



August Lunch Menu

LUNCH K-8

What do the colors on the menu mean?

GREEN = locally-sourced

* = vegetarian entree

All grains served are whole grain rich

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

Menu subject to change based on availability

This institution is an equal opportunity provider

GOT FOOD ALLERGIES? WE ARE HERE TO HELP!

If you have a food allergy or other special dietary need, please submit a Dietary Accommodations Form to your cafe lead or dietary.forms@k12.dc.gov. We are proud to serve all students safe, nutritious, and delicious meals, regardless of food allergies or other dietary needs.

Our meals are always free from peanuts, tree nuts, shellfish, and pork.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25 chicken & black bean empanadas cheese quesadilla* oven fried plantains cucumber coins sour cream fresh grapes	26 beef burger on a bun veggie burger on a bun* lettuce & tomato ketchup mustard roasted red potatoes cucumber salad fresh apple slices	27 crispy chicken tender veggie chik'n nuggets* ketchup mac & cheese sweet potato wedges summer squash salad orange wedges	28 baja fish veggie chik'n nuggets* brown rice tangy cilantro-lime slaw chipotle pinto beans fresh watermelon	29 buffalo chicken drum buffalo veggie chik'n nuggets* cornbread muffin broccoli florets baby carrots ranch dressing fresh peach



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September Lunch Menu

LUNCH K-8**What do the colors on the menu mean?****GREEN** = locally-sourced

* = vegetarian entree

All grains served are whole grain rich

Student's choice of skim or 1% milk**provided at every meal.****Menu subject to change based on availability**

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If you have a food allergy or other special dietary need, please submit a Dietary Accommodations Form to your cafe lead or dietary.forms@k12.dc.gov. We are proud to serve all students safe, nutritious, and delicious meals, regardless of food allergies or other dietary needs.

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Monday	Tuesday	Wednesday	Thursday	Friday
1 no school	2 cheese pizza* steamed corn sauteed green beans fresh grapes	3 turkey sloppy joe on a bun lentil sloppy joe on a bun* baked potato wedges ketchup roasted summer squash orange wedges	4 sweet chili chicken sweet chili tofu* brown rice steamed carrots ginger soy broccoli fresh watermelon	5 beef & cheese nachos bean & cheese nachos* southwest taco corn tomato salsa sour cream fresh peach
8 cheese ravioli with tomato sauce* steamed carrots steamed broccoli fresh grapes	9 beef hot dog on a bun veggie burger on a bun* ketchup mustard bbq baked beans steamed corn fresh apple slices	10 crispy catfish sandwich grilled cheese* red cabbage coleslaw sauteed green beans hot sauce orange wedges	11 peruvian chicken drum veggie chik'n nuggets* cilantro lime brown rice mixed greens salad cilantro lime dressing roasted red potatoes fresh watermelon	12 turkey & bean chili veg out chili* corn tortilla chips steamed corn romaine salad ranch dressing fresh peach
15 pepperoni pizza cheese pizza* steamed broccoli baby carrots ranch dressing fresh grapes	16 turkey meatball sub grilled cheese* pesto green beans mixed greens salad balsamic dressing fresh apple slices	17 pulled bbq chicken sandwich bbq tofu sandwich* coleslaw steamed corn orange wedges	18 beef & cheese tacos sofritas taco* chili black beans tomato salsa fresh watermelon	19 orange glazed chicken orange glazed tofu* lo mein steamed snap peas steamed carrots fresh peach
22 chicken & black bean empanadas cheese quesadilla* oven fried plantains cucumber coins sour cream fresh grapes	23 beef burger on a bun veggie burger on a bun* lettuce & tomato ketchup mustard roasted red potatoes cucumber salad fresh apple slices	24 crispy chicken tender veggie chik'n nuggets* ketchup mac & cheese sweet potato wedges summer squash salad orange wedges	25 baja fish veggie chik'n nuggets* brown rice tangy cilantro-lime slaw chipotle pinto beans fresh watermelon	26 buffalo chicken drum buffalo veggie chik'n nuggets* cornbread muffin broccoli florets baby carrots ranch dressing fresh peach
29 cheese pizza* mixed greens salad balsamic dressing mediterranean chickpea salad fresh grapes	30 crispy chicken tender veggie chik'n nuggets* whole grain waffles braised collard greens sweet potato hash ketchup syrup fresh apple slices	1 turkey sloppy joe on a bun lentil sloppy joe on a bun* baked potato wedges ketchup roasted summer squash orange wedges	2 sweet chili chicken sweet chili tofu* brown rice steamed carrots ginger soy broccoli fresh watermelon	3 beef & cheese nachos bean & cheese nachos* southwest taco corn tomato salsa sour cream fresh peach

