



# April Supper Menu

## DCPS SUPPER

What do the colors on the menu mean?

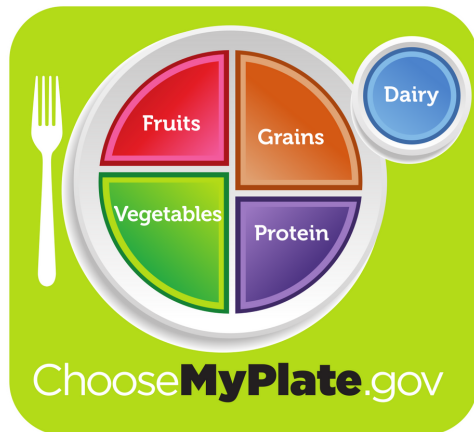
GREEN = locally-sourced

= 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



**Healthy Snacks for Active Students!**  
 To create a healthy snack, include at least two of the five food groups on MyPlate: grains, protein, fruits, vegetables, and dairy.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <ul style="list-style-type: none"> <li>• southwest chicken wrap</li> <li>• cucumber coins</li> <li>• honey lime dressing</li> <li>• fresh cantaloupe</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>• chicken salad on whole grain bun</li> <li>• broccoli florets</li> <li>• ranch dressing</li> <li>• 100% apple juice</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>• pasta salad with parmesan &amp; chickpeas</li> <li>• baby spinach salad</li> <li>• balsamic dressing</li> <li>• applesauce</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>• hummus dip</li> <li>• whole grain flatbread squares</li> <li>• cucumber coins</li> <li>• fresh orange wedges</li> </ul>	<b>5</b>  <b>no school</b>
<b>8</b> <ul style="list-style-type: none"> <li>• herb roasted chicken wrap</li> <li>• snap peas</li> <li>• parmesan cream dressing</li> <li>• fresh cantaloupe</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>• turkey club with lettuce &amp; tomato on a whole grain hoagie</li> <li>• red pepper strips</li> <li>• ranch dressing</li> <li>• mayo</li> <li>• 100% apple juice</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>• egg salad on whole grain bun</li> <li>• cucumber coins</li> <li>• balsamic dressing</li> <li>• applesauce</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>• turkey ham &amp; cheese sandwich</li> <li>• baby carrots</li> <li>• honey mustard dressing</li> <li>• fresh orange wedges</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>• tuna &amp; macaroni salad</li> <li>• cauliflower florets</li> <li>• italian dressing</li> <li>• fresh banana</li> </ul>
<b>15</b>  no school	<b>16</b> no school	<b>17</b>  no school	<b>18</b>  no school	<b>19</b>  no school
<b>22</b> <ul style="list-style-type: none"> <li>• turkey ham &amp; cheese flatbread</li> <li>• baby carrots</li> <li>• ranch dressing</li> <li>• fresh pear</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>• cobb salad w/ diced turkey ham</li> <li>• whole grain roll</li> <li>• italian dressing</li> <li>• 100% apple juice</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>• sunbutter &amp; jelly sandwich</li> <li>• cucumber coins</li> <li>• honey mustard dressing</li> <li>• applesauce</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>• buffalo chicken wrap</li> <li>• baby carrots</li> <li>• ranch dressing</li> <li>• fresh orange wedges</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>• tuna salad on whole grain bun</li> <li>• lemon parmesan kale</li> <li>• fresh banana</li> </ul>
<b>29</b> <ul style="list-style-type: none"> <li>• southwest chicken wrap</li> <li>• cucumber coins</li> <li>• honey lime dressing</li> <li>• fresh cantaloupe</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>• chicken salad on whole grain bun</li> <li>• broccoli florets</li> <li>• ranch dressing</li> <li>• 100% apple juice</li> </ul>	<b>1</b> <ul style="list-style-type: none"> <li>• pasta salad with parmesan &amp; chickpeas</li> <li>• baby spinach salad</li> <li>• balsamic dressing</li> <li>• applesauce</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>• hummus dip</li> <li>• whole grain flatbread squares</li> <li>• cucumber coins</li> <li>• fresh orange wedges</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>• cumin lime chicken wrap</li> <li>• shredded romaine salad</li> <li>• sour cream</li> <li>• fresh banana</li> </ul>

