



May Breakfast Menu

K-12 BREAKFAST

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.

Assorted cereal served daily

Menu subject to change based on availability

This institution is an equal opportunity provider

SCHOOL LUNCH HERO DAY

Join us on **May 1st** in celebrating and thanking the school nutrition professionals and food service staff in your life!



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| 27 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices | 28 bagel cream cheese jelly orange wedges | 29 scrambled eggs hot sauce biscuit jelly butter cantaloupe | 30 brown sugar oatmeal turkey sausage patty veggie breakfast sausage patty* orange wedges | 1 whole grain waffles butter syrup scrambled eggs honeydew |
| 4 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices | 5 whole grain french toast sticks scrambled eggs orange wedges | 6 turkey sausage patty veggie breakfast sausage patty* croissant jelly cantaloupe | 7 diced peaches granola vanilla yogurt 100% orange juice | 2 pineapple carrot bread hard boiled egg hot sauce honeydew |
| 11 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices | 12 turkey sausage patty veggie breakfast sausage patty* biscuit honey orange wedges | 13 bagel cream cheese jelly cantaloupe | 14 sweet strawberry oatmeal turkey sausage patty veggie breakfast sausage patty* orange wedges | 15 whole grain waffles butter syrup scrambled eggs honeydew |
| 18 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices | 19 turkey bacon & egg bake veggie breakfast sausage patty* croissant jelly orange wedges | 20 whole grain french toast sticks scrambled eggs cantaloupe | 21 blueberries granola vanilla yogurt 100% orange juice | 22 banana bread hard boiled egg hot sauce honeydew |
| 25 no school | 26 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats orange wedges | 27 scrambled eggs hot sauce biscuit jelly butter cantaloupe | 28 brown sugar oatmeal turkey sausage patty veggie breakfast sausage patty* orange wedges | 29 whole grain waffles butter syrup scrambled eggs honeydew |



May Breakfast Menu

GRAB N' GO BREAKFAST

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.

Assorted cereal served daily

Menu subject to change based on availability

This institution is an equal opportunity provider

SCHOOL LUNCH HERO DAY

Join us on **May 1st** in celebrating and thanking the school nutrition professionals and food service staff in your life!



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|
| 27 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices | 28 bagel cream cheese jelly orange wedges | 29 biscuit jelly butter cantaloupe | 30 croissant jelly turkey sausage patty veggie breakfast sausage patty* orange wedges | 1 whole grain waffles butter syrup honeydew |
| 4 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices | 5 whole grain french toast sticks orange wedges | 6 turkey sausage patty veggie breakfast sausage patty* croissant jelly cantaloupe | 7 diced peaches granola vanilla yogurt 100% orange juice | pineapple carrot bread hard boiled egg hot sauce honeydew |
| 11 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices | 12 turkey sausage patty veggie breakfast sausage patty* biscuit honey orange wedges | 13 bagel cream cheese jelly cantaloupe | 14 croissant jelly turkey sausage patty veggie breakfast sausage patty* orange wedges | 15 whole grain waffles butter syrup honeydew |
| 18 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices | 19 turkey bacon & egg bake veggie breakfast sausage patty* croissant jelly orange wedges | 20 whole grain french toast sticks cantaloupe | 21 blueberries granola vanilla yogurt 100% orange juice | 22 banana bread hard boiled egg hot sauce honeydew |
| 25 no school | 26 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats orange wedges | 27 biscuit jelly butter cantaloupe | 28 croissant jelly turkey sausage patty veggie breakfast sausage patty* orange wedges | 29 whole grain waffles butter syrup honeydew |

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 2026

Menu Name: DCPS Breakfast K-12 **Include Cost:** No
Site:
Use Alternate Menu Name: Alternate Menu Name 1

Monday - 04/27/2026 Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 990984 cinnamon chex | 1 ea | 25 | 230 | 0.50 | 340 | 12.00 | 12.00 | 5.00 | 0.00 | 0 | 46.00 | 3.00 | 3.00 | *N/A* | 325.0 | 23.00 | 27.00 |
| 990985 blueberry chex | 1 ea | 25 | 240 | 0.50 | 320 | 11.00 | 11.00 | 5.00 | 0.00 | 0 | 46.00 | 1.00 | 3.00 | *N/A* | 325.0 | 23.00 | 32.00 |
| 999213 cinnamon toasters cereal | 1 ea | 25 | 240 | 0.50 | 300 | 12.00 | 12.00 | 8.00 | 0.00 | 0 | 43.00 | 3.00 | 3.00 | 0 | 15.0 | 0.00 | 45.00 |
| 991012 honey bunches of oats | 1 ea | 25 | 210 | 0.00 | 130 | 11.00 | 10.00 | 2.50 | 0.00 | 0 | 45.00 | 4.00 | 4.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| 001200 fresh apple slices | 6 ea | 100 | 95 | 0.05 | 2 | 18.91 | 0.00 | 0.31 | 0.00 | 0 | 25.13 | 4.37 | 0.47 | 0 | 10.9 | 8.37 | 0.22 |
| 000231 Skim Milk | 8 oz | 30 | 90 | 0.00 | 130 | 12.00 | 0.00 | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 150 | 300.0 | 1.00 | 0.00 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 12.69 | 0.00 | 2.37 | 0.00 | 12 | 12.18 | 0.00 | 8.22 | 0 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 110 | 1.50 | 130 | 12.00 | 0.00 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | *N/A* | 300.0 | 0.00 | 0.00 |
| 999093 soymilk | 8 oz | 0 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |
| Weighted Daily Average | | | 423 | 1.51 | 389 | 42.88 | 11.25 | 7.09 | 0.00 | 10 | 82.57 | 7.12 | 11.88 | *45 | *480.6 | *20.17 | *26.27 |
| % of Calories | | | | 3.21% | | 40.55% | 10.64% | 15.1% | 0.0% | | 78.1% | | 11.2% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | | | | | | | | | | |

Tuesday - 04/28/2026 Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Apr 27, 2026 thru May 29, 2026

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | |
|---------------------------|----------------------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|-------|
| 000001 | bagel | 1 ea | 95 | 171 | 0.00 | 331 | 5.70 | 4.56 | 1.14 | 0.00 | 0 | 34.21 | 4.56 | 6.84 | *N/A* | 0.0 | 0.00 | 0.00 |
| 990427 | cream cheese | 1 ea | 95 | 51 | 3.04 | 142 | 1.01 | 0.00 | 4.56 | 0.00 | 15 | 2.02 | 0.00 | 0.38 | *N/A* | *N/A* | 0.00 | 0.00 |
| 000886 | jelly | 1 ea | 95 | 35 | 0.00 | 0 | 9.00 | 8.00 | 0.00 | 0.00 | 0 | 9.00 | 0.00 | 0.00 | *N/A* | 0.0 | *N/A* | 0.00 |
| 000812 | orange wedges | 6 ea | 99 | 86 | 0.03 | 0 | 17.20 | 0.00 | 0.22 | 0.00 | 0 | 21.62 | 4.42 | 1.73 | 0 | 73.6 | 97.89 | 0.18 |
| 001064 | mandarin oranges | 8 oz | 1 | 86 | 0.01 | 11 | 18.58 | 0.00 | 0.10 | 0.00 | 0 | 21.20 | 2.74 | 1.69 | *N/A* | 27.4 | 76.42 | 0.61 |
| 000231 | Skim Milk | 8 oz | 30 | 90 | 0.00 | 130 | 12.00 | 0.00 | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 150 | 300.0 | 1.00 | 0.00 |
| 000230 | 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 12.69 | 0.00 | 2.37 | 0.00 | 12 | 12.18 | 0.00 | 8.22 | 0 | 305.0 | 0.00 | 0.07 |
| 001160 | Fat Free Lactose-Free Milk | 8 oz | 1 | 110 | 1.50 | 130 | 12.00 | 0.00 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | *N/A* | 300.0 | 0.00 | 0.00 |
| 999093 | soymilk | 8 oz | 0 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |
| 999225 | cinnamon chex | 1 ea | 2 | 230 | 0.50 | 340 | 12.00 | 12.00 | 5.00 | 0.00 | 0 | 46.00 | 3.00 | 3.00 | *N/A* | 325.0 | 23.00 | 27.00 |
| 999224 | cinnamon toasters cereal | 1 ea | 1 | 240 | 0.50 | 300 | 12.00 | 12.00 | 8.00 | 0.00 | 0 | 43.00 | 3.00 | 3.00 | 0 | 15.0 | 0.00 | 45.00 |
| 999223 | blueberry chex | 1 ea | 1 | 240 | 0.50 | 320 | 11.00 | 11.00 | 5.00 | 0.00 | 0 | 46.00 | 1.00 | 3.00 | *N/A* | 325.0 | 23.00 | 32.00 |
| 999222 | honey bunches of oats | 1 ea | 1 | 210 | 0.00 | 130 | 11.00 | 10.00 | 2.50 | 0.00 | 0 | 45.00 | 4.00 | 4.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| Weighted Daily Average | | | | 441 | 4.01 | 578 | 45.20 | 12.50 | 7.54 | 0.00 | 24 | 79.28 | 8.87 | 16.90 | *45 | *386.5 | *98.66 | *1.55 |
| % of Calories | | | | | 8.18% | | 41.00% | 11.34% | 15.4% | 0.0% | | 71.9% | | 15.3% | | | | |
| Weekly Nutrient Guideline | | | | 450 - 500 | <10 | 540 | | <10 | | | | | | | | | | |

Wednesday - 04/29/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Apr 27, 2026 thru May 29, 2026

