



SERVING AWARD-WINNING FOOD THAT KIDS LOVE.

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August/ September Salad Bar Lunch Menu

DC PUBLIC SCHOOLS | 6-8

All grains served are whole grain rich

Student's choice of skim or 1% milk
provided at every meal.

Menu subject to change based on availability

This institution is an equal opportunity provider

Fresh fruit is provided with lunch daily.
Mon - grapes; Tues - apple; Wed - orange;
Thurs - watermelon; Fri - peach & apple

8/25 - 8/29 &
9/22 - 9/26
BBQ CHICKEN

- + pick your base**
 - romaine
- +pick your protein**
 - bbq chicken
 - chickpeas
- +pick your toppings**
 - red onion
 - red pepper strips
 - corn
 - shredded cheddar cheese
 - whole grain croutons
 - whole grain roll
- +add your dressing**
 - honey mustard dressing

9/01-9/05 &
9/29 - 10/03
SOUTHWEST TACO

- + pick your base**
 - romaine
- +pick your protein**
 - cumin lime chicken
 - black beans
- +pick your toppings**
 - cherry tomatoes
 - corn
 - red onion
 - shredded cheddar cheese
 - whole grain tortilla chips
 - whole grain roll
- +add your dressing**
 - honey lime dressing

9/08 - 9/12
SWEET CHILI
CHICKEN

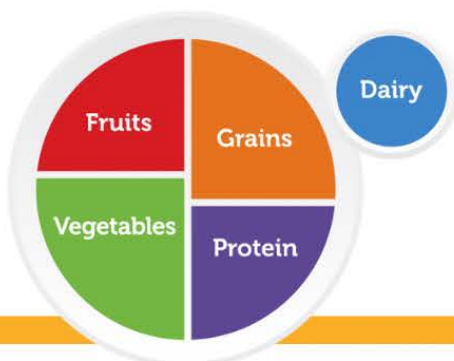
- + pick your base**
 - mixed greens salad
- +pick your protein**
 - sweet chili chicken
 - sweet chili tofu
- +pick your toppings**
 - cucumber coins
 - corn
 - shredded carrots
 - purple cabbage
 - whole grain roll
- +add your dressing**
 - soy citrus dressing

9/15 - 9/19
CHEF SALAD

- + pick your base**
 - mixed greens salad
- +pick your protein**
 - diced turkey ham
 - hard-boiled egg
 - chickpeas
- +pick your toppings**
 - sliced tomatoes
 - cucumber coins
 - corn
 - shredded cheddar cheese
 - whole grain croutons
 - whole grain roll
- +add your dressing**
 - honey mustard dressing

CREATING A BALANCED MEAL!

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



Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

Menu Name:	DCPS Lunch K-8 Salad Bar	Include Cost:	No
Site:			
Use Alternate Menu Name:	No		

Monday - 08/25/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protrn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990404 BBQ Chicken, Diced	3 oz	75	143	0.27	332	13	*0	1.51	0.00	57	14.00	0.00	17.60	*N/A*	5.1	*0.00	0.43
001020 Chickpeas	2 oz	25	70	0.12	290	2	*N/A*	1.12	*0.00	0	11.79	3.29	3.81	*N/A*	21.2	0.52	1.24
000188 Romaine Salad	8 oz	75	10	0.02	5	1	*N/A*	0.17	0.00	0	1.91	1.22	0.71	*N/A*	19.1	2.32	0.56
001013 Red Onion	2 oz	75	20	0.02	2	3	0	0.05	*N/A*	0	4.55	0.83	0.54	*N/A*	11.2	3.61	0.10
990349 Red Pepper Strips	2 oz	75	8	0.02	1	1	*N/A*	0.09	0.00	0	1.88	0.66	0.31	*N/A*	2.2	39.82	0.13
001157 Corn	2 oz	75	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Whole Grain Croutons	4 oz	75	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 Whole Wheat Roll	1 ea	75	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
990044 House Honey Mustard Dressing	1 oz	75	160	2.41	127	4	*N/A*	16.10	*0.00	8	4.12	0.02	0.07	*N/A*	1.4	0.02	0.04
990403 Shredded Cheddar Cheese	1 oz	75	55	3.00	95	0	*N/A*	4.50	0.00	15	0.50	0.00	3.50	*N/A*	100.0	0.00	0.00
999050 Fresh Grapes	4 oz	100	61	0.10	2	15	*N/A*	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			666	5.63	951	46	*0	26.25	*0.00	70	81.34	8.86	33.06	*0	533.1	*40.79	2.55
% of Calories				7.61%		27.6%	*0%	35.5%	*0.0%		48.9%		19.9%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 08/26/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990404 BBQ Chicken, Diced	3 oz	75	143	0.27	332	13	*0	1.51	0.00	57	14.00	0.00	17.60	*N/A*	5.1	*0.00	0.43
001020 Chickpeas	2 oz	25	70	0.12	290	2	*N/A*	1.12	*0.00	0	11.79	3.29	3.81	*N/A*	21.2	0.52	1.24
000188 Romaine Salad	8 oz	75	10	0.02	5	1	*N/A*	0.17	0.00	0	1.91	1.22	0.71	*N/A*	19.1	2.32	0.56
001013 Red Onion	2 oz	75	20	0.02	2	3	0	0.05	*N/A*	0	4.55	0.83	0.54	*N/A*	11.2	3.61	0.10
990349 Red Pepper Strips	2 oz	75	8	0.02	1	1	*N/A*	0.09	0.00	0	1.88	0.66	0.31	*N/A*	2.2	39.82	0.13
001157 Corn	2 oz	75	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Whole Grain Croutons	4 oz	75	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 Whole Wheat Roll	1 ea	75	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
990044 House Honey Mustard Dressing	1 oz	75	160	2.41	127	4	*N/A*	16.10	*0.00	8	4.12	0.02	0.07	*N/A*	1.4	0.02	0.04
990403 Shredded Cheddar Cheese	1 oz	75	55	3.00	95	0	*N/A*	4.50	0.00	15	0.50	0.00	3.50	*N/A*	100.0	0.00	0.00
001201 Fresh Apple Slices	3 ea	100	47	0.03	1	9	*N/A*	0.15	0.00	0	12.57	2.18	0.24	*N/A*	5.5	4.19	0.11