**Base Menu Spreadsheet**

Portion Values

Apr 1, 2024 thru May 3, 2024

<b>Menu Name:</b>	DCPS Supper	<b>Include Cost:</b>	No
<b>Site:</b>		<b>Report Style:</b>	Detailed
<b>Use Alternate Menu Name:</b>	No		

**Monday - 04/01/2024 Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990228 Southwest Chicken Wrap in a WW Tortilla	1 each	100	198	1.35	368	0	*N/A*	4.49	*0.00	48	18.11	1.12	21.30	*2738	*91.8	*3.73	*1.93
001093 Cucumber Coins	.25 C	100	5	0.01	1	1	*N/A*	0.04	0.00	0	1.33	0.18	0.24	38	5.9	1.02	0.10
001038 Honey Lime Dressing	1 oz	100	85	1.03	255	2	*N/A*	7.19	*0.00	0	5.79	0.44	0.33	205	8.0	0.77	0.38
990424 Cantaloupe	.5 C	100	27	0.04	12	6	*N/A*	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	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	115	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	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			413	3.58	750	22	0	13.64	*0.00	58	43.72	2.44	30.80	*6043	*477.3	*34.89	*2.66
% of Calories				7.80%		21.3%	0%	29.7%	*0.0%		42.3%		29.8%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					10.98	1203	311.33	15.57	3.70

**Tuesday - 04/02/2024 Reimbursable Meal Total 100**

# Base Menu Spreadsheet

## Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990505 Chicken Salad Sandwich	1 each	100	314	2.27	405	*4	*N/A*	10.93	*0.00	49	28.88	1.38	22.92	*531	*35.5	*2.94	*2.25
000067 Broccoli Florets	4oz scoop	100	32	0.11	31	2	*N/A*	0.34	0.00	0	6.17	2.42	2.62	579	43.7	82.94	0.68
000372 House Ranch Dressing	1 oz	100	37	1.00	111	1	*N/A*	2.58	*0.00	4	2.72	0.06	0.78	81	28.9	1.02	0.06
000170 100% Apple Juice	4 oz	100	70	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	0.00	0	0.0	0.00	0.00
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	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	115	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	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			550	4.52	660	*20	*0	15.63	*0.00	63	65.90	3.86	34.60	*1615	*472.7	*87.64	*3.07
% of Calories				7.40%		*14.5%	*0%	25.6%	*0.0%		47.9%		25.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					10.98	1203	311.33	15.57	3.70

### Wednesday - 04/03/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990754 WW Pasta Salad w/ Parmesan & Chickpea	2 6oz scoops	100	323	3.16	414	*4	*N/A*	10.15	*0.00	14	46.68	4.71	15.43	*289	*44.7	*5.19	*2.98
001141 Baby Spinach Salad	1 C	100	11	0.00	38	0	*N/A*	0.00	0.00	0	1.74	1.08	1.39	2260	52.2	7.34	0.63
000109 Balsamic Dressing	1 oz	100	87	1.20	52	*0	*N/A*	8.68	*0.00	0	2.08	0.08	0.10	0	3.5	0.00	0.06
000176 Applesauce Cup	.5 C	100	51	0.01	2	*N/A*	*N/A*	0.12	*N/A*	0	13.75	1.34	0.21	35	4.9	25.86	0.28

# Base Menu Spreadsheet

## Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	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	115	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	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			569	5.52	620	*17	*0	20.71	*0.00	24	76.37	7.21	25.40	*3008	*469.8	*39.14	*4.03
% of Calories				8.73%		*12.0%	*0%	32.8%	*0.0%		53.7%		17.9%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					10.98	1203	311.33	15.57	3.70

## Thursday - 04/04/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990563 Hummus Dip	4oz scoop	100	269	1.90	545	*4	*N/A*	14.21	*0.00	0	27.92	7.38	10.28	16	76.0	4.12	3.21
990238 Whole Grain Flatbread Squares	4 each	100	180	1.00	330	2	*N/A*	5.00	0.00	0	29.00	3.00	6.00	0	20.0	0.00	0.72
000033 Cucumber Coins	.5 C	100	11	0.03	1	1	*N/A*	0.08	0.00	0	2.66	0.37	0.48	77	11.7	2.05	0.20
000135 Orange Wedges	.5 C / 3 wedges	99	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
001063 Mandarin Oranges**	.5 C	1	36	0.00	4	8	*N/A*	0.04	0.00	0	8.89	1.15	0.71	1240	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	1131	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	115	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	500	300.0	0.00	0.00

