



# July Breakfast Menu

SUMMER

**What do the colors on the menu mean?**

**GREEN** = locally-sourced

**BLUE** = international

**ORANGE** = Fresh Feature Friday Winner!

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

This institution is an equal opportunity provider.



**LAUNCH YOUR DAY WITH BREAKFAST!**

Wake up and fuel up to help your day take off!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <ul style="list-style-type: none"> <li>whole grain strawberry oatmeal bar</li> <li>fresh orange wedges</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>whole grain french toast with all natural syrup</li> <li>fresh peach</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>turkey sausage patty on a whole grain biscuit</li> <li>fresh watermelon</li> </ul>	<p><b>4</b></p> <p><b>independence day</b></p> <p><b>no school</b></p>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>whole grain frosted mini wheat cereal</li> <li>fresh cantaloupe wedge</li> </ul>
<p><b>8</b></p> <ul style="list-style-type: none"> <li>whole grain blueberry pomegranate oatmeal bar</li> <li>fresh orange wedges</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>whole grain waffles with all natural syrup</li> <li>fresh peach</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>whole wheat bagel</li> <li>low fat cream cheese</li> <li>fresh watermelon</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>whole grain sweet potato muffin</li> <li>fresh apple slices</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>whole grain golden grahams cereal</li> <li>fresh cantaloupe wedge</li> </ul>
<p><b>15</b></p> <ul style="list-style-type: none"> <li>whole grain strawberry oatmeal bar</li> <li>fresh orange wedges</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>whole grain pancake with all natural syrup</li> <li>fresh peach</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>turkey sausage patty on a whole grain biscuit</li> <li>fresh watermelon</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>whole grain blueberry muffin</li> <li>fresh apple slices</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>whole grain cheerios cereal</li> <li>fresh cantaloupe wedge</li> </ul>
<p><b>22</b></p> <ul style="list-style-type: none"> <li>whole grain apple oatmeal bar</li> <li>fresh orange wedges</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>whole grain waffles with all natural syrup</li> <li>fresh peach</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>whole wheat bagel</li> <li>low fat cream cheese</li> <li>fresh watermelon</li> </ul>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>whole grain banana muffin</li> <li>fresh apple slices</li> </ul>	<p><b>26</b></p> <ul style="list-style-type: none"> <li>multi-grain cinnamon flakes cereal</li> <li>fresh cantaloupe wedge</li> </ul>
<p><b>29</b></p> <ul style="list-style-type: none"> <li>whole grain strawberry oatmeal bar</li> <li>fresh orange wedges</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>whole grain french toast with all natural syrup</li> <li>fresh peach</li> </ul>	<p><b>31</b></p> <ul style="list-style-type: none"> <li>turkey sausage patty on a whole grain biscuit</li> <li>fresh watermelon</li> </ul>		



# August Breakfast Menu

## SUMMER

**What do the colors on the menu mean?**

**GREEN** = locally-sourced

**BLUE** = international

**ORANGE** = Fresh Feature Friday Winner!

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

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**LAUNCH YOUR DAY WITH BREAKFAST!**

Wake up and fuel up to help your day take off!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> <ul style="list-style-type: none"> <li>whole grain apple cinnamon muffin</li> <li>fresh apple slices</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>whole grain frosted mini wheat cereal</li> <li>fresh cantaloupe wedge</li> </ul>
<b>5</b> <ul style="list-style-type: none"> <li>whole grain blueberry pomegranate oatmeal bar</li> <li>fresh orange wedges</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>whole grain waffles with all natural syrup</li> <li>fresh peach</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>whole wheat bagel</li> <li>low fat cream cheese</li> <li>fresh watermelon</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>whole grain sweet potato muffin</li> <li>fresh apple slices</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>whole grain golden grahams cereal</li> <li>fresh cantaloupe wedge</li> </ul>
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30



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- (2) fax: (202) 690-7442;
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

# Base Menu Spreadsheet

## Portion Values

Jul 1, 2019 thru Aug 9, 2019

Menu Name: DCPS Summer Breakfast

Include Cost: No

Site:

Report Style: Detailed

### Monday - 07/01/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000893 WG Strawberry Oatmeal Bar	1 each	1	140	1.50	85	10	4.50	0.00	5	23.00	1.00	2.00	0	0.0	6.00	1.08
000135 Orange Wedges - .5 C	.5 C	1	43	0.01	0	9	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
000231 Skim Milk	8 oz	1	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	1	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
Weighted Daily Average			369	3.20	295	44	7.17	*0.00	22	58.14	3.21	19.34	1185	640.7	54.94	1.32
% of Calories				7.80%		47.7%	17.5%	*0.0%		63.0%		21.0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

### Tuesday - 07/02/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000074 Whole Wheat French Toast - 1 each	1 oz	1	141	1.27	267	*0	4.79	*0.01	145	17.20	2.37	8.08	222	95.1	0.07	1.46
000445 Fresh Peach - .5 C	1 each	1	58	0.03	0	13	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
000231 Skim Milk	8 oz	1	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	1	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Jul 1, 2019 thru Aug 9, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000625 All Natural Syrup	1 each	1	35	0.00	5	*N/A*	0.00	0.00	0	8.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			421	2.98	483	*38	7.72	*0.01	162	63.84	4.62	25.93	1689	708.0	9.97	1.99
% of Calories				6.37%		*36.1%	16.5%	*0.0%		60.7%		24.6%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

### Wednesday - 07/03/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000477 Turkey Sausage on a Biscuit	1 each	1	260	8.00	490	2	13.00	0.00	30	27.00	2.00	10.00	0	170.0	0.00	1.80
000446 Fresh Watermelon - .5 C	.5 C	1	46	0.02	2	9	0.23	0.00	0	11.56	0.61	0.93	871	10.7	12.40	0.37
000231 Skim Milk	8 oz	1	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	1	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
Weighted Daily Average			492	9.71	702	37	15.79	*0.00	47	62.89	2.61	27.41	1849	784.6	12.40	2.31
% of Calories				17.76%		30.1%	28.9%	*0.0%		51.1%		22.3%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

### Thursday - 07/04/2019

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Jul 1, 2019 thru Aug 9, 2019

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

### Friday - 07/05/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990284 Whole Grain Frosted Mini-Wheats Cereal	1 each	1	101	0.00	0	6	0.00	0.00	0	24.30	3.04	3.04	0	0.0	0.00	8.20
000010 Cantaloupe - .5 C	.5 C	1	46	0.07	22	11	0.26	0.00	0	10.98	1.21	1.13	4552	12.1	49.39	0.28
000231 Skim Milk	8 oz	1	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	1	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
Weighted Daily Average			333	1.75	232	42	2.82	*0.00	17	59.61	4.25	20.65	5530	616.0	49.39	8.63
% of Calories				4.73%		50.5%	7.6%	*0.0%		71.6%		24.8%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

### Monday - 07/08/2019

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Jul 1, 2019 thru Aug 9, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000892 WG Blueberry Pomegranate Bar	1 each	1	140	1.50	85	10	4.50	0.00	5	23.00	1.00	2.00	0	0.0	6.00	1.08
000135 Orange Wedges - .5 C	.5 C	1	43	0.01	0	9	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
000231 Skim Milk	8 oz	1	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	1	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
Weighted Daily Average			369	3.20	295	44	7.17	*0.00	22	58.14	3.21	19.34	1185	640.7	54.94	1.32
% of Calories				7.80%		47.7%	17.5%	*0.0%		63.0%		21.0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

## Tuesday - 07/09/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000997 Whole Grain Waffles Bakecrafters - 1 oz	1 each	1	70	0.00	95	1	2.51	0.00	0	11.04	0.00	2.01	0	0.0	0.00	0.36
000445 Fresh Peach - .5 C	1 each	1	58	0.03	0	13	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
000231 Skim Milk	8 oz	1	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	1	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000625 All Natural Syrup	1 each	1	35	0.00	5	*N/A*	0.00	0.00	0	8.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			350	1.71	311	*39	5.45	*0.00	17	57.68	2.25	19.85	1467	612.9	9.90	0.88
% of Calories				4.40%		*44.6%	14.0%	*0.0%		65.9%		22.7%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

