



June Salad Bar Lunch Menu

DC PUBLIC SCHOOLS | 6-8

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

Fresh fruit is provided with lunch daily.
Mon - pear; Tues - orange; Wed - banana;
Thurs - cantaloupe; Fri - apple

6/3 - 6/7 BBQ CHICKEN

+ pick your base

- romaine

+pick your protein

- bbq chicken
- chickpeas

+pick your toppings

- red onion
- red pepper strips
- corn
- shredded cheddar cheese
- whole grain croutons
- whole grain roll

+add your dressing

- honey mustard dressing

6/10 - 6/14 SOUTHWEST TACO

+ pick your base

- romaine

+pick your protein

- cumin line chicken
- black beans

+pick your toppings

- cherry tomatoes
- corn
- red onion
- shredded cheddar cheese
- whole grain tortilla chips
- whole grain roll

+add your dressing

- honey lime dressing

6/17 BUFFALO CHICKEN

+ pick your base

- mixed greens salad

+pick your protein

- buffalo chicken strips
- herb roasted chicken

+pick your toppings

- diced cucumber
- shredded carrots
- corn
- kidney beans
- sunflower seeds
- shredded mozzarella cheese

+add your dressing

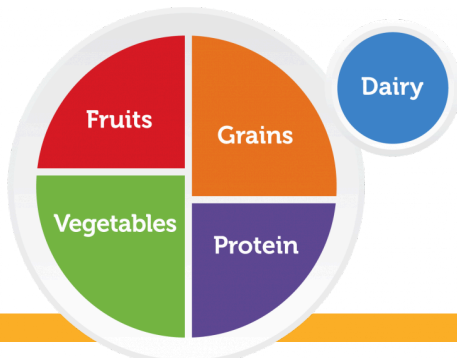
- whole grain croutons
- whole grain roll

+add your dressing

- ranch dressing

CREATING A BALANCED MEAL!

For a balanced meal, remember to pick at least 3 of the 5 food groups from my plate!



Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

Menu Name: DCPS Lunch K-8 Salad Bar

Include Cost: No

Site:

Report Style: Detailed

Use Alternate Menu Name: No

Monday - 06/03/2024

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)
990251 BBQ Chicken, Diced - 2.25 oz	4 oz	90	153	1.32	285	8	*N/A*	4.40	0.00	48	9.84	0.00	15.84	*0	1.3	*0.00	0.10
001020 Chickpeas	.25 C	25	70	0.12	290	2	*N/A*	1.12	*0.00	0	11.79	3.29	3.81	0	21.2	0.52	1.24
000188 Romaine Salad	1 C	100	10	0.02	5	1	*N/A*	0.17	0.00	0	1.91	1.22	0.71	5049	19.1	2.32	0.56
001013 Red Onion - .25 C	.25 C	100	20	0.02	2	*N/A*	*N/A*	0.05	*N/A*	0	4.55	0.83	0.54	1	11.2	3.61	0.10
990349 Red Pepper Strips - .25 C	2oz scoop	100	8	0.02	1	1	*N/A*	0.09	0.00	0	1.88	0.66	0.31	976	2.2	39.82	0.13
001157 Corn	.25 C	100	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	80	1.6	2.61	0.17
000951 Whole Grain Croutons	.5 C	75	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	0	0.0	0.00	0.00
000004 Whole Wheat Roll	1 each	75	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
990044 Honey Mustard Dressing	1 oz	100	45	0.48	106	3	*N/A*	3.40	*0.00	0	3.80	0.02	0.05	0	0.9	0.02	0.03
990210 Shredded Cheddar Cheese	.25 C	60	110	6.00	190	0	*N/A*	9.00	0.00	30	1.00	0.00	7.00	300	200.0	0.00	0.00
000359 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

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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)
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
Weighted Daily Average			704	6.60	1014	*45	*0	22.51	*0.00	72	96.39	14.45	36.45	*6754	587.2	*56.90	2.61
% of Calories				8.44%		*25.6%	*0%	28.8%	*0.0%		54.8%		20.7%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 06/04/2024

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)	Calcm (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 - 700	<10	1225			<=0									

