



July Lunch 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.



Summer Food Rocks!

Come join in on the summer fun with **free** summer meals!

Anyone age 18 and under can receive fresh, delicious meals—no sign up required! Find a site nearest to you:

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Text "FOOD" to 877-877 or

Call 1-866-3-Hungry

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <ul style="list-style-type: none"> chicken caesar with romaine lettuce in a whole wheat wrap parmesan cream dressing fresh peach 	<p>2</p> <ul style="list-style-type: none"> cheeseburger on a whole wheat bun with ketchup & mustard sautéed green beans fresh watermelon 	<p>3</p> <ul style="list-style-type: none"> oven fried chicken drums whole grain waffles with all natural syrup hash brown potatoes with ketchup fresh apple slices 	<p>4</p> <p>independence day</p> <p>no school</p>	<p>5 pizza friday</p> <ul style="list-style-type: none"> whole grain flatbread italian turkey sausage and cheese pizza asian kale salad fresh orange wedges
<p>8</p> <ul style="list-style-type: none"> tuna salad on a whole wheat bun buffalo cauliflower fresh peach 	<p>9 taco tuesday</p> <ul style="list-style-type: none"> chicken fajita in a whole wheat tortilla with sautéed peppers & onions low fat sour cream fresh watermelon 	<p>10</p> <ul style="list-style-type: none"> all beef hot dog on a whole wheat bun with ketchup & mustard steamed corn fresh apple slices 	<p>11</p> <ul style="list-style-type: none"> turkey meatball sub on a whole grain hoagie side caesar salad with parmesan cream dressing fresh cantaloupe 	<p>12</p> <ul style="list-style-type: none"> buffalo chicken drums whole wheat roll carrot sticks with house ranch dressing fresh orange wedges
<p>15</p> <ul style="list-style-type: none"> turkey club on whole wheat bread with lettuce & tomato fresh peach 	<p>16</p> <ul style="list-style-type: none"> mediterranean chicken whole grain couscous shepherd's salad fresh watermelon 	<p>17</p> <ul style="list-style-type: none"> bbq chicken drums whole wheat roll sweet potato fries fresh apple slices 	<p>18 burger thursday</p> <ul style="list-style-type: none"> hamburger on a whole wheat bun with ketchup & mustard cheesy broccoli fresh cantaloupe 	<p>19 pizza friday</p> <ul style="list-style-type: none"> whole grain flatbread cheese pizza side caesar salad with parmesan cream dressing fresh orange wedges
<p>22</p> <ul style="list-style-type: none"> turkey & cheddar on a whole wheat bun with lettuce & tomato fresh peach 	<p>23 taco tuesday</p> <ul style="list-style-type: none"> beef soft tacos with cheese in a whole wheat tortilla tomato salsa fresh watermelon 	<p>24</p> <ul style="list-style-type: none"> crispy chicken tender with bbq sauce whole grain cornbread muffin baked potato fires fresh apple slices 	<p>25</p> <ul style="list-style-type: none"> grilled cheese on whole wheat bread collard greens fresh cantaloupe wedge 	<p>26</p> <ul style="list-style-type: none"> chicken salad on a whole grain hoagie cucumber coins with asian dressing fresh orange wedges
<p>29</p> <ul style="list-style-type: none"> chicken caesar with romaine lettuce in a whole wheat wrap parmesan cream dressing fresh peach 	<p>30</p> <ul style="list-style-type: none"> turkey bolognese whole wheat spaghetti parmesan zucchini fresh watermelon 	<p>31</p> <ul style="list-style-type: none"> oven fried chicken drums whole grain waffles with all natural syrup hash brown potatoes with ketchup fresh apple slices 		



August Lunch Menu

SUMMER

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 burger thursday <ul style="list-style-type: none"> • cheeseburger on a whole wheat bun • ketchup & mustard • sautéed green beans • fresh cantaloupe wedge 	2 pizza friday <ul style="list-style-type: none"> • whole grain flatbread italian turkey sausage and cheese pizza • asian kale salad • fresh orange wedges
5 <ul style="list-style-type: none"> • tuna salad on a whole wheat bun • buffalo cauliflower • fresh peach 	6 taco tuesday <ul style="list-style-type: none"> • chicken fajita in a whole wheat tortilla with sautéed peppers & onions • low fat sour cream • fresh watermelon 	7 <ul style="list-style-type: none"> • all beef hot dog on a whole wheat bun with ketchup & mustard • steamed corn • fresh apple slices 	8 <ul style="list-style-type: none"> • turkey meatball sub on a whole grain hoagie • side caesar salad with parmesan cream dressing • fresh cantaloupe 	9 <ul style="list-style-type: none"> • buffalo chicken drums • whole wheat roll • carrot sticks with house ranch dressing • fresh orange wedges
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30



