



March Lunch Menu

LUNCH K-8

What do the colors on the menu mean?

GREEN = locally-sourced
 = vegetarian entree

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

Menu subject to change based on availability

This institution is an equal opportunity provider



NEW MENU ITEMS

Check out the exciting new dishes being added to the menu this month!

Pesto Green Beans 3/7

Chicken & Black Bean Empanadas 3/18

Hot Honey Chicken 3/20

Southwest Sweet Potato Mash 3/20

Red Beans & Rice 3/21



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <ul style="list-style-type: none"> chicken alfredo veggie chik'n alfredo whole grain penne pasta steamed broccoli steamed carrots fresh pear 	4 <ul style="list-style-type: none"> all-beef hotdog veggie burger whole grain bun roasted red potatoes bbq baked beans ketchup & mustard fresh orange wedges 	5 <ul style="list-style-type: none"> baja fish tacos baja cream sauce cheese quesadilla steamed corn tangy cilantro-lime slaw fresh banana 	6 <ul style="list-style-type: none"> herb roasted chicken drum veggie chik'n nuggets ketchup cornbread muffin butternut squash puree roasted cauliflower fresh honeydew 	7 <ul style="list-style-type: none"> grilled cheese sweet potato fries ketchup pesto green beans fresh apple slices
10 <ul style="list-style-type: none"> pepperoni pizza cheese pizza baby spinach salad cucumber coins house ranch dressing fresh pear 	11 <ul style="list-style-type: none"> pulled bbq chicken bbq tofu whole grain bun coleslaw jazzy black-eyed peas fresh orange wedges 	12 <ul style="list-style-type: none"> beef & cheese nachos bean & cheese nachos southwest taco corn roasted tomato salsa sour cream fresh banana 	13 <p>no school</p>	14 <p>no school</p>
17 <ul style="list-style-type: none"> beef burger veggie burger whole grain bun steamed carrots sauteed green beans ketchup & mustard fresh pear 	18 <ul style="list-style-type: none"> chicken & black bean empanadas cheese quesadilla roasted tomato salsa oven fried plantains fresh orange wedges 	19 <ul style="list-style-type: none"> turkey meatballs and house tomato sauce tofu bolognese whole grain spaghetti whole grain roll mixed greens salad diced cucumber house ranch dressing fresh banana 	20 <ul style="list-style-type: none"> hot honey chicken drum hot honey veggie chik'n nuggets mac & cheese braised collard greens southwest sweet potato mash fresh honeydew 	21 <ul style="list-style-type: none"> crispy catfish veggie chik'n nuggets red beans and rice hot sauce sauteed cabbage fresh pear
24 <ul style="list-style-type: none"> crispy chicken tender veggie chik'n nuggets ketchup whole grain roll mashed potatoes sauteed green beans fresh pear 	25 <ul style="list-style-type: none"> beef tacos sofritas tacos shredded lettuce chipotle pinto beans roasted tomato salsa fresh orange wedges 	26 <ul style="list-style-type: none"> sweet chili chicken sweet chili tofu brown rice steamed carrots ginger soy broccoli fresh banana 	27 <ul style="list-style-type: none"> turkey sloppy joe lentil sloppy joe whole grain bun sweet potato fries ketchup garlic kale fresh honeydew 	28 <ul style="list-style-type: none"> cheese pizza steamed corn mixed greens salad italian dressing fresh apple slices
31 <ul style="list-style-type: none"> chicken alfredo veggie chik'n alfredo whole grain penne pasta steamed broccoli steamed carrots fresh pear 	4/1 <ul style="list-style-type: none"> all-beef hotdog veggie burger whole grain bun roasted red potatoes bbq baked beans ketchup & mustard fresh orange wedges 	4/2 <ul style="list-style-type: none"> baja fish tacos baja cream sauce cheese quesadilla steamed corn tangy cilantro-lime slaw fresh banana 	4/3 <ul style="list-style-type: none"> herb roasted chicken drum veggie chik'n nuggets ketchup cornbread muffin butternut squash puree roasted cauliflower fresh honeydew 	4/4 <ul style="list-style-type: none"> grilled cheese sweet potato fries ketchup pesto green beans fresh apple slices

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

Menu Name: DCPS Lunch K-8

Include Cost: No

Site:

Use Alternate Menu Name: No

Monday - 03/03/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999041 Seasoned Diced Chicken	3 oz	91	105	0.60	145	0	*0	3.76	*0.00	57	0.29	0.06	17.66	*0	*4.1	*0.04	*0.30
990376 Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
990300 Penne Pasta with Alfredo Sauce	4 oz	96	170	2.50	243	1	*0	6.57	*0.00	11	20.91	2.36	6.46	*228	*116.6	*0.00	*0.85
000454 Steamed Carrots	4 oz	75	41	0.00	82	5	*N/A*	0.00	0.00	0	9.52	4.08	1.36	*N/A*	40.8	*N/A*	0.54
000107 Steamed Broccoli	.5 C	75	33	0.11	32	2	*N/A*	0.36	0.00	0	6.41	2.51	2.72	601	45.4	86.10	0.70
000884 Fresh Pear	1 each	100	101	0.04	2	17	*N/A*	0.25	0.00	0	27.11	5.52	0.64	44	16.0	7.65	0.32
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			543	4.44	617	*36	*0	13.52	*0.00	74	74.41	13.26	35.75	*1145	*573.2	*73.01	*2.64
% of Calories				7.36%		*26.5%	*0%	22.4%	*0.0%		54.8%		26.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 03/04/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000240 All Beef Hot Dog on a WW Bun	1 each	91	320	7.00	710	4	*N/A*	17.50	0.00	35	30.00	4.00	11.00	0	40.0	1.20	2.16
000409 Veggie Burger on WW Bun	1 each	5	370	2.50	570	4	*0	15.00	0.00	0	36.00	6.00	25.00	0	24.0	0.00	7.44
000475 BBQ Baked Beans	4 oz	75	219	0.65	103	5	*2	4.25	*0.00	0	35.99	6.81	10.50	*410	*85.5	*0.47	*3.68
000386 Roasted Red Potatoes	.5 C	75	86	0.35	110	*0	*N/A*	2.37	*0.00	0	14.90	1.62	1.79	*7	*10.2	*7.93	*0.69
000556 Ketchup	1 each	96	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	96	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000135 Orange Wedges	4 oz / 3 wedges	99	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
001063 Mandarin Oranges**	.5 C	1	36	0.00	4	8	*N/A*	0.04	0.00	0	8.89	1.15	0.71	1240	11.5	32.05	0.26
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
990383	Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776	Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592	Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652	Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557	Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average				717	8.58	1141	*29	*2	24.53	*0.00	43	93.86	12.69	30.36	*960	*520.3	*56.92	*5.90
% of Calories					10.77 %		*16.2%	*1.1%	30.8%	*0.0%		52.4%		16.9%				
Weekly Nutrient Guideline				600 - 650	<10	1110			<=0									

Wednesday - 03/05/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
991027	Baja Fish Tacos	2 each	91	246	1.19	378	*0	*0	6.79	*0.00	69	27.15	4.48	23.26	*336	*86.9	*0.13	*0.31
990674	Cheese Quesadilla on 6" tortillas	2 each	5	360	13.00	590	0	*N/A*	22.00	0.00	60	28.00	4.00	18.00	600	480.0	0.00	0.00
990806	Baja Cream Sauce	1 oz	96	38	1.64	83	0	*N/A*	2.65	*0.00	9	2.22	0.04	1.11	98	42.9	0.67	0.06
000469	Steamed Corn	4 oz	75	88	0.34	96	2	*N/A*	2.32	*0.00	0	17.08	1.73	2.49	*161	*3.3	*5.28	*0.35
990100	Tangy Cilantro-Lime Slaw	2 oz	75	48	0.38	116	3	*N/A*	2.65	*0.00	0	6.02	1.60	0.87	*2887	*28.1	*22.02	*0.42
000175	Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231	Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			601	5.29	756	*31	*0	16.72	*0.00	85	86.40	10.11	35.95	*3221	*548.1	*32.25	*1.42
% of Calories				7.92%		*20.6%	*0%	25.0%	*0.0%		57.5%		23.9%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 03/06/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000667 Herb Roasted Chicken Drum 1 ea	1 each	91	192	2.92	206	0	*N/A*	11.95	*0.05	97	0.48	0.19	19.11	*65	*16.3	*0.41	*1.04
990376 Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
000556 Ketchup	1 each	5	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000851 WG Cornbread Muffin - Large	1 each	96	220	1.00	115	18	18	8.00	0.00	20	36.00	1.00	3.00	0	27.0	0.00	1.00
000517 Butternut Squash Puree	.5 C	75	119	0.70	102	*4	*4	4.73	*0.00	0	19.83	2.95	1.68	*2312	*58.2	*20.81	*1.16

