



SERVING AWARD-WINNING FOOD THAT KIDS LOVE.

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# August/ September Salad Bar Lunch Menu

DC PUBLIC SCHOOLS | 9-12

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

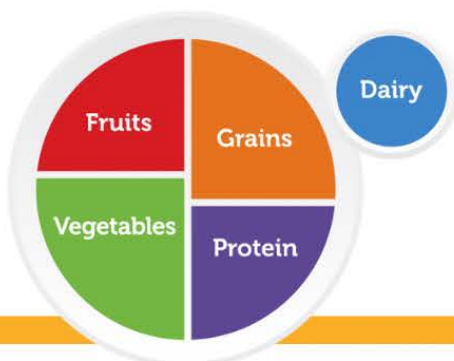
- + pick your base**
  - mixed greens salad
- +pick your protein**
  - sweet chili chicken
  - sweet chili tofu
- +pick your toppings**
  - cucumber coins
  - corn
  - shredded carrots
  - purple cabbage
  - whole grain roll
- +add your dressing**
  - soy citrus dressing

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 9-12 Salad Bar | Include Cost: | No |
| Site:                    |                           |               |    |
| Use Alternate Menu Name: | No                        |               |    |

Monday - 08/25/2025                      Reimbursable Meal Total 100

|                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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 <sup>m</sup> (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         | 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      |
| 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         | 100       | 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         | 100       | 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         | 100       | 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      |
| 999070 Fresh Grapes                 | 8 oz         | 100       | 122                      | 0.21                   | 4                      | 29               | *N/A*            | 0.64      | 0.00       | 0           | 31.12    | 1.63      | 1.14      | *N/A*       | 25.4                   | 7.26       | 0.53      |
| 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 <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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    |              |           | 858                      | 6.39                   | 1243                   | 64               | *0               | 33.43     | *0.00      | 72          | 111.88   | 12.84     | 37.31     | *0          | 571.7      | *44.68     | 3.71      |
| % of Calories             |              |           |                          | 6.70%                  |                        | 29.8%            | *0%              | 35.1%     | *0.0%      |             | 52.2%    |           | 17.4%     |             |            |            |           |
| Weekly Nutrient Guideline |              |           | 750 - 850                | <10                    | 1280                   |                  |                  | <=0       |            |             |          |           |           |             |            |            |           |

Tuesday - 08/26/2025

Reimbursable Meal Total 100

|                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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         | 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      |
| 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         | 100       | 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         | 100       | 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         | 100       | 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      |
| 001200 Fresh Apple Slices           | 6 ea         | 100       | 95                       | 0.05                   | 2                      | 19               | *N/A*            | 0.31      | 0.00       | 0           | 25.13    | 4.37      | 0.47      | *N/A*       | 10.9       | 8.37       | 0.22      |

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

|                                   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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            |              |           | 831                      | 6.24                   | 1241                   | 53               | *0               | 33.10     | *0.00      | 72          | 105.90   | 15.57     | 36.64     | *0          | 557.3      | *45.80     | 3.41      |
| % of Calories                     |              |           |                          | 6.76%                  |                        | 25.5%            | *0%              | 35.8%     | *0.0%      |             | 51.0%    |           | 17.6%     |             |            |            |           |
| Weekly Nutrient Guideline         |              |           | 750 - 850                | <10                    | 1280                   |                  |                  | <=0       |            |             |          |           |           |             |            |            |           |

Wednesday - 08/27/2025

Reimbursable Meal Total 100

|                             | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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         | 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      |
| 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         | 100       | 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         | 100       | 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 <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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         | 100       | 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      |
| 000812 Orange Wedges                | 6 ea         | 100       | 86                       | 0.03                   | 0                      | 17               | *N/A*            | 0.22      | 0.00       | 0           | 21.62    | 4.42      | 1.73      | *N/A*       | 73.6       | 97.89      | 0.18      |
| 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              |              |           | 822                      | 6.21                   | 1239                   | 51               | *0               | 33.01     | *0.00      | 72          | 102.38   | 15.62     | 37.90     | *0          | 619.9      | *135.32    | 3.37      |
| % of Calories                       |              |           |                          | 6.80%                  |                        | 24.8%            | *0%              | 36.1%     | *0.0%      |             | 49.8%    |           | 18.4%     |             |            |            |           |
| Weekly Nutrient Guideline           |              |           | 750 - 850                | <10                    | 1280                   |                  |                  | <=0       |            |             |          |           |           |             |            |            |           |

Thursday - 08/28/2025

Reimbursable Meal Total 100

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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         | 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      |
| 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 <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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         | 100       | 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         | 100       | 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         | 100       | 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      |
| 000962 Fresh Watermelon             | 8 oz         | 100       | 74                       | 0.04                   | 2                      | 15               | *N/A*            | 0.37      | 0.00       | 0           | 18.65    | 0.99      | 1.51      | *N/A*       | 17.3       | 20.01      | 0.59      |
| 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              |              |           | 810                      | 6.23                   | 1241                   | 49               | *0               | 33.16     | *0.00      | 72          | 99.41    | 12.19     | 37.68     | *0          | 563.6      | *57.44     | 3.78      |
| % of Calories                       |              |           |                          | 6.92%                  |                        | 24.2%            | *0%              | 36.8%     | *0.0%      |             | 49.1%    |           | 18.6%     |             |            |            |           |
| Weekly Nutrient Guideline           |              |           | 750 - 850                | <10                    | 1280                   |                  |                  | <=0       |            |             |          |           |           |             |            |            |           |

