



September Supper 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

*denotes mandarin oranges for River Terrace EC

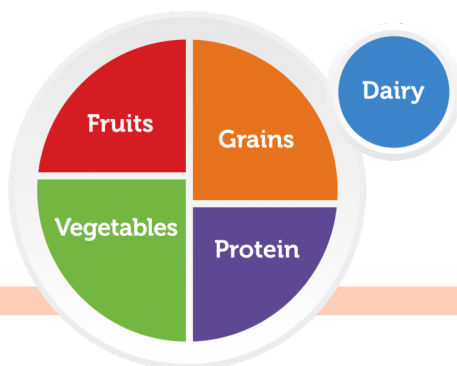
Student's choice of skim or 1% milk provided at every meal.

Menu subject to change based on availability

This institution is an equal opportunity provider

DID YOU KNOW?

Our supper meals provide all five food groups on MyPlate: grains, protein, fruit, vegetables, and dairy!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/29 - buffalo chicken wrap with romaine lettuce in a whole wheat tortilla - cucumber coins - house ranch dressing - fresh cantaloupe	8/30 - tuna salad sandwich - lemon parmesan kale - fresh apple	8/31 - herb roasted chicken - mixed greens - whole wheat roll - french dressing - applesauce	1 build your own pizza - mozzarella cheese - whole grain flatbread - tomato sauce - fresh orange wedges	2 - turkey club - lettuce & tomato - mustard & mayo - baby carrots - fresh peach 
5 no school	6 - turkey ham and cheese on a whole wheat bun - mustard, mayo - romaine lettuce salad - parmesan cream dressing - fresh apple	7 chef salad - mixed greens, tomato, & cucumber - cheddar cheese - diced turkey ham - whole grain crackers - house ranch dressing - applesauce	8 - chicken salad - whole grain crackers - cauliflower florets - asian dressing - fresh orange wedges*	9 - cheesy mexican bean dip - tortilla chips - tomato salsa - fresh peach
12 - cumin lime chicken wrap - romaine lettuce - fresh cantaloupe - sour cream	13 - sunbutter and jelly - cucumber coins - balsamic dressing - fresh apple	14 - tuna macaroni salad - broccoli florets - italian dressing - applesauce	15 - egg salad on a whole wheat bun - celery sticks - honey mustard dressing - fresh orange wedges*	16 - sunbutter - whole grain animal crackers - snap peas - ranch dressing - fresh peach 
19 - chicken caesar wrap - cucumber coins - parmesan cream dressing - fresh cantaloupe	20 - curried chicken salad - whole wheat bun - asian kale slaw - fresh apple	21 pasta salad - whole grain pasta - mozzarella - cucumber & tomato - baby spinach salad - balsamic dressing - applesauce	22 - teriyaki chicken tender - cold asian noodle salad - sliced red peppers - fresh orange wedges*	23 - hummus - whole grain crackers - baby carrots - fresh peach
26 - buffalo chicken wrap with romaine lettuce in a whole wheat tortilla - cucumber coins - house ranch dressing - fresh cantaloupe	27 - tuna salad sandwich - lemon parmesan kale - fresh apple	28 - herb roasted chicken - mixed greens - whole wheat roll - french dressing - applesauce	29 build your own pizza - mozzarella cheese - whole grain flatbread - tomato sauce - fresh orange wedges*	30 - turkey club - lettuce & tomato - mustard & mayo - baby carrots - fresh peach

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

Menu Name: DCPS Supper

Include Cost: No

Site:

Report Style: Detailed

Monday - 08/29/2022

Reimbursable Meal Total 100

	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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000980 Buffalo Chicken Wrap	1 each	100	248	2.01	802	2	4.09	0.00	48	22.96	2.61	22.05	3073	64.6	3.65	1.78
000033 Cucumber Coins	.5 C	100	11	0.03	1	1	0.08	0.00	0	2.66	0.37	0.48	77	11.7	2.05	0.20
000372 House Ranch Dressing	1 oz	100	37	1.00	111	1	2.58	*0.00	4	2.72	0.06	0.78	81	28.9	1.02	0.06
990424 Cantaloupe	.5 C	100	27	0.04	12	6	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	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	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	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	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			420	4.23	1040	24	8.66	*0.00	63	46.83	3.73	32.24	6292	476.8	36.09	2.29
% of Calories				9.06%		22.9%	18.6%	*0.0%		44.6%		30.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					10.98	1203	311.33	15.57	3.70

