



January Lunch Menu

CEDAR TREE | KINDERGARTEN

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% plain milk provided at every meal.

This institution is an equal opportunity provider.



HAPPY NEW YEAR!

What is your healthy goal for 2020? Here are a few you can try!

- Choose water as a drink
- Eat more fruits and vegetables
- Get moving! Find a sport or activity, like tag or dancing, and do it a few times a week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 new years day no school	2 winter break no school	3 winter break no school
6 <ul style="list-style-type: none"> • turkey & cheddar on a whole wheat bun • baby carrots & cucumber coins with house ranch dressing • fresh pear 	7 taco tuesday <ul style="list-style-type: none"> • beef soft tacos with cheese in a whole wheat tortilla • chili black beans • tomato salsa • fresh orange wedges 	8 <ul style="list-style-type: none"> • oven fried chicken drum • whole grain waffles with all natural syrup • braised collard greens • steamed corn • fresh banana 	9 <ul style="list-style-type: none"> • whole wheat mac & cheese • steamed broccoli • cinnamon roasted butternut squash • fresh cantaloupe wedge 	10 <ul style="list-style-type: none"> • roasted turkey with brown gravy • whole grain cornbread muffin • mashed potatoes • sautéed green beans • fresh apple slices
13 <ul style="list-style-type: none"> • whole grain italian turkey sausage & cheese pizza • side caesar salad with parmesan cream dressing • roasted cauliflower • fresh pear 	14 <ul style="list-style-type: none"> • chicken & cheese quesadilla in a whole wheat tortilla • chili black beans • tomato salsa • fresh orange wedges 	15 <ul style="list-style-type: none"> • beef shepherd's pie with mashed potatoes • whole grain cornbread muffin • steamed broccoli • fresh banana 	16 <ul style="list-style-type: none"> • buffalo chicken drum • whole wheat roll • baby carrots & celery sticks with house ranch dressing • fresh cantaloupe wedge 	17 parent-teacher conferences no school
20 martin luther king, jr. day no school	21 <ul style="list-style-type: none"> • turkey & bean chili with shredded cheese • low fat sour cream • whole grain tortilla chips • romaine salad with diced tomatoes & honey lime dressing • fresh orange wedges 	22 <ul style="list-style-type: none"> • hamburger or cheeseburger on a whole wheat bun • ketchup & mustard • bbq baked beans • savory sautéed kale • fresh banana 	23 brunch for lunch <ul style="list-style-type: none"> • whole grain waffles with all natural syrup • turkey sausage links • hash brown potatoes with peppers & onions • fresh cantaloupe wedge 	24 <ul style="list-style-type: none"> • curried chicken drum • brown rice • steamed carrots • southern cabbage • fresh apple slices
27 records day no school	28 professional development day no school	29 <ul style="list-style-type: none"> • all beef hot dog on a whole wheat bun • ketchup & mustard • bbq baked beans • sweet potato fries • fresh banana 	30 <ul style="list-style-type: none"> • crispy fish sandwich on a whole wheat bun with tartar sauce • buttered green peas • mashed cauliflower • fresh cantaloupe wedge 	31 <ul style="list-style-type: none"> • teriyaki chicken • brown rice • asian broccoli • glazed carrots • fresh apple slices



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This institution is an equal opportunity provider.

Base Menu Spreadsheet

Portion Values

Jan 6, 2020 thru Jan 31, 2020

Menu Name: Cedar Tree Lunch - K-5

Include Cost: No

Site:

Report Style: Detailed

Monday - 01/06/2020

Reimbursable Meal Total 100

	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)
000027 Turkey & Cheese on a WW Bun	1 each	100	285	5.25	600	3	11.25	0.00	42	29.00	4.00	21.50	300	220.0	0.00	1.62
000151 Baby Carrots - .5 C	.5 C	100	25	0.01	55	*N/A*	0.08	0.00	0	5.73	2.03	0.44	9694	22.3	1.86	0.63
001093 Cucumber Coins - .25 C	.25 C	100	5	0.01	1	1	0.04	0.00	0	1.33	0.18	0.24	38	5.9	1.02	0.10
000359 Fresh Pear - .5 C	1 each	100	101	0.04	2	17	0.25	0.00	0	27.11	5.52	0.64	44	16.0	7.65	0.32
000231 Skim Milk	8 oz	35	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	61	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	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	1 each	4	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000652 Light Mayonnaise	1 each	100	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	100	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000372 House Ranch Dressing	1 oz	100	40	1.00	143	*1	2.76	*0.00	4	3.04	0.05	0.78	80	28.9	1.20	0.06
Weighted Daily Average			594	7.32	1087	*35	19.08	*0.00	56	78.57	11.86	31.83	10644	595.8	11.74	2.85
% of Calories				11.09%		*23.6%	28.9%	*0.0%		52.9%		21.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Base Menu Spreadsheet