**Base Menu Spreadsheet**

Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			601	4.10	990	*29	*0	21.17	*0.00	10	82.49	12.95	25.89	734	508.9	55.68	4.31
% of Calories				6.14%		*19.3%	*0%	31.7%	*0.0%		54.9%		17.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					10.98	1203	311.33	15.57	3.70

**Friday - 04/05/2024**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					10.98	1203	311.33	15.57	3.70

**Monday - 04/08/2024**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990324 Chicken Caesar Wrap in a WW Tortilla	1 each	100	204	2.12	333	0	*N/A*	5.12	*0.00	53	17.70	0.82	23.08	*2545	*85.7	*3.84	*1.95
000577 Snap Peas	4 oz scoop	100	20	0.02	2	2	*N/A*	0.10	0.00	0	3.60	1.24	1.33	518	20.5	28.58	0.99
000137 Parmesan Cream Dressing	1 oz	100	88	2.95	251	1	*N/A*	8.04	*0.00	13	2.46	0.03	4.25	*34	*23.7	*0.56	*0.09
990424 Cantaloupe	.5 C	100	27	0.04	12	6	*N/A*	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16

# Base Menu Spreadsheet

## Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	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	115	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	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			435	6.28	713	21	0	15.17	*0.00	76	42.25	2.79	37.59	*6159	*501.6	*62.34	*3.28
% of Calories				12.99 %		19.3%	0%	31.4%	*0.0%		38.9%		34.6%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					10.98	1203	311.33	15.57	3.70

## Tuesday - 04/09/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990321 Turkey Club on Whole Grain Hoagie	1 each	100	289	1.26	831	3	*N/A*	9.91	0.00	49	28.49	3.62	25.08	1482	67.4	4.15	3.51
990349 Red Pepper Strips - .25 C	2oz scoop	100	8	0.02	1	1	*N/A*	0.09	0.00	0	1.88	0.66	0.31	976	2.2	39.82	0.13
000652 Light Mayonnaise	1 each	100	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000372 House Ranch Dressing	1 oz	100	37	1.00	111	1	*N/A*	2.58	*0.00	4	2.72	0.06	0.78	81	28.9	1.02	0.06
000170 100% Apple Juice	4 oz	100	70	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	0.00	0	0.0	0.00	0.00
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	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	115	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	500	300.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			531	3.43	1167	*18	*0	17.36	*0.00	63	61.22	4.33	34.44	2962	463.1	45.74	3.78
% of Calories				5.81%		*13.6%	*0%	29.4%	*0.0%		46.1%		25.9%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					10.98	1203	311.33	15.57	3.70

## Wednesday - 04/10/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000564 Egg Salad on WW Bun	1 each	100	244	1.97	493	4	*N/A*	9.67	*0.00	186	30.79	4.26	12.49	374	51.6	0.31	2.14
000033 Cucumber Coins	.5 C	100	11	0.03	1	1	*N/A*	0.08	0.00	0	2.66	0.37	0.48	77	11.7	2.05	0.20
000109 Balsamic Dressing	1 oz	100	87	1.20	52	*0	*N/A*	8.68	*0.00	0	2.08	0.08	0.10	0	3.5	0.00	0.06
000176 Applesauce Cup	.5 C	100	51	0.01	2	*N/A*	*N/A*	0.12	*N/A*	0	13.75	1.34	0.21	35	4.9	25.86	0.28
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	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	115	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	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			490	4.35	663	*18	*0	20.32	*0.00	196	61.40	6.05	21.54	910	436.3	28.97	2.76
% of Calories				7.99%		*14.7%	*0%	37.3%	*0.0%		50.1%		17.6%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					10.98	1203	311.33	15.57	3.70

# Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Apr 1, 2024 thru May 3, 2024

**Thursday - 04/11/2024**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000592 Turkey Ham & Cheese on WW Brea	1 each	100	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000151 Baby Carrots	.5 C	100	25	0.01	55	*N/A*	*N/A*	0.08	0.00	0	5.73	2.03	0.44	9694	22.3	1.86	0.63
990044 Honey Mustard Dressing	1 oz	100	45	0.48	106	3	*N/A*	3.40	*0.00	0	3.80	0.02	0.05	0	0.9	0.02	0.03
000557 Mustard	1 each	100	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000652 Light Mayonnaise	1 each	100	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000135 Orange Wedges	.5 C / 3 wedges	99	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
001063 Mandarin Oranges**	.5 C	1	36	0.00	4	8	*N/A*	0.04	0.00	0	8.89	1.15	0.71	1240	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	1131	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	115	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	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			550	6.91	1191	*24	*0	19.61	*0.00	60	64.95	8.24	30.13	10635	754.4	52.00	2.28
% of Calories				11.31 %		*17.5%	*0%	32.1%	*0.0%		47.2%		21.9%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					10.98	1203	311.33	15.57	3.70

