



# August Breakfast Menu

**CEDAR TREE ACADEMY ECE**

What do the colors on the menu mean?

**GREEN** = locally-sourced

**BLUE** = international

**ORANGE** = Fresh Feature Friday Winner!

 = vegetarian entree

All grains served are whole grain rich

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


Menu subject to change based on availability

This institution is an equal opportunity provider

## FRESH FEATURE

We're celebrating summer with seasonal, locally grown fruit! Try fresh local peaches on Tuesdays and watermelon on Wednesdays.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7/31	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28 <ul style="list-style-type: none"> <li>• nonfat yogurt</li> <li>• fresh orange wedges</li> </ul>	29 <ul style="list-style-type: none"> <li>• pumpkin spice bread</li> <li>• <b>fresh peach</b></li> </ul>	30 <ul style="list-style-type: none"> <li>• cinnamon chex cereal</li> <li>• <b>fresh watermelon</b></li> </ul>	31 <ul style="list-style-type: none"> <li>• turkey sausage patty</li> <li>• veggie breakfast sausage patty </li> <li>• whole grain biscuit</li> <li>• <b>fresh apple slices</b></li> </ul>	9/1 <ul style="list-style-type: none"> <li>• buttermilk pancakes</li> <li>• butter</li> <li>• all-natural syrup</li> <li>• fresh cantaloupe</li> </ul>

# Base Menu Spreadsheet

## Portion Values

Aug 21, 2023 thru Sep 1, 2023

**Menu Name:** Private/Charter Breakfast ECE

**Include Cost:** Yes

**Site:**

**Report Style:** Detailed

**Use Alternate Menu Name:** No

### Monday - 08/28/2023

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990703 Nonfat Yogurt	4 oz/1 each	100	90	0.00	55	14	*N/A*	0.00	0.00	0	20.00	0.00	3.00	0	290.0	0.00	0.00	\$0.000
000135 Orange Wedges	.5 C / 3 wedges	100	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09	\$0.000
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10	\$0.000
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07	\$0.000
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08	\$0.630
Weighted Daily Average			231	1.17	169	35	0	1.88	*0.00	10	42.94	2.21	12.14	631	691.4	49.68	0.17	\$0.000
% of Calories				4.56%		60.6%	0%	7.3%	*0.0%		74.4%		21.0%					
Weekly Nutrient Guideline			0 - 0	<0				<=0										

### Tuesday - 08/29/2023

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990034 Pumpkin Spice Bread - 2 oz	2 oz	100	157	0.70	110	*15	*N/A*	4.28	*0.00	14	27.63	1.81	2.66	*2493	*33.3	*0.70	*1.11	\$0.000
000784 Chilled Peaches	.5 C	100	66	0.00	0	13	*N/A*	0.00	0.00	0	15.84	1.32	1.32	*N/A*	11.9	*N/A*	0.00	\$0.000

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Aug 21, 2023 thru Sep 1, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10	\$0.000
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07	\$0.000
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08	\$0.630
Weighted Daily Average			321	1.85	224	*40	*0	6.04	*0.00	24	55.60	3.13	12.25	*2917	*409.8	*1.44	*1.19	\$0.000
% of Calories				5.19%		*49.8%	*0%	16.9%	*0.0%		69.3%		15.3%					
Weekly Nutrient Guideline			0 - 0	<0				<=0										

## Wednesday - 08/30/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000920 Cinnamon Rice Chex Cereal	1 each	100	120	0.00	170	6	*N/A*	2.50	0.00	0	22.00	1.00	1.00	400	80.0	4.80	7.20	\$0.000
000446 Fresh Watermelon	.5 C	100	23	0.01	1	5	*N/A*	0.11	0.00	0	5.74	0.30	0.46	432	5.3	6.16	0.18	\$0.000
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10	\$0.000
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07	\$0.000
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Aug 21, 2023 thru Sep 1, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08	\$0.630
Weighted Daily Average			240	1.16	285	23	0	4.38	*0.00	10	39.86	1.30	9.74	1256	449.9	11.70	7.46	\$0.000
% of Calories				4.35%		38.3%	0%	16.4%	*0.0%		66.4%		16.2%					
Weekly Nutrient Guideline			0 - 0	<0				<=0										

Thursday - 08/31/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001128 Turkey Sausage Patty	1 each	97	60	1.00	90	0	*N/A*	4.00	0.00	30	0.00	0.00	6.00	0	20.0	0.00	0.72	\$0.000
000801 Veggie Breakfast Sausage Patty	1 each	3	70	0.00	250	1	*N/A*	2.50	0.00	0	4.00	1.00	9.00	0	0.0	0.00	1.80	\$0.000
000455 Whole Grain Biscuit	1 each	100	170	5.00	330	2	*N/A*	8.00	0.00	0	22.00	2.00	4.00	0	140.0	0.00	1.20	\$0.000
001084 Cinnamon Applesauce Cup	1 each	100	60	0.00	10	12	*N/A*	0.00	0.00	0	15.00	2.00	0.00	0	0.0	60.00	0.00	\$0.000
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10	\$0.000
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07	\$0.000
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08	\$0.630
Weighted Daily Average			388	7.12	549	26	0	13.72	*0.00	39	49.25	4.03	18.36	424	524.0	60.74	2.03	\$0.000
% of Calories				16.52 %		26.8%	0%	31.8%	*0.0%		50.8%		18.9%					
Weekly Nutrient Guideline			0 - 0	<0				<=0										

# Base Menu Spreadsheet

Portion Values

Aug 21, 2023 thru Sep 1, 2023

Friday - 09/01/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost	
990801	Bakecrafters Buttermilk Pancakes	1 package	100	170	0.50	210	12	*N/A*	3.50	0.00	10	32.00	2.00	4.00	0	50.0	0.00	1.30	\$0.000
000625	All Natural Syrup	1 each	100	35	0.00	5	8	*N/A*	0.00	0.00	0	8.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990424	Cantaloupe	.5 C	100	27	0.04	12	6	*N/A*	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16	\$0.000
000231	Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10	\$0.000
000230	1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07	\$0.000
001160	Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000
990383	Vanilla Soymilk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08	\$0.630
Weighted Daily Average				329	1.69	341	39	0	5.41	*0.00	20	58.49	2.70	12.93	3061	421.6	29.37	1.54	\$0.000
% of Calories					4.62%		47.4%	0%	14.8%	*0.0%		71.1%		15.7%					
Weekly Nutrient Guideline				0 - 0	<0				<=0										

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages	302	3	314	*33	*0	6.29	*0.00	21	49.23	2.67	13.08	*1658	*499.3	*30.59	*2.48	\$0.000
% of Calories		7.75%		*43.7%	*0%	18.7%	*0.0%		65.2%		17.3%					

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	302		0-0					
Saturated Fat	2.60 g	7.75%	<%					
Sodium	314 mg		0			314.00		Correction Required - Sodium too High
Total Sugars	*33 g	*43.7%					Missing Data	

# Base Menu Spreadsheet

## Portion Values

Aug 21, 2023 thru Sep 1, 2023

Added Sugars	*0 g	*0%					Missing Data
Total Fat	6.29 g	18.7%					
Trans Fat	*0.00 g	*0.0%					Missing Data
Cholesterol	21 mg						
Carbohydrate	49.23 g	65.2%					
Fiber	2.67 g						
Protein	13.08 g	17.3%					
Vitamin A	*1658 IU						Missing Data
Calcium	*499.3 mg						Missing Data
Vitamin C	*30.59 mg						Missing Data
Iron	*2.48 mg						Missing Data

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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

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

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



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Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442;
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.



# August Breakfast Menu

CEDAR TREE ACADEMY K-2

What do the colors on the menu mean?

GREEN = locally-sourced

BLUE = international

ORANGE = Fresh Feature Friday Winner!

 = vegetarian entree

All grains served are whole grain rich

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

Menu subject to change based on availability

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## FRESH FEATURE

We're celebrating summer with seasonal, locally grown fruit! Try fresh local peaches on Tuesdays and watermelon on Wednesdays.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7/31	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	9/1

- nonfat yogurt
- whole grain granola
- fresh orange wedges

- cinnamon chex
- whole grain graham crackers
- fresh peach
- 100% orange juice

- turkey sausage patty
- veggie breakfast sausage patty 
- whole grain biscuit
- honey
- fresh watermelon

- strawberries & cream oatmeal
- fresh apple slices

- buttermilk pancakes
- all-natural syrup
- butter
- fresh cantaloupe

- nonfat yogurt
- whole grain granola
- fresh orange wedges

- pumpkin spice bread
- fresh peach
- 100% orange juice

- cinnamon chex cereal
- graham crackers
- fresh watermelon

- turkey sausage patty
- veggie breakfast sausage patty 
- whole grain biscuit
- honey
- fresh apple slices

- buttermilk pancakes
- scrambled eggs
- butter
- all-natural syrup
- fresh cantaloupe





# August Breakfast Menu

**CEDAR TREE ACADEMY ECE**

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## FRESH FEATURE

We're celebrating summer with seasonal, locally grown fruit! Try fresh local peaches on Tuesdays and watermelon on Wednesdays.