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

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

Monday - 08/25/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991003 Chicken & Black Bean Empanadas	2 ea	91	280	1.50	890	1	0	6.00	0.00	45	40.00	5.00	17.00	*N/A*	*N/A*	*N/A*	*N/A*
990674 Cheese Quesadilla on 6in Tortilla	2 ea	5	360	13.00	590	0	*N/A*	22.00	0.00	60	28.00	4.00	18.00	*N/A*	480.0	0.00	0.00
991004 Oven Fried Plantains	4 oz	75	189	0.53	73	25	*N/A*	3.68	*0.00	0	35.78	2.10	2.10	*N/A*	0.0	*0.00	1.14
000033 Cucumber Coins	4 oz	75	11	0.03	1	1	*N/A*	0.08	0.00	0	2.66	0.37	0.48	*N/A*	11.7	2.05	0.20
990351 Low Fat Sour Cream	1 oz	75	40	1.90	20	0	*N/A*	3.05	0.00	10	2.04	0.00	1.01	*N/A*	40.5	0.26	0.02
999050 Fresh Grapes	4 oz	100	61	0.10	2	15	*N/A*	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	412	1.46	383	*15	*14	19.21	0.00	0	55.77	5.75	11.39	*N/A*	139.5	0.00	2.72
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	*N/A*	330.0	0.60	1.44
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999122 ALTERNATE Mustard	1 ea	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			626	5.24	1052	*48	*0	14.42	*0.00	62	97.61	7.61	28.54	*0	*449.9	*6.12	*1.45
% of Calories				7.53%		*30.7%	*0%	20.7%	*0.0%		62.4%		18.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 08/26/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000235 Beef Burger on WW Bun	1 ea	91	339	4.20	302	3	*N/A*	12.69	0.34	80	29.53	4.15	29.79	*N/A*	33.6	0.05	3.97
000409 Veggie Burger on WW Bun	1 ea	5	370	2.50	570	4	*0	15.00	0.00	0	36.00	6.00	25.00	*N/A*	24.0	0.00	7.44
000982 Lettuce & Tomato	2 oz	96	7	0.01	2	1	*N/A*	0.10	0.00	0	1.49	0.62	0.41	*N/A*	7.4	4.15	0.21
000556 Ketchup	1 ea	100	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000557 Mustard	1 ea	100	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000386 Roasted Red Potatoes	4 oz	75	86	0.35	110	*0	*N/A*	2.37	*0.00	0	14.90	1.62	1.79	*N/A*	*10.2	*7.93	*0.69
000134 Cucumber Salad	4 oz	75	59	0.68	96	*2	*0	4.59	*0.00	0	4.01	0.66	0.68	*N/A*	*18.1	*2.83	*0.36
001201 Fresh Apple Slices	3 ea	100	47	0.03	1	9	*N/A*	0.15	0.00	0	12.57	2.18	0.24	*N/A*	5.5	4.19	0.11
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-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
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	412	1.46	383	*15	*14	19.21	0.00	0	55.77	5.75	11.39	*N/A*	139.5	0.00	2.72
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	*N/A*	330.0	0.60	1.44
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			623	6.05	772	*27	*0	20.20	*0.31	84	72.74	8.75	39.75	*0	*439.5	*17.05	*5.25
% of Calories				8.74%		*17.3%	*0%	29.2%	*0.4%		46.7%		25.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 08/27/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000543 Crispy Chicken Tender	1 ea	91	137	0.24	283	1	*0	0.87	*0.00	49	11.00	0.82	20.98	*N/A*	38.9	2.66	1.26
990376 Veggie Chik'n Nuggets	5 ea	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	*N/A*	50.0	0.00	2.25
000556 Ketchup	1 ea	100	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
990845 Whole Wheat Mac & Cheese	4 oz	96	211	6.00	400	1	*0	9.64	0.00	30	22.00	2.12	9.98	*N/A*	223.0	0.00	0.00
990839 Sweet Potato Wedges	4 oz	75	142	0.45	196	6	*N/A*	3.04	*0.00	0	26.81	4.05	2.14	*N/A*	*40.6	*3.18	*0.86
990762 Summer Squash Salad	4 oz	75	49	0.47	317	3	*0	3.03	*0.00	0	4.75	1.15	1.10	*N/A*	*17.5	*14.59	*0.37
000135 Orange Wedges	3 ea	99	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	*N/A*	36.8	48.94	0.09

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001063 Mandarin Oranges**	4 oz	1	36	0.00	4	8	*N/A*	0.04	0.00	0	8.89	1.15	0.71	*N/A*	11.5	32.05	0.26
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*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
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	412	1.46	383	*15	*14	19.21	0.00	0	55.77	5.75	11.39	*N/A*	139.5	0.00	2.72
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	*N/A*	330.0	0.60	1.44
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			647	8.03	1288	*30	*0	17.65	*0.00	84	82.61	9.33	41.63	*0	*706.2	*65.28	*2.45
% of Calories				11.17 %		*18.5%	*0%	24.6%	*0.0%		51.1%		25.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 08/28/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999066 Baja Fish	1 ea	91	108	0.20	174	*0	*0	2.84	*0.00	69	1.50	0.62	19.34	*N/A*	*8.5	*0.14	*0.40
990376 Veggie Chik'n Nuggets	5 ea	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	*N/A*	50.0	0.00	2.25
990356 Brown Rice	4 oz	96	124	0.18	101	0	*0	2.19	*0.00	0	23.22	1.49	3.21	*N/A*	*4.8	*0.08	*0.59

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000924 Tangy Cilantro-Lime Slaw	4 oz	75	84	0.75	223	5	*N/A*	5.24	*0.00	0	9.09	2.17	1.13	*N/A*	*36.9	*22.80	*0.56
990327 Chipotle Pinto Beans	4 oz	75	170	0.31	126	*1	*0	2.00	*0.00	0	28.65	7.16	9.55	*N/A*	*56.9	*3.55	*2.56
000446 Fresh Watermelon	4 oz	100	37	0.02	1	8	*N/A*	0.19	0.00	0	9.33	0.49	0.75	*N/A*	8.6	10.00	0.30
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	412	1.46	383	*15	*14	19.21	0.00	0	55.77	5.75	11.39	*N/A*	139.5	0.00	2.72
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	*N/A*	330.0	0.60	1.44
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			568	2.52	680	*25	*0	13.24	*0.00	74	76.30	9.93	39.10	*0	*467.8	*30.73	*3.85
% of Calories				3.99%		*17.6%	*0%	21.0%	*0.0%		53.7%		27.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 08/29/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000977 Buffalo Chicken Drum	1 ea	91	254	3.45	744	0	*N/A*	12.89	0.07	129	0.15	0.00	25.34	*N/A*	11.2	0.00	1.00

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990673 Buffalo Veggie Chik'n Nuggets	5 ea	5	263	1.25	1231	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	*N/A*	50.0	0.00	2.25
000851 WG Cornbread Muffin - Large	1 ea	96	220	1.00	115	18	18	8.00	0.00	20	36.00	1.00	3.00	*N/A*	27.0	0.00	1.00
000067 Broccoli Florets	4 oz	75	32	0.11	31	2	*N/A*	0.34	0.00	0	6.17	2.42	2.62	*N/A*	43.7	82.94	0.68
000151 Baby Carrots	4 oz	75	25	0.01	55	*N/A*	*N/A*	0.08	0.00	0	5.73	2.03	0.44	*N/A*	22.3	1.86	0.63
000372 House Ranch Dressing	1 oz	96	61	1.43	100	1	*0	5.47	*0.00	6	2.25	0.06	0.71	*N/A*	26.3	0.46	0.04
000445 Fresh Peach	1 each	100	58	0.03	0	13	*N/A*	0.38	0.00	0	14.31	2.25	1.36	*N/A*	9.0	9.90	0.38
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	412	1.46	383	*15	*14	19.21	0.00	0	55.77	5.75	11.39	*N/A*	139.5	0.00	2.72
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	*N/A*	330.0	0.60	1.44
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			727	6.94	1149	*45	*18	28.29	*0.06	154	75.12	7.05	39.94	*0	496.4	*74.70	3.54
% of Calories				8.59%		*24.8%	*9.9%	35.0%	*0.1%		41.3%		22.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 09/01/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

