



# January Breakfast Menu

## CTA BREAKFAST ECE

What do the colors on the menu mean?

**GREEN** = locally-sourced

**BLUE** = international

**ORANGE** = Fresh Feature Friday Winner!  
= vegetarian entree

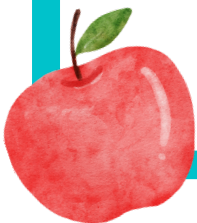
All grains served are whole grain rich  
**Student's choice of skim or 1% milk provided at every meal.**





Menu subject to change based on availability

This institution is an equal opportunity provider

### FRESH FEATURE

We're celebrating the cold weather with our **NEW** apple cinnamon bread! A cozy take on our delicious breakfast bread!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>  no school	<b>2</b>  no school	<b>3</b>  <ul style="list-style-type: none"> <li>cinnamon rice chex cereal</li> <li>orange wedges</li> </ul>	<b>4</b>  <ul style="list-style-type: none"> <li>pineapple carrot bread</li> <li>fresh banana</li> </ul>	<b>5</b>  <ul style="list-style-type: none"> <li>buttermilk pancakes</li> <li>all-natural syrup</li> <li>fresh cantaloupe</li> </ul>
<b>8</b>  <ul style="list-style-type: none"> <li>whole grain bagel</li> <li>light cream cheese</li> <li>jelly</li> <li>cinnamon applesauce cup</li> </ul>	<b>9</b>  <ul style="list-style-type: none"> <li>brown sugar oatmeal</li> <li>chilled pears</li> </ul>	<b>10</b>  <ul style="list-style-type: none"> <li>scrambled eggs</li> <li>whole grain toast</li> <li>jelly</li> <li>orange wedges</li> </ul>	<b>11</b>  <ul style="list-style-type: none"> <li>apple pie parfait</li> <li>whole grain granola</li> <li>fresh banana</li> </ul>	<b>12</b>  <ul style="list-style-type: none"> <li>emoji waffles</li> <li>all-natural syrup</li> <li>fresh cantaloupe</li> </ul>
<b>15</b>  no school	<b>16</b>  <ul style="list-style-type: none"> <li>frosted mini-wheats cereal</li> <li>chilled pears</li> </ul>	<b>17</b>  <ul style="list-style-type: none"> <li>apple cinnamon bread</li> <li>orange wedges</li> </ul> 	<b>18</b>  <ul style="list-style-type: none"> <li>whole grain bagel</li> <li>light cream cheese</li> <li>jelly</li> <li>fresh banana</li> </ul>	<b>19</b>  <ul style="list-style-type: none"> <li>buttermilk pancakes</li> <li>all-natural syrup</li> <li>fresh cantaloupe</li> </ul>
<b>22</b>  <ul style="list-style-type: none"> <li>whole grain bagel</li> <li>light cream cheese</li> <li>jelly</li> <li>cinnamon applesauce cup</li> </ul>	<b>23</b>  <ul style="list-style-type: none"> <li>scrambled eggs</li> <li>whole grain toast</li> <li>jelly</li> <li>chilled pears</li> </ul>	<b>24</b>  <ul style="list-style-type: none"> <li>frosted flakes cereal</li> <li>orange wedges</li> </ul>	<b>25</b>  <ul style="list-style-type: none"> <li>bacon, egg &amp; cheese breakfast burrito</li> <li>egg &amp; cheese breakfast burrito</li> <li>fresh banana</li> </ul> 	<b>26</b>  <ul style="list-style-type: none"> <li>pumpkin spice oatmeal</li> <li>fresh cantaloupe</li> </ul> 
<b>29</b>  <ul style="list-style-type: none"> <li>nonfat yogurt</li> <li>cinnamon applesauce cup</li> </ul>	<b>30</b>  <ul style="list-style-type: none"> <li>whole grain biscuit</li> <li>turkey sausage patty</li> <li>veggie breakfast sausage patty</li> <li>chilled pears</li> </ul> 	<b>31</b>  <ul style="list-style-type: none"> <li>pineapple carrot bread</li> <li>orange wedges</li> </ul>	<b>2/1</b>  <ul style="list-style-type: none"> <li>cinnamon rice chex cereal</li> <li>fresh banana</li> </ul>	<b>2/2</b>  <ul style="list-style-type: none"> <li>buttermilk pancakes</li> <li>all-natural syrup</li> <li>fresh cantaloupe</li> </ul>

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

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

**Include Cost:** No

**Site:**

**Report Style:** Detailed

**Use Alternate Menu Name:** No

### Monday - 01/01/2024

**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)
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
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
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
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
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
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
Weighted Daily Average			243	1.15	176	38	0	1.77	*0.00	10	46.13	2.00	11.12	424	640.1	60.74	0.08
% of Calories				4.26%		62.6%	0%	6.6%	*0.0%		75.9%		18.3%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

### Tuesday - 01/02/2024

**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)
990194 Whole Wheat Bagel	1 half bagel	100	85	0.00	95	2	*N/A*	0.25	0.00	0	18.50	1.50	3.50	0	0.0	0.00	0.00
000603 Grape Jelly	1 each	100	35	0.00	0	8	*N/A*	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
990427 Light Cream Cheese	1 each	100	59	2.84	90	1	*N/A*	4.73	*N/A*	15	1.91	0.00	2.22	156	42.0	0.00	0.05
990261 Chilled Pears	.5 C	100	101	0.00	8	*N/A*	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58
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
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
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
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
Weighted Daily Average			377	3.99	307	*23	*0	6.94	*0.00	25	67.43	6.95	14.83	598	426.8	3.97	0.71
% of Calories				9.53%		*24.4%	*0%	16.6%	*0.0%		71.5%		15.7%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

### Wednesday - 01/03/2024

### 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)
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
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
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
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
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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
Weighted Daily Average			26079	116.62	28391	2707	0	437.69	*0.00	995	4493.50	320.80	1013.83	103051	48141.4	5448.50	737.21
% of Calories				4.02%		41.5%	0%	15.1%	*0.0%		68.9%		15.6%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

## Thursday - 01/04/2024

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)
990036 Pineapple Carrot Bread	2 oz	100	164	0.68	111	17	*N/A*	4.26	*0.00	14	29.59	1.69	2.60	*499	*33.2	*2.00	*0.95
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
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
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
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
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
Weighted Daily Average			366	1.97	226	44	0	6.41	*0.00	24	68.67	4.76	12.16	*998	*403.7	*13.00	*1.34
% of Calories				4.84%		48.1%	0%	15.8%	*0.0%		75.0%		13.3%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

## Friday - 01/05/2024

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)	
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
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
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
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
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
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
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
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
% of Calories					4.62%		47.4%	0%	14.8%	*0.0%		71.1%		15.7%				
Weekly Nutrient Guideline				350 - 500	<10	540			<=0									

### Monday - 01/08/2024

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)	
990194	Whole Wheat Bagel	1 half bagel	95	85	0.00	95	2	*N/A*	0.25	0.00	0	18.50	1.50	3.50	0	0.0	0.00	0.00
990427	Light Cream Cheese	1 each	95	59	2.84	90	1	*N/A*	4.73	*N/A*	15	1.91	0.00	2.22	156	42.0	0.00	0.05
000886	Strawberry Jelly	1 each	95	35	0.00	0	8	*N/A*	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00
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
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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
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
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
Weighted Daily Average			328	3.85	300	35	0	6.49	*0.00	24	55.06	3.42	13.71	572	404.5	60.74	0.13
% of Calories				10.56 %		42.7%	0%	17.8%	*0.0%		67.1%		16.7%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

## Tuesday - 01/09/2024

## 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)
000464 Brown Sugar Oatmeal	.5 C	1	161	0.76	85	*18	*N/A*	2.28	*0.00	4	30.94	1.98	5.24	38	113.1	0.00	1.02
990261 Chilled Pears	.5 C	100	101	0.00	8	*N/A*	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58
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
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
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
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
Weighted Daily Average			200	1.16	123	*13	*0	1.99	*0.00	10	38.33	5.47	9.15	442	385.9	3.97	0.68
% of Calories				5.22%		*26.0%	*0%	9.0%	*0.0%		76.7%		18.3%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

