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

November Lunch Menu

LUNCH K-8

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.

Assorted sandwiches served daily

Menu subject to change based on availability

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

SHARE YOUR THOUGHTS!

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

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

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Nov 2, 2026 thru Dec 4, 2026

Menu Name: DCPS Lunch K-8

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																	
990724 Taco Ground Beef	2 oz	91	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	96	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
990351 Low Fat Sour Cream	1 oz	96	58	3.35	14	0.96	0.00	4.79	0.00	19	0.96	0.00	0.96	*N/A*	28.8	2.01	0.00
990625 WG Corn Tortilla Chips	15 each	96	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
990858 Roasted Tomato Salsa	4 oz	75	32	0.00	520	3.68	*0.00	0.02	0.00	0	6.49	1.32	1.28	*0	23.7	*1.76	0.04
000922 Southwest Taco Corn	4 oz	75	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
999050 Fresh Grapes	4 oz	99	61	0.10	2	14.74	0.00	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
000673 Fresh Whole Apple	1 ea	1	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
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

	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)
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	440	2.00	410	30.00	21.00	18.00	0.00	0	61.00	7.00	23.28	*N/A*	146.0	0.00	2.88
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	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
Weighted Daily Average			79293	1269.41	135348	3439.36	*42.00	3652.98	*36.95	8285	8668.19	831.58	3141.53	*4630	*57759.4	*3343.96	*284.35
% of Calories				14.41 %		17.35%	*0.21%	41.5%	*0.4%		43.7%		15.8%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

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																	
990978 Cheese Pizza	1 slice	96	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
001148 Mixed Greens Salad	4 oz	75	5	0.01	8	0.25	*N/A*	0.06	0.00	0	0.86	0.54	0.41	*N/A*	12.9	2.71	0.31
000680 House Italian Dressing	1 oz	75	135	2.00	33	*0.39	*0.39	13.91	*0.00	0	0.93	0.30	0.10	*0	*13.8	*0.36	*0.44
000033 Cucumber Coins	4 oz	75	11	0.03	1	1.22	0.00	0.08	0.00	0	2.66	0.37	0.48	0	11.7	2.05	0.20
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

	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
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	440	2.00	410	30.00	21.00	18.00	0.00	0	61.00	7.00	23.28	*N/A*	146.0	0.00	2.88
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	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
Weighted Daily Average			54344	652.76	72040	*2692.32	*166.95	2356.77	*0.00	3502	5996.59	618.62	2440.00	*4500	*64474.3	*832.60	*250.28
% of Calories				10.81 %		*19.82 %	*1.23%	39.0%	*0.0%		44.1%		18.0%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

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)
000240 All Beef Hot Dog on a WW Bun	1 ea	91	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	96	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	96	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	75	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
000047 Steamed Green Beans	4 oz	75	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

	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)
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
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	440	2.00	410	30.00	21.00	18.00	0.00	0	61.00	7.00	23.28	*N/A*	146.0	0.00	2.88
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	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
Weighted Daily Average			568	7.17	1270	*28.10	*4.26	22.18	0.00	43	73.52	9.19	24.44	*45	*387.2	*16.04	*3.03
% of Calories				11.36 %		*19.79 %	*3.00%	35.1%	0.0%		51.8%		17.2%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

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	91	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
000652 Light Mayonnaise	1 ea	91	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000604 Hot Sauce	1 ea	91	2	0.00	92	0.00	0.00	0.00	0.00	0	0.00	0.30	0.00	*N/A*	0.0	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)
000792 Grilled Cheese on WW Bun	1 ea	5	322	9.61	655	2.00	2.00	16.18	0.00	40	27.00	3.00	20.18	*N/A*	433.1	*0.00	1.44
000688 Honey Cinnamon Sweet Potatoes	4 oz	75	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
000466 Steamed Green Peas	4 oz	75	94	0.38	196	4.73	*0.00	2.62	0.00	0	12.89	4.26	4.94	*0	*20.8	*17.03	*1.45
000192 Fresh Pineapple	4 oz	99	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
000673 Fresh Whole Apple	1 ea	1	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
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
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	440	2.00	410	30.00	21.00	18.00	0.00	0	61.00	7.00	23.28	*N/A*	146.0	0.00	2.88
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	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
Weighted Daily Average			680	4.19	1127	37.44	*3.91	16.59	*0.00	72	94.86	11.63	40.05	*72	*453.6	*83.23	*4.49
% of Calories				5.55%		22.02%	*2.30%	22.0%	*0.0%		55.8%		23.6%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