Friday - 08/29/2025

Reimbursable Meal Total 100

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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         | 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 <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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 <sup>m</sup> (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         | 100       | 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         | 100       | 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         | 100       | 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      |
| 000673 Fresh Whole Apple            | 1 ea         | 50        | 95                       | 0.05                   | 2                      | 19               | *N/A*            | 0.31      | 0.00       | 0           | 25.13    | 4.37      | 0.47      | *N/A*       | 10.9                   | 8.37       | 0.22      |
| 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              |              |           | 842                      | 6.24                   | 1240                   | 56               | *0               | 33.32     | *0.00      | 72          | 107.64   | 15.64     | 37.77     | *0          | 560.8                  | *51.51     | 3.67      |
| % of Calories                       |              |           |                          | 6.67%                  |                        | 26.6%            | *0%              | 35.6%     | *0.0%      |             | 51.1%    |           | 17.9%     |             |                        |            |           |
| Weekly Nutrient Guideline           |              |           | 750 - 850                | <10                    | 1280                   |                  |                  | <=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 <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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 <sup>m</sup> (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 |              |           | 750 - 850                | <10                    | 1280                   |                  |                  | <=0       |            |             |          |           |           |             |                        |            |           |

Tuesday - 09/02/2025

Reimbursable Meal Total 100

|                                 | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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 <sup>m</sup> (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     |
| 990252 Black Beans, Canned      | 4 oz         | 75        | 74                       | 0.07                   | 95                     | 1                | *N/A*            | 0.24      | 0.00       | 0           | 13.47    | 5.63      | 4.90      | *N/A*       | 28.5                   | 2.17       | 1.54      |
| 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        | 100       | 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         | 100       | 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      |
| 999070 Fresh Grapes             | 8 oz         | 100       | 122                      | 0.21                   | 4                      | 29               | *N/A*            | 0.64      | 0.00       | 0           | 31.12    | 1.63      | 1.14      | *N/A*       | 25.4                   | 7.26       | 0.53      |

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

|                                   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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            |              |           | 829                      | 7.94                   | 853                    | 50               | *0               | 34.94     | *0.00      | 73          | 100.81   | 12.30     | 35.94     | *0          | *602.2     | *18.63     | *4.42     |
| % of Calories                     |              |           |                          | 8.62%                  |                        | 24.1%            | *0%              | 37.9%     | *0.0%      |             | 48.6%    |           | 17.3%     |             |            |            |           |
| Weekly Nutrient Guideline         |              |           | 750 - 850                | <10                    | 1280                   |                  |                  | <=0       |            |             |          |           |           |             |            |            |           |

Wednesday - 09/03/2025

Reimbursable Meal Total 100

|                                 | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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     |
| 990252 Black Beans, Canned      | 4 oz         | 75        | 74                       | 0.07                   | 95                     | 1                | *N/A*            | 0.24      | 0.00       | 0           | 13.47    | 5.63      | 4.90      | *N/A*       | 28.5       | 2.17       | 1.54      |
| 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        | 100       | 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         | 100       | 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 <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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      |
| 000812 Orange Wedges              | 6 ea         | 100       | 86                       | 0.03                   | 0                      | 17               | *N/A*            | 0.22      | 0.00       | 0           | 21.62    | 4.42      | 1.73      | *N/A*       | 73.6       | 97.89      | 0.18      |
| 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            |              |           | 794                      | 7.76                   | 850                    | 38               | *0               | 34.53     | *0.00      | 73          | 91.31    | 15.08     | 36.53     | *0          | *650.4     | *109.26    | *4.08     |
| % of Calories                     |              |           |                          | 8.80%                  |                        | 19.1%            | *0%              | 39.1%     | *0.0%      |             | 46.0%    |           | 18.4%     |             |            |            |           |
| Weekly Nutrient Guideline         |              |           | 750 - 850                | <10                    | 1280                   |                  |                  | <=0       |            |             |          |           |           |             |            |            |           |

Thursday - 09/04/2025

Reimbursable Meal Total 100

|                                 | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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     |
| 990252 Black Beans, Canned      | 4 oz         | 75        | 74                       | 0.07                   | 95                     | 1                | *N/A*            | 0.24      | 0.00       | 0           | 13.47    | 5.63      | 4.90      | *N/A*       | 28.5       | 2.17       | 1.54      |
| 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 <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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        | 100       | 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         | 100       | 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      |
| 000962 Fresh Watermelon           | 8 oz         | 100       | 74                       | 0.04                   | 2                      | 15               | *N/A*            | 0.37      | 0.00       | 0           | 18.65    | 0.99      | 1.51      | *N/A*       | 17.3       | 20.01      | 0.59      |
| 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            |              |           | 782                      | 7.77                   | 852                    | 36               | *0               | 34.68     | *0.00      | 73          | 88.34    | 11.65     | 36.30     | *0          | *594.1     | *31.39     | *4.49     |
| % of Calories                     |              |           |                          | 8.94%                  |                        | 18.4%            | *0%              | 39.9%     | *0.0%      |             | 45.2%    |           | 18.6%     |             |            |            |           |
| Weekly Nutrient Guideline         |              |           | 750 - 850                | <10                    | 1280                   |                  |                  | <=0       |            |             |          |           |           |             |            |            |           |