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | |
|---------------------------|----------------------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|-------|
| 000733 | scrambled eggs | 3 oz | 95 | 100 | 2.13 | 128 | 0.00 | 0.00 | 6.40 | 0.00 | 242 | 0.03 | 0.01 | 8.54 | *0 | 37.2 | *0.00 | 1.43 |
| 000604 | hot sauce | 1 ea | 95 | 2 | 0.00 | 92 | 0.00 | 0.00 | 0.00 | 0 | 0.00 | 0.30 | 0.00 | *N/A* | 0.0 | 0.00 | 0.00 | |
| 000455 | biscuit | 1 ea | 95 | 187 | 5.89 | 305 | 1.96 | 1.96 | 8.84 | 0.00 | 0 | 23.58 | 1.96 | 3.93 | *N/A* | 157.2 | 0.00 | 0.98 |
| 000886 | jelly | 1 ea | 95 | 35 | 0.00 | 0 | 9.00 | 8.00 | 0.00 | 0 | 9.00 | 0.00 | 0.00 | *N/A* | 0.0 | *N/A* | 0.00 | |
| 000488 | butter | 1 ea | 95 | 36 | 2.57 | 32 | 0.00 | 0.00 | 4.06 | 0.16 | 11 | 0.00 | 0.00 | 0.04 | *N/A* | 1.2 | 0.00 | 0.00 |
| 990421 | cantaloupe | 8 oz | 100 | 120 | 0.18 | 56 | 27.63 | *N/A* | 0.67 | 0.00 | 0 | 28.69 | 3.16 | 2.95 | *N/A* | 31.6 | 129.01 | 0.74 |
| 000231 | Skim Milk | 8 oz | 30 | 90 | 0.00 | 130 | 12.00 | 0.00 | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 150 | 300.0 | 1.00 | 0.00 |
| 000230 | 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 12.69 | 0.00 | 2.37 | 0.00 | 12 | 12.18 | 0.00 | 8.22 | 0 | 305.0 | 0.00 | 0.07 |
| 001160 | Fat Free Lactose-Free Milk | 8 oz | 1 | 110 | 1.50 | 130 | 12.00 | 0.00 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | *N/A* | 300.0 | 0.00 | 0.00 |
| 999093 | soymilk | 8 oz | 0 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |
| 999225 | cinnamon chex | 1 ea | 2 | 230 | 0.50 | 340 | 12.00 | 12.00 | 5.00 | 0.00 | 0 | 46.00 | 3.00 | 3.00 | *N/A* | 325.0 | 23.00 | 27.00 |
| 999224 | cinnamon toasters cereal | 1 ea | 1 | 240 | 0.50 | 300 | 12.00 | 12.00 | 8.00 | 0.00 | 0 | 43.00 | 3.00 | 3.00 | 0 | 15.0 | 0.00 | 45.00 |
| 999223 | blueberry chex | 1 ea | 1 | 240 | 0.50 | 320 | 11.00 | 11.00 | 5.00 | 0.00 | 0 | 46.00 | 1.00 | 3.00 | *N/A* | 325.0 | 23.00 | 32.00 |
| 999222 | honey bunches of oats | 1 ea | 1 | 210 | 0.00 | 130 | 11.00 | 10.00 | 2.50 | 0.00 | 0 | 45.00 | 4.00 | 4.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| Weighted Daily Average | | | | 571 | 11.35 | 713 | 51.11 | *10.04 | 20.91 | 0.16 | 250 | 74.36 | 5.47 | 23.15 | *45 | *530.8 | *130.00 | *4.39 |
| % of Calories | | | | | 17.89 % | 35.80% | *7.03% | 33.0% | 0.3% | | 52.1% | | 16.2% | | | | | |
| Weekly Nutrient Guideline | | | | 450 - 500 | <10 | 540 | | <10 | | | | | | | | | | |

Thursday - 04/30/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 2026

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 000464 brown sugar oatmeal | 4 oz | 95 | 127 | 0.25 | 52 | 13.98 | *13.48 | 1.50 | 0.00 | 0 | 27.01 | 2.00 | 2.52 | *0 | 13.8 | 0.00 | 1.00 |
| 001128 turkey sausage patty | 1 ea | 93 | 80 | 2.00 | 95 | 0.00 | 0.00 | 6.00 | 0.00 | 30 | 0.00 | 0.00 | 7.00 | *N/A* | *N/A* | 0.00 | *N/A* |
| 000801 veggie breakfast sausage patty* | 1 ea | 2 | 70 | 0.00 | 250 | 1.00 | 0.00 | 2.50 | 0.00 | 0 | 4.00 | 1.00 | 9.00 | *N/A* | 0.0 | 0.00 | 1.80 |
| 000812 orange wedges | 6 ea | 99 | 86 | 0.03 | 0 | 17.20 | 0.00 | 0.22 | 0.00 | 0 | 21.62 | 4.42 | 1.73 | 0 | 73.6 | 97.89 | 0.18 |
| 001064 mandarin oranges | 8 oz | 1 | 86 | 0.01 | 11 | 18.58 | 0.00 | 0.10 | 0.00 | 0 | 21.20 | 2.74 | 1.69 | *N/A* | 27.4 | 76.42 | 0.61 |
| 000231 Skim Milk | 8 oz | 30 | 90 | 0.00 | 130 | 12.00 | 0.00 | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 150 | 300.0 | 1.00 | 0.00 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 12.69 | 0.00 | 2.37 | 0.00 | 12 | 12.18 | 0.00 | 8.22 | 0 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 110 | 1.50 | 130 | 12.00 | 0.00 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | *N/A* | 300.0 | 0.00 | 0.00 |
| 999093 soy milk | 8 oz | 0 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |
| 999225 cinnamon chex | 1 ea | 2 | 230 | 0.50 | 340 | 12.00 | 12.00 | 5.00 | 0.00 | 0 | 46.00 | 3.00 | 3.00 | *N/A* | 325.0 | 23.00 | 27.00 |
| 999224 cinnamon toasters cereal | 1 ea | 1 | 240 | 0.50 | 300 | 12.00 | 12.00 | 8.00 | 0.00 | 0 | 43.00 | 3.00 | 3.00 | 0 | 15.0 | 0.00 | 45.00 |
| 999223 blueberry chex | 1 ea | 1 | 240 | 0.50 | 320 | 11.00 | 11.00 | 5.00 | 0.00 | 0 | 46.00 | 1.00 | 3.00 | *N/A* | 325.0 | 23.00 | 32.00 |
| 999222 honey bunches of oats | 1 ea | 1 | 210 | 0.00 | 130 | 11.00 | 10.00 | 2.50 | 0.00 | 0 | 45.00 | 4.00 | 4.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| 999130 croissant | 1 ea | 0 | 190 | 3.00 | 190 | 4.00 | 3.00 | 7.00 | 0.00 | 0 | 29.00 | 3.00 | 5.00 | *N/A* | 26.0 | 0.00 | 1.44 |
| 999131 jelly | 1 ea | 0 | 35 | 0.00 | 0 | 9.00 | 8.00 | 0.00 | 0.00 | 0 | 9.00 | 0.00 | 0.00 | *N/A* | 0.0 | *N/A* | 0.00 |
| Weighted Daily Average | | | 394 | 3.23 | 271 | 43.57 | *13.37 | 9.19 | 0.00 | 38 | 62.05 | 6.46 | 19.13 | *45 | *399.6 | *98.66 | *2.53 |
| % of Calories | | | | 7.38% | | 44.23% | *13.57% | 21.0% | 0.0% | | 63.0% | | 19.4% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | | | | | | | | | | |

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 2026

Friday - 05/01/2026

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 990076 whole grain waffles | 2 ea | 95 | 130 | 0.50 | 230 | 4.00 | 2.00 | 3.50 | 0.00 | 5 | 23.00 | 3.00 | 4.00 | *N/A* | 50.0 | *N/A* | 1.00 |
| 000488 butter | 1 ea | 95 | 36 | 2.57 | 32 | 0.00 | 0.00 | 4.06 | 0.16 | 11 | 0.00 | 0.00 | 0.04 | *N/A* | 1.2 | 0.00 | 0.00 |
| 999100 syrup | 1 ea | 95 | 80 | 0.00 | 15 | 21.00 | 21.00 | 0.00 | 0.00 | 0 | 21.00 | 0.00 | 0.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| 000733 scrambled eggs | 3 oz | 95 | 100 | 2.13 | 128 | 0.00 | 0.00 | 6.40 | 0.00 | 242 | 0.03 | 0.01 | 8.54 | *0 | 37.2 | *0.00 | 1.43 |
| 990436 honeydew | 8 oz | 100 | 133 | 0.14 | 67 | 30.07 | 0.00 | 0.52 | 0.00 | 0 | 33.66 | 2.96 | 2.00 | *N/A* | 22.2 | 66.65 | 0.63 |
| 000231 Skim Milk | 8 oz | 30 | 90 | 0.00 | 130 | 12.00 | 0.00 | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 150 | 300.0 | 1.00 | 0.00 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 12.69 | 0.00 | 2.37 | 0.00 | 12 | 12.18 | 0.00 | 8.22 | 0 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 110 | 1.50 | 130 | 12.00 | 0.00 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | *N/A* | 300.0 | 0.00 | 0.00 |
| 999093 soymilk | 8 oz | 0 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |
| 999225 cinnamon chex | 1 ea | 2 | 230 | 0.50 | 340 | 12.00 | 12.00 | 5.00 | 0.00 | 0 | 46.00 | 3.00 | 3.00 | *N/A* | 325.0 | 23.00 | 27.00 |
| 999224 cinnamon toasters cereal | 1 ea | 1 | 240 | 0.50 | 300 | 12.00 | 12.00 | 8.00 | 0.00 | 0 | 43.00 | 3.00 | 3.00 | 0 | 15.0 | 0.00 | 45.00 |
| 999223 blueberry chex | 1 ea | 1 | 240 | 0.50 | 320 | 11.00 | 11.00 | 5.00 | 0.00 | 0 | 46.00 | 1.00 | 3.00 | *N/A* | 325.0 | 23.00 | 32.00 |
| 999222 honey bunches of oats | 1 ea | 1 | 210 | 0.00 | 130 | 11.00 | 10.00 | 2.50 | 0.00 | 0 | 45.00 | 4.00 | 4.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| Weighted Daily Average | | | 572 | 6.18 | 580 | 66.87 | 22.42 | 15.69 | 0.16 | 255 | 90.18 | 5.96 | 22.26 | *45 | *419.5 | *67.64 | *4.30 |
| % of Calories | | | | 9.72% | | 46.76% | 15.68% | 24.7% | 0.3% | | 63.1% | | 15.6% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | | | | | | | | | | |

Saturday - 05/02/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 2026

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 991012 honey bunches of oats | 1 ea | 100 | 210 | 0.00 | 130 | 11.00 | 10.00 | 2.50 | 0.00 | 0 | 45.00 | 4.00 | 4.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| 000884 fresh pear | 1 ea | 100 | 101 | 0.04 | 2 | 17.36 | *N/A* | 0.25 | 0.00 | 0 | 27.11 | 5.52 | 0.64 | *N/A* | 16.0 | 7.65 | 0.32 |
| 000231 Skim Milk | 8 oz | 30 | 90 | 0.00 | 130 | 12.00 | 0.00 | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 150 | 300.0 | 1.00 | 0.00 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 12.69 | 0.00 | 2.37 | 0.00 | 12 | 12.18 | 0.00 | 8.22 | 0 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 110 | 1.50 | 130 | 12.00 | 0.00 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | *N/A* | 300.0 | 0.00 | 0.00 |
| 999093 soymilk | 8 oz | 0 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |
| Weighted Daily Average | | | 410 | 1.12 | 246 | 40.83 | *10.00 | 4.41 | 0.00 | 10 | 84.54 | 9.52 | 12.79 | *45 | *319.5 | *7.95 | *0.37 |
| % of Calories | | | | 2.46% | | 39.83% | *9.76% | 9.7% | 0.0% | | 82.5% | | 12.5% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | | | | | | | | | | |

Monday - 05/04/2026

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 990984 cinnamon chex | 1 ea | 25 | 230 | 0.50 | 340 | 12.00 | 12.00 | 5.00 | 0.00 | 0 | 46.00 | 3.00 | 3.00 | *N/A* | 325.0 | 23.00 | 27.00 |
| 990985 blueberry chex | 1 ea | 25 | 240 | 0.50 | 320 | 11.00 | 11.00 | 5.00 | 0.00 | 0 | 46.00 | 1.00 | 3.00 | *N/A* | 325.0 | 23.00 | 32.00 |
| 999213 cinnamon toasters cereal | 1 ea | 25 | 240 | 0.50 | 300 | 12.00 | 12.00 | 8.00 | 0.00 | 0 | 43.00 | 3.00 | 3.00 | 0 | 15.0 | 0.00 | 45.00 |
| 991012 honey bunches of oats | 1 ea | 25 | 210 | 0.00 | 130 | 11.00 | 10.00 | 2.50 | 0.00 | 0 | 45.00 | 4.00 | 4.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| 001200 fresh apple slices | 6 ea | 100 | 95 | 0.05 | 2 | 18.91 | 0.00 | 0.31 | 0.00 | 0 | 25.13 | 4.37 | 0.47 | 0 | 10.9 | 8.37 | 0.22 |

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 2026

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 000231 Skim Milk | 8 oz | 30 | 90 | 0.00 | 130 | 12.00 | 0.00 | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 150 | 300.0 | 1.00 | 0.00 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 12.69 | 0.00 | 2.37 | 0.00 | 12 | 12.18 | 0.00 | 8.22 | 0 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 110 | 1.50 | 130 | 12.00 | 0.00 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | *N/A* | 300.0 | 0.00 | 0.00 |
| 999093 soymilk | 8 oz | 0 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |
| Weighted Daily Average | | | 423 | 1.51 | 389 | 42.88 | 11.25 | 7.09 | 0.00 | 10 | 82.57 | 7.12 | 11.88 | *45 | *480.6 | *20.17 | *26.27 |
| % of Calories | | | | 3.21% | | 40.55% | 10.64% | 15.1% | 0.0% | | 78.1% | | 11.2% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | | | | | | | | | | |

Tuesday - 05/05/2026

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 990639 whole grain french toast sticks | 2 ea | 95 | 200 | 1.33 | 120 | 6.67 | 6.67 | 9.33 | 0.00 | 7 | 22.00 | 2.67 | 4.00 | *N/A* | 33.3 | *N/A* | 1.13 |
| 000733 scrambled eggs | 3 oz | 95 | 100 | 2.13 | 128 | 0.00 | 0.00 | 6.40 | 0.00 | 242 | 0.03 | 0.01 | 8.54 | *0 | 37.2 | *0.00 | 1.43 |
| 000812 orange wedges | 6 ea | 99 | 86 | 0.03 | 0 | 17.20 | 0.00 | 0.22 | 0.00 | 0 | 21.62 | 4.42 | 1.73 | 0 | 73.6 | 97.89 | 0.18 |
| 001064 mandarin oranges | 8 oz | 1 | 86 | 0.01 | 11 | 18.58 | 0.00 | 0.10 | 0.00 | 0 | 21.20 | 2.74 | 1.69 | *N/A* | 27.4 | 76.42 | 0.61 |
| 000231 Skim Milk | 8 oz | 30 | 90 | 0.00 | 130 | 12.00 | 0.00 | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 150 | 300.0 | 1.00 | 0.00 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 12.69 | 0.00 | 2.37 | 0.00 | 12 | 12.18 | 0.00 | 8.22 | 0 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 110 | 1.50 | 130 | 12.00 | 0.00 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | *N/A* | 300.0 | 0.00 | 0.00 |
| 999093 soymilk | 8 oz | 0 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 2026

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 999225 cinnamon chex | 1 ea | 2 | 230 | 0.50 | 340 | 12.00 | 12.00 | 5.00 | 0.00 | 0 | 46.00 | 3.00 | 3.00 | *N/A* | 325.0 | 23.00 | 27.00 |
| 999224 cinnamon toasters cereal | 1 ea | 1 | 240 | 0.50 | 300 | 12.00 | 12.00 | 8.00 | 0.00 | 0 | 43.00 | 3.00 | 3.00 | 0 | 15.0 | 0.00 | 45.00 |
| 999223 blueberry chex | 1 ea | 1 | 240 | 0.50 | 320 | 11.00 | 11.00 | 5.00 | 0.00 | 0 | 46.00 | 1.00 | 3.00 | *N/A* | 325.0 | 23.00 | 32.00 |
| 999222 honey bunches of oats | 1 ea | 1 | 210 | 0.00 | 130 | 11.00 | 10.00 | 2.50 | 0.00 | 0 | 45.00 | 4.00 | 4.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| Weighted Daily Average | | | 481 | 4.42 | 364 | 36.61 | 6.90 | 17.08 | 0.00 | 246 | 57.23 | 7.08 | 21.95 | *45 | *453.5 | *98.66 | *3.98 |
| % of Calories | | | | 8.27% | | 30.44% | 5.74% | 32.0% | 0.0% | | 47.6% | | 18.3% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | | | | | | | | | | |

Wednesday - 05/06/2026

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 001128 turkey sausage patty | 1 ea | 93 | 80 | 2.00 | 95 | 0.00 | 0.00 | 6.00 | 0.00 | 30 | 0.00 | 0.00 | 7.00 | *N/A* | *N/A* | 0.00 | *N/A* |
| 000801 veggie breakfast sausage patty* | 1 ea | 2 | 70 | 0.00 | 250 | 1.00 | 0.00 | 2.50 | 0.00 | 0 | 4.00 | 1.00 | 9.00 | *N/A* | 0.0 | 0.00 | 1.80 |
| 990826 croissant | 1 ea | 95 | 190 | 3.00 | 190 | 4.00 | 3.00 | 7.00 | 0.00 | 0 | 29.00 | 3.00 | 5.00 | *N/A* | 26.0 | 0.00 | 1.44 |
| 000603 jelly | 1 ea | 95 | 35 | 0.00 | 0 | 9.00 | 8.00 | 0.00 | 0.00 | 0 | 9.00 | 0.00 | 0.00 | *N/A* | 0.0 | 0.00 | 0.00 |
| 990421 cantaloupe | 8 oz | 100 | 120 | 0.18 | 56 | 27.63 | *N/A* | 0.67 | 0.00 | 0 | 28.69 | 3.16 | 2.95 | *N/A* | 31.6 | 129.01 | 0.74 |
| 000231 Skim Milk | 8 oz | 30 | 90 | 0.00 | 130 | 12.00 | 0.00 | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 150 | 300.0 | 1.00 | 0.00 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 12.69 | 0.00 | 2.37 | 0.00 | 12 | 12.18 | 0.00 | 8.22 | 0 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 110 | 1.50 | 130 | 12.00 | 0.00 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | *N/A* | 300.0 | 0.00 | 0.00 |

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Apr 27, 2026 thru May 29, 2026

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | |
|---------------------------|--------------------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|-------|
| 999093 | soymilk | 8 oz | 0 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |
| 999225 | cinnamon chex | 1 ea | 2 | 230 | 0.50 | 340 | 12.00 | 12.00 | 5.00 | 0.00 | 0 | 46.00 | 3.00 | 3.00 | *N/A* | 325.0 | 23.00 | 27.00 |
| 999224 | cinnamon toasters cereal | 1 ea | 1 | 240 | 0.50 | 300 | 12.00 | 12.00 | 8.00 | 0.00 | 0 | 43.00 | 3.00 | 3.00 | 0 | 15.0 | 0.00 | 45.00 |
| 999223 | blueberry chex | 1 ea | 1 | 240 | 0.50 | 320 | 11.00 | 11.00 | 5.00 | 0.00 | 0 | 46.00 | 1.00 | 3.00 | *N/A* | 325.0 | 23.00 | 32.00 |
| 999222 | honey bunches of oats | 1 ea | 1 | 210 | 0.00 | 130 | 11.00 | 10.00 | 2.50 | 0.00 | 0 | 45.00 | 4.00 | 4.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| Weighted Daily Average | | | | 519 | 5.99 | 459 | 53.06 | *11.02 | 14.86 | 0.00 | 38 | 79.56 | 6.17 | 22.71 | *45 | *369.7 | *130.00 | *3.50 |
| % of Calories | | | | | 10.39 % | 40.89% | *8.49% | 25.8% | 0.0% | | 61.3% | | 17.5% | | | | | |
| Weekly Nutrient Guideline | | | | 450 - 500 | <10 | 540 | | <10 | | | | | | | | | | |

Thursday - 05/07/2026

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | |
|--------|----------------------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|------|
| 999211 | diced peaches | 4 oz | 95 | 30 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0 | 6.50 | 1.00 | 0.50 | *N/A* | 0.0 | 0.00 | 0.02 | |
| 999240 | granola | 3 oz | 95 | 110 | 0.00 | 60 | 5.00 | 4.00 | 4.00 | 0 | 15.00 | 2.00 | 3.00 | 0 | 2.0 | 0.00 | 6.00 | |
| 999241 | vanilla yogurt | 4 oz | 95 | 80 | 0.00 | 73 | 13.34 | 7.34 | 0.00 | 0.00 | 3 | 16.68 | 0.00 | 3.34 | 0 | 320.2 | 0.00 | 0.00 |
| 000171 | 100% orange juice | 4 oz | 95 | 60 | 0.00 | 0 | 11.00 | 0.00 | 0.00 | 0 | 14.00 | 0.00 | 1.00 | *N/A* | 10.0 | 42.00 | 0.00 | |
| 000231 | Skim Milk | 8 oz | 30 | 90 | 0.00 | 130 | 12.00 | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 150 | 300.0 | 1.00 | 0.00 | |
| 000230 | 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 12.69 | 0.00 | 2.37 | 0.00 | 12 | 12.18 | 0.00 | 8.22 | 0 | 305.0 | 0.00 | 0.07 |
| 001160 | Fat Free Lactose-Free Milk | 8 oz | 1 | 110 | 1.50 | 130 | 12.00 | 0.00 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | *N/A* | 300.0 | 0.00 | 0.00 |

