	*0.62

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

May 1, 2023 thru Jun 2, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990805 Veggie Chik'n Alfredo	5 nuggets	5	291	3.19	678	4	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	96	120	0.32	98	0	2.95	*0.00	0	19.31	2.36	3.30	*0	*14.0	*0.00	*0.85
000244 Roasted Carrots	.5 C	100	70	0.37	171	5	2.72	*0.00	0	11.16	3.45	1.20	*18574	*50.1	*6.57	*0.37
001095 Steamed Broccoli	.25 C	100	31	0.28	63	1	1.80	*0.00	0	3.20	1.26	1.36	301	22.7	43.05	0.36
000359 Fresh Pear	1 each	100	101	0.04	2	17	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	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			577	4.23	749	*38	15.75	*0.00	63	78.28	13.08	35.64	*19402	*520.1	*60.34	*2.74
% of Calories				6.60%		*26.3%	24.6%	*0.0%		54.3%		24.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 05/09/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

May 1, 2023 thru Jun 2, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990185 Beef Tacos in 6" Tortilla	2 each	91	488	11.93	710	2	26.26	*0.72	104	32.22	5.74	34.82	*1993	*318.7	*31.47	*3.52
990810 Sofritas Tofu Soft Tacos	2 each	5	282	2.24	890	*3	11.03	*0.00	0	36.17	5.98	16.15	*395	*362.2	*0.82	*3.54
000637 Chili Black Beans	.5 C	100	209	0.65	141	*1	3.93	*0.00	0	33.39	8.49	11.20	*567	*71.2	*13.00	*2.95
001099 Tomato Salsa	.25 C	100	17	0.03	53	*2	0.19	*0.00	0	3.59	1.05	0.77	580	9.4	12.90	0.26
000135 Orange Wedges	.5 C / 3 wedges	99	43	0.01	0	9	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
001063 Mandarin Oranges**	.5 C	1	36	0.00	4	8	0.04	0.00	0	8.89	1.15	0.71	1240	11.5	32.05	0.26
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			842	12.97	1027	*25	31.46	*0.65	106	92.79	17.50	54.35	*3628	*799.6	*104.11	*6.88
% of Calories				13.86%		*11.9%	33.6%	*0.7%		44.1%		25.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 05/10/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

May 1, 2023 thru Jun 2, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000977 Buffalo Chicken Drum	1 each	91	198	2.59	706	0	9.67	0.05	97	0.12	0.00	19.01	614	8.4	0.00	0.75
990673 Buffalo Veggie Chik'n Nuggets	5 each	5	263	1.25	1231	2	10.00	0.00	0	22.50	5.00	15.00	756	50.0	0.00	2.25
990356 Brown Rice	.5 C	100	124	0.18	101	*0	2.19	*0.00	0	23.22	1.49	3.21	*142	*4.8	*0.08	*0.59
990620 Corn	.5 C	100	72	0.10	2	2	0.64	0.00	0	16.91	1.72	2.47	159	3.3	5.22	0.34
001094 Celery Sticks	.25 C	100	5	0.02	30	0	0.06	0.00	0	1.10	0.60	0.26	167	14.9	1.15	0.07
000372 House Ranch Dressing	1 oz	100	37	1.00	111	1	2.58	*0.00	4	2.72	0.06	0.78	81	28.9	1.02	0.06
000175 Fresh Banana	1 each	100	105	0.13	1	14	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			651	5.15	1090	*31	17.94	*0.04	103	86.02	7.41	35.07	*1651	*442.3	*18.49	*2.35
% of Calories				7.12%		*19.0%	24.8%	*0.1%		52.9%		21.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