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
000651	Roasted Cauliflower	4 oz	75	75	0.59	249	4	*N/A*	2.83	*0.00	0	10.76	4.21	4.07	*1	*46.4	*99.48	*0.91
990434	Honeydew	4 oz	100	36	0.04	18	8	0	0.14	0.00	0	9.07	0.80	0.54	50	6.0	17.96	0.17
000231	Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230	1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160	Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383	Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776	Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592	Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652	Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557	Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average				695	6.00	748	*44	*21	27.64	*0.04	118	82.12	7.79	34.89	*2274	*502.1	*109.31	*3.93
% of Calories					7.77%		*25.3%	*12.1%	35.8%	*0.1%		47.3%		20.1%				
Weekly Nutrient Guideline				600 - 650	<10	1110			<=0									

Friday - 03/07/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
000539	Grilled Cheese on WW Bread	1 each	96	340	9.00	660	*0	*N/A*	16.00	0.00	40	32.00	4.00	20.00	600	520.0	0.00	1.44
000239	Sweet Potato Fries	4 oz	75	108	0.34	149	4	*N/A*	2.31	*0.00	0	20.38	3.08	1.63	*14224	*30.9	*2.42	*0.66

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
000556 Ketchup	1 each	75	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
991001 Pesto Green Beans	4oz	75	68	0.64	141	*0	*0	3.96	*0.00	3	6.30	2.00	2.20	*107	59.2	*10.09	0.87
001201 Fresh Apple Slices	3 each	100	47	0.03	1	9	*N/A*	0.15	0.00	0	12.57	2.18	0.24	49	5.5	4.19	0.11
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			629	10.72	1069	*25	*0	23.00	*0.00	52	78.68	10.07	31.33	*11804	*946.6	*14.32	*2.82
% of Calories				15.34 %		*15.9%	*0%	32.9%	*0.0%		50.0%		19.9%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 03/10/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
991043 Pepperoni Pizza	1 slice	91	292	5.20	634	3	*1	11.60	0.00	30	31.20	3.00	16.20	*2	310.0	*0.00	2.00

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990978 Cheese Pizza	1 slice	5	280	5.00	570	3	1	11.00	0.00	25	31.00	3.00	15.00	*N/A*	310.0	*N/A*	1.60
001141 Baby Spinach Salad	1 C	75	11	0.00	38	0	*N/A*	0.00	0.00	0	1.74	1.08	1.39	2260	52.2	7.34	0.63
000033 Cucumber Coins	4 oz	75	11	0.03	1	1	*N/A*	0.08	0.00	0	2.66	0.37	0.48	77	11.7	2.05	0.20
000372 House Ranch Dressing	1 oz	100	62	1.45	104	1	*N/A*	5.49	*0.00	6	2.37	0.06	0.79	44	29.2	0.49	0.04
000884 Fresh Pear	1 each	100	101	0.04	2	17	*N/A*	0.25	0.00	0	27.11	5.52	0.64	44	16.0	7.65	0.32
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			575	7.81	883	*35	*1	19.69	*0.00	46	76.60	9.77	27.34	*2273	765.1	*15.93	3.07
% of Calories				12.22 %		*24.3%	*0.7%	30.8%	*0.0%		53.3%		19.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 03/11/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000609 Pulled BBQ Chicken on WW Bun	1 each	91	289	0.59	548	13	*0	5.75	*0.00	57	39.54	4.02	23.61	*0	*24.9	*0.00	*1.84
000728 BBQ Tofu on a Whole Wheat Bun	1 each	5	343	1.02	783	25	*N/A*	7.41	*0.00	0	56.83	5.66	17.71	*336	281.7	*0.44	3.98
990876 Jazzy Black Eyed Peas	4 oz	75	123	0.65	209	*1	*N/A*	5.33	*0.00	0	14.34	3.54	5.09	*212	*20.7	*6.47	*1.60
001090 Coleslaw	2 oz	75	85	1.21	82	3	*N/A*	7.18	*0.00	4	4.81	1.38	0.76	1526	25.6	17.05	0.27
000135 Orange Wedges	4 oz / 3 wedges	99	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
001063 Mandarin Oranges**	.5 C	1	36	0.00	4	8	*N/A*	0.04	0.00	0	8.89	1.15	0.71	1240	11.5	32.05	0.26
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			595	3.32	899	*37	*0	17.87	*0.00	66	77.87	10.06	36.64	*1968	*482.5	*67.19	*3.56
% of Calories				5.02%		*24.9%	*0%	27.0%	*0.0%		52.3%		24.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 03/12/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990727 Beef and Cheese Nachos K-8	see recipe	91	465	9.64	630	1	*0	27.37	*0.41	59	36.19	4.21	18.55	*725	*198.7	*17.17	*1.83
990726 Bean and Cheese Nachos K-8	See recipe	5	505	6.15	580	*1	*0	18.92	*0.00	20	66.03	11.49	18.87	*564	*246.5	*13.00	*2.95
000922 Southwest Taco Corn	4 oz	75	112	0.56	277	*2	*N/A*	3.87	*0.00	0	19.69	2.46	2.92	*363	*18.1	*13.95	*0.81
990870 Roasted Tomato Salsa	2 oz	75	18	0.01	261	2	*0	0.09	*0.00	0	3.67	0.80	0.73	*16	16.8	*0.92	0.13
990351 Low Fat Sour Cream	1 oz	96	40	1.90	20	0	*N/A*	3.05	0.00	10	2.04	0.00	1.01	94	40.5	0.26	0.02
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			805	12.77	1168	*31	*0	34.91	*0.37	76	96.54	10.14	31.83	*1568	*638.5	*38.70	*3.04
% of Calories				14.28 %		*15.4%	*0%	39.0%	*0.4%		48.0%		15.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 03/13/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

