



# October 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

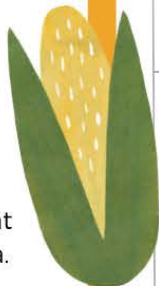
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## DID YOU KNOW?

Many of the delicious foods on your menu were first grown by Indigenous Americans thousands of years ago?

Some examples are corn, beans, squash, potatoes, tomatoes, and chili peppers.

It wasn't until much later that these popular foods were brought to Europe, Asian, India, and Africa.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <ul style="list-style-type: none"> <li>whole grain ravioli</li> <li>sunbutter &amp; jelly sandwich </li> <li>garlic breadstick</li> <li>roasted carrots</li> <li>steamed broccoli</li> <li>fresh pear</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>beef and cheese soft taco</li> <li>sofritas tofu taco </li> <li>chili black beans</li> <li>tomato salsa</li> <li>sour cream</li> <li>fresh orange wedges</li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>oven fried chicken drum</li> <li>veggie chik'n nuggets </li> <li>whole grain waffles</li> <li>braised collard greens</li> <li>sweet potato hash</li> <li>all natural syrup</li> <li>ketchup</li> <li>fresh banana</li> </ul>	<p><b>6</b></p> <p>no school</p> <p>parent teacher conferences</p>	<p><b>7</b></p> <p>no school</p> <p>professional development day</p>
<p><b>10</b></p> <p>no school</p> <p>indigenous peoples' day</p>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>beef burger</li> <li>veggie burger </li> <li>steamed corn</li> <li>sauteed green beans</li> <li>ketchup</li> <li>mustard</li> <li>fresh orange wedges</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>crispy chicken tender</li> <li>veggie chik'n nuggets </li> <li>brown rice</li> <li>sweet potato fries</li> <li>summer squash salad</li> <li>ketchup</li> <li>fresh banana</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>chicken stir-fry</li> <li>super sesame tofu </li> <li>whole grain lo-mein noodles</li> <li>asian broccoli</li> <li>korean cauliflower</li> <li>fresh cantaloupe</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>macaroni &amp; cheese</li> <li>sunbutter and jelly </li> <li>braised collard greens</li> <li>cinnamon roasted butternut squash</li> <li>fresh apple slices</li> </ul>
<p><b>17</b></p> <ul style="list-style-type: none"> <li>turkey club</li> <li>egg salad sandwich </li> <li>lettuce &amp; tomato</li> <li>steamed green peas &amp; corn</li> <li>mustard &amp; mayo</li> <li>fresh pear</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>peruvian chicken drum</li> <li>veggie chik'n nuggets </li> <li>cilantro lime rice</li> <li>chili black beans</li> <li>roasted summer squash</li> <li>fresh orange wedges</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>tuna salad sandwich</li> <li>sunbutter &amp; jelly sandwich </li> <li>honey cinnamon sweet potatoes</li> <li>cucumber coins</li> <li>ranch dressing</li> <li>fresh banana</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>flatbread pizza with turkey pepperoni</li> <li>flatbread cheese pizza </li> <li>mixed greens salad with diced tomatoes</li> <li>ranch dressing</li> <li>fresh cantaloupe</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>pulled bbq chicken sandwich</li> <li>bbq tofu sandwich </li> <li>collard greens salad</li> <li>baked potato fries</li> <li>ketchup</li> <li>fresh apple slices</li> </ul>
<p><b>24</b></p> <ul style="list-style-type: none"> <li>all beef hot dog</li> <li>veggie burger </li> <li>ketchup, mustard</li> <li>bbq baked beans</li> <li>steamed corn</li> <li>fresh pear</li> </ul>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>chicken &amp; cheese enchiladas</li> <li>cheese quesadillas </li> <li>mixed greens salad with tomatoes</li> <li>honey lime dressing</li> <li>fresh orange wedges</li> </ul>	<p><b>26</b></p> <ul style="list-style-type: none"> <li>crispy fish sandwich</li> <li>hot sauce</li> <li>sunbutter and jelly sandwich </li> <li>sauteed green beans</li> <li>potato salad</li> <li>hot sauce</li> <li>fresh banana</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>sweet chili chicken</li> <li>sweet chili tofu </li> <li>brown rice</li> <li>glazed carrots</li> <li>asian broccoli</li> <li>fresh cantaloupe</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>turkey meatball sub</li> <li>grilled cheese </li> <li>mixed green salad</li> <li>cucumber coins</li> <li>parmesan cream dressing</li> <li>fresh apple slices</li> </ul>
<p><b>31</b></p> <ul style="list-style-type: none"> <li>whole grain ravioli</li> <li>sunbutter &amp; jelly sandwich </li> <li>garlic breadstick</li> <li>roasted carrots</li> <li>steamed broccoli</li> <li>fresh pear</li> </ul>	<p><b>11/1</b></p> <ul style="list-style-type: none"> <li>beef and cheese soft taco</li> <li>sofritas tofu taco </li> <li>chili black beans</li> <li>tomato salsa</li> <li>sour cream</li> <li>fresh orange wedges</li> </ul>	<p><b>11/2</b></p> <ul style="list-style-type: none"> <li>oven fried chicken drum</li> <li>veggie chik'n nuggets </li> <li>whole grain waffles</li> <li>braised collard greens</li> <li>sweet potato hash</li> <li>all natural syrup</li> <li>ketchup</li> <li>fresh banana</li> </ul>	<p><b>11/3</b></p> <ul style="list-style-type: none"> <li>flatbread pizza with italian turkey sausage</li> <li>flatbread cheese pizza </li> <li>spinach salad</li> <li>baby carrots</li> <li>ranch dressing</li> <li>fresh cantaloupe</li> </ul>	<p><b>11/4</b></p> <ul style="list-style-type: none"> <li>turkey sloppy joe</li> <li>lentil sloppy joes </li> <li>baked potato fries</li> <li>red cabbage slaw</li> <li>ketchup</li> <li>fresh apple slices</li> </ul>