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7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	9/1
<ul style="list-style-type: none"> <li>• nonfat yogurt</li> <li>• fresh orange wedges</li> </ul>	<ul style="list-style-type: none"> <li>• pumpkin spice bread</li> <li>• <b>fresh peach</b></li> </ul>	<ul style="list-style-type: none"> <li>• cinnamon chex cereal</li> <li>• <b>fresh watermelon</b></li> </ul>	<ul style="list-style-type: none"> <li>• turkey sausage patty</li> <li>• veggie breakfast sausage patty </li> <li>• whole grain biscuit</li> <li>• <b>fresh apple slices</b></li> </ul>	<ul style="list-style-type: none"> <li>• buttermilk pancakes</li> <li>• butter</li> <li>• all-natural syrup</li> <li>• fresh cantaloupe</li> </ul>



# August Lunch Menu

## CEDAR TREE ACADEMY K-2

What do the colors on the menu mean?

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 = vegetarian entree

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Student's choice of skim or 1% milk

provided at every meal.

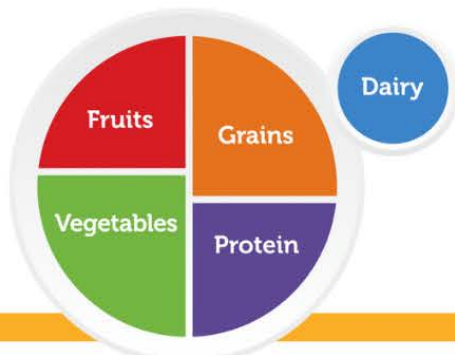
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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21	22	23	24	25
28	29	30	31	9/1

## CREATING A BALANCED MEAL!

For a balanced meal, remember to pick at least 3 of the 5 food groups from my plate!



- 21**
- turkey club sandwich
  - egg salad sandwich 
  - lettuce and tomato
  - cucumber coins
  - mayonnaise
  - mustard
  - fresh peach

- 22**
- teriyaki chicken
  - super sesame tofu 
  - whole grain lo mien
  - sauteed cabbage
  - baby carrots
  - asian dressing
  - fresh watermelon

- 23**
- bbq chicken drum
  - bbq tofu 
  - cornbread muffin
  - baked potato wedges
  - coleslaw
  - ketchup
  - fresh apple

- 24**
- beef burger 
  - veggie burger
  - whole grain bun
  - cheesy broccoli
  - BBQ baked beans
  - pretzel goldfish
  - ketchup & mustard
  - fresh cantaloupe

- 25**
- curried chicken salad sandwich
  - sunbutter & jelly 
  - whole grain bun
  - asian kale slaw
  - baby carrots
  - asian dressing
  - fresh orange wedges

- 28**
- all beef hot dog
  - veggie burger 
  - whole grain bun
  - BBQ baked beans
  - roasted summer squash
  - ketchup & mustard
  - fresh peach

- 29**
- crispy chicken tender
  - veggie chik'n nuggets
  - cornbread muffin
  - roasted cauliflower
  - sweet potato wedges
  - ketchup
  - fresh apple slices

- 30**
- spaghetti and meatballs 
  - tofu bolognese
  - mixed greens salad
  - cucumber coins
  - balsamic dressing
  - fresh apple

- 31**
- beef & cheese nachos
  - black bean nachos 
  - southwest taco corn
  - tomato salsa
  - sour cream
  - fresh cantaloupe

- 9/1**
- sweet chili chicken
  - sweet chili tofu 
  - brown rice
  - glazed carrots
  - steamed broccoli
  - fresh orange wedges



# August Lunch Menu


## CEDAR TREE ACADEMY- DAIRY FREE K-2

What do the colors on the menu mean?

GREEN = locally-sourced

BLUE = international

ORANGE = Fresh Feature Friday Winner!

 = vegetarian entree

All grains served are whole grain rich

**Student's choice of soy milk**

**provided at every meal.**

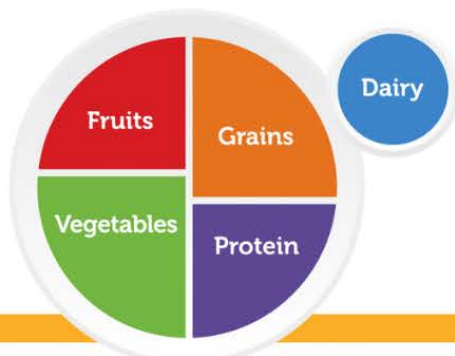
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7/31	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21 <ul style="list-style-type: none"> <li>turkey club sandwich</li> <li>lettuce and tomato</li> <li>cucumber coins</li> <li>mayonnaise</li> <li>mustard</li> <li>fresh peach</li> </ul>	22 <ul style="list-style-type: none"> <li>teriyaki chicken</li> <li>whole grain lo mien</li> <li>sauteed cabbage</li> <li>baby carrots</li> <li>asian dressing</li> <li>fresh watermelon</li> </ul>	23 <ul style="list-style-type: none"> <li>bbq chicken drum</li> <li><b>whole grain roll</b></li> <li>baked potato wedges</li> <li>coleslaw</li> <li>ketchup</li> <li>fresh apple</li> </ul>	24 <ul style="list-style-type: none"> <li>beef burger</li> <li>whole grain bun</li> <li><b>broccoli</b></li> <li>BBQ baked beans</li> <li><b>whole grain roll</b></li> <li>ketchup &amp; mustard</li> <li>fresh cantaloupe</li> </ul>	25 <ul style="list-style-type: none"> <li>curried chicken salad sandwich</li> <li>whole grain bun</li> <li>asian kale slaw</li> <li>baby carrots</li> <li>asian dressing</li> <li>fresh orange wedges</li> </ul>
28 <ul style="list-style-type: none"> <li>all beef hot dog</li> <li>whole grain bun</li> <li>BBQ baked beans</li> <li>roasted summer squash</li> <li>ketchup &amp; mustard</li> <li>fresh peach</li> </ul>	29 <ul style="list-style-type: none"> <li><b>herb roasted chicken</b></li> <li><b>whole grain roll</b></li> <li>roasted cauliflower</li> <li>sweet potato wedges</li> <li>ketchup</li> <li>fresh apple slices</li> </ul>	30 <ul style="list-style-type: none"> <li><b>turkey bolognese</b></li> <li>mixed greens salad</li> <li>cucumber coins</li> <li>balsamic dressing</li> <li>fresh apple</li> </ul>	31 <ul style="list-style-type: none"> <li><b>beef nachos (no cheese)</b></li> <li>southwest taco corn</li> <li>tomato salsa</li> <li>fresh cantaloupe</li> </ul>	9/1 <ul style="list-style-type: none"> <li>sweet chili chicken</li> <li>brown rice</li> <li>glazed carrots</li> <li>steamed broccoli</li> <li>fresh orange wedges</li> </ul>

## CREATING A BALANCED MEAL!

For a balanced meal, remember to pick at least 3 of the 5 food groups from my plate!







# August Lunch Menu


## CEDAR TREE ACADEMY ECE

What do the colors on the menu mean?

GREEN = locally-sourced

BLUE = international

ORANGE = Fresh Feature Friday Winner!

 = vegetarian entree

All grains served are whole grain rich

Student's choice of skim or 1% milk

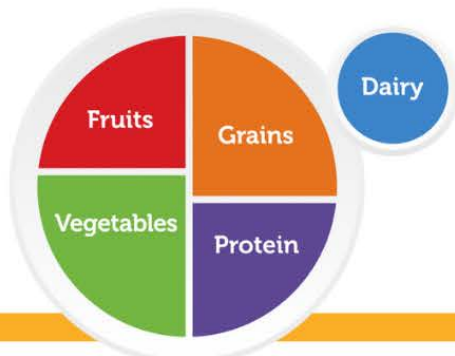
provided at every meal.

Menu subject to change based on availability

This institution is an equal opportunity provider

### CREATING A BALANCED MEAL!

For a balanced meal, remember to pick at least 3 of the 5 food groups from my plate!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7/31	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
<b>28</b> <ul style="list-style-type: none"> <li>all beef hot dog (sliced longways)</li> <li>veggie burger</li> <li>whole grain bun</li> <li>BBQ baked beans</li> <li>ketchup &amp; mustard</li> <li>fresh peach</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>crispy chicken tender</li> <li>veggie chik'n nuggets</li> <li>cornbread muffin</li> <li>sweet potato wedges</li> <li>ketchup</li> <li>fresh apple slices</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>spaghetti and meatballs</li> <li>tofu bolognese</li> <li>cucumber coins</li> <li>balsamic dressing</li> <li>fresh apple</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>beef &amp; cheese nachos</li> <li>black bean nachos</li> <li>tomato salsa</li> <li>sour cream</li> <li>fresh cantaloupe</li> </ul>	<b>9/1</b> <ul style="list-style-type: none"> <li>sweet chili chicken</li> <li>sweet chili tofu</li> <li>brown rice</li> <li>steamed broccoli</li> <li>fresh orange wedges</li> </ul>



# August Snack Menu

## CEDAR TREE ACADEMY

What do the colors on the menu mean?

GREEN = locally-sourced

BLUE = international

ORANGE = Fresh Feature Friday Winner!