June Vegetarian Lunch Menu

SUMMER

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
10	11	12	13	14
17 <ul style="list-style-type: none"> • veggie burger on a whole wheat bun with ketchup & mustard • steamed corn • chilled pineapple 	18 <ul style="list-style-type: none"> • super sesame tofu • brown rice • asian broccoli • fresh orange wedges 	19 <ul style="list-style-type: none"> • grilled cheese on whole wheat bread • sautéed green beans • fresh cantaloupe wedge 	20 <ul style="list-style-type: none"> • whole grain flatbread cheese pizza with sautéed peppers & onions • sweet potato fries • fresh banana 	21 <ul style="list-style-type: none"> • tofu bolognese over whole wheat pasta • romaine salad with parmesan cream dressing • fresh apple slices
24 <ul style="list-style-type: none"> • egg salad on a whole wheat bun with lettuce & tomato • fresh peach 	25 taco tuesday <ul style="list-style-type: none"> • sofritas tofu soft tacos in a whole wheat tortilla • tomato salsa • fresh watermelon 	26 <ul style="list-style-type: none"> • bbq tofu bites • whole grain cornbread muffin • baked potato fires • fresh apple slices 	27 <ul style="list-style-type: none"> • sunbutter & jelly on whole wheat bread • collard greens • fresh cantaloupe wedge 	28 <ul style="list-style-type: none"> • grilled cheese on whole wheat bread • cucumber coins with asian dressing • fresh orange wedges



July Vegetarian Lunch Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <ul style="list-style-type: none"> cheese quesadilla in a whole wheat tortilla tomato salsa fresh peach 	<p>2</p> <ul style="list-style-type: none"> veggie burger on a whole wheat bun with ketchup & mustard sautéed green beans fresh watermelon 	<p>3</p> <ul style="list-style-type: none"> veggie breakfast sausage whole grain waffles with all natural syrup hash brown potatoes with ketchup fresh apple slices 	<p>4</p> <p>independence day</p> <p>no school</p>	<p>5 pizza friday</p> <ul style="list-style-type: none"> whole grain flatbread cheese pizza asian kale salad fresh orange wedges
<p>8</p> <ul style="list-style-type: none"> grilled cheese on whole wheat bread buffalo cauliflower fresh peach 	<p>9 taco tuesday</p> <ul style="list-style-type: none"> sofritas tofu soft tacos in a whole wheat tortilla with sautéed peppers & onions low fat sour cream fresh watermelon 	<p>10</p> <ul style="list-style-type: none"> veggie burger on a whole wheat bun with ketchup & mustard steamed corn fresh apple slices 	<p>11</p> <ul style="list-style-type: none"> whole grain flatbread cheese pizza side caesar salad with parmesan cream dressing fresh cantaloupe 	<p>12</p> <ul style="list-style-type: none"> buffalo tofu bites whole wheat roll carrot sticks with house ranch dressing fresh orange wedges
<p>15</p> <ul style="list-style-type: none"> egg salad on a whole wheat bun with lettuce & tomato fresh peach 	<p>16</p> <ul style="list-style-type: none"> mediterranean chickpea salad whole grain couscous shepherd's salad fresh watermelon 	<p>17</p> <ul style="list-style-type: none"> bbq tofu bites whole wheat roll sweet potato fries fresh apple slices 	<p>18 burger thursday</p> <ul style="list-style-type: none"> veggie burger on a whole wheat bun with ketchup & mustard cheesy broccoli fresh cantaloupe 	<p>19 pizza friday</p> <ul style="list-style-type: none"> sunbutter & jelly on whole wheat bread side caesar salad with parmesan cream dressing fresh orange wedges
<p>22</p> <ul style="list-style-type: none"> egg salad on a whole wheat bun with lettuce & tomato fresh peach 	<p>23 taco tuesday</p> <ul style="list-style-type: none"> sofritas tofu soft tacos in a whole wheat tortilla tomato salsa fresh watermelon 	<p>24</p> <ul style="list-style-type: none"> bbq tofu bites whole grain cornbread muffin baked potato fires fresh apple slices 	<p>25</p> <ul style="list-style-type: none"> sunbutter & jelly on whole wheat bread collard greens fresh cantaloupe wedge 	<p>26</p> <ul style="list-style-type: none"> grilled cheese on whole wheat bread cucumber coins with asian dressing fresh orange wedges
<p>29</p> <ul style="list-style-type: none"> cheese quesadilla in a whole wheat tortilla tomato salsa fresh peach 	<p>30</p> <ul style="list-style-type: none"> tofu bolognese whole wheat spaghetti parmesan zucchini fresh watermelon 	<p>31</p> <ul style="list-style-type: none"> veggie breakfast sausage whole grain waffles with all natural syrup hash brown potatoes with ketchup fresh apple slices 		