**Friday - 04/12/2024**

**Reimbursable Meal Total 100**



**Base Menu Spreadsheet**

Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000117 Tuna & Macaroni Salad	6 oz scoop	100	186	0.47	353	*1	*N/A*	3.55	*0.00	18	21.22	2.84	18.06	85	17.4	0.54	0.90
000514 Cauliflower Florets	4oz scoop	100	18	0.10	22	1	*N/A*	0.21	0.00	0	3.67	1.48	1.42	0	16.2	35.55	0.31
000680 Italian Dressing	1 oz	100	80	1.20	17	*0	*N/A*	8.67	*0.00	0	0.56	0.17	0.06	32	8.5	0.27	0.33
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	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	115	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	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			488	3.05	507	*30	*0	14.58	*0.00	28	64.52	7.56	29.09	616	412.7	47.36	1.93
% of Calories				5.62%		*24.6%	*0%	26.9%	*0.0%		52.9%		23.8%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					10.98	1203	311.33	15.57	3.70

**Monday - 04/15/2024**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					10.98	1203	311.33	15.57	3.70

# Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru May 3, 2024

## Tuesday - 04/16/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					10.98	1203	311.33	15.57	3.70

## Wednesday - 04/17/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					10.98	1203	311.33	15.57	3.70

## Thursday - 04/18/2024

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					10.98	1203	311.33	15.57	3.70

### Friday - 04/19/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					10.98	1203	311.33	15.57	3.70

### Monday - 04/22/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990899 Turkey & Cheese on a Flatbread	1 each	100	325	6.00	705	2	*N/A*	14.25	0.00	42	29.00	3.00	21.50	300	220.0	0.00	1.72
000151 Baby Carrots	.5 C	100	25	0.01	55	*N/A*	*N/A*	0.08	0.00	0	5.73	2.03	0.44	9694	22.3	1.86	0.63
990441 Fat Free Ranch Dressing	1 packet	100	18	0.02	81	1	*N/A*	0.11	0.00	0	4.03	0.07	0.05	1	2.7	0.02	0.02
000652 Light Mayonnaise	1 each	100	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000557 Mustard	1 each	100	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000884 Fresh Pear	1 each	100	131	0.05	2	22	*N/A*	0.32	0.00	0	35.03	7.13	0.83	58	20.7	9.89	0.41
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	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	115	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	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			636	7.23	1138	*38	*0	19.53	*0.00	53	85.91	12.23	31.10	10476	630.4	12.51	2.87
% of Calories				10.23 %		*23.9%	*0%	27.6%	*0.0%		54.0%		19.6%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					10.98	1203	311.33	15.57	3.70

### Tuesday - 04/23/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000004 Whole Wheat Roll	1 each	100	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	1.08
990843 Cobb Salad w/ Diced Turkey Ham	1 each	100	173	6.82	476	1	*N/A*	11.57	0.00	62	3.47	1.24	15.17	5436	230.1	3.00	1.15
000680 Italian Dressing	1 oz	100	80	1.20	17	*0	*N/A*	8.67	*0.00	0	0.56	0.17	0.06	32	8.5	0.27	0.33
000170 100% Apple Juice	4 oz	100	70	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	0.00	0	0.0	0.00	0.00
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	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	115	305.0	0.00	0.07

# Base Menu Spreadsheet

## Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			501	9.17	777	*15	*0	23.01	*0.00	72	48.15	3.41	26.50	5891	663.2	4.01	2.64
% of Calories				16.47 %		*12.0%	*0%	41.3%	*0.0%		38.4%		21.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					10.98	1203	311.33	15.57	3.70