 = vegetarian entree

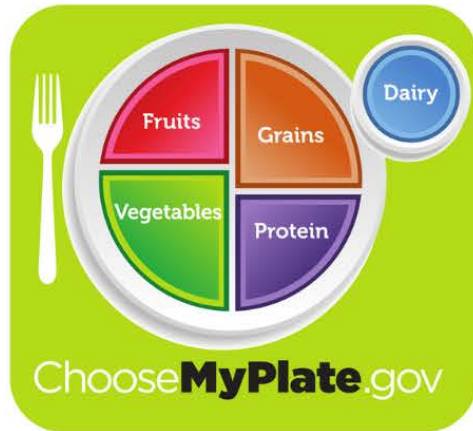
All grains served are whole grain rich

Student's choice of skim or 1% milk

provided at every meal.

Menu subject to change based on availability

This institution is an equal opportunity provider



**Healthy Snacks for Active Students!**  
To create a healthy snack, include at least two of the five food groups on MyPlate: grains, protein, fruits, vegetables, and dairy.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7/31	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21 <ul style="list-style-type: none"> <li>whole grain animal crackers</li> <li>chilled pineapple</li> </ul>	22 <ul style="list-style-type: none"> <li>whole grain cheez-its</li> <li>fresh apple</li> </ul>	23 <ul style="list-style-type: none"> <li>nonfat yogurt</li> <li>granola</li> </ul>	24 <ul style="list-style-type: none"> <li>cheese stick</li> <li>dried cranberries</li> </ul>	25 <ul style="list-style-type: none"> <li>whole grain pretzel goldfish</li> <li>hummus dip</li> </ul>
28 <ul style="list-style-type: none"> <li>cheese stick</li> <li>cucumber coins</li> <li>ranch dressing</li> </ul>	29 <ul style="list-style-type: none"> <li>whole grain cheez-its</li> <li>fresh apple</li> </ul>	30 <ul style="list-style-type: none"> <li>nonfat yogurt</li> <li>cinnamon goldfish grahams</li> </ul>	31 <ul style="list-style-type: none"> <li>whole grain animal crackers</li> <li>chilled pineapple</li> </ul>	9/1 <ul style="list-style-type: none"> <li>whole grain pretzel goldfish</li> <li>cheese stick</li> </ul>

# Base Menu Spreadsheet

## Portion Values

Aug 21, 2023 thru Sep 1, 2023

**Menu Name:** Private/Charter Breakfast K-12

**Include Cost:** Yes

**Site:**

**Report Style:** Detailed

**Use Alternate Menu Name:** No

### Monday - 08/21/2023

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990703 Nonfat Yogurt	4 oz/1 each	100	90	0.00	55	14	*N/A*	0.00	0.00	0	20.00	0.00	3.00	0	290.0	0.00	0.00	\$0.000
990426 Whole Grain Granola	3oz scoop	100	150	0.00	64	10	*N/A*	1.88	0.00	0	32.25	3.00	3.00	0	7.5	0.00	1.12	\$0.000
000135 Orange Wedges	.5 C / 3 wedges	100	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09	\$0.000
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10	\$0.000
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07	\$0.000
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08	\$0.630
Weighted Daily Average			381	1.17	233	46	0	3.75	*0.00	10	75.19	5.21	15.14	631	698.9	49.68	1.30	\$0.000
% of Calories				2.76%		48.3%	0%	8.9%	*0.0%		78.9%		15.9%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=0										

### Tuesday - 08/22/2023

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000920 Cinnamon Rice Chex Cereal	1 each	100	120	0.00	170	6	*N/A*	2.50	0.00	0	22.00	1.00	1.00	400	80.0	4.80	7.20	\$0.000

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Aug 21, 2023 thru Sep 1, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost	
000233	Graham Crackers	1 each	100	90	0.00	95	5	*N/A*	2.50	0.00	0	17.00	1.00	2.00	500	100.0	0.00	0.72	\$0.000
000445	Fresh Peach	1 each	100	58	0.03	0	13	*N/A*	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38	\$0.000
000231	Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10	\$0.000
000230	1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07	\$0.000
001160	Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000
990383	Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08	\$0.630
Weighted Daily Average				366	1.18	379	36	0	7.14	*0.00	10	65.44	4.25	12.64	1813	553.6	15.44	8.38	\$0.000
% of Calories					2.90%		39.3%	0%	17.6%	*0.0%		71.5%		13.8%					
Weekly Nutrient Guideline				450 - 500	<10	540			<=0										

### Wednesday - 08/23/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost	
001128	Turkey Sausage Patty	1 each	95	60	1.00	90	0	*N/A*	4.00	0.00	30	0.00	0.00	6.00	0	20.0	0.00	0.72	\$0.000
000801	Veggie Breakfast Sausage Patty	1 each	5	70	0.00	250	1	*N/A*	2.50	0.00	0	4.00	1.00	9.00	0	0.0	0.00	1.80	\$0.000
000455	Whole Grain Biscuit	1 each	100	170	5.00	330	2	*N/A*	8.00	0.00	0	22.00	2.00	4.00	0	140.0	0.00	1.20	\$0.000
000927	Honey PC	1 each	100	43	0.00	1	11	*N/A*	0.00	*N/A*	0	11.54	0.03	0.04	0	0.8	0.07	0.06	\$0.000
000446	Fresh Watermelon	.5 C	100	23	0.01	1	5	*N/A*	0.11	0.00	0	5.74	0.30	0.46	432	5.3	6.16	0.18	\$0.000
000231	Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10	\$0.000

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Aug 21, 2023 thru Sep 1, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07	\$0.000
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08	\$0.630
Weighted Daily Average			393	7.11	543	31	0	13.81	*0.00	38	51.60	2.38	18.93	856	529.8	6.97	2.30	\$0.000
% of Calories				16.28 %		31.6%	0%	31.6%	*0.0%		52.5%		19.3%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=0										

## Thursday - 08/24/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990804 Strawberries & Cream Oatmeal	0.5 C/4oz scoop	100	166	0.77	92	*17	*N/A*	2.33	*0.00	4	32.31	2.91	5.42	58	117.9	18.21	1.33	\$0.000
001201 Fresh Apple Slices	3 each	100	58	0.03	1	12	*N/A*	0.19	0.00	0	15.40	2.68	0.29	60	6.7	5.13	0.13	\$0.000
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10	\$0.000
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07	\$0.000
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08	\$0.630
Weighted Daily Average			322	1.95	207	*41	*0	4.28	*0.00	14	59.83	5.59	13.99	542	489.2	24.08	1.54	\$0.000
% of Calories				5.45%		*50.9%	*0%	12.0%	*0.0%		74.3%		17.4%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=0										



# Base Menu Spreadsheet

Portion Values

Aug 21, 2023 thru Sep 1, 2023

## Friday - 08/25/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost	
990801	Bakecrafters Buttermilk Pancakes	1 package	100	170	0.50	210	12	*N/A*	3.50	0.00	10	32.00	2.00	4.00	0	50.0	0.00	1.30	\$0.000
000488	Butter PC	1 each	100	36	2.57	32	0	*N/A*	4.06	0.16	11	0.00	0.00	0.04	125	1.2	0.00	0.00	\$0.000
000625	All Natural Syrup	1 each	100	35	0.00	5	8	*N/A*	0.00	0.00	0	8.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990424	Cantaloupe	.5 C	100	27	0.04	12	6	*N/A*	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16	\$0.000
000231	Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10	\$0.000
000230	1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07	\$0.000
001160	Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000
990383	Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08	\$0.630
Weighted Daily Average				365	4.26	374	39	0	9.47	*0.16	31	58.49	2.70	12.97	3186	422.8	29.37	1.55	\$0.000
% of Calories					10.50 %	42.7%	0%	23.4%	*0.4%		64.1%		14.2%						
Weekly Nutrient Guideline				450 - 500	<10	540			<=0										

## Monday - 08/28/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost	
990703	Nonfat Yogurt	4 oz/1 each	95	90	0.00	55	14	*N/A*	0.00	0.00	0	20.00	0.00	3.00	0	290.0	0.00	0.00	\$0.000
990426	Whole Grain Granola	3oz scoop	95	150	0.00	64	10	*N/A*	1.88	0.00	0	32.25	3.00	3.00	0	7.5	0.00	1.12	\$0.000

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Aug 21, 2023 thru Sep 1, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990470 Fresh Orange	1 each	100	86	0.03	0	17	*N/A*	0.22	0.00	0	21.62	4.42	1.73	414	73.6	97.89	0.18	\$0.000
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10	\$0.000
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07	\$0.000
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08	\$0.630
Weighted Daily Average			412	1.18	227	53	0	3.77	*0.00	10	83.38	7.27	15.70	838	720.8	98.63	1.33	\$0.000
% of Calories				2.58%		51.5%	0%	8.2%	*0.0%		81.0%		15.2%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=0										

Tuesday - 08/29/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000672 Pumpkin Spice Bread - 4 oz	4 oz	95	325	1.64	230	*29	*N/A*	9.27	*0.00	55	55.27	3.62	6.27	*4986	*70.8	*1.40	*2.37	\$0.024
000445 Fresh Peach	1 each	100	58	0.03	0	13	*N/A*	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38	\$0.000
000171 100% Orange Juice	4 oz	100	60	0.00	0	*N/A*	*N/A*	0.00	0.00	0	14.00	0.00	1.00	0	10.0	42.00	0.00	\$0.000
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10	\$0.000
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07	\$0.000
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Aug 21, 2023 thru Sep 1, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08	\$0.630
Weighted Daily Average			525	2.74	333	*53	*0	10.95	*0.00	62	92.94	5.69	16.59	*5649	*450.9	*53.97	*2.71	\$0.023
% of Calories				4.70%		*40.4%	*0%	18.8%	*0.0%		70.8%		12.6%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=0										

