



SERVING AWARD-WINNING FOOD THAT KIDS LOVE.

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August & September Fusion 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

9/08 - 9/11 FAJITA BOWL

- + pick your base**
 - cilantro lime brown rice
 - whole grain tortilla
- +pick your protein**
 - cumin lime chicken
 - black beans
- +pick your toppings**
 - sauteed peppers & onions
 - shredded lettuce
 - southwest taco corn
 - tomato salsa
 - shredded cheddar
- +add your sauce**
 - sour cream

9/14 - 9/18 INDIAN BOWL

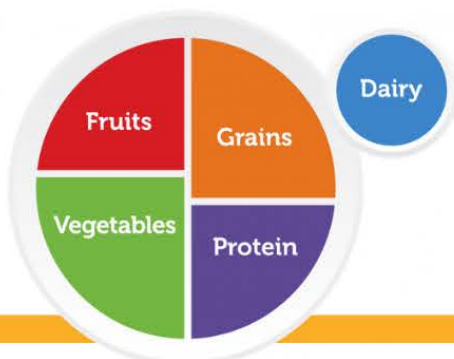
- + pick your base**
 - brown basmati rice
 - baby spinach
- +pick your protein**
 - curried chicken
 - curried chickpeas
- +pick your toppings**
 - potato samosa
 - roasted carrots
 - sauteed cabbage
- +add your sauce**
 - yogurt lime dressing

9/21 - 9/25 TACO BOWL

- + pick your base**
 - cilantro lime rice
 - whole grain corn tortilla chips
- +pick your protein**
 - cumin lime chicken
 - black beans
- +pick your toppings**
 - shredded romaine lettuce
 - tomato salsa
 - sauteed peppers & onions
 - corn
 - cheddar cheese

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 24, 2026 thru Sep 25, 2026

Menu Name:

DCPS Lunch 9-12 Fusion Bar

Include Cost:

No

Site:

Use Alternate Menu Name:

No

Monday - 09/07/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001037 Cumin Lime Chicken Diced	3 oz	100	190	1.77	359	0.11	*0.00	12.07	0.00	57	2.24	0.58	18.21	*0	*19.8	*0.83	*1.30
991025 Whole Grain Tortilla 10in	1 ea	50	206	0.57	252	2.29	2.29	5.15	0.00	0	33.21	3.44	5.73	*N/A*	137.4	0.00	2.29
990107 Cilantro-Lime Brown Rice	8 oz	50	272	0.46	275	0.64	*0.00	5.26	0.00	0	48.80	3.83	6.69	*0	*9.2	*0.53	*1.50
990331 Sauteed Peppers & Onions Strips	2 oz	75	24	0.13	33	1.78	*0.00	0.82	0.00	0	3.88	0.91	0.54	*0	*9.6	*20.74	*0.15
990403 Shredded Cheddar Cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
000967 Shredded Lettuce	4 oz	75	5	0.01	2	0.35	0.00	0.09	0.00	0	0.97	0.62	0.36	0	9.7	1.18	0.29
990282 Seasoned Black Beans	2 oz	50	71	0.16	165	*1.01	*0.00	0.92	*0.00	0	11.86	4.75	4.11	*0	*25.9	*2.36	*1.32
990075 Southwest Taco Corn	2 oz	75	55	0.28	137	1.14	*0.00	1.92	0.00	0	9.51	1.21	1.45	*1	*8.7	*6.77	*0.40
001099 Tomato Salsa	2 oz	75	15	0.02	51	2.06	*0.00	0.16	0.00	0	3.27	0.94	0.67	*0	9.4	11.63	0.26
990351 Low Fat Sour Cream	1 oz	75	58	3.35	14	0.96	0.00	4.79	0.00	19	0.96	0.00	0.96	*N/A*	28.8	2.01	0.00
999070 Fresh Green Grapes	8 oz	100	122	0.21	4	29.48	0.00	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	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Sep 25, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			843	7.68	1072	*48.74	*1.14	29.24	*0.00	91	107.03	10.98	41.01	*46	*559.5	*41.57	*5.25
% of Calories				8.20%		*23.13 %	*0.54%	31.2%	*0.0%		50.8%		19.5%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Tuesday - 09/08/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001037 Cumin Lime Chicken Diced	3 oz	100	190	1.77	359	0.11	*0.00	12.07	0.00	57	2.24	0.58	18.21	*0	*19.8	*0.83	*1.30
991025 Whole Grain Tortilla 10in	1 ea	50	206	0.57	252	2.29	2.29	5.15	0.00	0	33.21	3.44	5.73	*N/A*	137.4	0.00	2.29
990107 Cilantro-Lime Brown Rice	8 oz	50	272	0.46	275	0.64	*0.00	5.26	0.00	0	48.80	3.83	6.69	*0	*9.2	*0.53	*1.50
990331 Sauteed Peppers & Onions Strips	2 oz	75	24	0.13	33	1.78	*0.00	0.82	0.00	0	3.88	0.91	0.54	*0	*9.6	*20.74	*0.15
990403 Shredded Cheddar Cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
000967 Shredded Lettuce	4 oz	75	5	0.01	2	0.35	0.00	0.09	0.00	0	0.97	0.62	0.36	0	9.7	1.18	0.29
990282 Seasoned Black Beans	2 oz	50	71	0.16	165	*1.01	*0.00	0.92	*0.00	0	11.86	4.75	4.11	*0	*25.9	*2.36	*1.32
990075 Southwest Taco Corn	2 oz	75	55	0.28	137	1.14	*0.00	1.92	0.00	0	9.51	1.21	1.45	*1	*8.7	*6.77	*0.40
001099 Tomato Salsa	2 oz	75	15	0.02	51	2.06	*0.00	0.16	0.00	0	3.27	0.94	0.67	*0	9.4	11.63	0.26
990351 Low Fat Sour Cream	1 oz	75	58	3.35	14	0.96	0.00	4.79	0.00	19	0.96	0.00	0.96	*N/A*	28.8	2.01	0.00
001200 Fresh Apple Slices	6 ea	100	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Sep 25, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			816	7.52	1071	*38.17	*1.14	28.92	*0.00	91	101.05	13.72	40.34	*46	*545.0	*42.69	*4.95
% of Calories				8.29%		*18.71 %	*0.56%	31.9%	*0.0%		49.5%		19.8%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Wednesday - 09/09/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001037 Cumin Lime Chicken Diced	3 oz	100	190	1.77	359	0.11	*0.00	12.07	0.00	57	2.24	0.58	18.21	*0	*19.8	*0.83	*1.30
991025 Whole Grain Tortilla 10in	1 ea	50	206	0.57	252	2.29	2.29	5.15	0.00	0	33.21	3.44	5.73	*N/A*	137.4	0.00	2.29
990107 Cilantro-Lime Brown Rice	8 oz	50	272	0.46	275	0.64	*0.00	5.26	0.00	0	48.80	3.83	6.69	*0	*9.2	*0.53	*1.50
990331 Sauteed Peppers & Onions Strips	2 oz	75	24	0.13	33	1.78	*0.00	0.82	0.00	0	3.88	0.91	0.54	*0	*9.6	*20.74	*0.15
990403 Shredded Cheddar Cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
000967 Shredded Lettuce	4 oz	75	5	0.01	2	0.35	0.00	0.09	0.00	0	0.97	0.62	0.36	0	9.7	1.18	0.29
990282 Seasoned Black Beans	2 oz	50	71	0.16	165	*1.01	*0.00	0.92	*0.00	0	11.86	4.75	4.11	*0	*25.9	*2.36	*1.32
990075 Southwest Taco Corn	2 oz	75	55	0.28	137	1.14	*0.00	1.92	0.00	0	9.51	1.21	1.45	*1	*8.7	*6.77	*0.40