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

Friday - 03/14/2025

Reimbursable Meal Total 1

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

Monday - 03/17/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000235 Beef Burger on WW Bun	1 each	91	283	3.00	284	3	*N/A*	9.63	0.24	57	29.53	4.15	22.98	107	30.2	0.05	3.27
000409 Veggie Burger on WW Bun	1 each	5	370	2.50	570	4	*0	15.00	0.00	0	36.00	6.00	25.00	0	24.0	0.00	7.44
000454 Steamed Carrots	4 oz	75	41	0.00	82	5	*N/A*	0.00	0.00	0	9.52	4.08	1.36	*N/A*	40.8	*N/A*	0.54

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000047 Sautéed Green Beans	4 oz	75	52	0.36	96	*0	*N/A*	2.41	*0.00	0	6.19	2.06	1.46	*107	*33.9	*10.12	*0.69
000557 Mustard	1 each	96	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000556 Ketchup	1 each	96	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
001201 Fresh Apple Slices	3 each	100	47	0.03	1	9	*N/A*	0.15	0.00	0	12.57	2.18	0.24	49	5.5	4.19	0.11
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			528	4.46	728	*29	*0	14.25	*0.22	63	68.83	11.09	33.53	*657	*464.6	*12.58	*4.57
% of Calories				7.60%		*22.0%	*0%	24.3%	*0.4%		52.1%		25.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 03/18/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991003 Chicken & Black Bean Empanadas	2 empanadas	91	280	1.50	890	1	0	6.00	0.00	45	40.00	5.00	17.00	*N/A*	*N/A*	*N/A*	*N/A*
990674 Cheese Quesadilla on 6" tortillas	2 each	5	360	13.00	590	0	*N/A*	22.00	0.00	60	28.00	4.00	18.00	600	480.0	0.00	0.00
990858 Roasted Tomato Salsa	4 oz	75	36	0.02	522	4	*0	0.17	*0.00	0	7.34	1.59	1.46	*32	33.6	*1.84	0.26
991004 Oven Fried Plantains	.5 C	75	189	0.53	73	25	*N/A*	3.68	*0.00	0	35.78	2.10	2.10	*0	0.0	*0.00	1.14
000135 Orange Wedges	4 oz / 3 wedges	99	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
001063 Mandarin Oranges**	.5 C	1	36	0.00	4	8	*N/A*	0.04	0.00	0	8.89	1.15	0.71	1240	11.5	32.05	0.26
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			601	3.75	1428	*44	*0	12.34	*0.00	55	94.81	9.95	28.93	*701	*460.2	*50.90	*1.33
% of Calories				5.62%		*29.3%	*0%	18.5%	*0.0%		63.1%		19.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 03/19/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000913 Turkey Meatballs & Sauce	4 each	91	148	1.10	493	4	*N/A*	5.69	*0.00	45	11.16	0.94	14.46	*88	*39.2	*3.99	*1.42
001045 Tofu Bolognese	1 C	5	193	1.35	193	*7	*0	7.48	*0.00	0	18.38	2.18	15.14	*148	*291.1	*3.13	*2.69
990301 Whole Grain Spaghetti	.5 C	96	114	0.39	101	0	*N/A*	2.62	*0.00	0	20.13	2.63	3.92	*0	*15.4	*0.00	*0.97
000004 Whole Wheat Roll	1 each	96	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	1.08
000468 Mixed Greens Salad	8oz	75	14	0.03	24	1	*N/A*	0.20	0.00	0	2.69	1.67	1.27	786	40.1	8.45	0.97
000372 House Ranch Dressing	1 oz	75	62	1.45	104	1	*N/A*	5.49	*0.00	6	2.37	0.06	0.79	44	29.2	0.49	0.04
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			609	4.00	957	*35	*0	16.46	*0.00	57	90.39	10.01	32.42	*1216	*554.9	*21.51	*4.66
% of Calories				5.91%		*23.0%	*0%	24.3%	*0.0%		59.4%		21.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