## Wednesday - 08/30/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000920 Cinnamon Rice Chex Cereal	1 each	95	120	0.00	170	6	*N/A*	2.50	0.00	0	22.00	1.00	1.00	400	80.0	4.80	7.20	\$0.000
000233 Graham Crackers	1 each	95	90	0.00	95	5	*N/A*	2.50	0.00	0	17.00	1.00	2.00	500	100.0	0.00	0.72	\$0.000
000962 Fresh Watermelon	1 C	100	46	0.02	2	9	*N/A*	0.23	0.00	0	11.48	0.61	0.93	865	10.6	12.31	0.36	\$0.000
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10	\$0.000
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07	\$0.000
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08	\$0.630
Weighted Daily Average			343	1.18	367	32	0	6.74	*0.00	10	60.65	2.51	12.05	2143	546.3	17.61	7.97	\$0.000
% of Calories				3.10%		37.3%	0%	17.7%	*0.0%		70.7%		14.1%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=0										

## Thursday - 08/31/2023

Reimbursable Meal Total 100

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Aug 21, 2023 thru Sep 1, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001128 Turkey Sausage Patty	1 each	93	60	1.00	90	0	*N/A*	4.00	0.00	30	0.00	0.00	6.00	0	20.0	0.00	0.72	\$0.000
000801 Veggie Breakfast Sausage Patty	1 each	2	70	0.00	250	1	*N/A*	2.50	0.00	0	4.00	1.00	9.00	0	0.0	0.00	1.80	\$0.000
000455 Whole Grain Biscuit	1 each	95	170	5.00	330	2	*N/A*	8.00	0.00	0	22.00	2.00	4.00	0	140.0	0.00	1.20	\$0.000
000927 Honey PC	1 each	95	43	0.00	1	11	*N/A*	0.00	*N/A*	0	11.54	0.03	0.04	0	0.8	0.07	0.06	\$0.000
000673 Fresh Apple	1 each	100	116	0.06	2	23	*N/A*	0.38	0.00	0	30.80	5.35	0.58	120	13.4	10.26	0.27	\$0.000
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10	\$0.000
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07	\$0.000
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08	\$0.630
Weighted Daily Average			473	6.89	519	48	0	13.52	*0.00	38	74.86	7.30	18.45	544	530.4	11.07	2.25	\$0.000
% of Calories				13.11 %		40.6%	0%	25.7%	*0.0%		63.3%		15.6%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=0										

### Friday - 09/01/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990801 Bakecrafters Buttermilk Pancakes	1 package	95	170	0.50	210	12	*N/A*	3.50	0.00	10	32.00	2.00	4.00	0	50.0	0.00	1.30	\$0.000
000733 Scrambled Eggs	3 oz scoop	95	100	2.13	139	0	*N/A*	6.40	*0.00	242	0.03	0.01	8.54	*0	37.2	*0.00	1.43	\$0.212

# Base Menu Spreadsheet

## Portion Values

Aug 21, 2023 thru Sep 1, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000488 Butter PC	1 each	95	36	2.57	32	0	*N/A*	4.06	0.16	11	0.00	0.00	0.04	125	1.2	0.00	0.00	\$0.000
000625 All Natural Syrup	1 each	95	35	0.00	5	8	*N/A*	0.00	0.00	0	8.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990421 Cantaloupe	1 C	100	53	0.08	25	12	*N/A*	0.30	0.00	0	12.73	1.40	1.31	5276	14.0	57.25	0.33	\$0.000
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10	\$0.000
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07	\$0.000
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08	\$0.630
Weighted Daily Average			474	6.17	506	44	0	15.32	*0.16	259	62.88	3.31	21.53	*5818	462.6	*57.99	3.00	\$0.201
% of Calories				11.72 %		37.1%	0%	29.1%	*0.3%		53.1%		18.2%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=0										

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages	405	3	369	*42	*0	8.88	*0.03	48	68.53	4.62	15.80	*2202	*540.5	*36.48	*3.23	\$0.022
% of Calories		7.51%		*41.5%	*0%	19.7%	*0.1%		67.7%		15.6%					

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - denotes required nutrient values  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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



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- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442;
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.



# August Lunch Menu


## CEDAR TREE ACADEMY ECE

What do the colors on the menu mean?

GREEN = locally-sourced

BLUE = international

ORANGE = Fresh Feature Friday Winner!

 = vegetarian entree

All grains served are whole grain rich

Student's choice of skim or 1% milk

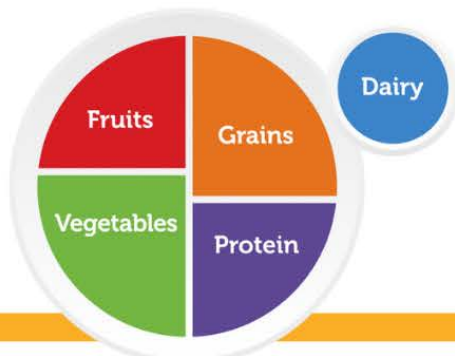
provided at every meal.

Menu subject to change based on availability

This institution is an equal opportunity provider

## CREATING A BALANCED MEAL!

For a balanced meal, remember to pick at least 3 of the 5 food groups from my plate!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7/31	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
<b>28</b> <ul style="list-style-type: none"> <li>all beef hot dog (sliced longways)</li> <li>veggie burger</li> <li>whole grain bun</li> <li>BBQ baked beans</li> <li>ketchup &amp; mustard</li> <li>fresh peach</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>crispy chicken tender</li> <li>veggie chik'n nuggets</li> <li>cornbread muffin</li> <li>sweet potato wedges</li> <li>ketchup</li> <li>fresh apple slices</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>spaghetti and meatballs</li> <li>tofu bolognese</li> <li>cucumber coins</li> <li>balsamic dressing</li> <li>fresh apple</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>beef &amp; cheese nachos</li> <li>black bean nachos</li> <li>tomato salsa</li> <li>sour cream</li> <li>fresh cantaloupe</li> </ul>	<b>9/1</b> <ul style="list-style-type: none"> <li>sweet chili chicken</li> <li>sweet chili tofu</li> <li>brown rice</li> <li>steamed broccoli</li> <li>fresh orange wedges</li> </ul>

# Base Menu Spreadsheet

## Portion Values

Aug 21, 2023 thru Sep 1, 2023

**Menu Name:** Private/Charter Lunch ECE      **Include Cost:** Yes  
**Site:**      **Report Style:** Detailed  
**Use Alternate Menu Name:** No

### Monday - 08/28/2023      Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000240 All Beef Hot Dog on a WW Bun	1 each	95	320	7.00	710	4	*N/A*	17.50	0.00	35	30.00	4.00	11.00	0	40.0	1.20	2.16	\$0.000
000409 Veggie Burger on WW Bun	1 each	5	256	0.68	548	5	*N/A*	5.42	0.00	0	46.77	10.15	16.25	0	74.7	0.00	3.42	\$0.000
001176 BBQ Baked Beans	3oz scoop	100	136	0.58	101	4	*N/A*	4.02	*0.00	0	20.37	3.70	5.52	*278	*54.9	*0.25	*2.04	\$0.014
000556 Ketchup	1 each	100	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
000557 Mustard	1 each	100	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
000784 Chilled Peaches	.5 C	100	66	0.00	0	13	*N/A*	0.00	0.00	0	15.84	1.32	1.32	*N/A*	11.9	*N/A*	0.00	\$0.000
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10	\$0.000
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07	\$0.000
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08	\$0.630
Weighted Daily Average			637	8.42	1088	*34	*0	22.68	*0.00	43	81.17	9.32	26.37	*701	*473.1	*2.13	*4.34	\$0.014
% of Calories				11.90 %		*21.4%	*0%	32.0%	*0.0%		51.0%		16.6%					
Weekly Nutrient Guideline			0 - 0	<0				<=0										

### Tuesday - 08/29/2023      Reimbursable Meal Total 100



**Base Menu Spreadsheet**

Portion Values

Aug 21, 2023 thru Sep 1, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990392 Diced Crispy Chicken Tenders	3 oz	95	118	0.19	199	1	*N/A*	0.77	*0.00	49	7.23	0.68	20.38	278	31.4	2.61	1.10	\$0.316
990376 Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25	\$0.000
000850 WG Cornbread Muffin - Small	1 each	100	150	0.50	90	9	*N/A*	5.00	0.00	15	23.00	1.00	3.00	0	20.0	0.00	0.72	\$0.000
990840 Sweet Potato Wedges	2oz scoop	100	54	0.17	74	2	*N/A*	1.16	*0.00	0	10.19	1.54	0.82	*7113	*15.4	*1.21	*0.33	\$0.000
000556 Ketchup	1 each	100	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
000446 Fresh Watermelon	.5 C	100	23	0.01	1	5	*N/A*	0.11	0.00	0	5.74	0.30	0.46	432	5.3	6.16	0.18	\$0.000
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10	\$0.000
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07	\$0.000
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08	\$0.630
Weighted Daily Average			458	2.08	590	30	0	9.27	*0.00	71	61.04	3.74	32.66	*8232	*437.7	*10.58	*2.46	\$0.300
% of Calories				4.09%		26.2%	0%	18.2%	*0.0%		53.3%		28.5%					
Weekly Nutrient Guideline			0 - 0	<0				<=0										