Tuesday - 08/30/2022

Reimbursable Meal Total 100

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)
000656 Tuna Salad on WW Bread	1 each	100	253	0.51	594	*0	5.00	*0.00	18	33.06	4.12	20.52	82	128.2	0.35	2.33
000993 Lemon Parmesan Kale	1 C	100	90	1.64	166	1	8.27	*0.00	4	3.39	2.25	2.99	*2459	*134.0	*49.01	*0.88
000171 100% Orange Juice	4 oz	100	60	0.00	0	*N/A*	0.00	0.00	0	14.00	0.00	1.00	0	10.0	42.00	0.00
000231 Skim Milk	8 oz	30	86	0.29	128	12	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	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	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	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			500	3.29	874	*14	15.04	*0.00	31	62.58	6.37	32.78	*2964	*636.8	*92.11	*3.29
% of Calories				5.92%		*11.2%	27.1%	*0.0%		50.1%		26.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					10.98	1203	311.33	15.57	3.70

Wednesday - 08/31/2022

Reimbursable Meal Total 100

	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)
000378 Herb Roasted Chicken Tender	2 oz	100	99	0.34	123	0	2.28	*0.00	48	0.36	0.19	18.80	*17	*7.9	*2.90	*0.80
000468 Mixed Greens Salad	1 C	100	14	0.03	24	1	0.20	0.00	0	2.69	1.67	1.27	786	40.1	8.45	0.97
000004 Whole Wheat Roll	1 each	100	80	0.00	170	2	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	1.08
990445 Fat Free French Dressing	1 packet	100	17	*N/A*	104	*N/A*	0.01	*N/A*	*N/A*	3.99	*N/A*	0.02	10	*N/A*	0.02	*N/A*
000675 Chilled Applesauce	.5 C	100	54	0.01	3	*N/A*	0.13	*N/A*	0	14.49	1.42	0.22	37	5.1	1.29	0.30

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)
000231 Skim Milk	8 oz	30	86	0.29	128	12	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	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	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	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			361	*1.53	538	*15	5.39	*0.00	*58	49.66	*5.28	31.58	*1273	*477.8	*13.40	*3.22
% of Calories				*3.81%		*16.6%	13.4%	*0.0%		55.0%		35.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					10.98	1203	311.33	15.57	3.70

Thursday - 09/01/2022

Reimbursable Meal Total 100

	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)
990238 Whole Grain Flatbread Squares	4 each	100	180	1.00	330	2	5.00	0.00	0	29.00	3.00	6.00	0	20.0	0.00	0.72
001025 Shredded Mozzarella	4 oz	100	162	7.09	344	0	12.15	0.00	30	2.02	*N/A*	16.20	*N/A*	*N/A*	*N/A*	*N/A*
990344 House Tomato Sauce	.5 C	100	71	0.21	285	7	1.36	*0.00	0	13.14	1.74	2.68	*160	*35.9	*7.30	*1.31
000135 Orange Wedges	.5 C / 3 wedges	100	43	0.01	0	9	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	86	0.29	128	12	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	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	0.00	0.00	5	13.00	0.00	8.00	500	300.0	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)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			554	9.46	1073	30	20.39	*0.00	40	67.10	*6.95	34.01	*790	*457.3	*56.98	*2.20
% of Calories				15.37%		21.7%	33.1%	*0.0%		48.4%		24.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					10.98	1203	311.33	15.57	3.70

Friday - 09/02/2022

Reimbursable Meal Total 100

	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)
990321 Turkey Club on Whole Grain Hoagie	1 each	100	289	1.26	831	3	9.91	0.00	49	28.49	3.62	25.08	1482	67.4	4.15	3.51
000151 Baby Carrots	.5 C	100	25	0.01	55	*N/A*	0.08	0.00	0	5.73	2.03	0.44	9694	22.3	1.86	0.63
000557 Mustard	1 each	100	10	0.00	71	*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*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000445 Fresh Peach	1 each	100	58	0.03	0	13	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
000231 Skim Milk	8 oz	30	86	0.29	128	12	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	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	0.00	0.00	5	13.00	0.00	8.00	500	300.0	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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			510	2.46	1181	*28	15.14	*0.00	59	60.66	7.90	35.16	12088	463.3	16.66	4.60
% of Calories				4.34%		*22.0%	26.7%	*0.0%		47.6%		27.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					10.98	1203	311.33	15.57	3.70