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

	Portion Size	Reimb Qty	Cals[1] (kcal)	S-Fat[1] (g)	Sodm[1] (mg)	Total Sugars (g)	Added Sugars[1] (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	91	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	96	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	75	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
001148 Mixed Greens Salad	4 oz	75	5	0.01	8	0.25	*N/A*	0.06	0.00	0	0.86	0.54	0.41	*N/A*	12.9	2.71	0.31
000680 House Italian Dressing	1 oz	75	135	2.00	33	*0.39	*0.39	13.91	*0.00	0	0.93	0.30	0.10	*0	*13.8	*0.36	*0.44
000884 Fresh Pear	1 ea	99	101	0.04	2	17.36	0.00	0.25	0.00	0	27.11	5.52	0.64	*N/A*	16.0	7.65	0.32
000673 Fresh Whole Apple	1 ea	1	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
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
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	440	2.00	410	30.00	21.00	18.00	0.00	0	61.00	7.00	23.28	*N/A*	146.0	0.00	2.88
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	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)
999122 ALTERNATE Mustard	1 ea	2	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
Weighted Daily Average			663	5.44	696	*32.33	*0.71	27.59	*0.00	73	73.90	11.87	35.15	*45	*516.7	*25.01	*3.56
% of Calories				7.38%		*19.51 %	*0.43%	37.5%	*0.0%		44.6%		21.2%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

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	91	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	96	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
000466 Steamed Green Peas	4 oz	75	94	0.38	196	4.73	*0.00	2.62	0.00	0	12.89	4.26	4.94	*0	*20.8	*17.03	*1.45
000682 Mashed Potatoes	4 oz	75	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
999050 Fresh Grapes	4 oz	99	61	0.10	2	14.74	0.00	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
000673 Fresh Whole Apple	1 ea	1	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
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

	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)
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	440	2.00	410	30.00	21.00	18.00	0.00	0	61.00	7.00	23.28	*N/A*	146.0	0.00	2.88
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	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
Weighted Daily Average			714	12.25	1059	*35.60	*2.31	30.34	0.50	63	79.89	9.30	33.07	*45	*561.3	*29.68	*7.08
% of Calories				15.44 %		*19.94 %	*1.29%	38.2%	0.6%		44.8%		18.5%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

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	96	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
000548 Shredded Carrots shredded at the KC	2 oz	100	12	0.01	20	1.40	*N/A*	0.07	0.00	0	2.82	0.82	0.27	*N/A*	9.7	1.74	0.09
000468 Mixed Greens Salad	8 oz	100	9	0.02	16	0.49	*N/A*	0.13	0.00	0	1.73	1.07	0.82	*N/A*	25.8	5.42	0.62
000109 Balsamic Dressing	1 oz	100	94	1.28	77	0.18	*0.18	8.96	0.00	0	1.98	0.01	0.07	*0	*0.4	*0.00	*0.01
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
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	440	2.00	410	30.00	21.00	18.00	0.00	0	61.00	7.00	23.28	*N/A*	146.0	0.00	2.88
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	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
000994 Soy Citrus Kale Slaw	8 oz	0	92	0.82	344	4.00	*N/A*	5.88	*0.00	0	7.86	2.70	2.26	*N/A*	*140.1	*50.96	*1.02
Weighted Daily Average			546	6.31	802	27.60	*1.56	22.19	*0.00	35	63.16	7.19	24.82	*45	*651.8	*11.65	*2.51
% of Calories				10.40 %		20.22%	*1.14%	36.6%	*0.0%		46.3%		18.2%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

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			600 - 650	<10	<=1110		<10										

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

	Portion Size	Reimb Qty	Cals[1] (kcal)	S-Fat[1] (g)	Sodm[1] (mg)	Total Sugars (g)	Added Sugars[1] (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)
000913 Turkey Meatballs & Sauce	4 ea	91	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	96	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
990536 Whole Grain Garlic Breadstick	1 ea	96	100	0.50	95	1.00	0.00	3.50	0.00	0	15.00	1.00	1.00	*N/A*	0.0	*N/A*	0.90
000047 Steamed Green Beans	4 oz	75	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
000688 Honey Cinnamon Sweet Potatoes	4 oz	75	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	99	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
000673 Fresh Whole Apple	1 ea	1	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
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
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	440	2.00	410	30.00	21.00	18.00	0.00	0	61.00	7.00	23.28	*N/A*	146.0	0.00	2.88
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	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)
999122 ALTERNATE Mustard	1 ea	2	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
Weighted Daily Average			686	3.43	1057	*38.57	*3.16	20.68	*0.00	52	99.28	12.18	30.78	*45	*440.2	*80.76	*4.81
% of Calories				4.50%		*22.49 %	*1.84%	27.1%	*0.0%		57.9%		17.9%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