# Base Menu Spreadsheet

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

Menu Name: DCPS Lunch K-8

Include Cost: No

Site:

Report Style: Detailed

### Monday - 10/03/2022

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990534 Whole Grain Cheese Ravioli with Tomato Sauce	3 each	96	228	1.75	597	5	5.27	*0.00	50	30.15	1.94	16.46	*88	*169.2	*3.99	*1.79
990536 Whole Grain Garlic Breadstick	1 each	100	100	0.50	95	1	3.50	0.00	0	15.00	1.00	1.00	*N/A*	0.0	*N/A*	0.90
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 Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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			637	4.18	1045	*42	16.11	*0.00	59	99.31	13.31	29.03	*19433	*625.6	*61.86	*3.86
% of Calories				5.91%		*26.4%	22.8%	*0.0%		62.4%		18.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 10/04/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001069 Beef Tacos in 6" Tortilla	1 each	91	244	5.96	355	1	13.13	*0.36	52	16.11	2.87	17.41	*997	*159.3	*15.73	*1.76
000937 Sofritas Tofu Soft Tacos	1 each	5	212	1.74	785	*3	9.03	*0.00	0	23.17	3.98	14.15	*395	*322.2	*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
990351 Low Fat Sour Cream	1 oz	100	40	1.90	20	0	3.05	0.00	10	2.04	0.00	1.01	94	40.5	0.26	0.02
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

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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			656	9.41	719	*25	22.45	*0.33	68	79.52	14.79	39.41	*2815	*693.1	*90.05	*5.29
% of Calories				12.91%		*15.2%	30.8%	*0.5%		48.5%		24.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Wednesday - 10/05/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000179 Oven Fried Chicken Drum	1 each	91	231	2.78	305	1	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	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
990076 Whole Grain Waffles Bakecrafters	2 each	100	141	0.00	191	2	5.02	0.00	0	22.09	0.00	4.02	0	0.0	0.00	0.72
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
990648 Sweet Potato Hash	0.25 C	100	68	0.03	180	*3	0.09	*0.00	0	15.84	2.53	1.39	10105	25.2	8.28	0.56
000556 Ketchup	1 each	100	10	0.00	100	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000625 All Natural Syrup	1 each	100	35	0.00	5	8	0.00	0.00	0	8.00	0.00	0.00	0	0.0	0.00	0.00
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