Friday - 09/05/2025

Reimbursable Meal Total 100

|                                 | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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     |
| 990252 Black Beans, Canned      | 4 oz         | 75        | 74                       | 0.07                   | 95                     | 1                | *N/A*            | 0.24      | 0.00       | 0           | 13.47    | 5.63      | 4.90      | *N/A*       | 28.5       | 2.17       | 1.54      |

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

|                                   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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 <sup>m</sup> (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        | 100       | 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         | 100       | 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      |
| 000673 Fresh Whole Apple          | 1 ea         | 50        | 95                       | 0.05                   | 2                      | 19               | *N/A*            | 0.31      | 0.00       | 0           | 25.13    | 4.37      | 0.47      | *N/A*       | 10.9                   | 8.37       | 0.22      |
| 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            |              |           | 813                      | 7.79                   | 851                    | 42               | *0               | 34.83     | *0.00      | 73          | 96.57    | 15.10     | 36.40     | *0          | *591.2                 | *25.46     | *4.38     |
| % of Calories                     |              |           |                          | 8.62%                  |                        | 20.7%            | *0%              | 38.6%     | *0.0%      |             | 47.5%    |           | 17.9%     |             |                        |            |           |
| Weekly Nutrient Guideline         |              |           | 750 - 850                | <10                    | 1280                   |                  |                  | <=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 <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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 <sup>m</sup> (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     |
| 990258 Edamame                    | 4 oz         | 100       | 103                      | 0.53                   | 5                      | 2                | *N/A*            | 4.41      | 0.01       | 0           | 7.56     | 4.41      | 10.10     | *N/A*       | 53.4                   | 5.17       | 1.92      |
| 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      |
| 990620 Corn                       | 4 oz         | 100       | 72                       | 0.10                   | 2                      | 2                | *N/A*            | 0.64      | 0.00       | 0           | 16.91    | 1.72      | 2.47      | *N/A*       | 3.3                    | 5.22       | 0.34      |
| 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      |
| 999070 Fresh Grapes               | 8 oz         | 100       | 122                      | 0.21                   | 4                      | 29               | *N/A*            | 0.64      | 0.00       | 0           | 31.12    | 1.63      | 1.14      | *N/A*       | 25.4                   | 7.26       | 0.53      |
| 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            |              |           | 797                      | 3.09                   | 1021                   | 65               | *10              | 16.99     | *0.01      | 64          | 124.50   | 14.74     | 47.72     | *0          | *642.6                 | *38.97     | *6.92     |
| % of Calories                     |              |           |                          | 3.49%                  |                        | 32.6%            | *5.0%            | 19.2%     | *0.0%      |             | 62.5%    |           | 23.9%     |             |                        |            |           |
| Weekly Nutrient Guideline         |              |           | 750 - 850                | <10                    | 1280                   |                  |                  | <=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 <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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 <sup>m</sup> (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     |
| 990258 Edamame                    | 4 oz         | 100       | 103                      | 0.53                   | 5                      | 2                | *N/A*            | 4.41      | 0.01       | 0           | 7.56     | 4.41      | 10.10     | *N/A*       | 53.4                   | 5.17       | 1.92      |
| 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      |
| 990620 Corn                       | 4 oz         | 100       | 72                       | 0.10                   | 2                      | 2                | *N/A*            | 0.64      | 0.00       | 0           | 16.91    | 1.72      | 2.47      | *N/A*       | 3.3                    | 5.22       | 0.34      |
| 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      |
| 001200 Fresh Apple Slices         | 6 ea         | 100       | 95                       | 0.05                   | 2                      | 19               | *N/A*            | 0.31      | 0.00       | 0           | 25.13    | 4.37      | 0.47      | *N/A*       | 10.9                   | 8.37       | 0.22      |
| 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 <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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    |              |           | 770                      | 2.93                   | 1019                   | 54               | *10              | 16.66     | *0.01      | 64          | 118.52   | 17.48     | 47.05     | *0          | *628.2     | *40.08     | *6.61     |
| % of Calories             |              |           |                          | 3.42%                  |                        | 28.1%            | *5.2%            | 19.5%     | *0.0%      |             | 61.6%    |           | 24.4%     |             |            |            |           |
| Weekly Nutrient Guideline |              |           | 750 - 850                | <10                    | 1280                   |                  |                  | <=0       |            |             |          |           |           |             |            |            |           |

Wednesday - 09/10/2025

Reimbursable Meal Total 100

|                                   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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     |
| 990258 Edamame                    | 4 oz         | 100       | 103                      | 0.53                   | 5                      | 2                | *N/A*            | 4.41      | 0.01       | 0           | 7.56     | 4.41      | 10.10     | *N/A*       | 53.4       | 5.17       | 1.92      |
| 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      |
| 990620 Corn                       | 4 oz         | 100       | 72                       | 0.10                   | 2                      | 2                | *N/A*            | 0.64      | 0.00       | 0           | 16.91    | 1.72      | 2.47      | *N/A*       | 3.3        | 5.22       | 0.34      |
| 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      |
| 000812 Orange Wedges              | 6 ea         | 100       | 86                       | 0.03                   | 0                      | 17               | *N/A*            | 0.22      | 0.00       | 0           | 21.62    | 4.42      | 1.73      | *N/A*       | 73.6       | 97.89      | 0.18      |