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Sep 25, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001099 Tomato Salsa	2 oz	75	15	0.02	51	2.06	*0.00	0.16	0.00	0	3.27	0.94	0.67	*0	9.4	11.63	0.26
990351 Low Fat Sour Cream	1 oz	75	58	3.35	14	0.96	0.00	4.79	0.00	19	0.96	0.00	0.96	*N/A*	28.8	2.01	0.00
000812 Orange Wedges	6 ea	100	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			808	7.50	1069	*36.47	*1.14	28.83	*0.00	91	97.54	13.76	41.59	*46	*607.7	*132.21	*4.91
% of Calories				8.35%		*18.05 %	*0.56%	32.1%	*0.0%		48.3%		20.6%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Thursday - 09/10/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001037 Cumin Lime Chicken Diced	3 oz	100	190	1.77	359	0.11	*0.00	12.07	0.00	57	2.24	0.58	18.21	*0	*19.8	*0.83	*1.30
991025 Whole Grain Tortilla 10in	1 ea	50	206	0.57	252	2.29	2.29	5.15	0.00	0	33.21	3.44	5.73	*N/A*	137.4	0.00	2.29
990107 Cilantro-Lime Brown Rice	8 oz	50	272	0.46	275	0.64	*0.00	5.26	0.00	0	48.80	3.83	6.69	*0	*9.2	*0.53	*1.50
990331 Sauteed Peppers & Onions Strips	2 oz	75	24	0.13	33	1.78	*0.00	0.82	0.00	0	3.88	0.91	0.54	*0	*9.6	*20.74	*0.15
990403 Shredded Cheddar Cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Sep 25, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000967 Shredded Lettuce	4 oz	75	5	0.01	2	0.35	0.00	0.09	0.00	0	0.97	0.62	0.36	0	9.7	1.18	0.29
990282 Seasoned Black Beans	2 oz	50	71	0.16	165	*1.01	*0.00	0.92	*0.00	0	11.86	4.75	4.11	*0	*25.9	*2.36	*1.32
990075 Southwest Taco Corn	2 oz	75	55	0.28	137	1.14	*0.00	1.92	0.00	0	9.51	1.21	1.45	*1	*8.7	*6.77	*0.40
001099 Tomato Salsa	2 oz	75	15	0.02	51	2.06	*0.00	0.16	0.00	0	3.27	0.94	0.67	*0	9.4	11.63	0.26
990351 Low Fat Sour Cream	1 oz	75	58	3.35	14	0.96	0.00	4.79	0.00	19	0.96	0.00	0.96	*N/A*	28.8	2.01	0.00
000962 Fresh Watermelon	8 oz	100	121	0.06	4	25.11	0.00	0.61	0.00	0	30.58	1.62	2.47	*N/A*	28.4	32.80	0.97
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			843	7.53	1073	*44.37	*1.14	29.22	*0.00	91	106.50	10.97	42.33	*46	*562.5	*67.12	*5.70
% of Calories				8.04%		*21.05 %	*0.54%	31.2%	*0.0%		50.5%		20.1%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Friday - 09/11/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001037 Cumin Lime Chicken Diced	3 oz	100	190	1.77	359	0.11	*0.00	12.07	0.00	57	2.24	0.58	18.21	*0	*19.8	*0.83	*1.30
991025 Whole Grain Tortilla 10in	1 ea	50	206	0.57	252	2.29	2.29	5.15	0.00	0	33.21	3.44	5.73	*N/A*	137.4	0.00	2.29

