



September 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

HISPANIC HERITAGE MONTH

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

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



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

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

Menu Name: DCPS Lunch K-8

Include Cost: No

Site:

Report Style: Detailed

Monday - 08/29/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	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
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
000445 Fresh Peach	1 each	100	58	0.03	0	13	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
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

Aug 29, 2022 thru Sep 30, 2022

	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			766	8.62	1138	*35	25.19	*0.00	43	104.51	14.39	33.07	*1426	*513.3	*14.85	*6.61
% of Calories				10.13%		*18.3%	29.6%	*0.0%		54.6%		17.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 08/30/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (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
000446 Fresh Watermelon	.5 C	100	23	0.01	1	5	0.11	0.00	0	5.74	0.30	0.46	432	5.3	6.16	0.18
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			630	11.73	1299	*24	29.38	*0.01	*74	64.89	*7.60	*33.79	*8382	794.5	*44.84	*2.44
% of Calories				16.76%		*15.2%	42.0%	*0.0%		41.2%		*21.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 08/31/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990362 Crispy Fish Sandwich on WW Bun	1 each	91	313	0.81	797	4	7.25	*0.00	61	40.25	4.84	24.84	*137	*89.7	*0.07	*2.21
000776 Sunbutter & Jelly Sandwich	1 each	5	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
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

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	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			583	2.75	1115	*28	14.92	*0.00	66	82.61	10.57	35.11	*738	*510.5	*20.98	*3.58
% of Calories				4.25%		*19.2%	23.0%	*0.0%		56.7%		24.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 09/01/2022

Reimbursable Meal Total 100

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

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

	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			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 - 09/02/2022

Reimbursable Meal Total 100

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

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

	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)
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			592	8.08	1256	*29	22.65	*0.00	76	67.47	8.10	38.48	*1616	*716.6	*63.20	*4.45
% of Calories				12.28%		*19.6%	34.4%	*0.0%		45.6%		26.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 09/05/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

	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)
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 - 09/06/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990534 Whole Grain Cheese Ravioli with Tomato Sauce	3 each	96	228	1.75	597	5	5.27	*0.00	50	30.15	1.94	16.46	*88	*169.2	*3.99	*1.79
990536 Whole Grain Garlic Breadstick	1 each	100	100	0.50	95	1	3.50	0.00	0	15.00	1.00	1.00	*N/A*	0.0	*N/A*	0.90
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
000446 Fresh Watermelon	.5 C	100	23	0.01	1	5	0.11	0.00	0	5.74	0.30	0.46	432	5.3	6.16	0.18
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla 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

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

	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)
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	4.16	1044	*29	15.97	*0.00	59	77.93	8.10	28.85	*19821	*614.9	*60.36	*3.72
% of Calories				6.71%		*20.8%	25.8%	*0.0%		55.9%		20.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 09/07/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (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
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

Aug 29, 2022 thru Sep 30, 2022

	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			717	4.27	1043	*40	20.34	*0.04	99	99.52	12.40	38.50	*20936	*671.1	*67.09	*3.92
% of Calories				5.36%		*22.3%	25.5%	*0.1%		55.5%		21.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 09/08/2022

Reimbursable Meal Total 100

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

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

	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			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 - 09/09/2022

Reimbursable Meal Total 100

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

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

	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)
000556 Ketchup	1 each	100	10	0.00	100	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000135 Orange Wedges	.5 C / 3 wedges	99	43	0.01	0	9	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
001063 Mandarin Oranges**	.5 C	1	36	0.00	4	8	0.04	0.00	0	8.89	1.15	0.71	1240	11.5	32.05	0.26
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			580	3.73	983	*34	16.60	*0.08	66	80.71	10.49	33.63	*2035	*520.6	*75.52	*6.81
% of Calories				5.79%		*23.4%	25.8%	*0.1%		55.7%		23.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 09/12/2022

Reimbursable Meal Total 100

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

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

	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)
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
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
000445 Fresh Peach	1 each	100	58	0.03	0	13	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
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			695	4.60	739	*33	16.90	*0.19	56	98.62	14.69	41.58	*1498	*518.9	*16.25	*7.60
% of Calories				5.96%		*19.0%	21.9%	*0.2%		56.8%		23.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 09/13/2022

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

	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	see recipe	91	454	11.36	624	3	26.39	*0.39	76	31.76	*3.25	24.14	*1112	*275.2	*16.01	*1.89
990726 Bean and Cheese Nachos	See recipe	5	479	9.34	804	4	21.74	*0.03	40	52.93	*11.86	20.57	*288	*310.2	*4.99	*2.71
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
000446 Fresh Watermelon	.5 C	100	23	0.01	1	5	0.11	0.00	0	5.74	0.30	0.46	432	5.3	6.16	0.18
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla 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			706	12.72	1051	*25	32.07	*0.35	82	74.58	*7.65	36.28	*2918	*670.4	*48.09	*3.19
% of Calories				16.22%		*14.2%	40.9%	*0.4%		42.3%		20.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 09/14/2022

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

	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)
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	96	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	96	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
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
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
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

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

	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			647	2.33	1090	*33	10.85	*0.00	55	103.33	10.99	37.39	*15098	*521.8	*18.32	*4.07
% of Calories				3.24%		*20.4%	15.1%	*0.0%		63.9%		23.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 09/15/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-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
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

