



May Supper Menu

DCPS SUPPER

What do the colors on the menu mean?

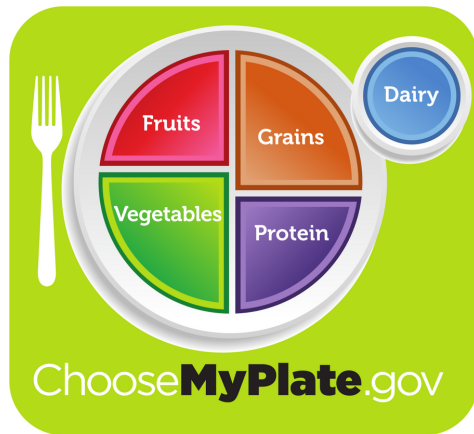
GREEN = locally-sourced

= 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
4/29 <ul style="list-style-type: none"> southwest chicken wrap cucumber coins honey lime dressing fresh cantaloupe 	4/30 <ul style="list-style-type: none"> chicken salad on whole grain bun broccoli florets ranch dressing 100% grape juice 	1 <ul style="list-style-type: none"> pasta salad with parmesan & chickpeas baby spinach salad balsamic dressing applesauce 	2 <ul style="list-style-type: none"> hummus dip whole grain flatbread squares cucumber coins fresh orange wedges 	3 <ul style="list-style-type: none"> cumin lime chicken wrap shredded romaine salad sour cream fresh banana
6 <ul style="list-style-type: none"> herb roasted chicken wrap snap peas parmesan cream dressing fresh cantaloupe 	7 <ul style="list-style-type: none"> turkey club with lettuce & tomato on a whole grain hoagie red pepper strips ranch dressing mayo 100% grape juice 	8 <ul style="list-style-type: none"> egg salad on whole grain bun cucumber coins balsamic dressing applesauce 	9 <ul style="list-style-type: none"> turkey ham & cheese sandwich baby carrots honey mustard dressing fresh orange wedges 	10 <ul style="list-style-type: none"> tuna & macaroni salad cauliflower florets italian dressing fresh banana
13 <ul style="list-style-type: none"> teriyaki chicken cold asian noodle salad with veggies fresh cantaloupe 	14 <p>build your own pizza</p> <ul style="list-style-type: none"> whole grain flatbread shredded mozzarella cheese house tomato sauce 100% grape juice 	15 <ul style="list-style-type: none"> cheesy mexican bean dip whole grain corn tortilla chips roasted tomato salsa applesauce 	16 <ul style="list-style-type: none"> herb roasted chicken tender whole grain roll lettuce salad italian dressing fresh orange wedges 	17 <ul style="list-style-type: none"> curried chicken salad on a bun asian kale slaw fresh banana
20 <ul style="list-style-type: none"> turkey ham & cheese hoagie baby carrots ranch dressing fresh cantaloupe 	21 <ul style="list-style-type: none"> cobb salad w/ diced turkey ham whole grain roll italian dressing 100% grape juice 	22 <ul style="list-style-type: none"> sunbutter & jelly sandwich cucumber coins honey mustard dressing applesauce 	23 <ul style="list-style-type: none"> buffalo chicken wrap baby carrots ranch dressing fresh orange wedges 	24 <ul style="list-style-type: none"> tuna salad on whole grain bun lemon parmesan kale fresh banana
27 <p>no school</p>	28 <ul style="list-style-type: none"> southwest chicken wrap cucumber coins honey lime dressing 100% grape juice 	29 <ul style="list-style-type: none"> pasta salad with parmesan & chickpeas baby spinach salad balsamic dressing applesauce 	30 <ul style="list-style-type: none"> hummus dip whole grain flatbread squares cucumber coins fresh orange wedges 	31 <ul style="list-style-type: none"> cumin lime chicken wrap shredded romaine salad sour cream fresh banana

Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

Menu Name: DCPS Supper

Include Cost: No

Site:

Report Style: Detailed

Use Alternate Menu Name: No

Monday - 04/29/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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 - 04/30/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
000670	Chicken Salad on WW Bun	1 each	100	261	0.49	543	*3	*N/A*	6.10	*0.00	49	30.60	4.19	25.08	21	24.1	3.18	2.00
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				497	2.74	799	*19	*0	10.79	*0.00	63	67.62	6.66	36.75	1104	461.3	87.88	2.81
% of Calories					4.96%		*15.3%	*0%	19.5%	*0.0%		54.4%		29.6%				
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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	
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 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat 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	*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 - 05/02/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat 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	*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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
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 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat 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	*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

Monday - 05/06/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (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
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

Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

Tuesday - 05/07/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat 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	*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
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 - 05/08/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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

Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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

Thursday - 05/09/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (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

Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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 - 05/10/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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

Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat 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	*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 - 05/13/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990816 Cold Asian Noodle Salad with Veggies	8oz scoop	100	201	0.40	145	3	*N/A*	3.67	*0.01	0	37.83	5.05	7.10	439	27.5	20.27	1.83
990339 Teriyaki Chicken	3 oz scoop	100	131	0.32	295	8	*N/A*	2.26	*0.00	48	8.74	0.11	19.06	*11	*4.4	*2.62	*0.63
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			456	1.92	567	29	0	7.85	*0.01	58	65.06	5.86	35.09	*3512	*403.6	*52.25	*2.70
% of Calories				3.79%		25.4%	0%	15.5%	*0.0%		57.1%		30.8%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					10.98	1203	311.33	15.57	3.70

Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

Tuesday - 05/14/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990273 Whole Grain Flatbread	1 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
001025 Shredded Mozzarella	4 oz	100	162	7.09	344	0	*N/A*	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	*N/A*	1.36	*0.00	0	13.14	1.74	2.68	*160	*35.9	*7.30	*1.31
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			581	9.45	1073	*22	*0	20.28	*0.00	40	72.29	*4.74	33.15	*583	*420.5	*8.04	*2.11
% of Calories				14.64 %		*15.1%	*0%	31.4%	*0.0%		49.8%		22.8%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					10.98	1203	311.33	15.57	3.70

Wednesday - 05/15/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001087 WG Corn Tortilla Chips	10 each	100	108	0.77	88	0	*N/A*	4.61	0.00	0	15.36	1.54	1.54	0	15.4	0.00	0.00
001199 Cheesy Mexican Bean Dip	4 oz	100	208	4.04	625	*1	*N/A*	11.61	*0.00	*15	17.43	5.82	9.31	*1096	*148.4	*22.79	*2.39

Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990858 Roasted Tomato Salsa	4oz scoop	100	48	0.02	163	*0	*N/A*	0.19	*0.00	0	9.58	3.16	1.00	1046	68.0	18.08	1.28
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			512	5.98	992	*14	*0	18.29	*0.00	*25	68.24	11.86	20.32	*2601	*601.3	*67.48	*4.02
% of Calories				10.51 %		*10.9%	*0%	32.2%	*0.0%		53.3%		15.9%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					10.98	1203	311.33	15.57	3.70

Thursday - 05/16/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000378 Herb Roasted Chicken Tender	3 oz scoop	100	99	0.34	123	0	*N/A*	2.28	*0.00	48	0.36	0.19	18.80	*17	*7.9	*2.90	*0.80
000468 Mixed Greens Salad	8oz scoop	100	14	0.03	24	1	*N/A*	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	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	1.08
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
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

Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat 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	*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			414	2.73	447	*24	*0	14.03	*0.00	58	42.53	6.24	32.26	*1475	*517.7	*61.14	*3.35
% of Calories				5.93%		*23.2%	*0%	30.5%	*0.0%		41.1%		31.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					10.98	1203	311.33	15.57	3.70

Friday - 05/17/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000756 Curried Chicken Salad on Bun	1 each	100	242	0.26	360	5	*N/A*	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	*N/A*	7.61	*0.00	0	6.05	2.84	2.11	4686	141.1	55.31	1.06
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 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat 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	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			540	2.58	619	34	0	13.12	*0.00	59	77.32	10.59	37.06	5972	556.0	69.86	3.61
% of Calories				4.30%		25.2%	0%	21.9%	*0.0%		57.3%		27.5%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					10.98	1203	311.33	15.57	3.70

Monday - 05/20/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000027 Turkey & Cheese on a WW Bun	1 each	100	285	5.00	615	3	*N/A*	11.25	0.00	42	29.00	4.00	21.50	300	220.0	0.00	2.44
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
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
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
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
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

Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat 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	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			511	7.20	1087	*23	*0	18.83	*0.00	57	55.94	6.79	31.65	13136	642.9	32.25	3.37
% of Calories				12.68 %		*18.0%	*0%	33.2%	*0.0%		43.8%		24.8%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					10.98	1203	311.33	15.57	3.70

Tuesday - 05/21/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (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
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

Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

Wednesday - 05/22/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat 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	*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
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 - 05/23/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat 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	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

Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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 - 05/24/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (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

Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat 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	*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 - 05/27/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat 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	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

Tuesday - 05/28/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (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

Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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			456	3.54	738	*16	*0	13.49	*0.00	58	53.35	1.74	30.14	*3405	*470.2	*6.27	*2.50
% of Calories				6.99%		*14.0%	*0%	26.6%	*0.0%		46.8%		26.4%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30					10.98	1203	311.33	15.57	3.70

Wednesday - 05/29/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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

Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat 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	*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 - 05/30/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (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 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat 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	*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 - 05/31/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (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 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat 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	*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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	514	5	783	*23	*0	17.27	*0.00	*53	63.76	*6.90	30.17	*3846	*511.9	*43.39	*3.12
% of Calories		8.19%		*17.9%	*0%	30.2%	*0.0%		49.6%		23.5%				

- *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
- 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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