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 2026

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 999093 soy milk | 8 oz | 0 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |
| 999225 cinnamon chex | 1 ea | 2 | 230 | 0.50 | 340 | 12.00 | 12.00 | 5.00 | 0.00 | 0 | 46.00 | 3.00 | 3.00 | *N/A* | 325.0 | 23.00 | 27.00 |
| 999224 cinnamon toasters cereal | 1 ea | 1 | 240 | 0.50 | 300 | 12.00 | 12.00 | 8.00 | 0.00 | 0 | 43.00 | 3.00 | 3.00 | 0 | 15.0 | 0.00 | 45.00 |
| 999223 blueberry chex | 1 ea | 1 | 240 | 0.50 | 320 | 11.00 | 11.00 | 5.00 | 0.00 | 0 | 46.00 | 1.00 | 3.00 | *N/A* | 325.0 | 23.00 | 32.00 |
| 999222 honey bunches of oats | 1 ea | 1 | 210 | 0.00 | 130 | 11.00 | 10.00 | 2.50 | 0.00 | 0 | 45.00 | 4.00 | 4.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| 999226 fresh orange | 1 ea | 5 | 86 | 0.03 | 0 | 17.20 | 0.00 | 0.22 | 0.00 | 0 | 21.62 | 4.42 | 1.73 | 0 | 73.6 | 97.89 | 0.18 |
| Weighted Daily Average | | | 381 | 1.10 | 255 | 41.79 | 11.34 | 5.72 | 0.00 | 13 | 65.34 | 3.21 | 15.84 | *45 | *632.6 | *45.78 | *7.09 |
| % of Calories | | | | 2.60% | | 43.87% | 11.91% | 13.5% | 0.0% | | 68.6% | | 16.6% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | | | | | | | | | | |

Friday - 05/08/2026

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 000671 pineapple carrot bread | 4 wt oz | 95 | 332 | 1.57 | 351 | 31.07 | *24.70 | 9.72 | *0.00 | 34 | 56.81 | 3.24 | 5.42 | *0 | *103.5 | *7.59 | *2.03 |
| 000882 hard boiled egg | 1 ea | 95 | 78 | 1.63 | 62 | 0.56 | 0.00 | 5.30 | 0.00 | 186 | 0.56 | 0.00 | 6.29 | *N/A* | 25.0 | 0.00 | 0.60 |
| 000604 hot sauce | 1 ea | 95 | 2 | 0.00 | 92 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0.00 | 0.30 | 0.00 | *N/A* | 0.0 | 0.00 | 0.00 |
| 990436 honeydew | 8 oz | 100 | 133 | 0.14 | 67 | 30.07 | 0.00 | 0.52 | 0.00 | 0 | 33.66 | 2.96 | 2.00 | *N/A* | 22.2 | 66.65 | 0.63 |
| 000231 Skim Milk | 8 oz | 30 | 90 | 0.00 | 130 | 12.00 | 0.00 | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 150 | 300.0 | 1.00 | 0.00 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 12.69 | 0.00 | 2.37 | 0.00 | 12 | 12.18 | 0.00 | 8.22 | 0 | 305.0 | 0.00 | 0.07 |

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 2026

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 110 | 1.50 | 130 | 12.00 | 0.00 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | *N/A* | 300.0 | 0.00 | 0.00 |
| 999093 soymilk | 8 oz | 0 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |
| 999225 cinnamon chex | 1 ea | 2 | 230 | 0.50 | 340 | 12.00 | 12.00 | 5.00 | 0.00 | 0 | 46.00 | 3.00 | 3.00 | *N/A* | 325.0 | 23.00 | 27.00 |
| 999224 cinnamon toasters cereal | 1 ea | 1 | 240 | 0.50 | 300 | 12.00 | 12.00 | 8.00 | 0.00 | 0 | 43.00 | 3.00 | 3.00 | 0 | 15.0 | 0.00 | 45.00 |
| 999223 blueberry chex | 1 ea | 1 | 240 | 0.50 | 320 | 11.00 | 11.00 | 5.00 | 0.00 | 0 | 46.00 | 1.00 | 3.00 | *N/A* | 325.0 | 23.00 | 32.00 |
| 999222 honey bunches of oats | 1 ea | 1 | 210 | 0.00 | 130 | 11.00 | 10.00 | 2.50 | 0.00 | 0 | 45.00 | 4.00 | 4.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| Weighted Daily Average | | | 634 | 4.28 | 675 | 73.17 | *24.03 | 16.70 | *0.00 | 219 | 102.85 | 6.47 | 21.43 | *45 | *457.6 | *74.85 | *4.49 |
| % of Calories | | | | 6.08% | | 46.16% | *15.16% | 23.7% | *0.0% | | 64.9% | | 13.5% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | | | | | | | | | | |

Saturday - 05/09/2026

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 990985 blueberry chex | 1 ea | 100 | 240 | 0.50 | 320 | 11.00 | 11.00 | 5.00 | 0.00 | 0 | 46.00 | 1.00 | 3.00 | *N/A* | 325.0 | 23.00 | 32.00 |
| 000884 fresh pear | 1 ea | 100 | 101 | 0.04 | 2 | 17.36 | *N/A* | 0.25 | 0.00 | 0 | 27.11 | 5.52 | 0.64 | *N/A* | 16.0 | 7.65 | 0.32 |
| 000231 Skim Milk | 8 oz | 30 | 90 | 0.00 | 130 | 12.00 | 0.00 | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 150 | 300.0 | 1.00 | 0.00 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 12.69 | 0.00 | 2.37 | 0.00 | 12 | 12.18 | 0.00 | 8.22 | 0 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 110 | 1.50 | 130 | 12.00 | 0.00 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | *N/A* | 300.0 | 0.00 | 0.00 |

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 2026

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 999093 soy milk | 8 oz | 0 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |
| Weighted Daily Average | | | 440 | 1.62 | 436 | 40.83 | *11.00 | 6.91 | 0.00 | 10 | 85.54 | 6.52 | 11.79 | *45 | 644.5 | *30.95 | 32.37 |
| % of Calories | | | | 3.31% | | 37.12% | *10.00 % | 14.1% | 0.0% | | 77.8% | | 10.7% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | | | | | | | | | | |

Monday - 05/11/2026

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 990984 cinnamon chex | 1 ea | 25 | 230 | 0.50 | 340 | 12.00 | 12.00 | 5.00 | 0.00 | 0 | 46.00 | 3.00 | 3.00 | *N/A* | 325.0 | 23.00 | 27.00 |
| 990985 blueberry chex | 1 ea | 25 | 240 | 0.50 | 320 | 11.00 | 11.00 | 5.00 | 0.00 | 0 | 46.00 | 1.00 | 3.00 | *N/A* | 325.0 | 23.00 | 32.00 |
| 999213 cinnamon toasters cereal | 1 ea | 25 | 240 | 0.50 | 300 | 12.00 | 12.00 | 8.00 | 0.00 | 0 | 43.00 | 3.00 | 3.00 | 0 | 15.0 | 0.00 | 45.00 |
| 991012 honey bunches of oats | 1 ea | 25 | 210 | 0.00 | 130 | 11.00 | 10.00 | 2.50 | 0.00 | 0 | 45.00 | 4.00 | 4.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| 001200 fresh apple slices | 6 ea | 100 | 95 | 0.05 | 2 | 18.91 | 0.00 | 0.31 | 0.00 | 0 | 25.13 | 4.37 | 0.47 | 0 | 10.9 | 8.37 | 0.22 |
| 000231 Skim Milk | 8 oz | 30 | 90 | 0.00 | 130 | 12.00 | 0.00 | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 150 | 300.0 | 1.00 | 0.00 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 12.69 | 0.00 | 2.37 | 0.00 | 12 | 12.18 | 0.00 | 8.22 | 0 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 110 | 1.50 | 130 | 12.00 | 0.00 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | *N/A* | 300.0 | 0.00 | 0.00 |

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 2026

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 999093 soymilk | 8 oz | 0 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |
| Weighted Daily Average | | | 423 | 1.51 | 389 | 42.88 | 11.25 | 7.09 | 0.00 | 10 | 82.57 | 7.12 | 11.88 | *45 | *480.6 | *20.17 | *26.27 |
| % of Calories | | | | 3.21% | | 40.55% | 10.64% | 15.1% | 0.0% | | 78.1% | | 11.2% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | | | | | | | | | | |

Tuesday - 05/12/2026

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 001128 turkey sausage patty | 1 ea | 93 | 80 | 2.00 | 95 | 0.00 | 0.00 | 6.00 | 0.00 | 30 | 0.00 | 0.00 | 7.00 | *N/A* | *N/A* | 0.00 | *N/A* |
| 000801 veggie breakfast sausage patty* | 1 ea | 2 | 70 | 0.00 | 250 | 1.00 | 0.00 | 2.50 | 0.00 | 0 | 4.00 | 1.00 | 9.00 | *N/A* | 0.0 | 0.00 | 1.80 |
| 000455 biscuit | 1 ea | 95 | 187 | 5.89 | 305 | 1.96 | 1.96 | 8.84 | 0.00 | 0 | 23.58 | 1.96 | 3.93 | *N/A* | 157.2 | 0.00 | 0.98 |
| 000927 honey | 1 ea | 95 | 25 | 0.00 | 0 | 7.00 | 7.00 | 0.00 | 0.00 | 0 | 7.00 | 0.00 | 0.00 | *N/A* | 0.0 | 0.00 | 0.00 |
| 000812 orange wedges | 6 ea | 99 | 86 | 0.03 | 0 | 17.20 | 0.00 | 0.22 | 0.00 | 0 | 21.62 | 4.42 | 1.73 | 0 | 73.6 | 97.89 | 0.18 |
| 001064 mandarin oranges | 8 oz | 1 | 86 | 0.01 | 11 | 18.58 | 0.00 | 0.10 | 0.00 | 0 | 21.20 | 2.74 | 1.69 | *N/A* | 27.4 | 76.42 | 0.61 |
| 000231 Skim Milk | 8 oz | 30 | 90 | 0.00 | 130 | 12.00 | 0.00 | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 150 | 300.0 | 1.00 | 0.00 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 12.69 | 0.00 | 2.37 | 0.00 | 12 | 12.18 | 0.00 | 8.22 | 0 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 110 | 1.50 | 130 | 12.00 | 0.00 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | *N/A* | 300.0 | 0.00 | 0.00 |
| 999093 soymilk | 8 oz | 0 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |
| 999225 cinnamon chex | 1 ea | 2 | 230 | 0.50 | 340 | 12.00 | 12.00 | 5.00 | 0.00 | 0 | 46.00 | 3.00 | 3.00 | *N/A* | 325.0 | 23.00 | 27.00 |