May 1, 2023 thru Jun 2, 2023

Thursday - 05/11/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000065 Turkey Sloppy Joe on WW Bun	1 each	91	304	1.86	591	*10	9.54	*0.09	60	37.55	4.74	22.06	*211	*60.6	*3.32	*3.24
990666 Lentil Sloppy Joe on WW Bun	1 each	5	332	0.41	877	*12	5.52	*0.00	0	62.06	8.77	14.45	*831	*44.0	*9.23	*4.28
000187 Baked Potato Fries	.5 C	100	78	0.35	104	*0	2.38	*0.00	0	12.36	2.54	2.55	*137	*30.7	*10.74	*3.13
001090 Coleslaw	.25 C	100	45	0.48	93	3	2.42	*0.00	1	5.41	1.38	0.76	1526	25.6	17.05	0.27
990424 Cantaloupe	.5 C	100	27	0.04	12	6	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			558	3.91	933	*31	16.68	*0.08	67	75.30	9.61	33.78	*4964	*495.0	*60.65	*6.92
% of Calories				6.31%		*22.2%	26.9%	*0.1%		54.0%		24.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 05/12/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

May 1, 2023 thru Jun 2, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000853 WG Flatbread Cheese Pizza	1 flatbread	96	380	8.19	778	6	17.84	*0.00	30	38.18	*3.94	23.66	*88	*39.2	*3.99	*1.42
000468 Mixed Greens Salad	1 C	100	14	0.03	24	1	0.20	0.00	0	2.69	1.67	1.27	786	40.1	8.45	0.97
001083 Baby Carrots	.25 C	100	12	0.01	27	*N/A*	0.04	0.00	0	2.87	1.02	0.22	4848	11.2	0.93	0.32
990044 Honey Mustard Dressing	1 oz	100	45	0.48	106	3	3.40	*0.00	0	3.80	0.02	0.05	0	0.9	0.02	0.03
001201 Fresh Apple Slices	3 each	100	58	0.03	1	12	0.19	0.00	0	15.40	2.68	0.29	60	6.7	5.13	0.13
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			610	9.73	1047	*34	23.73	*0.00	40	75.30	*9.39	33.56	*6209	*471.0	*19.11	*3.01
% of Calories				14.36%		*22.3%	35.0%	*0.0%		49.4%		22.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 05/15/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

May 1, 2023 thru Jun 2, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000235 Beef Burger on WW Bun	1 each	91	265	2.63	279	3	8.70	0.21	50	29.53	4.15	20.91	107	29.2	0.06	3.05
000409 Veggie Burger on WW Bun	1 each	5	256	0.68	548	5	5.42	0.00	0	46.77	10.15	16.25	0	74.7	0.00	3.42
000475 BBQ Baked Beans	5oz scoop	100	221	0.66	104	*5	4.40	*0.00	0	36.20	6.90	10.63	*427	*88.2	*0.49	*3.74
001091 Sauteed Green Beans	.25 C	100	25	0.17	48	*0	1.16	*0.00	0	3.09	1.03	0.73	53	17.0	5.06	0.35
000557 Mustard	1 each	96	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000556 Ketchup	1 each	96	10	0.00	100	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000359 Fresh Pear	1 each	100	101	0.04	2	17	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	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			738	4.61	741	*38	16.77	*0.19	56	111.42	17.96	40.86	*1053	*525.9	*14.00	*7.55
% of Calories				5.62%		*20.6%	20.5%	*0.2%		60.4%		22.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

May 1, 2023 thru Jun 2, 2023

Tuesday - 05/16/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990819 Cajun Fish Tacos	2 each	91	224	1.10	575	0	4.68	*0.00	61	27.73	4.38	21.09	*363	*125.8	*0.24	*0.19
000706 Black Bean & Cheese Taco	2 each	5	404	4.67	447	*1	12.46	*0.00	15	59.90	12.49	18.73	*718	*252.0	*13.00	*2.95
000922 Southwest Taco Corn	.5 C	100	113	0.56	247	*2	3.89	*0.00	0	19.81	2.52	3.04	*448	*15.3	*13.46	*0.70
990100 Tangy Cilantro-Lime Slaw	.25 C	100	49	0.36	123	3	2.62	*0.00	0	6.49	1.91	1.15	3045	28.3	25.86	0.44
990806 Baja Cream Sauce	1 oz	96	38	1.64	83	0	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	99	43	0.01	0	9	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
001063 Mandarin Oranges**	.5 C	1	36	0.00	4	8	0.04	0.00	0	8.89	1.15	0.71	1240	11.5	32.05	0.26
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

