



SERVING AWARD-WINNING FOOD THAT KIDS LOVE.

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September Snack Menu

DC PUBLIC SCHOOLS

What do the colors on the menu mean?

GREEN = locally-sourced

BLUE = international

ORANGE = Fresh Feature Friday Winner!

All grains served are whole grain rich

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

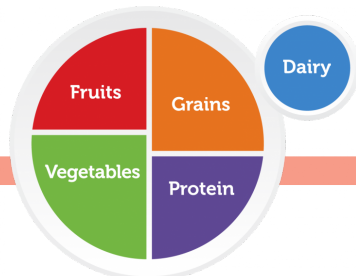
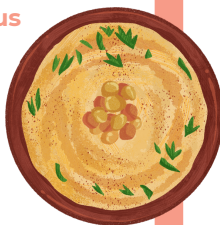
Menu subject to change based on availability

This institution is an equal opportunity provider

WHAT'S NEW?

Try our **homemade hummus**
on Sept 9th & 23rd!

Remember, to create a
healthy snack at home,
include at least two of the
five food groups on MyPlate.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/29 - whole grain animal crackers - chilled pineapple	8/30 - whole grain cheez-its - fresh orange wedges	8/31 - yogurt - goldfish grahams	1 - whole grain pretzel goldfish - sliced peaches	2 - sliced cucumbers - ranch dressing - mozzarella cheese stick
5 no school	6 - strawberry oatmeal bar - fresh apple	7 - nonfat yogurt - whole grain granola	8 - chilled applesauce - mozzarella cheese stick	9 - whole grain crackers - hummus dip
12 - whole grain animal crackers - chilled pineapple	13 - whole grain cheez-its - fresh orange wedges	14 - yogurt - goldfish grahams	15 - whole grain pretzel goldfish - sliced peaches	16 - sliced cucumbers - ranch dressing - mozzarella cheese stick
19 - whole grain goldfish - sliced peaches	20 - strawberry oatmeal bar - fresh apple	21 - nonfat yogurt - whole grain granola	22 - chilled applesauce - mozzarella cheese stick	23 - whole grain crackers - hummus dip
26 - whole grain animal crackers - chilled pineapple	27 - whole grain cheez-its - fresh orange wedges	28 - yogurt - gold fish grahams	29 - whole grain pretzel goldfish - sliced peaches	30 - sliced cucumbers - ranch dressing - mozzarella cheese stick

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

Menu Name: DCPS Snack
Site:

Include Cost: No
Report Style: Detailed

Monday - 08/29/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000815 WW Animal Crackers	1 each	1	129	1.25	111	*N/A*	3.94	0.06	0	21.40	1.88	1.91	2	128.5	0.00	1.07
990326 Chilled Pineapple	.75 C	1	81	0.01	1	19	0.15	0.00	0	21.12	1.76	0.69	68	21.7	12.76	0.38
Weighted Daily Average			210	1.26	112	*19	4.09	0.06	0	42.52	3.65	2.61	70	150.2	12.76	1.45
% of Calories				5.40%		*36.2%	17.5%	0.3%		81.0%		5.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 08/30/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000990 WG Cheez-Its	1 each	1	100	1.00	150	0	3.50	0.00	5	14.00	1.00	2.00	500	100.0	0.00	0.72
990165 Orange Wedges	.75 C	1	65	0.02	0	13	0.17	0.00	0	16.22	3.31	1.30	310	55.2	73.42	0.14
Weighted Daily Average			165	1.02	150	13	3.67	0.00	5	30.22	4.31	3.30	810	155.2	73.42	0.86
% of Calories				5.56%		31.5%	20.0%	0.0%		73.3%		8.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 08/31/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990703 Nonfat Yogurt	4 oz/1 each	1	90	0.00	55	14	0.00	0.00	0	20.00	0.00	3.00	0	290.0	0.00	0.00
000989 WG Cinnamon Goldfish Graham	1 each	1	120	1.00	140	7	4.00	0.00	0	19.00	1.00	1.00	0	80.0	0.00	1.80
Weighted Daily Average			210	1.00	195	21	4.00	0.00	0	39.00	1.00	4.00	0	370.0	0.00	1.80
% of Calories				4.29%		40.0%	17.1%	0.0%		74.3%		7.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 09/01/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000814 WG Pretzels	1 each	1	80	0.00	200	0	1.50	0.00	0	15.00	2.00	2.00	0	0.0	0.00	1.08
990770 Chilled Peaches	.75 C	1	99	0.00	0	20	0.00	0.00	0	23.77	1.98	1.98	*N/A*	17.8	*N/A*	0.00
Weighted Daily Average			179	0.00	200	20	1.50	0.00	0	38.77	3.98	3.98	*0	17.8	*0.00	1.08
% of Calories				0.00%		44.7%	7.5%	0.0%		86.6%		8.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 09/02/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990352 Cucumber Coins	.75 C	1	16	0.04	2	2	0.12	0.00	0	3.98	0.55	0.71	115	17.6	3.07	0.31