# Base Menu Spreadsheet

Portion Values

Jan 1, 2024 thru Feb 2, 2024

## Wednesday - 01/10/2024

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)
000733 Scrambled Eggs	3 oz scoop	100	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
000076 Whole Wheat Toast	1 each	100	80	0.00	140	*N/A*	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	0.72
000886 Strawberry Jelly	1 each	95	35	0.00	0	8	*N/A*	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00
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
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
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
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
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
Weighted Daily Average			353	3.30	393	*29	*0	9.28	*0.00	252	47.40	4.20	20.67	*629	498.2	*49.20	2.32
% of Calories				8.41%		*32.9%	*0%	23.7%	*0.0%		53.7%		23.4%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

## Thursday - 01/11/2024

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)
990759 Apple Pie Parfait	1 each	100	188	0.67	82	34	*N/A*	1.45	*0.00	5	42.41	1.47	3.64	162	134.9	0.11	0.27
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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
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
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
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
Weighted Daily Average			436	1.83	260	57	0	5.09	*0.00	15	86.78	4.47	14.92	586	507.0	0.85	1.48
% of Calories				3.78%		52.3%	0%	10.5%	*0.0%		79.6%		13.7%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

## Friday - 01/12/2024

### 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)
990813 Emoji Waffles	2 each	100	180	1.50	300	5	*N/A*	6.00	0.00	5	29.00	2.00	4.00	1000	260.0	0.00	3.60
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
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
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
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
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



# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
Weighted Daily Average			339	2.69	431	32	0	7.91	*0.00	15	55.49	2.70	12.93	4061	631.6	29.37	3.84
% of Calories				7.14%		37.8%	0%	21.0%	*0.0%		65.5%		15.3%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

### Monday - 01/15/2024

#### 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)
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	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%		0%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

### Tuesday - 01/16/2024

#### 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)
990284 Whole Grain Frosted Mini-Wheats Cereal	1 each	100	101	0.00	0	6	*N/A*	0.00	0.00	0	24.30	3.04	3.04	0	0.0	0.00	8.20
990261 Chilled Pears	.5 C	100	101	0.00	8	*N/A*	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58
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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
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
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
Weighted Daily Average			300	1.15	122	*19	*0	1.97	*0.00	10	62.32	8.49	12.14	442	384.8	3.97	8.87
% of Calories				3.45%		*25.3%	*0%	5.9%	*0.0%		83.1%		16.2%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

## Wednesday - 01/17/2024

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)
990861 DRAFT IN TESTING Apple Cinnamon Bread	2 oz	100	154	0.69	99	14	*N/A*	4.29	*0.00	14	26.82	1.62	2.55	*8	*29.3	*0.19	*0.94
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
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
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
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
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
Weighted Daily Average			294	1.86	213	35	0	6.16	*0.00	24	49.64	3.81	11.68	*636	*430.3	*49.38	*1.11
% of Calories				5.69%		47.6%	0%	18.9%	*0.0%		67.5%		15.9%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

### Thursday - 01/18/2024

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)
990194 Whole Wheat Bagel	1 half bagel	100	85	0.00	95	2	*N/A*	0.25	0.00	0	18.50	1.50	3.50	0	0.0	0.00	0.00
990427 Light Cream Cheese	1 each	100	59	2.84	90	1	*N/A*	4.73	*N/A*	15	1.91	0.00	2.22	156	42.0	0.00	0.05
000603 Grape Jelly	1 each	100	35	0.00	0	8	*N/A*	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
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
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
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
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
Weighted Daily Average			382	4.12	300	38	0	7.13	*0.00	25	68.48	4.57	15.28	656	412.5	11.01	0.44
% of Calories				9.71%		39.8%	0%	16.8%	*0.0%		71.7%		16.0%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

### Friday - 01/19/2024

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)
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
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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
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
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
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
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
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
% of Calories				4.62%		47.4%	0%	14.8%	*0.0%		71.1%		15.7%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

### Monday - 01/22/2024

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)
990194 Whole Wheat Bagel	1 half bagel	100	85	0.00	95	2	*N/A*	0.25	0.00	0	18.50	1.50	3.50	0	0.0	0.00	0.00
990427 Light Cream Cheese	1 each	100	59	2.84	90	1	*N/A*	4.73	*N/A*	15	1.91	0.00	2.22	156	42.0	0.00	0.05
000886 Strawberry Jelly	1 each	100	35	0.00	0	8	*N/A*	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00
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
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
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
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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
Weighted Daily Average			337	3.99	309	35	0	6.74	*0.00	25	56.53	3.50	14.00	580	406.6	60.74	0.13
% of Calories				10.66 %		41.5%	0%	18.0%	*0.0%		67.1%		16.6%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

## Tuesday - 01/23/2024

### 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)
000733 Scrambled Eggs	3 oz scoop	100	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
000076 Whole Wheat Toast	1 each	100	80	0.00	140	*N/A*	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	0.72
000603 Grape Jelly	1 each	100	35	0.00	0	8	*N/A*	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00
990261 Chilled Pears	.5 C	100	101	0.00	8	*N/A*	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58
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
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
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
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
Weighted Daily Average			413	3.29	401	*20	*0	9.37	*0.00	252	63.05	7.46	20.64	*442	482.0	*3.97	2.81
% of Calories				7.17%		*19.4%	*0%	20.4%	*0.0%		61.1%		20.0%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

### Wednesday - 01/24/2024

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)
990412 Multi-Grain Frosted Flakes Cereal	1 each	95	100	0.00	170	7	*N/A*	0.00	0.00	0	24.00	2.00	2.00	*N/A*	0.0	*N/A*	1.80
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
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
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
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
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
Weighted Daily Average			235	1.17	275	28	0	1.88	*0.00	10	45.63	4.09	11.03	*628	401.0	*49.20	1.88
% of Calories				4.48%		47.7%	0%	7.2%	*0.0%		77.7%		18.8%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

### Thursday - 01/25/2024

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)
990791 Bacon, Egg & Cheese Breakfast Burrito	1 burrito	95	317	7.51	540	2	*N/A*	16.72	*0.00	261	22.51	2.01	16.90	*144	188.2	*0.00	2.43
990668 Egg & Cheese Breakfast Burrito	1 burrito	5	292	7.01	430	2	*N/A*	14.72	*0.00	256	22.51	2.01	14.90	*144	188.2	*0.00	2.43
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
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

**Base Menu Spreadsheet**

Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
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
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
<b>Weighted Daily Average</b>			519	8.77	650	29	0	18.78	*0.00	271	61.58	5.08	26.36	*643	558.7	*11.01	2.81
% of Calories				15.21 %		22.4%	0%	32.6%	*0.0%		47.5%		20.3%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

**Friday - 01/26/2024**

**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)
990859 Pumpkin Spice Oatmeal	4oz scoop	100	134	0.34	179	*12	*N/A*	1.67	*0.00	0	28.47	3.49	3.06	7795	27.3	2.18	1.73
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
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
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
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
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
<b>Weighted Daily Average</b>			258	1.54	305	*31	*0	3.59	*0.00	10	46.96	4.19	11.99	10857	398.9	31.55	1.98
% of Calories				5.37%		*48.1%	*0%	12.5%	*0.0%		72.8%		18.6%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

### Monday - 01/29/2024

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)
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
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
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
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
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
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
Weighted Daily Average			243	1.15	176	38	0	1.77	*0.00	10	46.13	2.00	11.12	424	640.1	60.74	0.08
% of Calories				4.26%		62.6%	0%	6.6%	*0.0%		75.9%		18.3%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

### Tuesday - 01/30/2024

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)
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
001128 Turkey Sausage Patty	1 each	98	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
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
990261 Chilled Pears	.5 C	100	101	0.00	8	*N/A*	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58



# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
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
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
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
Weighted Daily Average			429	7.13	545	*14	*0	13.94	*0.00	39	60.10	7.47	19.16	442	544.4	3.97	2.61
% of Calories				14.96 %		*13.1%	*0%	29.2%	*0.0%		56.0%		17.9%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

### Wednesday - 01/31/2024

### 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)
990036 Pineapple Carrot Bread	2 oz	100	164	0.68	111	17	*N/A*	4.26	*0.00	14	29.59	1.69	2.60	*499	*33.2	*2.00	*0.95
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
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
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
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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
Weighted Daily Average			30412	184.66	22522	3787	0	613.18	*0.14	2373	5241.93	387.29	1173.26	*112759	*434281	*5119.16	*112.22
% of Calories				5.46%		49.8%	0%	18.1%	*0.0%		68.9%		15.4%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

### Thursday - 02/01/2024

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)
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
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
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
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
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
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
Weighted Daily Average			323	1.28	285	33	0	4.66	*0.00	10	61.08	4.07	10.56	899	450.5	15.81	7.59
% of Calories				3.57%		40.9%	0%	13.0%	*0.0%		75.6%		13.1%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

### Friday - 02/02/2024

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)	
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
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
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
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
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
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
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
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
% of Calories					4.62%		47.4%	0%	14.8%	*0.0%		71.1%		15.7%				
Weekly Nutrient Guideline				350 - 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)
Weighted Averages	2661	15	2406	*300	*0	49.54	*0.01	187	458.24	33.54	104.14	*10415	*4243.4	*465.79	*37.29
% of Calories		5.10%		*45.1%	*0%	16.8%	*0.0%		68.9%		15.7%				

\*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.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (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.