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

|                                   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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 <sup>m</sup> (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            |              |           | 762                      | 2.91                   | 1017                   | 53               | *10              | 16.58     | *0.01      | 64          | 115.01   | 17.53     | 48.31     | *0          | *690.8                 | *129.60    | *6.58     |
| % of Calories                     |              |           |                          | 3.44%                  |                        | 27.8%            | *5.2%            | 19.6%     | *0.0%      |             | 60.4%    |           | 25.4%     |             |                        |            |           |
| Weekly Nutrient Guideline         |              |           | 750 - 850                | <10                    | 1280                   |                  |                  | <=0       |            |             |          |           |           |             |                        |            |           |

Thursday - 09/11/2025

Reimbursable Meal Total 100

|                                   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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 <sup>m</sup> (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     |
| 990258 Edamame                    | 4 oz         | 100       | 103                      | 0.53                   | 5                      | 2                | *N/A*            | 4.41      | 0.01       | 0           | 7.56     | 4.41      | 10.10     | *N/A*       | 53.4                   | 5.17       | 1.92      |
| 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      |
| 990620 Corn                       | 4 oz         | 100       | 72                       | 0.10                   | 2                      | 2                | *N/A*            | 0.64      | 0.00       | 0           | 16.91    | 1.72      | 2.47      | *N/A*       | 3.3                    | 5.22       | 0.34      |
| 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 <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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      |
| 000962 Fresh Watermelon           | 8 oz         | 100       | 74                       | 0.04                   | 2                      | 15               | *N/A*            | 0.37      | 0.00       | 0           | 18.65    | 0.99      | 1.51      | *N/A*       | 17.3       | 20.01      | 0.59      |
| 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            |              |           | 750                      | 2.92                   | 1020                   | 51               | *10              | 16.73     | *0.01      | 64          | 112.04   | 14.10     | 48.08     | *0          | *634.5     | *51.72     | *6.99     |
| % of Calories                     |              |           |                          | 3.50%                  |                        | 27.2%            | *5.3%            | 20.1%     | *0.0%      |             | 59.8%    |           | 25.6%     |             |            |            |           |
| Weekly Nutrient Guideline         |              |           | 750 - 850                | <10                    | 1280                   |                  |                  | <=0       |            |             |          |           |           |             |            |            |           |

Friday - 09/12/2025

Reimbursable Meal Total 100

|                                   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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     |
| 990258 Edamame                    | 4 oz         | 100       | 103                      | 0.53                   | 5                      | 2                | *N/A*            | 4.41      | 0.01       | 0           | 7.56     | 4.41      | 10.10     | *N/A*       | 53.4       | 5.17       | 1.92      |
| 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 <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------|------------|-----------|
| 990620 Corn                       | 4 oz         | 100       | 72                       | 0.10                   | 2                      | 2                | *N/A*            | 0.64      | 0.00       | 0           | 16.91    | 1.72      | 2.47      | *N/A*       | 3.3        | 5.22       | 0.34      |
| 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      |
| 000673 Fresh Whole Apple          | 1 ea         | 100       | 95                       | 0.05                   | 2                      | 19               | *N/A*            | 0.31      | 0.00       | 0           | 25.13    | 4.37      | 0.47      | *N/A*       | 10.9       | 8.37       | 0.22      |
| 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            |              |           | 829                      | 2.96                   | 1019                   | 67               | *10              | 17.04     | *0.01      | 64          | 132.83   | 19.73     | 48.41     | *0          | *637.2     | *49.98     | *6.99     |
| % of Calories                     |              |           |                          | 3.21%                  |                        | 32.3%            | *4.8%            | 18.5%     | *0.0%      |             | 64.1%    |           | 23.4%     |             |            |            |           |
| Weekly Nutrient Guideline         |              |           | 750 - 850                | <10                    | 1280                   |                  |                  | <=0       |            |             |          |           |           |             |            |            |           |

Monday - 09/15/2025

Reimbursable Meal Total 100

|                         | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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         | 50        | 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      |

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Aug 25, 2025 thru Oct 3, 2025

|                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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 <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|
| 990332 Herb Roasted Chicken, Diced  | 2 oz         | 50        | 66                       | 0.38                   | 92                     | 0                | *0               | 2.37      | *0.00      | 36          | 0.21     | 0.11      | 11.06     | *N/A*       | *6.3                   | *0.24      | *0.32     |
| 000882 Hard Boiled Egg              | 1 ea         | 95        | 78                       | 1.63                   | 62                     | 1                | *N/A*            | 5.30      | *N/A*      | 186         | 0.56     | 0.00      | 6.29      | *N/A*       | 25.0                   | 0.00       | 0.60      |
| 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      |
| 001020 Chickpeas                    | 2 oz         | 40        | 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         | 100       | 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         | 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      |
| 000951 Whole Grain Croutons         | 4 oz         | 100       | 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         | 100       | 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         | 100       | 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      |
| 999070 Fresh Grapes                 | 8 oz         | 100       | 122                      | 0.21                   | 4                      | 29               | *N/A*            | 0.64      | 0.00       | 0           | 31.12    | 1.63      | 1.14      | *N/A*       | 25.4                   | 7.26       | 0.53      |
| 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 <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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    |              |           | 869                      | 8.32                   | 1162                   | 53               | *0               | 39.53     | *0.00      | 240         | 100.11   | 12.43     | 39.17     | *0          | *620.1     | *28.06     | *4.63     |
| % of Calories             |              |           |                          | 8.62%                  |                        | 24.4%            | *0%              | 40.9%     | *0.0%      |             | 46.1%    |           | 18.0%     |             |            |            |           |
| Weekly Nutrient Guideline |              |           | 750 - 850                | <10                    | 1280                   |                  |                  | <=0       |            |             |          |           |           |             |            |            |           |