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

Tuesday - 09/02/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990978 Cheese Pizza	1 slice	96	280	5.00	570	3	1	11.00	0.00	25	31.00	3.00	15.00	*N/A*	310.0	*N/A*	1.60
000469 Steamed Corn	4 oz	75	88	0.34	96	2	*N/A*	2.32	*0.00	0	17.08	1.73	2.49	*N/A*	*3.3	*5.28	*0.35
000047 Steamed Green Beans	4 oz	75	52	0.36	96	*0	*N/A*	2.41	*0.00	0	6.19	2.06	1.46	*N/A*	*33.9	*10.12	*0.69
999050 Fresh Grapes	4 oz	100	61	0.10	2	15	*N/A*	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	412	1.46	383	*15	*14	19.21	0.00	0	55.77	5.75	11.39	*N/A*	139.5	0.00	2.72
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	*N/A*	330.0	0.60	1.44

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			548	6.71	833	*32	*1	16.86	*0.00	35	76.66	6.73	26.84	*0	*712.2	*15.93	*2.74
% of Calories				11.02 %		*23.4%	*0.7%	27.7%	*0.0%		56.0%		19.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 09/03/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000065 Turkey Sloppy Joe on WW Bun	1 ea	91	294	2.27	565	10	*2	9.90	*0.00	87	36.84	4.68	19.77	*N/A*	*81.8	*4.62	*3.15
990666 Lentil Sloppy Joe on WW Bun	1 ea	5	329	0.41	1046	*12	*2	5.52	*0.00	0	61.37	8.76	14.43	*N/A*	*43.6	*9.12	*4.27
990837 Baked Potato Wedges	4 oz	75	78	0.35	104	*0	*N/A*	2.38	*0.00	0	12.36	2.54	2.55	*N/A*	*30.7	*10.74	*3.13
000556 Ketchup	1 ea	75	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
990202 Roasted Summer Squash	4 oz	75	50	0.44	172	5	*N/A*	2.47	*0.00	0	6.17	1.76	1.91	*N/A*	*32.9	*32.20	*0.72
000135 Orange Wedges	3 ea	99	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	*N/A*	36.8	48.94	0.09
001063 Mandarin Oranges**	4 oz	1	36	0.00	4	8	*N/A*	0.04	0.00	0	8.89	1.15	0.71	*N/A*	11.5	32.05	0.26
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	412	1.46	383	*15	*14	19.21	0.00	0	55.77	5.75	11.39	*N/A*	139.5	0.00	2.72
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	*N/A*	330.0	0.60	1.44
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			543	3.98	988	*34	*2	15.47	*0.00	90	76.67	10.32	31.83	*0	*534.8	*86.40	*6.22
% of Calories				6.60%		*25.0%	*1.5%	25.6%	*0.0%		56.5%		23.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 09/04/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000668 Sweet Chili Chicken, Diced	3 oz	91	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
990356 Brown Rice	4 oz	100	124	0.18	101	0	*0	2.19	*0.00	0	23.22	1.49	3.21	*N/A*	*4.8	*0.08	*0.59
000454 Steamed Carrots	4 oz	75	41	0.00	82	5	*N/A*	0.00	0.00	0	9.52	4.08	1.36	*N/A*	40.8	*N/A*	0.54
000623 Ginger Soy Broccoli	4 oz	75	57	0.35	316	2	*0	2.01	*0.00	0	7.55	2.63	3.38	*N/A*	46.6	86.11	0.81
000446 Fresh Watermelon	4 oz	100	37	0.02	1	8	*N/A*	0.19	0.00	0	9.33	0.49	0.75	*N/A*	8.6	10.00	0.30
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*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
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	412	1.46	383	*15	*14	19.21	0.00	0	55.77	5.75	11.39	*N/A*	139.5	0.00	2.72
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	*N/A*	330.0	0.60	1.44
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			506	2.31	838	*36	*10	10.16	*0.00	63	73.47	7.39	33.10	*0	*473.8	*75.42	*2.69
% of Calories				4.11%		*28.5%	*7.9%	18.1%	*0.0%		58.1%		26.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 09/05/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990727 Beef and Cheese Nachos K-8	see recipe	91	465	9.64	630	1	*0	27.37	*0.41	59	36.19	4.21	18.54	*N/A*	*198.7	*17.17	*1.83
990726 Bean and Cheese Nachos K-8	See recipe	5	505	6.15	580	2	*0	18.92	*0.00	20	66.03	11.49	18.87	*N/A*	*246.5	*13.00	*2.95
000922 Southwest Taco Corn	4 oz	75	111	0.56	277	*2	*0	3.86	*0.00	0	19.35	2.44	2.90	*N/A*	*17.5	*13.64	*0.80
001099 Tomato Salsa	2 oz	75	16	0.02	51	2	*0	0.17	*0.00	0	3.44	0.95	0.67	*N/A*	9.4	11.63	0.26
990351 Low Fat Sour Cream	1 oz	96	40	1.90	20	0	*N/A*	3.05	0.00	10	2.04	0.00	1.01	*N/A*	40.5	0.26	0.02

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 Fresh Peach	1 each	100	58	0.03	0	13	*N/A*	0.38	0.00	0	14.31	2.25	1.36	*N/A*	9.0	9.90	0.38
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	412	1.46	383	*15	*14	19.21	0.00	0	55.77	5.75	11.39	*N/A*	139.5	0.00	2.72
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	*N/A*	330.0	0.60	1.44
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			752	12.65	1007	*30	*0	34.61	*0.37	76	83.48	9.39	31.74	*0	*635.2	*46.14	*3.17
% of Calories				15.14 %		*16.0%	*0%	41.4%	*0.4%		44.4%		16.9%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 09/08/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990922 Cheese Ravioli with 4 oz Tomato Sauce	3 each	96	334	2.98	840	9	*0	13.83	*0.00	50	36.65	3.88	18.16	*N/A*	*201.2	*7.84	*2.45
000454 Steamed Carrots	4 oz	75	41	0.00	82	5	*N/A*	0.00	0.00	0	9.52	4.08	1.36	*N/A*	40.8	*N/A*	0.54
000107 Steamed Broccoli	4 oz	75	32	0.11	31	2	*N/A*	0.35	0.00	0	6.27	2.46	2.66	*N/A*	44.4	84.30	0.69