# January Breakfast Menu

## CEDAR TREE ACADEMY BREAKFAST 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

### FRESH FEATURE

We're celebrating the cold weather with our **NEW** apple cinnamon bread! A cozy take on our delicious breakfast bread!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> no school	<b>2</b> no school	<b>3</b> <ul style="list-style-type: none"> <li>cinnamon rice chex cereal</li> <li>graham crackers</li> <li>orange wedges</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>pineapple carrot bread</li> <li>fresh banana</li> <li>100% orange juice</li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>buttermilk pancakes</li> <li>scrambled eggs</li> <li>butter</li> <li>all-natural syrup</li> <li>cantaloupe</li> </ul>
<b>8</b> <ul style="list-style-type: none"> <li>whole grain bagel</li> <li>light cream cheese</li> <li>jelly</li> <li>fresh apple</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>brown sugar oatmeal</li> <li>honey</li> <li>fresh pear</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>scrambled eggs</li> <li>turkey bacon</li> <li>veggie breakfast sausage patty </li> <li>whole grain toast</li> <li>jelly &amp; buter</li> <li>orange wedges</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>apple pie parfait</li> <li>whole grain granola</li> <li>fresh banana</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>emoji waffles</li> <li>turkey sausage patty</li> <li>veggie breakfast sausage patty </li> <li>butter</li> <li>all-natural syrup</li> <li>cantaloupe</li> </ul>
<b>15</b> no school	<b>16</b> <ul style="list-style-type: none"> <li>frosted mini-wheats cereal</li> <li>cheese stick</li> <li>fresh pear</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>apple cinnamon bread</li> <li>orange wedges</li> </ul> 	<b>18</b> <ul style="list-style-type: none"> <li>whole grain bagel</li> <li>light cream cheese</li> <li>jelly</li> <li>fresh banana</li> <li>100% orange juice</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>buttermilk pancakes</li> <li>scrambled eggs</li> <li>butter</li> <li>all-natural syrup</li> <li>cantaloupe</li> </ul>
<b>22</b> <ul style="list-style-type: none"> <li>whole grain bagel</li> <li>light cream cheese</li> <li>jelly</li> <li>fresh apple</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>scrambled eggs</li> <li>turkey sausage patty</li> <li>veggie breakfast sausage patty </li> <li>whole grain toast</li> <li>jelly &amp; butter</li> <li>fresh pear</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>frosted flakes</li> <li>graham crackers</li> <li>orange wedges</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>bacon, egg &amp; cheese breakfast burrito</li> <li>egg &amp; cheese breakfast burrito </li> <li>hot sauce</li> <li>fresh banana</li> <li>100% orange juice</li> </ul> 	<b>26</b> <ul style="list-style-type: none"> <li>pumpkin spice oatmeal</li> <li>honey</li> <li>cantaloupe</li> </ul>
<b>29</b> <ul style="list-style-type: none"> <li>nonfat yogurt</li> <li>whole grain granola</li> <li>fresh apple</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>whole grain biscuit</li> <li>turkey sausage patty</li> <li>veggie breakfast sausage patty </li> <li>honey</li> <li>fresh pear</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>pineapple carrot bread</li> <li>orange wedges</li> </ul>	<b>2/1</b> <ul style="list-style-type: none"> <li>cinnamon rice chex cereal</li> <li>graham crackers</li> <li>fresh banana</li> <li>100% orange juice</li> </ul>	<b>2/2</b> <ul style="list-style-type: none"> <li>buttermilk pancakes</li> <li>scrambled eggs</li> <li>butter</li> <li>all-natural syrup</li> <li>fresh cantaloupe</li> </ul>

**Base Menu Spreadsheet**

Portion Values

Jan 1, 2024 thru Feb 2, 2024

**Menu Name:** Private/Charter Breakfast K-12  
**Site:**  
**Use Alternate Menu Name:** No

**Include Cost:** No  
**Report Style:** Detailed

**Monday - 01/01/2024 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)
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
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
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
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
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
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
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
Weighted Daily Average			442	1.21	229	59	0	3.93	*0.00	10	92.56	8.20	14.55	544	660.6	11.00	1.42
% of Calories				2.46%		53.4%	0%	8.0%	*0.0%		83.8%		13.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

**Tuesday - 01/02/2024 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)
000001 Whole Wheat Bagel	1 Whole	100	170	0.00	190	4	*N/A*	0.50	0.00	0	37.00	3.00	7.00	0	0.0	0.00	0.00

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
000603 Grape Jelly	1 each	100	35	0.00	0	8	*N/A*	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00
990427 Light Cream Cheese	1 each	100	59	2.84	90	1	*N/A*	4.73	*N/A*	15	1.91	0.00	2.22	156	42.0	0.00	0.05
000884 Fresh Pear	1 each	100	131	0.05	2	22	*N/A*	0.32	0.00	0	35.03	7.13	0.83	58	20.7	9.89	0.41
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
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
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
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
Weighted Daily Average			493	4.04	396	48	0	7.31	*0.00	25	95.06	10.13	18.33	637	427.3	10.63	0.54
% of Calories				7.38%		38.9%	0%	13.3%	*0.0%		77.1%		14.9%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

### Wednesday - 01/03/2024

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)
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
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
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
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
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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
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
Weighted Daily Average			394	1.18	379	41	0	6.99	*0.00	10	72.75	6.42	13.00	1738	618.2	103.43	8.18
% of Calories				2.70%		41.6%	0%	16.0%	*0.0%		73.9%		13.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

### Thursday - 01/04/2024

### 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)
000671 Pineapple Carrot Bread	4 oz	100	328	1.37	222	34	*N/A*	8.53	*0.00	27	59.13	3.38	5.24	*958	*66.5	*3.99	*1.93
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
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
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
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
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
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
Weighted Daily Average			591	2.65	338	*61	*0	10.68	*0.00	37	112.21	6.44	15.79	*1457	*447.0	*57.00	*2.32
% of Calories				4.04%		*41.3%	*0%	16.3%	*0.0%		75.9%		10.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									



# Base Menu Spreadsheet

Portion Values

Jan 1, 2024 thru Feb 2, 2024

**Friday - 01/05/2024**

**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)	
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
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
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
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
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
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
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
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
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
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
% of Calories					11.72 %		37.1%	0%	29.1%	*0.3%		53.1%		18.2%				
Weekly Nutrient Guideline				450 - 500	<10	540			<=0									

**Monday - 01/08/2024**

**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)	
000001	Whole Wheat Bagel	1 Whole	95	170	0.00	190	4	*N/A*	0.50	0.00	0	37.00	3.00	7.00	0	0.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
990427 Light Cream Cheese	1 each	95	59	2.84	90	1	*N/A*	4.73	*N/A*	15	1.91	0.00	2.22	156	42.0	0.00	0.05
000886 Strawberry Jelly	1 each	95	35	0.00	0	8	*N/A*	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00
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
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
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
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
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
Weighted Daily Average			464	3.91	382	48	0	7.11	*0.00	24	88.43	8.20	17.62	693	417.9	11.00	0.39
% of Calories				7.58%		41.4%	0%	13.8%	*0.0%		76.2%		15.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

## Tuesday - 01/09/2024

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)
000464 Brown Sugar Oatmeal	.5 C	95	161	0.76	85	*18	*N/A*	2.28	*0.00	4	30.94	1.98	5.24	38	113.1	0.00	1.02
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
000884 Fresh Pear	1 each	100	131	0.05	2	22	*N/A*	0.32	0.00	0	35.03	7.13	0.83	58	20.7	9.89	0.41
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
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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
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
Weighted Daily Average			422	1.93	198	*63	*0	4.25	*0.00	14	87.51	9.04	14.12	517	493.5	10.70	1.51
% of Calories				4.12%		*59.7%	*0%	9.1%	*0.0%		82.9%		13.4%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

