SERVING AWARD-WINNING FOOD THAT KIDS LOVE. WWW.DCCENTRALKITCHEN.ORG FOLLOW US ON SOCIAL MEDIA!

November Lunch Menu

LUNCH ECE

What do the colors on the menu mean?
GREEN = locally-sourced
* = vegetarian entree

All grains served are whole grain rich
Skim or 1% milk provided at every meal.

Menu subject to change based on availability

USDA is an equal opportunity provider, employer, and lender.

Monday	Tuesday	Wednesday	Thursday	Friday
2 no school	3 no school	4 hot dog sliced lengthwise on a bun veggie burger on a bun* ketchup mustard steamed corn orange wedges	5 crispy catfish sandwich grilled cheese* ketchup mustard honey cinnamon sweet potatoes fresh pineapple	6 herb roasted chicken veggie chik'n nuggets* penne pasta with alfredo sauce herb roasted butternut squash chilled pears
9 beef shepherd's pie lentil shepherd's pie* biscuit mashed potatoes chilled peaches	10 cheese pizza* steamed green beans fresh apple slices	11 no school	12 quartered turkey meatballs & sauce lentil bolognese* whole grain rotini pasta honey cinnamon sweet potatoes fresh pineapple	13 orange glazed chicken orange glazed tofu* brown rice steamed broccoli chilled pears
16 turkey sloppy joe on a bun lentil sloppy joe on a bun* steamed corn chilled peaches	17 beef burger on a bun veggie burger on a bun* ketchup mustard roasted red potatoes fresh apple slices	18 herb roasted chicken veggie chik'n nuggets* cornbread muffin pea soup orange wedges	19 crispy catfish black eyed peas* brown rice glazed carrots fresh pineapple	20 diced crispy chicken tender bbq baked beans* mac & cheese braised collard greens chilled pears
23 taco beef chili black beans* cheese sauce tortilla chips southwest taco corn chilled peaches	24 diced roasted turkey brown gravy veggie chik'n nuggets* vegetarian brown gravy roll mashed potatoes fresh pineapple	25 no school	26 no school	27 no school
30 turkey & bean chili veg out chili* cornbread muffin roasted broccoli chilled peaches	1 hot dog sliced lengthwise on a bun veggie burger on a bun* roasted red potatoes ketchup mustard fresh apple slices	2 diced jamaican jerk chicken black eyed peas* yellow rice sauteed cabbage orange wedges	3 crispy catfish sandwich veggie burger on a bun* steamed green peas and corn fresh pineapple	4 herb roasted chicken veggie chik'n nuggets* penne pasta with alfredo sauce herb roasted butternut squash chilled pears

SHARE YOUR THOUGHTS!

Calling all parents & guardians! We want your feedback on school meals. Scan the QR code to take our survey!

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Nov 2, 2026 thru Dec 4, 2026

Menu Name: DCPS Lunch ECE

Include Cost: No

Site:

Use Alternate Menu Name: No

Monday - 11/02/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	0.00	0.00	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		<10	<=30					7.10		267.00	15.00	3.30

Tuesday - 11/03/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	0.00	0.00	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		<10	<=30					7.10		267.00	15.00	3.30

Wednesday - 11/04/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991019 All Beef Hot Dog on a WW Bun Sliced Lengthwise	1 each	95	300	7.00	860	2.00	2.00	17.00	0.00	35	28.00	4.00	12.00	*N/A*	40.0	0.00	1.80
000409 Veggie Burger on WW Bun	1 ea	5	360	1.50	680	3.00	2.00	14.00	0.00	0	36.00	6.00	26.00	*N/A*	90.0	0.00	7.24
000556 Ketchup	1 ea	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 ea	100	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000469 Steamed Corn	4 oz	100	88	0.34	96	2.06	*0.00	2.32	0.00	0	17.08	1.73	2.49	*0	*3.3	*5.28	*0.35
000135 Orange Wedges	3 ea	100	43	0.01	0	8.60	0.00	0.11	0.00	0	10.81	2.21	0.86	0	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			543	7.08	1236	27.19	*4.00	20.94	0.00	43	70.72	8.04	24.21	*45	*386.0	*54.52	*2.56
% of Calories				11.73 %		20.03%	*2.95%	34.7%	0.0%		52.1%		17.8%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					7.10		267.00	15.00	3.30