# Base Menu Spreadsheet

Portion Values

Jul 1, 2019 thru Aug 9, 2019

## Wednesday - 07/10/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990194 Whole Wheat Bagel - Half	1 oz	1	85	0.00	95	*N/A*	0.25	0.00	0	18.50	1.50	3.50	0	0.0	0.00	0.90
000446 Fresh Watermelon - .5 C	.5 C	1	46	0.02	2	9	0.23	0.00	0	11.56	0.61	0.93	871	10.7	12.40	0.37
000231 Skim Milk	8 oz	1	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	1	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000322 Cream Cheese	1 oz	1	30	0.18	199	2	0.28	*N/A*	3	2.17	0.00	4.45	15	99.5	0.00	0.05
Weighted Daily Average			346	1.89	506	*36	3.33	*0.00	21	56.56	2.11	25.36	1864	714.1	12.40	1.47
% of Calories				4.92%		*41.6%	8.7%	*0.0%		65.4%		29.3%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

## Thursday - 07/11/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000995 WG Sweet Potato Muffin 2 oz.	1 each	1	140	0.00	115	11	4.00	0.00	15	24.00	2.00	3.00	1000	40.0	0.00	0.72
001201 Fresh Apple Slices - .5 C	3 each	1	58	0.03	1	12	0.19	0.00	0	15.40	2.68	0.29	60	6.7	5.13	0.13
000231 Skim Milk	8 oz	1	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07



# Base Menu Spreadsheet

## Portion Values

Jul 1, 2019 thru Aug 9, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000230 1% Lowfat Milk	8 oz	1	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
Weighted Daily Average			384	1.71	326	48	6.75	*0.00	32	63.73	4.68	19.77	2038	650.6	5.13	1.00
% of Calories				4.01%		50.0%	15.8%	*0.0%		66.4%		20.6%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

### Friday - 07/12/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000918 Golden Grahams Cereal	1 each	1	100	0.00	220	8	1.00	0.00	0	24.00	1.00	1.00	400	80.0	4.80	3.60
000010 Cantaloupe - .5 C	.5 C	1	46	0.07	22	11	0.26	0.00	0	10.98	1.21	1.13	4552	12.1	49.39	0.28
000231 Skim Milk	8 oz	1	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	1	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
Weighted Daily Average			332	1.75	452	44	3.82	*0.00	17	59.31	2.21	18.61	5930	696.0	54.19	4.03
% of Calories				4.74%		53.0%	10.4%	*0.0%		71.5%		22.4%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

### Monday - 07/15/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000893 WG Strawberry Oatmeal Bar	1 each	1	140	1.50	85	10	4.50	0.00	5	23.00	1.00	2.00	0	0.0	6.00	1.08

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Jul 1, 2019 thru Aug 9, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000135 Orange Wedges - .5 C	.5 C	1	43	0.01	0	9	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
000231 Skim Milk	8 oz	1	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	1	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
Weighted Daily Average			369	3.20	295	44	7.17	*0.00	22	58.14	3.21	19.34	1185	640.7	54.94	1.32
% of Calories				7.80%		47.7%	17.5%	*0.0%		63.0%		21.0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

## Tuesday - 07/16/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000079 Whole Grain Pancakes - 1 oz	1 oz	1	107	0.93	292	*2	2.03	*0.00	4	18.43	1.50	3.48	57	56.6	0.00	0.55
000445 Fresh Peach - .5 C	1 each	1	58	0.03	0	13	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
000231 Skim Milk	8 oz	1	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	1	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000625 All Natural Syrup	1 each	1	35	0.00	5	*N/A*	0.00	0.00	0	8.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			386	2.64	508	*39	4.97	*0.00	21	65.06	3.75	21.33	1524	669.5	9.90	1.07
% of Calories				6.16%		*40.4%	11.6%	*0.0%		67.4%		22.1%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

## Wednesday - 07/17/2019

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Jul 1, 2019 thru Aug 9, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000477 Turkey Sausage on a Biscuit	1 each	1	260	8.00	490	2	13.00	0.00	30	27.00	2.00	10.00	0	170.0	0.00	1.80
000446 Fresh Watermelon - .5 C	.5 C	1	46	0.02	2	9	0.23	0.00	0	11.56	0.61	0.93	871	10.7	12.40	0.37
000231 Skim Milk	8 oz	1	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	1	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
Weighted Daily Average			492	9.71	702	37	15.79	*0.00	47	62.89	2.61	27.41	1849	784.6	12.40	2.31
% of Calories				17.76%		30.1%	28.9%	*0.0%		51.1%		22.3%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