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	91	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	96	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	75	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
999148 Steamed Carrots from fresh	4 oz	75	46	0.04	77	5.27	*N/A*	0.27	0.00	0	10.65	3.11	1.03	*N/A*	36.7	6.56	0.33
000884 Fresh Pear	1 ea	99	101	0.04	2	17.36	0.00	0.25	0.00	0	27.11	5.52	0.64	*N/A*	16.0	7.65	0.32
000673 Fresh Whole Apple	1 ea	1	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
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

	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)
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	440	2.00	410	30.00	21.00	18.00	0.00	0	61.00	7.00	23.28	*N/A*	146.0	0.00	2.88
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	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
Weighted Daily Average			602	1.35	664	53.72	*10.28	11.01	0.00	63	97.44	12.12	33.04	*45	*426.2	*100.79	*2.50
% of Calories				2.02%		35.69%	*6.83%	16.5%	0.0%		64.7%		22.0%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

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	91	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	75	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
000647 Roasted Broccoli	4 oz	75	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
999050 Fresh Grapes	4 oz	99	61	0.10	2	14.74	0.00	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
000673 Fresh Whole Apple	1 ea	1	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
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
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	440	2.00	410	30.00	21.00	18.00	0.00	0	61.00	7.00	23.28	*N/A*	146.0	0.00	2.88
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	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
Weighted Daily Average			575	3.41	790	38.81	*6.70	16.14	*0.00	91	83.04	8.18	31.88	*45	*434.8	*76.08	*4.32
% of Calories				5.34%		27.00%	*4.66%	25.3%	*0.0%		57.8%		22.2%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

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	91	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	96	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	96	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	75	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
000134 Cucumber Salad	4 oz	75	59	0.68	96	*1.77	*0.00	4.59	*0.00	0	4.01	0.66	0.68	*0	*18.1	*2.83	*0.36

	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)
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
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	440	2.00	410	30.00	21.00	18.00	0.00	0	61.00	7.00	23.28	*N/A*	146.0	0.00	2.88
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	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
Weighted Daily Average			607	5.33	800	*27.91	*4.26	19.94	*0.31	84	69.82	7.27	39.52	*45	*374.6	*12.61	*5.02
% of Calories				7.90%		*18.39 %	*2.81%	29.6%	*0.5%		46.0%		26.0%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

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)
000667 Herb Roasted Chicken Drum	1 ea	95	248	3.78	243	0.02	*0.00	15.18	*0.07	129	0.52	0.19	25.44	*0	*19.1	*0.41	*1.29
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
000556 Ketchup	1 ea	75	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

	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)
000851 WG Cornbread Muffin - Large	1 ea	96	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	75	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
000688 Honey Cinnamon Sweet Potatoes	4 oz	75	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
000135 Orange Wedges	3 ea	98	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
001063 Mandarin Oranges**	4 oz	1	43	0.00	5	9.29	0.00	0.05	0.00	0	10.60	1.37	0.85	*N/A*	13.7	38.21	0.30
000673 Fresh Whole Apple	1 ea	1	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
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
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	440	2.00	410	30.00	21.00	18.00	0.00	0	61.00	7.00	23.28	*N/A*	146.0	0.00	2.88
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	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
Weighted Daily Average			792	5.70	888	*46.13	*20.77	28.85	*0.06	160	88.44	9.28	44.89	*45	*426.1	*51.24	*3.10
% of Calories				6.48%		*23.30 %	*10.49 %	32.8%	*0.1%		44.7%		22.7%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

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

	Portion Size	Reimb Qty	Cals[1] (kcal)	S-Fat[1] (g)	Sodm[1] (mg)	Total Sugars (g)	Added Sugars[1] (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	91	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	96	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
000639 Sauteed Cabbage	4 oz	75	38	0.27	117	2.58	*0.00	1.84	0.00	0	5.14	1.85	1.01	*0	*29.6	*24.75	*0.36
999210 Glazed Carrots	4 oz	75	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	99	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
000673 Fresh Whole Apple	1 ea	1	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
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
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	440	2.00	410	30.00	21.00	18.00	0.00	0	61.00	7.00	23.28	*N/A*	146.0	0.00	2.88
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	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)
999122 ALTERNATE Mustard	1 ea	2	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
Weighted Daily Average			599	2.29	775	*36.46	*2.79	15.10	*0.00	70	82.93	9.16	34.09	*72	*437.6	*93.23	*3.04
% of Calories				3.44%		*24.35 %	*1.86%	22.7%	*0.0%		55.4%		22.8%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