Portion Values

Jan 6, 2020 thru Jan 31, 2020

Tuesday - 01/07/2020

Reimbursable Meal Total 100

	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)
001069 Beef Tacos in 6" Tortilla 2 oz - 1 each	1 each	100	241	5.75	401	*1	12.62	*0.15	53	15.79	2.82	18.19	1000	160.2	15.94	1.78
000637 Chili Black Beans - .5 C	.5 C	100	207	0.65	198	*1	3.84	*0.00	0	33.43	8.49	11.21	567	71.3	13.57	2.95
001099 Tomato Salsa - .25 C	.25 C	100	17	0.03	76	*2	0.19	*0.00	0	3.59	1.05	0.77	580	9.4	12.90	0.26
000135 Orange Wedges - .5 C	.5 C	100	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	35	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	61	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	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	1 each	4	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			605	7.45	781	*25	18.44	*0.15	63	75.99	14.65	39.26	2842	580.4	91.35	5.20
% of Calories				11.08%		*16.5%	27.4%	*0.2%		50.2%		26.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 01/08/2020

Reimbursable Meal Total 100

	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)
000179 Oven Fried Chicken - 1 each	1 each	100	161	1.62	303	*1	6.16	*0.03	67	11.55	1.39	14.27	613	46.9	0.42	1.89
990076 Whole Grain Waffles Bakecrafters - 2 oz	2 each	100	141	0.00	191	2	5.02	0.00	0	22.09	0.00	4.02	0	0.0	0.00	0.72

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jan 6, 2020 thru Jan 31, 2020

	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)
000005 Braised Collard Greens - .5 C	.5 C	100	67	0.31	170	*1	2.08	*0.00	0	10.56	5.46	3.74	9758	217.3	52.55	0.33
001097 Steamed Corn - .25 C	.25 C	100	46	0.21	71	*1	1.41	0.00	0	8.47	0.86	1.24	80	1.7	2.62	0.17
000175 Fresh Banana	1 each	100	105	0.13	1	14	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	35	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	61	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	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	1 each	4	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000625 All Natural Syrup	1 each	100	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			651	3.28	847	*33	16.76	*0.03	76	99.98	10.85	32.77	11012	574.5	65.85	3.53
% of Calories				4.53%		*20.3%	23.2%	*0.0%		61.4%		20.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 01/09/2020

Reimbursable Meal Total 100

	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)
990255 Whole Wheat Mac & Cheese - Elbow - 1 C - C	1 C	100	339	6.76	598	*5	11.96	*0.08	33	40.17	4.38	20.15	368	471.0	0.03	0.23
000107 Steamed Broccoli - .5 C	.5 C	100	61	0.56	171	2	3.60	*0.00	0	6.41	2.51	2.72	601	45.5	86.10	0.72
990222 Cinnamon Roasted Butternut Squash - .25 C	.25 C	100	31	0.17	49	*0	1.16	*0.00	0	5.53	0.95	0.58	827	18.0	7.44	0.36
000010 Cantaloupe - .5 C	.5 C	100	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

DC Central Kitchen

Portion Values

Jan 6, 2020 thru Jan 31, 2020

	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	35	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	61	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	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	1 each	4	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			575	8.56	946	*30	18.66	*0.08	42	75.44	9.13	32.80	6834	849.2	142.96	1.71
% of Calories				13.40%		*20.9%	29.2%	*0.1%		52.5%		22.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 01/10/2020

Reimbursable Meal Total 100

	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)
000061 Roasted Turkey - 1 each	3 oz	100	88	0.10	562	*0	1.60	*0.00	35	1.67	0.26	18.18	23	10.0	0.23	0.86
000851 WG Cornbread Muffin 3 oz	1 each	100	240	1.00	150	15	8.00	0.00	25	38.00	2.00	4.00	100	40.0	0.00	1.08
000682 Mashed Potatoes - .5 C	.5 C	100	115	1.32	301	2	4.29	*0.00	4	17.54	2.63	2.17	57	23.1	9.83	0.60
001091 Sauteed Green Beans - .25 C	.25 C	100	25	0.17	71	*0	1.16	*0.00	0	3.09	1.03	0.73	53	17.0	5.06	0.35
990378 Fresh Apple Slices - .5 C - IW	1 package	100	28	0.02	1	6	0.09	0.00	0	7.53	1.31	0.14	29	3.3	2.51	0.06
000231 Skim Milk	8 oz	35	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	61	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	0	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