May 1, 2023 thru Jun 2, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000557 Mustard	1 each	2	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			582	5.06	1137	*27	16.83	*0.00	75	81.33	11.51	35.26	*4601	*622.8	*90.36	*1.80
% of Calories				7.82%		*18.6%	26.0%	*0.0%		55.9%		24.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 05/17/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000543 Crispy Chicken Tender	1 each	91	137	0.24	283	1	0.87	*0.00	49	11.00	0.82	20.98	141	38.9	2.66	1.26
990376 Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
990356 Brown Rice	.5 C	100	124	0.18	101	*0	2.19	*0.00	0	23.22	1.49	3.21	*142	*4.8	*0.08	*0.59
000239 Sweet Potato Fries	.5 C	100	108	0.34	149	4	2.31	*0.00	0	20.37	3.08	1.63	*14225	*30.9	*2.42	*0.66
001145 Roasted Cauliflower	.25 C	100	24	0.23	62	1	1.27	*0.00	0	2.68	1.05	1.02	*0	*11.6	*24.84	*0.23
000556 Ketchup	1 each	96	10	0.00	100	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000175 Fresh Banana	1 each	100	105	0.13	1	14	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

May 1, 2023 thru Jun 2, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			622	2.47	830	*34	10.23	*0.00	55	100.17	9.92	36.01	*15002	*465.5	*40.77	*3.24
% of Calories				3.57%		*21.9%	14.8%	*0.0%		64.4%		23.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 05/18/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990681 Teriyaki Chicken Drum	1 each	91	225	2.91	379	8	11.93	*0.05	97	8.85	0.11	19.52	*59	*12.9	*0.14	*0.88
000726 Super Sesame Tofu	.5 C	5	128	1.33	430	1	7.57	*0.00	0	4.93	1.41	12.44	*79	*259.1	*1.44	*2.27
990606 Whole Grain Fried Rice	5 oz scoop	96	158	0.51	304	*1	4.17	*0.00	24	25.65	2.12	4.84	*1868	13.3	*3.02	0.95
000447 Garlic Broccoli	.5 C	100	49	0.28	127	2	1.49	*0.00	0	7.60	2.69	3.00	*608	*47.3	*87.01	*0.80
990068 Glazed Carrots	.25 C	100	34	0.10	86	4	0.75	*0.00	0	6.66	1.71	0.57	*9290	*25.1	*3.28	*0.20
990424 Cantaloupe	.5 C	100	27	0.04	12	6	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

May 1, 2023 thru Jun 2, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			587	4.94	1025	*32	20.41	*0.05	122	67.43	7.52	36.27	*14817	*491.2	*122.77	*3.18
% of Calories				7.57%		*21.8%	31.3%	*0.1%		45.9%		24.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 05/19/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990255 Whole Wheat Mac & Cheese	1 C	96	416	11.14	596	6	19.86	*0.05	56	41.53	*4.33	22.83	*269	*365.4	*0.02	*0.11
000005 Braised Collard Greens	.5 C	100	68	0.30	124	*1	2.12	*0.00	0	10.56	5.46	3.74	*9758	*217.3	*52.55	*0.33
990827 Butternut Squash Puree	.25 C	100	60	0.33	51	*2	2.40	*0.00	0	10.17	1.73	0.92	1156	40.2	10.40	0.59
001201 Fresh Apple Slices	3 each	100	58	0.03	1	12	0.19	0.00	0	15.40	2.68	0.29	60	6.7	5.13	0.13
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