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)	Vit-A (IU)	Calc ^m (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		<=30					10.98	1203	311.33	15.57	3.70

Tuesday - 09/06/2022

Reimbursable Meal Total 100

	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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000451 Turkey Ham & Cheese on WW Bun	1 each	100	280	5.25	695	3	11.25	0.00	50	29.50	4.00	20.50	300	230.0	0.60	1.44
000188 Romaine Salad	1 C	100	10	0.02	5	1	0.17	0.00	0	1.91	1.22	0.71	5049	19.1	2.32	0.56
000137 Parmesan Cream Dressing	1 oz	100	88	2.95	251	1	8.04	*0.00	13	2.46	0.03	4.25	*34	*23.7	*0.56	*0.09
000171 100% Orange Juice	4 oz	100	60	0.00	0	*N/A*	0.00	0.00	0	14.00	0.00	1.00	0	10.0	42.00	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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	30	86	0.29	128	12	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	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	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	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000557 Mustard	1 each	100	10	0.00	71	*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*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			575	9.38	1246	*17	24.23	*0.00	73	59.99	5.25	34.73	*5807	*647.5	*46.22	*2.18
% of Calories				14.68%		*11.8%	37.9%	*0.0%		41.7%		24.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					10.98	1203	311.33	15.57	3.70

Wednesday - 09/07/2022

Reimbursable Meal Total 100

	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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000880 Cobb Salad w/ Diced Turkey Ham	1 each	100	182	6.84	478	2	11.65	0.00	62	5.40	1.71	15.57	5712	236.4	7.76	1.29
990624 Whole Wheat Crackers	1 each	100	110	0.00	140	3	3.00	0.00	0	19.00	2.00	3.00	0	50.0	0.00	0.80
000372 House Ranch Dressing	1 oz	100	37	1.00	111	1	2.58	*0.00	4	2.72	0.06	0.78	81	28.9	1.02	0.06
000675 Chilled Applesauce	.5 C	100	54	0.01	3	*N/A*	0.13	*N/A*	0	14.49	1.42	0.22	37	5.1	1.29	0.30
000231 Skim Milk	8 oz	30	86	0.29	128	12	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	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07

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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	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	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			480	8.99	845	*19	19.13	*0.00	76	53.75	5.18	27.84	6254	685.1	10.81	2.52
% of Calories				16.86%		*15.8%	35.9%	*0.0%		44.8%		23.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					10.98	1203	311.33	15.57	3.70

Thursday - 09/08/2022

Reimbursable Meal Total 100

	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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000669 Chicken Salad	3 oz	100	120	0.49	303	*0	4.11	*0.00	48	1.66	0.20	18.82	122	5.0	4.70	0.60
990624 Whole Wheat Crackers	1 each	100	110	0.00	140	3	3.00	0.00	0	19.00	2.00	3.00	0	50.0	0.00	0.80
000514 Cauliflower Florets	.5 C	100	18	0.10	22	1	0.21	0.00	0	3.67	1.48	1.42	0	16.2	35.55	0.31
000559 Asian Dressing	1 oz	100	70	0.49	300	3	5.60	*0.02	0	4.56	0.09	0.68	3	2.7	0.99	0.14
000135 Orange Wedges	.5 C / 3 wedges	100	43	0.01	0	9	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	86	0.29	128	12	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	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	0.00	0.00	5	13.00	0.00	8.00	500	300.0	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)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			459	2.24	879	*29	14.78	*0.02	58	51.83	5.98	33.06	755	475.4	90.92	2.03
% of Calories				4.39%		*25.3%	29.0%	*0.0%		45.2%		28.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					10.98	1203	311.33	15.57	3.70