Wednesday - 06/05/2024

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)
990251 BBQ Chicken, Diced - 2.25 oz	4 oz	90	153	1.32	285	8	*N/A*	4.40	0.00	48	9.84	0.00	15.84	*0	1.3	*0.00	0.10
001020 Chickpeas	.25 C	25	70	0.12	290	2	*N/A*	1.12	*0.00	0	11.79	3.29	3.81	0	21.2	0.52	1.24
000188 Romaine Salad	1 C	100	10	0.02	5	1	*N/A*	0.17	0.00	0	1.91	1.22	0.71	5049	19.1	2.32	0.56
001013 Red Onion - .25 C	.25 C	100	20	0.02	2	*N/A*	*N/A*	0.05	*N/A*	0	4.55	0.83	0.54	1	11.2	3.61	0.10

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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)
990349 Red Pepper Strips - .25 C	2oz scoop	100	8	0.02	1	1	*N/A*	0.09	0.00	0	1.88	0.66	0.31	976	2.2	39.82	0.13
001157 Corn	.25 C	100	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	80	1.6	2.61	0.17
000951 Whole Grain Croutons	.5 C	75	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	0	0.0	0.00	0.00
000004 Whole Wheat Roll	1 each	75	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
990044 Honey Mustard Dressing	1 oz	100	45	0.48	106	3	*N/A*	3.40	*0.00	0	3.80	0.02	0.05	0	0.9	0.02	0.03
990210 Shredded Cheddar Cheese	.25 C	60	110	6.00	190	0	*N/A*	9.00	0.00	30	1.00	0.00	7.00	300	200.0	0.00	0.00
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla 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
Weighted Daily Average			708	6.69	1013	*42	*0	22.65	*0.00	72	96.23	12.00	37.09	*6785	577.1	*59.52	2.60
% of Calories				8.50%		*23.7%	*0%	28.8%	*0.0%		54.4%		21.0%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 06/06/2024

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)
990251 BBQ Chicken, Diced - 2.25 oz	4 oz	90	153	1.32	285	8	*N/A*	4.40	0.00	48	9.84	0.00	15.84	*0	1.3	*0.00	0.10

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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)
001020 Chickpeas	.25 C	25	70	0.12	290	2	*N/A*	1.12	*0.00	0	11.79	3.29	3.81	0	21.2	0.52	1.24
000188 Romaine Salad	1 C	100	10	0.02	5	1	*N/A*	0.17	0.00	0	1.91	1.22	0.71	5049	19.1	2.32	0.56
001013 Red Onion - .25 C	.25 C	100	20	0.02	2	*N/A*	*N/A*	0.05	*N/A*	0	4.55	0.83	0.54	1	11.2	3.61	0.10
990349 Red Pepper Strips - .25 C	2oz scoop	100	8	0.02	1	1	*N/A*	0.09	0.00	0	1.88	0.66	0.31	976	2.2	39.82	0.13
001157 Corn	.25 C	100	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	80	1.6	2.61	0.17
000951 Whole Grain Croutons	.5 C	75	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	0	0.0	0.00	0.00
000004 Whole Wheat Roll	1 each	75	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
990044 Honey Mustard Dressing	1 oz	100	45	0.48	106	3	*N/A*	3.40	*0.00	0	3.80	0.02	0.05	0	0.9	0.02	0.03
990210 Shredded Cheddar Cheese	.25 C	60	110	6.00	190	0	*N/A*	9.00	0.00	30	1.00	0.00	7.00	300	200.0	0.00	0.00
990424 Cantaloupe	.5 C	100	27	0.04	12	6	*N/A*	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	*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
Weighted Daily Average			629	6.60	1025	*34	*0	22.41	*0.00	72	75.64	9.63	36.46	*9348	578.2	*77.88	2.46
% of Calories				9.44%		*21.6%	*0%	32.1%	*0.0%		48.1%		23.2%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 06/07/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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)
990251 BBQ Chicken, Diced - 2.25 oz	4 oz	90	153	1.32	285	8	*N/A*	4.40	0.00	48	9.84	0.00	15.84	*0	1.3	*0.00	0.10
001020 Chickpeas	.25 C	25	70	0.12	290	2	*N/A*	1.12	*0.00	0	11.79	3.29	3.81	0	21.2	0.52	1.24
000188 Romaine Salad	1 C	100	10	0.02	5	1	*N/A*	0.17	0.00	0	1.91	1.22	0.71	5049	19.1	2.32	0.56
001013 Red Onion - .25 C	.25 C	100	20	0.02	2	*N/A*	*N/A*	0.05	*N/A*	0	4.55	0.83	0.54	1	11.2	3.61	0.10
990349 Red Pepper Strips - .25 C	2oz scoop	100	8	0.02	1	1	*N/A*	0.09	0.00	0	1.88	0.66	0.31	976	2.2	39.82	0.13
001157 Corn	.25 C	100	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	80	1.6	2.61	0.17
000951 Whole Grain Croutons	.5 C	75	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	0	0.0	0.00	0.00
000004 Whole Wheat Roll	1 each	75	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
990044 Honey Mustard Dressing	1 oz	100	45	0.48	106	3	*N/A*	3.40	*0.00	0	3.80	0.02	0.05	0	0.9	0.02	0.03
990210 Shredded Cheddar Cheese	.25 C	60	110	6.00	190	0	*N/A*	9.00	0.00	30	1.00	0.00	7.00	300	200.0	0.00	0.00
001201 Fresh Apple Slices	3 each	100	58	0.03	1	12	*N/A*	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	*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
Weighted Daily Average			661	6.59	1013	*39	*0	22.45	*0.00	72	84.68	11.61	36.10	*6770	577.9	*54.38	2.43
% of Calories				8.97%		*23.6%	*0%	30.6%	*0.0%		51.2%		21.8%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