May 1, 2023 thru Jun 2, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			701	12.68	891	*33	26.56	*0.05	64	89.89	*14.25	35.88	*11662	*989.4	*68.86	*1.35
% of Calories				16.28%		*18.8%	34.1%	*0.1%		51.3%		20.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 05/22/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990468 Turkey Bacon Ranch Wrap	1 each	91	319	5.92	748	4	14.63	*0.00	49	25.49	2.38	20.83	1031	187.8	3.12	2.50
000776 Sunbutter & Jelly Sandwich	1 each	5	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000033 Cucumber Coins	.5 C	100	11	0.03	1	1	0.08	0.00	0	2.66	0.37	0.48	77	11.7	2.05	0.20
990832 Lemon Tahini Chickpea Salad	.25 C	100	59	0.09	74	*2	1.24	*0.00	0	9.58	0.14	3.00	142	11.8	5.83	0.86
000359 Fresh Pear	1 each	100	101	0.04	2	17	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	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

May 1, 2023 thru Jun 2, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			606	7.00	924	*37	19.49	*0.00	56	79.20	8.80	32.93	1633	592.8	19.13	4.05
% of Calories				10.40%		*24.4%	28.9%	*0.0%		52.3%		21.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 05/23/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990684 BYO Chicken Fajitas on 8" wrap	1 each	91	276	2.83	398	2	9.82	*0.00	48	23.64	2.34	22.04	*130	*64.2	*2.95	*2.06
000471 Cheese Quesadilla	1 each	5	360	14.00	580	2	22.00	0.00	60	24.00	2.00	17.00	600	455.0	0.00	1.00
990331 Sauteed Peppers & Onions, Strips	.25 C	100	24	0.13	33	2	0.85	*0.00	0	3.98	0.99	0.56	*86	*12.9	*20.72	*0.15
990327 Chipotle Pinto Beans	.5 C	100	170	0.30	126	*1	1.92	*0.00	0	28.51	7.08	9.51	119	56.4	3.55	2.52
990351 Low Fat Sour Cream	1 oz	96	40	1.90	20	0	3.05	0.00	10	2.04	0.00	1.01	94	40.5	0.26	0.02

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

May 1, 2023 thru Jun 2, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000135 Orange Wedges	.5 C / 3 wedges	99	43	0.01	0	9	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
001063 Mandarin Oranges**	.5 C	1	36	0.00	4	8	0.04	0.00	0	8.89	1.15	0.71	1240	11.5	32.05	0.26
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			661	6.85	712	*26	18.63	*0.00	68	81.83	12.73	41.84	*1091	*600.3	*76.74	*4.90
% of Calories				9.33%		*15.7%	25.4%	*0.0%		49.5%		25.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 05/24/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000609 Pulled BBQ Chicken on WW Bun	1 each	91	281	0.17	525	13	4.24	*0.01	48	39.54	4.02	24.70	*0	21.8	*2.49	2.06
000728 BBQ Tofu on a Whole Wheat Bun	1 each	5	345	1.02	783	25	7.53	*0.00	0	56.98	5.72	17.81	*342	283.9	*0.46	4.03

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

May 1, 2023 thru Jun 2, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000187 Baked Potato Fries	.5 C	100	78	0.35	104	*0	2.38	*0.00	0	12.36	2.54	2.55	*137	*30.7	*10.74	*3.13
990498 Corn & Pepper Salad	.25 C	100	40	0.26	34	2	1.78	*0.00	0	6.05	1.04	0.96	*839	*4.8	*31.74	*0.33
000556 Ketchup	1 each	100	10	0.00	100	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000175 Fresh Banana	1 each	100	105	0.13	1	14	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			623	2.26	897	*41	11.57	*0.01	55	100.08	10.82	37.18	*1499	*449.8	*55.79	*6.04
% of Calories				3.26%		*26.3%	16.7%	*0.0%		64.3%		23.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 05/25/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