Thursday - 03/20/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991028 Hot Honey Chicken Drum	1 each	91	250	2.59	410	17	*N/A*	9.68	*0.05	97	18.00	0.13	19.15	333	11.3	0.15	0.87
991029 Hot Honey Veggie Chik'n Nuggets	5 each	5	435	1.25	1234	49	*N/A*	10.00	*0.00	0	69.06	5.11	15.17	756	53.4	0.28	2.49
990845 Whole Wheat Mac & Cheese	4 oz scoop	96	211	6.00	400	1	*0	9.64	0.00	30	22.00	2.12	9.98	0	223.0	0.00	0.00
000005 Braised Collard Greens	4 oz	75	67	0.30	124	*1	*1	2.12	*0.00	0	10.51	5.48	3.74	*9800	*217.1	*52.56	*0.33
999021 Southwest Sweet Potato Mash	.5 C	75	180	0.04	165	16	*9	0.16	*0.00	0	42.80	5.24	2.71	23472	63.2	4.01	1.26
990434 Honeydew	4 oz	100	36	0.04	18	8	0	0.14	0.00	0	9.07	0.80	0.54	50	6.0	17.96	0.17
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			788	9.79	1196	*53	*8	23.19	*0.04	128	103.89	11.49	42.15	*25775	*817.6	*61.29	*2.47
% of Calories				11.18 %		*26.9%	*4.1%	26.5%	*0.0%		52.7%		21.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

Friday - 03/21/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990957 Crispy Catfish	1 filet each	91	168	0.49	296	1	*0	4.51	*0.00	69	10.53	0.82	20.96	*137	*27.5	*0.07	*0.76
991051 Red Beans & Rice	8 oz	96	263	0.23	276	*1	*0	3.28	*0.00	0	48.24	7.36	11.65	*73	*45.7	*7.57	*3.15
990376 Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
000604 Hot Sauce	1 each	96	0	0.00	32	0	*N/A*	0.00	*N/A*	0	0.02	0.00	0.01	2	0.1	0.90	0.01
000639 Sauteed Cabbage	.5 C	75	38	0.27	117	3	*0	1.84	*0.00	0	5.14	1.85	1.01	*65	*29.6	*24.75	*0.36
000884 Fresh Pear	1 each	100	101	0.04	2	17	*N/A*	0.25	0.00	0	27.11	5.52	0.64	44	16.0	7.65	0.32
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			663	2.29	818	*34	*0	12.17	*0.00	74	101.89	15.20	41.44	*719	*484.1	*35.16	*4.61
% of Calories				3.11%		*20.5%	*0%	16.5%	*0.0%		61.5%		25.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