Thursday - 11/05/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990889 Crispy Catfish Sandwich on WW Bun	1 ea	95	327	1.84	560	2.06	*2.00	8.03	*0.00	64	37.53	3.82	26.78	*30	*67.4	*1.31	*2.54
000539 Grilled Cheese on WW Bread	1 ea	5	342	9.11	665	6.00	0.00	16.18	0.00	40	32.00	4.00	20.18	*N/A*	533.1	*0.00	1.44

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000556 Ketchup	1 ea	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 ea	100	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000688 Honey Cinnamon Sweet Potatoes	4 oz	100	110	0.26	149	6.28	*2.09	1.74	*0.00	0	22.30	3.08	1.58	*0	*31.7	*2.41	*0.63
000192 Fresh Pineapple	4 oz	100	71	0.01	1	13.96	*N/A*	0.17	0.00	0	18.60	1.98	0.76	*N/A*	18.4	67.76	0.41
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			617	2.47	1004	36.97	*5.99	12.00	*0.00	73	92.59	8.90	36.95	*73	*444.3	*71.71	*3.58
% of Calories				3.60%		23.97%	*3.88%	17.5%	*0.0%		60.0%		24.0%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					7.10		267.00	15.00	3.30

Friday - 11/06/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990218 Herb Roasted Chicken Diced	3 oz	95	105	0.61	146	0.02	*0.00	3.79	*0.00	57	0.36	0.19	17.71	*0	*11.0	*0.41	*0.57
990376 Veggie Chik'n Nuggets	5 ea	5	239	0.60	430	1.19	0.00	9.56	0.00	0	21.50	4.78	17.92	*N/A*	83.6	0.00	3.46
990300 Penne Pasta with Alfredo Sauce	4 oz	100	160	2.60	241	1.23	*0.00	6.48	0.00	10	20.12	3.32	7.19	*0	*118.8	*0.00	*0.89
000643 Herb Roasted Butternut Squash	4 oz	100	108	0.86	182	*0.04	*0.00	5.86	*0.00	0	13.92	2.56	1.60	*0	*52.7	*19.16	*1.32

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990261 Chilled Pears	4 oz	100	82	0.00	7	13.73	0.00	0.00	0.00	0	20.59	4.12	0.00	*N/A*	13.7	2.20	0.00
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			561	4.06	705	*27.55	*0.00	18.08	*0.00	75	68.49	10.42	34.66	*45	*503.4	*22.05	*2.98
% of Calories				6.51%		*19.64 %	*0.00%	29.0%	*0.0%		48.8%		24.7%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					7.10		267.00	15.00	3.30

Monday - 11/09/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000793 Beef Shepherd's Pie	3 oz	95	227	5.45	312	*1.77	*0.00	15.96	0.54	53	6.08	0.94	14.36	*0	*33.8	*3.83	*2.06
000797 Lentil Shepherd's Pie	5 oz	5	187	0.48	461	2.19	*0.00	3.68	0.00	0	29.34	4.78	10.15	*0	*27.6	*4.32	*2.77
000455 Whole Grain Biscuit	1 ea	100	187	5.90	305	1.96	1.96	8.84	0.00	0	23.58	1.96	3.93	*N/A*	157.2	0.00	0.98
000682 Mashed Potatoes	4 oz	100	97	1.40	227	*0.62	*0.00	3.39	0.00	5	14.18	2.74	3.23	*0	*49.4	*12.31	*3.52
000784 Chilled Peaches	4 oz	100	80	0.00	7	14.63	0.00	0.00	0.00	0	17.29	1.33	0.00	*N/A*	12.0	*N/A*	0.00
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			688	12.49	972	*31.49	*1.96	29.24	0.52	66	74.73	7.16	29.47	*45	*555.5	*16.47	*6.64
% of Calories				16.34 %		*18.31 %	*1.14%	38.2%	0.7%		43.4%		17.1%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					7.10		267.00	15.00	3.30