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			653	5.55	950	41	*0	26.09	*0.00	70	78.35	10.23	32.72	*0	525.9	*41.35	2.39
% of Calories				7.65%		25.1%	*0%	36.0%	*0.0%		48.0%		20.0%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Wednesday - 08/27/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990404 BBQ Chicken, Diced	3 oz	75	143	0.27	332	13	*0	1.51	0.00	57	14.00	0.00	17.60	*N/A*	5.1	*0.00	0.43
001020 Chickpeas	2 oz	25	70	0.12	290	2	*N/A*	1.12	*0.00	0	11.79	3.29	3.81	*N/A*	21.2	0.52	1.24
000188 Romaine Salad	8 oz	75	10	0.02	5	1	*N/A*	0.17	0.00	0	1.91	1.22	0.71	*N/A*	19.1	2.32	0.56
001013 Red Onion	2 oz	75	20	0.02	2	3	0	0.05	*N/A*	0	4.55	0.83	0.54	*N/A*	11.2	3.61	0.10
990349 Red Pepper Strips	2 oz	75	8	0.02	1	1	*N/A*	0.09	0.00	0	1.88	0.66	0.31	*N/A*	2.2	39.82	0.13
001157 Corn	2 oz	75	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Whole Grain Croutons	4 oz	75	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 Whole Wheat Roll	1 ea	75	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990044 House Honey Mustard Dressing	1 oz	75	160	2.41	127	4	*N/A*	16.10	*0.00	8	4.12	0.02	0.07	*N/A*	1.4	0.02	0.04
990403 Shredded Cheddar Cheese	1 oz	75	55	3.00	95	0	*N/A*	4.50	0.00	15	0.50	0.00	3.50	*N/A*	100.0	0.00	0.00
000135 Orange Wedges	3 ea	100	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	*N/A*	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			648	5.54	949	40	*0	26.04	*0.00	70	76.60	10.25	33.35	*0	557.2	*86.11	2.38
% of Calories				7.69%		24.7%	*0%	36.2%	*0.0%		47.3%		20.6%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 08/28/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990404 BBQ Chicken, Diced	3 oz	75	143	0.27	332	13	*0	1.51	0.00	57	14.00	0.00	17.60	*N/A*	5.1	*0.00	0.43
001020 Chickpeas	2 oz	25	70	0.12	290	2	*N/A*	1.12	*0.00	0	11.79	3.29	3.81	*N/A*	21.2	0.52	1.24
000188 Romaine Salad	8 oz	75	10	0.02	5	1	*N/A*	0.17	0.00	0	1.91	1.22	0.71	*N/A*	19.1	2.32	0.56
001013 Red Onion	2 oz	75	20	0.02	2	3	0	0.05	*N/A*	0	4.55	0.83	0.54	*N/A*	11.2	3.61	0.10
990349 Red Pepper Strips	2 oz	75	8	0.02	1	1	*N/A*	0.09	0.00	0	1.88	0.66	0.31	*N/A*	2.2	39.82	0.13

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001157 Corn	2 oz	75	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Whole Grain Croutons	4 oz	75	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 Whole Wheat Roll	1 ea	75	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
990044 House Honey Mustard Dressing	1 oz	75	160	2.41	127	4	*N/A*	16.10	*0.00	8	4.12	0.02	0.07	*N/A*	1.4	0.02	0.04
990403 Shredded Cheddar Cheese	1 oz	75	55	3.00	95	0	*N/A*	4.50	0.00	15	0.50	0.00	3.50	*N/A*	100.0	0.00	0.00
000446 Fresh Watermelon	4 oz	100	37	0.02	1	8	*N/A*	0.19	0.00	0	9.33	0.49	0.75	*N/A*	8.6	10.00	0.30
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			642	5.55	950	39	*0	26.12	*0.00	70	75.11	8.54	33.24	*0	529.1	*47.17	2.58
% of Calories				7.78%		24.3%	*0%	36.6%	*0.0%		46.8%		20.7%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 08/29/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990404 BBQ Chicken, Diced	3 oz	75	143	0.27	332	13	*0	1.51	0.00	57	14.00	0.00	17.60	*N/A*	5.1	*0.00	0.43
001020 Chickpeas	2 oz	25	70	0.12	290	2	*N/A*	1.12	*0.00	0	11.79	3.29	3.81	*N/A*	21.2	0.52	1.24

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000188 Romaine Salad	8 oz	75	10	0.02	5	1	*N/A*	0.17	0.00	0	1.91	1.22	0.71	*N/A*	19.1	2.32	0.56
001013 Red Onion	2 oz	75	20	0.02	2	3	0	0.05	*N/A*	0	4.55	0.83	0.54	*N/A*	11.2	3.61	0.10
990349 Red Pepper Strips	2 oz	75	8	0.02	1	1	*N/A*	0.09	0.00	0	1.88	0.66	0.31	*N/A*	2.2	39.82	0.13
001157 Corn	2 oz	75	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Whole Grain Croutons	4 oz	75	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 Whole Wheat Roll	1 ea	75	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
990044 House Honey Mustard Dressing	1 oz	75	160	2.41	127	4	*N/A*	16.10	*0.00	8	4.12	0.02	0.07	*N/A*	1.4	0.02	0.04
990403 Shredded Cheddar Cheese	1 oz	75	55	3.00	95	0	*N/A*	4.50	0.00	15	0.50	0.00	3.50	*N/A*	100.0	0.00	0.00
000445 Fresh Peach	1 each	100	58	0.03	0	13	*N/A*	0.38	0.00	0	14.31	2.25	1.36	*N/A*	9.0	9.90	0.38
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			664	5.56	949	44	*0	26.31	*0.00	70	80.10	10.29	33.85	*0	529.4	*47.06	2.66
% of Calories				7.54%		26.5%	*0%	35.7%	*0.0%		48.3%		20.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Monday - 09/01/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 09/02/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001037 Cumin Lime Chicken Diced	3 oz	75	143	1.10	222	0	*0	7.33	*0.00	57	1.64	0.34	17.95	*N/A*	*12.3	*0.46	*0.84
991039 Black Beans, Canned	2 oz	75	37	0.03	47	0	*N/A*	0.12	0.00	0	6.73	2.81	2.45	*N/A*	14.2	1.09	0.77
000188 Romaine Salad	8 oz	75	10	0.02	5	1	*N/A*	0.17	0.00	0	1.91	1.22	0.71	*N/A*	19.1	2.32	0.56
990250 Cherry Tomatoes - .25 C	2 oz	75	3	0.00	1	0	*N/A*	0.03	0.00	0	0.64	0.20	0.14	*N/A*	1.6	2.24	0.04
001157 Corn	2 oz	75	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
001013 Red Onion	2 oz	75	20	0.02	2	3	0	0.05	*N/A*	0	4.55	0.83	0.54	*N/A*	11.2	3.61	0.10
001087 Corn Tortilla Chips	10 ea	75	108	0.77	88	0	*N/A*	4.61	0.00	0	15.36	1.54	1.54	*N/A*	15.4	0.00	0.00
000004 Whole Wheat Roll	1 ea	75	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
001038 Honey Lime Dressing	1 oz	75	223	3.49	216	2	*N/A*	23.27	*0.00	12	3.79	0.44	0.33	*N/A*	8.0	0.77	0.38
990403 Shredded Cheddar Cheese	1 oz	75	55	3.00	95	0	*N/A*	4.50	0.00	15	0.50	0.00	3.50	*N/A*	100.0	0.00	0.00
999050 Fresh Grapes	4 oz	100	61	0.10	2	15	*N/A*	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			694	7.62	751	34	*0	33.13	*0.00	73	72.36	8.49	32.40	*0	*560.0	*14.19	*3.31
% of Calories				9.88%		19.6%	*0%	43.0%	*0.0%		41.7%		18.7%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Wednesday - 09/03/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001037 Cumin Lime Chicken Diced	3 oz	75	143	1.10	222	0	*0	7.33	*0.00	57	1.64	0.34	17.95	*N/A*	*12.3	*0.46	*0.84
991039 Black Beans, Canned	2 oz	75	37	0.03	47	0	*N/A*	0.12	0.00	0	6.73	2.81	2.45	*N/A*	14.2	1.09	0.77
000188 Romaine Salad	8 oz	75	10	0.02	5	1	*N/A*	0.17	0.00	0	1.91	1.22	0.71	*N/A*	19.1	2.32	0.56
990250 Cherry Tomatoes - .25 C	2 oz	75	3	0.00	1	0	*N/A*	0.03	0.00	0	0.64	0.20	0.14	*N/A*	1.6	2.24	0.04
001157 Corn	2 oz	75	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
001013 Red Onion	2 oz	75	20	0.02	2	3	0	0.05	*N/A*	0	4.55	0.83	0.54	*N/A*	11.2	3.61	0.10
001087 Corn Tortilla Chips	10 ea	75	108	0.77	88	0	*N/A*	4.61	0.00	0	15.36	1.54	1.54	*N/A*	15.4	0.00	0.00
000004 Whole Wheat Roll	1 ea	75	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001038 Honey Lime Dressing	1 oz	75	223	3.49	216	2	*N/A*	23.27	*0.00	12	3.79	0.44	0.33	*N/A*	8.0	0.77	0.38
990403 Shredded Cheddar Cheese	1 oz	75	55	3.00	95	0	*N/A*	4.50	0.00	15	0.50	0.00	3.50	*N/A*	100.0	0.00	0.00
000135 Orange Wedges	3 ea	100	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	*N/A*	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			676	7.53	750	28	*0	32.92	*0.00	73	67.61	9.88	32.69	*0	*584.1	*59.51	*3.14
% of Calories				10.03 %		16.6%	*0%	43.8%	*0.0%		40.0%		19.3%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 09/04/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001037 Cumin Lime Chicken Diced	3 oz	75	143	1.10	222	0	*0	7.33	*0.00	57	1.64	0.34	17.95	*N/A*	*12.3	*0.46	*0.84
991039 Black Beans, Canned	2 oz	75	37	0.03	47	0	*N/A*	0.12	0.00	0	6.73	2.81	2.45	*N/A*	14.2	1.09	0.77
000188 Romaine Salad	8 oz	75	10	0.02	5	1	*N/A*	0.17	0.00	0	1.91	1.22	0.71	*N/A*	19.1	2.32	0.56
990250 Cherry Tomatoes - .25 C	2 oz	75	3	0.00	1	0	*N/A*	0.03	0.00	0	0.64	0.20	0.14	*N/A*	1.6	2.24	0.04
001157 Corn	2 oz	75	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001013 Red Onion	2 oz	75	20	0.02	2	3	0	0.05	*N/A*	0	4.55	0.83	0.54	*N/A*	11.2	3.61	0.10
001087 Corn Tortilla Chips	10 ea	75	108	0.77	88	0	*N/A*	4.61	0.00	0	15.36	1.54	1.54	*N/A*	15.4	0.00	0.00
000004 Whole Wheat Roll	1 ea	75	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
001038 Honey Lime Dressing	1 oz	75	223	3.49	216	2	*N/A*	23.27	*0.00	12	3.79	0.44	0.33	*N/A*	8.0	0.77	0.38
990403 Shredded Cheddar Cheese	1 oz	75	55	3.00	95	0	*N/A*	4.50	0.00	15	0.50	0.00	3.50	*N/A*	100.0	0.00	0.00
000446 Fresh Watermelon	4 oz	100	37	0.02	1	8	*N/A*	0.19	0.00	0	9.33	0.49	0.75	*N/A*	8.6	10.00	0.30
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			670	7.54	751	27	*0	33.00	*0.00	73	66.13	8.16	32.58	*0	*555.9	*20.57	*3.34
% of Calories				10.13 %		16.1%	*0%	44.3%	*0.0%		39.5%		19.5%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 09/05/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001037 Cumin Lime Chicken Diced	3 oz	75	143	1.10	222	0	*0	7.33	*0.00	57	1.64	0.34	17.95	*N/A*	*12.3	*0.46	*0.84
991039 Black Beans, Canned	2 oz	75	37	0.03	47	0	*N/A*	0.12	0.00	0	6.73	2.81	2.45	*N/A*	14.2	1.09	0.77