Portion Values

Jan 6, 2020 thru Jan 31, 2020

	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)
990383 Vanilla Soy milk	1 each	4	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000705 Brown Gravy	1 oz	100	30	1.42	183	*0	2.34	*0.00	6	1.88	0.08	0.39	69	3.2	0.29	0.11
Weighted Daily Average			624	5.04	1374	*35	19.17	*0.00	80	82.07	7.38	33.84	818	399.3	17.91	3.17
% of Calories				7.27%		*22.4%	27.6%	*0.0%		52.6%		21.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 01/13/2020

Reimbursable Meal Total 100

	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	100	360	5.99	751	*4	14.07	*0.00	35	37.18	4.92	20.49	824	359.5	11.11	2.48
000408 Side Caesar Salad - .5 C	1 C	100	34	1.23	143	1	1.99	*0.00	8	2.03	1.22	2.53	5104	119.7	2.32	0.64
001145 Roasted Cauliflower - .25 C	.25 C	100	23	0.23	85	*1	1.23	0.00	0	2.68	1.05	1.02	0	11.6	24.84	0.23
000359 Fresh Pear - .5 C	1 each	100	101	0.04	2	17	0.25	0.00	0	27.11	5.52	0.64	44	16.0	7.65	0.32
000231 Skim Milk	8 oz	35	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	61	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	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	1 each	4	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jan 6, 2020 thru Jan 31, 2020

	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)
000137 Parmesan Cream Dressing	1 oz	100	72	1.67	214	*1	5.70	*0.00	7	3.50	0.02	1.42	58	68.0	1.01	0.13
Weighted Daily Average			687	10.17	1301	*36	24.93	*0.00	59	84.86	12.81	34.32	6518	877.6	46.93	3.91
% of Calories				13.32%		*21.0%	32.7%	*0.0%		49.4%		20.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 01/14/2020

Reimbursable Meal Total 100

	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)
000479 Chicken & Cheese Quesadilla	1 each	100	281	4.46	608	*0	9.88	*0.00	52	22.41	4.23	25.91	319	322.0	1.96	2.12
000637 Chili Black Beans - .5 C	.5 C	100	207	0.65	198	*1	3.84	*0.00	0	33.43	8.49	11.21	567	71.3	13.57	2.95
001099 Tomato Salsa - .25 C	.25 C	100	17	0.03	76	*2	0.19	*0.00	0	3.59	1.05	0.77	580	9.4	12.90	0.26
000135 Orange Wedges - .5 C	.5 C	100	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	35	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	61	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	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	1 each	4	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			645	6.16	988	*24	15.71	*0.00	61	82.61	16.07	46.98	2160	742.2	77.38	5.54
% of Calories				8.60%		*14.9%	21.9%	*0.0%		51.2%		29.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Base Menu Spreadsheet

Portion Values

Jan 6, 2020 thru Jan 31, 2020

Wednesday - 01/15/2020

Reimbursable Meal Total 100

	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)
000793 Beef Shepherd's Pie	3 oz	100	180	3.11	513	*1	9.72	*0.20	51	5.42	0.67	16.92	1165	23.0	3.56	2.19
000682 Mashed Potatoes - .5 C	.5 C	100	115	1.32	301	2	4.29	*0.00	4	17.54	2.63	2.17	57	23.1	9.83	0.60
000851 WG Cornbread Muffin 3 oz	1 each	100	240	1.00	150	15	8.00	0.00	25	38.00	2.00	4.00	100	40.0	0.00	1.08
001095 Steamed Broccoli - .25 C	.25 C	100	31	0.28	86	1	1.80	*0.00	0	3.20	1.26	1.36	301	22.7	43.05	0.36
000175 Fresh Banana	1 each	100	105	0.13	1	14	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	35	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	61	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	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	1 each	4	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			768	6.85	1157	*46	25.89	*0.20	89	103.48	9.70	33.97	2184	417.4	66.71	4.65
% of Calories				8.03%		*24.0%	30.3%	*0.2%		53.9%		17.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 01/16/2020

Reimbursable Meal Total 100

	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)
000977 Buffalo Chicken Drum - 1 each	1 each	100	127	1.42	658	0	5.25	0.03	67	0.00	0.00	12.07	587	5.7	0.00	0.57

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jan 6, 2020 thru Jan 31, 2020