Monday - 03/24/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000543 Crispy Chicken Tender	1 each	91	137	0.24	283	1	*N/A*	0.87	*0.00	49	11.00	0.82	20.98	141	38.9	2.66	1.26
990376 Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
000004 Whole Wheat Roll	1 each	96	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	1.08
000682 Mashed Potatoes	.5 C	75	105	1.35	203	*1	*N/A*	4.39	*0.00	4	14.01	2.74	3.13	*48	*45.6	*12.31	*3.52
000047 Sauteed Green Beans	4 oz	75	52	0.36	96	*0	*N/A*	2.41	*0.00	0	6.19	2.06	1.46	*107	*33.9	*10.12	*0.69
000556 Ketchup	1 each	96	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000884 Fresh Pear	1 each	100	101	0.04	2	17	*N/A*	0.25	0.00	0	27.11	5.52	0.64	44	16.0	7.65	0.32
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			558	2.92	906	*34	*N/A*	10.38	*0.00	59	84.56	12.26	35.83	*719	*545.6	*27.66	*5.96
% of Calories				4.71%		*24.4%	*N/A*	16.7%	*0.0%		60.6%		25.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 03/25/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990897 Beef Tacos in 6" Tortilla	2 each	91	419	11.19	592	1	*0	25.45	*0.41	70	30.56	5.21	21.94	*1027	*304.9	*17.17	*1.83
990810 Sofritas Tofu Soft Tacos	2 each	5	278	2.20	480	3	*1	11.15	*0.00	0	35.48	5.96	16.12	*224	*363.5	*0.73	*3.49
990327 Chipotle Pinto Beans	4 oz	75	171	0.31	126	*1	*N/A*	1.97	*0.00	0	28.51	7.08	9.52	*118	*56.4	*3.55	*2.51
990870 Roasted Tomato Salsa	2 oz	75	18	0.01	261	2	*0	0.09	*0.00	0	3.67	0.80	0.73	*16	16.8	*0.92	0.13
000967 Shredded Lettuce	4 oz	75	5	0.01	2	0	*N/A*	0.09	0.00	0	0.97	0.62	0.36	2568	9.7	1.18	0.29
000135 Orange Wedges	4 oz / 3 wedges	99	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
001063 Mandarin Oranges**	.5 C	1	36	0.00	4	8	*N/A*	0.04	0.00	0	8.89	1.15	0.71	1240	11.5	32.05	0.26
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			700	11.86	997	*25	*0	28.22	*0.37	74	79.12	13.84	38.61	*3620	*768.8	*69.42	*4.32
% of Calories				15.25 %		*14.3%	*0%	36.3%	*0.5%		45.2%		22.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 03/26/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000668 Sweet Chili Chicken	3 oz scoop	91	163	0.59	310	10	*10	3.75	0.00	57	14.45	0.03	17.67	*0	*11.8	*0.00	*0.54
990760 Sweet Chili Tofu	4 oz	5	156	0.99	273	11	*10	5.20	0.00	0	17.73	1.12	11.28	0	259.1	0.25	2.26
990356 Brown Rice	4 oz	96	124	0.18	101	*0	*N/A*	2.19	*0.00	0	23.22	1.49	3.21	*142	*4.8	*0.08	*0.59
000623 Ginger Soy Broccoli	4 oz	75	78	0.67	316	2	*0	4.25	*0.00	0	7.55	2.63	3.38	*601	*46.6	*86.11	*0.81
000454 Steamed Carrots	4 oz	75	41	0.00	82	5	*N/A*	0.00	0.00	0	9.52	4.08	1.36	*N/A*	40.8	*N/A*	0.54
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			585	2.71	834	*42	*10	12.13	*0.00	63	89.96	9.85	33.58	*1093	*474.1	*75.69	*2.69
% of Calories				4.17%		*28.7%	*6.8%	18.7%	*0.0%		61.5%		23.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 03/27/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000065 Turkey Sloppy Joe on WW Bun	1 each	91	294	2.27	565	*10	*2	9.90	*0.00	87	36.84	4.68	19.77	*149	*81.8	*4.62	*3.15
990666 Lentil Sloppy Joe on WW Bun	1 each	5	329	0.41	1046	*12	*2	5.52	*0.00	0	61.37	8.76	14.43	*813	*43.6	*9.12	*4.27
000239 Sweet Potato Fries	4 oz	75	108	0.34	149	4	*N/A*	2.31	*0.00	0	20.38	3.08	1.63	*14224	*30.9	*2.42	*0.66
000556 Ketchup	1 each	96	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000492 Garlic Kale	4oz scoop	75	54	0.46	136	1	*N/A*	3.40	*0.00	0	4.80	3.34	2.57	*3711	*197.6	*72.04	*1.34
990434 Honeydew	4 oz	100	36	0.04	18	8	0	0.14	0.00	0	9.07	0.80	0.54	50	6.0	17.96	0.17