## Wednesday - 04/24/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000776 Sunbutter & Jelly Sandwich	1 each	100	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000033 Cucumber Coins	.5 C	100	11	0.03	1	1	*N/A*	0.08	0.00	0	2.66	0.37	0.48	77	11.7	2.05	0.20
990044 Honey Mustard Dressing	1 oz	100	45	0.48	106	3	*N/A*	3.40	*0.00	0	3.80	0.02	0.05	0	0.9	0.02	0.03
000176 Applesauce Cup	.5 C	100	51	0.01	2	*N/A*	*N/A*	0.12	*N/A*	0	13.75	1.34	0.21	35	4.9	25.86	0.28
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	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	115	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	500	300.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			783	4.60	711	*24	*0	41.79	*0.00	10	87.87	9.23	25.78	569	541.1	28.67	4.61
% of Calories				5.29%		*12.3%	*0%	48.0%	*0.0%		44.9%		13.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					10.98	1203	311.33	15.57	3.70

### Thursday - 04/25/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000980 Buffalo Chicken Wrap	1 each	100	198	1.01	792	0	*N/A*	2.09	0.00	48	16.96	0.61	21.05	3073	79.6	3.65	1.78
001083 Baby Carrots	.25 C	100	12	0.01	27	*N/A*	*N/A*	0.04	0.00	0	2.87	1.02	0.22	4848	11.2	0.93	0.32
000372 House Ranch Dressing	1 oz	100	37	1.00	111	1	*N/A*	2.58	*0.00	4	2.72	0.06	0.78	81	28.9	1.02	0.06
000135 Orange Wedges	.5 C / 3 wedges	99	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
001063 Mandarin Oranges**	.5 C	1	36	0.00	4	8	*N/A*	0.04	0.00	0	8.89	1.15	0.71	1240	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	1131	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	115	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	500	300.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			388	3.18	1043	*23	*0	6.59	*0.00	63	45.46	3.88	31.19	8643	520.8	55.12	2.33
% of Calories				7.38%		*23.7%	*0%	15.3%	*0.0%		46.9%		32.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					10.98	1203	311.33	15.57	3.70

### Friday - 04/26/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000538 Tuna Salad on a WW Bun	1 each	100	233	0.51	554	*3	*N/A*	5.00	*0.00	18	30.06	4.12	20.52	82	28.2	0.35	2.33
000993 Lemon Parmesan Kale	1 C	100	90	1.64	166	1	*N/A*	8.27	*0.00	4	3.39	2.25	2.99	*2459	*134.0	*49.01	*0.88
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	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	115	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	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			525	3.43	835	*31	*0	15.43	*0.00	31	72.53	9.44	33.06	*3040	*532.7	*60.37	*3.60
% of Calories				5.88%		*23.6%	*0%	26.5%	*0.0%		55.3%		25.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					10.98	1203	311.33	15.57	3.70

### Monday - 04/29/2024

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990228 Southwest Chicken Wrap in a WW Tortilla	1 each	100	198	1.35	368	0	*N/A*	4.49	*0.00	48	18.11	1.12	21.30	*2738	*91.8	*3.73	*1.93
001093 Cucumber Coins	.25 C	100	5	0.01	1	1	*N/A*	0.04	0.00	0	1.33	0.18	0.24	38	5.9	1.02	0.10
001038 Honey Lime Dressing	1 oz	100	85	1.03	255	2	*N/A*	7.19	*0.00	0	5.79	0.44	0.33	205	8.0	0.77	0.38
990424 Cantaloupe	.5 C	100	27	0.04	12	6	*N/A*	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	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	115	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	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			413	3.58	750	22	0	13.64	*0.00	58	43.72	2.44	30.80	*6043	*477.3	*34.89	*2.66
% of Calories				7.80%		21.3%	0%	29.7%	*0.0%		42.3%		29.8%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					10.98	1203	311.33	15.57	3.70

## Tuesday - 04/30/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990505 Chicken Salad Sandwich	1 each	100	314	2.27	405	*4	*N/A*	10.93	*0.00	49	28.88	1.38	22.92	*531	*35.5	*2.94	*2.25
000067 Broccoli Florets	4oz scoop	100	32	0.11	31	2	*N/A*	0.34	0.00	0	6.17	2.42	2.62	579	43.7	82.94	0.68
000372 House Ranch Dressing	1 oz	100	37	1.00	111	1	*N/A*	2.58	*0.00	4	2.72	0.06	0.78	81	28.9	1.02	0.06