Tuesday - 11/10/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990978 Cheese Pizza	1 slice	100	280	5.00	570	3.00	1.00	11.00	0.00	25	31.00	3.00	15.00	*N/A*	310.0	*N/A*	1.60
000047 Steamed Green Beans	4 oz	100	52	0.36	96	*0.01	*0.00	2.41	0.00	0	6.19	2.06	1.46	*0	*33.9	*10.12	*0.69
001201 Fresh Apple Slices	3 ea	100	47	0.03	1	9.46	0.00	0.16	0.00	0	12.57	2.18	0.24	0	5.5	4.19	0.11
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			479	5.38	782	*24.94	*1.00	15.22	0.00	35	62.19	7.24	24.85	*45	*652.9	*14.61	*2.45
% of Calories				10.11 %		*20.83 %	*0.84%	28.6%	0.0%		51.9%		20.8%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					7.10		267.00	15.00	3.30

Wednesday - 11/11/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	0.00	0.00	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		<10	<=30					7.10		267.00	15.00	3.30

Thursday - 11/12/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991020 Quartered Turkey Meatballs & Sauce	4 ea	95	183	2.16	556	5.23	*1.26	9.61	0.00	45	11.00	1.59	14.61	*0	*46.4	*4.04	*1.42
999139 Lentil Bolognese	6 oz	5	205	0.34	733	8.86	*0.46	2.35	0.00	0	36.31	6.55	12.49	*0	*49.3	*4.29	*2.88
990353 Whole Wheat Rotini Pasta	4 oz	100	111	0.32	101	0.50	*0.00	2.99	0.00	0	19.50	3.50	4.00	*0	*15.6	*0.00	*1.00
000688 Honey Cinnamon Sweet Potatoes	4 oz	100	110	0.26	149	6.28	*2.09	1.74	*0.00	0	22.30	3.08	1.58	*0	*31.7	*2.41	*0.63
000192 Fresh Pineapple	4 oz	100	71	0.01	1	13.96	*N/A*	0.17	0.00	0	18.60	1.98	0.76	*N/A*	18.4	67.76	0.41
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			574	2.66	930	38.63	*3.31	15.80	*0.00	53	85.10	10.40	29.01	*45	*415.8	*74.52	*3.59
% of Calories				4.17%		26.92%	*2.31%	24.8%	*0.0%		59.3%		20.2%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					7.10		267.00	15.00	3.30

Friday - 11/13/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000467 Orange Glazed Chicken Diced	3 oz	95	203	0.84	321	18.40	*10.27	5.44	0.00	57	20.42	0.21	18.37	*0	*23.1	*24.24	*0.47
990641 Orange Glazed Tofu	4 oz	5	242	0.72	332	18.39	*10.27	10.18	0.00	0	25.06	3.11	12.70	*0	*209.9	*24.21	*2.30
990356 Brown Rice	4 oz	100	136	0.23	137	0.32	*0.00	2.63	0.00	0	24.39	1.90	3.34	*0	*4.4	*0.08	*0.75
999156 Steamed Broccoli from fresh	4 oz	100	33	0.11	32	1.64	*N/A*	0.36	0.00	0	6.41	2.51	2.72	*N/A*	45.4	86.09	0.70
990261 Chilled Pears	4 oz	100	82	0.00	7	13.73	0.00	0.00	0.00	0	20.59	4.12	0.00	*N/A*	13.7	2.20	0.00
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			555	1.17	612	46.56	*10.27	10.32	0.00	64	84.48	8.89	32.30	*45	*399.4	*112.90	*2.07
% of Calories				1.90%		33.56%	*7.40%	16.7%	0.0%		60.9%		23.3%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					7.10		267.00	15.00	3.30