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000188 Romaine Salad	8 oz	75	10	0.02	5	1	*N/A*	0.17	0.00	0	1.91	1.22	0.71	*N/A*	19.1	2.32	0.56
990250 Cherry Tomatoes - .25 C	2 oz	75	3	0.00	1	0	*N/A*	0.03	0.00	0	0.64	0.20	0.14	*N/A*	1.6	2.24	0.04
001157 Corn	2 oz	75	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
001013 Red Onion	2 oz	75	20	0.02	2	3	0	0.05	*N/A*	0	4.55	0.83	0.54	*N/A*	11.2	3.61	0.10
001087 Corn Tortilla Chips	10 ea	75	108	0.77	88	0	*N/A*	4.61	0.00	0	15.36	1.54	1.54	*N/A*	15.4	0.00	0.00
000004 Whole Wheat Roll	1 ea	75	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
001038 Honey Lime Dressing	1 oz	75	223	3.49	216	2	*N/A*	23.27	*0.00	12	3.79	0.44	0.33	*N/A*	8.0	0.77	0.38
990403 Shredded Cheddar Cheese	1 oz	75	55	3.00	95	0	*N/A*	4.50	0.00	15	0.50	0.00	3.50	*N/A*	100.0	0.00	0.00
000445 Fresh Peach	1 each	100	58	0.03	0	13	*N/A*	0.38	0.00	0	14.31	2.25	1.36	*N/A*	9.0	9.90	0.38
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			691	7.54	750	32	*0	33.19	*0.00	73	71.11	9.92	33.19	*0	*556.3	*20.46	*3.42
% of Calories				9.82%		18.5%	*0%	43.2%	*0.0%		41.2%		19.2%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Monday - 09/08/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000668 Sweet Chili Chicken, Diced	3 oz	95	163	0.59	310	10	*10	3.75	0.00	57	14.45	0.03	17.67	*N/A*	*11.8	*0.00	*0.54
990760 Sweet Chili Tofu	4 oz	5	211	0.48	325	12	*12	8.50	*0.00	0	21.69	2.95	11.74	*N/A*	*200.8	*0.00	*2.42
990263 Edamame	2 oz	100	58	0.36	81	1	*N/A*	2.91	*0.00	0	3.91	2.23	5.08	*N/A*	*27.0	*2.59	*0.98
000468 Mixed Greens Salad	8 oz	100	14	0.03	24	1	*N/A*	0.20	0.00	0	2.69	1.67	1.27	*N/A*	40.1	8.45	0.97
001093 Cucumber Coins	2 oz	100	5	0.01	1	1	*N/A*	0.04	0.00	0	1.33	0.18	0.24	*N/A*	5.9	1.02	0.10
001157 Corn	2 oz	100	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
990211 Shredded Carrots	2 oz	100	9	0.00	16	1	0	0.00	0.00	0	2.15	0.54	0.27	*N/A*	*N/A*	*N/A*	*N/A*
990432 Shredded Purple Cabbage	2 oz	100	6	0.00	5	1	*N/A*	0.03	0.00	0	1.36	0.39	0.26	*N/A*	8.3	10.51	0.15
000559 Soy Citrus Dressing	1 oz	100	43	0.47	199	2	*N/A*	3.28	*0.00	0	2.46	0.02	0.32	*N/A*	*0.4	*0.58	*0.03
990789 Whole Wheat Roll	2 ea	100	160	0.00	340	4	*N/A*	2.00	0.00	0	32.00	4.00	6.00	*N/A*	120.0	0.00	2.16
999050 Fresh Grapes	4 oz	100	61	0.10	2	15	*N/A*	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			656	2.78	1094	48	*10	14.85	*0.00	64	96.85	10.88	40.89	*0	*601.8	*30.14	*5.54
% of Calories				3.81%		29.3%	*6.1%	20.4%	*0.0%		59.1%		24.9%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 25, 2025 thru Oct 3, 2025