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999050 Fresh Grapes	4 oz	100	61	0.10	2	15	*N/A*	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	412	1.46	383	*15	*14	19.21	0.00	0	55.77	5.75	11.39	*N/A*	139.5	0.00	2.72
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	*N/A*	330.0	0.60	1.44
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			548	4.33	1033	*42	*0	16.29	*0.00	59	76.48	9.63	29.94	*0	*643.7	*75.13	*3.71
% of Calories				7.11%		*30.7%	*0%	26.8%	*0.0%		55.8%		21.9%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 09/09/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000240 All Beef Hot Dog on a WW Bun	1 ea	91	300	7.00	820	3	*0	16.50	0.00	35	29.00	4.00	11.00	*N/A*	40.0	0.00	1.80
000409 Veggie Burger on WW Bun	1 ea	5	370	2.50	570	4	*0	15.00	0.00	0	36.00	6.00	25.00	*N/A*	24.0	0.00	7.44
000556 Ketchup	1 ea	96	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000557 Mustard	1 ea	96	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000475 BBQ Baked Beans	4 oz	75	219	0.65	103	5	*2	4.25	*0.00	0	35.99	6.81	10.49	*N/A*	*85.5	*0.47	*3.68
000469 Steamed Corn	4 oz	75	88	0.34	96	2	*N/A*	2.32	*0.00	0	17.08	1.73	2.49	*N/A*	*3.3	*5.28	*0.35
001201 Fresh Apple Slices	3 ea	100	47	0.03	1	9	*N/A*	0.15	0.00	0	12.57	2.18	0.24	*N/A*	5.5	4.19	0.11
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	412	1.46	383	*15	*14	19.21	0.00	0	55.77	5.75	11.39	*N/A*	139.5	0.00	2.72
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	*N/A*	330.0	0.60	1.44
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			701	8.55	1229	*30	*2	23.28	*0.00	43	96.37	12.73	30.15	*0	*483.7	*9.25	*5.30
% of Calories				10.98 %		*17.1%	*1.1%	29.9%	*0.0%		55.0%		17.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 09/10/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990889 Crispy Catfish Sandwich on WW Bun	1 ea	91	308	0.49	536	4	*0	6.51	*0.00	69	39.53	4.82	26.96	*N/A*	*47.5	*0.07	*2.20
000539 Grilled Cheese on WW Bread	1 ea	5	340	9.00	660	*0	*N/A*	16.00	0.00	40	32.00	4.00	20.00	*N/A*	520.0	0.00	1.44
000536 Red Cabbage Coleslaw	4 oz	75	76	0.65	112	6	*4	4.58	*0.00	0	8.22	1.12	0.68	*N/A*	*26.1	*23.24	*0.45
000047 Steamed Green Beans	4 oz	75	52	0.36	96	*0	*N/A*	2.41	*0.00	0	6.19	2.06	1.46	*N/A*	*33.9	*10.12	*0.69
000604 Hot Sauce	1 ea	91	2	0.00	92	0	0	0.00	0.00	0	0.00	0.30	0.00	*N/A*	0.0	0.00	0.00
000135 Orange Wedges	3 ea	99	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	*N/A*	36.8	48.94	0.09
001063 Mandarin Oranges**	4 oz	1	36	0.00	4	8	*N/A*	0.04	0.00	0	8.89	1.15	0.71	*N/A*	11.5	32.05	0.26
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*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
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	412	1.46	383	*15	*14	19.21	0.00	0	55.77	5.75	11.39	*N/A*	139.5	0.00	2.72
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	*N/A*	330.0	0.60	1.44
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			551	2.96	900	*30	*4	14.50	*0.00	76	73.06	9.64	36.91	*0	*524.9	*74.62	*3.19
% of Calories				4.83%		*21.8%	*2.9%	23.7%	*0.0%		53.0%		26.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 25, 2025 thru Oct 3, 2025