**Wednesday - 08/30/2023**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000913 Turkey Meatballs & Sauce	4 each	95	148	1.10	493	4	*N/A*	5.69	*0.00	45	11.15	0.94	14.46	*88	*39.2	*3.99	*1.42	\$0.004
990301 Whole Grain Spaghetti	.5 C	95	114	0.39	101	0	*N/A*	2.62	*0.00	0	20.13	2.63	3.92	*0	*15.4	*0.00	*0.97	\$0.000

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Aug 21, 2023 thru Sep 1, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001045 Tofu Bolognese	1 C	5	176	1.23	175	*6	*N/A*	6.80	*0.00	0	16.73	1.98	13.77	*135	*264.9	*2.85	*2.45	\$0.000
001093 Cucumber Coins	.25 C	100	5	0.01	1	1	*N/A*	0.04	0.00	0	1.33	0.18	0.24	38	5.9	1.02	0.10	\$0.000
000109 Balsamic Dressing	1 oz	100	87	1.20	52	*0	*N/A*	8.68	*0.00	0	2.08	0.08	0.10	0	3.5	0.00	0.06	\$0.000
001084 Cinnamon Applesauce Cup	1 each	100	60	0.00	10	12	*N/A*	0.00	0.00	0	15.00	2.00	0.00	0	0.0	60.00	0.00	\$0.000
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10	\$0.000
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07	\$0.000
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08	\$0.630
Weighted Daily Average			508	3.84	750	*30	*0	18.71	*0.00	53	61.09	5.75	26.76	*552	*439.0	*65.70	*2.64	\$0.004
% of Calories				6.80%		*23.6%	*0%	33.1%	*0.0%		48.1%		21.1%					
Weekly Nutrient Guideline			0 - 0	<0				<=0										

Thursday - 08/31/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990785 Beef and Cheese Nachos ECE	see recipe	95	400	10.97	575	3	*N/A*	24.08	*0.36	76	24.08	*2.48	23.37	*1112	*267.6	*16.01	*1.89	\$0.084
990786 Bean and Cheese Nachos ECE	See recipe	5	355	8.79	599	3	*N/A*	18.53	*0.00	40	33.39	*6.35	15.70	*281	*277.5	*2.63	*1.42	\$0.084
001099 Tomato Salsa	2oz scoop	100	17	0.03	53	*2	*N/A*	0.19	*0.00	0	3.59	1.05	0.77	580	9.4	12.90	0.26	\$0.001
990351 Low Fat Sour Cream	1 oz	100	40	1.90	20	0	*N/A*	3.05	0.00	10	2.04	0.00	1.01	94	40.5	0.26	0.02	\$0.000

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Aug 21, 2023 thru Sep 1, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost	
990424	Cantaloupe	.5 C	100	27	0.04	12	6	*N/A*	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16	\$0.000
000231	Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10	\$0.000
000230	1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07	\$0.000
001160	Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000
990383	Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08	\$0.630
Weighted Daily Average				578	13.98	776	*23	*0	28.96	*0.34	95	48.67	*4.43	33.69	*4807	*689.6	*57.87	*2.39	\$0.085
% of Calories					21.77 %		*15.9%	*0%	45.1%	*0.5%		33.7%		23.3%					
Weekly Nutrient Guideline				0 - 0	<0				<=0										

## Friday - 09/01/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost	
000668	Sweet Chili Chicken	3 oz scoop	95	188	0.64	697	16	*N/A*	4.49	*0.00	48	18.63	0.22	18.88	*0	*2.4	*2.70	*0.63	\$0.313
990760	Sweet Chili Tofu	.5 C	5	99	0.42	592	16	*N/A*	2.78	*0.00	0	18.37	0.23	1.26	*45	*27.1	*0.21	*0.32	\$0.000
990356	Brown Rice	.5 C	100	124	0.18	101	*0	*N/A*	2.19	*0.00	0	23.22	1.49	3.21	*142	*4.8	*0.08	*0.59	\$0.001
001095	Steamed Broccoli	.25 C	100	31	0.28	63	1	*N/A*	1.80	*0.00	0	3.20	1.26	1.36	301	22.7	43.05	0.36	\$2.200
000135	Orange Wedges	.5 C / 3 wedges	100	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09	\$0.000
000231	Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10	\$0.000
000230	1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07	\$0.000

# Base Menu Spreadsheet

## Portion Values

Aug 21, 2023 thru Sep 1, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08	\$0.630
Weighted Daily Average			479	2.25	968	*38	*0	10.27	*0.00	56	67.97	5.18	31.71	*1076	*432.5	*95.38	*1.74	\$2.498
% of Calories				4.23%		*31.7%	*0%	19.3%	*0.0%		56.8%		26.5%					
Weekly Nutrient Guideline			0 - 0	<0				<=0										

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages	532	6	834	*31	*0	17.98	*0.07	64	63.99	*5.68	30.24	*3074	*494.4	*46.33	*2.71	\$0.580
% of Calories		10.34%		*23.3%	*0%	30.4%	*0.1%		48.1%		22.7%					

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	532		0-0					
Saturated Fat	6.11 g	10.34%	<0					
Sodium	834 mg		0			834.00		Correction Required - Sodium too High
Total Sugars	*31 g	*23.3%					Missing Data	
Added Sugars	*0 g	*0%					Missing Data	
Total Fat	17.98 g	30.4%						
Trans Fat	*0.07 g	*0.1%					Missing Data	
Cholesterol	64 mg							
Carbohydrate	63.99 g	48.1%						
Fiber	*5.68 g						Missing Data	
Protein	30.24 g	22.7%						
Vitamin A	*3074 IU						Missing Data	
Calcium	*494.4 mg						Missing Data	
Vitamin C	*46.33 mg						Missing Data	

# Base Menu Spreadsheet

## Portion Values

Aug 21, 2023 thru Sep 1, 2023

Iron	*2.71 mg						Missing Data	
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*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data*

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

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

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



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442;
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.



# August Lunch Menu

## CEDAR TREE ACADEMY K-2

What do the colors on the menu mean?

GREEN = locally-sourced

BLUE = international

ORANGE = Fresh Feature Friday Winner!

= vegetarian entree

All grains served are whole grain rich

Student's choice of skim or 1% milk

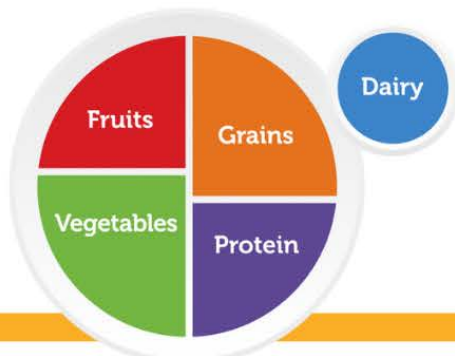
provided at every meal.

Menu subject to change based on availability

This institution is an equal opportunity provider

### CREATING A BALANCED MEAL!

For a balanced meal, remember to pick at least 3 of the 5 food groups from my plate!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7/31	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	9/1

- 21**
- turkey club sandwich
  - egg salad sandwich
  - lettuce and tomato
  - cucumber coins
  - mayonnaise
  - mustard
  - fresh peach

- 22**
- teriyaki chicken
  - super sesame tofu
  - whole grain lo mien
  - sauteed cabbage
  - baby carrots
  - asian dressing
  - fresh watermelon

- 23**
- bbq chicken drum
  - bbq tofu
  - cornbread muffin
  - baked potato wedges
  - coleslaw
  - ketchup
  - fresh apple

- 24**
- beef burger
  - veggie burger
  - whole grain bun
  - cheesy broccoli
  - BBQ baked beans
  - pretzel goldfish
  - ketchup & mustard
  - fresh cantaloupe

- 25**
- curried chicken salad sandwich
  - sunbutter & jelly
  - whole grain bun
  - asian kale slaw
  - baby carrots
  - asian dressing
  - fresh orange wedges

- 28**
- all beef hot dog
  - veggie burger
  - whole grain bun
  - BBQ baked beans
  - roasted summer squash
  - ketchup & mustard
  - fresh peach

- 29**
- crispy chicken tender
  - veggie chik'n nuggets
  - cornbread muffin
  - roasted cauliflower
  - sweet potato wedges
  - ketchup
  - fresh apple slices

- 30**
- spaghetti and meatballs
  - tofu bolognese
  - mixed greens salad
  - cucumber coins
  - balsamic dressing
  - fresh apple

- 31**
- beef & cheese nachos
  - black bean nachos
  - southwest taco corn
  - tomato salsa
  - sour cream
  - fresh cantaloupe

- 9/1**
- sweet chili chicken
  - sweet chili tofu
  - brown rice
  - glazed carrots
  - steamed broccoli
  - fresh orange wedges

# Base Menu Spreadsheet

## Portion Values

Aug 21, 2023 thru Sep 1, 2023

Menu Name: Private/Charter Lunch K-8

Include Cost: Yes

Site:

Report Style: Detailed

Use Alternate Menu Name: No

### Monday - 08/21/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000607 Turkey Club on WW Bread w/ Let, Tom	1 each	95	309	0.76	841	*1	*N/A*	9.91	0.00	49	33.49	4.62	25.08	1482	127.4	4.15	3.15	\$0.371
000767 Egg Salad on WW Bread	1 each	5	264	1.97	533	*1	*N/A*	9.67	*0.00	186	33.79	4.26	12.49	374	151.6	0.31	2.14	\$0.003
000982 Lettuce & Tomato	.25 C	5	7	0.01	2	1	*N/A*	0.10	0.00	0	1.49	0.62	0.41	1478	7.4	4.15	0.21	\$0.000
000652 Light Mayonnaise	1 each	100	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
000557 Mustard	1 each	100	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
000033 Cucumber Coins	.5 C	100	11	0.03	1	1	*N/A*	0.08	0.00	0	2.66	0.37	0.48	77	11.7	2.05	0.20	\$0.000
000372 House Ranch Dressing	1 oz	100	37	1.00	111	1	*N/A*	2.58	*0.00	4	2.72	0.06	0.78	81	28.9	1.02	0.06	\$0.003
000445 Fresh Peach	1 each	100	58	0.03	0	13	*N/A*	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38	\$0.000
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10	\$0.000
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07	\$0.000
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000



# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Aug 21, 2023 thru Sep 1, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08	\$0.630
Weighted Daily Average			551	3.03	1233	*29	*0	17.71	*0.00	70	65.40	7.30	35.37	2570	543.2	17.88	3.83	\$0.356
% of Calories				4.95%		*21.1%	*0%	28.9%	*0.0%		47.5%		25.7%					
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0										

Tuesday - 08/22/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990339 Teriyaki Chicken	3 oz scoop	95	13	0.03	30	1	*N/A*	0.23	*0.00	5	0.87	0.01	1.91	*1	*0.4	*0.26	*0.06	\$0.031
000726 Super Sesame Tofu	.5 C	5	128	1.33	430	1	*N/A*	7.57	*0.00	0	4.93	1.41	12.44	*79	*259.1	*1.44	*2.27	\$0.038
990437 Whole Grain Lo Mein	.5 C	100	138	0.55	181	2	*N/A*	3.76	*0.00	0	23.24	2.71	4.40	*11	*19.1	*0.11	*1.08	\$0.000
990081 Sauteed Cabbage	.25 C	100	18	0.13	75	1	*N/A*	0.85	*0.00	0	2.61	0.92	0.50	53	14.5	12.37	0.18	\$0.001
000151 Baby Carrots	.5 C	100	25	0.01	55	*N/A*	*N/A*	0.08	0.00	0	5.73	2.03	0.44	9694	22.3	1.86	0.63	\$0.000
000559 Asian Dressing	1 oz	100	70	0.49	300	3	*N/A*	5.60	*0.02	0	4.56	0.09	0.68	3	2.7	0.99	0.14	\$0.010
000446 Fresh Watermelon	.5 C	100	23	0.01	1	5	*N/A*	0.11	0.00	0	5.74	0.30	0.46	432	5.3	6.16	0.18	\$0.000
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10	\$0.000
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07	\$0.000
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Aug 21, 2023 thru Sep 1, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08	\$0.630
Weighted Daily Average			391	2.45	774	*25	*0	12.76	*0.02	15	55.08	6.14	17.21	*10621	*442.0	*22.56	*2.47	\$0.043
% of Calories				5.64%		*25.6%	*0%	29.4%	*0.0%		56.3%		17.6%					
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0										

### Wednesday - 08/23/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990635 BBQ Chicken Drum - Smokehouse BBQ Sauce	1 each	95	246	2.84	402	13	*N/A*	10.61	0.05	106	14.13	0.00	20.85	*53	11.2	*0.00	0.98	\$0.000
000727 BBQ Tofu Bites	.5 C	5	205	1.02	543	22	*N/A*	5.53	*0.00	0	27.98	1.72	11.81	*342	263.9	*0.46	2.59	\$0.004
000851 WG Cornbread Muffin - Large	1 each	100	240	1.00	150	15	*N/A*	8.00	0.00	25	38.00	2.00	4.00	100	40.0	0.00	1.08	\$0.000
990837 Baked Potato Wedges	4oz scoop	100	78	0.35	104	*0	*N/A*	2.38	*0.00	0	12.36	2.54	2.55	*137	*30.7	*10.74	*3.13	\$0.002
001090 Coleslaw	.25 C	100	45	0.48	93	3	*N/A*	2.42	*0.00	1	5.41	1.38	0.76	1526	25.6	17.05	0.27	\$0.000
000556 Ketchup	1 each	100	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
000673 Fresh Apple	1 each	100	116	0.06	2	23	*N/A*	0.38	0.00	0	30.80	5.35	0.58	120	13.4	10.26	0.27	\$0.000
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10	\$0.000
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07	\$0.000
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Aug 21, 2023 thru Sep 1, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)	Cost
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08	\$0.630
Weighted Daily Average			830	5.80	972	*67	*0	25.30	*0.05	137	115.51	11.36	36.55	*2374	*498.2	*38.81	*5.89	\$0.003
% of Calories				6.29%		*32.3%	*0%	27.4%	*0.1%		55.7%		17.6%					
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0										

Thursday - 08/24/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)	Cost
000235 Beef Burger on WW Bun	1 each	95	265	2.63	279	3	*N/A*	8.70	0.21	50	29.53	4.15	20.91	107	29.2	0.06	3.05	\$0.001
000409 Veggie Burger on WW Bun	1 each	5	256	0.68	548	5	*N/A*	5.42	0.00	0	46.77	10.15	16.25	0	74.7	0.00	3.42	\$0.000
990788 Pretzel Goldfish	1 bag	100	90	0.00	200	0	*N/A*	1.50	0.00	0	16.00	1.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
001149 Cheesy Broccoli	.25 C	100	43	1.77	113	1	*N/A*	2.72	*0.00	9	2.60	0.90	2.99	301	74.0	30.75	0.26	\$1.572
000475 BBQ Baked Beans	5oz scoop	100	221	0.66	103	5	*N/A*	4.39	*0.00	0	36.16	6.88	10.62	*410	*88.1	*0.48	*3.73	\$0.014
000556 Ketchup	1 each	100	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
000557 Mustard	1 each	100	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990424 Cantaloupe	.5 C	100	27	0.04	12	6	*N/A*	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16	\$0.000
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10	\$0.000
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07	\$0.000
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Aug 21, 2023 thru Sep 1, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08	\$0.630
Weighted Daily Average			764	6.16	1006	*27	*0	19.06	*0.20	66	105.64	13.94	45.22	*3875	*565.2	*60.66	*7.30	\$1.587
% of Calories				7.26%		*14.1%	*0%	22.5%	*0.2%		55.3%		23.7%					
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0										

Friday - 08/25/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000756 Curried Chicken Salad on Bun	1 each	95	242	0.26	360	5	*N/A*	3.36	*0.00	49	32.19	4.69	25.38	788	44.4	3.54	2.16	\$0.328
000776 Sunbutter & Jelly Sandwich	1 each	5	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01	\$0.000
001083 Baby Carrots	.25 C	100	12	0.01	27	*N/A*	*N/A*	0.04	0.00	0	2.87	1.02	0.22	4848	11.2	0.93	0.32	\$0.000
000994 Asian Kale Slaw	1 C	100	95	1.04	144	3	*N/A*	7.61	*0.00	0	6.05	2.84	2.11	4686	141.1	55.31	1.06	\$0.042
000559 Asian Dressing	1 oz	100	70	0.49	300	3	*N/A*	5.60	*0.02	0	4.56	0.09	0.68	3	2.7	0.99	0.14	\$0.010
000135 Orange Wedges	.5 C / 3 wedges	100	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09	\$0.000
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10	\$0.000
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07	\$0.000
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Aug 21, 2023 thru Sep 1, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08	\$0.630
Weighted Daily Average			577	3.09	951	*32	*0	20.14	*0.02	56	69.77	10.98	37.11	10917	606.5	110.29	3.94	\$0.364
% of Calories				4.82%		*22.2%	*0%	31.4%	*0.0%		48.4%		25.7%					
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0										

## Monday - 08/28/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000240 All Beef Hot Dog on a WW Bun	1 each	91	320	7.00	710	4	*N/A*	17.50	0.00	35	30.00	4.00	11.00	0	40.0	1.20	2.16	\$0.000
000409 Veggie Burger on WW Bun	1 each	5	256	0.68	548	5	*N/A*	5.42	0.00	0	46.77	10.15	16.25	0	74.7	0.00	3.42	\$0.000
000475 BBQ Baked Beans	5oz scoop	100	221	0.66	103	5	*N/A*	4.39	*0.00	0	36.16	6.88	10.62	*410	*88.1	*0.48	*3.73	\$0.014
990203 Roasted Summer Squash	.25 C	100	19	0.20	49	1	*N/A*	1.26	*0.00	0	1.76	0.50	0.54	*85	*9.4	*9.18	*0.20	\$0.001
000556 Ketchup	1 each	100	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
000557 Mustard	1 each	100	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
000445 Fresh Peach	1 each	100	58	0.03	0	13	*N/A*	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38	\$0.000
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10	\$0.000
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07	\$0.000
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Aug 21, 2023 thru Sep 1, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08	\$0.630
Weighted Daily Average			720	8.45	1111	*35	*0	23.99	*0.00	42	95.99	13.78	31.62	*1408	*511.2	*21.40	*6.53	\$0.015
% of Calories				10.56 %		*19.4%	*0%	30.0%	*0.0%		53.3%		17.6%					
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0										