Tuesday - 09/09/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000668 Sweet Chili Chicken, Diced	3 oz	95	163	0.59	310	10	*10	3.75	0.00	57	14.45	0.03	17.67	*N/A*	*11.8	*0.00	*0.54
990760 Sweet Chili Tofu	4 oz	5	211	0.48	325	12	*12	8.50	*0.00	0	21.69	2.95	11.74	*N/A*	*200.8	*0.00	*2.42
990263 Edamame	2 oz	100	58	0.36	81	1	*N/A*	2.91	*0.00	0	3.91	2.23	5.08	*N/A*	*27.0	*2.59	*0.98
000468 Mixed Greens Salad	8 oz	100	14	0.03	24	1	*N/A*	0.20	0.00	0	2.69	1.67	1.27	*N/A*	40.1	8.45	0.97
001093 Cucumber Coins	2 oz	100	5	0.01	1	1	*N/A*	0.04	0.00	0	1.33	0.18	0.24	*N/A*	5.9	1.02	0.10
001157 Corn	2 oz	100	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
990211 Shredded Carrots	2 oz	100	9	0.00	16	1	0	0.00	0.00	0	2.15	0.54	0.27	*N/A*	*N/A*	*N/A*	*N/A*
990432 Shredded Purple Cabbage	2 oz	100	6	0.00	5	1	*N/A*	0.03	0.00	0	1.36	0.39	0.26	*N/A*	8.3	10.51	0.15
000559 Soy Citrus Dressing	1 oz	100	43	0.47	199	2	*N/A*	3.28	*0.00	0	2.46	0.02	0.32	*N/A*	*0.4	*0.58	*0.03
990789 Whole Wheat Roll	2 ea	100	160	0.00	340	4	*N/A*	2.00	0.00	0	32.00	4.00	6.00	*N/A*	120.0	0.00	2.16
001201 Fresh Apple Slices	3 ea	100	47	0.03	1	9	*N/A*	0.15	0.00	0	12.57	2.18	0.24	*N/A*	5.5	4.19	0.11
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			643	2.70	1093	43	*10	14.69	*0.00	64	93.86	12.25	40.56	*0	*594.6	*30.70	*5.38
% of Calories				3.78%		26.7%	*6.2%	20.6%	*0.0%		58.4%		25.2%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Wednesday - 09/10/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000668 Sweet Chili Chicken, Diced	3 oz	95	163	0.59	310	10	*10	3.75	0.00	57	14.45	0.03	17.67	*N/A*	*11.8	*0.00	*0.54
990760 Sweet Chili Tofu	4 oz	5	211	0.48	325	12	*12	8.50	*0.00	0	21.69	2.95	11.74	*N/A*	*200.8	*0.00	*2.42
990263 Edamame	2 oz	100	58	0.36	81	1	*N/A*	2.91	*0.00	0	3.91	2.23	5.08	*N/A*	*27.0	*2.59	*0.98
000468 Mixed Greens Salad	8 oz	100	14	0.03	24	1	*N/A*	0.20	0.00	0	2.69	1.67	1.27	*N/A*	40.1	8.45	0.97
001093 Cucumber Coins	2 oz	100	5	0.01	1	1	*N/A*	0.04	0.00	0	1.33	0.18	0.24	*N/A*	5.9	1.02	0.10
001157 Corn	2 oz	100	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
990211 Shredded Carrots	2 oz	100	9	0.00	16	1	0	0.00	0.00	0	2.15	0.54	0.27	*N/A*	*N/A*	*N/A*	*N/A*
990432 Shredded Purple Cabbage	2 oz	100	6	0.00	5	1	*N/A*	0.03	0.00	0	1.36	0.39	0.26	*N/A*	8.3	10.51	0.15
000559 Soy Citrus Dressing	1 oz	100	43	0.47	199	2	*N/A*	3.28	*0.00	0	2.46	0.02	0.32	*N/A*	*0.4	*0.58	*0.03
990789 Whole Wheat Roll	2 ea	100	160	0.00	340	4	*N/A*	2.00	0.00	0	32.00	4.00	6.00	*N/A*	120.0	0.00	2.16
000135 Orange Wedges	3 ea	100	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	*N/A*	36.8	48.94	0.09

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			639	2.69	1092	42	*10	14.64	*0.00	64	92.10	12.28	41.19	*0	*625.9	*75.46	*5.36
% of Calories				3.79%		26.3%	*6.3%	20.6%	*0.0%		57.7%		25.8%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 09/11/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000668 Sweet Chili Chicken, Diced	3 oz	95	163	0.59	310	10	*10	3.75	0.00	57	14.45	0.03	17.67	*N/A*	*11.8	*0.00	*0.54
990760 Sweet Chili Tofu	4 oz	5	211	0.48	325	12	*12	8.50	*0.00	0	21.69	2.95	11.74	*N/A*	*200.8	*0.00	*2.42
990263 Edamame	2 oz	100	58	0.36	81	1	*N/A*	2.91	*0.00	0	3.91	2.23	5.08	*N/A*	*27.0	*2.59	*0.98
000468 Mixed Greens Salad	8 oz	100	14	0.03	24	1	*N/A*	0.20	0.00	0	2.69	1.67	1.27	*N/A*	40.1	8.45	0.97
001093 Cucumber Coins	2 oz	100	5	0.01	1	1	*N/A*	0.04	0.00	0	1.33	0.18	0.24	*N/A*	5.9	1.02	0.10
001157 Corn	2 oz	100	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
990211 Shredded Carrots	2 oz	100	9	0.00	16	1	0	0.00	0.00	0	2.15	0.54	0.27	*N/A*	*N/A*	*N/A*	*N/A*
990432 Shredded Purple Cabbage	2 oz	100	6	0.00	5	1	*N/A*	0.03	0.00	0	1.36	0.39	0.26	*N/A*	8.3	10.51	0.15

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000559 Soy Citrus Dressing	1 oz	100	43	0.47	199	2	*N/A*	3.28	*0.00	0	2.46	0.02	0.32	*N/A*	*0.4	*0.58	*0.03
990789 Whole Wheat Roll	2 ea	100	160	0.00	340	4	*N/A*	2.00	0.00	0	32.00	4.00	6.00	*N/A*	120.0	0.00	2.16
000446 Fresh Watermelon	4 oz	100	37	0.02	1	8	*N/A*	0.19	0.00	0	9.33	0.49	0.75	*N/A*	8.6	10.00	0.30
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			632	2.69	1093	41	*10	14.72	*0.00	64	90.62	10.56	41.08	*0	*597.8	*36.52	*5.57
% of Calories				3.83%		25.9%	*6.3%	21.0%	*0.0%		57.4%		26.0%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 09/12/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000668 Sweet Chili Chicken, Diced	3 oz	95	163	0.59	310	10	*10	3.75	0.00	57	14.45	0.03	17.67	*N/A*	*11.8	*0.00	*0.54
990760 Sweet Chili Tofu	4 oz	5	211	0.48	325	12	*12	8.50	*0.00	0	21.69	2.95	11.74	*N/A*	*200.8	*0.00	*2.42
990263 Edamame	2 oz	100	58	0.36	81	1	*N/A*	2.91	*0.00	0	3.91	2.23	5.08	*N/A*	*27.0	*2.59	*0.98
000468 Mixed Greens Salad	8 oz	100	14	0.03	24	1	*N/A*	0.20	0.00	0	2.69	1.67	1.27	*N/A*	40.1	8.45	0.97
001093 Cucumber Coins	2 oz	100	5	0.01	1	1	*N/A*	0.04	0.00	0	1.33	0.18	0.24	*N/A*	5.9	1.02	0.10