### Wednesday - 01/10/2024

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)
000076 Whole Wheat Toast	1 each	95	80	0.00	140	*N/A*	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	0.72
990394 Turkey Bacon	2 each	93	40	0.00	190	0	*N/A*	3.00	0.00	10	0.00	0.00	4.00	0	0.0	0.00	0.00
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
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
000603 Grape Jelly	1 each	95	35	0.00	0	8	*N/A*	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00
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
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
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
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
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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
Weighted Daily Average			461	5.65	591	*37	*0	15.71	*0.16	259	57.60	6.35	24.90	*956	531.7	*98.63	2.34
% of Calories				11.03 %		*32.1%	*0%	30.7%	*0.3%		50.0%		21.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

### Thursday - 01/11/2024

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)
990759 Apple Pie Parfait	1 each	95	188	0.67	82	34	*N/A*	1.45	*0.00	5	42.41	1.47	3.64	162	134.9	0.11	0.27
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
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
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
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
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
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
Weighted Daily Average			524	1.92	254	69	0	5.31	*0.00	14	110.00	7.31	15.87	653	505.8	11.11	1.71
% of Calories				3.30%		52.7%	0%	9.1%	*0.0%		84.0%		12.1%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

### Friday - 01/12/2024

Reimbursable Meal Total 100

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)	
990813	Emoji Waffles	2 each	95	180	1.50	300	5	*N/A*	6.00	0.00	5	29.00	2.00	4.00	1000	260.0	0.00	3.60
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
000801	Veggie Breakfast Sausage Patty	1 each	95	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
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
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
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
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
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
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
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
Weighted Daily Average				512	6.05	782	38	0	17.79	*0.16	53	63.81	4.25	27.67	6768	645.8	57.99	6.22
% of Calories					10.63 %		29.7%	0%	31.3%	*0.3%		49.9%		21.6%				
Weekly Nutrient Guideline				450 - 500	<10	540			<=0									

Monday - 01/15/2024

Reimbursable Meal Total 1

**Base Menu Spreadsheet**

Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	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%		0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

**Tuesday - 01/16/2024**

**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)
990284 Whole Grain Frosted Mini-Wheats Cereal	1 each	95	101	0.00	0	6	*N/A*	0.00	0.00	0	24.30	3.04	3.04	0	0.0	0.00	8.20
000415 Mozzarella Cheese Stick	1 each	95	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
000884 Fresh Pear	1 each	100	131	0.05	2	22	*N/A*	0.32	0.00	0	35.03	7.13	0.83	58	20.7	9.89	0.41
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
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
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
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
Weighted Daily Average			402	4.09	299	*41	*0	6.90	*0.00	24	70.24	10.02	18.72	673	577.7	10.63	8.29
% of Calories				9.16%		*40.8%	*0%	15.4%	*0.0%		69.9%		18.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

**Wednesday - 01/17/2024**

**Reimbursable Meal Total 100**

**Base Menu Spreadsheet**

Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
990855 Apple Cinnamon Bread	4 oz	95	307	1.38	197	28	*N/A*	8.58	*0.00	27	53.64	3.24	5.10	*15	*58.6	*0.37	*1.88
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
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
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
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
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
Weighted Daily Average			476	2.49	301	56	0	10.14	*0.00	36	84.70	7.50	14.85	*852	*493.9	*98.98	*2.05
% of Calories				4.71%		47.1%	0%	19.2%	*0.0%		71.2%		12.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

**Thursday - 01/18/2024**

**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)
000001 Whole Wheat Bagel	1 Whole	95	170	0.00	190	4	*N/A*	0.50	0.00	0	37.00	3.00	7.00	0	0.0	0.00	0.00
990427 Light Cream Cheese	1 each	95	59	2.84	90	1	*N/A*	4.73	*N/A*	15	1.91	0.00	2.22	156	42.0	0.00	0.05
000886 Strawberry Jelly	1 each	95	35	0.00	0	8	*N/A*	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
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

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
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
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
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
Weighted Daily Average			513	3.98	381	*39	*0	7.12	*0.00	24	98.59	5.92	19.32	648	420.4	53.01	0.43
% of Calories				6.98%		*30.4%	*0%	12.5%	*0.0%		76.9%		15.1%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

## Friday - 01/19/2024

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)
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
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
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
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
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
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
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
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



# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
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
% of Calories				11.72 %		37.1%	0%	29.1%	*0.3%		53.1%		18.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

### Monday - 01/22/2024

### 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)
000001 Whole Wheat Bagel	1 Whole	95	170	0.00	190	4	*N/A*	0.50	0.00	0	37.00	3.00	7.00	0	0.0	0.00	0.00
000603 Grape Jelly	1 each	95	35	0.00	0	8	*N/A*	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00
990427 Light Cream Cheese	1 each	95	59	2.84	90	1	*N/A*	4.73	*N/A*	15	1.91	0.00	2.22	156	42.0	0.00	0.05
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
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
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
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
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
Weighted Daily Average			464	3.91	382	48	0	7.11	*0.00	24	88.43	8.20	17.62	693	417.9	11.00	0.39
% of Calories				7.58%		41.4%	0%	13.8%	*0.0%		76.2%		15.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

### Tuesday - 01/23/2024

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)
000076 Whole Wheat Toast	1 each	95	80	0.00	140	*N/A*	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	0.72
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
001138 Turkey Sausage Link	2 each	93	130	3.00	450	0	*N/A*	10.00	0.00	45	1.00	*N/A*	10.00	*N/A*	*N/A*	*N/A*	*N/A*
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
000886 Strawberry Jelly	1 each	95	35	0.00	0	8	*N/A*	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00
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
000884 Fresh Pear	1 each	100	131	0.05	2	22	*N/A*	0.32	0.00	0	35.03	7.13	0.83	58	20.7	9.89	0.41
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
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
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
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
Weighted Daily Average			589	8.46	836	*43	*0	22.32	*0.16	292	71.94	*9.06	29.58	*600	*478.8	*10.63	*2.57
% of Calories				12.93 %		*29.2%	*0%	34.1%	*0.2%		48.9%		20.1%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

### Wednesday - 01/24/2024

Reimbursable Meal Total 100

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
990412 Multi-Grain Frosted Flakes Cereal	1 each	95	100	0.00	170	7	*N/A*	0.00	0.00	0	24.00	2.00	2.00	*N/A*	0.0	*N/A*	1.80
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
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
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
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
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
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
Weighted Daily Average			365	1.18	366	41	0	4.36	*0.00	10	72.70	7.27	13.80	*1313	533.2	*98.63	2.66
% of Calories				2.91%		44.9%	0%	10.8%	*0.0%		79.7%		15.1%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

### Thursday - 01/25/2024

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)
990791 Bacon, Egg & Cheese Breakfast Burrito	1 burrito	93	317	7.51	540	2	*N/A*	16.72	*0.00	261	22.51	2.01	16.90	*144	188.2	*0.00	2.43
990668 Egg & Cheese Breakfast Burrito	1 burrito	2	292	7.01	430	2	*N/A*	14.72	*0.00	256	22.51	2.01	14.90	*144	188.2	*0.00	2.43
000604 Hot Sauce	1 each	95	0	0.00	32	0	*N/A*	0.00	*N/A*	0	0.02	0.00	0.01	2	0.1	0.90	0.01
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
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
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
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
Weighted Daily Average			564	8.41	656	*29	*0	18.01	*0.00	258	74.48	4.98	26.58	*638	559.4	*53.86	2.70
% of Calories				13.42 %		*20.6%	*0%	28.7%	*0.0%		52.8%		18.9%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

## Friday - 01/26/2024

### 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)
990859 Pumpkin Spice Oatmeal	4oz scoop	95	134	0.34	179	*12	*N/A*	1.67	*0.00	0	28.47	3.49	3.06	7795	27.3	2.18	1.73
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
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
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
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
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
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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
Weighted Daily Average			404	1.56	400	*52	*0	6.03	*0.00	10	79.01	5.69	14.43	13580	500.4	60.13	2.80
% of Calories				3.48%		*51.5%	*0%	13.4%	*0.0%		78.2%		14.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