Tuesday - 09/16/2025

Reimbursable Meal Total 100

|                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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         | 50        | 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      |
| 990332 Herb Roasted Chicken, Diced  | 2 oz         | 50        | 66                       | 0.38                   | 92                     | 0                | *0               | 2.37      | *0.00      | 36          | 0.21     | 0.11      | 11.06     | *N/A*       | *6.3       | *0.24      | *0.32     |
| 000882 Hard Boiled Egg              | 1 ea         | 95        | 78                       | 1.63                   | 62                     | 1                | *N/A*            | 5.30      | *N/A*      | 186         | 0.56     | 0.00      | 6.29      | *N/A*       | 25.0       | 0.00       | 0.60      |
| 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      |
| 001020 Chickpeas                    | 2 oz         | 40        | 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         | 100       | 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         | 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      |
| 000951 Whole Grain Croutons         | 4 oz         | 100       | 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         | 100       | 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         | 100       | 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      |

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

|                                   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (RAE) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------|------------|-----------|
| 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      |
| 001200 Fresh Apple Slices         | 6 ea         | 100       | 95                       | 0.05                   | 2                      | 19               | *N/A*            | 0.31      | 0.00       | 0           | 25.13    | 4.37      | 0.47      | *N/A*       | 10.9       | 8.37       | 0.22      |
| 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            |              |           | 842                      | 8.16                   | 1160                   | 43               | *0               | 39.20     | *0.00      | 240         | 94.13    | 15.16     | 38.50     | *0          | *605.6     | *29.18     | *4.32     |
| % of Calories                     |              |           |                          | 8.72%                  |                        | 20.4%            | *0%              | 41.9%     | *0.0%      |             | 44.7%    |           | 18.3%     |             |            |            |           |
| Weekly Nutrient Guideline         |              |           | 750 - 850                | <10                    | 1280                   |                  |                  | <=0       |            |             |          |           |           |             |            |            |           |

Wednesday - 09/17/2025

Reimbursable Meal Total 100

|                                    | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (RAE) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------|------------|-----------|
| 000562 Diced Turkey Ham            | 2 oz         | 50        | 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      |
| 990332 Herb Roasted Chicken, Diced | 2 oz         | 50        | 66                       | 0.38                   | 92                     | 0                | *0               | 2.37      | *0.00      | 36          | 0.21     | 0.11      | 11.06     | *N/A*       | *6.3       | *0.24      | *0.32     |
| 000882 Hard Boiled Egg             | 1 ea         | 95        | 78                       | 1.63                   | 62                     | 1                | *N/A*            | 5.30      | *N/A*      | 186         | 0.56     | 0.00      | 6.29      | *N/A*       | 25.0       | 0.00       | 0.60      |
| 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      |
| 001020 Chickpeas                   | 2 oz         | 40        | 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         | 100       | 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      |

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

|                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------|------------|-----------|
| 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      |
| 000951 Whole Grain Croutons         | 4 oz         | 100       | 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         | 100       | 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         | 100       | 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      |
| 000812 Orange Wedges                | 6 ea         | 100       | 86                       | 0.03                   | 0                      | 17               | *N/A*            | 0.22      | 0.00       | 0           | 21.62    | 4.42      | 1.73      | *N/A*       | 73.6       | 97.89      | 0.18      |
| 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              |              |           | 834                      | 8.14                   | 1158                   | 41               | *0               | 39.11     | *0.00      | 240         | 90.61    | 15.21     | 39.76     | *0          | *668.3     | *118.69    | *4.29     |
| % of Calories                       |              |           |                          | 8.78%                  |                        | 19.7%            | *0%              | 42.2%     | *0.0%      |             | 43.5%    |           | 19.1%     |             |            |            |           |
| Weekly Nutrient Guideline           |              |           | 750 - 850                | <10                    | 1280                   |                  |                  | <=0       |            |             |          |           |           |             |            |            |           |

Thursday - 09/18/2025

Reimbursable Meal Total 100

|                         | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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         | 50        | 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      |

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Aug 25, 2025 thru Oct 3, 2025

|                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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 <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|
| 990332 Herb Roasted Chicken, Diced  | 2 oz         | 50        | 66                       | 0.38                   | 92                     | 0                | *0               | 2.37      | *0.00      | 36          | 0.21     | 0.11      | 11.06     | *N/A*       | *6.3                   | *0.24      | *0.32     |
| 000882 Hard Boiled Egg              | 1 ea         | 95        | 78                       | 1.63                   | 62                     | 1                | *N/A*            | 5.30      | *N/A*      | 186         | 0.56     | 0.00      | 6.29      | *N/A*       | 25.0                   | 0.00       | 0.60      |
| 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      |
| 001020 Chickpeas                    | 2 oz         | 40        | 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         | 100       | 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         | 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      |
| 000951 Whole Grain Croutons         | 4 oz         | 100       | 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         | 100       | 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         | 100       | 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      |
| 000962 Fresh Watermelon             | 8 oz         | 100       | 74                       | 0.04                   | 2                      | 15               | *N/A*            | 0.37      | 0.00       | 0           | 18.65    | 0.99      | 1.51      | *N/A*       | 17.3                   | 20.01      | 0.59      |
| 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 <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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    |              |           | 822                      | 8.15                   | 1161                   | 39               | *0               | 39.26     | *0.00      | 240         | 87.64    | 11.78     | 39.53     | *0          | *612.0     | *40.82     | *4.70     |
| % of Calories             |              |           |                          | 8.92%                  |                        | 19.0%            | *0%              | 43.0%     | *0.0%      |             | 42.6%    |           | 19.2%     |             |            |            |           |
| Weekly Nutrient Guideline |              |           | 750 - 850                | <10                    | 1280                   |                  |                  | <=0       |            |             |          |           |           |             |            |            |           |