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001157 Corn	2 oz	100	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
990211 Shredded Carrots	2 oz	100	9	0.00	16	1	0	0.00	0.00	0	2.15	0.54	0.27	*N/A*	*N/A*	*N/A*	*N/A*
990432 Shredded Purple Cabbage	2 oz	100	6	0.00	5	1	*N/A*	0.03	0.00	0	1.36	0.39	0.26	*N/A*	8.3	10.51	0.15
000559 Soy Citrus Dressing	1 oz	100	43	0.47	199	2	*N/A*	3.28	*0.00	0	2.46	0.02	0.32	*N/A*	*0.4	*0.58	*0.03
990789 Whole Wheat Roll	2 ea	100	160	0.00	340	4	*N/A*	2.00	0.00	0	32.00	4.00	6.00	*N/A*	120.0	0.00	2.16
000445 Fresh Peach	1 each	100	58	0.03	0	13	*N/A*	0.38	0.00	0	14.31	2.25	1.36	*N/A*	9.0	9.90	0.38
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			654	2.70	1092	46	*10	14.91	*0.00	64	95.60	12.32	41.69	*0	*598.1	*36.41	*5.65
% of Calories				3.72%		28.1%	*6.1%	20.5%	*0.0%		58.5%		25.5%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Monday - 09/15/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000562 Diced Turkey Ham	2 oz	75	54	0.81	285	0	*N/A*	2.42	0.00	32	0.54	0.00	7.54	*N/A*	10.8	0.65	0.58
990155 Hard Boiled Egg	half egg	75	39	0.82	31	0	*N/A*	2.65	*N/A*	93	0.28	0.00	3.14	*N/A*	12.5	0.00	0.30

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001020 Chickpeas	2 oz	75	70	0.12	290	2	*N/A*	1.12	*0.00	0	11.79	3.29	3.81	*N/A*	21.2	0.52	1.24
999136 Tomato Wedges	2 ea	75	10	0.01	3	1	*N/A*	0.11	0.00	0	2.07	0.64	0.47	*N/A*	5.3	7.30	0.14
001093 Cucumber Coins	2 oz	75	5	0.01	1	1	*N/A*	0.04	0.00	0	1.33	0.18	0.24	*N/A*	5.9	1.02	0.10
000468 Mixed Greens Salad	8 oz	75	14	0.03	24	1	*N/A*	0.20	0.00	0	2.69	1.67	1.27	*N/A*	40.1	8.45	0.97
001157 Corn	2 oz	75	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Whole Grain Croutons	4 oz	75	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 Whole Wheat Roll	1 ea	75	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
990044 House Honey Mustard Dressing	1 oz	75	160	2.41	127	4	*N/A*	16.10	*0.00	8	4.12	0.02	0.07	*N/A*	1.4	0.02	0.04
990403 Shredded Cheddar Cheese	1 oz	75	55	3.00	95	0	*N/A*	4.50	0.00	15	0.50	0.00	3.50	*N/A*	100.0	0.00	0.00
999050 Fresh Grapes	4 oz	100	61	0.10	2	15	*N/A*	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soy milk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			657	6.70	1099	36	*0	29.50	*0.00	121	75.67	10.35	30.09	*0	571.4	*19.80	3.82
% of Calories				9.18%		21.9%	*0%	40.4%	*0.0%		46.1%		18.3%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 09/16/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000562 Diced Turkey Ham	2 oz	75	54	0.81	285	0	*N/A*	2.42	0.00	32	0.54	0.00	7.54	*N/A*	10.8	0.65	0.58
990155 Hard Boiled Egg	half egg	75	39	0.82	31	0	*N/A*	2.65	*N/A*	93	0.28	0.00	3.14	*N/A*	12.5	0.00	0.30
001020 Chickpeas	2 oz	75	70	0.12	290	2	*N/A*	1.12	*0.00	0	11.79	3.29	3.81	*N/A*	21.2	0.52	1.24
999136 Tomato Wedges	2 ea	75	10	0.01	3	1	*N/A*	0.11	0.00	0	2.07	0.64	0.47	*N/A*	5.3	7.30	0.14
001093 Cucumber Coins	2 oz	75	5	0.01	1	1	*N/A*	0.04	0.00	0	1.33	0.18	0.24	*N/A*	5.9	1.02	0.10
000468 Mixed Greens Salad	8 oz	75	14	0.03	24	1	*N/A*	0.20	0.00	0	2.69	1.67	1.27	*N/A*	40.1	8.45	0.97
001157 Corn	2 oz	75	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Whole Grain Croutons	4 oz	75	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 Whole Wheat Roll	1 ea	75	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
990044 House Honey Mustard Dressing	1 oz	75	160	2.41	127	4	*N/A*	16.10	*0.00	8	4.12	0.02	0.07	*N/A*	1.4	0.02	0.04
990403 Shredded Cheddar Cheese	1 oz	75	55	3.00	95	0	*N/A*	4.50	0.00	15	0.50	0.00	3.50	*N/A*	100.0	0.00	0.00
001201 Fresh Apple Slices	3 ea	100	47	0.03	1	9	*N/A*	0.15	0.00	0	12.57	2.18	0.24	*N/A*	5.5	4.19	0.11
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			644	6.62	1098	31	*0	29.34	*0.00	121	72.68	11.72	29.75	*0	564.2	*20.36	3.66
% of Calories				9.25%		19.3%	*0%	41.0%	*0.0%		45.1%		18.5%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Wednesday - 09/17/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000562 Diced Turkey Ham	2 oz	75	54	0.81	285	0	*N/A*	2.42	0.00	32	0.54	0.00	7.54	*N/A*	10.8	0.65	0.58
990155 Hard Boiled Egg	half egg	75	39	0.82	31	0	*N/A*	2.65	*N/A*	93	0.28	0.00	3.14	*N/A*	12.5	0.00	0.30
001020 Chickpeas	2 oz	75	70	0.12	290	2	*N/A*	1.12	*0.00	0	11.79	3.29	3.81	*N/A*	21.2	0.52	1.24
999136 Tomato Wedges	2 ea	75	10	0.01	3	1	*N/A*	0.11	0.00	0	2.07	0.64	0.47	*N/A*	5.3	7.30	0.14
001093 Cucumber Coins	2 oz	75	5	0.01	1	1	*N/A*	0.04	0.00	0	1.33	0.18	0.24	*N/A*	5.9	1.02	0.10
000468 Mixed Greens Salad	8 oz	75	14	0.03	24	1	*N/A*	0.20	0.00	0	2.69	1.67	1.27	*N/A*	40.1	8.45	0.97
001157 Corn	2 oz	75	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Whole Grain Croutons	4 oz	75	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 Whole Wheat Roll	1 ea	75	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
990044 House Honey Mustard Dressing	1 oz	75	160	2.41	127	4	*N/A*	16.10	*0.00	8	4.12	0.02	0.07	*N/A*	1.4	0.02	0.04
990403 Shredded Cheddar Cheese	1 oz	75	55	3.00	95	0	*N/A*	4.50	0.00	15	0.50	0.00	3.50	*N/A*	100.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000135 Orange Wedges	3 ea	100	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	*N/A*	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			640	6.61	1097	30	*0	29.30	*0.00	121	70.92	11.74	30.38	*0	595.5	*65.12	3.65
% of Calories				9.30%		18.8%	*0%	41.2%	*0.0%		44.3%		19.0%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 09/18/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000562 Diced Turkey Ham	2 oz	75	54	0.81	285	0	*N/A*	2.42	0.00	32	0.54	0.00	7.54	*N/A*	10.8	0.65	0.58
990155 Hard Boiled Egg	half egg	75	39	0.82	31	0	*N/A*	2.65	*N/A*	93	0.28	0.00	3.14	*N/A*	12.5	0.00	0.30
001020 Chickpeas	2 oz	75	70	0.12	290	2	*N/A*	1.12	*0.00	0	11.79	3.29	3.81	*N/A*	21.2	0.52	1.24
999136 Tomato Wedges	2 ea	75	10	0.01	3	1	*N/A*	0.11	0.00	0	2.07	0.64	0.47	*N/A*	5.3	7.30	0.14
001093 Cucumber Coins	2 oz	75	5	0.01	1	1	*N/A*	0.04	0.00	0	1.33	0.18	0.24	*N/A*	5.9	1.02	0.10
000468 Mixed Greens Salad	8 oz	75	14	0.03	24	1	*N/A*	0.20	0.00	0	2.69	1.67	1.27	*N/A*	40.1	8.45	0.97
001157 Corn	2 oz	75	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000951 Whole Grain Croutons	4 oz	75	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 Whole Wheat Roll	1 ea	75	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
990044 House Honey Mustard Dressing	1 oz	75	160	2.41	127	4	*N/A*	16.10	*0.00	8	4.12	0.02	0.07	*N/A*	1.4	0.02	0.04
990403 Shredded Cheddar Cheese	1 oz	75	55	3.00	95	0	*N/A*	4.50	0.00	15	0.50	0.00	3.50	*N/A*	100.0	0.00	0.00
000446 Fresh Watermelon	4 oz	100	37	0.02	1	8	*N/A*	0.19	0.00	0	9.33	0.49	0.75	*N/A*	8.6	10.00	0.30
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			634	6.62	1098	29	*0	29.37	*0.00	121	69.44	10.03	30.27	*0	567.4	*26.18	3.85
% of Calories				9.40%		18.3%	*0%	41.7%	*0.0%		43.8%		19.1%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 09/19/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000562 Diced Turkey Ham	2 oz	75	54	0.81	285	0	*N/A*	2.42	0.00	32	0.54	0.00	7.54	*N/A*	10.8	0.65	0.58
990155 Hard Boiled Egg	half egg	75	39	0.82	31	0	*N/A*	2.65	*N/A*	93	0.28	0.00	3.14	*N/A*	12.5	0.00	0.30
001020 Chickpeas	2 oz	75	70	0.12	290	2	*N/A*	1.12	*0.00	0	11.79	3.29	3.81	*N/A*	21.2	0.52	1.24