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Sep 25, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990107 Cilantro-Lime Brown Rice	8 oz	50	272	0.46	275	0.64	*0.00	5.26	0.00	0	48.80	3.83	6.69	*0	*9.2	*0.53	*1.50
990331 Sauteed Peppers & Onions Strips	2 oz	75	24	0.13	33	1.78	*0.00	0.82	0.00	0	3.88	0.91	0.54	*0	*9.6	*20.74	*0.15
990403 Shredded Cheddar Cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
000967 Shredded Lettuce	4 oz	75	5	0.01	2	0.35	0.00	0.09	0.00	0	0.97	0.62	0.36	0	9.7	1.18	0.29
990282 Seasoned Black Beans	2 oz	50	71	0.16	165	*1.01	*0.00	0.92	*0.00	0	11.86	4.75	4.11	*0	*25.9	*2.36	*1.32
990075 Southwest Taco Corn	2 oz	75	55	0.28	137	1.14	*0.00	1.92	0.00	0	9.51	1.21	1.45	*1	*8.7	*6.77	*0.40
001099 Tomato Salsa	2 oz	75	15	0.02	51	2.06	*0.00	0.16	0.00	0	3.27	0.94	0.67	*0	9.4	11.63	0.26
990351 Low Fat Sour Cream	1 oz	75	58	3.35	14	0.96	0.00	4.79	0.00	19	0.96	0.00	0.96	*N/A*	28.8	2.01	0.00
000445 Fresh Peach	1 ea	100	58	0.03	0	12.58	0.00	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	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			780	7.50	1069	*31.85	*1.14	28.98	*0.00	91	90.23	11.60	41.23	*46	*543.1	*44.22	*5.10
% of Calories				8.65%		*16.33 %	*0.58%	33.4%	*0.0%		46.3%		21.1%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Monday - 09/14/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Sep 25, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)
990371 Curried Chicken, Diced	3 oz	100	127	0.67	123	0.18	*0.00	4.73	*0.00	48	1.75	0.62	19.10	*0	*11.0	*2.72	*0.89
990308 Curried Chickpeas	2 oz	100	88	0.17	127	2.46	*0.00	2.31	0.00	0	13.29	0.23	4.12	*0	*17.0	*0.28	*1.23
990310 Brown Basmati Rice	8 oz	100	206	0.41	161	0.84	*0.00	4.36	0.00	0	36.19	2.75	4.88	*0	*7.4	*0.65	*1.09
001142 Baby Spinach Salad	4 oz	100	2	0.00	6	0.06	*N/A*	0.00	0.00	0	0.28	0.17	0.22	*N/A*	8.3	1.17	0.10
990311 Potato Samosa	2 oz	100	45	0.18	53	*0.06	*0.00	1.23	*0.00	0	7.27	1.48	1.50	*0	*19.4	*6.34	*1.90
990062 Roasted Carrots	2 oz	100	34	0.18	85	2.65	*0.00	1.28	0.00	0	5.54	1.60	0.57	*0	*19.3	*3.30	*0.19
990081 Sauteed Cabbage	2 oz	100	19	0.13	59	1.29	*0.00	0.92	0.00	0	2.57	0.92	0.50	*0	*14.8	*12.37	*0.18
990306 Yogurt Lime Dressing	1 oz	100	36	0.46	57	3.54	*1.74	1.81	*0.00	2	3.60	0.02	1.36	*0	*47.6	*0.34	*0.07
999070 Fresh Green Grapes	8 oz	100	122	0.21	4	29.48	0.00	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	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			778	2.41	789	*53.04	*1.74	18.93	*0.00	60	114.03	9.44	41.56	*45	*473.8	*34.74	*6.23
% of Calories				2.79%		*27.27 %	*0.89%	21.9%	*0.0%		58.6%		21.4%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Tuesday - 09/15/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Sep 25, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)
990371 Curried Chicken, Diced	3 oz	100	127	0.67	123	0.18	*0.00	4.73	*0.00	48	1.75	0.62	19.10	*0	*11.0	*2.72	*0.89
990308 Curried Chickpeas	2 oz	100	88	0.17	127	2.46	*0.00	2.31	0.00	0	13.29	0.23	4.12	*0	*17.0	*0.28	*1.23
990310 Brown Basmati Rice	8 oz	100	206	0.41	161	0.84	*0.00	4.36	0.00	0	36.19	2.75	4.88	*0	*7.4	*0.65	*1.09