Friday - 09/19/2025

Reimbursable Meal Total 100

|                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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         | 50        | 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      |
| 990332 Herb Roasted Chicken, Diced  | 2 oz         | 50        | 66                       | 0.38                   | 92                     | 0                | *0               | 2.37      | *0.00      | 36          | 0.21     | 0.11      | 11.06     | *N/A*       | *6.3       | *0.24      | *0.32     |
| 000882 Hard Boiled Egg              | 1 ea         | 95        | 78                       | 1.63                   | 62                     | 1                | *N/A*            | 5.30      | *N/A*      | 186         | 0.56     | 0.00      | 6.29      | *N/A*       | 25.0       | 0.00       | 0.60      |
| 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      |
| 001020 Chickpeas                    | 2 oz         | 40        | 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         | 100       | 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         | 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      |
| 000951 Whole Grain Croutons         | 4 oz         | 100       | 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         | 100       | 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         | 100       | 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      |

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

|                                   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------|------------|-----------|
| 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      |
| 000673 Fresh Whole Apple          | 1 ea         | 50        | 95                       | 0.05                   | 2                      | 19               | *N/A*            | 0.31      | 0.00       | 0           | 25.13    | 4.37      | 0.47      | *N/A*       | 10.9       | 8.37       | 0.22      |
| 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            |              |           | 854                      | 8.17                   | 1159                   | 46               | *0               | 39.42     | *0.00      | 240         | 95.87    | 15.23     | 39.63     | *0          | *609.2     | *34.89     | *4.59     |
| % of Calories                     |              |           |                          | 8.61%                  |                        | 21.5%            | *0%              | 41.5%     | *0.0%      |             | 44.9%    |           | 18.6%     |             |            |            |           |
| Weekly Nutrient Guideline         |              |           | 750 - 850                | <10                    | 1280                   |                  |                  | <=0       |            |             |          |           |           |             |            |            |           |

Monday - 09/22/2025

Reimbursable Meal Total 100

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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         | 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      |
| 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 <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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         | 100       | 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         | 100       | 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         | 100       | 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      |
| 999070 Fresh Grapes                 | 8 oz         | 100       | 122                      | 0.21                   | 4                      | 29               | *N/A*            | 0.64      | 0.00       | 0           | 31.12    | 1.63      | 1.14      | *N/A*       | 25.4       | 7.26       | 0.53      |
| 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              |              |           | 858                      | 6.39                   | 1243                   | 64               | *0               | 33.43     | *0.00      | 72          | 111.88   | 12.84     | 37.31     | *0          | 571.7      | *44.68     | 3.71      |
| % of Calories                       |              |           |                          | 6.70%                  |                        | 29.8%            | *0%              | 35.1%     | *0.0%      |             | 52.2%    |           | 17.4%     |             |            |            |           |
| Weekly Nutrient Guideline           |              |           | 750 - 850                | <10                    | 1280                   |                  |                  | <=0       |            |             |          |           |           |             |            |            |           |

Tuesday - 09/23/2025

Reimbursable Meal Total 100

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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         | 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 <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-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         | 100       | 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         | 100       | 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         | 100       | 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      |
| 001200 Fresh Apple Slices           | 6 ea         | 100       | 95                       | 0.05                   | 2                      | 19               | *N/A*            | 0.31      | 0.00       | 0           | 25.13    | 4.37      | 0.47      | *N/A*       | 10.9       | 8.37       | 0.22      |
| 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              |              |           | 831                      | 6.24                   | 1241                   | 53               | *0               | 33.10     | *0.00      | 72          | 105.90   | 15.57     | 36.64     | *0          | 557.3      | *45.80     | 3.41      |
| % of Calories                       |              |           |                          | 6.76%                  |                        | 25.5%            | *0%              | 35.8%     | *0.0%      |             | 51.0%    |           | 17.6%     |             |            |            |           |
| Weekly Nutrient Guideline           |              |           | 750 - 850                | <10                    | 1280                   |                  |                  | <=0       |            |             |          |           |           |             |            |            |           |

Wednesday - 09/24/2025

Reimbursable Meal Total 100

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Aug 25, 2025 thru Oct 3, 2025

|                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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 <sup>m</sup> (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         | 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      |
| 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         | 100       | 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         | 100       | 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         | 100       | 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      |
| 000812 Orange Wedges                | 6 ea         | 100       | 86                       | 0.03                   | 0                      | 17               | *N/A*            | 0.22      | 0.00       | 0           | 21.62    | 4.42      | 1.73      | *N/A*       | 73.6                   | 97.89      | 0.18      |
| 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              |              |           | 822                      | 6.21                   | 1239                   | 51               | *0               | 33.01     | *0.00      | 72          | 102.38   | 15.62     | 37.90     | *0          | 619.9                  | *135.32    | 3.37      |
| % of Calories                       |              |           |                          | 6.80%                  |                        | 24.8%            | *0%              | 36.1%     | *0.0%      |             | 49.8%    |           | 18.4%     |             |                        |            |           |
| Weekly Nutrient Guideline           |              |           | 750 - 850                | <10                    | 1280                   |                  |                  | <=0       |            |             |          |           |           |             |                        |            |           |

# Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 25, 2025 thru Oct 3, 2025

Thursday - 09/25/2025

Reimbursable Meal Total 100

|                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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 <sup>m</sup> (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         | 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      |
| 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         | 100       | 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         | 100       | 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         | 100       | 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      |
| 000962 Fresh Watermelon             | 8 oz         | 100       | 74                       | 0.04                   | 2                      | 15               | *N/A*            | 0.37      | 0.00       | 0           | 18.65    | 0.99      | 1.51      | *N/A*       | 17.3                   | 20.01      | 0.59      |
| 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 <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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    |              |           | 810                      | 6.23                   | 1241                   | 49               | *0               | 33.16     | *0.00      | 72          | 99.41    | 12.19     | 37.68     | *0          | 563.6      | *57.44     | 3.78      |
| % of Calories             |              |           |                          | 6.92%                  |                        | 24.2%            | *0%              | 36.8%     | *0.0%      |             | 49.1%    |           | 18.6%     |             |            |            |           |
| Weekly Nutrient Guideline |              |           | 750 - 850                | <10                    | 1280                   |                  |                  | <=0       |            |             |          |           |           |             |            |            |           |

Friday - 09/26/2025

Reimbursable Meal Total 100

|                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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         | 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      |
| 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         | 100       | 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         | 100       | 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         | 100       | 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      |

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

|                                   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------|------------|-----------|
| 000673 Fresh Whole Apple          | 1 ea         | 50        | 95                       | 0.05                   | 2                      | 19               | *N/A*            | 0.31      | 0.00       | 0           | 25.13    | 4.37      | 0.47      | *N/A*       | 10.9       | 8.37       | 0.22      |
| 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            |              |           | 842                      | 6.24                   | 1240                   | 56               | *0               | 33.32     | *0.00      | 72          | 107.64   | 15.64     | 37.77     | *0          | 560.8      | *51.51     | 3.67      |
| % of Calories                     |              |           |                          | 6.67%                  |                        | 26.6%            | *0%              | 35.6%     | *0.0%      |             | 51.1%    |           | 17.9%     |             |            |            |           |
| Weekly Nutrient Guideline         |              |           | 750 - 850                | <10                    | 1280                   |                  |                  | <=0       |            |             |          |           |           |             |            |            |           |

Monday - 09/29/2025

Reimbursable Meal Total 100

|                                 | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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     |
| 990252 Black Beans, Canned      | 4 oz         | 75        | 74                       | 0.07                   | 95                     | 1                | *N/A*            | 0.24      | 0.00       | 0           | 13.47    | 5.63      | 4.90      | *N/A*       | 28.5       | 2.17       | 1.54      |
| 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        | 100       | 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      |

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

|                                   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------|------------|-----------|
| 000004 Whole Wheat Roll           | 1 ea         | 100       | 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      |
| 999070 Fresh Grapes               | 8 oz         | 100       | 122                      | 0.21                   | 4                      | 29               | *N/A*            | 0.64      | 0.00       | 0           | 31.12    | 1.63      | 1.14      | *N/A*       | 25.4       | 7.26       | 0.53      |
| 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            |              |           | 829                      | 7.94                   | 853                    | 50               | *0               | 34.94     | *0.00      | 73          | 100.81   | 12.30     | 35.94     | *0          | *602.2     | *18.63     | *4.42     |
| % of Calories                     |              |           |                          | 8.62%                  |                        | 24.1%            | *0%              | 37.9%     | *0.0%      |             | 48.6%    |           | 17.3%     |             |            |            |           |
| Weekly Nutrient Guideline         |              |           | 750 - 850                | <10                    | 1280                   |                  |                  | <=0       |            |             |          |           |           |             |            |            |           |

Tuesday - 09/30/2025

Reimbursable Meal Total 100

|                                 | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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     |
| 990252 Black Beans, Canned      | 4 oz         | 75        | 74                       | 0.07                   | 95                     | 1                | *N/A*            | 0.24      | 0.00       | 0           | 13.47    | 5.63      | 4.90      | *N/A*       | 28.5       | 2.17       | 1.54      |
| 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      |

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

|                                   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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      |
| 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        | 100       | 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         | 100       | 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      |
| 001200 Fresh Apple Slices         | 6 ea         | 100       | 95                       | 0.05                   | 2                      | 19               | *N/A*            | 0.31      | 0.00       | 0           | 25.13    | 4.37      | 0.47      | *N/A*       | 10.9       | 8.37       | 0.22      |
| 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            |              |           | 802                      | 7.78                   | 852                    | 39               | *0               | 34.61     | *0.00      | 73          | 94.83    | 15.03     | 35.27     | *0          | *587.7     | *19.75     | *4.11     |
| % of Calories                     |              |           |                          | 8.73%                  |                        | 19.5%            | *0%              | 38.8%     | *0.0%      |             | 47.3%    |           | 17.6%     |             |            |            |           |
| Weekly Nutrient Guideline         |              |           | 750 - 850                | <10                    | 1280                   |                  |                  | <=0       |            |             |          |           |           |             |            |            |           |