### Monday - 01/29/2024

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)
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
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
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
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
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
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
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
Weighted Daily Average			442	1.21	229	59	0	3.93	*0.00	10	92.56	8.20	14.55	544	660.6	11.00	1.42
% of Calories				2.46%		53.4%	0%	8.0%	*0.0%		83.8%		13.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

### Tuesday - 01/30/2024

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
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
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
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
000884 Fresh Pear	1 each	100	131	0.05	2	22	*N/A*	0.32	0.00	0	35.03	7.13	0.83	58	20.7	9.89	0.41
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
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
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
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
Weighted Daily Average			488	6.88	519	48	0	13.46	*0.00	38	79.09	9.08	18.70	481	537.7	10.70	2.40
% of Calories				12.69 %		39.3%	0%	24.8%	*0.0%		64.8%		15.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

### Wednesday - 01/31/2024

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)
000671 Pineapple Carrot Bread	4 oz	95	328	1.37	222	34	*N/A*	8.53	*0.00	27	59.13	3.38	5.24	*958	*66.5	*3.99	*1.93
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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
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
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
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
Weighted Daily Average			496	2.48	325	62	0	10.09	*0.00	36	89.92	7.62	14.98	*1748	*501.4	*102.42	*2.10
% of Calories				4.50%		50.0%	0%	18.3%	*0.0%		72.5%		12.1%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

## Thursday - 02/01/2024

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)
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
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
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
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
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
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
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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
Weighted Daily Average			462	1.28	367	*37	*0	6.91	*0.00	10	90.13	4.97	13.41	1354	551.5	57.57	7.91
% of Calories				2.49%		*32.0%	*0%	13.5%	*0.0%		78.0%		11.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

## Friday - 02/02/2024

### 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)
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
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
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
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
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
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
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
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



# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
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
% 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)
Weighted Averages	475	4	422	*48	*0	10.06	*0.04	83	81.68	*6.87	18.46	*2273	*515.4	*46.83	*2.89
% of Calories		7.33%		*40.4%	*0%	19.1%	*0.1%		68.8%		15.5%				

- \*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.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (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.



# January Lunch Menu

## CTA LUNCH 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

## HAVE YOU TRIED OUR CRISPY FISH SANDWICH OR FISH STICKS?

If so, you are eating a TON of omega-3 fatty acids which help your brain develop, hair grow, and skin + nails shine!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p>no school</p>	<p><b>2</b></p> <p>no school</p>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>chicken &amp; cheese quesadilla</li> <li>cheese quesadilla </li> <li>steamed corn</li> <li>sour cream</li> <li>fresh banana</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>beef sheperd's pie </li> <li>lentil sheperd's pie </li> <li>whole grain biscuit</li> <li>mashed potatoes</li> <li>cantaloupe</li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>chicken yassa </li> <li>veggie chik'n nuggets </li> <li>jollof rice</li> <li>honey cinnamon sweet potatoes</li> <li>applesauce cup</li> </ul>
<p><b>8</b></p> <ul style="list-style-type: none"> <li>turkey &amp; bean chili</li> <li>veg out chili </li> <li>whole grain tortilla chips</li> <li>steamed corn</li> <li>chilled pears</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>cheese pizza</li> <li>steamed carrots</li> <li>orange wedges</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>diced crispy chicken tender</li> <li>veggie chik'n nuggets </li> <li>whole grain waffles</li> <li>sweet potato hash</li> <li>ketchup</li> <li>all-natural syrup</li> <li>fresh banana</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>beef burger</li> <li>veggie burger </li> <li>whole grain bun</li> <li>baked potato fries</li> <li>ketchup &amp; mustard</li> <li>cantaloupe</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>jamaican jerk chicken drum</li> <li>jamaican jerk tofu </li> <li>yellow rice</li> <li>red beans</li> <li>applesauce cup</li> </ul>
<p><b>15</b></p> <p>no school</p>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>hot dog (sliced lengthwise)</li> <li>veggie burger </li> <li>whole grain bun</li> <li>steamed corn</li> <li>ketchup &amp; mustard</li> <li>chilled pears</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>pulled bbq chicken</li> <li>bbq tofu </li> <li>whole grain bun</li> <li>coleslaw</li> <li>fresh banana</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>beef bolognese</li> <li>tofu bolognese </li> <li>rotini pasta</li> <li>parmesan butternut squash</li> <li>cantaloupe</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>chicken stir fry</li> <li>super sesame tofu </li> <li>whole grain fried rice</li> <li>sweet chili cauliflower</li> <li>applesauce cup</li> </ul>
<p><b>22</b></p> <ul style="list-style-type: none"> <li>turkey ham &amp; cheddar melt</li> <li>grilled cheese </li> <li>glazed carrots</li> <li>chilled pears</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>crispy fish sandwich</li> <li>sunbutter &amp; jelly sandwich </li> <li>sauteed green beans</li> <li>orange wedges</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>diced herb roasted chicken drum</li> <li>veggie chik'n nuggets </li> <li>mac &amp; cheese</li> <li>braised collard greens</li> <li>fresh banana</li> </ul>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>cheese pizza</li> <li>roasted cauliflower</li> <li>cantaloupe</li> </ul>	<p><b>26</b></p> <ul style="list-style-type: none"> <li>sweet chili chicken</li> <li>sweet chili tofu </li> <li>brown rice</li> <li>asian broccoli</li> <li>applesauce cup</li> </ul>
<p><b>29</b></p> <ul style="list-style-type: none"> <li>baked fish sticks</li> <li>whole grain roll</li> <li>sunbutter &amp; jelly sandwich</li> <li>sauteed green beans</li> <li>chilled pear</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>turkey meatballs &amp; tomato sauce</li> <li>tofu bolognese </li> <li>whole grain spaghetti</li> <li>cucumber coins</li> <li>ranch dressing</li> <li>orange wedges</li> </ul>	<p><b>31</b></p> <ul style="list-style-type: none"> <li>chicken &amp; cheese quesadilla</li> <li>cheese quesadilla </li> <li>roasted tomato salsa</li> <li>sour cream</li> <li>fresh banana</li> </ul>	<p><b>2/1</b></p> <ul style="list-style-type: none"> <li>beef sheperd's pie </li> <li>lentil sheperd's pie </li> <li>whole grain biscuit</li> <li>mashed potatoes</li> <li>cantaloupe</li> </ul>	<p><b>2/2</b></p> <ul style="list-style-type: none"> <li>chicken yassa</li> <li>veggie chik'n nuggets </li> <li>jollof rice</li> <li>honey cinnamon sweet potatoes</li> <li>applesauce cup</li> </ul>

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

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

**Include Cost:** No

**Site:**

**Report Style:** Detailed

**Use Alternate Menu Name:** No

### Monday - 01/01/2024

**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)
990874 Baked CatFish Sticks	2 each	95	177	1.58	324	1	*N/A*	7.98	*0.04	47	10.53	0.82	14.91	138	34.4	0.07	0.97
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
000004 Whole Wheat Roll	1 each	91	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	1.08
001091 Sauteed Green Beans	.25 C	100	25	0.17	48	*0	*N/A*	1.16	*0.00	0	3.09	1.03	0.73	53	17.0	5.06	0.35
990261 Chilled Pears	.5 C	100	101	0.00	8	*N/A*	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58
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
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
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
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
Weighted Daily Average			494	2.97	657	*16	*0	13.44	*0.04	54	68.45	9.45	27.56	627	497.0	9.10	3.12
% of Calories				5.41%		*13.0%	*0%	24.5%	*0.1%		55.4%		22.3%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Tuesday - 01/02/2024

**Reimbursable Meal Total 100**

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
001045 Tofu Bolognese	1 C	5	193	1.35	193	*7	*N/A*	7.48	*0.00	0	18.39	2.18	15.14	*148	*291.1	*3.13	*2.69
990301 Whole Grain Spaghetti	.5 C	100	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
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
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
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
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
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
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
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
Weighted Daily Average			448	3.68	804	*27	*0	12.89	*0.00	57	58.63	6.08	28.58	*840	*503.3	*55.67	*2.79
% of Calories				7.39%		*24.1%	*0%	25.9%	*0.0%		52.3%		25.5%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Wednesday - 01/03/2024