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000415 Mozzarella Cheese Stick	1 each	1	81	3.04	192	*N/A*	5.06	0.00	15	0.00	0.00	7.09	202	202.5	0.00	0.00
990473 Ranch Dressing	1 each	1	50	1.00	100	1	5.00	0.00	5	0.00	0.00	0.00	*N/A*	2.0	*N/A*	0.03
Weighted Daily Average			147	4.08	295	*3	10.18	0.00	20	3.98	0.55	7.80	*318	222.1	*3.07	0.34
% of Calories				24.98%		*8.2%	62.3%	0.0%		10.8%		21.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 09/05/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																
Weighted Daily Average			0	0.00	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%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 09/06/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000893 Whole Grain Strawberry Oatmeal Bar	1 each	1	140	1.50	85	10	4.50	0.00	5	23.00	1.00	2.00	0	0.0	6.00	1.08

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000673 Fresh Apple	1 each	1	116	0.06	2	23	0.38	0.00	0	30.80	5.35	0.58	120	13.4	10.26	0.27
Weighted Daily Average			256	1.56	87	33	4.88	0.00	5	53.80	6.35	2.58	120	13.4	16.26	1.35
% of Calories				5.48%		51.6%	17.2%	0.0%		84.1%		4.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 09/07/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990703 Nonfat Yogurt	4 oz/1 each	1	90	0.00	55	14	0.00	0.00	0	20.00	0.00	3.00	0	290.0	0.00	0.00
990426 Whole Grain Granola	.375 C	1	124	0.23	54	*N/A*	1.46	0.00	0	26.78	2.50	2.86	2	8.8	0.00	0.94
Weighted Daily Average			214	0.23	109	*14	1.46	0.00	0	46.78	2.50	5.86	2	298.8	0.00	0.94
% of Calories				0.97%		*26.2%	6.1%	0.0%		87.4%		11.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 09/08/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990244 Chilled Applesauce	.75 C	1	81	0.02	4	*N/A*	0.19	*N/A*	0	21.74	2.12	0.33	56	7.7	1.93	0.44

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000415 Mozzarella Cheese Stick	1 each	1	81	3.04	192	*N/A*	5.06	0.00	15	0.00	0.00	7.09	202	202.5	0.00	0.00
Weighted Daily Average			162	3.05	196	*N/A*	5.26	*0.00	15	21.74	2.12	7.42	258	210.2	1.93	0.44
% of Calories				16.94%		*N/A*	29.2%	*0.0%		53.7%		18.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 09/09/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990736 Whole Grain Crackers	1 each	1	110	0.00	140	3	3.00	0.00	0	19.00	2.00	3.00	0	50.0	0.00	0.80
990623 Hummus Dip	.25 C	1	94	0.88	213	*1	6.47	*0.00	0	7.20	1.81	2.95	8	25.9	1.76	0.89
Weighted Daily Average			204	0.88	353	*4	9.47	*0.00	0	26.20	3.81	5.95	8	75.9	1.76	1.69
% of Calories				3.88%		*7.8%	41.8%	*0.0%		51.4%		11.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 09/12/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000815 WW Animal Crackers	1 each	1	129	1.25	111	*N/A*	3.94	0.06	0	21.40	1.88	1.91	2	128.5	0.00	1.07