990081 Sauteed Cabbage	2 oz	100	19	0.13	59	1.29	*0.00	0.92	0.00	0	2.57	0.92	0.50	*0	*14.8	*12.37	*0.18
001142 Baby Spinach Salad	4 oz	100	2	0.00	6	0.06	*N/A*	0.00	0.00	0	0.28	0.17	0.22	*N/A*	8.3	1.17	0.10
990311 Potato Samosa	2 oz	100	45	0.18	53	*0.06	*0.00	1.23	*0.00	0	7.27	1.48	1.50	*0	*19.4	*6.34	*1.90
990062 Roasted Carrots	2 oz	100	34	0.18	85	2.65	*0.00	1.28	0.00	0	5.54	1.60	0.57	*0	*19.3	*3.30	*0.19
990306 Yogurt Lime Dressing	1 oz	100	36	0.46	57	3.54	*1.74	1.81	*0.00	2	3.60	0.02	1.36	*0	*47.6	*0.34	*0.07
001200 Fresh Apple Slices	6 ea	100	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			751	2.25	787	*42.47	*1.74	18.60	*0.00	60	108.05	12.17	40.89	*45	*459.3	*35.86	*5.92
% of Calories				2.70%		*22.62 %	*0.93%	22.3%	*0.0%		57.5%		21.8%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Wednesday - 09/16/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Sep 25, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)
990371 Curried Chicken, Diced	3 oz	100	127	0.67	123	0.18	*0.00	4.73	*0.00	48	1.75	0.62	19.10	*0	*11.0	*2.72	*0.89
990308 Curried Chickpeas	2 oz	100	88	0.17	127	2.46	*0.00	2.31	0.00	0	13.29	0.23	4.12	*0	*17.0	*0.28	*1.23
990310 Brown Basmati Rice	8 oz	100	206	0.41	161	0.84	*0.00	4.36	0.00	0	36.19	2.75	4.88	*0	*7.4	*0.65	*1.09
001142 Baby Spinach Salad	4 oz	100	2	0.00	6	0.06	*N/A*	0.00	0.00	0	0.28	0.17	0.22	*N/A*	8.3	1.17	0.10
990311 Potato Samosa	2 oz	100	45	0.18	53	*0.06	*0.00	1.23	*0.00	0	7.27	1.48	1.50	*0	*19.4	*6.34	*1.90
990062 Roasted Carrots	2 oz	100	34	0.18	85	2.65	*0.00	1.28	0.00	0	5.54	1.60	0.57	*0	*19.3	*3.30	*0.19
990081 Sauteed Cabbage	2 oz	100	19	0.13	59	1.29	*0.00	0.92	0.00	0	2.57	0.92	0.50	*0	*14.8	*12.37	*0.18
990306 Yogurt Lime Dressing	1 oz	100	36	0.46	57	3.54	*1.74	1.81	*0.00	2	3.60	0.02	1.36	*0	*47.6	*0.34	*0.07
000812 Orange Wedges	6 ea	100	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			743	2.23	785	*40.76	*1.74	18.52	*0.00	60	104.53	12.22	42.15	*45	*522.0	*125.37	*5.88
% of Calories				2.70%		*21.94 %	*0.94%	22.4%	*0.0%		56.3%		22.7%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Thursday - 09/17/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Sep 25, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)
990371 Curried Chicken, Diced	3 oz	100	127	0.67	123	0.18	*0.00	4.73	*0.00	48	1.75	0.62	19.10	*0	*11.0	*2.72	*0.89
990308 Curried Chickpeas	2 oz	100	88	0.17	127	2.46	*0.00	2.31	0.00	0	13.29	0.23	4.12	*0	*17.0	*0.28	*1.23
990310 Brown Basmati Rice	8 oz	100	206	0.41	161	0.84	*0.00	4.36	0.00	0	36.19	2.75	4.88	*0	*7.4	*0.65	*1.09
001142 Baby Spinach Salad	4 oz	100	2	0.00	6	0.06	*N/A*	0.00	0.00	0	0.28	0.17	0.22	*N/A*	8.3	1.17	0.10
990311 Potato Samosa	2 oz	100	45	0.18	53	*0.06	*0.00	1.23	*0.00	0	7.27	1.48	1.50	*0	*19.4	*6.34	*1.90
990062 Roasted Carrots	2 oz	100	34	0.18	85	2.65	*0.00	1.28	0.00	0	5.54	1.60	0.57	*0	*19.3	*3.30	*0.19
990081 Sauteed Cabbage	2 oz	100	19	0.13	59	1.29	*0.00	0.92	0.00	0	2.57	0.92	0.50	*0	*14.8	*12.37	*0.18
990306 Yogurt Lime Dressing	1 oz	100	36	0.46	57	3.54	*1.74	1.81	*0.00	2	3.60	0.02	1.36	*0	*47.6	*0.34	*0.07
000962 Fresh Watermelon	8 oz	100	121	0.06	4	25.11	0.00	0.61	0.00	0	30.58	1.62	2.47	*N/A*	28.4	32.80	0.97