	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)
000800 Whole Wheat Roll 1.5 oz	1.5 oz	100	100	0.00	210	2	1.00	0.00	0	20.00	5.00	5.00	0	40.0	0.00	1.08
000151 Baby Carrots - .5 C	.5 C	100	25	0.01	55	*N/A*	0.08	0.00	0	5.73	2.03	0.44	9694	22.3	1.86	0.63
001094 Celery Sticks - .25 C	.25 C	100	5	0.02	30	0	0.06	0.00	0	1.10	0.60	0.26	167	14.9	1.15	0.07
000010 Cantaloupe - .5 C	.5 C	100	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	35	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	61	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	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	1 each	4	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000372 House Ranch Dressing	1 oz	100	40	1.00	143	*1	2.76	*0.00	4	3.04	0.05	0.78	80	28.9	1.20	0.06
Weighted Daily Average			440	3.52	1223	*27	11.11	*0.03	81	53.21	8.97	27.90	15567	426.6	53.60	2.82
% of Calories				7.20%		*24.5%	22.7%	*0.1%		48.4%		25.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 01/17/2020

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Jan 6, 2020 thru Jan 31, 2020

	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			550 - 650	<10	1230		<=0									

Monday - 01/20/2020

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			550 - 650	<10	1230		<=0									

Tuesday - 01/21/2020

Reimbursable Meal Total 100

	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)
990402 Turkey & Bean Chili	6 oz	100	164	1.52	262	*0	5.62	*0.00	54	16.68	3.92	13.56	649	62.9	10.29	2.67
990403 Shredded Cheddar Cheese - .5 oz	1 oz	100	57	3.04	91	0	4.56	0.00	15	0.00	0.00	3.54	*N/A*	*N/A*	*N/A*	*N/A*
001087 WG Corn Tortilla Chips 1 oz	10 each	100	108	0.77	88	0	4.61	0.00	0	15.36	1.54	1.54	0	15.4	0.00	0.00
000188 Romaine Salad - .5 C	1 C	100	10	0.02	5	1	0.17	0.00	0	1.91	1.22	0.71	5049	19.1	2.32	0.56

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jan 6, 2020 thru Jan 31, 2020

	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)
001088 Tomatoes - .25 C	.25 C	100	11	0.02	3	2	0.12	0.00	0	2.32	0.72	0.52	497	6.0	8.18	0.16
000135 Orange Wedges - .5 C	.5 C	100	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	35	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	61	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	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	1 each	4	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
990351 Low Fat Sour Cream - 1 oz	1 oz	100	33	1.58	20	0	2.54	*N/A*	8	1.70	0.00	0.84	79	33.8	0.22	0.02
001038 Honey Lime Dressing	1 oz	100	106	1.02	313	*2	8.17	*0.00	0	7.95	0.44	0.35	209	8.2	3.14	0.37
Weighted Daily Average			629	9.00	888	*26	27.60	*0.00	87	69.09	10.11	30.15	*7176	*484.8	*73.09	*3.99
% of Calories				12.88%		*16.5%	39.5%	*0.0%		43.9%		19.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 01/22/2020

Reimbursable Meal Total 100

	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	50	310	4.88	374	3	12.20	0.21	60	29.53	4.15	24.41	257	129.2	0.06	3.05
000235 Beef Burger on WW Bun	1 each	50	265	2.63	279	3	8.70	0.21	50	29.53	4.15	20.91	107	29.2	0.06	3.05
000475 BBQ Baked Beans - .5 C	.5 C	100	184	0.57	149	*3	4.36	*0.00	*0	28.80	10.36	9.24	505	82.9	*1.68	2.61
001122 Savory Sauteed Kale - .25 C	.25 C	100	27	0.17	100	*1	1.17	*0.00	0	3.84	1.94	1.35	1905	105.9	37.27	0.77

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jan 6, 2020 thru Jan 31, 2020

	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)
000175 Fresh Banana	1 each	100	105	0.13	1	14	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	35	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	61	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	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	1 each	4	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000556 Ketchup PC	1 each	100	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	100	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			722	5.64	854	*34	18.05	*0.21	*64	103.48	19.60	42.77	3155	576.6	*49.27	6.86
% of Calories				7.03%		*18.8%	22.5%	*0.3%		57.3%		23.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 01/23/2020

Reimbursable Meal Total 100

	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)
990076 Whole Grain Waffles Bakecrafters - 2 oz	2 each	100	141	0.00	191	2	5.02	0.00	0	22.09	0.00	4.02	0	0.0	0.00	0.72
001138 Turkey Sausage Link - Perdue - 1.25 oz	2 each	100	110	2.00	390	0	8.00	0.00	40	0.00	0.00	9.00	0	20.0	0.00	0.72
000481 Hash Brown Potatoes - .5 C	.5 C	100	143	0.21	150	*1	1.25	0.00	0	30.26	3.65	3.58	4	21.2	33.74	1.42
990038 Sauteed Peppers & Onions, Diced - .25 C	.25 C	100	24	0.14	49	*2	0.83	0.00	0	3.98	0.99	0.56	86	12.9	20.72	0.15
000010 Cantaloupe - .5 C	.5 C	100	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