Monday - 11/16/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000065 Turkey Sloppy Joe on WW Bun	1 ea	95	303	2.75	468	8.26	*6.67	10.53	*0.00	87	35.50	3.86	19.36	*0	*77.1	*3.42	*3.18
990666 Lentil Sloppy Joe on WW Bun	1 ea	5	327	0.91	1105	10.62	*4.16	4.80	0.00	0	59.53	7.76	14.43	*0	*43.6	*9.12	*4.27
000469 Steamed Corn	4 oz	100	88	0.34	96	2.06	*0.00	2.32	0.00	0	17.08	1.73	2.49	*0	*3.3	*5.28	*0.35
000784 Chilled Peaches	4 oz	100	80	0.00	7	14.63	0.00	0.00	0.00	0	17.29	1.33	0.00	*N/A*	12.0	*N/A*	0.00
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			571	3.00	717	37.54	*6.55	14.22	*0.00	93	83.50	7.12	29.76	*45	*394.1	*9.29	*3.63
% of Calories				4.73%		26.30%	*4.59%	22.4%	*0.0%		58.5%		20.8%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					7.10		267.00	15.00	3.30

Tuesday - 11/17/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000235 Beef Burger on WW Bun	1 ea	95	339	4.70	332	2.04	*2.00	12.69	0.34	80	27.53	3.15	29.79	*0	33.6	0.05	3.97
000409 Veggie Burger on WW Bun	1 ea	5	360	1.50	680	3.00	2.00	14.00	0.00	0	36.00	6.00	26.00	*N/A*	90.0	0.00	7.24
000556 Ketchup	1 ea	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 ea	100	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000386 Roasted Red Potatoes	4 oz	100	86	0.35	110	*0.01	*0.00	2.37	0.00	0	14.90	1.62	1.79	*0	*10.2	*7.93	*0.69
001201 Fresh Apple Slices	3 ea	100	47	0.03	1	9.46	0.00	0.16	0.00	0	12.57	2.18	0.24	0	5.5	4.19	0.11
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			583	4.92	749	*26.03	*4.00	16.94	0.32	86	69.85	7.09	39.78	*45	*355.5	*12.47	*4.99
% of Calories				7.60%		*17.86 %	*2.74%	26.2%	0.5%		47.9%		27.3%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					7.10		267.00	15.00	3.30

Wednesday - 11/18/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990218 Herb Roasted Chicken Diced	3 oz	95	105	0.61	146	0.02	*0.00	3.79	*0.00	57	0.36	0.19	17.71	*0	*11.0	*0.41	*0.57
990376 Veggie Chik'n Nuggets	5 ea	5	239	0.60	430	1.19	0.00	9.56	0.00	0	21.50	4.78	17.92	*N/A*	83.6	0.00	3.46
000851 WG Cornbread Muffin - Large	1 ea	100	220	1.00	115	18.00	18.00	8.00	0.00	20	36.00	1.00	3.00	*N/A*	27.0	0.00	1.00
999307 Pea Soup	4 oz	100	113	0.98	274	*0.87	*0.00	3.41	0.00	9	11.78	4.19	7.84	*0	*6.5	*0.41	*0.04
000135 Orange Wedges	3 ea	100	43	0.01	0	8.60	0.00	0.11	0.00	0	10.81	2.21	0.86	0	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			588	2.60	664	*40.03	*18.00	17.26	*0.00	93	72.44	7.82	37.57	*45	*388.4	*50.05	*1.89
% of Calories				3.98%		*27.23 %	*12.24 %	26.4%	*0.0%		49.3%		25.6%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					7.10		267.00	15.00	3.30

Thursday - 11/19/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990957 Crispy Catfish	1 ea	95	187	1.34	290	0.06	*0.00	6.03	*0.00	64	10.53	0.82	20.78	*30	*47.4	*1.31	*1.10
000029 Black Eyed Peas	4 oz	5	174	0.62	70	*0.40	*0.00	3.84	0.00	0	25.90	4.73	9.89	*0	*51.5	*5.18	*3.54
990356 Brown Rice	4 oz	100	136	0.23	137	0.32	*0.00	2.63	0.00	0	24.39	1.90	3.34	*0	*4.4	*0.08	*0.75