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 2026

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 999224 cinnamon toasters cereal | 1 ea | 1 | 240 | 0.50 | 300 | 12.00 | 12.00 | 8.00 | 0.00 | 0 | 43.00 | 3.00 | 3.00 | 0 | 15.0 | 0.00 | 45.00 |
| 999223 blueberry chex | 1 ea | 1 | 240 | 0.50 | 320 | 11.00 | 11.00 | 5.00 | 0.00 | 0 | 46.00 | 1.00 | 3.00 | *N/A* | 325.0 | 23.00 | 32.00 |
| 999222 honey bunches of oats | 1 ea | 1 | 210 | 0.00 | 130 | 11.00 | 10.00 | 2.50 | 0.00 | 0 | 45.00 | 4.00 | 4.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| 999204 veggie breakfast sausage patty* | 1 ea | 0 | 70 | 0.00 | 250 | 1.00 | 0.00 | 2.50 | 0.00 | 0 | 4.00 | 1.00 | 9.00 | *N/A* | 0.0 | 0.00 | 1.80 |
| Weighted Daily Average | | | 474 | 8.59 | 511 | 38.81 | 9.09 | 16.16 | 0.00 | 38 | 65.44 | 6.43 | 20.47 | *45 | *535.8 | *98.66 | *2.52 |
| % of Calories | | | | 16.31 % | | 32.75% | 7.67% | 30.7% | 0.0% | | 55.2% | | 17.3% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | | | | | | | | | | |

Wednesday - 05/13/2026

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 000001 bagel | 1 ea | 95 | 171 | 0.00 | 331 | 5.70 | 4.56 | 1.14 | 0.00 | 0 | 34.21 | 4.56 | 6.84 | *N/A* | 0.0 | 0.00 | 0.00 |
| 990427 cream cheese | 1 ea | 95 | 51 | 3.04 | 142 | 1.01 | 0.00 | 4.56 | 0.00 | 15 | 2.02 | 0.00 | 0.38 | *N/A* | *N/A* | 0.00 | 0.00 |
| 000603 jelly | 1 ea | 95 | 35 | 0.00 | 0 | 9.00 | 8.00 | 0.00 | 0.00 | 0 | 9.00 | 0.00 | 0.00 | *N/A* | 0.0 | 0.00 | 0.00 |
| 990421 cantaloupe | 8 oz | 100 | 120 | 0.18 | 56 | 27.63 | *N/A* | 0.67 | 0.00 | 0 | 28.69 | 3.16 | 2.95 | *N/A* | 31.6 | 129.01 | 0.74 |
| 000231 Skim Milk | 8 oz | 30 | 90 | 0.00 | 130 | 12.00 | 0.00 | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 150 | 300.0 | 1.00 | 0.00 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 12.69 | 0.00 | 2.37 | 0.00 | 12 | 12.18 | 0.00 | 8.22 | 0 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 110 | 1.50 | 130 | 12.00 | 0.00 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | *N/A* | 300.0 | 0.00 | 0.00 |
| 999093 soymilk | 8 oz | 0 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 2026

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 999225 cinnamon chex | 1 ea | 2 | 230 | 0.50 | 340 | 12.00 | 12.00 | 5.00 | 0.00 | 0 | 46.00 | 3.00 | 3.00 | *N/A* | 325.0 | 23.00 | 27.00 |
| 999224 cinnamon toasters cereal | 1 ea | 1 | 240 | 0.50 | 300 | 12.00 | 12.00 | 8.00 | 0.00 | 0 | 43.00 | 3.00 | 3.00 | 0 | 15.0 | 0.00 | 45.00 |
| 999223 blueberry chex | 1 ea | 1 | 240 | 0.50 | 320 | 11.00 | 11.00 | 5.00 | 0.00 | 0 | 46.00 | 1.00 | 3.00 | *N/A* | 325.0 | 23.00 | 32.00 |
| 999222 honey bunches of oats | 1 ea | 1 | 210 | 0.00 | 130 | 11.00 | 10.00 | 2.50 | 0.00 | 0 | 45.00 | 4.00 | 4.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| Weighted Daily Average | | | 474 | 4.17 | 634 | 55.61 | *12.50 | 7.99 | 0.00 | 24 | 86.35 | 7.64 | 18.13 | *45 | *345.0 | *130.00 | *2.10 |
| % of Calories | | | | 7.92% | | 46.93% | *10.55% | 15.2% | 0.0% | | 72.9% | | 15.3% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | | | | | | | | | | |

Thursday - 05/14/2026

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 990804 sweet strawberry oatmeal | 4 oz | 95 | 127 | 0.25 | 57 | 12.58 | *10.78 | 1.49 | 0.00 | 0 | 26.98 | 2.62 | 2.58 | *0 | 11.5 | 12.35 | 1.13 |
| 001128 turkey sausage patty | 1 ea | 93 | 80 | 2.00 | 95 | 0.00 | 0.00 | 6.00 | 0.00 | 30 | 0.00 | 0.00 | 7.00 | *N/A* | *N/A* | 0.00 | *N/A* |
| 000801 veggie breakfast sausage patty* | 1 ea | 2 | 70 | 0.00 | 250 | 1.00 | 0.00 | 2.50 | 0.00 | 0 | 4.00 | 1.00 | 9.00 | *N/A* | 0.0 | 0.00 | 1.80 |
| 000812 orange wedges | 6 ea | 99 | 86 | 0.03 | 0 | 17.20 | 0.00 | 0.22 | 0.00 | 0 | 21.62 | 4.42 | 1.73 | 0 | 73.6 | 97.89 | 0.18 |
| 001064 mandarin oranges | 8 oz | 1 | 86 | 0.01 | 11 | 18.58 | 0.00 | 0.10 | 0.00 | 0 | 21.20 | 2.74 | 1.69 | *N/A* | 27.4 | 76.42 | 0.61 |
| 000231 Skim Milk | 8 oz | 30 | 90 | 0.00 | 130 | 12.00 | 0.00 | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 150 | 300.0 | 1.00 | 0.00 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 12.69 | 0.00 | 2.37 | 0.00 | 12 | 12.18 | 0.00 | 8.22 | 0 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 110 | 1.50 | 130 | 12.00 | 0.00 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | *N/A* | 300.0 | 0.00 | 0.00 |

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 2026

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | |
|---------------------------|--------------------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|-------|
| 999093 | soymilk | 8 oz | 0 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |
| 999225 | cinnamon chex | 1 ea | 2 | 230 | 0.50 | 340 | 12.00 | 12.00 | 5.00 | 0.00 | 0 | 46.00 | 3.00 | 3.00 | *N/A* | 325.0 | 23.00 | 27.00 |
| 999224 | cinnamon toasters cereal | 1 ea | 1 | 240 | 0.50 | 300 | 12.00 | 12.00 | 8.00 | 0.00 | 0 | 43.00 | 3.00 | 3.00 | 0 | 15.0 | 0.00 | 45.00 |
| 999223 | blueberry chex | 1 ea | 1 | 240 | 0.50 | 320 | 11.00 | 11.00 | 5.00 | 0.00 | 0 | 46.00 | 1.00 | 3.00 | *N/A* | 325.0 | 23.00 | 32.00 |
| 999222 | honey bunches of oats | 1 ea | 1 | 210 | 0.00 | 130 | 11.00 | 10.00 | 2.50 | 0.00 | 0 | 45.00 | 4.00 | 4.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| 999130 | croissant | 1 ea | 0 | 190 | 3.00 | 190 | 4.00 | 3.00 | 7.00 | 0.00 | 0 | 29.00 | 3.00 | 5.00 | *N/A* | 26.0 | 0.00 | 1.44 |
| 999131 | jelly | 1 ea | 0 | 35 | 0.00 | 0 | 9.00 | 8.00 | 0.00 | 0.00 | 0 | 9.00 | 0.00 | 0.00 | *N/A* | 0.0 | *N/A* | 0.00 |
| Weighted Daily Average | | | | 394 | 3.22 | 277 | 42.24 | *10.81 | 9.18 | 0.00 | 38 | 62.02 | 7.05 | 19.19 | *45 | *397.4 | *110.39 | *2.66 |
| % of Calories | | | | | 7.36% | | 42.88% | *10.97% | 21.0% | 0.0% | | 63.0% | | 19.5% | | | | |
| Weekly Nutrient Guideline | | | | 450 - 500 | <10 | 540 | | <10 | | | | | | | | | | |

Friday - 05/15/2026

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | |
|--------|---------------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|-------|
| 990076 | whole grain waffles | 2 ea | 95 | 130 | 0.50 | 230 | 4.00 | 2.00 | 3.50 | 0.00 | 5 | 23.00 | 3.00 | 4.00 | *N/A* | 50.0 | *N/A* | 1.00 |
| 000488 | butter | 1 ea | 95 | 36 | 2.57 | 32 | 0.00 | 0.00 | 4.06 | 0.16 | 11 | 0.00 | 0.00 | 0.04 | *N/A* | 1.2 | 0.00 | 0.00 |
| 999100 | syrup | 1 ea | 95 | 80 | 0.00 | 15 | 21.00 | 21.00 | 0.00 | 0.00 | 0 | 21.00 | 0.00 | 0.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| 000733 | scrambled eggs | 3 oz | 95 | 100 | 2.13 | 128 | 0.00 | 0.00 | 6.40 | 0.00 | 242 | 0.03 | 0.01 | 8.54 | *0 | 37.2 | *0.00 | 1.43 |
| 990436 | honeydew | 8 oz | 100 | 133 | 0.14 | 67 | 30.07 | 0.00 | 0.52 | 0.00 | 0 | 33.66 | 2.96 | 2.00 | *N/A* | 22.2 | 66.65 | 0.63 |

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 2026

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 000231 Skim Milk | 8 oz | 30 | 90 | 0.00 | 130 | 12.00 | 0.00 | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 150 | 300.0 | 1.00 | 0.00 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 12.69 | 0.00 | 2.37 | 0.00 | 12 | 12.18 | 0.00 | 8.22 | 0 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 110 | 1.50 | 130 | 12.00 | 0.00 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | *N/A* | 300.0 | 0.00 | 0.00 |
| 999093 soymilk | 8 oz | 0 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |
| 999225 cinnamon chex | 1 ea | 2 | 230 | 0.50 | 340 | 12.00 | 12.00 | 5.00 | 0.00 | 0 | 46.00 | 3.00 | 3.00 | *N/A* | 325.0 | 23.00 | 27.00 |
| 999224 cinnamon toasters cereal | 1 ea | 1 | 240 | 0.50 | 300 | 12.00 | 12.00 | 8.00 | 0.00 | 0 | 43.00 | 3.00 | 3.00 | 0 | 15.0 | 0.00 | 45.00 |
| 999223 blueberry chex | 1 ea | 1 | 240 | 0.50 | 320 | 11.00 | 11.00 | 5.00 | 0.00 | 0 | 46.00 | 1.00 | 3.00 | *N/A* | 325.0 | 23.00 | 32.00 |
| 999222 honey bunches of oats | 1 ea | 1 | 210 | 0.00 | 130 | 11.00 | 10.00 | 2.50 | 0.00 | 0 | 45.00 | 4.00 | 4.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| Weighted Daily Average | | | 572 | 6.18 | 580 | 66.87 | 22.42 | 15.69 | 0.16 | 255 | 90.18 | 5.96 | 22.26 | *45 | *419.5 | *67.64 | *4.30 |
| % of Calories | | | | 9.72% | | 46.76% | 15.68% | 24.7% | 0.3% | | 63.1% | | 15.6% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | | | | | | | | | | |

Saturday - 05/16/2026

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 991012 honey bunches of oats | 1 ea | 100 | 210 | 0.00 | 130 | 11.00 | 10.00 | 2.50 | 0.00 | 0 | 45.00 | 4.00 | 4.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| 000884 fresh pear | 1 ea | 100 | 101 | 0.04 | 2 | 17.36 | *N/A* | 0.25 | 0.00 | 0 | 27.11 | 5.52 | 0.64 | *N/A* | 16.0 | 7.65 | 0.32 |
| 000231 Skim Milk | 8 oz | 30 | 90 | 0.00 | 130 | 12.00 | 0.00 | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 150 | 300.0 | 1.00 | 0.00 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 12.69 | 0.00 | 2.37 | 0.00 | 12 | 12.18 | 0.00 | 8.22 | 0 | 305.0 | 0.00 | 0.07 |

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 2026

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 110 | 1.50 | 130 | 12.00 | 0.00 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | *N/A* | 300.0 | 0.00 | 0.00 |
| 999093 soy milk | 8 oz | 0 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |
| Weighted Daily Average | | | 410 | 1.12 | 246 | 40.83 | *10.00 | 4.41 | 0.00 | 10 | 84.54 | 9.52 | 12.79 | *45 | *319.5 | *7.95 | *0.37 |
| % of Calories | | | | 2.46% | | 39.83% | *9.76% | 9.7% | 0.0% | | 82.5% | | 12.5% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | | | | | | | | | | |

Monday - 05/18/2026

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 990984 cinnamon chex | 1 ea | 25 | 230 | 0.50 | 340 | 12.00 | 12.00 | 5.00 | 0.00 | 0 | 46.00 | 3.00 | 3.00 | *N/A* | 325.0 | 23.00 | 27.00 |
| 990985 blueberry chex | 1 ea | 25 | 240 | 0.50 | 320 | 11.00 | 11.00 | 5.00 | 0.00 | 0 | 46.00 | 1.00 | 3.00 | *N/A* | 325.0 | 23.00 | 32.00 |
| 999213 cinnamon toasters cereal | 1 ea | 25 | 240 | 0.50 | 300 | 12.00 | 12.00 | 8.00 | 0.00 | 0 | 43.00 | 3.00 | 3.00 | 0 | 15.0 | 0.00 | 45.00 |
| 991012 honey bunches of oats | 1 ea | 25 | 210 | 0.00 | 130 | 11.00 | 10.00 | 2.50 | 0.00 | 0 | 45.00 | 4.00 | 4.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| 001200 fresh apple slices | 6 ea | 100 | 95 | 0.05 | 2 | 18.91 | 0.00 | 0.31 | 0.00 | 0 | 25.13 | 4.37 | 0.47 | 0 | 10.9 | 8.37 | 0.22 |
| 000231 Skim Milk | 8 oz | 30 | 90 | 0.00 | 130 | 12.00 | 0.00 | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 150 | 300.0 | 1.00 | 0.00 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 12.69 | 0.00 | 2.37 | 0.00 | 12 | 12.18 | 0.00 | 8.22 | 0 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 110 | 1.50 | 130 | 12.00 | 0.00 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | *N/A* | 300.0 | 0.00 | 0.00 |

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 2026

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 999093 soymilk | 8 oz | 0 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |
| Weighted Daily Average | | | 423 | 1.51 | 389 | 42.88 | 11.25 | 7.09 | 0.00 | 10 | 82.57 | 7.12 | 11.88 | *45 | *480.6 | *20.17 | *26.27 |
| % of Calories | | | | 3.21% | | 40.55% | 10.64% | 15.1% | 0.0% | | 78.1% | | 11.2% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | | | | | | | | | | |

Tuesday - 05/19/2026

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 000894 turkey bacon & egg bake | 1 piece | 92 | 105 | 2.23 | 222 | 0.00 | 0.00 | 6.68 | 0.00 | 206 | 0.01 | 0.01 | 8.91 | *0 | 31.0 | *0.00 | 1.19 |
| 000801 veggie breakfast sausage patty* | 1 ea | 3 | 70 | 0.00 | 250 | 1.00 | 0.00 | 2.50 | 0.00 | 0 | 4.00 | 1.00 | 9.00 | *N/A* | 0.0 | 0.00 | 1.80 |
| 990826 croissant | 1 ea | 95 | 190 | 3.00 | 190 | 4.00 | 3.00 | 7.00 | 0.00 | 0 | 29.00 | 3.00 | 5.00 | *N/A* | 26.0 | 0.00 | 1.44 |
| 000603 jelly | 1 ea | 95 | 35 | 0.00 | 0 | 9.00 | 8.00 | 0.00 | 0.00 | 0 | 9.00 | 0.00 | 0.00 | *N/A* | 0.0 | 0.00 | 0.00 |
| 000812 orange wedges | 6 ea | 99 | 86 | 0.03 | 0 | 17.20 | 0.00 | 0.22 | 0.00 | 0 | 21.62 | 4.42 | 1.73 | 0 | 73.6 | 97.89 | 0.18 |
| 001064 mandarin oranges | 8 oz | 1 | 86 | 0.01 | 11 | 18.58 | 0.00 | 0.10 | 0.00 | 0 | 21.20 | 2.74 | 1.69 | *N/A* | 27.4 | 76.42 | 0.61 |
| 000231 Skim Milk | 8 oz | 30 | 90 | 0.00 | 130 | 12.00 | 0.00 | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 150 | 300.0 | 1.00 | 0.00 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 12.69 | 0.00 | 2.37 | 0.00 | 12 | 12.18 | 0.00 | 8.22 | 0 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 110 | 1.50 | 130 | 12.00 | 0.00 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | *N/A* | 300.0 | 0.00 | 0.00 |
| 999093 soymilk | 8 oz | 0 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |
| 999225 cinnamon chex | 1 ea | 2 | 230 | 0.50 | 340 | 12.00 | 12.00 | 5.00 | 0.00 | 0 | 46.00 | 3.00 | 3.00 | *N/A* | 325.0 | 23.00 | 27.00 |

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 2026

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 999224 cinnamon toasters cereal | 1 ea | 1 | 240 | 0.50 | 300 | 12.00 | 12.00 | 8.00 | 0.00 | 0 | 43.00 | 3.00 | 3.00 | 0 | 15.0 | 0.00 | 45.00 |
| 999223 blueberry chex | 1 ea | 1 | 240 | 0.50 | 320 | 11.00 | 11.00 | 5.00 | 0.00 | 0 | 46.00 | 1.00 | 3.00 | *N/A* | 325.0 | 23.00 | 32.00 |
| 999222 honey bunches of oats | 1 ea | 1 | 210 | 0.00 | 130 | 11.00 | 10.00 | 2.50 | 0.00 | 0 | 45.00 | 4.00 | 4.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| Weighted Daily Average | | | 510 | 6.03 | 521 | 42.65 | 11.02 | 15.00 | 0.00 | 200 | 72.54 | 7.42 | 23.26 | *45 | *439.7 | *98.66 | *4.06 |
| % of Calories | | | | 10.64 % | | 33.45% | 8.64% | 26.5% | 0.0% | | 56.9% | | 18.2% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | | | | | | | | | | |

Wednesday - 05/20/2026

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 990639 whole grain french toast sticks | 2 ea | 95 | 200 | 1.33 | 120 | 6.67 | 6.67 | 9.33 | 0.00 | 7 | 22.00 | 2.67 | 4.00 | *N/A* | 33.3 | *N/A* | 1.13 |
| 000733 scrambled eggs | 3 oz | 95 | 100 | 2.13 | 128 | 0.00 | 0.00 | 6.40 | 0.00 | 242 | 0.03 | 0.01 | 8.54 | *0 | 37.2 | *0.00 | 1.43 |
| 990421 cantaloupe | 8 oz | 100 | 120 | 0.18 | 56 | 27.63 | *N/A* | 0.67 | 0.00 | 0 | 28.69 | 3.16 | 2.95 | *N/A* | 31.6 | 129.01 | 0.74 |
| 000231 Skim Milk | 8 oz | 30 | 90 | 0.00 | 130 | 12.00 | 0.00 | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 150 | 300.0 | 1.00 | 0.00 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 12.69 | 0.00 | 2.37 | 0.00 | 12 | 12.18 | 0.00 | 8.22 | 0 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 110 | 1.50 | 130 | 12.00 | 0.00 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | *N/A* | 300.0 | 0.00 | 0.00 |
| 999093 soy milk | 8 oz | 0 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |
| 999225 cinnamon chex | 1 ea | 2 | 230 | 0.50 | 340 | 12.00 | 12.00 | 5.00 | 0.00 | 0 | 46.00 | 3.00 | 3.00 | *N/A* | 325.0 | 23.00 | 27.00 |
| 999224 cinnamon toasters cereal | 1 ea | 1 | 240 | 0.50 | 300 | 12.00 | 12.00 | 8.00 | 0.00 | 0 | 43.00 | 3.00 | 3.00 | 0 | 15.0 | 0.00 | 45.00 |

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 2026

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | |
|---------------------------|-----------------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|-------|
| 999223 | blueberry chex | 1 ea | 1 | 240 | 0.50 | 320 | 11.00 | 11.00 | 5.00 | 0.00 | 0 | 46.00 | 1.00 | 3.00 | *N/A* | 325.0 | 23.00 | 32.00 |
| 999222 | honey bunches of oats | 1 ea | 1 | 210 | 0.00 | 130 | 11.00 | 10.00 | 2.50 | 0.00 | 0 | 45.00 | 4.00 | 4.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| Weighted Daily Average | | | | 515 | 4.57 | 420 | 47.02 | *6.90 | 17.53 | 0.00 | 246 | 64.30 | 5.85 | 23.18 | *45 | *412.0 | *130.00 | *4.53 |
| % of Calories | | | | | 7.99% | | 36.52% | *5.36% | 30.6% | 0.0% | | 49.9% | | 18.0% | | | | |
| Weekly Nutrient Guideline | | | | 450 - 500 | <10 | 540 | | <10 | | | | | | | | | | |