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
000231	Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230	1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160	Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383	Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776	Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592	Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652	Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557	Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average				567	4.04	1035	*34	*2	16.49	*0.00	90	80.35	10.55	31.42	*14108	*628.4	*79.22	*4.94
% of Calories					6.41%		*24.0%	*1.4%	26.2%	*0.0%		56.7%		22.2%				
Weekly Nutrient Guideline				600 - 650	<10	1110			<=0									

Friday - 03/28/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
990978	Cheese Pizza	1 slice	96	280	5.00	570	3	1	11.00	0.00	25	31.00	3.00	15.00	*N/A*	310.0	*N/A*	1.60
000468	Mixed Greens Salad	8oz	75	14	0.03	24	1	*N/A*	0.20	0.00	0	2.69	1.67	1.27	786	40.1	8.45	0.97
000680	Italian Dressing	1 oz	75	134	1.98	25	*0	*N/A*	13.83	*0.00	0	0.86	0.27	0.09	*49	*13.0	*0.42	*0.44
000469	Steamed Corn	4 oz	75	88	0.34	96	2	*N/A*	2.32	*0.00	0	17.08	1.73	2.49	*161	*3.3	*5.28	*0.35

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001201 Fresh Apple Slices	3 each	100	47	0.03	1	9	*N/A*	0.15	0.00	0	12.57	2.18	0.24	49	5.5	4.19	0.11
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			609	7.90	799	*27	*1	25.76	*0.00	35	71.69	8.05	26.54	*1226	*719.8	*15.55	*3.15
% of Calories				11.67 %		*17.7%	*0.7%	38.1%	*0.0%		47.1%		17.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 03/31/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999041 Seasoned Diced Chicken	3 oz	91	105	0.60	145	0	*0	3.76	*0.00	57	0.29	0.06	17.66	*0	*4.1	*0.04	*0.30
990376 Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
990300 Penne Pasta with Alfredo Sauce	4 oz	96	170	2.50	243	1	*0	6.57	*0.00	11	20.91	2.36	6.46	*228	*116.6	*0.00	*0.85

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
000454	Steamed Carrots	4 oz	75	41	0.00	82	5	*N/A*	0.00	0.00	0	9.52	4.08	1.36	*N/A*	40.8	*N/A*	0.54
000107	Steamed Broccoli	.5 C	75	33	0.11	32	2	*N/A*	0.36	0.00	0	6.41	2.51	2.72	601	45.4	86.10	0.70
000884	Fresh Pear	1 each	100	101	0.04	2	17	*N/A*	0.25	0.00	0	27.11	5.52	0.64	44	16.0	7.65	0.32
000231	Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230	1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160	Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383	Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776	Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592	Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652	Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557	Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average				543	4.44	617	*36	*0	13.52	*0.00	74	74.41	13.26	35.75	*1145	*573.2	*73.01	*2.64
% of Calories					7.36%		*26.5%	*0%	22.4%	*0.0%		54.8%		26.3%				
Weekly Nutrient Guideline				600 - 650	<10	1110			<=0									

Tuesday - 04/01/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
000240	All Beef Hot Dog on a WW Bun	1 each	91	320	7.00	710	4	*N/A*	17.50	0.00	35	30.00	4.00	11.00	0	40.0	1.20	2.16

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000409 Veggie Burger on WW Bun	1 each	5	370	2.50	570	4	*0	15.00	0.00	0	36.00	6.00	25.00	0	24.0	0.00	7.44
000475 BBQ Baked Beans	4 oz	75	219	0.65	103	5	*2	4.25	*0.00	0	35.99	6.81	10.50	*410	*85.5	*0.47	*3.68
000386 Roasted Red Potatoes	.5 C	75	86	0.35	110	*0	*N/A*	2.37	*0.00	0	14.90	1.62	1.79	*7	*10.2	*7.93	*0.69
000556 Ketchup	1 each	96	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	96	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000135 Orange Wedges	4 oz / 3 wedges	99	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
001063 Mandarin Oranges**	.5 C	1	36	0.00	4	8	*N/A*	0.04	0.00	0	8.89	1.15	0.71	1240	11.5	32.05	0.26
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			717	8.58	1141	*29	*2	24.53	*0.00	43	93.86	12.69	30.36	*960	*520.3	*56.92	*5.90
% of Calories				10.77 %		*16.2%	*1.1%	30.8%	*0.0%		52.4%		16.9%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