### Thursday - 07/18/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000917 WG Blueberry Muffin 2 oz.	1 each	1	160	0.50	125	13	5.00	0.00	20	26.00	1.00	2.00	0	20.0	0.00	0.72
001201 Fresh Apple Slices - .5 C	3 each	1	58	0.03	1	12	0.19	0.00	0	15.40	2.68	0.29	60	6.7	5.13	0.13
000231 Skim Milk	8 oz	1	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	1	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
Weighted Daily Average			404	2.21	336	50	7.75	*0.00	37	65.73	3.68	18.77	1038	630.6	5.13	1.00
% of Calories				4.92%		49.5%	17.3%	*0.0%		65.1%		18.6%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

### Friday - 07/19/2019

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Jul 1, 2019 thru Aug 9, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000124 Cheerios Cereal	1 each	1	100	0.50	140	*N/A*	2.00	0.00	0	20.00	3.00	3.00	500	100.0	6.00	8.10
000010 Cantaloupe - .5 C	.5 C	1	46	0.07	22	11	0.26	0.00	0	10.98	1.21	1.13	4552	12.1	49.39	0.28
000231 Skim Milk	8 oz	1	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	1	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
Weighted Daily Average			332	2.25	372	*36	4.82	*0.00	17	55.31	4.21	20.61	6030	716.0	55.39	8.53
% of Calories				6.10%		*43.4%	13.1%	*0.0%		66.6%		24.8%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

### Monday - 07/22/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000849 Whole Grain Apple Oatmeal Bar	1 each	1	140	*N/A*	80	9	4.50	1.50	0	24.00	1.00	2.00	0	*N/A*	6.00	0.72
000135 Orange Wedges - .5 C	.5 C	1	43	0.01	0	9	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
000231 Skim Milk	8 oz	1	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	1	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
Weighted Daily Average			369	*1.70	290	43	7.17	*1.50	17	59.14	3.21	19.34	1185	*640.7	54.94	0.96
% of Calories				*4.15%		46.6%	17.5%	*3.7%		64.1%		21.0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

# Base Menu Spreadsheet

Portion Values

Jul 1, 2019 thru Aug 9, 2019

## Tuesday - 07/23/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000997 Whole Grain Waffles Bakecrafters - 1 oz	1 each	1	70	0.00	95	1	2.51	0.00	0	11.04	0.00	2.01	0	0.0	0.00	0.36
000445 Fresh Peach - .5 C	1 each	1	58	0.03	0	13	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
000231 Skim Milk	8 oz	1	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	1	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000625 All Natural Syrup	1 each	1	35	0.00	5	*N/A*	0.00	0.00	0	8.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			350	1.71	311	*39	5.45	*0.00	17	57.68	2.25	19.85	1467	612.9	9.90	0.88
% of Calories				4.40%		*44.6%	14.0%	*0.0%		65.9%		22.7%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

## Wednesday - 07/24/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990194 Whole Wheat Bagel - Half	1 oz	1	85	0.00	95	*N/A*	0.25	0.00	0	18.50	1.50	3.50	0	0.0	0.00	0.90
000446 Fresh Watermelon - .5 C	.5 C	1	46	0.02	2	9	0.23	0.00	0	11.56	0.61	0.93	871	10.7	12.40	0.37
000231 Skim Milk	8 oz	1	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	1	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Jul 1, 2019 thru Aug 9, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000322 Cream Cheese	1 oz	1	30	0.18	199	2	0.28	*N/A*	3	2.17	0.00	4.45	15	99.5	0.00	0.05
Weighted Daily Average			346	1.89	506	*36	3.33	*0.00	21	56.56	2.11	25.36	1864	714.1	12.40	1.47
% of Calories				4.92%		*41.6%	8.7%	*0.0%		65.4%		29.3%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

### Thursday - 07/25/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000943 WG Banana Muffin 2 oz.	1 each	1	160	0.50	135	14	4.50	0.00	20	28.00	1.00	2.00	0	20.0	1.20	0.72
001201 Fresh Apple Slices - .5 C	3 each	1	58	0.03	1	12	0.19	0.00	0	15.40	2.68	0.29	60	6.7	5.13	0.13
000231 Skim Milk	8 oz	1	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	1	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
Weighted Daily Average			404	2.21	346	51	7.25	*0.00	37	67.73	3.68	18.77	1038	630.6	6.33	1.00
% of Calories				4.92%		50.5%	16.2%	*0.0%		67.1%		18.6%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