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			778	2.26	789	*48.67	*1.74	18.90	*0.00	60	113.49	9.42	42.89	*45	*476.7	*60.29	*6.67
% of Calories				2.61%		*25.02 %	*0.89%	21.9%	*0.0%		58.3%		22.1%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Friday - 09/18/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Sep 25, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)
990371 Curried Chicken, Diced	3 oz	100	127	0.67	123	0.18	*0.00	4.73	*0.00	48	1.75	0.62	19.10	*0	*11.0	*2.72	*0.89
990308 Curried Chickpeas	2 oz	100	88	0.17	127	2.46	*0.00	2.31	0.00	0	13.29	0.23	4.12	*0	*17.0	*0.28	*1.23
990310 Brown Basmati Rice	8 oz	100	206	0.41	161	0.84	*0.00	4.36	0.00	0	36.19	2.75	4.88	*0	*7.4	*0.65	*1.09
001142 Baby Spinach Salad	4 oz	100	2	0.00	6	0.06	*N/A*	0.00	0.00	0	0.28	0.17	0.22	*N/A*	8.3	1.17	0.10
990311 Potato Samosa	2 oz	100	45	0.18	53	*0.06	*0.00	1.23	*0.00	0	7.27	1.48	1.50	*0	*19.4	*6.34	*1.90
990062 Roasted Carrots	2 oz	100	34	0.18	85	2.65	*0.00	1.28	0.00	0	5.54	1.60	0.57	*0	*19.3	*3.30	*0.19
990081 Sauteed Cabbage	2 oz	100	19	0.13	59	1.29	*0.00	0.92	0.00	0	2.57	0.92	0.50	*0	*14.8	*12.37	*0.18
990306 Yogurt Lime Dressing	1 oz	100	36	0.46	57	3.54	*1.74	1.81	*0.00	2	3.60	0.02	1.36	*0	*47.6	*0.34	*0.07
000445 Fresh Peach	1 ea	100	58	0.03	0	12.58	0.00	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	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			715	2.23	785	*36.14	*1.74	18.67	*0.00	60	97.22	10.05	41.78	*45	*457.4	*37.39	*6.07
% of Calories				2.81%		*20.22 %	*0.97%	23.5%	*0.0%		54.4%		23.4%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Monday - 09/21/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Sep 25, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)
990280 Cumin Lime Chicken	2 oz	100	89	0.69	138	0.04	*0.00	4.57	0.00	36	0.77	0.20	11.20	*0	*7.7	*0.28	*0.52
990210 Shredded Cheddar Cheese	2 oz	80	110	6.00	190	0.00	0.00	9.00	0.00	25	1.00	0.00	6.00	*N/A*	200.0	0.00	0.00
990107 Cilantro-Lime Brown Rice	8 oz	50	272	0.46	275	0.64	*0.00	5.26	0.00	0	48.80	3.83	6.69	*0	*9.2	*0.53	*1.50
990329 WG Corn Tortilla Chips	20 ea	50	284	2.02	233	0.00	0.00	12.15	0.00	0	40.50	4.05	4.05	*N/A*	40.5	0.00	0.00
000967 Shredded Lettuce	4 oz	100	5	0.01	2	0.35	0.00	0.09	0.00	0	0.97	0.62	0.36	0	9.7	1.18	0.29
990281 Seasoned Black Beans	4 oz	50	141	0.32	314	*2.02	*0.00	1.84	*0.00	0	23.71	9.50	8.22	*0	*51.5	*4.72	*2.63
001099 Tomato Salsa	2 oz	100	15	0.02	51	2.06	*0.00	0.16	0.00	0	3.27	0.94	0.67	*0	9.4	11.63	0.26
990331 Sauteed Peppers & Onions Strips	2 oz	100	24	0.13	33	1.78	*0.00	0.82	0.00	0	3.88	0.91	0.54	*0	*9.6	*20.74	*0.15
001157 Corn	2 oz	100	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
999070 Fresh Green Grapes	8 oz	100	122	0.21	4	29.48	0.00	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	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soy milk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			825	7.31	906	*48.53	*0.00	25.08	*0.00	66	118.20	13.85	37.58	*45	*577.4	*46.63	*4.03
% of Calories				7.97%		*23.53 %	*0.00%	27.4%	*0.0%		57.3%		18.2%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Tuesday - 09/22/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Sep 25, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)