August Vegetarian Lunch Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 burger thursday <ul style="list-style-type: none"> • veggie burger on a whole wheat bun with ketchup & mustard • sautéed green beans • fresh cantaloupe wedge 	2 pizza friday <ul style="list-style-type: none"> • whole grain flatbread cheese pizza • asian kale salad • fresh orange wedges
5 <ul style="list-style-type: none"> • grilled cheese on whole wheat bread • buffalo cauliflower • fresh peach 	6 taco tuesday <ul style="list-style-type: none"> • sofritas tofu soft tacos in a whole wheat tortilla with sautéed peppers & onions • low fat sour cream • fresh watermelon 	7 <ul style="list-style-type: none"> • veggie burger on a whole wheat bun with ketchup & mustard • steamed corn • fresh apple slices 	8 <ul style="list-style-type: none"> • whole grain flatbread cheese pizza • side caesar salad with parmesan cream dressing • fresh cantaloupe 	9 <ul style="list-style-type: none"> • buffalo tofu bites • whole wheat roll • carrot sticks with house ranch dressing • fresh orange wedges
12	13	14	15	16
19	20	21	22	23
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Office of the Assistant Secretary for Civil Rights
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Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442;
- (3) email: program.intake@usda.gov.

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Base Menu Spreadsheet

Portion Values

Jul 1, 2019 thru Aug 9, 2019

Menu Name: DCPS Summer Lunch

Include Cost: No

Site:

Report Style: Detailed

Monday - 07/01/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990324 Chicken Caesar in a Whole Wheat Wrap	1 each	1	275	3.13	560	*0	10.05	*0.00	53	23.65	4.82	21.28	2574	128.1	1.34	1.94
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
000137 Parmesan Cream Dressing	1 oz	1	72	1.67	209	*1	5.70	*0.00	7	3.50	0.02	1.42	58	68.0	1.01	0.13
000471 Cheese Quesadilla	1 each	1	290	7.58	722	*N/A*	13.88	0.00	32	22.14	4.00	19.42	358	574.0	0.00	1.52
001099 Tomato Salsa - .25 C	.25 C	1	17	0.03	76	*2	0.19	*0.00	0	3.59	1.05	0.77	580	9.4	12.90	0.26
Weighted Daily Average			897	14.11	1778	*40	32.75	*0.00	109	91.52	12.14	60.73	5037	1392.4	25.15	4.37
% of Calories				14.16%		*17.8%	32.9%	*0.0%		40.8%		27.1%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Tuesday - 07/02/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990237 Cheeseburger on WW Bun	1 each	1	310	4.88	374	3	12.20	0.21	60	29.53	4.15	24.41	257	129.2	0.06	3.05

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jul 1, 2019 thru Aug 9, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001091 Sautéed Green Beans - .25 C	.25 C	1	25	0.17	71	*0	1.16	*0.00	0	3.09	1.03	0.73	53	17.0	5.06	0.35
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
000556 Ketchup PC	1 each	1	10	0.00	100	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard PC	1 each	1	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000409 Veggie Burger	1 each	1	300	1.00	650	4	9.00	0.00	0	44.00	9.00	20.00	0	60.0	0.00	2.52
Weighted Daily Average			888	7.76	1478	*42	25.15	*0.21	77	114.51	14.79	62.55	2160	820.8	17.52	6.44
% of Calories				7.86%		*18.9%	25.5%	*0.2%		51.6%		28.2%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Wednesday - 07/03/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001198 Oven Fried Chicken - 2 each	2 each	1	321	3.23	607	*2	12.32	*0.06	134	23.11	2.78	28.54	1225	93.9	0.84	3.77
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
990077 Hash Brown Potatoes - .25 C	.25 C	1	71	0.11	75	*1	0.62	0.00	0	15.13	1.82	1.79	2	10.6	16.86	0.71
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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
000556 Ketchup PC	1 each	1	10	0.00	100	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990039 Veggie Breakfast Sausage Patty - 2 each	2 each	1	140	0.00	500	2	5.00	0.00	0	8.00	2.00	18.00	0	0.0	0.00	3.60
Weighted Daily Average			892	5.05	1594	*42	23.21	*0.06	151	107.01	9.28	67.11	2265	715.1	22.84	8.72
% of Calories				5.10%		*18.8%	23.4%	*0.1%		48.0%		30.1%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Thursday - 07/04/2019

Reimbursable Meal Total 1

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

Friday - 07/05/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000895 WG Sausage & Cheese Pizza	2 each	1	360	5.99	751	*4	14.07	*0.00	35	37.18	4.92	20.49	824	359.5	11.11	2.48