Thursday - 09/11/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000527 Peruvian Chicken Drum	1 ea	91	306	4.40	690	*0	*N/A*	19.83	*0.07	129	2.20	1.09	26.77	*N/A*	*51.6	*0.29	*1.43
990376 Veggie Chik'n Nuggets	5 ea	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	*N/A*	50.0	0.00	2.25
000824 Cilantro-Lime Brown Rice	4 oz	96	121	0.17	97	0	*0	2.13	*0.00	0	22.74	1.40	3.12	*N/A*	*5.6	*0.59	*0.64
001148 Mixed Greens Salad	4 oz	75	7	0.02	12	0	*N/A*	0.10	0.00	0	1.35	0.84	0.64	*N/A*	20.1	4.22	0.48
999046 Tangy Cilantro-Lime Slaw Dressing	1 oz	96	56	0.73	190	2	*N/A*	5.08	*0.00	0	2.76	0.10	0.08	*N/A*	*2.6	*1.19	*0.06
000386 Roasted Red Potatoes	4 oz	75	86	0.35	110	*0	*N/A*	2.37	*0.00	0	14.90	1.62	1.79	*N/A*	*10.2	*7.93	*0.69
000446 Fresh Watermelon	4 oz	100	37	0.02	1	8	*N/A*	0.19	0.00	0	9.33	0.49	0.75	*N/A*	8.6	10.00	0.30
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	412	1.46	383	*15	*14	19.21	0.00	0	55.77	5.75	11.39	*N/A*	139.5	0.00	2.72
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	*N/A*	330.0	0.60	1.44
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999122 ALTERNATE Mustard	1 ea	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			680	6.51	1159	*23	*0	29.95	*0.06	128	63.00	5.21	39.66	*0	*462.7	*21.85	*3.42
% of Calories				8.62%		*13.5%	*0%	39.6%	*0.1%		37.1%		23.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 09/12/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990402 Turkey & Bean Chili	6 oz	91	166	1.51	183	*2	*N/A*	5.57	*0.00	54	16.94	4.52	13.29	*N/A*	*72.0	*8.64	*2.88
000725 Veg Out Chili	6 oz	5	227	0.30	621	*4	*0	1.74	*0.00	0	40.68	13.48	13.98	*N/A*	*98.7	*12.49	*4.42
990329 WG Corn Tortilla Chips	20 each	95	215	1.54	177	0	*N/A*	9.21	0.00	0	30.71	3.07	3.07	*N/A*	30.7	0.00	0.00
000469 Steamed Corn	4 oz	75	88	0.34	96	2	*N/A*	2.32	*0.00	0	17.08	1.73	2.49	*N/A*	*3.3	*5.28	*0.35
001121 Romaine Salad	4 oz	75	5	0.01	2	0	*N/A*	0.09	0.00	0	0.95	0.61	0.36	*N/A*	9.6	1.16	0.28
000372 House Ranch Dressing	1 oz	75	61	1.43	100	1	*0	5.47	*0.00	6	2.25	0.06	0.71	*N/A*	26.3	0.46	0.04
000445 Fresh Peach	1 each	100	58	0.03	0	13	*N/A*	0.38	0.00	0	14.31	2.25	1.36	*N/A*	9.0	9.90	0.38
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	412	1.46	383	*15	*14	19.21	0.00	0	55.77	5.75	11.39	*N/A*	139.5	0.00	2.72
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	*N/A*	330.0	0.60	1.44
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			653	5.50	654	*30	*0	22.63	*0.00	65	90.04	11.94	28.65	*0	*512.0	*24.31	*3.88
% of Calories				7.58%		*18.4%	*0%	31.2%	*0.0%		55.2%		17.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 09/15/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991043 Pepperoni Pizza	1 slice	50	292	5.20	634	3	*1	11.60	0.00	30	31.20	3.00	16.20	*N/A*	310.0	*0.00	2.00
990978 Cheese Pizza	1 slice	50	280	5.00	570	3	1	11.00	0.00	25	31.00	3.00	15.00	*N/A*	310.0	*N/A*	1.60
000107 Steamed Broccoli	4 oz	75	32	0.11	31	2	*N/A*	0.35	0.00	0	6.27	2.46	2.66	*N/A*	44.4	84.30	0.69
000151 Baby Carrots	4 oz	75	25	0.01	55	*N/A*	*N/A*	0.08	0.00	0	5.73	2.03	0.44	*N/A*	22.3	1.86	0.63
000372 House Ranch Dressing	1 oz	75	61	1.43	100	1	*0	5.47	*0.00	6	2.25	0.06	0.71	*N/A*	26.3	0.46	0.04
999050 Fresh Grapes	4 oz	100	61	0.10	2	15	*N/A*	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*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
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	412	1.46	383	*15	*14	19.21	0.00	0	55.77	5.75	11.39	*N/A*	139.5	0.00	2.72
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	*N/A*	330.0	0.60	1.44
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			547	7.66	883	*33	*1	18.48	*0.00	43	71.24	7.42	27.94	*0	766.5	*69.35	3.25
% of Calories				12.60 %		*24.1%	*0.7%	30.4%	*0.0%		52.1%		20.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 09/16/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000916 Turkey Meatball Sub	1 each	91	375	4.18	971	7	*0	15.66	*0.00	55	38.40	4.57	24.27	*N/A*	*238.8	*4.26	*3.25
000539 Grilled Cheese on WW Bread	1 ea	5	340	9.00	660	*0	*N/A*	16.00	0.00	40	32.00	4.00	20.00	*N/A*	520.0	0.00	1.44
991001 Pesto Green Beans	4 oz	75	68	0.64	141	*0	*0	3.96	*0.00	3	6.30	2.00	2.20	*N/A*	59.2	*10.09	0.87
001148 Mixed Greens Salad	4 oz	75	7	0.02	12	0	*N/A*	0.10	0.00	0	1.35	0.84	0.64	*N/A*	20.1	4.22	0.48
000109 Balsamic Dressing	1 oz	75	95	1.28	70	*0	*0	9.14	*0.00	0	1.98	0.01	0.07	*N/A*	*0.4	*0.00	*0.01
001201 Fresh Apple Slices	3 ea	100	47	0.03	1	9	*N/A*	0.15	0.00	0	12.57	2.18	0.24	*N/A*	5.5	4.19	0.11

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	412	1.46	383	*15	*14	19.21	0.00	0	55.77	5.75	11.39	*N/A*	139.5	0.00	2.72
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	*N/A*	330.0	0.60	1.44
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			646	7.02	1225	*29	*0	27.54	*0.00	65	70.22	8.87	34.41	*0	*682.5	*19.55	*4.32
% of Calories				9.78%		*18.0%	*0%	38.4%	*0.0%		43.5%		21.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 09/17/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000609 Pulled BBQ Chicken on WW Bun	1 ea	91	289	0.59	548	13	*0	5.75	*0.00	57	39.54	4.02	23.61	*N/A*	*24.9	*0.00	*1.84
000728 BBQ Tofu on a Whole Wheat Bun	1 ea	5	348	0.03	782	24	*0	7.34	*0.00	0	56.21	7.47	18.17	*N/A*	221.8	*0.20	4.09
000307 Coleslaw	4 oz	75	157	2.40	155	4	*N/A*	14.30	*0.00	9	6.39	1.36	0.80	*N/A*	29.1	13.68	0.28
000469 Steamed Corn	4 oz	75	88	0.34	96	2	*N/A*	2.32	*0.00	0	17.08	1.73	2.49	*N/A*	*3.3	*5.28	*0.35

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000135 Orange Wedges	3 ea	99	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	*N/A*	36.8	48.94	0.09
001063 Mandarin Oranges**	4 oz	1	36	0.00	4	8	*N/A*	0.04	0.00	0	8.89	1.15	0.71	*N/A*	11.5	32.05	0.26
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*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
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	412	1.46	383	*15	*14	19.21	0.00	0	55.77	5.75	11.39	*N/A*	139.5	0.00	2.72
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	*N/A*	330.0	0.60	1.44
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			620	3.90	866	*39	*0	20.61	*0.00	69	81.08	8.74	34.64	*0	*468.6	*63.76	*2.61
% of Calories				5.66%		*25.2%	*0%	29.9%	*0.0%		52.3%		22.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 09/18/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990897 Beef & Cheese Tacos in 6in Tortilla	2 ea	91	419	11.19	592	1	*0	25.45	*0.41	70	30.56	5.21	21.94	*N/A*	*304.9	*17.17	*1.83
990810 Sofritas Tofu Soft Tacos	2 ea	5	283	1.21	477	2	*1	11.09	*0.00	0	34.86	7.77	16.59	*N/A*	*300.8	*0.48	*3.60