990280 Cumin Lime Chicken	2 oz	100	89	0.69	138	0.04	*0.00	4.57	0.00	36	0.77	0.20	11.20	*0	*7.7	*0.28	*0.52
990210 Shredded Cheddar Cheese	2 oz	80	110	6.00	190	0.00	0.00	9.00	0.00	25	1.00	0.00	6.00	*N/A*	200.0	0.00	0.00
990107 Cilantro-Lime Brown Rice	8 oz	50	272	0.46	275	0.64	*0.00	5.26	0.00	0	48.80	3.83	6.69	*0	*9.2	*0.53	*1.50
990329 WG Corn Tortilla Chips	20 ea	50	284	2.02	233	0.00	0.00	12.15	0.00	0	40.50	4.05	4.05	*N/A*	40.5	0.00	0.00
000967 Shredded Lettuce	4 oz	100	5	0.01	2	0.35	0.00	0.09	0.00	0	0.97	0.62	0.36	0	9.7	1.18	0.29
990281 Seasoned Black Beans	4 oz	50	141	0.32	314	*2.02	*0.00	1.84	*0.00	0	23.71	9.50	8.22	*0	*51.5	*4.72	*2.63
001099 Tomato Salsa	2 oz	100	15	0.02	51	2.06	*0.00	0.16	0.00	0	3.27	0.94	0.67	*0	9.4	11.63	0.26
990331 Sauteed Peppers & Onions Strips	2 oz	100	24	0.13	33	1.78	*0.00	0.82	0.00	0	3.88	0.91	0.54	*0	*9.6	*20.74	*0.15
001157 Corn	2 oz	100	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
001200 Fresh Apple Slices	6 ea	100	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			798	7.16	904	*37.96	*0.00	24.75	*0.00	66	112.22	16.58	36.91	*45	*562.9	*47.74	*3.73
% of Calories				8.08%		*19.03 %	*0.00%	27.9%	*0.0%		56.3%		18.5%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Wednesday - 09/23/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Sep 25, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990280 Cumin Lime Chicken	2 oz	100	89	0.69	138	0.04	*0.00	4.57	0.00	36	0.77	0.20	11.20	*0	*7.7	*0.28	*0.52
990210 Shredded Cheddar Cheese	2 oz	80	110	6.00	190	0.00	0.00	9.00	0.00	25	1.00	0.00	6.00	*N/A*	200.0	0.00	0.00
990107 Cilantro-Lime Brown Rice	8 oz	50	272	0.46	275	0.64	*0.00	5.26	0.00	0	48.80	3.83	6.69	*0	*9.2	*0.53	*1.50
990329 WG Corn Tortilla Chips	20 ea	50	284	2.02	233	0.00	0.00	12.15	0.00	0	40.50	4.05	4.05	*N/A*	40.5	0.00	0.00
000967 Shredded Lettuce	4 oz	100	5	0.01	2	0.35	0.00	0.09	0.00	0	0.97	0.62	0.36	0	9.7	1.18	0.29
990281 Seasoned Black Beans	4 oz	50	141	0.32	314	*2.02	*0.00	1.84	*0.00	0	23.71	9.50	8.22	*0	*51.5	*4.72	*2.63
001099 Tomato Salsa	2 oz	100	15	0.02	51	2.06	*0.00	0.16	0.00	0	3.27	0.94	0.67	*0	9.4	11.63	0.26
990331 Sauteed Peppers & Onions Strips	2 oz	100	24	0.13	33	1.78	*0.00	0.82	0.00	0	3.88	0.91	0.54	*0	*9.6	*20.74	*0.15
001157 Corn	2 oz	100	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000812 Orange Wedges	6 ea	100	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			790	7.13	902	*36.25	*0.00	24.66	*0.00	66	108.70	16.63	38.17	*45	*625.6	*137.26	*3.69
% of Calories				8.12%		*18.35 %	*0.00%	28.1%	*0.0%		55.0%		19.3%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Thursday - 09/24/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Sep 25, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcmm (mg)	Vit-C (mg)	Iron (mg)
990280 Cumin Lime Chicken	2 oz	100	89	0.69	138	0.04	*0.00	4.57	0.00	36	0.77	0.20	11.20	*0	*7.7	*0.28	*0.52
990210 Shredded Cheddar Cheese	2 oz	80	110	6.00	190	0.00	0.00	9.00	0.00	25	1.00	0.00	6.00	*N/A*	200.0	0.00	0.00
990107 Cilantro-Lime Brown Rice	8 oz	50	272	0.46	275	0.64	*0.00	5.26	0.00	0	48.80	3.83	6.69	*0	*9.2	*0.53	*1.50