May 1, 2023 thru Jun 2, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990418 WG Flatbread Turkey Pepperoni Pizza	1 flatbread	91	400	8.52	884	6	18.84	*0.00	39	38.51	*3.94	25.66	*90	*39.2	*3.99	*2.09
000853 WG Flatbread Cheese Pizza	1 flatbread	5	380	8.19	778	6	17.84	*0.00	30	38.18	*3.94	23.66	*88	*39.2	*3.99	*1.42
000468 Mixed Greens Salad	1 C	100	14	0.03	24	1	0.20	0.00	0	2.69	1.67	1.27	786	40.1	8.45	0.97
001088 Tomatoes	.25 C	100	11	0.02	3	2	0.12	0.00	0	2.32	0.72	0.52	497	6.0	8.18	0.16
000109 Balsamic Dressing	1 oz	100	87	1.20	52	*0	8.68	*0.00	0	2.08	0.08	0.10	0	3.5	0.00	0.06
990424 Cantaloupe	.5 C	100	27	0.04	12	6	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			638	10.77	1078	*27	29.96	*0.00	48	64.30	*7.18	36.10	*4438	*468.6	*49.84	*3.52
% of Calories				15.19%		*16.9%	42.3%	*0.0%		40.3%		22.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 05/26/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

May 1, 2023 thru Jun 2, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000656 Tuna Salad on WW Bread	1 each	91	253	0.51	594	*0	5.00	*0.00	18	33.06	4.12	20.52	82	128.2	0.35	2.33
000767 Egg Salad on WW Bread	1 each	5	264	1.97	533	*1	9.67	*0.00	186	33.79	4.26	12.49	374	151.6	0.31	2.14
001101 Steamed Green Peas	.25 C	100	46	0.18	98	2	1.27	*0.00	0	6.44	2.13	2.47	974	10.4	8.52	0.73
000151 Baby Carrots	.5 C	100	25	0.01	55	*N/A*	0.08	0.00	0	5.73	2.03	0.44	9694	22.3	1.86	0.63
000372 House Ranch Dressing	1 oz	100	37	1.00	111	1	2.58	*0.00	4	2.72	0.06	0.78	81	28.9	1.02	0.06
001201 Fresh Apple Slices	3 each	100	58	0.03	1	12	0.19	0.00	0	15.40	2.68	0.29	60	6.7	5.13	0.13
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			524	3.10	973	*28	11.94	*0.00	41	75.96	11.09	32.29	11332	566.9	17.61	3.97
% of Calories				5.32%		*21.4%	20.5%	*0.0%		58.0%		24.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 05/29/2023

Reimbursable Meal Total 1

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

May 1, 2023 thru Jun 2, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 05/30/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-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	17.50	0.00	35	30.00	4.00	11.00	0	40.0	1.20	2.16
000409 Veggie Burger on WW Bun	1 each	5	256	0.68	548	5	5.42	0.00	0	46.77	10.15	16.25	0	74.7	0.00	3.42
000475 BBQ Baked Beans	5oz scoop	100	221	0.66	104	*5	4.40	*0.00	0	36.20	6.90	10.63	*427	*88.2	*0.49	*3.74
990062 Roasted Carrots	.25 C	100	35	0.18	85	3	1.36	*0.00	0	5.58	1.72	0.60	*9287	*25.0	*3.28	*0.19
000135 Orange Wedges	.5 C / 3 wedges	99	43	0.01	0	9	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
001063 Mandarin Oranges**	.5 C	1	36	0.00	4	8	0.04	0.00	0	8.89	1.15	0.71	1240	11.5	32.05	0.26
000556 Ketchup	1 each	96	10	0.00	100	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	96	10	0.00	71	*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	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