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jul 1, 2019 thru Aug 9, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001172 Asian Kale Slaw - .5 C	.5 C	1	50	0.49	67	*1	3.63	*0.00	0	3.98	1.21	1.33	3624	50.5	33.88	0.50
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
000853 WG Flatbread Cheese Pizza	2 each	1	365	7.13	596	*4	14.28	*0.00	30	36.81	4.31	20.55	920	443.2	11.11	2.34
Weighted Daily Average			1004	15.31	1624	*43	34.65	*0.00	82	113.10	12.65	59.72	6554	1493.9	105.04	5.56
% of Calories				13.72%		*17.1%	31.1%	*0.0%		45.1%		23.8%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Monday - 07/08/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000538 Tuna Salad on a WW Bun	1 each	1	240	0.51	598	*3	5.36	*0.00	18	30.80	4.12	20.51	82	28.2	0.65	2.33
001147 Buffalo Cauliflower - .25 C	.25 C	1	25	0.20	180	*1	1.06	0.00	0	2.84	1.08	1.05	57	12.0	24.84	0.24
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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000539 Grilled Cheese on WW Bread	1 each	1	340	9.00	660	*0	16.00	0.00	40	32.00	4.00	20.00	600	520.0	0.00	1.44
Weighted Daily Average			849	11.42	1648	*42	25.35	*0.00	75	104.28	11.45	59.41	2206	1173.1	35.39	4.54
% of Calories				12.11%		*19.8%	26.9%	*0.0%		49.1%		28.0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Tuesday - 07/09/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990304 Chicken Fajitas - 2 oz	1 each	1	226	1.49	351	*2	8.50	*0.00	48	18.72	3.33	21.62	218	62.2	25.10	1.21
990038 Sauteed Peppers & Onions, Diced - .25 C	.25 C	1	24	0.14	49	*2	0.83	0.00	0	3.98	0.99	0.56	86	12.9	20.72	0.15
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
990295 Low Fat Sour Cream - .5 oz	1 Tbsp	1	16	0.79	10	0	1.27	*N/A*	4	0.85	0.00	0.42	39	16.9	0.11	0.01
000937 Sofritas Tofu Soft Tacos 6 in - 1 each	1 each	1	294	2.34	882	*1	14.71	*0.00	0	23.13	6.02	24.51	711	923.6	2.38	4.85
Weighted Daily Average			792	6.47	1503	*40	28.11	*0.00	70	82.56	10.95	64.52	2904	1630.2	60.70	6.72
% of Calories				7.35%		*20.2%	31.9%	*0.0%		41.7%		32.6%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Wednesday - 07/10/2019

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Jul 1, 2019 thru Aug 9, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000240 All Beef Hot Dog on a WW Bun	1 each	1	320	7.00	710	4	17.50	0.00	35	30.00	4.00	11.00	0	40.0	1.20	2.16
001097 Steamed Corn - .25 C	.25 C	1	46	0.21	71	*1	1.41	0.00	0	8.47	0.86	1.24	80	1.7	2.62	0.17
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
000556 Ketchup PC	1 each	1	10	0.00	100	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard PC	1 each	1	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000409 Veggie Burger	1 each	1	300	1.00	650	4	9.00	0.00	0	44.00	9.00	20.00	0	60.0	0.00	2.52
Weighted Daily Average			930	9.93	1813	*46	30.66	*0.00	52	124.20	16.54	49.01	1118	712.3	8.95	5.13
% of Calories				9.61%		*19.8%	29.7%	*0.0%		53.4%		21.1%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Thursday - 07/11/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000916 Turkey Meatball Sub - Cmdty	1 each	1	342	4.04	1119	*5	11.54	*0.00	55	39.84	4.40	24.43	662	206.8	12.30	3.83
000408 Side Caesar Salad	1 C	1	34	1.23	143	1	1.99	*0.00	8	2.06	1.24	2.54	5191	120.1	2.36	0.65
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

Base Menu Spreadsheet

Portion Values

Jul 1, 2019 thru Aug 9, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	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
000137 Parmesan Cream Dressing	1 oz	1	72	1.67	209	*1	5.70	*0.00	7	3.50	0.02	1.42	58	68.0	1.01	0.13
000853 WG Flatbread Cheese Pizza	2 each	1	365	7.13	596	*4	14.28	*0.00	30	36.81	4.31	20.55	920	443.2	11.11	2.34
Weighted Daily Average			1044	15.81	2300	*46	36.33	*0.00	117	117.51	11.18	66.54	12361	1454.2	76.17	7.38
% of Calories				13.63%		*17.6%	31.3%	*0.0%		45.0%		25.5%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Friday - 07/12/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001190 Buffalo Chicken Drum - 2 each	2 each	1	254	2.83	1316	0	10.49	0.06	134	0.00	0.00	24.14	1174	11.4	0.00	1.15
000004 Whole Wheat Roll 1 oz	1 oz	1	80	0.00	170	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	1.08
001083 Baby Carrots - .25 C	.25 C	1	12	0.01	27	*N/A*	0.04	0.00	0	2.87	1.02	0.22	4847	11.2	0.93	0.32
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
000372 House Ranch Dressing	1 oz	1	40	0.98	148	*1	2.74	*0.00	4	3.04	0.05	0.78	80	28.9	1.20	0.06