Wednesday - 04/02/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
991027	Baja Fish Tacos	2 each	91	246	1.19	378	*0	*0	6.79	*0.00	69	27.15	4.48	23.26	*336	*86.9	*0.13	*0.31
990674	Cheese Quesadilla on 6" tortillas	2 each	5	360	13.00	590	0	*N/A*	22.00	0.00	60	28.00	4.00	18.00	600	480.0	0.00	0.00
990806	Baja Cream Sauce	1 oz	96	38	1.64	83	0	*N/A*	2.65	*0.00	9	2.22	0.04	1.11	98	42.9	0.67	0.06
000469	Steamed Corn	4 oz	75	88	0.34	96	2	*N/A*	2.32	*0.00	0	17.08	1.73	2.49	*161	*3.3	*5.28	*0.35
990100	Tangy Cilantro-Lime Slaw	2 oz	75	48	0.38	116	3	*N/A*	2.65	*0.00	0	6.02	1.60	0.87	*2887	*28.1	*22.02	*0.42
000175	Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231	Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230	1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160	Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383	Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776	Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592	Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652	Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557	Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average				601	5.29	756	*31	*0	16.72	*0.00	85	86.40	10.11	35.95	*3221	*548.1	*32.25	*1.42
% of Calories					7.92%		*20.6%	*0%	25.0%	*0.0%		57.5%		23.9%				
Weekly Nutrient Guideline				600 - 650	<10	1110			<=0									

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

Thursday - 04/03/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000667 Herb Roasted Chicken Drum 1 ea	1 each	91	192	2.92	206	0	*N/A*	11.95	*0.05	97	0.48	0.19	19.11	*65	*16.3	*0.41	*1.04
990376 Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
000556 Ketchup	1 each	5	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000851 WG Cornbread Muffin - Large	1 each	96	220	1.00	115	18	18	8.00	0.00	20	36.00	1.00	3.00	0	27.0	0.00	1.00
000517 Butternut Squash Puree	.5 C	75	119	0.70	102	*4	*4	4.73	*0.00	0	19.83	2.95	1.68	*2312	*58.2	*20.81	*1.16
000651 Roasted Cauliflower	4 oz	75	75	0.59	249	4	*N/A*	2.83	*0.00	0	10.76	4.21	4.07	*1	*46.4	*99.48	*0.91
990434 Honeydew	4 oz	100	36	0.04	18	8	0	0.14	0.00	0	9.07	0.80	0.54	50	6.0	17.96	0.17
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			695	6.00	748	*44	*21	27.64	*0.04	118	82.12	7.79	34.89	*2274	*502.1	*109.31	*3.93
% of Calories				7.77%		*25.3%	*12.1%	35.8%	*0.1%		47.3%		20.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 04/04/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000539 Grilled Cheese on WW Bread	1 each	96	340	9.00	660	*0	*N/A*	16.00	0.00	40	32.00	4.00	20.00	600	520.0	0.00	1.44
000239 Sweet Potato Fries	4 oz	75	108	0.34	149	4	*N/A*	2.31	*0.00	0	20.38	3.08	1.63	*14224	*30.9	*2.42	*0.66
000556 Ketchup	1 each	75	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
991001 Pesto Green Beans	4oz	75	68	0.64	141	*0	*0	3.96	*0.00	3	6.30	2.00	2.20	*107	59.2	*10.09	0.87
001201 Fresh Apple Slices	3 each	100	47	0.03	1	9	*N/A*	0.15	0.00	0	12.57	2.18	0.24	49	5.5	4.19	0.11
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000592 Turkey Ham & Cheese on WW Brea	1 each	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			629	10.72	1069	*25	*0	23.00	*0.00	52	78.68	10.07	31.33	*11804	*946.6	*14.32	*2.82
% of Calories				15.34 %		*15.9%	*0%	32.9%	*0.0%		50.0%		19.9%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	633	6	927	*34	*3	19.77	*0.05	71	84.67	10.87	33.77	*4107	*608.0	*49.67	*3.56
% of Calories		9.13%		*21.5%	*1.9%	28.1%	*0.1%		53.5%		21.3%				

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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