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)
000543 Crispy Chicken Tender	1 ea	91	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	96	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
990221 Cinnamon Roasted Butternut Squash	4 oz	75	81	0.44	123	*0.68	*0.67	3.00	*0.00	0	13.82	2.37	1.44	*0	*44.9	*18.61	*0.90
000005 Braised Collard Greens	4 oz	75	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
000884 Fresh Pear	1 ea	99	101	0.04	2	17.36	0.00	0.25	0.00	0	27.11	5.52	0.64	*N/A*	16.0	7.65	0.32
000673 Fresh Whole Apple	1 ea	1	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
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

	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)
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	440	2.00	410	30.00	21.00	18.00	0.00	0	61.00	7.00	23.28	*N/A*	146.0	0.00	2.88
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	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
Weighted Daily Average			668	6.80	974	*33.37	*1.88	17.26	*0.00	82	91.28	14.82	43.03	*45	*778.8	*63.94	*2.68
% of Calories				9.16%		*19.98 %	*1.13%	23.3%	*0.0%		54.7%		25.8%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

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	91	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	96	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
990351 Low Fat Sour Cream	1 oz	96	58	3.35	14	0.96	0.00	4.79	0.00	19	0.96	0.00	0.96	*N/A*	28.8	2.01	0.00
990625 WG Corn Tortilla Chips	15 each	96	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
990858 Roasted Tomato Salsa	4 oz	75	32	0.00	520	3.68	*0.00	0.02	0.00	0	6.49	1.32	1.28	*0	23.7	*1.76	0.04
000922 Southwest Taco Corn	4 oz	75	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

	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)
999050 Fresh Grapes	4 oz	99	61	0.10	2	14.74	0.00	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
000673 Fresh Whole Apple	1 ea	1	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
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
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	440	2.00	410	30.00	21.00	18.00	0.00	0	61.00	7.00	23.28	*N/A*	146.0	0.00	2.88
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	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
Weighted Daily Average			793	12.69	1353	34.39	*0.42	36.53	*0.37	83	86.68	8.32	31.42	*46	*577.6	*33.44	*2.84
% of Calories				14.40 %		17.35%	*0.21%	41.5%	*0.4%		43.7%		15.8%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

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)
000061 Roasted Turkey	2 slice	91	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	91	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

	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)
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
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
000047 Steamed Green Beans	4 oz	75	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
000682 Mashed Potatoes	4 oz	75	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
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
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	440	2.00	410	30.00	21.00	18.00	0.00	0	61.00	7.00	23.28	*N/A*	146.0	0.00	2.88
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	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
Weighted Daily Average			640	3.98	1101	*46.74	*19.35	19.03	*0.00	78	88.70	7.37	33.53	*45	*437.4	*85.40	*5.82
% of Calories				5.60%		*29.21 %	*12.09 %	26.8%	*0.0%		55.4%		21.0%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

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			600 - 650	<10	<=1110		<10										

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			600 - 650	<10	<=1110		<10										

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			600 - 650	<10	<=1110		<10										

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	91	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	96	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
000469 Steamed Corn	4 oz	75	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
000647 Roasted Broccoli	4 oz	75	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
999050 Fresh Grapes	4 oz	99	61	0.10	2	14.74	0.00	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
000673 Fresh Whole Apple	1 ea	1	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
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

	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)
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	440	2.00	410	30.00	21.00	18.00	0.00	0	61.00	7.00	23.28	*N/A*	146.0	0.00	2.88
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	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
Weighted Daily Average			646	3.22	661	51.18	*17.70	19.65	0.00	80	97.43	9.98	28.43	*45	*458.0	*80.80	*5.17
% of Calories				4.49%		31.69%	*10.96 %	27.4%	0.0%		60.3%		17.6%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

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)
000240 All Beef Hot Dog on a WW Bun	1 ea	91	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
000047 Steamed Green Beans	4 oz	75	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
000386 Roasted Red Potatoes	4 oz	75	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	96	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	96	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
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
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