Base Menu Spreadsheet

Portion Values

Jul 1, 2019 thru Aug 9, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990243 Buffalo Tofu Bites	.5 C	1	183	0.82	1094	*0	6.64	*0.00	0	5.18	2.18	13.17	*1249	104.8	*0.21	2.60
Weighted Daily Average			798	6.34	2965	*35	23.59	*0.06	156	62.22	7.46	58.65	*8535	856.9	*51.28	5.44
% of Calories				7.15%		*17.5%	26.6%	*0.1%		31.2%		29.4%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Monday - 07/15/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000607 Turkey Club on WW Bread	1 each	1	305	1.13	818	*0	9.87	0.00	49	32.77	4.32	24.88	800	123.9	2.10	1.82
000982 Lettuce & Tomato	.25 C	1	7	0.01	2	*1	0.10	*0.00	0	1.49	0.62	0.41	1478	7.4	4.15	0.21
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
000652 Light Mayonnaise	1 each	1	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard PC	1 each	1	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000564 Egg Salad on WW Bun	1 each	1	250	1.97	558	*4	9.99	*0.00	186	31.43	4.26	12.49	374	51.7	0.31	2.14
Weighted Daily Average			847	4.82	1769	*43	25.89	*0.00	252	104.33	11.46	55.62	4119	795.9	16.47	4.69
% of Calories				5.12%		*20.3%	27.5%	*0.0%		49.3%		26.3%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Base Menu Spreadsheet

Portion Values

Jul 1, 2019 thru Aug 9, 2019

Tuesday - 07/16/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990276 Mediterranean Chicken, Diced - 2 oz - SD	3 oz	1	114	0.57	381	*0	4.10	*0.00	48	0.48	0.12	18.75	51	3.3	4.34	0.62
990278 Mediterranean Couscous - 1 oz - SD	.5 C	1	149	0.20	179	*0	1.42	*0.00	0	28.16	2.02	4.56	285	9.3	2.25	0.65
990274 Shepherd's Salad -.25 C	.25 C	1	40	0.41	180	*1	2.86	*0.00	0	3.53	0.92	0.75	834	17.5	19.43	0.58
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
990271 Mediterranean Chickpea Salad - .5 C	.5 C	1	136	0.49	343	*1	3.78	*0.00	0	21.64	4.26	4.58	245	31.1	16.40	1.30
Weighted Daily Average			670	3.37	1294	*36	14.95	*0.00	66	89.70	7.94	46.05	3264	675.9	54.83	3.66
% of Calories				4.53%		*21.5%	20.1%	*0.0%		53.6%		27.5%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Wednesday - 07/17/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001193 BBQ Chicken Drum - 2 each	2 each	1	287	2.95	422	*17	11.44	*0.06	134	21.87	0.64	25.20	700	37.9	3.00	2.05
000004 Whole Wheat Roll 1 oz	1 oz	1	80	0.00	170	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	1.08
001103 Sweet Potato Fries - .25 C	.25 C	1	53	0.18	97	*2	1.13	0.00	0	10.19	1.54	0.82	7113	15.5	1.21	0.33

Base Menu Spreadsheet

Portion Values

Jul 1, 2019 thru Aug 9, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
000727 BBQ Tofu Bites	.5 C	1	231	0.85	700	*18	6.98	*0.00	0	27.36	2.67	13.61	*463	122.8	*0.54	2.95
Weighted Daily Average			896	5.69	1601	*74	23.31	*0.06	151	115.15	9.53	59.40	*9314	846.8	*9.87	6.68
% of Calories				5.72%		*33.0%	23.4%	*0.1%		51.4%		26.5%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Thursday - 07/18/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000235 Beef Burger on WW Bun	1 each	1	265	2.63	279	3	8.70	0.21	50	29.53	4.15	20.91	107	29.2	0.06	3.05
001149 Cheesy Broccoli - .25 C	.25 C	1	49	1.52	140	1	2.88	0.00	8	3.23	1.26	3.16	301	80.8	43.05	0.36
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
000556 Ketchup PC	1 each	1	10	0.00	100	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard PC	1 each	1	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jul 1, 2019 thru Aug 9, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000409 Veggie Burger	1 each	1	300	1.00	650	4	9.00	0.00	0	44.00	9.00	20.00	0	60.0	0.00	2.52
Weighted Daily Average			867	6.90	1471	*44	23.40	*0.21	75	114.07	15.62	61.69	5938	786.0	92.50	6.36
% of Calories				7.16%		*20.3%	24.3%	*0.2%		52.6%		28.5%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Friday - 07/19/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000853 WG Flatbread Cheese Pizza	2 each	1	365	7.13	596	*4	14.28	*0.00	30	36.81	4.31	20.55	920	443.2	11.11	2.34
000408 Side Caesar Salad	1 C	1	34	1.23	143	1	1.99	*0.00	8	2.06	1.24	2.54	5191	120.1	2.36	0.65
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
000137 Parmesan Cream Dressing	1 oz	1	72	1.67	209	*1	5.70	*0.00	7	3.50	0.02	1.42	58	68.0	1.01	0.13
000776 Sunbutter & Jelly Sandwich	1 each	1	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
Weighted Daily Average			1279	14.65	1646	*47	61.06	*0.00	62	133.05	15.28	58.63	7387	1431.0	63.42	7.38
% of Calories				10.31%		*14.7%	43.0%	*0.0%		41.6%		18.3%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Monday - 07/22/2019