Monday - 06/10/2024

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)
001037 Cumin Lime Chicken	3 oz	90	136	0.83	198	0	*N/A*	5.82	*0.00	48	1.64	0.34	19.04	*130	*9.2	*2.95	*1.06
990252 Black Beans, Canned - .5 C	.5 C	60	74	0.07	95	1	*N/A*	0.24	0.00	0	13.47	5.63	4.90	3	28.5	2.17	1.54
000188 Romaine Salad	1 C	100	10	0.02	5	1	*N/A*	0.17	0.00	0	1.91	1.22	0.71	5049	19.1	2.32	0.56
990250 Cherry Tomatoes - .25 C	.25 C	60	3	0.00	1	0	*N/A*	0.03	0.00	0	0.64	0.20	0.14	136	1.6	2.24	0.04
001157 Corn	.25 C	100	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	80	1.6	2.61	0.17
001013 Red Onion - .25 C	.25 C	75	20	0.02	2	*N/A*	*N/A*	0.05	*N/A*	0	4.55	0.83	0.54	1	11.2	3.61	0.10
001087 WG Corn Tortilla Chips	10 each	70	108	0.77	88	0	*N/A*	4.61	0.00	0	15.36	1.54	1.54	0	15.4	0.00	0.00
000004 Whole Wheat Roll	1 each	75	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
001038 Honey Lime Dressing	1 oz	100	85	1.03	255	2	*N/A*	7.19	*0.00	0	5.79	0.44	0.33	205	8.0	0.77	0.38
990210 Shredded Cheddar Cheese	.25 C	60	110	6.00	190	0	*N/A*	9.00	0.00	30	1.00	0.00	7.00	300	200.0	0.00	0.00
000359 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

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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
Weighted Daily Average			715	7.23	917	*36	*0	24.51	*0.00	72	92.09	15.03	39.29	*6184	*619.9	*22.11	*4.32
% of Calories				9.10%		*20.1%	*0%	30.9%	*0.0%		51.5%		22.0%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 06/11/2024

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)
001037 Cumin Lime Chicken	3 oz	90	136	0.83	198	0	*N/A*	5.82	*0.00	48	1.64	0.34	19.04	*130	*9.2	*2.95	*1.06
990252 Black Beans, Canned -.5 C	.5 C	60	74	0.07	95	1	*N/A*	0.24	0.00	0	13.47	5.63	4.90	3	28.5	2.17	1.54
000188 Romaine Salad	1 C	100	10	0.02	5	1	*N/A*	0.17	0.00	0	1.91	1.22	0.71	5049	19.1	2.32	0.56
990250 Cherry Tomatoes - .25 C	.25 C	60	3	0.00	1	0	*N/A*	0.03	0.00	0	0.64	0.20	0.14	136	1.6	2.24	0.04
001157 Corn	.25 C	100	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	80	1.6	2.61	0.17
001013 Red Onion - .25 C	.25 C	75	20	0.02	2	*N/A*	*N/A*	0.05	*N/A*	0	4.55	0.83	0.54	1	11.2	3.61	0.10
001087 WG Corn Tortilla Chips	10 each	70	108	0.77	88	0	*N/A*	4.61	0.00	0	15.36	1.54	1.54	0	15.4	0.00	0.00
000004 Whole Wheat Roll	1 each	75	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
001038 Honey Lime Dressing	1 oz	100	85	1.03	255	2	*N/A*	7.19	*0.00	0	5.79	0.44	0.33	205	8.0	0.77	0.38
990210 Shredded Cheddar Cheese	.25 C	60	110	6.00	190	0	*N/A*	9.00	0.00	30	1.00	0.00	7.00	300	200.0	0.00	0.00
000135 Orange Wedges	.5 C / 3 wedges	100	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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
Weighted Daily Average				657	7.20	915	*27	*0	24.37	*0.00	72	75.79	11.72	39.51	*6346	*640.7	*63.40	*4.09
% of Calories					9.86%		*16.4%	*0%	33.4%	*0.0%		46.1%		24.1%				
Weekly Nutrient Guideline				600 - 700	<10	1225			<=0									