DC Central Kitchen

Portion Values

Jan 6, 2020 thru Jan 31, 2020

	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	35	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	61	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	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	1 each	4	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000625 All Natural Syrup	1 each	100	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	100	10	0.00	100	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			605	3.43	1012	*28	17.05	*0.00	49	89.66	5.92	26.51	5128	368.9	103.85	3.40
% of Calories				5.10%		*18.5%	25.4%	*0.0%		59.3%		17.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 01/24/2020

Reimbursable Meal Total 100

	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)
000315 Curried Chicken Drum - 1 each	1 each	100	145	2.11	205	*0	9.79	*0.03	67	1.50	0.61	12.38	166	17.2	0.22	1.11
001111 Brown Rice, Long Grain, Parboiled - 1.5 oz	.75 C	100	191	0.26	214	*0	3.22	0.00	0	36.18	2.31	5.00	204	7.0	0.11	0.92
000454 Steamed Carrots - .5 C	.5 C	100	67	0.36	216	*5	2.56	0.00	0	11.04	3.40	1.12	18566	48.4	6.56	0.34
990081 Southern Cabbage - .25 C	.25 C	100	18	0.13	98	*1	0.85	*0.00	0	2.61	0.92	0.50	53	14.5	12.37	0.18
990378 Fresh Apple Slices - .5 C - IW	1 package	100	28	0.02	1	6	0.09	0.00	0	7.53	1.31	0.14	29	3.3	2.51	0.06
000231 Skim Milk	8 oz	35	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

Jan 6, 2020 thru Jan 31, 2020

	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	61	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	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	1 each	4	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			546	3.88	839	*25	18.21	*0.03	76	71.21	8.63	27.38	19504	393.1	21.77	2.73
% of Calories				6.40%		*18.3%	30.0%	*0.0%		52.2%		20.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 01/27/2020

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			550 - 650	<10	1230		<=0									

Tuesday - 01/28/2020

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Jan 6, 2020 thru Jan 31, 2020

	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			550 - 650	<10	1230		<=0									

Wednesday - 01/29/2020

Reimbursable Meal Total 100

	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	100	320	7.00	710	4	17.50	0.00	35	30.00	4.00	11.00	0	40.0	1.20	2.16
000475 BBQ Baked Beans - .5 C	.5 C	100	184	0.57	149	*3	4.36	*0.00	*0	28.80	10.36	9.24	505	82.9	*1.68	2.61
001103 Sweet Potato Fries - .25 C	.25 C	100	53	0.18	97	*2	1.13	0.00	0	10.19	1.54	0.82	7113	15.5	1.21	0.33
000175 Fresh Banana	1 each	100	105	0.13	1	14	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	35	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	61	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	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	1 each	4	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000556 Ketchup PC	1 each	100	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

Portion Values

Jan 6, 2020 thru Jan 31, 2020

	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)
000557 Mustard PC	1 each	100	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			780	8.89	1234	*36	25.07	*0.00	*44	110.30	19.05	30.57	8180	447.0	*14.35	5.52
% of Calories				10.26%		*18.5%	28.9%	*0.0%		56.6%		15.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 01/30/2020

Reimbursable Meal Total 100

	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)
990362 Crispy Fish Sandwich - 2 oz - Pollock	1 each	100	268	0.53	667	*4	5.09	*0.14	45	39.53	4.82	20.62	144	56.5	0.07	2.40
000466 Buttered Green Peas - .5 C	.5 C	100	92	0.36	242	5	2.54	*0.00	0	12.89	4.26	4.94	1947	20.9	17.03	1.46
001143 Mashed Cauliflower - .25 C	.25 C	100	60	2.46	147	2	4.35	*0.00	11	4.04	1.48	2.34	115	53.0	35.53	0.35
000010 Cantaloupe - .5 C	.5 C	100	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	35	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	61	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	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	1 each	4	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08

Base Menu Spreadsheet

Portion Values

Jan 6, 2020 thru Jan 31, 2020

	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)
990372 Tartar Sauce	1 each	100	34	0.42	299	2	2.64	0.04	0	2.49	0.15	0.04	0	3.8	0.10	0.05
Weighted Daily Average			597	4.85	1482	*35	16.56	*0.18	65	82.29	12.01	37.30	7245	448.9	102.12	4.66
% of Calories				7.31%		*23.5%	25.0%	*0.3%		55.1%		25.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 01/31/2020