May 1, 2023 thru Jun 2, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			739	8.58	1168	*33	24.84	*0.00	43	98.02	15.20	31.93	*10362	*564.3	*54.39	*6.35
% of Calories				10.45%		*17.9%	30.3%	*0.0%		53.1%		17.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 05/31/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000913 Turkey Meatballs & Sauce	4 each	91	152	1.10	517	5	5.70	*0.00	45	11.95	0.96	14.46	*179	*40.0	*5.29	*1.40
001109 Powered Up Pasta w/Chickpea	1.5 C	5	461	0.70	871	9	6.17	*0.00	0	87.39	13.68	19.90	*982	*99.1	*12.56	*6.71
990301 Whole Grain Spaghetti	.5 C	91	114	0.39	101	0	2.62	*0.00	0	20.13	2.63	3.92	*0	*15.4	*0.00	*0.97
000468 Mixed Greens Salad	1 C	100	14	0.03	24	1	0.20	0.00	0	2.69	1.67	1.27	786	40.1	8.45	0.97
001093 Cucumber Coins	.25 C	100	5	0.01	1	1	0.04	0.00	0	1.33	0.18	0.24	38	5.9	1.02	0.10
000137 Parmesan Cream Dressing	1 oz	100	88	2.95	251	1	8.04	*0.00	13	2.46	0.03	4.25	*34	*23.7	*0.56	*0.09
000175 Fresh Banana	1 each	100	105	0.13	1	14	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

May 1, 2023 thru Jun 2, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			593	5.84	1025	*34	19.33	*0.00	64	80.88	9.14	33.79	*1577	*505.4	*26.50	*4.16
% of Calories				8.86%		*22.9%	29.3%	*0.0%		54.6%		22.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 06/01/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000406 Chicken Stir Fry	1 tender	91	108	0.33	311	0	2.40	*0.00	48	1.36	0.38	19.44	6	14.0	4.45	0.60
000726 Super Sesame Tofu	.5 C	5	128	1.33	430	1	7.57	*0.00	0	4.93	1.41	12.44	*79	*259.1	*1.44	*2.27
990356 Brown Rice	.5 C	96	124	0.18	101	*0	2.19	*0.00	0	23.22	1.49	3.21	*142	*4.8	*0.08	*0.59
001172 Asian Kale Slaw	.5 C	100	47	0.52	72	1	3.78	*0.00	0	3.02	1.41	1.05	2337	70.3	27.54	0.53

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

May 1, 2023 thru Jun 2, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000454 Steamed Carrots	.5 C	100	69	0.36	171	5	2.62	*0.00	0	11.04	3.40	1.12	*18566	*48.3	*6.56	*0.34
990424 Cantaloupe	.5 C	100	27	0.04	12	6	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			481	2.77	798	*26	13.99	*0.00	55	58.09	7.59	33.24	*24116	*530.3	*67.67	*2.44
% of Calories				5.18%		*21.6%	26.2%	*0.0%		48.3%		27.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 06/02/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990362 Crispy Fish Sandwich on WW Bun	1 each	91	313	0.81	797	4	7.25	*0.00	61	40.25	4.84	24.84	*137	*89.7	*0.07	*2.21
000539 Grilled Cheese on WW Bread	1 each	5	340	9.00	660	*0	16.00	0.00	40	32.00	4.00	20.00	600	520.0	0.00	1.44

Base Menu Spreadsheet

Portion Values

May 1, 2023 thru Jun 2, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000047 Sauteed Green Beans	.5 C	100	51	0.34	96	*0	2.33	*0.00	0	6.19	2.06	1.46	107	34.0	10.12	0.70
990086 Potato Salad	.25 C	100	44	0.18	94	*0	1.20	*0.00	0	7.72	0.82	0.90	12	5.7	4.01	0.35
000604 Hot Sauce	1 each	100	0	0.00	32	0	0.00	*N/A*	0	0.02	0.00	0.01	2	0.1	0.90	0.01
001201 Fresh Apple Slices	3 each	100	58	0.03	1	12	0.19	0.00	0	15.40	2.68	0.29	60	6.7	5.13	0.13
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			571	3.05	1124	*28	13.89	*0.00	68	81.44	10.39	35.27	*767	*528.5	*20.98	*3.46
% of Calories				4.81%		*19.6%	21.9%	*0.0%		57.1%		24.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

			Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages			629	6	971	*32	19.47	*0.06	65	82.95	*11.04	35.96	*7086	*561.0	*50.57	*4.07
% of Calories				8.99%		*20.3%	27.9%	*0.1%		52.8%		22.9%				

**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.

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