Aug 29, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			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 - 09/16/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990255 Whole Wheat Mac & Cheese	1 C	96	416	11.14	596	6	19.86	*0.05	56	41.53	*4.33	22.83	*269	*365.4	*0.02	*0.11
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
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

Aug 29, 2022 thru Sep 30, 2022

	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			657	12.49	888	*29	25.24	*0.05	64	80.64	*12.99	36.11	*11490	*996.9	*109.54	*1.09
% of Calories				17.11%		*17.7%	34.6%	*0.1%		49.1%		22.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 09/19/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000607 Turkey Club on WW Bread w/ Let, Tom	1 each	91	309	0.76	841	*1	9.91	0.00	49	33.49	4.62	25.08	1482	127.4	4.15	3.15
000767 Egg Salad on WW Bread	1 each	5	264	1.97	533	*1	9.67	*0.00	186	33.79	4.26	12.49	374	151.6	0.31	2.14
000982 Lettuce & Tomato	.25 C	9	7	0.01	2	1	0.10	0.00	0	1.49	0.62	0.41	1478	7.4	4.15	0.21
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
000445 Fresh Peach	1 each	100	58	0.03	0	13	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
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

Aug 29, 2022 thru Sep 30, 2022

	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			607	2.52	1262	*30	18.39	*0.00	64	76.85	10.09	37.79	3492	520.0	26.44	4.50
% of Calories				3.74%		*19.8%	27.3%	*0.0%		50.6%		24.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 09/20/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (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

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

	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)
000446 Fresh Watermelon	.5 C	100	23	0.01	1	5	0.11	0.00	0	5.74	0.30	0.46	432	5.3	6.16	0.18
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla 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			711	5.38	877	*21	24.07	*0.04	99	82.13	12.24	43.77	*1833	*505.7	*33.29	*5.37
% of Calories				6.81%		*11.8%	30.5%	*0.1%		46.2%		24.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 09/21/2022

Reimbursable Meal Total 100

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

Aug 29, 2022 thru Sep 30, 2022

	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)
000680 Italian Dressing	1 oz	100	80	1.20	17	*0	8.67	*0.00	0	0.56	0.17	0.06	32	8.5	0.27	0.33
001201 Fresh Apple Slices	3 each	100	58	0.03	1	12	0.19	0.00	0	15.40	2.68	0.29	60	6.7	5.13	0.13
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			612	3.31	879	*31	18.21	*0.00	28	85.21	10.30	30.88	*14797	*550.2	*9.93	*3.63
% of Calories				4.87%		*20.3%	26.8%	*0.0%		55.7%		20.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 09/22/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990418 WG Flatbread Turkey Pepperoni Pizza	1 flatbread	91	400	8.52	884	6	18.84	*0.00	39	38.51	*3.94	25.66	*90	*39.2	*3.99	*2.09
000853 WG Flatbread Cheese Pizza	1 flatbread	5	380	8.19	778	6	17.84	*0.00	30	38.18	*3.94	23.66	*88	*39.2	*3.99	*1.42

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

	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)
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 - 09/23/2022

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

	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
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
000135 Orange Wedges	.5 C / 3 wedges	99	43	0.01	0	9	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
001063 Mandarin Oranges**	.5 C	1	36	0.00	4	8	0.04	0.00	0	8.89	1.15	0.71	1240	11.5	32.05	0.26
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	70	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			620	2.64	874	*46	15.09	*0.01	55	90.79	11.38	37.09	*6784	*598.7	*93.07	*4.22
% of Calories				3.83%		*29.7%	21.9%	*0.0%		58.6%		23.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 09/26/2022

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

	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)
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
000445 Fresh Peach	1 each	100	58	0.03	0	13	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
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			766	8.62	1138	*35	25.19	*0.00	43	104.51	14.39	33.07	*1426	*513.3	*14.85	*6.61
% of Calories				10.13%		*18.3%	29.6%	*0.0%		54.6%		17.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

Tuesday - 09/27/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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
000446 Fresh Watermelon	.5 C	100	23	0.01	1	5	0.11	0.00	0	5.74	0.30	0.46	432	5.3	6.16	0.18
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			630	11.73	1299	*24	29.38	*0.01	*74	64.89	*7.60	*33.79	*8382	794.5	*44.84	*2.44
% of Calories				16.76%		*15.2%	42.0%	*0.0%		41.2%		*21.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

Wednesday - 09/28/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	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
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
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 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			583	2.75	1115	*28	14.92	*0.00	66	82.61	10.57	35.11	*738	*510.5	*20.98	*3.58
% of Calories				4.25%		*19.2%	23.0%	*0.0%		56.7%		24.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

Thursday - 09/29/2022

Reimbursable Meal Total 100

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

Aug 29, 2022 thru Sep 30, 2022

	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			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 - 09/30/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (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
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

Aug 29, 2022 thru Sep 30, 2022

	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			592	8.08	1256	*29	22.65	*0.00	76	67.47	8.10	38.48	*1616	*716.6	*63.20	*4.45
% of Calories				12.28%		*19.6%	34.4%	*0.0%		45.6%		26.0%				
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			628	6	1085	*31	20.53	*0.03	*64	80.52	*9.98	*35.80	*7822	*590.8	*51.95	*4.05
% of Calories				8.93%		*19.7%	29.4%	*0.0%		51.3%		*22.8%				

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

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

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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



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