Thursday - 05/21/2026

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | |
|--------|----------------------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|-------|
| 990577 | blueberries | 4 oz | 95 | 40 | 0.04 | 1 | 7.02 | 0.00 | 0.50 | 0.00 | 0 | 9.50 | 2.20 | 0.32 | 0 | 6.0 | 2.00 | 0.14 |
| 999240 | granola | 3 oz | 95 | 110 | 0.00 | 60 | 5.00 | 4.00 | 4.00 | 0.00 | 0 | 15.00 | 2.00 | 3.00 | 0 | 2.0 | 0.00 | 6.00 |
| 999241 | vanilla yogurt | 4 oz | 95 | 80 | 0.00 | 73 | 13.34 | 7.34 | 0.00 | 0.00 | 3 | 16.68 | 0.00 | 3.34 | 0 | 320.2 | 0.00 | 0.00 |
| 000171 | 100% orange juice | 4 oz | 95 | 60 | 0.00 | 0 | 11.00 | 0.00 | 0.00 | 0.00 | 0 | 14.00 | 0.00 | 1.00 | *N/A* | 10.0 | 42.00 | 0.00 |
| 000231 | Skim Milk | 8 oz | 30 | 90 | 0.00 | 130 | 12.00 | 0.00 | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 150 | 300.0 | 1.00 | 0.00 |
| 000230 | 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 12.69 | 0.00 | 2.37 | 0.00 | 12 | 12.18 | 0.00 | 8.22 | 0 | 305.0 | 0.00 | 0.07 |
| 001160 | Fat Free Lactose-Free Milk | 8 oz | 1 | 110 | 1.50 | 130 | 12.00 | 0.00 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | *N/A* | 300.0 | 0.00 | 0.00 |
| 999093 | soymilk | 8 oz | 0 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |
| 999225 | cinnamon chex | 1 ea | 2 | 230 | 0.50 | 340 | 12.00 | 12.00 | 5.00 | 0.00 | 0 | 46.00 | 3.00 | 3.00 | *N/A* | 325.0 | 23.00 | 27.00 |
| 999224 | cinnamon toasters cereal | 1 ea | 1 | 240 | 0.50 | 300 | 12.00 | 12.00 | 8.00 | 0.00 | 0 | 43.00 | 3.00 | 3.00 | 0 | 15.0 | 0.00 | 45.00 |

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 2026

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 999223 blueberry chex | 1 ea | 1 | 240 | 0.50 | 320 | 11.00 | 11.00 | 5.00 | 0.00 | 0 | 46.00 | 1.00 | 3.00 | *N/A* | 325.0 | 23.00 | 32.00 |
| 999222 honey bunches of oats | 1 ea | 1 | 210 | 0.00 | 130 | 11.00 | 10.00 | 2.50 | 0.00 | 0 | 45.00 | 4.00 | 4.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| 999226 fresh orange | 1 ea | 5 | 86 | 0.03 | 0 | 17.20 | 0.00 | 0.22 | 0.00 | 0 | 21.62 | 4.42 | 1.73 | 0 | 73.6 | 97.89 | 0.18 |
| Weighted Daily Average | | | 390 | 1.14 | 256 | 48.46 | 11.34 | 6.20 | 0.00 | 13 | 68.19 | 4.35 | 15.67 | *45 | *638.3 | *47.68 | *7.20 |
| % of Calories | | | | 2.63% | | 49.70% | 11.63% | 14.3% | 0.0% | | 69.9% | | 16.1% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | | | | | | | | | | |

Friday - 05/22/2026

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 000465 banana bread | 4 wt oz | 95 | 347 | 1.62 | 294 | 30.78 | *24.70 | 9.83 | *0.00 | 34 | 60.69 | 3.97 | 5.74 | *0 | *97.7 | *4.29 | *2.00 |
| 000882 hard boiled egg | 1 ea | 95 | 78 | 1.63 | 62 | 0.56 | 0.00 | 5.30 | 0.00 | 186 | 0.56 | 0.00 | 6.29 | *N/A* | 25.0 | 0.00 | 0.60 |
| 000604 hot sauce | 1 ea | 95 | 2 | 0.00 | 92 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0.00 | 0.30 | 0.00 | *N/A* | 0.0 | 0.00 | 0.00 |
| 990436 honeydew | 8 oz | 100 | 133 | 0.14 | 67 | 30.07 | 0.00 | 0.52 | 0.00 | 0 | 33.66 | 2.96 | 2.00 | *N/A* | 22.2 | 66.65 | 0.63 |
| 000231 Skim Milk | 8 oz | 30 | 90 | 0.00 | 130 | 12.00 | 0.00 | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 150 | 300.0 | 1.00 | 0.00 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 12.69 | 0.00 | 2.37 | 0.00 | 12 | 12.18 | 0.00 | 8.22 | 0 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 110 | 1.50 | 130 | 12.00 | 0.00 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | *N/A* | 300.0 | 0.00 | 0.00 |
| 999093 soymilk | 8 oz | 0 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |
| 999225 cinnamon chex | 1 ea | 2 | 230 | 0.50 | 340 | 12.00 | 12.00 | 5.00 | 0.00 | 0 | 46.00 | 3.00 | 3.00 | *N/A* | 325.0 | 23.00 | 27.00 |

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 2026

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 999224 cinnamon toasters cereal | 1 ea | 1 | 240 | 0.50 | 300 | 12.00 | 12.00 | 8.00 | 0.00 | 0 | 43.00 | 3.00 | 3.00 | 0 | 15.0 | 0.00 | 45.00 |
| 999223 blueberry chex | 1 ea | 1 | 240 | 0.50 | 320 | 11.00 | 11.00 | 5.00 | 0.00 | 0 | 46.00 | 1.00 | 3.00 | *N/A* | 325.0 | 23.00 | 32.00 |
| 999222 honey bunches of oats | 1 ea | 1 | 210 | 0.00 | 130 | 11.00 | 10.00 | 2.50 | 0.00 | 0 | 45.00 | 4.00 | 4.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| Weighted Daily Average | | | 649 | 4.33 | 621 | 72.90 | *24.03 | 16.81 | *0.00 | 219 | 106.54 | 7.16 | 21.74 | *45 | *452.1 | *71.72 | *4.45 |
| % of Calories | | | | 6.00% | | 44.93% | *14.81 % | 23.3% | *0.0% | | 65.7% | | 13.4% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | | | | | | | | | | |

Saturday - 05/23/2026

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 990984 cinnamon chex | 1 ea | 100 | 230 | 0.50 | 340 | 12.00 | 12.00 | 5.00 | 0.00 | 0 | 46.00 | 3.00 | 3.00 | *N/A* | 325.0 | 23.00 | 27.00 |
| 000884 fresh pear | 1 ea | 100 | 101 | 0.04 | 2 | 17.36 | *N/A* | 0.25 | 0.00 | 0 | 27.11 | 5.52 | 0.64 | *N/A* | 16.0 | 7.65 | 0.32 |
| 000231 Skim Milk | 8 oz | 30 | 90 | 0.00 | 130 | 12.00 | 0.00 | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 150 | 300.0 | 1.00 | 0.00 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 12.69 | 0.00 | 2.37 | 0.00 | 12 | 12.18 | 0.00 | 8.22 | 0 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 110 | 1.50 | 130 | 12.00 | 0.00 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | *N/A* | 300.0 | 0.00 | 0.00 |
| 999093 soymilk | 8 oz | 0 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |
| Weighted Daily Average | | | 430 | 1.62 | 456 | 41.83 | *12.00 | 6.91 | 0.00 | 10 | 85.54 | 8.52 | 11.79 | *45 | 644.5 | *30.95 | 27.37 |
| % of Calories | | | | 3.39% | | 38.91% | *11.16 % | 14.5% | 0.0% | | 79.6% | | 11.0% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | | | | | | | | | | |

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 2026

Monday - 05/25/2026

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 000145 no school | | | | | | | | | | | | | | | | | |
| Weighted Daily Average | | | 0 | 0.00 | 0 | 0.00 | 0.00 | 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 | | | 450 - 500 | <10 | 540 | | <10 | | | | | | | | | | |

Tuesday - 05/26/2026

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 990984 cinnamon chex | 1 ea | 25 | 230 | 0.50 | 340 | 12.00 | 12.00 | 5.00 | 0.00 | 0 | 46.00 | 3.00 | 3.00 | *N/A* | 325.0 | 23.00 | 27.00 |
| 990985 blueberry chex | 1 ea | 25 | 240 | 0.50 | 320 | 11.00 | 11.00 | 5.00 | 0.00 | 0 | 46.00 | 1.00 | 3.00 | *N/A* | 325.0 | 23.00 | 32.00 |
| 999213 cinnamon toasters cereal | 1 ea | 25 | 240 | 0.50 | 300 | 12.00 | 12.00 | 8.00 | 0.00 | 0 | 43.00 | 3.00 | 3.00 | 0 | 15.0 | 0.00 | 45.00 |
| 991012 honey bunches of oats | 1 ea | 25 | 210 | 0.00 | 130 | 11.00 | 10.00 | 2.50 | 0.00 | 0 | 45.00 | 4.00 | 4.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| 000812 orange wedges | 6 ea | 99 | 86 | 0.03 | 0 | 17.20 | 0.00 | 0.22 | 0.00 | 0 | 21.62 | 4.42 | 1.73 | 0 | 73.6 | 97.89 | 0.18 |
| 001064 mandarin oranges | 8 oz | 1 | 86 | 0.01 | 11 | 18.58 | 0.00 | 0.10 | 0.00 | 0 | 21.20 | 2.74 | 1.69 | *N/A* | 27.4 | 76.42 | 0.61 |
| 000231 Skim Milk | 8 oz | 30 | 90 | 0.00 | 130 | 12.00 | 0.00 | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 150 | 300.0 | 1.00 | 0.00 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 12.69 | 0.00 | 2.37 | 0.00 | 12 | 12.18 | 0.00 | 8.22 | 0 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 110 | 1.50 | 130 | 12.00 | 0.00 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | *N/A* | 300.0 | 0.00 | 0.00 |

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 2026

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 999093 soymilk | 8 oz | 0 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |
| Weighted Daily Average | | | 415 | 1.48 | 387 | 41.19 | 11.25 | 7.00 | 0.00 | 10 | 79.05 | 7.15 | 13.13 | *45 | *542.8 | *109.47 | *26.24 |
| % of Calories | | | | 3.21% | | 39.70% | 10.84% | 15.2% | 0.0% | | 76.2% | | 12.7% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | | | | | | | | | | |

Wednesday - 05/27/2026

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 000733 scrambled eggs | 3 oz | 95 | 100 | 2.13 | 128 | 0.00 | 0.00 | 6.40 | 0.00 | 242 | 0.03 | 0.01 | 8.54 | *0 | 37.2 | *0.00 | 1.43 |
| 000604 hot sauce | 1 ea | 95 | 2 | 0.00 | 92 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0.00 | 0.30 | 0.00 | *N/A* | 0.0 | 0.00 | 0.00 |
| 000455 biscuit | 1 ea | 95 | 187 | 5.89 | 305 | 1.96 | 1.96 | 8.84 | 0.00 | 0 | 23.58 | 1.96 | 3.93 | *N/A* | 157.2 | 0.00 | 0.98 |
| 000886 jelly | 1 ea | 95 | 35 | 0.00 | 0 | 9.00 | 8.00 | 0.00 | 0.00 | 0 | 9.00 | 0.00 | 0.00 | *N/A* | 0.0 | *N/A* | 0.00 |
| 000488 butter | 1 ea | 95 | 36 | 2.57 | 32 | 0.00 | 0.00 | 4.06 | 0.16 | 11 | 0.00 | 0.00 | 0.04 | *N/A* | 1.2 | 0.00 | 0.00 |
| 990421 cantaloupe | 8 oz | 100 | 120 | 0.18 | 56 | 27.63 | *N/A* | 0.67 | 0.00 | 0 | 28.69 | 3.16 | 2.95 | *N/A* | 31.6 | 129.01 | 0.74 |
| 000231 Skim Milk | 8 oz | 30 | 90 | 0.00 | 130 | 12.00 | 0.00 | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 150 | 300.0 | 1.00 | 0.00 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 12.69 | 0.00 | 2.37 | 0.00 | 12 | 12.18 | 0.00 | 8.22 | 0 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 110 | 1.50 | 130 | 12.00 | 0.00 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | *N/A* | 300.0 | 0.00 | 0.00 |
| 999093 soymilk | 8 oz | 0 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |
| 999225 cinnamon chex | 1 ea | 2 | 230 | 0.50 | 340 | 12.00 | 12.00 | 5.00 | 0.00 | 0 | 46.00 | 3.00 | 3.00 | *N/A* | 325.0 | 23.00 | 27.00 |

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 2026

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 999224 cinnamon toasters cereal | 1 ea | 1 | 240 | 0.50 | 300 | 12.00 | 12.00 | 8.00 | 0.00 | 0 | 43.00 | 3.00 | 3.00 | 0 | 15.0 | 0.00 | 45.00 |
| 999223 blueberry chex | 1 ea | 1 | 240 | 0.50 | 320 | 11.00 | 11.00 | 5.00 | 0.00 | 0 | 46.00 | 1.00 | 3.00 | *N/A* | 325.0 | 23.00 | 32.00 |
| 999222 honey bunches of oats | 1 ea | 1 | 210 | 0.00 | 130 | 11.00 | 10.00 | 2.50 | 0.00 | 0 | 45.00 | 4.00 | 4.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| Weighted Daily Average | | | 571 | 11.35 | 713 | 51.11 | *10.04 | 20.91 | 0.16 | 250 | 74.36 | 5.47 | 23.15 | *45 | *530.8 | *130.00 | *4.39 |
| % of Calories | | | | 17.89 % | | 35.80% | *7.03% | 33.0% | 0.3% | | 52.1% | | 16.2% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | | | | | | | | | | |

Thursday - 05/28/2026

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 000464 brown sugar oatmeal | 4 oz | 95 | 127 | 0.25 | 52 | 13.98 | *13.48 | 1.50 | 0.00 | 0 | 27.01 | 2.00 | 2.52 | *0 | 13.8 | 0.00 | 1.00 |
| 001128 turkey sausage patty | 1 ea | 93 | 80 | 2.00 | 95 | 0.00 | 0.00 | 6.00 | 0.00 | 30 | 0.00 | 0.00 | 7.00 | *N/A* | *N/A* | 0.00 | *N/A* |
| 000801 veggie breakfast sausage patty* | 1 ea | 2 | 70 | 0.00 | 250 | 1.00 | 0.00 | 2.50 | 0.00 | 0 | 4.00 | 1.00 | 9.00 | *N/A* | 0.0 | 0.00 | 1.80 |
| 000812 orange wedges | 6 ea | 99 | 86 | 0.03 | 0 | 17.20 | 0.00 | 0.22 | 0.00 | 0 | 21.62 | 4.42 | 1.73 | 0 | 73.6 | 97.89 | 0.18 |
| 001064 mandarin oranges | 8 oz | 1 | 86 | 0.01 | 11 | 18.58 | 0.00 | 0.10 | 0.00 | 0 | 21.20 | 2.74 | 1.69 | *N/A* | 27.4 | 76.42 | 0.61 |
| 000231 Skim Milk | 8 oz | 30 | 90 | 0.00 | 130 | 12.00 | 0.00 | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 150 | 300.0 | 1.00 | 0.00 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 12.69 | 0.00 | 2.37 | 0.00 | 12 | 12.18 | 0.00 | 8.22 | 0 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 110 | 1.50 | 130 | 12.00 | 0.00 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | *N/A* | 300.0 | 0.00 | 0.00 |
| 999093 soymilk | 8 oz | 0 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 2026

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 999225 cinnamon chex | 1 ea | 2 | 230 | 0.50 | 340 | 12.00 | 12.00 | 5.00 | 0.00 | 0 | 46.00 | 3.00 | 3.00 | *N/A* | 325.0 | 23.00 | 27.00 |
| 999224 cinnamon toasters cereal | 1 ea | 1 | 240 | 0.50 | 300 | 12.00 | 12.00 | 8.00 | 0.00 | 0 | 43.00 | 3.00 | 3.00 | 0 | 15.0 | 0.00 | 45.00 |
| 999223 blueberry chex | 1 ea | 1 | 240 | 0.50 | 320 | 11.00 | 11.00 | 5.00 | 0.00 | 0 | 46.00 | 1.00 | 3.00 | *N/A* | 325.0 | 23.00 | 32.00 |
| 999222 honey bunches of oats | 1 ea | 1 | 210 | 0.00 | 130 | 11.00 | 10.00 | 2.50 | 0.00 | 0 | 45.00 | 4.00 | 4.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| 999130 croissant | 1 ea | 0 | 190 | 3.00 | 190 | 4.00 | 3.00 | 7.00 | 0.00 | 0 | 29.00 | 3.00 | 5.00 | *N/A* | 26.0 | 0.00 | 1.44 |
| 999131 jelly | 1 ea | 0 | 35 | 0.00 | 0 | 9.00 | 8.00 | 0.00 | 0.00 | 0 | 9.00 | 0.00 | 0.00 | *N/A* | 0.0 | *N/A* | 0.00 |
| Weighted Daily Average | | | 394 | 3.23 | 271 | 43.57 | *13.37 | 9.19 | 0.00 | 38 | 62.05 | 6.46 | 19.13 | *45 | *399.6 | *98.66 | *2.53 |
| % of Calories | | | | 7.38% | | 44.23% | *13.57% | 21.0% | 0.0% | | 63.0% | | 19.4% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | | | | | | | | | | |

Friday - 05/29/2026

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|----------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 990076 whole grain waffles | 2 ea | 95 | 130 | 0.50 | 230 | 4.00 | 2.00 | 3.50 | 0.00 | 5 | 23.00 | 3.00 | 4.00 | *N/A* | 50.0 | *N/A* | 1.00 |
| 000488 butter | 1 ea | 95 | 36 | 2.57 | 32 | 0.00 | 0.00 | 4.06 | 0.16 | 11 | 0.00 | 0.00 | 0.04 | *N/A* | 1.2 | 0.00 | 0.00 |
| 999100 syrup | 1 ea | 95 | 80 | 0.00 | 15 | 21.00 | 21.00 | 0.00 | 0.00 | 0 | 21.00 | 0.00 | 0.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| 000733 scrambled eggs | 3 oz | 95 | 100 | 2.13 | 128 | 0.00 | 0.00 | 6.40 | 0.00 | 242 | 0.03 | 0.01 | 8.54 | *0 | 37.2 | *0.00 | 1.43 |
| 990436 honeydew | 8 oz | 100 | 133 | 0.14 | 67 | 30.07 | 0.00 | 0.52 | 0.00 | 0 | 33.66 | 2.96 | 2.00 | *N/A* | 22.2 | 66.65 | 0.63 |
| 000231 Skim Milk | 8 oz | 30 | 90 | 0.00 | 130 | 12.00 | 0.00 | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 150 | 300.0 | 1.00 | 0.00 |

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 2026

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 12.69 | 0.00 | 2.37 | 0.00 | 12 | 12.18 | 0.00 | 8.22 | 0 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 110 | 1.50 | 130 | 12.00 | 0.00 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | *N/A* | 300.0 | 0.00 | 0.00 |
| 999093 soymilk | 8 oz | 0 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |
| 999225 cinnamon chex | 1 ea | 2 | 230 | 0.50 | 340 | 12.00 | 12.00 | 5.00 | 0.00 | 0 | 46.00 | 3.00 | 3.00 | *N/A* | 325.0 | 23.00 | 27.00 |
| 999224 cinnamon toasters cereal | 1 ea | 1 | 240 | 0.50 | 300 | 12.00 | 12.00 | 8.00 | 0.00 | 0 | 43.00 | 3.00 | 3.00 | 0 | 15.0 | 0.00 | 45.00 |
| 999223 blueberry chex | 1 ea | 1 | 240 | 0.50 | 320 | 11.00 | 11.00 | 5.00 | 0.00 | 0 | 46.00 | 1.00 | 3.00 | *N/A* | 325.0 | 23.00 | 32.00 |
| 999222 honey bunches of oats | 1 ea | 1 | 210 | 0.00 | 130 | 11.00 | 10.00 | 2.50 | 0.00 | 0 | 45.00 | 4.00 | 4.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| Weighted Daily Average | | | 572 | 6.18 | 580 | 66.87 | 22.42 | 15.69 | 0.16 | 255 | 90.18 | 5.96 | 22.26 | *45 | *419.5 | *67.64 | *4.30 |
| % of Calories | | | | 9.72% | | 46.76% | 15.68% | 24.7% | 0.3% | | 63.1% | | 15.6% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | | | | | | | | | | |

| | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (mcg RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-------------------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-----------------|------------------------|------------|-----------|
| Weighted Averages | 475 | 4 | 450 | 49 | *13.03 | 11.29 | *0.03 | 98 | 78.66 | 6.76 | 17.92 | *45 | *465.5 | *73.69 | *9.52 |
| % of Calories | | 7.62% | | 41.04% | *10.97% | 21.4% | *0.1% | | 66.2% | | 15.1% | | | | |

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

Added Sugars target is informational only, with an effective date of July 1, 2027.

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