### Friday - 07/26/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000636 Multi-Grain Cinnamon Flakes	1 each	1	100	0.00	170	6	0.00	0.00	0	24.00	3.00	2.00	500	0.0	15.00	4.50

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Jul 1, 2019 thru Aug 9, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000010 Cantaloupe - .5 C	.5 C	1	46	0.07	22	11	0.26	0.00	0	10.98	1.21	1.13	4552	12.1	49.39	0.28
000231 Skim Milk	8 oz	1	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	1	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
Weighted Daily Average			332	1.75	402	42	2.82	*0.00	17	59.31	4.21	19.61	6030	616.0	64.39	4.93
% of Calories				4.74%		50.6%	7.6%	*0.0%		71.5%		23.6%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

## Monday - 07/29/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000893 WG Strawberry Oatmeal Bar	1 each	1	140	1.50	85	10	4.50	0.00	5	23.00	1.00	2.00	0	0.0	6.00	1.08
000135 Orange Wedges - .5 C	.5 C	1	43	0.01	0	9	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
000231 Skim Milk	8 oz	1	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	1	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
Weighted Daily Average			369	3.20	295	44	7.17	*0.00	22	58.14	3.21	19.34	1185	640.7	54.94	1.32
% of Calories				7.80%		47.7%	17.5%	*0.0%		63.0%		21.0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

## Tuesday - 07/30/2019

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Jul 1, 2019 thru Aug 9, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000074 Whole Wheat French Toast - 1 each	1 oz	1	141	1.27	267	*0	4.79	*0.01	145	17.20	2.37	8.08	222	95.1	0.07	1.46
000445 Fresh Peach - .5 C	1 each	1	58	0.03	0	13	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
000231 Skim Milk	8 oz	1	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	1	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000625 All Natural Syrup	1 each	1	35	0.00	5	*N/A*	0.00	0.00	0	8.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			421	2.98	483	*38	7.72	*0.01	162	63.84	4.62	25.93	1689	708.0	9.97	1.99
% of Calories				6.37%		*36.1%	16.5%	*0.0%		60.7%		24.6%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

## Wednesday - 07/31/2019

## Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000477 Turkey Sausage on a Biscuit	1 each	1	260	8.00	490	2	13.00	0.00	30	27.00	2.00	10.00	0	170.0	0.00	1.80
000446 Fresh Watermelon - .5 C	.5 C	1	46	0.02	2	9	0.23	0.00	0	11.56	0.61	0.93	871	10.7	12.40	0.37
000231 Skim Milk	8 oz	1	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	1	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
Weighted Daily Average			492	9.71	702	37	15.79	*0.00	47	62.89	2.61	27.41	1849	784.6	12.40	2.31
% of Calories				17.76%		30.1%	28.9%	*0.0%		51.1%		22.3%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									



# Base Menu Spreadsheet

Portion Values

Jul 1, 2019 thru Aug 9, 2019

**Thursday - 08/01/2019**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000896 WG Apple Cinnamon Muffin 2 oz.	1 each	1	160	0.50	130	13	5.00	0.00	25	26.00	1.00	2.00	0	20.0	0.00	0.72
001201 Fresh Apple Slices - .5 C	3 each	1	58	0.03	1	12	0.19	0.00	0	15.40	2.68	0.29	60	6.7	5.13	0.13
000231 Skim Milk	8 oz	1	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	1	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
Weighted Daily Average			404	2.21	341	50	7.75	*0.00	42	65.73	3.68	18.77	1038	630.6	5.13	1.00
% of Calories				4.92%		49.5%	17.3%	*0.0%		65.1%		18.6%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

**Friday - 08/02/2019**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990284 Whole Grain Frosted Mini-Wheats Cereal	1 each	1	101	0.00	0	6	0.00	0.00	0	24.30	3.04	3.04	0	0.0	0.00	8.20
000010 Cantaloupe - .5 C	.5 C	1	46	0.07	22	11	0.26	0.00	0	10.98	1.21	1.13	4552	12.1	49.39	0.28
000231 Skim Milk	8 oz	1	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Jul 1, 2019 thru Aug 9, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000230 1% Lowfat Milk	8 oz	1	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
Weighted Daily Average			333	1.75	232	42	2.82	*0.00	17	59.61	4.25	20.65	5530	616.0	49.39	8.63
% of Calories				4.73%		50.5%	7.6%	*0.0%		71.6%		24.8%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