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Jul 1, 2019 thru Aug 9, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000027 Turkey & Cheese on a WW Bun	1 each	1	285	5.25	600	3	11.25	0.00	42	29.00	4.00	21.50	300	220.0	0.00	1.62
000982 Lettuce & Tomato	.25 C	1	7	0.01	2	*1	0.10	*0.00	0	1.49	0.62	0.41	1478	7.4	4.15	0.21
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
000652 Light Mayonnaise	1 each	1	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard PC	1 each	1	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000564 Egg Salad on WW Bun	1 each	1	250	1.97	558	*4	9.99	*0.00	186	31.43	4.26	12.49	374	51.7	0.31	2.14
Weighted Daily Average			827	8.94	1552	*45	27.28	*0.00	246	100.56	11.13	52.24	3619	892.0	14.37	4.49
% of Calories				9.73%		*21.8%	29.7%	*0.0%		48.6%		25.3%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Tuesday - 07/23/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001069 Beef Tacos in 6" Tortilla 2 oz - 1 each	1 each	1	241	5.75	401	*1	12.61	*0.15	53	15.79	2.82	18.18	1000	160.2	15.94	1.78
001099 Tomato Salsa - .25 C	.25 C	1	17	0.03	76	*2	0.19	*0.00	0	3.59	1.05	0.77	580	9.4	12.90	0.26
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

Base Menu Spreadsheet

Portion Values

Jul 1, 2019 thru Aug 9, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
000937 Sofritas Tofu Soft Tacos 6 in - 1 each	1 each	1	294	2.34	882	*1	14.71	*0.00	0	23.13	6.02	24.51	711	923.6	2.38	4.85
Weighted Daily Average			784	9.81	1571	*38	30.30	*0.15	71	78.40	10.50	60.88	4141	1707.8	43.61	7.41
% of Calories				11.26%		*19.4%	34.8%	*0.2%		40.0%		31.1%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Wednesday - 07/24/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000543 Crispy Chicken Tenders - 2 oz	2 oz	1	118	0.18	250	*1	0.75	*0.00	49	7.23	0.68	20.38	278	31.5	2.61	1.10
000850 WG Cornbread Muffin 1.8 oz	1 each	1	150	0.50	90	9	5.00	0.00	15	23.00	1.00	3.00	0	20.0	0.00	0.72
001124 Baked Potato Fries - .25 C	.25 C	1	47	0.18	73	*0	1.15	0.00	0	8.54	1.08	1.03	69	7.0	9.25	0.43
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
000759 Simply Heinz BBQ Sauce	1 oz	1	51	0.00	223	12	0.00	0.00	0	13.16	0.00	0.00	101	0.0	2.43	0.73

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jul 1, 2019 thru Aug 9, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000727 BBQ Tofu Bites	.5 C	1	231	0.85	700	*18	6.98	*0.00	0	27.36	2.67	13.61	*463	122.8	*0.54	2.95
Weighted Daily Average			841	3.42	1547	*78	16.64	*0.00	81	119.03	8.11	54.79	*1950	791.8	*19.95	6.20
% of Calories				3.66%		*37.1%	17.8%	*0.0%		56.6%		26.1%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Thursday - 07/25/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000539 Grilled Cheese on WW Bread	1 each	1	340	9.00	660	*0	16.00	0.00	40	32.00	4.00	20.00	600	520.0	0.00	1.44
001178 Braised Collard Greens - .25 C	.25 C	1	33	0.15	85	*1	1.04	*0.00	0	5.28	2.73	1.87	4879	108.7	26.27	0.17
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
000604 Hot Sauce PC	1 each	1	0	0.00	32	0	0.00	*N/A*	0	0.02	0.00	0.01	2	0.1	0.90	0.01
000776 Sunbutter & Jelly Sandwich	1 each	1	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
Weighted Daily Average			1184	13.83	1495	*44	56.29	*0.00	57	128.15	15.45	56.26	11044	1403.8	76.56	6.05
% of Calories				10.51%		*14.9%	42.8%	*0.0%		43.3%		19.0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Friday - 07/26/2019

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Jul 1, 2019 thru Aug 9, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000984 Chicken Salad on Hoagie Cmdty	1 each	1	308	2.31	725	*2	10.98	0.00	48	30.47	3.17	21.94	57	64.0	1.49	1.86
001093 Cucumber Coins - .25 C	.25 C	1	5	0.01	1	1	0.04	0.00	0	1.33	0.18	0.24	38	5.8	1.02	0.10
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
000559 Asian Dressing	1 oz	1	70	0.49	300	*3	5.60	*0.02	0	4.56	0.09	0.68	3	2.7	0.99	0.14
000539 Grilled Cheese on WW Bread	1 each	1	340	9.00	660	*0	16.00	0.00	40	32.00	4.00	20.00	600	520.0	0.00	1.44
Weighted Daily Average			952	13.51	1896	*39	35.29	*0.02	106	103.50	9.66	60.21	1884	1233.3	52.45	3.78
% of Calories				12.77%		*16.4%	33.4%	*0.0%		43.5%		25.3%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Monday - 07/29/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990324 Chicken Caesar in a Whole Wheat Wrap	1 each	1	275	3.13	560	*0	10.05	*0.00	53	23.65	4.82	21.28	2574	128.1	1.34	1.94
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