Reimbursable Meal Total 100

	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)
990339 Teriyaki Chicken - 2 oz - SD	3 oz	100	130	0.34	295	*8	2.20	*0.00	48	8.74	0.11	19.06	11	4.4	2.62	0.63
000021 Brown Rice, Long Grain, Parboiled - 1 oz	.5 C	100	127	0.17	142	*0	2.15	0.00	0	24.12	1.54	3.33	136	4.7	0.07	0.61
000623 Asian Broccoli - .5 C	.5 C	100	73	0.68	277	*2	4.20	*0.00	0	7.41	2.59	3.40	601	49.0	86.35	0.82
990068 Glazed Carrots - .25 C	.25 C	100	33	0.11	109	*3	0.74	*0.00	0	6.66	1.71	0.57	9290	25.1	3.28	0.20
990378 Fresh Apple Slices - .5 C - IW	1 package	100	28	0.02	1	6	0.09	0.00	0	7.53	1.31	0.14	29	3.3	2.51	0.06
000231 Skim Milk	8 oz	35	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	61	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	0	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

Portion Values

Jan 6, 2020 thru Jan 31, 2020

	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)
990383 Vanilla Soy milk	1 each	4	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			488	2.32	930	*31	11.07	*0.00	57	66.82	7.33	34.73	10555	389.1	94.83	2.43
% of Calories				4.28%		*25.4%	20.4%	*0.0%		54.8%		28.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

	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)
Weighted Averages	622	6	1059	*32	18.96	*0.06	*66	83.07	11.50	33.94	*7470	*535.7	*64.61	*3.94
% of Calories		8.71%		*20.6%	27.4%	*0.1%		53.4%		21.8%				

- *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.



January Breakfast Menu

CEDAR TREE | KINDERGARTEN

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
		1 new years day no school	2 winter break no school	3 winter break no school
6 <ul style="list-style-type: none"> vanilla yogurt whole grain apple oatmeal bar fresh apple slices 	7 <ul style="list-style-type: none"> multi-grain frosted flakes cereal whole wheat graham crackers fresh pear 	8 <ul style="list-style-type: none"> whole grain banana muffin fresh orange wedges 	9 <ul style="list-style-type: none"> whole wheat english muffin sunbutter cup fresh banana 100% grape juice 	10 <ul style="list-style-type: none"> multi-grain cinnamon flakes cereal low fat cheese stick fresh cantaloupe wedge
13 <ul style="list-style-type: none"> strawberry yogurt whole grain blueberry pomegranate oatmeal bar fresh apple slices 	14 <ul style="list-style-type: none"> whole grain cheerios cereal low fat cheese stick fresh pear 	15 <ul style="list-style-type: none"> whole grain apple cinnamon muffin fresh orange wedges 	16 <ul style="list-style-type: none"> whole wheat bagel low fat cream cheese fresh banana 100% grape juice 	17 parent-teacher conferences no school
20 martin luther king, jr. day no school	21 <ul style="list-style-type: none"> raspberry yogurt whole grain strawberry oatmeal bar fresh pear 	22 <ul style="list-style-type: none"> whole grain pineapple carrot bread fresh orange wedges 	23 <ul style="list-style-type: none"> whole wheat english muffin strawberry jelly fresh banana 100% grape juice 	24 <ul style="list-style-type: none"> multi-grain frosted flakes cereal low fat cheese stick fresh cantaloupe wedge
27 records day no school	28 professional development day no school	29 <ul style="list-style-type: none"> whole grain blueberry muffin fresh orange wedges 	30 <ul style="list-style-type: none"> strawberry banana yogurt whole grain blueberry pomegranate oatmeal bar fresh banana 100% grape juice 	31 <ul style="list-style-type: none"> whole grain cheerios cereal whole wheat graham crackers fresh cantaloupe wedge



January Lunch Menu

CEDAR TREE | KINDERGARTEN

What do the colors on the menu mean?

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BLUE = international

ORANGE = Fresh Feature Friday Winner!

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

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HAPPY NEW YEAR!

What is your healthy goal for 2020? Here are a few you can try!