Friday - 09/09/2022

Reimbursable Meal Total 100

	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)
001199 Cheesy Mexican Bean Dip	4 oz	100	208	4.04	625	*1	11.61	*0.00	*15	17.43	5.82	9.31	*1096	*148.4	*22.79	*2.39
001087 WG Corn Tortilla Chips	10 each	100	108	0.77	88	0	4.61	0.00	0	15.36	1.54	1.54	0	15.4	0.00	0.00
000491 Tomato Salsa	.5 C	100	33	0.05	106	*3	0.37	*0.00	0	7.19	2.11	1.54	1161	18.7	25.80	0.52
000445 Fresh Peach	1 each	100	58	0.03	0	13	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	70	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
Weighted Daily Average			505	6.05	933	*30	18.75	*0.00	*25	66.40	11.72	22.02	*3166	*556.2	*59.23	*3.37
% of Calories				10.78%		*23.8%	33.4%	*0.0%		52.6%		17.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					10.98	1203	311.33	15.57	3.70

Monday - 09/12/2022

Reimbursable Meal Total 100

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990305 Cumin Lime Chicken	3 oz	100	136	0.83	198	0	5.82	*0.00	48	1.64	0.34	19.04	*130	*9.2	*2.95	*1.06
990670 Whole Wheat Wrap- 8"	1 wrap	100	140	2.00	200	2	4.00	0.00	0	22.00	2.00	3.00	0	55.0	0.00	1.00
000188 Romaine Salad	1 C	100	10	0.02	5	1	0.17	0.00	0	1.91	1.22	0.71	5049	19.1	2.32	0.56
990351 Low Fat Sour Cream	1 oz	100	40	1.90	20	0	3.05	0.00	10	2.04	0.00	1.01	94	40.5	0.26	0.02
990424 Cantaloupe	.5 C	100	27	0.04	12	6	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	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	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	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	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			450	5.94	549	21	14.96	*0.00	68	46.08	4.26	32.69	*8335	*495.4	*34.90	*2.89
% of Calories				11.88%		18.7%	29.9%	*0.0%		41.0%		29.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					10.98	1203	311.33	15.57	3.70

Tuesday - 09/13/2022

Reimbursable Meal Total 100

	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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000776 Sunbutter & Jelly Sandwich	1 each	100	579	2.93	487	*8	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	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	8.68	*0.00	0	2.08	0.08	0.10	0	3.5	0.00	0.06

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000171 100% Orange Juice	4 oz	100	60	0.00	0	*N/A*	0.00	0.00	0	14.00	0.00	1.00	0	10.0	42.00	0.00
000231 Skim Milk	8 oz	30	86	0.29	128	12	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	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	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	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			834	5.30	654	*22	46.95	*0.00	10	86.40	7.95	26.62	533	548.8	44.79	4.35
% of Calories				5.72%		*10.6%	50.7%	*0.0%		41.4%		12.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					10.98	1203	311.33	15.57	3.70

Wednesday - 09/14/2022

Reimbursable Meal Total 100

	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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000117 Tuna & Macaroni Salad	.75 C	100	186	0.47	353	*1	3.55	*0.00	18	21.22	2.84	18.06	85	17.4	0.54	0.90
000067 Broccoli Florets	.5 C	100	32	0.11	31	2	0.34	0.00	0	6.17	2.42	2.62	579	43.7	82.94	0.68
000680 Italian Dressing	1 oz	100	80	1.20	17	*0	8.67	*0.00	0	0.56	0.17	0.06	32	8.5	0.27	0.33
000675 Chilled Applesauce	.5 C	100	54	0.01	3	*N/A*	0.13	*N/A*	0	14.49	1.42	0.22	37	5.1	1.29	0.30
000231 Skim Milk	8 oz	30	86	0.29	128	12	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	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	0.00	0.00	5	13.00	0.00	8.00	500	300.0	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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			450	2.94	517	*15	14.46	*0.00	28	54.57	6.85	29.23	1157	439.4	85.78	2.29
% of Calories				5.88%		*13.3%	28.9%	*0.0%		48.5%		26.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					10.98	1203	311.33	15.57	3.70