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990326 Chilled Pineapple	.75 C	1	81	0.01	1	19	0.15	0.00	0	21.12	1.76	0.69	68	21.7	12.76	0.38
Weighted Daily Average			210	1.26	112	*19	4.09	0.06	0	42.52	3.65	2.61	70	150.2	12.76	1.45
% of Calories				5.40%		*36.2%	17.5%	0.3%		81.0%		5.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 09/13/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000990 WG Cheez-Its	1 each	1	100	1.00	150	0	3.50	0.00	5	14.00	1.00	2.00	500	100.0	0.00	0.72
990165 Orange Wedges	.75 C	1	65	0.02	0	13	0.17	0.00	0	16.22	3.31	1.30	310	55.2	73.42	0.14
Weighted Daily Average			165	1.02	150	13	3.67	0.00	5	30.22	4.31	3.30	810	155.2	73.42	0.86
% of Calories				5.56%		31.5%	20.0%	0.0%		73.3%		8.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 09/14/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990703 Nonfat Yogurt	4 oz/1 each	1	90	0.00	55	14	0.00	0.00	0	20.00	0.00	3.00	0	290.0	0.00	0.00

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000989 WG Cinnamon Goldfish Graham	1 each	1	120	1.00	140	7	4.00	0.00	0	19.00	1.00	1.00	0	80.0	0.00	1.80
Weighted Daily Average			210	1.00	195	21	4.00	0.00	0	39.00	1.00	4.00	0	370.0	0.00	1.80
% of Calories				4.29%		40.0%	17.1%	0.0%		74.3%		7.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 09/15/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000814 WG Pretzels	1 each	1	80	0.00	200	0	1.50	0.00	0	15.00	2.00	2.00	0	0.0	0.00	1.08
990770 Chilled Peaches	.75 C	1	99	0.00	0	20	0.00	0.00	0	23.77	1.98	1.98	*N/A*	17.8	*N/A*	0.00
Weighted Daily Average			179	0.00	200	20	1.50	0.00	0	38.77	3.98	3.98	*0	17.8	*0.00	1.08
% of Calories				0.00%		44.7%	7.5%	0.0%		86.6%		8.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 09/16/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990352 Cucumber Coins	.75 C	1	16	0.04	2	2	0.12	0.00	0	3.98	0.55	0.71	115	17.6	3.07	0.31
000415 Mozzarella Cheese Stick	1 each	1	81	3.04	192	*N/A*	5.06	0.00	15	0.00	0.00	7.09	202	202.5	0.00	0.00

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990473 Ranch Dressing	1 each	1	50	1.00	100	1	5.00	0.00	5	0.00	0.00	0.00	*N/A*	2.0	*N/A*	0.03
Weighted Daily Average			147	4.08	295	*3	10.18	0.00	20	3.98	0.55	7.80	*318	222.1	*3.07	0.34
% of Calories				24.98%		*8.2%	62.3%	0.0%		10.8%		21.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 09/19/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000988 WG Goldfish	1 each	1	100	1.00	170	0	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72
990770 Chilled Peaches	.75 C	1	99	0.00	0	20	0.00	0.00	0	23.77	1.98	1.98	*N/A*	17.8	*N/A*	0.00
Weighted Daily Average			199	1.00	170	20	4.00	0.00	0	37.77	2.98	3.98	*0	37.8	*0.00	0.72
% of Calories				4.52%		40.2%	18.1%	0.0%		75.9%		8.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 09/20/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000893 Whole Grain Strawberry Oatmeal Bar	1 each	1	140	1.50	85	10	4.50	0.00	5	23.00	1.00	2.00	0	0.0	6.00	1.08

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000673 Fresh Apple	1 each	1	116	0.06	2	23	0.38	0.00	0	30.80	5.35	0.58	120	13.4	10.26	0.27
Weighted Daily Average			256	1.56	87	33	4.88	0.00	5	53.80	6.35	2.58	120	13.4	16.26	1.35
% of Calories				5.48%		51.6%	17.2%	0.0%		84.1%		4.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 09/21/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990703 Nonfat Yogurt	4 oz/1 each	1	90	0.00	55	14	0.00	0.00	0	20.00	0.00	3.00	0	290.0	0.00	0.00
990426 Whole Grain Granola	.375 C	1	124	0.23	54	*N/A*	1.46	0.00	0	26.78	2.50	2.86	2	8.8	0.00	0.94
Weighted Daily Average			214	0.23	109	*14	1.46	0.00	0	46.78	2.50	5.86	2	298.8	0.00	0.94
% of Calories				0.97%		*26.2%	6.1%	0.0%		87.4%		11.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 09/22/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990244 Chilled Applesauce	.75 C	1	81	0.02	4	*N/A*	0.19	*N/A*	0	21.74	2.12	0.33	56	7.7	1.93	0.44