- Choose water as a drink
- Eat more fruits and vegetables
- Get moving! Find a sport or activity, like tag or dancing, and do it a few times a week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 new years day no school	2 winter break no school	3 winter break no school
6 • turkey & cheddar on a whole wheat bun • baby carrots & cucumber coins with house ranch dressing • fresh pear	7 taco tuesday • beef soft tacos with cheese in a whole wheat tortilla • chili black beans • tomato salsa • fresh orange wedges	8 • oven fried chicken drum • whole grain waffles with all natural syrup • braised collard greens • steamed corn • fresh banana	9 • whole wheat mac & cheese • steamed broccoli • cinnamon roasted butternut squash • fresh cantaloupe wedge	10 • roasted turkey with brown gravy • whole grain cornbread muffin • mashed potatoes • sautéed green beans • fresh apple slices
13 • whole grain italian turkey sausage & cheese pizza • side caesar salad with parmesan cream dressing • roasted cauliflower • fresh pear	14 • chicken & cheese quesadilla in a whole wheat tortilla • chili black beans • tomato salsa • fresh orange wedges	15 • beef shepherd's pie with mashed potatoes • whole grain cornbread muffin • steamed broccoli • fresh banana	16 • buffalo chicken drum • whole wheat roll • baby carrots & celery sticks with house ranch dressing • fresh cantaloupe wedge	17 parent-teacher conferences no school
20 martin luther king, jr. day no school	21 • turkey & bean chili with shredded cheese • low fat sour cream • whole grain tortilla chips • romaine salad with diced tomatoes & honey lime dressing • fresh orange wedges	22 • hamburger or cheeseburger on a whole wheat bun • ketchup & mustard • bbq baked beans • savory sautéed kale • fresh banana	23 brunch for lunch • whole grain waffles with all natural syrup • turkey sausage links • hash brown potatoes with peppers & onions • fresh cantaloupe wedge	24 • curried chicken drum • brown rice • steamed carrots • southern cabbage • fresh apple slices
27 records day no school	28 professional development day no school	29 • all beef hot dog on a whole wheat bun • ketchup & mustard • bbq baked beans • sweet potato fries • fresh banana	30 • crispy fish sandwich on a whole wheat bun with tartar sauce • buttered green peas • mashed cauliflower • fresh cantaloupe wedge	31 • teriyaki chicken • brown rice • asian broccoli • glazed carrots • fresh apple slices



January Breakfast Menu

CEDAR TREE | PRE-K

What do the colors on the menu mean?

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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
		1 new years day no school	2 winter break no school	3 winter break no school
6 • vanilla yogurt • fresh apple slices	7 • whole grain rice krispies cereal • chilled pears	8 • whole grain banana muffin • fresh orange wedges	9 • whole wheat english muffin • grape jelly • fresh banana	10 • multi-grain cinnamon flakes cereal • fresh diced cantaloupe
13 • strawberry yogurt • fresh apple slices	14 • whole grain cheerios cereal • chilled pears	15 • whole grain apple cinnamon muffin • fresh orange wedges	16 • whole wheat bagel • low fat cream cheese • fresh banana	17 parent-teacher conferences no school
20 martin luther king, jr. day no school	21 • raspberry yogurt • chilled pears	22 • whole grain pineapple carrot bread • fresh orange wedges	23 • whole wheat english muffin • strawberry jelly • fresh banana	24 • whole grain rice krispies cereal • fresh diced cantaloupe
27 records day no school	28 professional development day no school	29 • whole grain blueberry muffin • fresh orange wedges	30 • strawberry banana yogurt • fresh banana	31 • whole grain cheerios cereal • fresh diced cantaloupe



January Lunch Menu

CEDAR TREE | PRE-K

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

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HAPPY NEW YEAR!

What is your healthy goal for 2020? Here are a few you can try!

- Choose water as a drink
- Eat more fruits and vegetables
- Get moving! Find a sport or activity, like tag or dancing, and do it a few times a week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 new years day no school	2 winter break no school	3 winter break no school
6 • turkey & cheddar on a whole wheat bun • cucumber coins with house ranch dressing • fresh pear	7 taco tuesday • beef soft tacos with cheese in a whole wheat tortilla • tomato salsa • fresh orange wedges	8 • diced crispy chicken tender • whole grain waffles with all natural syrup • steamed corn • fresh banana	9 • whole wheat mac & cheese • steamed broccoli • fresh diced cantaloupe	10 • roasted turkey with brown gravy • whole grain cornbread muffin • mashed potatoes • fresh apple slices
13 • whole grain italian turkey sausage & cheese pizza • side caesar salad with parmesan cream dressing • fresh pear	14 • chicken & cheese quesadilla in a whole wheat tortilla • tomato salsa • fresh orange wedges	15 • beef shepherd's pie with mashed potatoes • whole grain cornbread muffin • fresh banana	16 • diced herb roasted chicken tender • whole wheat roll • carrot coins with house ranch dressing • fresh diced cantaloupe	17 parent-teacher conferences no school
20 martin luther king, jr. day no school	21 • turkey & bean chili with shredded cheese • low fat sour cream • whole grain tortilla chips • romaine salad with honey lime dressing • fresh orange wedges	22 • hamburger or cheeseburger on a whole wheat bun • ketchup & mustard • bbq baked beans • fresh banana	23 brunch for lunch • whole grain waffles with all natural syrup • sliced turkey sausage links • hash brown potatoes • fresh diced cantaloupe	24 • diced curried chicken • brown rice • steamed carrots • fresh apple slices
27 records day no school	28 professional development day no school	29 • sliced all beef hot dog on a whole wheat bun • ketchup & mustard • sweet potato fries • fresh banana	30 • crispy fish sandwich on a whole wheat bun with tartar sauce • mashed cauliflower • fresh diced cantaloupe	31 • teriyaki chicken • brown rice • asian broccoli • fresh apple slices



January Vegetarian Lunch Menu

CEDAR TREE | PRE-K

What do the colors on the menu mean?