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000637 Chili Black Beans	4 oz	75	209	0.65	141	2	*0	3.93	*0.00	0	33.39	8.49	11.20	*N/A*	*71.2	*13.00	*2.95
001099 Tomato Salsa	2 oz	75	16	0.02	51	2	*0	0.17	*0.00	0	3.44	0.95	0.67	*N/A*	9.4	11.63	0.26
000446 Fresh Watermelon	4 oz	100	37	0.02	1	8	*N/A*	0.19	0.00	0	9.33	0.49	0.75	*N/A*	8.6	10.00	0.30
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	412	1.46	383	*15	*14	19.21	0.00	0	55.77	5.75	11.39	*N/A*	139.5	0.00	2.72
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	*N/A*	330.0	0.60	1.44
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			713	12.05	848	*24	*0	29.40	*0.37	74	80.39	12.90	39.36	*0	*735.6	*44.89	*4.71
% of Calories				15.21 %		*13.5%	*0%	37.1%	*0.5%		45.1%		22.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 09/19/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000467 Orange Glazed Chicken, Diced	3 oz	91	146	0.70	219	8	*4	4.46	*0.00	57	8.63	0.12	17.96	*N/A*	*12.1	*10.20	*0.37

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990641 Orange Glazed Tofu	4 oz	5	185	0.58	230	8	*4	9.20	*0.00	0	13.02	3.02	12.28	*N/A*	*198.8	*10.17	*2.20
990437 Whole Grain Lo Mein	4 oz	96	138	0.55	216	2	*2	3.74	*0.00	0	22.83	2.68	4.31	*N/A*	*17.7	*0.10	*1.01
999012 Steamed Snap Peas	4 oz	75	39	0.04	97	4	*N/A*	0.19	*0.00	0	7.02	2.42	2.60	*N/A*	40.0	55.79	1.93
000454 Steamed Carrots	4 oz	75	41	0.00	82	5	*N/A*	0.00	0.00	0	9.52	4.08	1.36	*N/A*	40.8	*N/A*	0.54
000445 Fresh Peach	1 each	100	58	0.03	0	13	*N/A*	0.38	0.00	0	14.31	2.25	1.36	*N/A*	9.0	9.90	0.38
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	412	1.46	383	*15	*14	19.21	0.00	0	55.77	5.75	11.39	*N/A*	139.5	0.00	2.72
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	*N/A*	330.0	0.60	1.44
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			506	2.54	693	*42	*6	11.06	*0.00	63	71.02	10.15	34.34	*0	*481.5	*62.38	*3.82
% of Calories				4.52%		*33.2%	*4.7%	19.7%	*0.0%		56.1%		27.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 09/22/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991003 Chicken & Black Bean Empanadas	2 ea	91	280	1.50	890	1	0	6.00	0.00	45	40.00	5.00	17.00	*N/A*	*N/A*	*N/A*	*N/A*
990674 Cheese Quesadilla on 6in Tortilla	2 ea	5	360	13.00	590	0	*N/A*	22.00	0.00	60	28.00	4.00	18.00	*N/A*	480.0	0.00	0.00
991004 Oven Fried Plantains	4 oz	75	189	0.53	73	25	*N/A*	3.68	*0.00	0	35.78	2.10	2.10	*N/A*	0.0	*0.00	1.14
000033 Cucumber Coins	4 oz	75	11	0.03	1	1	*N/A*	0.08	0.00	0	2.66	0.37	0.48	*N/A*	11.7	2.05	0.20
990351 Low Fat Sour Cream	1 oz	75	40	1.90	20	0	*N/A*	3.05	0.00	10	2.04	0.00	1.01	*N/A*	40.5	0.26	0.02
999050 Fresh Grapes	4 oz	100	61	0.10	2	15	*N/A*	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	412	1.46	383	*15	*14	19.21	0.00	0	55.77	5.75	11.39	*N/A*	139.5	0.00	2.72
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	*N/A*	330.0	0.60	1.44
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			626	5.24	1052	*48	*0	14.42	*0.00	62	97.61	7.61	28.54	*0	*449.9	*6.12	*1.45
% of Calories				7.53%		*30.7%	*0%	20.7%	*0.0%		62.4%		18.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 09/23/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000235 Beef Burger on WW Bun	1 ea	91	339	4.20	302	3	*N/A*	12.69	0.34	80	29.53	4.15	29.79	*N/A*	33.6	0.05	3.97
000409 Veggie Burger on WW Bun	1 ea	5	370	2.50	570	4	*0	15.00	0.00	0	36.00	6.00	25.00	*N/A*	24.0	0.00	7.44
000982 Lettuce & Tomato	2 oz	96	7	0.01	2	1	*N/A*	0.10	0.00	0	1.49	0.62	0.41	*N/A*	7.4	4.15	0.21
000556 Ketchup	1 ea	100	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000557 Mustard	1 ea	100	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000386 Roasted Red Potatoes	4 oz	75	86	0.35	110	*0	*N/A*	2.37	*0.00	0	14.90	1.62	1.79	*N/A*	*10.2	*7.93	*0.69
000134 Cucumber Salad	4 oz	75	59	0.68	96	*2	*0	4.59	*0.00	0	4.01	0.66	0.68	*N/A*	*18.1	*2.83	*0.36
001201 Fresh Apple Slices	3 ea	100	47	0.03	1	9	*N/A*	0.15	0.00	0	12.57	2.18	0.24	*N/A*	5.5	4.19	0.11
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	412	1.46	383	*15	*14	19.21	0.00	0	55.77	5.75	11.39	*N/A*	139.5	0.00	2.72
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	*N/A*	330.0	0.60	1.44
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999122 ALTERNATE Mustard	1 ea	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			623	6.05	772	*27	*0	20.20	*0.31	84	72.74	8.75	39.75	*0	*439.5	*17.05	*5.25
% of Calories				8.74%		*17.3%	*0%	29.2%	*0.4%		46.7%		25.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 09/24/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000543 Crispy Chicken Tender	1 ea	91	137	0.24	283	1	*0	0.87	*0.00	49	11.00	0.82	20.98	*N/A*	38.9	2.66	1.26
990376 Veggie Chik'n Nuggets	5 ea	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	*N/A*	50.0	0.00	2.25
000556 Ketchup	1 ea	100	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
990845 Whole Wheat Mac & Cheese	4 oz	96	211	6.00	400	1	*0	9.64	0.00	30	22.00	2.12	9.98	*N/A*	223.0	0.00	0.00
990839 Sweet Potato Wedges	4 oz	75	142	0.45	196	6	*N/A*	3.04	*0.00	0	26.81	4.05	2.14	*N/A*	*40.6	*3.18	*0.86
990762 Summer Squash Salad	4 oz	75	49	0.47	317	3	*0	3.03	*0.00	0	4.75	1.15	1.10	*N/A*	*17.5	*14.59	*0.37
000135 Orange Wedges	3 ea	99	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	*N/A*	36.8	48.94	0.09
001063 Mandarin Oranges**	4 oz	1	36	0.00	4	8	*N/A*	0.04	0.00	0	8.89	1.15	0.71	*N/A*	11.5	32.05	0.26
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	412	1.46	383	*15	*14	19.21	0.00	0	55.77	5.75	11.39	*N/A*	139.5	0.00	2.72
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	*N/A*	330.0	0.60	1.44
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			647	8.03	1288	*30	*0	17.65	*0.00	84	82.61	9.33	41.63	*0	*706.2	*65.28	*2.45
% of Calories				11.17 %		*18.5%	*0%	24.6%	*0.0%		51.1%		25.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 09/25/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999066 Baja Fish	1 ea	91	108	0.20	174	*0	*0	2.84	*0.00	69	1.50	0.62	19.34	*N/A*	*8.5	*0.14	*0.40
990376 Veggie Chik'n Nuggets	5 ea	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	*N/A*	50.0	0.00	2.25
990356 Brown Rice	4 oz	96	124	0.18	101	0	*0	2.19	*0.00	0	23.22	1.49	3.21	*N/A*	*4.8	*0.08	*0.59
000924 Tangy Cilantro-Lime Slaw	4 oz	75	84	0.75	223	5	*N/A*	5.24	*0.00	0	9.09	2.17	1.13	*N/A*	*36.9	*22.80	*0.56
990327 Chipotle Pinto Beans	4 oz	75	170	0.31	126	*1	*0	2.00	*0.00	0	28.65	7.16	9.55	*N/A*	*56.9	*3.55	*2.56
000446 Fresh Watermelon	4 oz	100	37	0.02	1	8	*N/A*	0.19	0.00	0	9.33	0.49	0.75	*N/A*	8.6	10.00	0.30
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*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
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	412	1.46	383	*15	*14	19.21	0.00	0	55.77	5.75	11.39	*N/A*	139.5	0.00	2.72
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	*N/A*	330.0	0.60	1.44
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			568	2.52	680	*25	*0	13.24	*0.00	74	76.30	9.93	39.10	*0	*467.8	*30.73	*3.85
% of Calories				3.99%		*17.6%	*0%	21.0%	*0.0%		53.7%		27.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 09/26/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000977 Buffalo Chicken Drum	1 ea	91	254	3.45	744	0	*N/A*	12.89	0.07	129	0.15	0.00	25.34	*N/A*	11.2	0.00	1.00
990673 Buffalo Veggie Chik'n Nuggets	5 ea	5	263	1.25	1231	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	*N/A*	50.0	0.00	2.25
000851 WG Cornbread Muffin - Large	1 ea	96	220	1.00	115	18	18	8.00	0.00	20	36.00	1.00	3.00	*N/A*	27.0	0.00	1.00
000067 Broccoli Florets	4 oz	75	32	0.11	31	2	*N/A*	0.34	0.00	0	6.17	2.42	2.62	*N/A*	43.7	82.94	0.68
000151 Baby Carrots	4 oz	75	25	0.01	55	*N/A*	*N/A*	0.08	0.00	0	5.73	2.03	0.44	*N/A*	22.3	1.86	0.63