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000415 Mozzarella Cheese Stick	1 each	1	81	3.04	192	*N/A*	5.06	0.00	15	0.00	0.00	7.09	202	202.5	0.00	0.00
Weighted Daily Average			162	3.05	196	*N/A*	5.26	*0.00	15	21.74	2.12	7.42	258	210.2	1.93	0.44
% of Calories				16.94%		*N/A*	29.2%	*0.0%		53.7%		18.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 09/23/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990736 Whole Grain Crackers	1 each	1	110	0.00	140	3	3.00	0.00	0	19.00	2.00	3.00	0	50.0	0.00	0.80
990623 Hummus Dip	.25 C	1	94	0.88	213	*1	6.47	*0.00	0	7.20	1.81	2.95	8	25.9	1.76	0.89
Weighted Daily Average			204	0.88	353	*4	9.47	*0.00	0	26.20	3.81	5.95	8	75.9	1.76	1.69
% of Calories				3.88%		*7.8%	41.8%	*0.0%		51.4%		11.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 09/26/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000815 WW Animal Crackers	1 each	1	129	1.25	111	*N/A*	3.94	0.06	0	21.40	1.88	1.91	2	128.5	0.00	1.07

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990326 Chilled Pineapple	.75 C	1	81	0.01	1	19	0.15	0.00	0	21.12	1.76	0.69	68	21.7	12.76	0.38
Weighted Daily Average			210	1.26	112	*19	4.09	0.06	0	42.52	3.65	2.61	70	150.2	12.76	1.45
% of Calories				5.40%		*36.2%	17.5%	0.3%		81.0%		5.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 09/27/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000990 WG Cheez-Its	1 each	1	100	1.00	150	0	3.50	0.00	5	14.00	1.00	2.00	500	100.0	0.00	0.72
990165 Orange Wedges	.75 C	1	65	0.02	0	13	0.17	0.00	0	16.22	3.31	1.30	310	55.2	73.42	0.14
Weighted Daily Average			165	1.02	150	13	3.67	0.00	5	30.22	4.31	3.30	810	155.2	73.42	0.86
% of Calories				5.56%		31.5%	20.0%	0.0%		73.3%		8.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 09/28/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990703 Nonfat Yogurt	4 oz/1 each	1	90	0.00	55	14	0.00	0.00	0	20.00	0.00	3.00	0	290.0	0.00	0.00

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000989 WG Cinnamon Goldfish Graham	1 each	1	120	1.00	140	7	4.00	0.00	0	19.00	1.00	1.00	0	80.0	0.00	1.80
Weighted Daily Average			210	1.00	195	21	4.00	0.00	0	39.00	1.00	4.00	0	370.0	0.00	1.80
% of Calories				4.29%		40.0%	17.1%	0.0%		74.3%		7.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 09/29/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000814 WG Pretzels	1 each	1	80	0.00	200	0	1.50	0.00	0	15.00	2.00	2.00	0	0.0	0.00	1.08
990770 Chilled Peaches	.75 C	1	99	0.00	0	20	0.00	0.00	0	23.77	1.98	1.98	*N/A*	17.8	*N/A*	0.00
Weighted Daily Average			179	0.00	200	20	1.50	0.00	0	38.77	3.98	3.98	*0	17.8	*0.00	1.08
% of Calories				0.00%		44.7%	7.5%	0.0%		86.6%		8.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 09/30/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990352 Cucumber Coins	.75 C	1	16	0.04	2	2	0.12	0.00	0	3.98	0.55	0.71	115	17.6	3.07	0.31
000415 Mozzarella Cheese Stick	1 each	1	81	3.04	192	*N/A*	5.06	0.00	15	0.00	0.00	7.09	202	202.5	0.00	0.00

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990473 Ranch Dressing	1 each	1	50	1.00	100	1	5.00	0.00	5	0.00	0.00	0.00	*N/A*	2.0	*N/A*	0.03
Weighted Daily Average			147	4.08	295	*3	10.18	0.00	20	3.98	0.55	7.80	*318	222.1	*3.07	0.34
% of Calories				24.98%		*8.2%	62.3%	0.0%		10.8%		21.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

			Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages			192	1	188	*15	4.85	*0.01	5	33.26	3.04	4.69	*182	166	*12.82	1.09
% of Calories				6.75%		*31.2%	22.7%	*0.0%		69.3%		9.8%				

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

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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



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