Wednesday - 10/01/2025

Reimbursable Meal Total 100

|                                 | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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     |

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

|                                   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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 <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|
| 990252 Black Beans, Canned        | 4 oz         | 75        | 74                       | 0.07                   | 95                     | 1                | *N/A*            | 0.24      | 0.00       | 0           | 13.47    | 5.63      | 4.90      | *N/A*       | 28.5                   | 2.17       | 1.54      |
| 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        | 100       | 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         | 100       | 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      |
| 000812 Orange Wedges              | 6 ea         | 100       | 86                       | 0.03                   | 0                      | 17               | *N/A*            | 0.22      | 0.00       | 0           | 21.62    | 4.42      | 1.73      | *N/A*       | 73.6                   | 97.89      | 0.18      |
| 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            |              |           | 794                      | 7.76                   | 850                    | 38               | *0               | 34.53     | *0.00      | 73          | 91.31    | 15.08     | 36.53     | *0          | *650.4                 | *109.26    | *4.08     |
| % of Calories                     |              |           |                          | 8.80%                  |                        | 19.1%            | *0%              | 39.1%     | *0.0%      |             | 46.0%    |           | 18.4%     |             |                        |            |           |
| Weekly Nutrient Guideline         |              |           | 750 - 850                | <10                    | 1280                   |                  |                  | <=0       |            |             |          |           |           |             |                        |            |           |

Thursday - 10/02/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

|                                   | Portion<br>Size | Reimb<br>Qty | Cals <sup>1</sup><br>(kcal) | S-Fat <sup>1</sup><br>(g) | Sodm <sup>1</sup><br>(mg) | Total<br>Sugars<br>(g) | Added<br>Sugars<br>(g) | T-Fat<br>(g) | Tr-Fat<br>(g) | Cholst<br>(mg) | Carb<br>(g) | Fiber<br>(g) | Protn<br>(g) | Vit-A<br>(RAE) | Calc <sup>m</sup><br>(mg) | Vit-C<br>(mg) | Iron<br>(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        |
| 990252 Black Beans, Canned        | 4 oz            | 75           | 74                          | 0.07                      | 95                        | 1                      | *N/A*                  | 0.24         | 0.00          | 0              | 13.47       | 5.63         | 4.90         | *N/A*          | 28.5                      | 2.17          | 1.54         |
| 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           | 100          | 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            | 100          | 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         |
| 000962 Fresh Watermelon           | 8 oz            | 100          | 74                          | 0.04                      | 2                         | 15                     | *N/A*                  | 0.37         | 0.00          | 0              | 18.65       | 0.99         | 1.51         | *N/A*          | 17.3                      | 20.01         | 0.59         |
| 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            |                 |              | 782                         | 7.77                      | 852                       | 36                     | *0                     | 34.68        | *0.00         | 73             | 88.34       | 11.65        | 36.30        | *0             | *594.1                    | *31.39        | *4.49        |
| % of Calories                     |                 |              |                             | 8.94%                     |                           | 18.4%                  | *0%                    | 39.9%        | *0.0%         |                | 45.2%       |              | 18.6%        |                |                           |               |              |
| Weekly Nutrient Guideline         |                 |              | 750 - 850                   | <10                       | 1280                      |                        |                        | <=0          |               |                |             |              |              |                |                           |               |              |

# Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 25, 2025 thru Oct 3, 2025

Friday - 10/03/2025

Reimbursable Meal Total 100

|                                   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (RAE) | Calcmm (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     |
| 990252 Black Beans, Canned        | 4 oz         | 75        | 74                       | 0.07                   | 95                     | 1                | *N/A*            | 0.24      | 0.00       | 0           | 13.47    | 5.63      | 4.90      | *N/A*       | 28.5        | 2.17       | 1.54      |
| 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        | 100       | 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         | 100       | 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      |
| 000673 Fresh Whole Apple          | 1 ea         | 50        | 95                       | 0.05                   | 2                      | 19               | *N/A*            | 0.31      | 0.00       | 0           | 25.13    | 4.37      | 0.47      | *N/A*       | 10.9        | 8.37       | 0.22      |
| 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 <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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    |              |           | 813                      | 7.79                   | 851                    | 42               | *0               | 34.83     | *0.00      | 73          | 96.57    | 15.10     | 36.40     | *0          | *591.2     | *25.46     | *4.38     |
| % of Calories             |              |           |                          | 8.62%                  |                        | 20.7%            | *0%              | 38.6%     | *0.0%      |             | 47.5%    |           | 17.9%     |             |            |            |           |
| Weekly Nutrient Guideline |              |           | 750 - 850                | <10                    | 1280                   |                  |                  | <=0       |            |             |          |           |           |             |            |            |           |

|                   |  | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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 |  | 817                      | 7                      | 1068                   | 49               | 2                | 31.90     | *0.00      | 100         | 102.57   | 14.50     | 39.19     | *0          | *605.5     | *55.89     | *4.53     |
| % of Calories     |  |                          | 7.17%                  |                        | 24.0%            | *1.0%            | 35.1%     | *0.0%      |             | 50.2%    |           | 19.2%     |             |            |            |           |

\*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  
<sup>1</sup> - 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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