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)
000479 Chicken & Cheese Quesadilla on 8" Tortilla	1 each	95	303	8.17	452	2	*N/A*	14.22	*0.00	54	23.84	2.23	19.54	*440	*259.9	*1.34	*1.52
000471 Cheese Quesadilla	1 each	5	360	14.00	580	2	*N/A*	22.00	0.00	60	24.00	2.00	17.00	600	455.0	0.00	1.00

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
001097 Steamed Corn	.25 C	100	46	0.21	48	1	*N/A*	1.44	*0.00	0	8.47	0.86	1.24	*80	*1.6	*2.62	*0.17
990351 Low Fat Sour Cream	1 oz	96	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
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
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
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
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
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
Weighted Daily Average			593	11.78	641	30	0	21.13	*0.00	74	73.36	6.15	31.17	*1117	*680.7	*15.15	*2.07
% of Calories				17.88 %		20.2%	0%	32.1%	*0.0%		49.5%		21.0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Thursday - 01/04/2024

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)
000793 Beef Shepherd's Pie	3 oz	95	184	3.37	478	*1	*N/A*	10.45	*0.48	49	5.56	0.71	15.75	*1160	*24.2	*3.32	*2.16
000797 Lentil Shepherd's Pie	.625 C	5	161	0.47	510	2	*N/A*	3.24	*0.00	0	25.43	3.85	8.13	*1372	*23.4	*4.11	*2.48
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
001089 Mashed Potatoes	2 oz scoop	100	51	0.66	101	*0	*N/A*	2.14	*0.00	2	6.88	1.34	1.54	24	22.5	6.04	1.73
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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
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
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
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
Weighted Daily Average			528	10.08	1037	*22	*0	22.15	*0.45	58	53.92	4.91	29.84	*4256	*558.3	*38.78	*5.35
% of Calories				17.18 %		*16.7%	*0%	37.8%	*0.8%		40.8%		22.6%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Friday - 01/05/2024

### 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)
000519 Chicken Yassa	1 each	95	130	0.35	35	6	*N/A*	2.52	*0.00	48	7.81	0.69	19.00	*275	*13.9	*3.68	*0.99
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
000605 Jollof Rice	.5 C	96	159	0.35	111	*2	*N/A*	3.39	*0.00	0	28.72	2.64	4.05	*2089	*18.0	*20.74	*1.13
001152 Honey Cinnamon Sweet Potatoes	2oz scoop	100	57	0.17	74	3	*N/A*	1.15	*0.00	0	11.15	1.54	0.79	*7079	*15.9	*1.21	*0.32
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
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
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
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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
Weighted Daily Average			502	2.06	360	*35	*0	9.06	*0.00	55	74.39	6.99	31.76	*9769	*413.4	*85.35	*2.54
% of Calories				3.69%		*27.9%	*0%	16.2%	*0.0%		59.3%		25.3%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Monday - 01/08/2024

### 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)
990402 Turkey & Bean Chili	6 oz	95	164	1.51	177	*2	*N/A*	5.56	*0.00	54	16.44	4.38	13.16	*536	*70.2	*8.20	*2.81
000725 Veg Out Chili	6 oz	5	165	0.32	373	*3	*N/A*	1.88	*0.00	0	29.29	8.84	8.84	*474	*63.2	*12.95	*2.50
001087 WG Corn Tortilla Chips	10 each	100	108	0.77	88	0	*N/A*	4.61	0.00	0	15.36	1.54	1.54	0	15.4	0.00	0.00
000469 Steamed Corn	4oz scoop	100	93	0.42	96	2	*N/A*	2.88	*0.00	0	17.08	1.73	2.49	*161	*3.3	*5.28	*0.35
990261 Chilled Pears	.5 C	100	101	0.00	8	*N/A*	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58
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
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
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



# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
Weighted Daily Average			563	3.79	493	*16	*0	14.83	*0.00	61	87.54	13.32	26.07	*1135	*473.3	*17.69	*3.80
% of Calories				6.06%		*11.4%	*0%	23.7%	*0.0%		62.2%		18.5%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

## Tuesday - 01/09/2024

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)
990871 MP Cheese Pizza	1 each	100	310	5.00	590	3	1	12.00	0.00	25	37.00	4.00	16.00	0	310.0	0.00	1.90
000454 Steamed Carrots	4oz scoop	100	72	0.38	179	6	*N/A*	2.76	*0.00	0	11.62	3.58	1.18	*19543	*50.8	*6.90	*0.36
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
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
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
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
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
Weighted Daily Average			523	6.55	883	30	1	16.64	*0.00	35	71.55	9.78	26.32	*20173	*762.3	*56.59	*2.43
% of Calories				11.27%		22.9%	0.8%	28.6%	*0.0%		54.7%		20.1%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

## Wednesday - 01/10/2024

Reimbursable Meal Total 100

**Base Menu Spreadsheet**

Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
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
000997 Whole Grain Waffles Bakecrafters	1 each	100	70	0.00	95	1	*N/A*	2.51	0.00	0	11.04	0.00	2.01	0	0.0	0.00	0.36
990693 Sweet Potato Hash	0.5 C	100	177	0.70	360	*6	*N/A*	4.66	*0.00	0	31.69	5.06	2.78	*20210	*50.4	*16.56	*1.12
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
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
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
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
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
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
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
Weighted Daily Average			619	2.22	887	*43	*0	10.56	*0.00	56	99.80	9.02	34.46	*20972	*453.2	*30.04	*3.02
% of Calories				3.23%		*27.8%	*0%	15.4%	*0.0%		64.5%		22.3%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Thursday - 01/11/2024

Reimbursable Meal Total 100

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
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
001124 Baked Potato Fries	2oz scoop	100	39	0.18	52	*0	*N/A*	1.19	*0.00	0	6.18	1.27	1.27	*68	*15.3	*5.37	*1.57
000556 Ketchup	1 each	96	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
000557 Mustard	1 each	96	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
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
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
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
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
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
Weighted Daily Average			448	3.90	635	*22	*0	11.64	*0.20	57	56.98	6.42	30.88	*3232	*418.4	*34.79	*4.88
% of Calories				7.83%		*19.6%	*0%	23.4%	*0.4%		50.9%		27.6%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Friday - 01/12/2024

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)
000002 Jamaican Jerk Chicken Strips	3oz scoop	95	128	0.68	117	*1	*N/A*	4.57	*0.00	48	2.45	0.38	18.94	*15	*12.6	*3.10	*1.03
990642 Jamaican Jerk Tofu	.5 C	5	158	1.69	187	*3	*N/A*	9.82	*0.00	0	8.08	1.75	11.83	*16	*268.8	*1.08	*2.65

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
000630 Yellow Rice	.5 C	100	123	0.17	97	*0	*N/A*	2.16	*0.00	0	22.94	1.43	3.21	*4	*5.9	*0.08	*0.78
990206 Red Beans	.25 C	100	78	0.20	27	0	*N/A*	1.35	*0.00	0	12.53	3.00	4.38	*52	*17.9	*1.18	*1.36
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
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
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
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
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
Weighted Daily Average			488	2.25	368	*26	*0	10.11	*0.00	56	65.32	6.88	34.45	*494	*413.8	*65.00	*3.33
% of Calories				4.15%		*21.3%	*0%	18.6%	*0.0%		53.5%		28.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Monday - 01/15/2024

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)
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	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%		0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Tuesday - 01/16/2024

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
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
000556 Ketchup	1 each	96	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
000557 Mustard	1 each	96	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
001097 Steamed Corn	.25 C	100	46	0.21	48	1	*N/A*	1.44	*0.00	0	8.47	0.86	1.24	*80	*1.6	*2.62	*0.17
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
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
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
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
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
Weighted Daily Average			523	8.06	1028	*26	*0	20.21	*0.00	43	64.17	7.37	21.64	*710	*444.8	*53.44	*2.57
% of Calories				13.87 %		*19.9%	*0%	34.8%	*0.0%		49.1%		16.6%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Wednesday - 01/17/2024

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)
000609 Pulled BBQ Chicken on WW Bun	1 each	95	281	0.17	525	13	*N/A*	4.24	*0.01	48	39.54	4.02	24.70	*0	21.8	*2.49	2.06

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
000728 BBQ Tofu on a Whole Wheat Bun	1 each	5	345	1.02	783	25	*N/A*	7.53	*0.00	0	56.98	5.72	17.81	*342	283.9	*0.46	4.03
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
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
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
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
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
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
Weighted Daily Average			531	1.98	746	43	0	8.98	*0.01	57	84.90	8.55	34.67	*2043	431.1	*30.45	2.82
% of Calories				3.36%		32.4%	0%	15.2%	*0.0%		64.0%		26.1%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Thursday - 01/18/2024