## Monday - 08/05/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000892 WG Blueberry Pomegranate Bar	1 each	1	140	1.50	85	10	4.50	0.00	5	23.00	1.00	2.00	0	0.0	6.00	1.08
000135 Orange Wedges - .5 C	.5 C	1	43	0.01	0	9	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
000231 Skim Milk	8 oz	1	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	1	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
Weighted Daily Average			369	3.20	295	44	7.17	*0.00	22	58.14	3.21	19.34	1185	640.7	54.94	1.32
% of Calories				7.80%		47.7%	17.5%	*0.0%		63.0%		21.0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

## Tuesday - 08/06/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000997 Whole Grain Waffles Bakecrafters - 1 oz	1 each	1	70	0.00	95	1	2.51	0.00	0	11.04	0.00	2.01	0	0.0	0.00	0.36

# Base Menu Spreadsheet

## Portion Values

Jul 1, 2019 thru Aug 9, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000445 Fresh Peach - .5 C	1 each	1	58	0.03	0	13	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
000231 Skim Milk	8 oz	1	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	1	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000625 All Natural Syrup	1 each	1	35	0.00	5	*N/A*	0.00	0.00	0	8.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			350	1.71	311	*39	5.45	*0.00	17	57.68	2.25	19.85	1467	612.9	9.90	0.88
% of Calories				4.40%		*44.6%	14.0%	*0.0%		65.9%		22.7%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

## Wednesday - 08/07/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990194 Whole Wheat Bagel - Half	1 oz	1	85	0.00	95	*N/A*	0.25	0.00	0	18.50	1.50	3.50	0	0.0	0.00	0.90
000446 Fresh Watermelon - .5 C	.5 C	1	46	0.02	2	9	0.23	0.00	0	11.56	0.61	0.93	871	10.7	12.40	0.37
000231 Skim Milk	8 oz	1	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	1	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000322 Cream Cheese	1 oz	1	30	0.18	199	2	0.28	*N/A*	3	2.17	0.00	4.45	15	99.5	0.00	0.05
Weighted Daily Average			346	1.89	506	*36	3.33	*0.00	21	56.56	2.11	25.36	1864	714.1	12.40	1.47
% of Calories				4.92%		*41.6%	8.7%	*0.0%		65.4%		29.3%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

# Base Menu Spreadsheet

Portion Values

Jul 1, 2019 thru Aug 9, 2019

## Thursday - 08/08/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000995 WG Sweet Potato Muffin 2 oz.	1 each	1	140	0.00	115	11	4.00	0.00	15	24.00	2.00	3.00	1000	40.0	0.00	0.72
001201 Fresh Apple Slices - .5 C	3 each	1	58	0.03	1	12	0.19	0.00	0	15.40	2.68	0.29	60	6.7	5.13	0.13
000231 Skim Milk	8 oz	1	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	1	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
Weighted Daily Average			384	1.71	326	48	6.75	*0.00	32	63.73	4.68	19.77	2038	650.6	5.13	1.00
% of Calories				4.01%		50.0%	15.8%	*0.0%		66.4%		20.6%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

## Friday - 08/09/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000918 Golden Grahams Cereal	1 each	1	100	0.00	220	8	1.00	0.00	0	24.00	1.00	1.00	400	80.0	4.80	3.60
000010 Cantaloupe - .5 C	.5 C	1	46	0.07	22	11	0.26	0.00	0	10.98	1.21	1.13	4552	12.1	49.39	0.28
000231 Skim Milk	8 oz	1	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Jul 1, 2019 thru Aug 9, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000230 1% Lowfat Milk	8 oz	1	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
Weighted Daily Average			332	1.75	452	44	3.82	*0.00	17	59.31	2.21	18.61	5930	696.0	54.19	4.03
% of Calories				4.74%		53.0%	10.4%	*0.0%		71.5%		22.4%				
Weekly Nutrient Guideline			0 - 0	<0			<=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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.