Thursday - 09/15/2022

Reimbursable Meal Total 100

	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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000564 Egg Salad on WW Bun	1 each	100	244	1.97	493	4	9.67	*0.00	186	30.79	4.26	12.49	374	51.6	0.31	2.14
000150 Celery Sticks	.5 C	100	10	0.03	59	1	0.13	0.00	0	2.21	1.19	0.51	334	29.7	2.30	0.15
990044 Honey Mustard Dressing	1 oz	100	45	0.48	106	3	3.40	*0.00	0	3.80	0.02	0.05	0	0.9	0.02	0.03
000135 Orange Wedges	.5 C / 3 wedges	100	43	0.01	0	9	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	86	0.29	128	12	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	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	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	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			439	3.65	772	29	15.07	*0.00	196	59.74	7.68	22.19	1338	483.7	52.32	2.49
% of Calories				7.48%		26.4%	30.9%	*0.0%		54.4%		20.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					10.98	1203	311.33	15.57	3.70

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

Friday - 09/16/2022

Reimbursable Meal Total 100

	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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000858 Sunbutter Cup	1 each	100	413	6.19	248	8	35.10	0.00	0	14.45	4.13	14.45	0	45.4	0.00	2.89
000815 WW Animal Crackers	1 each	100	129	1.25	111	*N/A*	3.94	0.06	0	21.40	1.88	1.91	2	128.5	0.00	1.07
000577 Snap Peas	.5 C	100	39	0.04	4	4	0.19	0.00	0	7.02	2.42	2.60	1011	40.0	55.79	1.93
990473 Ranch Dressing	1 each	100	50	1.00	100	1	5.00	0.00	5	0.00	0.00	0.00	*N/A*	2.0	*N/A*	0.03
000445 Fresh Peach	1 each	100	58	0.03	0	13	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
000231 Skim Milk	8 oz	30	86	0.29	128	12	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	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	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	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			787	9.66	576	*38	46.37	*0.06	15	69.31	10.68	28.61	*1925	589.5	*66.43	6.38
% of Calories				11.05%		*19.3%	53.0%	*0.1%		35.2%		14.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					10.98	1203	311.33	15.57	3.70

Monday - 09/19/2022

Reimbursable Meal Total 100

	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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990324 Chicken Caesar Wrap in a WW Tortilla	1 each	100	254	3.12	343	2	7.12	*0.00	53	23.70	2.82	24.08	*2545	*70.7	*3.84	*1.95

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)
000033 Cucumber Coins	.5 C	100	11	0.03	1	1	0.08	0.00	0	2.66	0.37	0.48	77	11.7	2.05	0.20
000137 Parmesan Cream Dressing	1 oz	100	88	2.95	251	1	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	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	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	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	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	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			476	7.29	722	23	17.16	*0.00	76	47.31	3.92	37.73	*5718	*477.8	*35.82	*2.49
% of Calories				13.78%		19.3%	32.4%	*0.0%		39.8%		31.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					10.98	1203	311.33	15.57	3.70

Tuesday - 09/20/2022

Reimbursable Meal Total 100

	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)
000756 Curried Chicken Salad on Bun	1 each	100	242	0.26	360	5	3.36	*0.00	49	32.19	4.69	25.38	788	44.4	3.54	2.16
000994 Asian Kale Slaw	1 C	100	95	1.04	144	3	7.61	*0.00	0	6.05	2.84	2.11	4686	141.1	55.31	1.06
000171 100% Orange Juice	4 oz	100	60	0.00	0	*N/A*	0.00	0.00	0	14.00	0.00	1.00	0	10.0	42.00	0.00
000231 Skim Milk	8 oz	30	86	0.29	128	12	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	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07

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)
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	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	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			495	2.45	618	*20	12.73	*0.00	59	64.37	7.53	36.77	5897	560.1	101.60	3.30
% of Calories				4.45%		*16.2%	23.1%	*0.0%		52.0%		29.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					10.98	1203	311.33	15.57	3.70