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (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)
000372 House Ranch Dressing	1 oz	96	61	1.43	100	1	*0	5.47	*0.00	6	2.25	0.06	0.71	*N/A*	26.3	0.46	0.04
000445 Fresh Peach	1 each	100	58	0.03	0	13	*N/A*	0.38	0.00	0	14.31	2.25	1.36	*N/A*	9.0	9.90	0.38
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	412	1.46	383	*15	*14	19.21	0.00	0	55.77	5.75	11.39	*N/A*	139.5	0.00	2.72
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	*N/A*	330.0	0.60	1.44
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			727	6.94	1149	*45	*18	28.29	*0.06	154	75.12	7.05	39.94	*0	496.4	*74.70	3.54
% of Calories				8.59%		*24.8%	*9.9%	35.0%	*0.1%		41.3%		22.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 09/29/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (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)
990978 Cheese Pizza	1 slice	96	280	5.00	570	3	1	11.00	0.00	25	31.00	3.00	15.00	*N/A*	310.0	*N/A*	1.60
001148 Mixed Greens Salad	4 oz	75	7	0.02	12	0	*N/A*	0.10	0.00	0	1.35	0.84	0.64	*N/A*	20.1	4.22	0.48

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000109 Balsamic Dressing	1 oz	75	95	1.28	70	*0	*0	9.14	*0.00	0	1.98	0.01	0.07	*N/A*	*0.4	*0.00	*0.01
990271 Mediterranean Chickpea Salad	4 oz	75	121	0.42	337	3	*0	4.21	*0.00	0	16.55	0.41	4.97	*N/A*	*20.5	*11.18	*1.45
999050 Fresh Grapes	4 oz	100	61	0.10	2	15	*N/A*	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	412	1.46	383	*15	*14	19.21	0.00	0	55.77	5.75	11.39	*N/A*	139.5	0.00	2.72
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	*N/A*	330.0	0.60	1.44
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			609	7.47	1003	*33	*1	23.40	*0.00	35	74.12	4.83	28.14	*0	*715.0	*15.93	*3.42
% of Calories				11.04 %		*21.7%	*0.7%	34.6%	*0.0%		48.7%		18.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 09/30/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000543 Crispy Chicken Tender	1 ea	91	137	0.24	283	1	*0	0.87	*0.00	49	11.00	0.82	20.98	*N/A*	38.9	2.66	1.26