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999136 Tomato Wedges	2 ea	75	10	0.01	3	1	*N/A*	0.11	0.00	0	2.07	0.64	0.47	*N/A*	5.3	7.30	0.14
001093 Cucumber Coins	2 oz	75	5	0.01	1	1	*N/A*	0.04	0.00	0	1.33	0.18	0.24	*N/A*	5.9	1.02	0.10
000468 Mixed Greens Salad	8 oz	75	14	0.03	24	1	*N/A*	0.20	0.00	0	2.69	1.67	1.27	*N/A*	40.1	8.45	0.97
001157 Corn	2 oz	75	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Whole Grain Croutons	4 oz	75	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 Whole Wheat Roll	1 ea	75	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
990044 House Honey Mustard Dressing	1 oz	75	160	2.41	127	4	*N/A*	16.10	*0.00	8	4.12	0.02	0.07	*N/A*	1.4	0.02	0.04
990403 Shredded Cheddar Cheese	1 oz	75	55	3.00	95	0	*N/A*	4.50	0.00	15	0.50	0.00	3.50	*N/A*	100.0	0.00	0.00
000445 Fresh Peach	1 each	100	58	0.03	0	13	*N/A*	0.38	0.00	0	14.31	2.25	1.36	*N/A*	9.0	9.90	0.38
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			655	6.62	1097	34	*0	29.56	*0.00	121	74.42	11.78	30.88	*0	567.7	*26.07	3.93
% of Calories				9.10%		20.8%	*0%	40.6%	*0.0%		45.4%		18.9%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Monday - 09/22/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990404 BBQ Chicken, Diced	3 oz	75	143	0.27	332	13	*0	1.51	0.00	57	14.00	0.00	17.60	*N/A*	5.1	*0.00	0.43
001020 Chickpeas	2 oz	25	70	0.12	290	2	*N/A*	1.12	*0.00	0	11.79	3.29	3.81	*N/A*	21.2	0.52	1.24
000188 Romaine Salad	8 oz	75	10	0.02	5	1	*N/A*	0.17	0.00	0	1.91	1.22	0.71	*N/A*	19.1	2.32	0.56
001013 Red Onion	2 oz	75	20	0.02	2	3	0	0.05	*N/A*	0	4.55	0.83	0.54	*N/A*	11.2	3.61	0.10
990349 Red Pepper Strips	2 oz	75	8	0.02	1	1	*N/A*	0.09	0.00	0	1.88	0.66	0.31	*N/A*	2.2	39.82	0.13
001157 Corn	2 oz	75	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Whole Grain Croutons	4 oz	75	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 Whole Wheat Roll	1 ea	75	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
990044 House Honey Mustard Dressing	1 oz	75	160	2.41	127	4	*N/A*	16.10	*0.00	8	4.12	0.02	0.07	*N/A*	1.4	0.02	0.04
990403 Shredded Cheddar Cheese	1 oz	75	55	3.00	95	0	*N/A*	4.50	0.00	15	0.50	0.00	3.50	*N/A*	100.0	0.00	0.00
999050 Fresh Grapes	4 oz	100	61	0.10	2	15	*N/A*	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			666	5.63	951	46	*0	26.25	*0.00	70	81.34	8.86	33.06	*0	533.1	*40.79	2.55
% of Calories				7.61%		27.6%	*0%	35.5%	*0.0%		48.9%		19.9%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 25, 2025 thru Oct 3, 2025

Tuesday - 09/23/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990404 BBQ Chicken, Diced	3 oz	75	143	0.27	332	13	*0	1.51	0.00	57	14.00	0.00	17.60	*N/A*	5.1	*0.00	0.43
001020 Chickpeas	2 oz	25	70	0.12	290	2	*N/A*	1.12	*0.00	0	11.79	3.29	3.81	*N/A*	21.2	0.52	1.24
000188 Romaine Salad	8 oz	75	10	0.02	5	1	*N/A*	0.17	0.00	0	1.91	1.22	0.71	*N/A*	19.1	2.32	0.56
001013 Red Onion	2 oz	75	20	0.02	2	3	0	0.05	*N/A*	0	4.55	0.83	0.54	*N/A*	11.2	3.61	0.10
990349 Red Pepper Strips	2 oz	75	8	0.02	1	1	*N/A*	0.09	0.00	0	1.88	0.66	0.31	*N/A*	2.2	39.82	0.13
001157 Corn	2 oz	75	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Whole Grain Croutons	4 oz	75	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 Whole Wheat Roll	1 ea	75	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
990044 House Honey Mustard Dressing	1 oz	75	160	2.41	127	4	*N/A*	16.10	*0.00	8	4.12	0.02	0.07	*N/A*	1.4	0.02	0.04
990403 Shredded Cheddar Cheese	1 oz	75	55	3.00	95	0	*N/A*	4.50	0.00	15	0.50	0.00	3.50	*N/A*	100.0	0.00	0.00
001201 Fresh Apple Slices	3 ea	100	47	0.03	1	9	*N/A*	0.15	0.00	0	12.57	2.18	0.24	*N/A*	5.5	4.19	0.11
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			653	5.55	950	41	*0	26.09	*0.00	70	78.35	10.23	32.72	*0	525.9	*41.35	2.39
% of Calories				7.65%		25.1%	*0%	36.0%	*0.0%		48.0%		20.0%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Wednesday - 09/24/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990404 BBQ Chicken, Diced	3 oz	75	143	0.27	332	13	*0	1.51	0.00	57	14.00	0.00	17.60	*N/A*	5.1	*0.00	0.43
001020 Chickpeas	2 oz	25	70	0.12	290	2	*N/A*	1.12	*0.00	0	11.79	3.29	3.81	*N/A*	21.2	0.52	1.24
000188 Romaine Salad	8 oz	75	10	0.02	5	1	*N/A*	0.17	0.00	0	1.91	1.22	0.71	*N/A*	19.1	2.32	0.56
001013 Red Onion	2 oz	75	20	0.02	2	3	0	0.05	*N/A*	0	4.55	0.83	0.54	*N/A*	11.2	3.61	0.10
990349 Red Pepper Strips	2 oz	75	8	0.02	1	1	*N/A*	0.09	0.00	0	1.88	0.66	0.31	*N/A*	2.2	39.82	0.13
001157 Corn	2 oz	75	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Whole Grain Croutons	4 oz	75	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 Whole Wheat Roll	1 ea	75	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
990044 House Honey Mustard Dressing	1 oz	75	160	2.41	127	4	*N/A*	16.10	*0.00	8	4.12	0.02	0.07	*N/A*	1.4	0.02	0.04
990403 Shredded Cheddar Cheese	1 oz	75	55	3.00	95	0	*N/A*	4.50	0.00	15	0.50	0.00	3.50	*N/A*	100.0	0.00	0.00
000135 Orange Wedges	3 ea	100	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	*N/A*	36.8	48.94	0.09