Wednesday - 06/12/2024

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)	
001037	Cumin Lime Chicken	3 oz	90	136	0.83	198	0	*N/A*	5.82	*0.00	48	1.64	0.34	19.04	*130	*9.2	*2.95	*1.06
990252	Black Beans, Canned -.5 C	.5 C	60	74	0.07	95	1	*N/A*	0.24	0.00	0	13.47	5.63	4.90	3	28.5	2.17	1.54
000188	Romaine Salad	1 C	100	10	0.02	5	1	*N/A*	0.17	0.00	0	1.91	1.22	0.71	5049	19.1	2.32	0.56
990250	Cherry Tomatoes - .25 C	.25 C	60	3	0.00	1	0	*N/A*	0.03	0.00	0	0.64	0.20	0.14	136	1.6	2.24	0.04
001157	Corn	.25 C	100	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	80	1.6	2.61	0.17
001013	Red Onion - .25 C	.25 C	75	20	0.02	2	*N/A*	*N/A*	0.05	*N/A*	0	4.55	0.83	0.54	1	11.2	3.61	0.10
001087	WG Corn Tortilla Chips	10 each	70	108	0.77	88	0	*N/A*	4.61	0.00	0	15.36	1.54	1.54	0	15.4	0.00	0.00
000004	Whole Wheat Roll	1 each	75	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

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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)
001038 Honey Lime Dressing	1 oz	100	85	1.03	255	2	*N/A*	7.19	*0.00	0	5.79	0.44	0.33	205	8.0	0.77	0.38
990210 Shredded Cheddar Cheese	.25 C	60	110	6.00	190	0	*N/A*	9.00	0.00	30	1.00	0.00	7.00	300	200.0	0.00	0.00
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla 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
Weighted Daily Average			718	7.32	916	*33	*0	24.65	*0.00	72	91.93	12.58	39.93	*6215	*609.8	*24.72	*4.30
% of Calories				9.18%		*18.4%	*0%	30.9%	*0.0%		51.2%		22.2%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 06/13/2024

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)
001037 Cumin Lime Chicken	3 oz	90	136	0.83	198	0	*N/A*	5.82	*0.00	48	1.64	0.34	19.04	*130	*9.2	*2.95	*1.06
990252 Black Beans, Canned -.5 C	.5 C	60	74	0.07	95	1	*N/A*	0.24	0.00	0	13.47	5.63	4.90	3	28.5	2.17	1.54
000188 Romaine Salad	1 C	100	10	0.02	5	1	*N/A*	0.17	0.00	0	1.91	1.22	0.71	5049	19.1	2.32	0.56
990250 Cherry Tomatoes - .25 C	.25 C	60	3	0.00	1	0	*N/A*	0.03	0.00	0	0.64	0.20	0.14	136	1.6	2.24	0.04
001157 Corn	.25 C	100	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	80	1.6	2.61	0.17

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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)
001013 Red Onion - .25 C	.25 C	75	20	0.02	2	*N/A*	*N/A*	0.05	*N/A*	0	4.55	0.83	0.54	1	11.2	3.61	0.10
001087 WG Corn Tortilla Chips	10 each	70	108	0.77	88	0	*N/A*	4.61	0.00	0	15.36	1.54	1.54	0	15.4	0.00	0.00
000004 Whole Wheat Roll	1 each	75	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
001038 Honey Lime Dressing	1 oz	100	85	1.03	255	2	*N/A*	7.19	*0.00	0	5.79	0.44	0.33	205	8.0	0.77	0.38
990210 Shredded Cheddar Cheese	.25 C	60	110	6.00	190	0	*N/A*	9.00	0.00	30	1.00	0.00	7.00	300	200.0	0.00	0.00
990424 Cantaloupe	.5 C	100	27	0.04	12	6	*N/A*	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	*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
Weighted Daily Average			640	7.23	927	*25	*0	24.41	*0.00	72	71.34	10.21	39.30	*8777	*610.9	*43.08	*4.16
% of Calories				10.17 %		*15.6%	*0%	34.3%	*0.0%		44.6%		24.6%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 06/14/2024