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)
001044 Beef Bolognese	.5 C	95	203	3.16	391	*7	*N/A*	8.92	*0.48	49	12.03	0.67	17.07	*108	*25.2	*2.61	*2.05
001045 Tofu Bolognese	1 C	5	193	1.35	193	*7	*N/A*	7.48	*0.00	0	18.39	2.18	15.14	*148	*291.1	*3.13	*2.69
990353 Whole Wheat Rotini Pasta	.5 C	100	111	0.32	101	0	*N/A*	2.99	*0.00	0	19.50	3.50	4.00	*0	*15.6	*0.00	*1.00
990225 Parmesan Butternut Squash - .25 C	.25 C	100	62	0.79	66	*0	*N/A*	3.32	*0.00	2	7.82	1.22	1.84	*1034	*24.6	*9.31	*0.54
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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
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
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
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
Weighted Daily Average			499	5.37	674	*26	*0	17.07	*0.45	58	58.15	6.17	31.74	*4205	*450.4	*41.31	*3.87
% of Calories				9.69%		*20.8%	*0%	30.8%	*0.8%		46.6%		25.4%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

## Friday - 01/19/2024

### 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)
000406 Chicken Stir Fry	1 tender	95	108	0.33	311	0	*N/A*	2.40	*0.00	48	1.36	0.38	19.44	6	14.0	4.45	0.60
000726 Super Sesame Tofu	.5 C	5	128	1.33	430	1	*N/A*	7.57	*0.00	0	4.84	1.40	12.43	*79	*259.1	*1.41	*2.27
990606 Whole Grain Fried Rice	5 oz scoop	100	158	0.51	304	*1	*N/A*	4.17	*0.00	24	25.65	2.12	4.84	*1868	13.3	*3.02	0.95
990856 Sweet Chili Cauliflower	2oz scoop	100	49	0.39	45	3	*N/A*	2.01	0.00	0	7.07	2.34	2.27	*0	*25.7	*55.75	*0.50
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
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
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
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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
Weighted Daily Average			473	2.43	790	*29	*0	10.60	*0.00	80	61.38	6.89	34.47	*2300	*429.9	*123.82	*2.22
% of Calories				4.62%		*24.5%	*0%	20.2%	*0.0%		51.9%		29.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Monday - 01/22/2024

### 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)
000390 Turkey Ham & Cheddar Melt	1 each	95	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000539 Grilled Cheese on WW Bread	1 each	5	340	9.00	660	*0	*N/A*	16.00	0.00	40	32.00	4.00	20.00	600	520.0	0.00	1.44
990068 Glazed Carrots	.25 C	100	35	0.11	90	4	*N/A*	0.79	*0.00	0	7.01	1.80	0.60	*9779	*26.4	*3.45	*0.21
990261 Chilled Pears	.5 C	100	101	0.00	8	*N/A*	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58
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
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
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
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
Weighted Daily Average			536	6.70	943	*16	*0	14.25	*0.00	59	77.50	11.25	30.17	*10536	*750.7	*7.99	*2.31
% of Calories				11.25 %		*11.9%	*0%	23.9%	*0.0%		57.8%		22.5%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									



# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

### Tuesday - 01/23/2024

### 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)
990362 Crispy Fish Sandwich on WW Bun	1 each	95	313	0.81	797	4	*N/A*	7.25	*0.00	61	40.25	4.84	24.84	*137	*89.7	*0.07	*2.21
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
001091 Sauteed Green Beans	.25 C	100	25	0.17	48	*0	*N/A*	1.16	*0.00	0	3.09	1.03	0.73	53	17.0	5.06	0.35
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
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
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
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
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
Weighted Daily Average			493	2.25	944	*25	*0	11.75	*0.00	68	67.04	8.21	34.31	*816	*511.6	*54.81	*2.82
% of Calories				4.11%		*20.3%	*0%	21.5%	*0.0%		54.4%		27.8%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Wednesday - 01/24/2024

### 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)
990218 Herb Roasted Chicken Tender, Chopped - 2 oz	3 oz	95	99	0.34	123	0	*N/A*	2.28	*0.00	48	0.36	0.19	18.80	*17	*7.9	*2.90	*0.80
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

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
990845 Whole Wheat Mac & Cheese	4 oz scoop	100	208	5.57	293	3	*N/A*	9.93	*0.00	28	20.77	*2.16	11.41	*134	*182.7	*0.01	*0.06
001178 Braised Collard Greens	.25 C	100	35	0.15	62	*1	*N/A*	1.06	*0.00	0	5.58	2.77	1.94	*4879	*108.5	*26.17	*0.19
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
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
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
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
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
Weighted Daily Average			551	7.38	609	*31	*0	15.82	*0.00	84	66.89	*8.44	41.52	*5528	*671.6	*39.95	*1.50
% of Calories				12.05 %		*22.5%	*0%	25.8%	*0.0%		48.6%		30.1%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Thursday - 01/25/2024

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)
000853 WG Flatbread Cheese Pizza	1 flatbread	100	380	8.19	778	6	*N/A*	17.84	*0.00	30	38.18	*3.94	23.66	*88	*39.2	*3.99	*1.42
001145 Roasted Cauliflower	2oz scoop	100	48	0.46	125	2	*N/A*	2.53	*0.00	0	5.37	2.10	2.03	*0	*23.2	*49.68	*0.46
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
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
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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
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
Weighted Daily Average			552	9.84	1029	27	0	22.29	*0.00	40	62.03	*6.74	34.62	*3150	*434.0	*83.03	*2.12
% of Calories				16.04 %		19.6%	0%	36.3%	*0.0%		44.9%		25.1%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

## Friday - 01/26/2024

## 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)
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
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
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
001170 Asian Broccoli	.25 C	100	38	0.34	139	1	*N/A*	2.14	*0.00	0	3.96	1.34	1.75	*301	*24.4	*43.06	*0.46
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
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
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
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

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
Weighted Daily Average			496	2.27	1027	*41	*0	10.31	*0.00	54	72.17	5.05	30.48	*869	*397.3	*106.34	*1.73
% of Calories				4.12%		*33.1%	*0%	18.7%	*0.0%		58.2%		24.6%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Monday - 01/29/2024

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)
990874 Baked CatFish Sticks	2 each	95	177	1.58	324	1	*N/A*	7.98	*0.04	47	10.53	0.82	14.91	138	34.4	0.07	0.97
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
000004 Whole Wheat Roll	1 each	91	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	1.08
001091 Sauteed Green Beans	.25 C	100	25	0.17	48	*0	*N/A*	1.16	*0.00	0	3.09	1.03	0.73	53	17.0	5.06	0.35
990261 Chilled Pears	.5 C	100	101	0.00	8	*N/A*	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58
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
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
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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
Weighted Daily Average			494	2.97	657	*16	*0	13.44	*0.04	54	68.45	9.45	27.56	627	497.0	9.10	3.12
% of Calories				5.41%		*13.0%	*0%	24.5%	*0.1%		55.4%		22.3%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

## Tuesday - 01/30/2024

### 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)
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
001045 Tofu Bolognese	1 C	5	193	1.35	193	*7	*N/A*	7.48	*0.00	0	18.39	2.18	15.14	*148	*291.1	*3.13	*2.69
990301 Whole Grain Spaghetti	.5 C	100	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
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
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
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
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
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
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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
Weighted Daily Average			448	3.68	804	*27	*0	12.89	*0.00	57	58.63	6.08	28.58	*840	*503.3	*55.67	*2.79
% of Calories				7.39%		*24.1%	*0%	25.9%	*0.0%		52.3%		25.5%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

## Wednesday - 01/31/2024

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)
000479 Chicken & Cheese Quesadilla on 8" Tortilla	1 each	95	303	8.17	452	2	*N/A*	14.22	*0.00	54	23.84	2.23	19.54	*440	*259.9	*1.34	*1.52
000471 Cheese Quesadilla	1 each	5	360	14.00	580	2	*N/A*	22.00	0.00	60	24.00	2.00	17.00	600	455.0	0.00	1.00
990870 Roasted Tomato Salsa	2oz scoop	96	5	0.00	16	*0	*N/A*	0.02	*0.00	0	0.96	0.32	0.10	105	6.8	1.81	0.13
990351 Low Fat Sour Cream	1 oz	96	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
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
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
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
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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
Weighted Daily Average			551	11.57	608	*29	*0	19.71	*0.00	74	65.80	5.59	30.03	*1138	*685.6	*14.27	*2.02
% of Calories				18.90 %		*21.1%	*0%	32.2%	*0.0%		47.8%		21.8%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Thursday - 02/01/2024