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			648	5.54	949	40	*0	26.04	*0.00	70	76.60	10.25	33.35	*0	557.2	*86.11	2.38
% of Calories				7.69%		24.7%	*0%	36.2%	*0.0%		47.3%		20.6%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 09/25/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990404 BBQ Chicken, Diced	3 oz	75	143	0.27	332	13	*0	1.51	0.00	57	14.00	0.00	17.60	*N/A*	5.1	*0.00	0.43
001020 Chickpeas	2 oz	25	70	0.12	290	2	*N/A*	1.12	*0.00	0	11.79	3.29	3.81	*N/A*	21.2	0.52	1.24
000188 Romaine Salad	8 oz	75	10	0.02	5	1	*N/A*	0.17	0.00	0	1.91	1.22	0.71	*N/A*	19.1	2.32	0.56
001013 Red Onion	2 oz	75	20	0.02	2	3	0	0.05	*N/A*	0	4.55	0.83	0.54	*N/A*	11.2	3.61	0.10
990349 Red Pepper Strips	2 oz	75	8	0.02	1	1	*N/A*	0.09	0.00	0	1.88	0.66	0.31	*N/A*	2.2	39.82	0.13
001157 Corn	2 oz	75	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Whole Grain Croutons	4 oz	75	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 Whole Wheat Roll	1 ea	75	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990044 House Honey Mustard Dressing	1 oz	75	160	2.41	127	4	*N/A*	16.10	*0.00	8	4.12	0.02	0.07	*N/A*	1.4	0.02	0.04
990403 Shredded Cheddar Cheese	1 oz	75	55	3.00	95	0	*N/A*	4.50	0.00	15	0.50	0.00	3.50	*N/A*	100.0	0.00	0.00
000446 Fresh Watermelon	4 oz	100	37	0.02	1	8	*N/A*	0.19	0.00	0	9.33	0.49	0.75	*N/A*	8.6	10.00	0.30
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			642	5.55	950	39	*0	26.12	*0.00	70	75.11	8.54	33.24	*0	529.1	*47.17	2.58
% of Calories				7.78%		24.3%	*0%	36.6%	*0.0%		46.8%		20.7%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 09/26/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990404 BBQ Chicken, Diced	3 oz	75	143	0.27	332	13	*0	1.51	0.00	57	14.00	0.00	17.60	*N/A*	5.1	*0.00	0.43
001020 Chickpeas	2 oz	25	70	0.12	290	2	*N/A*	1.12	*0.00	0	11.79	3.29	3.81	*N/A*	21.2	0.52	1.24
000188 Romaine Salad	8 oz	75	10	0.02	5	1	*N/A*	0.17	0.00	0	1.91	1.22	0.71	*N/A*	19.1	2.32	0.56
001013 Red Onion	2 oz	75	20	0.02	2	3	0	0.05	*N/A*	0	4.55	0.83	0.54	*N/A*	11.2	3.61	0.10
990349 Red Pepper Strips	2 oz	75	8	0.02	1	1	*N/A*	0.09	0.00	0	1.88	0.66	0.31	*N/A*	2.2	39.82	0.13

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001157 Corn	2 oz	75	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000951 Whole Grain Croutons	4 oz	75	142	0.00	283	0	*N/A*	8.10	0.00	0	16.20	4.05	4.05	*N/A*	0.0	0.00	0.00
000004 Whole Wheat Roll	1 ea	75	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
990044 House Honey Mustard Dressing	1 oz	75	160	2.41	127	4	*N/A*	16.10	*0.00	8	4.12	0.02	0.07	*N/A*	1.4	0.02	0.04
990403 Shredded Cheddar Cheese	1 oz	75	55	3.00	95	0	*N/A*	4.50	0.00	15	0.50	0.00	3.50	*N/A*	100.0	0.00	0.00
000445 Fresh Peach	1 each	100	58	0.03	0	13	*N/A*	0.38	0.00	0	14.31	2.25	1.36	*N/A*	9.0	9.90	0.38
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			664	5.56	949	44	*0	26.31	*0.00	70	80.10	10.29	33.85	*0	529.4	*47.06	2.66
% of Calories				7.54%		26.5%	*0%	35.7%	*0.0%		48.3%		20.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Monday - 09/29/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001037 Cumin Lime Chicken Diced	3 oz	75	143	1.10	222	0	*0	7.33	*0.00	57	1.64	0.34	17.95	*N/A*	*12.3	*0.46	*0.84
991039 Black Beans, Canned	2 oz	75	37	0.03	47	0	*N/A*	0.12	0.00	0	6.73	2.81	2.45	*N/A*	14.2	1.09	0.77

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000188 Romaine Salad	8 oz	75	10	0.02	5	1	*N/A*	0.17	0.00	0	1.91	1.22	0.71	*N/A*	19.1	2.32	0.56
990250 Cherry Tomatoes - .25 C	2 oz	75	3	0.00	1	0	*N/A*	0.03	0.00	0	0.64	0.20	0.14	*N/A*	1.6	2.24	0.04
001157 Corn	2 oz	75	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
001013 Red Onion	2 oz	75	20	0.02	2	3	0	0.05	*N/A*	0	4.55	0.83	0.54	*N/A*	11.2	3.61	0.10
001087 Corn Tortilla Chips	10 ea	75	108	0.77	88	0	*N/A*	4.61	0.00	0	15.36	1.54	1.54	*N/A*	15.4	0.00	0.00
000004 Whole Wheat Roll	1 ea	75	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
001038 Honey Lime Dressing	1 oz	75	223	3.49	216	2	*N/A*	23.27	*0.00	12	3.79	0.44	0.33	*N/A*	8.0	0.77	0.38
990403 Shredded Cheddar Cheese	1 oz	75	55	3.00	95	0	*N/A*	4.50	0.00	15	0.50	0.00	3.50	*N/A*	100.0	0.00	0.00
999050 Fresh Grapes	4 oz	100	61	0.10	2	15	*N/A*	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			694	7.62	751	34	*0	33.13	*0.00	73	72.36	8.49	32.40	*0	*560.0	*14.19	*3.31
% of Calories				9.88%		19.6%	*0%	43.0%	*0.0%		41.7%		18.7%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 09/30/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001037 Cumin Lime Chicken Diced	3 oz	75	143	1.10	222	0	*0	7.33	*0.00	57	1.64	0.34	17.95	*N/A*	*12.3	*0.46	*0.84
991039 Black Beans, Canned	2 oz	75	37	0.03	47	0	*N/A*	0.12	0.00	0	6.73	2.81	2.45	*N/A*	14.2	1.09	0.77
000188 Romaine Salad	8 oz	75	10	0.02	5	1	*N/A*	0.17	0.00	0	1.91	1.22	0.71	*N/A*	19.1	2.32	0.56
990250 Cherry Tomatoes - .25 C	2 oz	75	3	0.00	1	0	*N/A*	0.03	0.00	0	0.64	0.20	0.14	*N/A*	1.6	2.24	0.04
001157 Corn	2 oz	75	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
001013 Red Onion	2 oz	75	20	0.02	2	3	0	0.05	*N/A*	0	4.55	0.83	0.54	*N/A*	11.2	3.61	0.10
001087 Corn Tortilla Chips	10 ea	75	108	0.77	88	0	*N/A*	4.61	0.00	0	15.36	1.54	1.54	*N/A*	15.4	0.00	0.00
000004 Whole Wheat Roll	1 ea	75	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
001038 Honey Lime Dressing	1 oz	75	223	3.49	216	2	*N/A*	23.27	*0.00	12	3.79	0.44	0.33	*N/A*	8.0	0.77	0.38
990403 Shredded Cheddar Cheese	1 oz	75	55	3.00	95	0	*N/A*	4.50	0.00	15	0.50	0.00	3.50	*N/A*	100.0	0.00	0.00
001201 Fresh Apple Slices	3 ea	100	47	0.03	1	9	*N/A*	0.15	0.00	0	12.57	2.18	0.24	*N/A*	5.5	4.19	0.11
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			680	7.54	750	29	*0	32.97	*0.00	73	69.37	9.86	32.06	*0	*552.7	*14.75	*3.16
% of Calories				9.98%		17.1%	*0%	43.6%	*0.0%		40.8%		18.9%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 25, 2025 thru Oct 3, 2025