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)
001037 Cumin Lime Chicken	3 oz	90	136	0.83	198	0	*N/A*	5.82	*0.00	48	1.64	0.34	19.04	*130	*9.2	*2.95	*1.06
990252 Black Beans, Canned -.5 C	.5 C	60	74	0.07	95	1	*N/A*	0.24	0.00	0	13.47	5.63	4.90	3	28.5	2.17	1.54

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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)
000188 Romaine Salad	1 C	100	10	0.02	5	1	*N/A*	0.17	0.00	0	1.91	1.22	0.71	5049	19.1	2.32	0.56
990250 Cherry Tomatoes - .25 C	.25 C	60	3	0.00	1	0	*N/A*	0.03	0.00	0	0.64	0.20	0.14	136	1.6	2.24	0.04
001157 Corn	.25 C	100	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	80	1.6	2.61	0.17
001013 Red Onion - .25 C	.25 C	75	20	0.02	2	*N/A*	*N/A*	0.05	*N/A*	0	4.55	0.83	0.54	1	11.2	3.61	0.10
001087 WG Corn Tortilla Chips	10 each	70	108	0.77	88	0	*N/A*	4.61	0.00	0	15.36	1.54	1.54	0	15.4	0.00	0.00
000004 Whole Wheat Roll	1 each	75	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
001038 Honey Lime Dressing	1 oz	100	85	1.03	255	2	*N/A*	7.19	*0.00	0	5.79	0.44	0.33	205	8.0	0.77	0.38
990210 Shredded Cheddar Cheese	.25 C	60	110	6.00	190	0	*N/A*	9.00	0.00	30	1.00	0.00	7.00	300	200.0	0.00	0.00
001201 Fresh Apple Slices	3 each	100	58	0.03	1	12	*N/A*	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	*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
Weighted Daily Average			671	7.22	916	*30	*0	24.45	*0.00	72	80.38	12.19	38.94	*6199	*610.6	*19.58	*4.13
% of Calories				9.68%		*17.9%	*0%	32.8%	*0.0%		47.9%		23.2%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Monday - 06/17/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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)
000979 Buffalo Chicken Strips	3 oz	50	104	0.00	622	0	*N/A*	0.00	0.00	48	0.00	0.00	18.70	566	0.0	2.49	0.50
000378 Herb Roasted Chicken Tender	3 oz scoop	50	99	0.34	123	0	*N/A*	2.28	*0.00	48	0.36	0.19	18.80	*17	*7.9	*2.90	*0.80
001022 Kidney Beans	.25 C	100	24	0.01	31	*N/A*	*N/A*	0.10	0.00	0	4.37	1.80	1.47	0	6.8	0.31	0.35
000468 Mixed Greens Salad	8oz scoop	100	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
990266 Diced Cucumber	.25 C	100	6	0.02	1	1	*N/A*	0.04	0.00	0	1.48	0.20	0.27	43	6.5	1.14	0.11
990211 Shredded Carrots - .25 C	.25 C	100	12	0.01	20	1	*N/A*	0.07	0.00	0	2.82	0.83	0.27	4926	9.7	1.74	0.09
001157 Corn	.25 C	100	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	80	1.6	2.61	0.17
000372 House Ranch Dressing	1 oz	100	37	1.00	111	1	*N/A*	2.58	*0.00	4	2.72	0.06	0.78	81	28.9	1.02	0.06
990333 Shredded Mozzarella	.25 C	100	81	3.54	172	0	*N/A*	6.07	0.00	15	1.01	*N/A*	8.10	*N/A*	*N/A*	*N/A*	*N/A*
000951 Whole Grain Croutons	.5 C	75	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	0	0.0	0.00	0.00
000004 Whole Wheat Roll	1 each	75	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
000359 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

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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)
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
Weighted Daily Average			677	6.02	1188	*37	*0	19.37	*0.00	78	87.13	*15.56	46.34	*6674	*523.3	*26.36	*3.61
% of Calories				8.00%		*21.9%	*0%	25.8%	*0.0%		51.5%		27.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=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	678	7	984	*35	*0	23.18	*0.00	73	85.16	*12.50	38.94	*7005	*593.6	*44.79	*3.47
% of Calories		9.12%		*20.6%	*0%	30.8%	*0.0%		50.2%		23.0%				

- *N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient
- * - denotes combined nutrient totals with either missing or incomplete nutrient data
- ¹ - denotes required nutrient values
- ² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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