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BLUE = international

ORANGE = Fresh Feature Friday Winner!

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

This institution is an equal opportunity provider.



HAPPY NEW YEAR!

What is your healthy goal for 2020? Here are a few you can try!

- Choose water as a drink
- Eat more fruits and vegetables
- Get moving! Find a sport or activity, like tag or dancing, and do it a few times a week

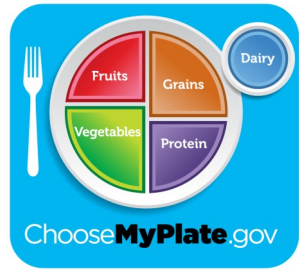
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 new years day no school	2 winter break no school	3 winter break no school
6 • grilled cheese on whole wheat bread • cucumber coins with house ranch dressing • fresh pear	7 taco tuesday • sofritas tofu tacos with cheese in a whole wheat tortilla • tomato salsa • fresh orange wedges	8 • veggie chik'n nuggets • whole grain waffles with all natural syrup • steamed corn • fresh banana	9 • powered up pasta with chickpeas • steamed broccoli • fresh diced cantaloupe	10 • veg out chili • whole grain cornbread muffin • mashed potatoes • fresh apple slices
13 • whole grain flatbread cheese pizza • side caesar salad with parmesan cream dressing • fresh pear	14 • cheese quesadilla in a whole wheat tortilla • tomato salsa • fresh orange wedges	15 • lentil shepherd's pie with mashed potatoes • whole grain cornbread muffin • fresh banana	16 • veggie chik'n nuggets • whole wheat roll • carrot coins with house ranch dressing • fresh diced cantaloupe	17 parent-teacher conferences no school
20 martin luther king, jr. day no school	21 • veg out chili • low fat sour cream • whole grain tortilla chips • romaine salad with honey lime dressing • fresh orange wedges	22 • veggie burger whole wheat bun • ketchup & mustard • bbq baked beans • fresh banana	23 brunch for lunch • whole grain waffles with all natural syrup • veggie breakfast sausage • hash brown potatoes • fresh diced cantaloupe	24 • curried chickpeas • brown rice • steamed carrots • fresh apple slices
27 records day no school	28 professional development day no school	29 • veggie burger on a whole wheat bun • ketchup & mustard • sweet potato fries • fresh banana	30 • grilled cheese on whole wheat bread • mashed cauliflower • fresh diced cantaloupe	31 • super sesame tofu • brown rice • asian broccoli • fresh apple slices



January Snack Menu

CEDAR TREE

This institution is an equal opportunity provider.



Healthy Snacks for Active Students!

Healthy snacks are an important part of your diet. To create a healthy snack, include at least two of the five food groups on MyPlate: grain, protein, fruit, vegetables, and dairy!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 new years day no school	2 winter break no school	3 winter break no school
6 <ul style="list-style-type: none"> whole grain oat & honey goldfish graham chilled pineapple 	7 <ul style="list-style-type: none"> chilled applesauce low fat cheese stick 	8 <ul style="list-style-type: none"> strawberry banana yogurt whole grain graham crackers 	9 <ul style="list-style-type: none"> whole grain cheez-its fresh orange wedges 	10 <ul style="list-style-type: none"> cheddar cheese cubes dried cranberries
13 <ul style="list-style-type: none"> whole grain goldfish chilled pineapple 	14 <ul style="list-style-type: none"> sunbutter cup whole grain animal crackers 	15 <ul style="list-style-type: none"> vanilla yogurt whole grain cinnamon elf grahams 	16 <ul style="list-style-type: none"> whole wheat zesty ranch crackers fresh orange wedges 	17 parent-teacher conferences no school
20 martin luther king, jr. day no school	21 <ul style="list-style-type: none"> chilled applesauce low fat cheese stick 	22 <ul style="list-style-type: none"> strawberry banana yogurt whole grain graham crackers 	23 <ul style="list-style-type: none"> whole grain cheez-its fresh orange wedges 	24 <ul style="list-style-type: none"> cheddar cheese cubes dried cranberries
27 records day no school	28 professional development day no school	29 <ul style="list-style-type: none"> whole grain goldfish chilled pineapple 	30 <ul style="list-style-type: none"> whole wheat zesty ranch crackers fresh orange wedges 	31 <ul style="list-style-type: none"> whole grain apple cinnamon muffin low fat cheese stick