Portion Values

Jul 1, 2019 thru Aug 9, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	
000137	Parmesan Cream Dressing	1 oz	1	72	1.67	209	*1	5.70	*0.00	7	3.50	0.02	1.42	58	68.0	1.01	0.13
000471	Cheese Quesadilla	1 each	1	290	7.58	722	*N/A*	13.88	0.00	32	22.14	4.00	19.42	358	574.0	0.00	1.52
001099	Tomato Salsa - .25 C	.25 C	1	17	0.03	76	*2	0.19	*0.00	0	3.59	1.05	0.77	580	9.4	12.90	0.26
Weighted Daily Average				897	14.11	1778	*40	32.75	*0.00	109	91.52	12.14	60.73	5037	1392.4	25.15	4.37
% of Calories					14.16%		*17.8%	32.9%	*0.0%		40.8%		27.1%				
Weekly Nutrient Guideline				0 - 0	<0			<=0									

Tuesday - 07/30/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	
990253	Turkey Bolognese - C	4 oz	1	176	2.65	497	*2	9.23	*0.00	101	8.25	1.48	17.06	467	71.6	13.69	2.53
990301	Whole Grain Spaghetti - 1 oz	.5 C	1	112	0.39	146	*0	2.55	0.00	0	20.12	2.63	3.92	0	15.5	0.00	0.97
990200	Parmesan Summer Squash - .25 C	.25 C	1	27	0.52	85	*1	1.79	*0.02	2	2.04	0.50	1.11	105	26.4	9.18	0.21
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
001160	Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jul 1, 2019 thru Aug 9, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001045 Tofu Bolognese	1 C	1	254	1.85	203	*6	12.66	*0.00	0	17.50	5.54	24.18	874	884.9	13.91	5.62
Weighted Daily Average			891	7.12	1274	*56	29.02	*0.02	125	96.80	10.77	71.69	3795	1913.0	49.18	9.85
% of Calories				7.19%		*25.1%	29.3%	*0.0%		43.5%		32.2%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Wednesday - 07/31/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001198 Oven Fried Chicken - 2 each	2 each	1	321	3.23	607	*2	12.32	*0.06	134	23.11	2.78	28.54	1225	93.9	0.84	3.77
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
990077 Hash Brown Potatoes - .25 C	.25 C	1	71	0.11	75	*1	0.62	0.00	0	15.13	1.82	1.79	2	10.6	16.86	0.71
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
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
000556 Ketchup PC	1 each	1	10	0.00	100	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jul 1, 2019 thru Aug 9, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990039 Veggie Breakfast Sausage Patty - 2 each	2 each	1	140	0.00	500	2	5.00	0.00	0	8.00	2.00	18.00	0	0.0	0.00	3.60
Weighted Daily Average			892	5.05	1594	*42	23.21	*0.06	151	107.01	9.28	67.11	2265	715.1	22.84	8.72
% of Calories				5.10%		*18.8%	23.4%	*0.1%		48.0%		30.1%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Thursday - 08/01/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990237 Cheeseburger on WW Bun	1 each	1	310	4.88	374	3	12.20	0.21	60	29.53	4.15	24.41	257	129.2	0.06	3.05
001091 Sauteed Green Beans - .25 C	.25 C	1	25	0.17	71	*0	1.16	*0.00	0	3.09	1.03	0.73	53	17.0	5.06	0.35
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
000556 Ketchup PC	1 each	1	10	0.00	100	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard PC	1 each	1	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000409 Veggie Burger	1 each	1	300	1.00	650	4	9.00	0.00	0	44.00	9.00	20.00	0	60.0	0.00	2.52
Weighted Daily Average			888	7.80	1498	*43	25.18	*0.21	77	113.93	15.39	62.75	5840	822.2	54.51	6.35
% of Calories				7.91%		*19.4%	25.5%	*0.2%		51.3%		28.3%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Base Menu Spreadsheet

Portion Values

Jul 1, 2019 thru Aug 9, 2019

Friday - 08/02/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000895 WG Sausage & Cheese Pizza	2 each	1	360	5.99	751	*4	14.07	*0.00	35	37.18	4.92	20.49	824	359.5	11.11	2.48
001172 Asian Kale Slaw - .5 C	.5 C	1	50	0.49	67	*1	3.63	*0.00	0	3.98	1.21	1.33	3624	50.5	33.88	0.50
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
000853 WG Flatbread Cheese Pizza	2 each	1	365	7.13	596	*4	14.28	*0.00	30	36.81	4.31	20.55	920	443.2	11.11	2.34
Weighted Daily Average			1004	15.31	1624	*43	34.65	*0.00	82	113.10	12.65	59.72	6554	1493.9	105.04	5.56
% of Calories				13.72%		*17.1%	31.1%	*0.0%		45.1%		23.8%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Monday - 08/05/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000538 Tuna Salad on a WW Bun	1 each	1	240	0.51	598	*3	5.36	*0.00	18	30.80	4.12	20.51	82	28.2	0.65	2.33
001147 Buffalo Cauliflower - .25 C	.25 C	1	25	0.20	180	*1	1.06	0.00	0	2.84	1.08	1.05	57	12.0	24.84	0.24
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