Tuesday - 08/29/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000543 Crispy Chicken Tender	1 each	91	137	0.24	283	1	*N/A*	0.87	*0.00	49	11.00	0.82	20.98	141	38.9	2.66	1.26	\$0.316
990376 Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25	\$0.000
000850 WG Cornbread Muffin - Small	1 each	100	150	0.50	90	9	*N/A*	5.00	0.00	15	23.00	1.00	3.00	0	20.0	0.00	0.72	\$0.000
990839 Sweet Potato Wedges	4oz scoop	100	108	0.34	149	4	*N/A*	2.31	*0.00	0	20.37	3.08	1.63	*14225	*30.9	*2.42	*0.66	\$0.001
001145 Roasted Cauliflower	2oz scoop	100	24	0.23	62	1	*N/A*	1.27	*0.00	0	2.68	1.05	1.02	*0	*11.6	*24.84	*0.23	\$0.001
000556 Ketchup	1 each	100	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
000446 Fresh Watermelon	.5 C	100	23	0.01	1	5	*N/A*	0.11	0.00	0	5.74	0.30	0.46	432	5.3	6.16	0.18	\$0.000
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10	\$0.000
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07	\$0.000
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Aug 21, 2023 thru Sep 1, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08	\$0.630
Weighted Daily Average			548	2.51	795	33	0	11.75	*0.00	69	77.06	6.43	34.23	*15210	*470.3	*36.58	*3.13	\$0.289
% of Calories				4.12%		24.1%	0%	19.3%	*0.0%		56.2%		25.0%					
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0										

### Wednesday - 08/30/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990303 Whole Grain Spaghetti	1 C	100	228	0.78	201	1	*N/A*	5.23	*0.00	0	40.27	5.27	7.85	*0	*30.8	*0.00	*1.95	\$0.000
000913 Turkey Meatballs & Sauce	4 each	91	148	1.10	493	4	*N/A*	5.69	*0.00	45	11.15	0.94	14.46	*88	*39.2	*3.99	*1.42	\$0.004
001045 Tofu Bolognese	1 C	5	176	1.23	175	*6	*N/A*	6.80	*0.00	0	16.73	1.98	13.77	*135	*264.9	*2.85	*2.45	\$0.000
000468 Mixed Greens Salad	8oz scoop	100	14	0.03	24	1	*N/A*	0.20	0.00	0	2.69	1.67	1.27	786	40.1	8.45	0.97	\$0.000
001093 Cucumber Coins	.25 C	100	5	0.01	1	1	*N/A*	0.04	0.00	0	1.33	0.18	0.24	38	5.9	1.02	0.10	\$0.000
000109 Balsamic Dressing	1 oz	100	87	1.20	52	*0	*N/A*	8.68	*0.00	0	2.08	0.08	0.10	0	3.5	0.00	0.06	\$0.000
000673 Fresh Apple	1 each	100	116	0.06	2	23	*N/A*	0.38	0.00	0	30.80	5.35	0.58	120	13.4	10.26	0.27	\$0.000
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10	\$0.000
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07	\$0.000
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Aug 21, 2023 thru Sep 1, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08	\$0.630
Weighted Daily Average			692	4.30	852	*42	*0	21.81	*0.00	51	100.28	13.51	32.16	*1455	*507.1	*24.25	*4.84	\$0.004
% of Calories				5.59%		*24.3%	*0%	28.4%	*0.0%		58.0%		18.6%					
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0										

### Thursday - 08/31/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990727 Beef and Cheese Nachos K-8	see recipe	91	454	11.36	619	3	*N/A*	26.39	*0.36	76	31.76	*3.25	24.14	*1112	*275.2	*16.01	*1.89	\$0.126
990726 Bean and Cheese Nachos K-8	See recipe	5	546	9.66	609	*3	*N/A*	23.86	*0.00	40	62.56	*10.87	23.58	*838	*331.1	*13.28	*3.07	\$0.128
000922 Southwest Taco Corn	4oz scoop	100	113	0.56	247	*2	*N/A*	3.89	*0.00	0	19.81	2.52	3.04	*448	*15.3	*13.46	*0.70	\$0.034
001099 Tomato Salsa	2oz scoop	100	17	0.03	53	*2	*N/A*	0.19	*0.00	0	3.59	1.05	0.77	580	9.4	12.90	0.26	\$0.001
990351 Low Fat Sour Cream	1 oz	100	40	1.90	20	0	*N/A*	3.05	0.00	10	2.04	0.00	1.01	94	40.5	0.26	0.02	\$0.000
990424 Cantaloupe	.5 C	100	27	0.04	12	6	*N/A*	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16	\$0.000
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10	\$0.000
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07	\$0.000
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000



# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Aug 21, 2023 thru Sep 1, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08	\$0.630
Weighted Daily Average			734	14.49	1040	*26	*0	34.24	*0.33	91	75.96	*7.77	36.88	*5238	*703.8	*71.22	*3.10	\$0.156
% of Calories				17.77 %		*14.2%	*0%	42.0%	*0.4%		41.4%		20.1%					
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0										

## Friday - 09/01/2023

## Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000668 Sweet Chili Chicken	3 oz scoop	91	188	0.64	697	16	*N/A*	4.49	*0.00	48	18.63	0.22	18.88	*0	*2.4	*2.70	*0.63	\$0.313
990760 Sweet Chili Tofu	.5 C	5	99	0.42	592	16	*N/A*	2.78	*0.00	0	18.37	0.23	1.26	*45	*27.1	*0.21	*0.32	\$0.000
990356 Brown Rice	.5 C	100	124	0.18	101	*0	*N/A*	2.19	*0.00	0	23.22	1.49	3.21	*142	*4.8	*0.08	*0.59	\$0.001
001095 Steamed Broccoli	.25 C	100	31	0.28	63	1	*N/A*	1.80	*0.00	0	3.20	1.26	1.36	301	22.7	43.05	0.36	\$2.200
000023 Glazed Carrots	.5 C	100	67	0.21	171	7	*N/A*	1.51	*0.00	0	13.31	3.41	1.14	*18565	*50.1	*6.56	*0.39	\$0.000
000135 Orange Wedges	.5 C / 3 wedges	99	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09	\$0.000
001063 Mandarin Oranges**	.5 C	1	36	0.00	4	8	*N/A*	0.04	0.00	0	8.89	1.15	0.71	1240	11.5	32.05	0.26	\$0.000
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10	\$0.000
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07	\$0.000
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000

# Base Menu Spreadsheet

## Portion Values

Aug 21, 2023 thru Sep 1, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08	\$0.630
Weighted Daily Average			539	2.43	1112	*45	*0	11.60	*0.00	54	80.52	8.57	32.09	*19651	*482.2	*101.67	*2.11	\$2.485
% of Calories				4.06%		*33.4%	*0%	19.4%	*0.0%		59.8%		23.8%					
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0										

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages	635	5	985	*36	*0	19.84	*0.06	65	84.12	*9.98	33.84	*7332	*533.0	*50.53	*4.31	\$0.530
% of Calories		7.47%		*22.7%	*0%	28.1%	*0.1%		53.0%		21.3%					

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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

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

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



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- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442;
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.



# August Snack Menu

## CEDAR TREE ACADEMY

What do the colors on the menu mean?

GREEN = locally-sourced

BLUE = international

ORANGE = Fresh Feature Friday Winner!

 = vegetarian entree

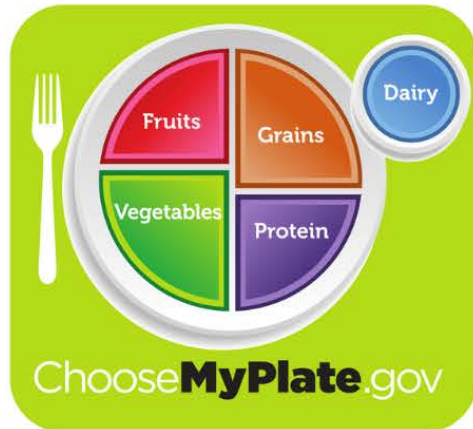
All grains served are whole grain rich

Student's choice of skim or 1% milk

provided at every meal.