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999210 Glazed Carrots	4 oz	100	101	0.58	194	9.26	*3.16	4.05	0.00	0	15.76	3.65	1.26	*0	*45.7	*7.59	*0.43
000192 Fresh Pineapple	4 oz	100	71	0.01	1	13.96	*N/A*	0.17	0.00	0	18.60	1.98	0.76	*N/A*	18.4	67.76	0.41
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			593	2.12	726	*36.09	*3.16	14.43	*0.00	71	82.48	8.55	33.75	*73	*419.6	*77.22	*2.86
% of Calories				3.22%		*24.34 %	*2.13%	21.9%	*0.0%		55.6%		22.8%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					7.10		267.00	15.00	3.30

Friday - 11/20/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990392 Diced Crispy Chicken Tenders	3 oz	95	137	0.07	283	0.58	*0.00	0.87	*0.00	49	11.00	0.82	20.98	*0	38.9	2.66	1.26
000475 BBQ Baked Beans	4 oz	5	226	0.68	107	4.88	*2.86	4.60	*0.00	0	35.35	8.25	10.78	*0	*69.1	*3.52	*2.91
990845 Whole Wheat Mac & Cheese	4 oz	100	214	6.17	398	0.42	0.00	10.24	0.00	27	20.69	2.12	10.26	*N/A*	222.2	0.00	0.00
000005 Braised Collard Greens	4 oz	100	67	0.30	126	*1.49	*1.08	2.12	*0.00	0	10.51	5.48	3.74	*0	*218.8	*52.56	*0.33
990261 Chilled Pears	4 oz	100	82	0.00	7	13.73	0.00	0.00	0.00	0	20.59	4.12	0.00	*N/A*	13.7	2.20	0.00
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			604	6.58	919	*28.91	*1.22	15.08	*0.00	84	76.44	12.92	42.63	*45	*798.6	*57.77	*1.73
% of Calories				9.80%		*19.15 %	*0.81%	22.5%	*0.0%		50.6%		28.2%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					7.10		267.00	15.00	3.30

Monday - 11/23/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990724 Taco Ground Beef	2 oz	95	168	4.14	190	1.04	*0.00	12.38	*0.41	39	3.55	1.21	10.88	*0	*23.3	*17.17	*1.83
000637 Chili Black Beans	4 oz	5	218	0.79	124	1.60	*0.00	4.92	0.00	0	33.20	8.46	11.26	*0	*73.2	*8.68	*2.97
999209 Land O Lakes Ultimate Jalapeno Cheese Sauce	2 oz	100	91	3.66	265	0.00	0.00	6.40	0.00	18	2.74	0.00	4.57	*N/A*	145.4	*N/A*	0.00
990625 WG Corn Tortilla Chips	15 each	100	213	1.52	175	0.00	0.00	9.11	0.00	0	30.38	3.04	3.04	*N/A*	30.4	0.00	0.00
000922 Southwest Taco Corn	4 oz	100	110	0.56	274	2.27	*0.00	3.84	0.00	0	19.01	2.42	2.90	*2	*17.4	*13.53	*0.79
000784 Chilled Peaches	4 oz	100	80	0.00	7	14.63	0.00	0.00	0.00	0	17.29	1.33	0.00	*N/A*	12.0	*N/A*	0.00
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			763	9.70	1022	30.45	*0.00	33.02	*0.39	66	86.88	8.36	29.56	*47	*534.4	*30.58	*2.73
% of Calories				11.44 %		15.96%	*0.00%	38.9%	*0.5%		45.5%		15.5%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					7.10		267.00	15.00	3.30