**Base Menu Spreadsheet**

Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000170 100% Apple Juice	4 oz	100	70	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	0.00	0	0.0	0.00	0.00
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	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	115	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	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			550	4.52	660	*20	*0	15.63	*0.00	63	65.90	3.86	34.60	*1615	*472.7	*87.64	*3.07
% of Calories				7.40%		*14.5%	*0%	25.6%	*0.0%		47.9%		25.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					10.98	1203	311.33	15.57	3.70

**Wednesday - 05/01/2024**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990754 WW Pasta Salad w/ Parmesan & Chickpea	2 6oz scoops	100	323	3.16	414	*4	*N/A*	10.15	*0.00	14	46.68	4.71	15.43	*289	*44.7	*5.19	*2.98
001141 Baby Spinach Salad	1 C	100	11	0.00	38	0	*N/A*	0.00	0.00	0	1.74	1.08	1.39	2260	52.2	7.34	0.63
000109 Balsamic Dressing	1 oz	100	87	1.20	52	*0	*N/A*	8.68	*0.00	0	2.08	0.08	0.10	0	3.5	0.00	0.06
000176 Applesauce Cup	.5 C	100	51	0.01	2	*N/A*	*N/A*	0.12	*N/A*	0	13.75	1.34	0.21	35	4.9	25.86	0.28
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	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	115	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	500	300.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			569	5.52	620	*17	*0	20.71	*0.00	24	76.37	7.21	25.40	*3008	*469.8	*39.14	*4.03
% of Calories				8.73%		*12.0%	*0%	32.8%	*0.0%		53.7%		17.9%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					10.98	1203	311.33	15.57	3.70

Thursday - 05/02/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990563 Hummus Dip	4oz scoop	100	269	1.90	545	*4	*N/A*	14.21	*0.00	0	27.92	7.38	10.28	16	76.0	4.12	3.21
990238 Whole Grain Flatbread Squares	4 each	100	180	1.00	330	2	*N/A*	5.00	0.00	0	29.00	3.00	6.00	0	20.0	0.00	0.72
000033 Cucumber Coins	.5 C	100	11	0.03	1	1	*N/A*	0.08	0.00	0	2.66	0.37	0.48	77	11.7	2.05	0.20
000135 Orange Wedges	.5 C / 3 wedges	99	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
001063 Mandarin Oranges**	.5 C	1	36	0.00	4	8	*N/A*	0.04	0.00	0	8.89	1.15	0.71	1240	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	1131	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	115	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	500	300.0	0.00	0.00

**Base Menu Spreadsheet**

Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			601	4.10	990	*29	*0	21.17	*0.00	10	82.49	12.95	25.89	734	508.9	55.68	4.31
% of Calories				6.14%		*19.3%	*0%	31.7%	*0.0%		54.9%		17.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					10.98	1203	311.33	15.57	3.70

**Friday - 05/03/2024**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001037 Cumin Lime Chicken	3 oz	100	136	0.83	198	0	*N/A*	5.82	*0.00	48	1.64	0.34	19.04	*130	*9.2	*2.95	*1.06
001030 Whole Wheat Tortilla, 6 inch	1 each	100	70	0.50	105	0	*N/A*	2.00	0.00	0	13.00	2.00	2.00	0	40.0	0.00	0.00
000967 Shredded Lettuce	4oz scoop	100	5	0.01	2	0	*N/A*	0.09	0.00	0	0.97	0.62	0.36	2568	9.7	1.18	0.29
001088 Tomatoes	2oz scoop	100	11	0.02	3	2	*N/A*	0.12	0.00	0	2.32	0.72	0.52	497	6.0	8.18	0.16
990351 Low Fat Sour Cream	1 oz	100	40	1.90	20	0	*N/A*	3.05	0.00	10	2.04	0.00	1.01	94	40.5	0.26	0.02
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	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	115	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	500	300.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Apr 1, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			464	4.54	444	29	0	13.23	*0.00	68	59.05	6.75	32.50	*3788	*475.9	*23.58	*1.92
% of Calories				8.81%		25.0%	0%	25.7%	*0.0%		50.9%		28.0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					10.98	1203	311.33	15.57	3.70

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	529	5	802	*24	*0	18.36	*0.00	54	64.75	6.68	29.81	*4026	*515.2	*45.02	*3.17
% of Calories		8.20%		*18.1%	*0%	31.2%	*0.0%		49.0%		22.5%				

- \*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient
- \* - denotes combined nutrient totals with either missing or incomplete nutrient data
- <sup>1</sup> - denotes required nutrient values
- <sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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