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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				764	4.37	1043	*43	20.54	*0.04	99	111.07	12.80	39.50	*20951	*670.3	*72.23	*4.09
% of Calories					5.15%		*22.5%	24.2%	*0.0%		58.2%		20.7%				
Weekly Nutrient Guideline				600 - 650	<10	1230		<=0									

### Thursday - 10/06/2022

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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									

# Base Menu Spreadsheet

Portion Values

Oct 3, 2022 thru Nov 4, 2022

## Friday - 10/07/2022

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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									

## Monday - 10/10/2022

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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 - 10/11/2022

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
001091 Sauteed Green Beans	.25 C	100	25	0.17	48	*0	1.16	*0.00	0	3.09	1.03	0.73	53	17.0	5.06	0.35
000556 Ketchup	1 each	100	10	0.00	100	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	100	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
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			531	4.02	645	*26	12.87	*0.19	56	75.89	9.45	32.92	958	461.5	59.86	3.92
% of Calories				6.81%		*19.6%	21.8%	*0.3%		57.2%		24.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 10/12/2022

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000543 Crispy Chicken Tender	1 each	91	137	0.24	283	1	0.87	*0.00	49	11.00	0.82	20.98	141	38.9	2.66	1.26
990376 Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
990356 Brown Rice, Long Grain	.5 C	100	124	0.18	101	*0	2.19	*0.00	0	23.22	1.49	3.21	*142	*4.8	*0.08	*0.59
000004 Whole Wheat Roll	1 each	100	80	0.00	170	2	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	1.08
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
990751 Summer Squash Salad	.25C	100	24	0.19	159	*1	1.21	*0.00	0	2.88	0.65	0.65	*118	*9.7	*7.52	*0.22
000556 Ketchup	1 each	100	10	0.00	100	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
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



# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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			703	2.44	1101	*36	11.17	*0.00	55	116.45	11.52	38.64	*15119	*523.6	*23.46	*4.31
% of Calories				3.12%		*20.5%	14.3%	*0.0%		66.3%		22.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Thursday - 10/13/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000406 Chicken Stir Fry	1 tender	91	108	0.33	311	0	2.40	*0.00	48	1.36	0.38	19.44	6	14.0	4.45	0.60
000726 Super Sesame Tofu	.5 C	5	128	1.33	430	1	7.57	*0.00	0	4.93	1.41	12.44	*79	*259.1	*1.44	*2.27
990437 Whole Grain Lo Mein	.5 C	100	138	0.55	181	2	3.76	*0.00	0	23.24	2.71	4.40	*11	*19.1	*0.11	*1.08
000623 Asian Broccoli	.5 C	100	77	0.67	278	2	4.27	*0.00	0	7.93	2.68	3.52	*601	*48.7	*86.11	*0.90
001162 Korean Cauliflower	.25 C	100	34	0.27	145	3	1.54	*0.00	0	4.40	1.18	1.14	*12	*13.8	*25.08	*0.27
990424 Cantaloupe	.5 C	100	27	0.04	12	6	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			496	3.21	1063	*26	15.05	*0.00	55	57.30	7.92	37.05	*3702	*488.7	*144.80	*3.26
% of Calories				5.82%		*21.0%	27.3%	*0.0%		46.2%		29.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Friday - 10/14/2022

## Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
990222 Cinnamon Roasted Butternut Squash	.25 C	100	31	0.17	49	*0	1.16	*0.00	0	5.53	0.95	0.58	827	18.0	7.44	0.36
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

# Base Menu Spreadsheet

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			672	12.51	889	*32	25.32	*0.05	64	85.24	*13.47	35.54	*11333	*967.1	*65.89	*1.13
% of Calories				16.75%		*19.0%	33.9%	*0.1%		50.7%		21.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Monday - 10/17/2022

## Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000607 Turkey Club on WW Bread w/ Let, Tom	1 each	91	309	0.76	841	*1	9.91	0.00	49	33.49	4.62	25.08	1482	127.4	4.15	3.15
000767 Egg Salad on WW Bread	1 each	5	264	1.97	533	*1	9.67	*0.00	186	33.79	4.26	12.49	374	151.6	0.31	2.14
000982 Lettuce & Tomato	.25 C	9	7	0.01	2	1	0.10	0.00	0	1.49	0.62	0.41	1478	7.4	4.15	0.21
990761 Steamed Green Peas and Corn	.5 C	100	98	0.39	147	4	2.72	*0.00	0	16.35	3.14	3.92	1073	12.4	11.62	0.94
000652 Light Mayonnaise	1 each	100	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	100	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
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