Tuesday - 11/24/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999150 Diced Roasted Turkey	3 oz	95	90	0.10	451	1.04	*1.02	1.64	*0.00	41	1.69	0.26	17.53	*0	*10.0	*0.23	*0.91
000705 Brown Gravy	1 oz	95	30	1.42	183	*0.06	*0.00	2.34	*0.00	6	1.88	0.08	0.39	*N/A*	3.2	0.29	0.11
990376 Veggie Chik'n Nuggets	5 ea	5	239	0.60	430	1.19	0.00	9.56	0.00	0	21.50	4.78	17.92	*N/A*	83.6	0.00	3.46
000679 Vegetarian Brown Gravy	1 oz	5	35	1.16	50	*0.88	*0.00	2.14	0.00	5	3.87	0.44	0.44	*N/A*	8.6	1.03	0.26
000004 Whole Wheat Roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
000682 Mashed Potatoes	4 oz	100	97	1.40	227	*0.62	*0.00	3.39	0.00	5	14.18	2.74	3.23	*0	*49.4	*12.31	*3.52
000192 Fresh Pineapple	4 oz	100	71	0.01	1	13.96	*N/A*	0.17	0.00	0	18.60	1.98	0.76	*N/A*	18.4	67.76	0.41
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			474	2.94	1099	*30.21	*2.97	10.58	*0.00	60	65.87	7.31	33.09	*45	*448.4	*80.91	*6.21
% of Calories				5.58%		*25.49 %	*2.51%	20.1%	*0.0%		55.6%		27.9%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					7.10		267.00	15.00	3.30

Wednesday - 11/25/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	0.00	0.00	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		<10	<=30					7.10		267.00	15.00	3.30

Thursday - 11/26/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	0.00	0.00	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		<10	<=30					7.10		267.00	15.00	3.30

Friday - 11/27/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	0.00	0.00	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		<10	<=30					7.10		267.00	15.00	3.30

Monday - 11/30/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990402 Turkey & Bean Chili	6 oz	95	157	1.52	234	3.19	*0.00	6.10	0.00	54	14.68	4.57	12.58	*0	*71.9	*8.32	*3.08
000725 Veg Out Chili	6 oz	5	192	0.31	587	4.81	*0.00	1.82	0.00	0	34.98	11.45	11.04	*0	*82.7	*14.36	*4.06
000851 WG Cornbread Muffin - Large	1 ea	100	220	1.00	115	18.00	18.00	8.00	0.00	20	36.00	1.00	3.00	*N/A*	27.0	0.00	1.00
000647 Roasted Broccoli	4 oz	100	55	0.43	126	1.65	*0.00	2.60	0.00	0	6.66	2.55	2.78	*0	*45.9	*86.10	*0.73
000784 Chilled Peaches	4 oz	100	80	0.00	7	14.63	0.00	0.00	0.00	0	17.29	1.33	0.00	*N/A*	12.0	*N/A*	0.00
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			612	2.89	613	50.02	*18.00	18.15	0.00	81	88.08	9.80	26.44	*45	*460.8	*95.02	*4.90
% of Calories				4.25%		32.69%	*11.76 %	26.7%	0.0%		57.6%		17.3%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					7.10		267.00	15.00	3.30

Tuesday - 12/01/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991019 All Beef Hot Dog on a WW Bun Sliced Lengthwise	1 each	95	300	7.00	860	2.00	2.00	17.00	0.00	35	28.00	4.00	12.00	*N/A*	40.0	0.00	1.80
000409 Veggie Burger on WW Bun	1 ea	5	360	1.50	680	3.00	2.00	14.00	0.00	0	36.00	6.00	26.00	*N/A*	90.0	0.00	7.24
000386 Roasted Red Potatoes	4 oz	100	86	0.35	110	*0.01	*0.00	2.37	0.00	0	14.90	1.62	1.79	*0	*10.2	*7.93	*0.69
000556 Ketchup	1 ea	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 ea	100	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
001201 Fresh Apple Slices	3 ea	100	47	0.03	1	9.46	0.00	0.16	0.00	0	12.57	2.18	0.24	0	5.5	4.19	0.11
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			546	7.10	1251	*25.99	*4.00	21.04	0.00	43	70.29	7.90	22.88	*45	*361.6	*12.42	*2.92
% of Calories				11.70 %		*19.04 %	*2.93%	34.7%	0.0%		51.5%		16.8%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					7.10		267.00	15.00	3.30