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990376 Veggie Chik'n Nuggets	5 ea	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	*N/A*	50.0	0.00	2.25
990076 Whole Grain Waffles Bakecrafters	2 ea	100	141	0.00	191	2	*N/A*	5.02	0.00	0	22.09	0.00	4.02	*N/A*	0.0	0.00	0.72
000005 Braised Collard Greens	4 oz	75	67	0.30	126	*1	*1	2.12	*0.00	0	10.51	5.48	3.74	*N/A*	*218.8	*52.56	*0.33
990693 Sweet Potato Hash	4 oz	75	178	0.70	360	7	*0	4.66	*0.00	0	31.72	5.06	2.79	*N/A*	*50.4	*16.56	*1.12
000556 Ketchup	1 ea	100	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999100 Smucker's Breakfast Syrup	1 ea	100	80	0.00	15	21	21	0.00	0.00	0	21.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
001201 Fresh Apple Slices	3 ea	100	47	0.03	1	9	*N/A*	0.15	0.00	0	12.57	2.18	0.24	*N/A*	5.5	4.19	0.11
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	412	1.46	383	*15	*14	19.21	0.00	0	55.77	5.75	11.39	*N/A*	139.5	0.00	2.72
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	*N/A*	330.0	0.60	1.44
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			710	2.34	1090	*53	*22	13.99	*0.00	55	114.35	11.28	37.91	*0	*619.3	*59.20	*3.35
% of Calories				2.97%		*29.9%	*12.4%	17.7%	*0.0%		64.4%		21.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 25, 2025 thru Oct 3, 2025

Wednesday - 10/01/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000065 Turkey Sloppy Joe on WW Bun	1 ea	91	294	2.27	565	10	*2	9.90	*0.00	87	36.84	4.68	19.77	*N/A*	*81.8	*4.62	*3.15
990666 Lentil Sloppy Joe on WW Bun	1 ea	5	329	0.41	1046	*12	*2	5.52	*0.00	0	61.37	8.76	14.43	*N/A*	*43.6	*9.12	*4.27
990837 Baked Potato Wedges	4 oz	75	78	0.35	104	*0	*N/A*	2.38	*0.00	0	12.36	2.54	2.55	*N/A*	*30.7	*10.74	*3.13
000556 Ketchup	1 ea	75	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
990202 Roasted Summer Squash	4 oz	75	50	0.44	172	5	*N/A*	2.47	*0.00	0	6.17	1.76	1.91	*N/A*	*32.9	*32.20	*0.72
000135 Orange Wedges	3 ea	99	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	*N/A*	36.8	48.94	0.09
001063 Mandarin Oranges**	4 oz	1	36	0.00	4	8	*N/A*	0.04	0.00	0	8.89	1.15	0.71	*N/A*	11.5	32.05	0.26
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*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
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	412	1.46	383	*15	*14	19.21	0.00	0	55.77	5.75	11.39	*N/A*	139.5	0.00	2.72
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	*N/A*	330.0	0.60	1.44
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999122 ALTERNATE Mustard	1 ea	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			543	3.98	988	*34	*2	15.47	*0.00	90	76.67	10.32	31.83	*0	*534.8	*86.40	*6.22
% of Calories				6.60%		*25.0%	*1.5%	25.6%	*0.0%		56.5%		23.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 10/02/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000668 Sweet Chili Chicken, Diced	3 oz	91	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
990356 Brown Rice	4 oz	100	124	0.18	101	0	*0	2.19	*0.00	0	23.22	1.49	3.21	*N/A*	*4.8	*0.08	*0.59
000454 Steamed Carrots	4 oz	75	41	0.00	82	5	*N/A*	0.00	0.00	0	9.52	4.08	1.36	*N/A*	40.8	*N/A*	0.54
000623 Ginger Soy Broccoli	4 oz	75	57	0.35	316	2	*0	2.01	*0.00	0	7.55	2.63	3.38	*N/A*	46.6	86.11	0.81
000446 Fresh Watermelon	4 oz	100	37	0.02	1	8	*N/A*	0.19	0.00	0	9.33	0.49	0.75	*N/A*	8.6	10.00	0.30
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	412	1.46	383	*15	*14	19.21	0.00	0	55.77	5.75	11.39	*N/A*	139.5	0.00	2.72

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	*N/A*	330.0	0.60	1.44
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			506	2.31	838	*36	*10	10.16	*0.00	63	73.47	7.39	33.10	*0	*473.8	*75.42	*2.69
% of Calories				4.11%		*28.5%	*7.9%	18.1%	*0.0%		58.1%		26.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 10/03/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990727 Beef and Cheese Nachos K-8	see recipe	91	465	9.64	630	1	*0	27.37	*0.41	59	36.19	4.21	18.54	*N/A*	*198.7	*17.17	*1.83
990726 Bean and Cheese Nachos K-8	See recipe	5	505	6.15	580	2	*0	18.92	*0.00	20	66.03	11.49	18.87	*N/A*	*246.5	*13.00	*2.95
000922 Southwest Taco Corn	4 oz	75	111	0.56	277	*2	*0	3.86	*0.00	0	19.35	2.44	2.90	*N/A*	*17.5	*13.64	*0.80
001099 Tomato Salsa	2 oz	75	16	0.02	51	2	*0	0.17	*0.00	0	3.44	0.95	0.67	*N/A*	9.4	11.63	0.26
990351 Low Fat Sour Cream	1 oz	96	40	1.90	20	0	*N/A*	3.05	0.00	10	2.04	0.00	1.01	*N/A*	40.5	0.26	0.02
000445 Fresh Peach	1 each	100	58	0.03	0	13	*N/A*	0.38	0.00	0	14.31	2.25	1.36	*N/A*	9.0	9.90	0.38
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Aug 25, 2025 thru Oct 3, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 Original Soymilk	8 oz	0	130	0.00	110	11	10	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	412	1.46	383	*15	*14	19.21	0.00	0	55.77	5.75	11.39	*N/A*	139.5	0.00	2.72
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	*N/A*	330.0	0.60	1.44
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			752	12.65	1007	*30	*0	34.61	*0.37	76	83.48	9.39	31.74	*0	*635.2	*46.14	*3.17
% of Calories				15.14 %		*16.0%	*0%	41.4%	*0.4%		44.4%		16.9%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages		621	6	964	*34	*3	19.86	*0.07	75	79.79	8.95	34.49	*0	*559.2	*46.89	*3.62
% of Calories			8.64%		*21.9%	*1.9%	28.8%	*0.1%		51.4%		22.2%				

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
¹ - denotes required nutrient values

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