	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
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	440	2.00	410	30.00	21.00	18.00	0.00	0	61.00	7.00	23.28	*N/A*	146.0	0.00	2.88
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	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
Weighted Daily Average			566	7.18	1280	*26.56	*4.26	22.22	0.00	43	71.88	9.10	23.91	*45	*392.3	*18.03	*3.29
% of Calories				11.42 %		*18.77 %	*3.01%	35.3%	0.0%		50.8%		16.9%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

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)
990634 Jamaican Jerk Chicken Drum	1 ea	91	263	3.88	267	1.39	*1.35	15.77	*0.07	129	2.71	0.36	25.64	*0	*21.9	*0.52	*1.37
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	96	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
000639 Sauteed Cabbage	4 oz	75	38	0.27	117	2.58	*0.00	1.84	0.00	0	5.14	1.85	1.01	*0	*29.6	*24.75	*0.36
991004 Oven Fried Plantains	4 oz	75	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

	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)
000135 Orange Wedges	3 ea	98	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
000673 Fresh Whole Apple	1 ea	1	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
001063 Mandarin Oranges**	4 oz	1	43	0.00	5	9.29	0.00	0.05	0.00	0	10.60	1.37	0.85	*N/A*	13.7	38.21	0.30
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
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	440	2.00	410	30.00	21.00	18.00	0.00	0	61.00	7.00	23.28	*N/A*	146.0	0.00	2.88
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	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
Weighted Daily Average			722	4.60	675	*44.52	*1.65	23.92	*0.06	128	85.72	7.97	39.65	*45	*400.3	*68.14	*3.85
% of Calories				5.73%		*24.66 %	*0.91%	29.8%	*0.1%		47.5%		22.0%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

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)
990957 Crispy Catfish	1 ea	91	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

	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)
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
999231 Whole Wheat Bun	1 ea	96	139	0.50	269	1.99	1.99	1.99	0.00	0	26.86	2.98	5.97	*N/A*	19.9	0.00	1.43
990761 Steamed Green Peas and Corn	4 oz	75	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
000688 Honey Cinnamon Sweet Potatoes	4 oz	75	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	99	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
000673 Fresh Whole Apple	1 ea	1	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
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
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	440	2.00	410	30.00	21.00	18.00	0.00	0	61.00	7.00	23.28	*N/A*	146.0	0.00	2.88
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	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
Weighted Daily Average			658	2.41	907	36.62	*3.90	13.76	*0.00	70	98.40	10.75	39.44	*72	*430.7	*79.18	*4.27
% of Calories				3.30%		22.26%	*2.37%	18.8%	*0.0%		59.8%		24.0%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

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

	Portion Size	Reimb Qty	Cals[1] (kcal)	S-Fat[1] (g)	Sodm[1] (mg)	Total Sugars (g)	Added Sugars[1] (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	91	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	96	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	75	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
001148 Mixed Greens Salad	4 oz	75	5	0.01	8	0.25	*N/A*	0.06	0.00	0	0.86	0.54	0.41	*N/A*	12.9	2.71	0.31
000680 House Italian Dressing	1 oz	75	135	2.00	33	*0.39	*0.39	13.91	*0.00	0	0.93	0.30	0.10	*0	*13.8	*0.36	*0.44
000884 Fresh Pear	1 ea	99	101	0.04	2	17.36	0.00	0.25	0.00	0	27.11	5.52	0.64	*N/A*	16.0	7.65	0.32
000673 Fresh Whole Apple	1 ea	1	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
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
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	440	2.00	410	30.00	21.00	18.00	0.00	0	61.00	7.00	23.28	*N/A*	146.0	0.00	2.88
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	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	0	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

	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)
990693 Sweet Potato Hash	4 oz	0	178	0.70	360	7.26	*0.00	4.66	0.00	0	31.72	5.06	2.79	*0	*50.4	*16.56	*1.12
Weighted Daily Average			663	5.44	696	*32.33	*0.71	27.59	*0.00	73	73.90	11.87	35.15	*45	*516.7	*25.01	*3.56
% of Calories				7.38%		*19.51 %	*0.43%	37.5%	*0.0%		44.6%		21.2%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

		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		6954	96.45	10713	*325.72	*15.22	305.73	*1.82	630	774.53	77.99	296.56	*479	*6254.1	*248.13	*29.03
% of Calories			12.48%		*18.74 %	*0.88%	39.6%	*0.2%		44.6%		17.1%				

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.

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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