Wednesday - 10/01/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001037 Cumin Lime Chicken Diced	3 oz	75	143	1.10	222	0	*0	7.33	*0.00	57	1.64	0.34	17.95	*N/A*	*12.3	*0.46	*0.84
991039 Black Beans, Canned	2 oz	75	37	0.03	47	0	*N/A*	0.12	0.00	0	6.73	2.81	2.45	*N/A*	14.2	1.09	0.77
000188 Romaine Salad	8 oz	75	10	0.02	5	1	*N/A*	0.17	0.00	0	1.91	1.22	0.71	*N/A*	19.1	2.32	0.56
990250 Cherry Tomatoes - .25 C	2 oz	75	3	0.00	1	0	*N/A*	0.03	0.00	0	0.64	0.20	0.14	*N/A*	1.6	2.24	0.04
001157 Corn	2 oz	75	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
001013 Red Onion	2 oz	75	20	0.02	2	3	0	0.05	*N/A*	0	4.55	0.83	0.54	*N/A*	11.2	3.61	0.10
001087 Corn Tortilla Chips	10 ea	75	108	0.77	88	0	*N/A*	4.61	0.00	0	15.36	1.54	1.54	*N/A*	15.4	0.00	0.00
000004 Whole Wheat Roll	1 ea	75	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
001038 Honey Lime Dressing	1 oz	75	223	3.49	216	2	*N/A*	23.27	*0.00	12	3.79	0.44	0.33	*N/A*	8.0	0.77	0.38
990403 Shredded Cheddar Cheese	1 oz	75	55	3.00	95	0	*N/A*	4.50	0.00	15	0.50	0.00	3.50	*N/A*	100.0	0.00	0.00
000135 Orange Wedges	3 ea	100	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	*N/A*	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			676	7.53	750	28	*0	32.92	*0.00	73	67.61	9.88	32.69	*0	*584.1	*59.51	*3.14
% of Calories				10.03 %		16.6%	*0%	43.8%	*0.0%		40.0%		19.3%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 10/02/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001037 Cumin Lime Chicken Diced	3 oz	75	143	1.10	222	0	*0	7.33	*0.00	57	1.64	0.34	17.95	*N/A*	*12.3	*0.46	*0.84
991039 Black Beans, Canned	2 oz	75	37	0.03	47	0	*N/A*	0.12	0.00	0	6.73	2.81	2.45	*N/A*	14.2	1.09	0.77
000188 Romaine Salad	8 oz	75	10	0.02	5	1	*N/A*	0.17	0.00	0	1.91	1.22	0.71	*N/A*	19.1	2.32	0.56
990250 Cherry Tomatoes - .25 C	2 oz	75	3	0.00	1	0	*N/A*	0.03	0.00	0	0.64	0.20	0.14	*N/A*	1.6	2.24	0.04
001157 Corn	2 oz	75	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
001013 Red Onion	2 oz	75	20	0.02	2	3	0	0.05	*N/A*	0	4.55	0.83	0.54	*N/A*	11.2	3.61	0.10
001087 Corn Tortilla Chips	10 ea	75	108	0.77	88	0	*N/A*	4.61	0.00	0	15.36	1.54	1.54	*N/A*	15.4	0.00	0.00
000004 Whole Wheat Roll	1 ea	75	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
001038 Honey Lime Dressing	1 oz	75	223	3.49	216	2	*N/A*	23.27	*0.00	12	3.79	0.44	0.33	*N/A*	8.0	0.77	0.38
990403 Shredded Cheddar Cheese	1 oz	75	55	3.00	95	0	*N/A*	4.50	0.00	15	0.50	0.00	3.50	*N/A*	100.0	0.00	0.00
000446 Fresh Watermelon	4 oz	100	37	0.02	1	8	*N/A*	0.19	0.00	0	9.33	0.49	0.75	*N/A*	8.6	10.00	0.30

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			670	7.54	751	27	*0	33.00	*0.00	73	66.13	8.16	32.58	*0	*555.9	*20.57	*3.34
% of Calories				10.13 %		16.1%	*0%	44.3%	*0.0%		39.5%		19.5%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 10/03/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001037 Cumin Lime Chicken Diced	3 oz	75	143	1.10	222	0	*0	7.33	*0.00	57	1.64	0.34	17.95	*N/A*	*12.3	*0.46	*0.84
991039 Black Beans, Canned	2 oz	75	37	0.03	47	0	*N/A*	0.12	0.00	0	6.73	2.81	2.45	*N/A*	14.2	1.09	0.77
000188 Romaine Salad	8 oz	75	10	0.02	5	1	*N/A*	0.17	0.00	0	1.91	1.22	0.71	*N/A*	19.1	2.32	0.56
990250 Cherry Tomatoes - .25 C	2 oz	75	3	0.00	1	0	*N/A*	0.03	0.00	0	0.64	0.20	0.14	*N/A*	1.6	2.24	0.04
001157 Corn	2 oz	75	36	0.05	1	1	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
001013 Red Onion	2 oz	75	20	0.02	2	3	0	0.05	*N/A*	0	4.55	0.83	0.54	*N/A*	11.2	3.61	0.10
001087 Corn Tortilla Chips	10 ea	75	108	0.77	88	0	*N/A*	4.61	0.00	0	15.36	1.54	1.54	*N/A*	15.4	0.00	0.00
000004 Whole Wheat Roll	1 ea	75	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001038 Honey Lime Dressing	1 oz	75	223	3.49	216	2	*N/A*	23.27	*0.00	12	3.79	0.44	0.33	*N/A*	8.0	0.77	0.38
990403 Shredded Cheddar Cheese	1 oz	75	55	3.00	95	0	*N/A*	4.50	0.00	15	0.50	0.00	3.50	*N/A*	100.0	0.00	0.00
000445 Fresh Peach	1 each	100	58	0.03	0	13	*N/A*	0.38	0.00	0	14.31	2.25	1.36	*N/A*	9.0	9.90	0.38
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			691	7.54	750	32	*0	33.19	*0.00	73	71.11	9.92	33.19	*0	*556.3	*20.46	*3.42
% of Calories				9.82%		18.5%	*0%	43.2%	*0.0%		41.2%		19.2%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages		660	6	938	37	2	26.89	*0.00	79	77.21	10.10	33.90	*0	*562.0	*39.17	*3.49
% of Calories			8.02%		22.4%	*1.2%	36.7%	*0.0%		46.8%		20.5%				

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

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



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