990329 WG Corn Tortilla Chips	20 ea	50	284	2.02	233	0.00	0.00	12.15	0.00	0	40.50	4.05	4.05	*N/A*	40.5	0.00	0.00
000967 Shredded Lettuce	4 oz	100	5	0.01	2	0.35	0.00	0.09	0.00	0	0.97	0.62	0.36	0	9.7	1.18	0.29
990281 Seasoned Black Beans	4 oz	50	141	0.32	314	*2.02	*0.00	1.84	*0.00	0	23.71	9.50	8.22	*0	*51.5	*4.72	*2.63
001099 Tomato Salsa	2 oz	100	15	0.02	51	2.06	*0.00	0.16	0.00	0	3.27	0.94	0.67	*0	9.4	11.63	0.26
990331 Sauteed Peppers & Onions Strips	2 oz	100	24	0.13	33	1.78	*0.00	0.82	0.00	0	3.88	0.91	0.54	*0	*9.6	*20.74	*0.15
001157 Corn	2 oz	100	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000962 Fresh Watermelon	8 oz	100	121	0.06	4	25.11	0.00	0.61	0.00	0	30.58	1.62	2.47	*N/A*	28.4	32.80	0.97
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			825	7.17	906	*44.16	*0.00	25.05	*0.00	66	117.66	13.83	38.91	*45	*580.4	*72.18	*4.48
% of Calories				7.82%		*21.41 %	*0.00%	27.3%	*0.0%		57.0%		18.9%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Friday - 09/25/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 24, 2026 thru Sep 25, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990280 Cumin Lime Chicken	2 oz	100	89	0.69	138	0.04	*0.00	4.57	0.00	36	0.77	0.20	11.20	*0	*7.7	*0.28	*0.52
990210 Shredded Cheddar Cheese	2 oz	80	110	6.00	190	0.00	0.00	9.00	0.00	25	1.00	0.00	6.00	*N/A*	200.0	0.00	0.00
990107 Cilantro-Lime Brown Rice	8 oz	50	272	0.46	275	0.64	*0.00	5.26	0.00	0	48.80	3.83	6.69	*0	*9.2	*0.53	*1.50
990329 WG Corn Tortilla Chips	20 ea	50	284	2.02	233	0.00	0.00	12.15	0.00	0	40.50	4.05	4.05	*N/A*	40.5	0.00	0.00
000967 Shredded Lettuce	4 oz	100	5	0.01	2	0.35	0.00	0.09	0.00	0	0.97	0.62	0.36	0	9.7	1.18	0.29
990281 Seasoned Black Beans	4 oz	50	141	0.32	314	*2.02	*0.00	1.84	*0.00	0	23.71	9.50	8.22	*0	*51.5	*4.72	*2.63
001099 Tomato Salsa	2 oz	100	15	0.02	51	2.06	*0.00	0.16	0.00	0	3.27	0.94	0.67	*0	9.4	11.63	0.26
990331 Sauteed Peppers & Onions Strips	2 oz	100	24	0.13	33	1.78	*0.00	0.82	0.00	0	3.88	0.91	0.54	*0	*9.6	*20.74	*0.15
001157 Corn	2 oz	100	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000445 Fresh Peach	1 ea	100	58	0.03	0	12.58	0.00	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	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			762	7.13	902	*31.63	*0.00	24.82	*0.00	66	101.39	14.46	37.81	*45	*561.0	*49.27	*3.88
% of Calories				8.42%		*16.60 %	*0.00%	29.3%	*0.0%		53.2%		19.8%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Sep 25, 2026

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages		790	5.67	921	*41.28	*0.96	24.21	*0.00	72	106.52	12.65	40.34	*45	*541.0	*64.97	*5.10
% of Calories			6.46%		*20.90 %	*0.49%	27.6%	*0.0%		53.9%		20.4%				

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*
** - denotes combined nutrient totals with either missing or incomplete nutrient data*
¹ - denotes required nutrient values
Added Sugars target is informational only, with an effective date of July 1, 2027.
Per the Whole Milk for Healthy Kids Act of 2025, saturated fat from fluid milk is excluded from HHFKA menu analysis.

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