Menu subject to change based on availability

This institution is an equal opportunity provider



**Healthy Snacks for Active Students!**  
To create a healthy snack, include at least two of the five food groups on MyPlate: grains, protein, fruits, vegetables, and dairy.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7/31	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21 <ul style="list-style-type: none"> <li>whole grain animal crackers</li> <li>chilled pineapple</li> </ul>	22 <ul style="list-style-type: none"> <li>whole grain cheez-its</li> <li>fresh apple</li> </ul>	23 <ul style="list-style-type: none"> <li>nonfat yogurt</li> <li>granola</li> </ul>	24 <ul style="list-style-type: none"> <li>cheese stick</li> <li>dried cranberries</li> </ul>	25 <ul style="list-style-type: none"> <li>whole grain pretzel goldfish</li> <li>hummus dip</li> </ul>
28 <ul style="list-style-type: none"> <li>cheese stick</li> <li>cucumber coins</li> <li>ranch dressing</li> </ul>	29 <ul style="list-style-type: none"> <li>whole grain cheez-its</li> <li>fresh apple</li> </ul>	30 <ul style="list-style-type: none"> <li>nonfat yogurt</li> <li>cinnamon goldfish grahams</li> </ul>	31 <ul style="list-style-type: none"> <li>whole grain animal crackers</li> <li>chilled pineapple</li> </ul>	9/1 <ul style="list-style-type: none"> <li>whole grain pretzel goldfish</li> <li>cheese stick</li> </ul>

# Base Menu Spreadsheet

## Portion Values

Aug 21, 2023 thru Sep 1, 2023

<b>Menu Name:</b>	Private/Charter Snack	<b>Include Cost:</b>	Yes
<b>Site:</b>		<b>Report Style:</b>	Detailed
<b>Use Alternate Menu Name:</b>	No		

### Monday - 08/21/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000815 WW Animal Crackers	1 each	100	129	1.25	111	*N/A*	*N/A*	3.94	0.06	0	21.40	1.88	1.91	2	128.5	0.00	1.07	\$0.214
990326 Chilled Pineapple	.75 C	100	81	0.01	1	19	*N/A*	0.15	0.00	0	21.12	1.76	0.69	68	21.7	12.76	0.38	\$0.000
Weighted Daily Average			210	1.26	112	*19	*0	4.09	0.06	0	42.52	3.65	2.61	70	150.2	12.76	1.45	\$0.214
% of Calories				5.40%		*36.2%	*0%	17.5%	0.3%		81.0%		5.0%					
Weekly Nutrient Guideline			0 - 0	<0				<=0										

### Tuesday - 08/22/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000990 Cheez-Its	1 each	100	100	1.00	150	0	*N/A*	3.50	0.00	5	14.00	1.00	2.00	500	100.0	0.00	0.72	\$0.000
000673 Fresh Apple	1 each	100	116	0.06	2	23	*N/A*	0.38	0.00	0	30.80	5.35	0.58	120	13.4	10.26	0.27	\$0.000
Weighted Daily Average			216	1.06	152	23	0	3.88	0.00	5	44.80	6.35	2.58	620	113.4	10.26	0.99	\$0.000
% of Calories				4.42%		42.6%	0%	16.2%	0.0%		83.0%		4.8%					
Weekly Nutrient Guideline			0 - 0	<0				<=0										

### Wednesday - 08/23/2023

### Reimbursable Meal Total 10

**Base Menu Spreadsheet**

Portion Values

Aug 21, 2023 thru Sep 1, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990703 Nonfat Yogurt	4 oz/1 each	100	90	0.00	55	14	*N/A*	0.00	0.00	0	20.00	0.00	3.00	0	290.0	0.00	0.00	\$0.000
990426 Whole Grain Granola	3oz scoop	100	150	0.00	64	10	*N/A*	1.88	0.00	0	32.25	3.00	3.00	0	7.5	0.00	1.12	\$0.000
Weighted Daily Average			2400	0.00	1188	245	0	18.75	0.00	0	522.50	30.00	60.00	0	2975.0	0.00	11.25	\$0.000
% of Calories				0.00%		40.8%	0%	7.0%	0.0%		87.1%		10.0%					
Weekly Nutrient Guideline			0 - 0	<0				<=0										

**Thursday - 08/24/2023**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000415 Mozzarella Cheese Stick	1 each	100	81	3.04	192	*N/A*	*N/A*	5.06	0.00	15	0.00	0.00	7.09	202	202.5	0.00	0.00	\$0.000
001032 Dried Cranberries	.375 C	100	152	0.00	1	*N/A*	*N/A*	1.23	0.00	0	40.68	2.46	0.00	0	0.0	0.00	0.22	\$0.000
Weighted Daily Average			233	3.04	194	*N/A*	*N/A*	6.30	0.00	15	40.68	2.46	7.09	202	202.5	0.00	0.22	\$0.000
% of Calories				11.74 %		*N/A*	*N/A*	24.3%	0.0%		69.8%		12.2%					
Weekly Nutrient Guideline			0 - 0	<0				<=0										

**Friday - 08/25/2023**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990788 Pretzel Goldfish	1 bag	100	90	0.00	200	0	*N/A*	1.50	0.00	0	16.00	1.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Aug 21, 2023 thru Sep 1, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990623 Hummus Dip	.25 C	100	134	0.95	271	*2	*N/A*	7.10	*0.00	0	13.86	3.66	5.11	8	37.8	2.05	1.60	\$0.020
Weighted Daily Average			224	0.95	471	*2	*0	8.60	*0.00	0	29.86	4.66	7.11	*8	*37.8	*2.05	*1.60	\$0.020
% of Calories				3.82%		*3.6%	*0%	34.6%	*0.0%		53.3%		12.7%					
Weekly Nutrient Guideline			0 - 0	<0				<=0										

## Monday - 08/28/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000415 Mozzarella Cheese Stick	1 each	1	81	3.04	192	*N/A*	*N/A*	5.06	0.00	15	0.00	0.00	7.09	202	202.5	0.00	0.00	\$0.000
990352 Cucumber Coins	.75 C	1	16	0.04	2	2	*N/A*	0.12	0.00	0	3.98	0.55	0.71	115	17.6	3.07	0.31	\$0.000
990441 Fat Free Ranch Dressing	1 packet	1	18	0.02	81	1	*N/A*	0.11	0.00	0	4.03	0.07	0.05	1	2.7	0.02	0.02	\$0.000
Weighted Daily Average			115	3.10	276	*3	*0	5.29	0.00	15	8.01	0.62	7.85	319	222.8	3.09	0.33	\$0.000
% of Calories				24.26 %		*10.4%	*0%	41.4%	0.0%		27.9%		27.3%					
Weekly Nutrient Guideline			0 - 0	<0				<=0										

## Tuesday - 08/29/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000990 Cheez-Its	1 each	1	100	1.00	150	0	*N/A*	3.50	0.00	5	14.00	1.00	2.00	500	100.0	0.00	0.72	\$0.000

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Aug 21, 2023 thru Sep 1, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000673 Fresh Apple	1 each	1	116	0.06	2	23	*N/A*	0.38	0.00	0	30.80	5.35	0.58	120	13.4	10.26	0.27	\$0.000
Weighted Daily Average			216	1.06	152	23	0	3.88	0.00	5	44.80	6.35	2.58	620	113.4	10.26	0.99	\$0.000
% of Calories				4.42%		42.6%	0%	16.2%	0.0%		83.0%		4.8%					
Weekly Nutrient Guideline			0 - 0	<0				<=0										

### Wednesday - 08/30/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990703 Nonfat Yogurt	4 oz/1 each	1	90	0.00	55	14	*N/A*	0.00	0.00	0	20.00	0.00	3.00	0	290.0	0.00	0.00	\$0.000
000989 Cinnamon Goldfish Graham	1 each	1	120	1.00	140	7	*N/A*	4.00	0.00	0	19.00	1.00	1.00	0	80.0	0.00	1.80	\$0.000
Weighted Daily Average			210	1.00	195	21	0	4.00	0.00	0	39.00	1.00	4.00	0	370.0	0.00	1.80	\$0.000
% of Calories				4.29%		40.0%	0%	17.1%	0.0%		74.3%		7.6%					
Weekly Nutrient Guideline			0 - 0	<0				<=0										

### Thursday - 08/31/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000815 WW Animal Crackers	1 each	1	129	1.25	111	*N/A*	*N/A*	3.94	0.06	0	21.40	1.88	1.91	2	128.5	0.00	1.07	\$0.214



# Base Menu Spreadsheet

## Portion Values

Aug 21, 2023 thru Sep 1, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990326 Chilled Pineapple	.75 C	1	81	0.01	1	19	*N/A*	0.15	0.00	0	21.12	1.76	0.69	68	21.7	12.76	0.38	\$0.000
Weighted Daily Average			210	1.26	112	*19	*0	4.09	0.06	0	42.52	3.65	2.61	70	150.2	12.76	1.45	\$0.214
% of Calories				5.40%		*36.2%	*0%	17.5%	0.3%		81.0%		5.0%					
Weekly Nutrient Guideline			0 - 0	<0				<=0										

## Friday - 09/01/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990788 Pretzel Goldfish	1 bag	1	90	0.00	200	0	*N/A*	1.50	0.00	0	16.00	1.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000415 Mozzarella Cheese Stick	1 each	1	81	3.04	192	*N/A*	*N/A*	5.06	0.00	15	0.00	0.00	7.09	202	202.5	0.00	0.00	\$0.000
Weighted Daily Average			171	3.04	392	*0	*0	6.56	0.00	15	16.00	1.00	9.09	*202	*202.5	*0.00	*0.00	\$0.000
% of Calories				16.00 %		*0%	*0%	34.5%	0.0%		37.4%		21.3%					
Weekly Nutrient Guideline			0 - 0	<0				<=0										

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages	420	2	324	*36	*0	6.54	*0.01	6	83.07	5.97	10.55	*211	*453.8	*5.12	*2.01	\$0.045
% of Calories		3.39%		*34.3%	*0%	14.0%	*0.0%		79.1%		10.0%					

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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

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

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



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