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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			650	2.54	1264	*34	18.26	*0.00	64	89.65	13.36	37.07	3048	527.0	24.20	4.44
% of Calories				3.52%		*20.9%	25.3%	*0.0%		55.2%		22.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 10/18/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000527 Peruvian Chicken Drum	1 each	91	226	3.26	442	*0	14.63	*0.05	97	2.45	0.92	20.29	*223	*40.8	*1.08	*1.20
990626 BBQ Veggie Chik'n Nuggets	5 each	5	305	1.25	811	20	10.00	0.00	0	41.17	5.00	15.00	*0	52.7	*0.00	2.46
000824 Cilantro-Lime Brown Rice	.5 C	100	123	0.17	101	*0	2.17	*0.00	0	23.06	1.62	3.32	*116	*5.6	*3.21	*0.64
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
990203 Roasted Summer Squash	.25 C	100	19	0.20	49	1	1.26	*0.00	0	1.76	0.50	0.54	*85	*9.4	*9.18	*0.20
000135 Orange Wedges	.5 C / 3 wedges	99	43	0.01	0	9	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001063 Mandarin Oranges**	.5 C	1	36	0.00	4	8	0.04	0.00	0	8.89	1.15	0.71	1240	11.5	32.05	0.26
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			732	5.38	876	*25	24.06	*0.04	99	87.18	14.13	44.17	*1618	*536.9	*75.90	*5.29
% of Calories				6.61%		*13.7%	29.6%	*0.0%		47.6%		24.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Wednesday - 10/19/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000656 Tuna Salad on WW Bread	1 each	96	253	0.51	594	*0	5.00	*0.00	18	33.06	4.12	20.52	82	128.2	0.35	2.33
000688 Honey Cinnamon Sweet Potatoes	.5 C	100	110	0.26	149	6	1.74	*0.00	0	22.30	3.08	1.58	*14158	*31.7	*2.41	*0.63
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

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			615	3.20	973	*35	12.33	*0.00	33	98.93	10.58	32.60	*14861	*569.8	*15.81	*3.53
% of Calories				4.68%		*22.8%	18.0%	*0.0%		64.3%		21.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Thursday - 10/20/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
000372 House Ranch Dressing	1 oz	100	37	1.00	111	1	2.58	*0.00	4	2.72	0.06	0.78	81	28.9	1.02	0.06
990424 Cantaloupe	.5 C	100	27	0.04	12	6	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla 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
000109 Balsamic Dressing	1 oz	0	87	1.20	52	*0	8.68	*0.00	0	2.08	0.08	0.10	0	3.5	0.00	0.06
Weighted Daily Average			587	10.57	1136	*28	23.87	*0.00	52	64.94	*7.16	36.78	*4519	*494.1	*50.85	*3.51
% of Calories				16.21%		*19.1%	36.6%	*0.0%		44.3%		25.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 10/21/2022

Reimbursable Meal Total 100

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
990678 Collard Green Salad	1 C	100	138	0.92	64	*11	6.75	*0.00	0	19.10	3.74	2.56	*6055	*138.4	*35.88	*0.29
001124 Baked Potato Fries	.25 C	100	39	0.18	52	*0	1.19	*0.00	0	6.18	1.27	1.27	*68	*15.3	*5.37	*1.57
000556 Ketchup	1 each	100	10	0.00	100	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
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			634	2.64	876	*48	15.14	*0.01	55	95.40	11.85	36.52	*6631	*568.8	*49.42	*4.26
% of Calories				3.75%		*30.3%	21.5%	*0.0%		60.2%		23.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 10/24/2022

Reimbursable Meal Total 100



# Base Menu Spreadsheet

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
001097 Steamed Corn	.25 C	100	46	0.21	48	1	1.44	*0.00	0	8.47	0.86	1.24	*80	*1.6	*2.62	*0.17
000556 Ketchup	1 each	100	10	0.00	100	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	100	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
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			809	8.63	1140	*40	25.06	*0.00	43	117.31	17.65	32.35	*982	*520.4	*12.60	*6.56
% of Calories				9.60%		*19.8%	27.9%	*0.0%		58.0%		16.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

# Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Oct 3, 2022 thru Nov 4, 2022

Tuesday - 10/25/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)
990667 Chicken and Cheese Enchilada	1 portion	91	399	9.50	920	*2	19.73	*0.01	*66	36.33	*5.30	*23.53	*652	377.7	*23.39	*0.78
990674 Cheese Quesadilla on 6" tortillas	2 each	5	400	14.00	760	0	22.00	0.00	60	34.00	0.00	18.00	600	540.0	0.00	2.00
990459 Green Leaf Salad	1 C	100	13	0.02	23	1	0.13	0.00	0	2.40	1.09	1.14	6194	30.1	7.70	0.72
001088 Tomatoes	.25 C	100	11	0.02	3	2	0.12	0.00	0	2.32	0.72	0.52	497	6.0	8.18	0.16
001038 Honey Lime Dressing	1 oz	100	85	1.03	255	2	7.19	*0.00	0	5.79	0.44	0.33	205	8.0	0.77	0.38
000135 Orange Wedges	.5 C / 3 wedges	99	43	0.01	0	9	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
001063 Mandarin Oranges**	.5 C	1	36	0.00	4	8	0.04	0.00	0	8.89	1.15	0.71	1240	11.5	32.05	0.26
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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			651	11.74	1298	*28	29.37	*0.01	*74	69.95	*9.49	*34.19	*8167	825.7	*87.45	*2.35
% of Calories				16.23%		*17.2%	40.6%	*0.0%		43.0%		*21.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Wednesday - 10/26/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990362 Crispy Fish Sandwich on WW Bun	1 each	96	313	0.81	797	4	7.25	*0.00	61	40.25	4.84	24.84	*137	*89.7	*0.07	*2.21
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
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

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			616	2.74	1131	*31	13.66	*0.00	69	93.40	10.83	36.51	*759	*506.2	*26.12	*3.67
% of Calories				4.00%		*20.1%	20.0%	*0.0%		60.6%		23.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Thursday - 10/27/2022

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000668 Sweet Chili Chicken	3 oz scoop	91	188	0.64	697	16	4.49	*0.00	48	18.63	0.22	18.88	*0	*2.4	*2.70	*0.63
990760 Sweet Chili Tofu	.5 C	5	99	0.42	592	16	2.78	*0.00	0	18.37	0.23	1.26	*45	*27.1	*0.21	*0.32
990356 Brown Rice, Long Grain	.5 C	100	124	0.18	101	*0	2.19	*0.00	0	23.22	1.49	3.21	*142	*4.8	*0.08	*0.59
001170 Asian Broccoli	.25 C	100	38	0.34	139	1	2.14	*0.00	0	3.96	1.34	1.75	*301	*24.4	*43.06	*0.46
000023 Glazed Carrots	.5 C	100	67	0.21	171	7	1.51	*0.00	0	13.31	3.41	1.14	*18565	*50.1	*6.56	*0.39
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

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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			548	2.68	1228	*43	12.98	*0.00	55	78.61	7.39	33.02	*22079	*464.2	*81.53	*2.39
% of Calories				4.40%		*31.4%	21.3%	*0.0%		57.4%		24.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Friday - 10/28/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000916 Turkey Meatball Sub	1 each	91	339	3.63	885	6	11.73	*0.00	55	38.15	3.94	24.00	*88	*230.6	*3.99	*3.22
000539 Grilled Cheese on WW Bread	1 each	5	340	9.00	660	*0	16.00	0.00	40	32.00	4.00	20.00	600	520.0	0.00	1.44
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
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

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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			607	8.09	1257	*32	22.73	*0.00	76	72.08	8.58	37.90	*1459	*686.7	*19.55	*4.49
% of Calories				12.00%		*21.1%	33.7%	*0.0%		47.5%		25.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Monday - 10/31/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990534 Whole Grain Cheese Ravioli with Tomato Sauce	3 each	96	228	1.75	597	5	5.27	*0.00	50	30.15	1.94	16.46	*88	*169.2	*3.99	*1.79
990536 Whole Grain Garlic Breadstick	1 each	100	100	0.50	95	1	3.50	0.00	0	15.00	1.00	1.00	*N/A*	0.0	*N/A*	0.90
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