Wednesday - 09/21/2022

Reimbursable Meal Total 100

	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)
000593 WW Pasta Salad w/ Mozzarella	1 C	100	306	7.41	488	*2	15.21	*0.00	30	26.66	*3.29	20.54	*376	*23.3	*5.71	*1.24
001141 Baby Spinach Salad	1 C	100	11	0.00	38	0	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	8.68	*0.00	0	2.08	0.08	0.10	0	3.5	0.00	0.06
000675 Chilled Applesauce	.5 C	100	54	0.01	3	*N/A*	0.13	*N/A*	0	14.49	1.42	0.22	37	5.1	1.29	0.30
000231 Skim Milk	8 oz	30	86	0.29	128	12	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	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	0.00	0.00	5	13.00	0.00	8.00	500	300.0	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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			555	9.77	695	*15	25.78	*0.00	40	57.09	*5.86	30.52	*3097	*448.6	*15.07	*2.30
% of Calories				15.84%		*10.8%	41.8%	*0.0%		41.1%		22.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					10.98	1203	311.33	15.57	3.70

Thursday - 09/22/2022

Reimbursable Meal Total 100

	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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000533 Chicken Teriyaki	2 oz	100	110	0.17	529	3	1.16	*0.00	48	4.64	0.29	20.16	11	9.3	6.52	0.83
000560 Cold Asian Noodle Salad	.5 C	100	196	0.39	141	2	3.65	*0.01	0	36.76	4.63	6.88	329	21.3	12.06	1.71
000571 Red Pepper Strips	.5 C	100	16	0.04	2	3	0.19	0.00	0	3.76	1.31	0.62	1953	4.4	79.64	0.27
000135 Orange Wedges	.5 C / 3 wedges	100	43	0.01	0	9	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	86	0.29	128	12	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	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	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	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			463	1.77	786	28	6.87	*0.01	58	68.10	8.44	36.79	2923	436.4	147.90	2.99
% of Calories				3.44%		24.2%	13.4%	*0.0%		58.8%		31.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					10.98	1203	311.33	15.57	3.70

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

Friday - 09/23/2022

Reimbursable Meal Total 100

	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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990563 Hummus Dip	.5 C	100	189	1.77	427	*2	12.94	*0.00	0	14.48	3.64	5.94	16	51.9	3.52	1.80
990736 Whole Grain Crackers	1 each	100	110	0.00	140	3	3.00	0.00	0	19.00	2.00	3.00	0	50.0	0.00	0.80
000151 Baby Carrots	.5 C	100	25	0.01	55	*N/A*	0.08	0.00	0	5.73	2.03	0.44	9694	22.3	1.86	0.63
000445 Fresh Peach	1 each	100	58	0.03	0	13	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
000231 Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	70	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
Weighted Daily Average			480	2.98	735	*30	18.19	*0.00	10	65.64	9.92	19.02	10619	497.9	16.03	3.69
% of Calories				5.59%		*25.0%	34.1%	*0.0%		54.7%		15.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					10.98	1203	311.33	15.57	3.70

Monday - 09/26/2022

Reimbursable Meal Total 100

	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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000980 Buffalo Chicken Wrap	1 each	100	248	2.01	802	2	4.09	0.00	48	22.96	2.61	22.05	3073	64.6	3.65	1.78
000033 Cucumber Coins	.5 C	100	11	0.03	1	1	0.08	0.00	0	2.66	0.37	0.48	77	11.7	2.05	0.20
000372 House Ranch Dressing	1 oz	100	37	1.00	111	1	2.58	*0.00	4	2.72	0.06	0.78	81	28.9	1.02	0.06
990424 Cantaloupe	.5 C	100	27	0.04	12	6	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16

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)
000231 Skim Milk	8 oz	30	86	0.29	128	12	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	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	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	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			420	4.23	1040	24	8.66	*0.00	63	46.83	3.73	32.24	6292	476.8	36.09	2.29
% of Calories				9.06%		22.9%	18.6%	*0.0%		44.6%		30.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					10.98	1203	311.33	15.57	3.70