Base Menu Spreadsheet

Portion Values

Jul 1, 2019 thru Aug 9, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (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
000539 Grilled Cheese on WW Bread	1 each	1	340	9.00	660	*0	16.00	0.00	40	32.00	4.00	20.00	600	520.0	0.00	1.44
Weighted Daily Average			849	11.42	1648	*42	25.35	*0.00	75	104.28	11.45	59.41	2206	1173.1	35.39	4.54
% of Calories				12.11%		*19.8%	26.9%	*0.0%		49.1%		28.0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Tuesday - 08/06/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990304 Chicken Fajitas - 2 oz	1 each	1	226	1.49	351	*2	8.50	*0.00	48	18.72	3.33	21.62	218	62.2	25.10	1.21
990038 Sauteed Peppers & Onions, Diced - .25 C	.25 C	1	24	0.14	49	*2	0.83	0.00	0	3.98	0.99	0.56	86	12.9	20.72	0.15
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
990295 Low Fat Sour Cream - .5 oz	1 Tbsp	1	16	0.79	10	0	1.27	*N/A*	4	0.85	0.00	0.42	39	16.9	0.11	0.01
000937 Sofritas Tofu Soft Tacos 6 in - 1 each	1 each	1	294	2.34	882	*1	14.71	*0.00	0	23.13	6.02	24.51	711	923.6	2.38	4.85
Weighted Daily Average			792	6.47	1503	*40	28.11	*0.00	70	82.56	10.95	64.52	2904	1630.2	60.70	6.72
% of Calories				7.35%		*20.2%	31.9%	*0.0%		41.7%		32.6%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jul 1, 2019 thru Aug 9, 2019

Wednesday - 08/07/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000240 All Beef Hot Dog on a WW Bun	1 each	1	320	7.00	710	4	17.50	0.00	35	30.00	4.00	11.00	0	40.0	1.20	2.16
001097 Steamed Corn - .25 C	.25 C	1	46	0.21	71	*1	1.41	0.00	0	8.47	0.86	1.24	80	1.7	2.62	0.17
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
000556 Ketchup PC	1 each	1	10	0.00	100	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard PC	1 each	1	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000409 Veggie Burger	1 each	1	300	1.00	650	4	9.00	0.00	0	44.00	9.00	20.00	0	60.0	0.00	2.52
Weighted Daily Average			930	9.93	1813	*46	30.66	*0.00	52	124.20	16.54	49.01	1118	712.3	8.95	5.13
% of Calories				9.61%		*19.8%	29.7%	*0.0%		53.4%		21.1%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Thursday - 08/08/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000916 Turkey Meatball Sub - Cmnty	1 each	1	342	4.04	1119	*5	11.54	*0.00	55	39.84	4.40	24.43	662	206.8	12.30	3.83
000408 Side Caesar Salad	1 C	1	34	1.23	143	1	1.99	*0.00	8	2.06	1.24	2.54	5191	120.1	2.36	0.65

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jul 1, 2019 thru Aug 9, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
000137 Parmesan Cream Dressing	1 oz	1	72	1.67	209	*1	5.70	*0.00	7	3.50	0.02	1.42	58	68.0	1.01	0.13
000853 WG Flatbread Cheese Pizza	2 each	1	365	7.13	596	*4	14.28	*0.00	30	36.81	4.31	20.55	920	443.2	11.11	2.34
Weighted Daily Average			1044	15.81	2300	*46	36.33	*0.00	117	117.51	11.18	66.54	12361	1454.2	76.17	7.38
% of Calories				13.63%		*17.6%	31.3%	*0.0%		45.0%		25.5%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Friday - 08/09/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001190 Buffalo Chicken Drum - 2 each	2 each	1	254	2.83	1316	0	10.49	0.06	134	0.00	0.00	24.14	1174	11.4	0.00	1.15
000004 Whole Wheat Roll 1 oz	1 oz	1	80	0.00	170	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	1.08
001083 Baby Carrots - .25 C	.25 C	1	12	0.01	27	*N/A*	0.04	0.00	0	2.87	1.02	0.22	4847	11.2	0.93	0.32
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
000372 House Ranch Dressing	1 oz	1	40	0.98	148	*1	2.74	*0.00	4	3.04	0.05	0.78	80	28.9	1.20	0.06

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jul 1, 2019 thru Aug 9, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990243 Buffalo Tofu Bites	.5 C	1	183	0.82	1094	*0	6.64	*0.00	0	5.18	2.18	13.17	*1249	104.8	*0.21	2.60
Weighted Daily Average			798	6.34	2965	*35	23.59	*0.06	156	62.22	7.46	58.65	*8535	856.9	*51.28	5.44
% of Calories				7.15%		*17.5%	26.6%	*0.1%		31.2%		29.4%				
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

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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