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla 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			637	4.18	1045	*42	16.11	*0.00	59	99.31	13.31	29.03	*19433	*625.6	*61.86	*3.86
% of Calories				5.91%		*26.4%	22.8%	*0.0%		62.4%		18.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Tuesday - 11/01/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001069 Beef Tacos in 6" Tortilla	1 each	91	244	5.96	355	1	13.13	*0.36	52	16.11	2.87	17.41	*997	*159.3	*15.73	*1.76
000937 Sofritas Tofu Soft Tacos	1 each	5	212	1.74	785	*3	9.03	*0.00	0	23.17	3.98	14.15	*395	*322.2	*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
990351 Low Fat Sour Cream	1 oz	100	40	1.90	20	0	3.05	0.00	10	2.04	0.00	1.01	94	40.5	0.26	0.02

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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 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			656	9.41	719	*25	22.45	*0.33	68	79.52	14.79	39.41	*2815	*693.1	*90.05	*5.29
% of Calories				12.91%		*15.2%	30.8%	*0.5%		48.5%		24.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Wednesday - 11/02/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000179 Oven Fried Chicken Drum	1 each	91	231	2.78	305	1	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	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25



# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990076 Whole Grain Waffles Bakecrafters	2 each	100	141	0.00	191	2	5.02	0.00	0	22.09	0.00	4.02	0	0.0	0.00	0.72
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
990648 Sweet Potato Hash	0.25 C	100	68	0.03	180	*3	0.09	*0.00	0	15.84	2.53	1.39	10105	25.2	8.28	0.56
000556 Ketchup	1 each	100	10	0.00	100	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000625 All Natural Syrup	1 each	100	35	0.00	5	8	0.00	0.00	0	8.00	0.00	0.00	0	0.0	0.00	0.00
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			764	4.37	1043	*43	20.54	*0.04	99	111.07	12.80	39.50	*20951	*670.3	*72.23	*4.09
% of Calories				5.15%		*22.5%	24.2%	*0.0%		58.2%		20.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 11/03/2022

Reimbursable Meal Total 100

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000895 WG Sausage & Cheese Pizza	1 flatbread	91	406	7.64	787	6	18.95	*0.00	67	38.28	*4.12	26.44	*144	*65.9	*5.02	*2.10
000853 WG Flatbread Cheese Pizza	1 flatbread	5	380	8.19	778	6	17.84	*0.00	30	38.18	*3.94	23.66	*88	*39.2	*3.99	*1.42
001141 Baby Spinach Salad	1 C	100	11	0.00	38	0	0.00	0.00	0	1.74	1.08	1.39	2260	52.2	7.34	0.63
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
000372 House Ranch Dressing	1 oz	100	37	1.00	111	1	2.58	*0.00	4	2.72	0.06	0.78	81	28.9	1.02	0.06
990424 Cantaloupe	.5 C	100	27	0.04	12	6	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			590	9.72	1086	*26	23.69	*0.00	78	64.32	*7.02	37.31	*10393	*535.5	*43.43	*3.33
% of Calories				14.83%		*17.6%	36.1%	*0.0%		43.6%		25.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 11/04/2022

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
990677 Red Cabbage Coleslaw	.25 C	100	39	0.33	56	*3	2.37	*0.00	0	4.39	0.77	0.40	*1018	*21.7	*11.77	*0.23
000556 Ketchup	1 each	100	10	0.00	100	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
001201 Fresh Apple Slices	3 each	100	58	0.03	1	12	0.19	0.00	0	15.40	2.68	0.29	60	6.7	5.13	0.13
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla 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			595	3.75	984	*37	16.68	*0.08	66	85.31	10.97	33.06	*1878	*490.7	*31.87	*6.85
% of Calories				5.67%		*24.9%	25.2%	*0.1%		57.4%		22.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

# Base Menu Spreadsheet

## Portion Values

Oct 3, 2022 thru Nov 4, 2022

			Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages			643	6	1026	*34	19.11	*0.05	*66	87.81	*11.51	*35.98	*8814	*597.5	*57.32	*4.08
% of Calories				8.26%		*21.2%	26.7%	*0.1%		54.6%		*22.4%				

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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



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