Wednesday - 12/02/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000002 Jamaican Jerk Chicken Diced	3 oz	95	158	1.15	289	2.78	*2.70	7.25	*0.00	57	5.11	0.72	18.20	*0	*24.4	*1.03	*1.02
000029 Black Eyed Peas	4 oz	5	174	0.62	70	*0.40	*0.00	3.84	0.00	0	25.90	4.73	9.89	*0	*51.5	*5.18	*3.54
000630 Yellow Rice	4 oz	100	151	0.26	151	0.47	*0.00	2.94	0.00	0	27.10	2.08	3.76	*0	*6.7	*0.12	*1.11
991004 Oven Fried Plantains	4 oz	100	189	0.53	73	25.26	*0.00	3.68	0.00	0	35.78	2.10	2.10	*0	0.0	*0.00	1.14
000135 Orange Wedges	3 ea	100	43	0.01	0	8.60	0.00	0.11	0.00	0	10.81	2.21	0.86	0	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			641	1.93	617	*49.47	*2.56	15.47	*0.00	64	92.27	7.31	32.67	*45	*372.8	*50.61	*3.53
% of Calories				2.71%		*30.87 %	*1.60%	21.7%	*0.0%		57.6%		20.4%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					7.10		267.00	15.00	3.30

Thursday - 12/03/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990889 Crispy Catfish Sandwich on WW Bun	1 ea	95	327	1.84	560	2.06	*2.00	8.03	*0.00	64	37.53	3.82	26.78	*30	*67.4	*1.31	*2.54
000409 Veggie Burger on WW Bun	1 ea	5	360	1.50	680	3.00	2.00	14.00	0.00	0	36.00	6.00	26.00	*N/A*	90.0	0.00	7.24
990761 Steamed Green Peas and Corn	4 oz	100	99	0.41	146	3.57	*0.00	2.80	0.00	0	16.35	3.14	3.92	*0	*12.4	*11.62	*0.93
000192 Fresh Pineapple	4 oz	100	71	0.01	1	13.96	*N/A*	0.17	0.00	0	18.60	1.98	0.76	*N/A*	18.4	67.76	0.41
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			598	2.24	828	32.11	*2.00	12.96	*0.00	71	84.83	9.06	39.58	*73	*402.8	*80.92	*4.16
% of Calories				3.37%		21.48%	*1.34%	19.5%	*0.0%		56.7%		26.5%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					7.10		267.00	15.00	3.30

Friday - 12/04/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990218 Herb Roasted Chicken Diced	3 oz	95	105	0.61	146	0.02	*0.00	3.79	*0.00	57	0.36	0.19	17.71	*0	*11.0	*0.41	*0.57
990376 Veggie Chik'n Nuggets	5 ea	5	239	0.60	430	1.19	0.00	9.56	0.00	0	21.50	4.78	17.92	*N/A*	83.6	0.00	3.46
990300 Penne Pasta with Alfredo Sauce	4 oz	100	160	2.60	241	1.23	*0.00	6.48	0.00	10	20.12	3.32	7.19	*0	*118.8	*0.00	*0.89
000643 Herb Roasted Butternut Squash	4 oz	100	108	0.86	182	*0.04	*0.00	5.86	*0.00	0	13.92	2.56	1.60	*0	*52.7	*19.16	*1.32
990261 Chilled Pears	4 oz	100	82	0.00	7	13.73	0.00	0.00	0.00	0	20.59	4.12	0.00	*N/A*	13.7	2.20	0.00
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			561	4.06	705	*27.55	*0.00	18.08	*0.00	75	68.49	10.42	34.66	*45	*503.4	*22.05	*2.98
% of Calories				6.51%		*19.64 %	*0.00%	29.0%	*0.0%		48.8%		24.7%				
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10	<=30					7.10		267.00	15.00	3.30

		Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages		587	4.49	850	*34.09	*4.68	17.31	*0.06	68	77.88	8.67	32.31	*50	*463.0	*49.79	*3.49
% of Calories			6.88%		*23.23 %	*3.19%	26.5%	*0.1%		53.1%		22.0%				

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

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