Tuesday - 09/27/2022

Reimbursable Meal Total 100

	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)
000656 Tuna Salad on WW Bread	1 each	100	253	0.51	594	*0	5.00	*0.00	18	33.06	4.12	20.52	82	128.2	0.35	2.33
000993 Lemon Parmesan Kale	1 C	100	90	1.64	166	1	8.27	*0.00	4	3.39	2.25	2.99	*2459	*134.0	*49.01	*0.88
000171 100% Orange Juice	4 oz	100	60	0.00	0	*N/A*	0.00	0.00	0	14.00	0.00	1.00	0	10.0	42.00	0.00
000231 Skim Milk	8 oz	30	86	0.29	128	12	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	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	0.00	0.00	5	13.00	0.00	8.00	500	300.0	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)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			500	3.29	874	*14	15.04	*0.00	31	62.58	6.37	32.78	*2964	*636.8	*92.11	*3.29
% of Calories				5.92%		*11.2%	27.1%	*0.0%		50.1%		26.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					10.98	1203	311.33	15.57	3.70

Wednesday - 09/28/2022

Reimbursable Meal Total 100

	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)
000378 Herb Roasted Chicken Tender	2 oz	100	99	0.34	123	0	2.28	*0.00	48	0.36	0.19	18.80	*17	*7.9	*2.90	*0.80
000468 Mixed Greens Salad	1 C	100	14	0.03	24	1	0.20	0.00	0	2.69	1.67	1.27	786	40.1	8.45	0.97
000004 Whole Wheat Roll	1 each	100	80	0.00	170	2	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	1.08
990445 Fat Free French Dressing	1 packet	100	17	*N/A*	104	*N/A*	0.01	*N/A*	*N/A*	3.99	*N/A*	0.02	10	*N/A*	0.02	*N/A*
000675 Chilled Applesauce	.5 C	100	54	0.01	3	*N/A*	0.13	*N/A*	0	14.49	1.42	0.22	37	5.1	1.29	0.30
000231 Skim Milk	8 oz	30	86	0.29	128	12	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	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	0.00	0.00	5	13.00	0.00	8.00	500	300.0	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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			361	*1.53	538	*15	5.39	*0.00	*58	49.66	*5.28	31.58	*1273	*477.8	*13.40	*3.22
% of Calories				*3.81%		*16.6%	13.4%	*0.0%		55.0%		35.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					10.98	1203	311.33	15.57	3.70

Thursday - 09/29/2022

Reimbursable Meal Total 100

	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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990238 Whole Grain Flatbread Squares	4 each	100	180	1.00	330	2	5.00	0.00	0	29.00	3.00	6.00	0	20.0	0.00	0.72
001025 Shredded Mozzarella	4 oz	100	162	7.09	344	0	12.15	0.00	30	2.02	*N/A*	16.20	*N/A*	*N/A*	*N/A*	*N/A*
990344 House Tomato Sauce	.5 C	100	71	0.21	285	7	1.36	*0.00	0	13.14	1.74	2.68	*160	*35.9	*7.30	*1.31
000135 Orange Wedges	.5 C / 3 wedges	100	43	0.01	0	9	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	86	0.29	128	12	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	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	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	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			554	9.46	1073	30	20.39	*0.00	40	67.10	*6.95	34.01	*790	*457.3	*56.98	*2.20
% of Calories				15.37%		21.7%	33.1%	*0.0%		48.4%		24.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					10.98	1203	311.33	15.57	3.70

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 29, 2022 thru Sep 30, 2022

Friday - 09/30/2022

Reimbursable Meal Total 100

	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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990321 Turkey Club on Whole Grain Hoagie	1 each	100	289	1.26	831	3	9.91	0.00	49	28.49	3.62	25.08	1482	67.4	4.15	3.51
000151 Baby Carrots	.5 C	100	25	0.01	55	*N/A*	0.08	0.00	0	5.73	2.03	0.44	9694	22.3	1.86	0.63
000557 Mustard	1 each	100	10	0.00	71	*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*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000445 Fresh Peach	1 each	100	58	0.03	0	13	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
000231 Skim Milk	8 oz	30	86	0.29	128	12	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	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	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	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			510	2.46	1181	*28	15.14	*0.00	59	60.66	7.90	35.16	12088	463.3	16.66	4.60
% of Calories				4.34%		*22.0%	26.7%	*0.0%		47.6%		27.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					10.98	1203	311.33	15.57	3.70

			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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages			506	*5.01	831	*23	17.69	*0.00	*54	59.34	*6.74	31.22	*4347	*515.2	*51.60	*3.10
% of Calories				*8.91%		*18.2%	31.5%	*0.0%		46.9%		24.7%				

**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.

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