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)
000793 Beef Shepherd's Pie	3 oz	95	184	3.37	478	*1	*N/A*	10.45	*0.48	49	5.56	0.71	15.75	*1160	*24.2	*3.32	*2.16
000797 Lentil Shepherd's Pie	.625 C	5	161	0.47	510	2	*N/A*	3.24	*0.00	0	25.43	3.85	8.13	*1372	*23.4	*4.11	*2.48
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
001089 Mashed Potatoes	2 oz scoop	100	51	0.66	101	*0	*N/A*	2.14	*0.00	2	6.88	1.34	1.54	24	22.5	6.04	1.73
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
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
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
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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
Weighted Daily Average			528	10.08	1037	*22	*0	22.15	*0.45	58	53.92	4.91	29.84	*4256	*558.3	*38.78	*5.35
% of Calories				17.18 %		*16.7%	*0%	37.8%	*0.8%		40.8%		22.6%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Friday - 02/02/2024

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)
000519 Chicken Yassa	1 each	95	130	0.35	35	6	*N/A*	2.52	*0.00	48	7.81	0.69	19.00	*275	*13.9	*3.68	*0.99
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
000605 Jollof Rice	.5 C	96	159	0.35	111	*2	*N/A*	3.39	*0.00	0	28.72	2.64	4.05	*2089	*18.0	*20.74	*1.13
001152 Honey Cinnamon Sweet Potatoes	2oz scoop	100	57	0.17	74	3	*N/A*	1.15	*0.00	0	11.15	1.54	0.79	*7079	*15.9	*1.21	*0.32
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
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
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
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



# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			502	2.06	360	*35	*0	9.06	*0.00	55	74.39	6.99	31.76	*9769	*413.4	*85.35	*2.54
% of Calories				3.69%		*27.9%	*0%	16.2%	*0.0%		59.3%		25.3%				
Weekly Nutrient Guideline			550 - 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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	516	5	751	*28	*0	14.62	*0.07	58	68.56	*7.53	30.94	*4558	*514.7	*48.02	*2.96
% of Calories		9.16%		*21.7%	*0%	25.5%	*0.1%		53.1%		24.0%				

- \*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.**



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.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (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.



# January Lunch Menu

## CTA LUNCH 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

### HAVE YOU TRIED OUR CRISPY FISH SANDWICH OR FISH STICKS?

If so, you are eating a TON of omega-3 fatty acids which help your brain develop, hair grow, and skin + nails shine!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  no school	2  no school	3 <ul style="list-style-type: none"> <li>chicken &amp; cheese quesadilla</li> <li>cheese quesadilla </li> <li>corn tortilla chips</li> <li>chili black beans</li> <li>steamed corn</li> <li>sour cream</li> <li>fresh banana</li> </ul>	4 <ul style="list-style-type: none"> <li>beef sheperd's pie </li> <li>lentil sheperd's pie </li> <li>whole grain biscuit</li> <li>mashed potatoes</li> <li>steamed carrots</li> <li>cantaloupe</li> </ul>	5 <ul style="list-style-type: none"> <li>chicken yassa</li> <li>veggie chik'n nuggets </li> <li>jollof rice</li> <li>honey cinnamon sweet potatoes</li> <li>efo spinach</li> <li>fresh apple</li> </ul>
8 <ul style="list-style-type: none"> <li>turkey &amp; bean chili</li> <li>veg out chili </li> <li>whole grain tortilla chips</li> <li>steamed corn</li> <li>red pepper strips</li> <li>ranch dressing</li> <li>fresh pear</li> </ul>	9 <ul style="list-style-type: none"> <li>cheese pizza</li> <li>baby spinach salad</li> <li>baby carrots</li> <li>honey mustard dressing</li> <li>orange wedges</li> </ul>	10 <ul style="list-style-type: none"> <li>crispy chicken tender</li> <li>veggie chik'n nuggets </li> <li>whole grain waffles</li> <li>braised collard greens</li> <li>sweet potato hash</li> <li>ketchup</li> <li>all-natural syrup</li> <li>fresh banana</li> </ul>	11 <ul style="list-style-type: none"> <li>beef burger </li> <li>veggie burger </li> <li>whole grain bun</li> <li>roasted carrots</li> <li>baked potato fries</li> <li>ketchup &amp; mustard</li> <li>cantaloupe</li> </ul>	12 <ul style="list-style-type: none"> <li>jamaican jerk chicken drum </li> <li>jamaican jerk tofu </li> <li>yellow rice</li> <li>red beans</li> <li>sauteed cabbage</li> <li>fresh apple</li> </ul>
15  no school	16 <ul style="list-style-type: none"> <li>all beef hot dog</li> <li>veggie burger </li> <li>whole grain bun</li> <li>chipotle pinto beans</li> <li>steamed corn</li> <li>ketchup &amp; mustard</li> <li>fresh pear</li> </ul>	17 <ul style="list-style-type: none"> <li>pulled bbq chicken</li> <li>bbq tofu </li> <li>whole grain bun</li> <li>coleslaw</li> <li>herb roasted sweet potatoes</li> <li>fresh banana</li> </ul>	18 <ul style="list-style-type: none"> <li>beef bolognese </li> <li>tofu bolognese </li> <li>whole grain rotini pasta</li> <li>parmesan butternut squash</li> <li>mixed greens salad</li> <li>ranch dressing</li> <li>cantaloupe</li> </ul>	19 <ul style="list-style-type: none"> <li>chicken stir fry</li> <li>super sesame tofu </li> <li>whole grain fried rice</li> <li>sweet chili cauliflower</li> <li>steamed carrots</li> <li>fresh apple</li> </ul>
22 <ul style="list-style-type: none"> <li>turkey ham &amp; cheddar melt</li> <li>grilled cheese </li> <li>glazed carrots</li> <li>black eyed peas</li> <li>fresh pear</li> </ul>	23 <ul style="list-style-type: none"> <li>crispy fish sandwich</li> <li>sunbutter &amp; jelly sandwich </li> <li>sauteed green beans</li> <li>potato salad</li> <li>hot sauce</li> <li>orange wedges</li> </ul>	24 <ul style="list-style-type: none"> <li>herb roasted chicken drum</li> <li>veggie chik'n nuggets </li> <li>ketchup</li> <li>mac &amp; cheese</li> <li>cinnamon roasted butternut squash</li> <li>braised collard greens</li> <li>fresh banana</li> </ul>	25 <ul style="list-style-type: none"> <li>cheese pizza</li> <li>roasted cauliflower</li> <li>steamed green peas</li> <li>cantaloupe</li> </ul>	26 <ul style="list-style-type: none"> <li>sweet chili chicken</li> <li>sweet chili tofu </li> <li>brown rice</li> <li>steamed carrots</li> <li>asian broccoli</li> <li>fresh apple</li> </ul>
29 <ul style="list-style-type: none"> <li>baked fish sticks</li> <li>hot sauce</li> <li>whole grain roll</li> <li>sunbutter &amp; jelly sandwich </li> <li>sauteed green beans</li> <li>steamed corn</li> <li>fresh pear</li> </ul>	30 <ul style="list-style-type: none"> <li>turkey meatballs &amp; tomato sauce</li> <li>tofu bolognese </li> <li>whole grain spaghetti</li> <li>mixed greens salad</li> <li>cucumber coins</li> <li>ranch dressing</li> <li>orange wedges</li> </ul>	31 <ul style="list-style-type: none"> <li>chicken &amp; cheese quesadilla</li> <li>cheese quesadilla </li> <li>corn tortilla chips</li> <li>chili black beans</li> <li>roasted tomato salsa</li> <li>sour cream</li> <li>fresh banana</li> </ul>	2/1 <ul style="list-style-type: none"> <li>beef sheperd's pie </li> <li>lentil sheperd's pie </li> <li>whole grain biscuit</li> <li>mashed potatoes</li> <li>steamed carrots</li> <li>cantaloupe</li> </ul>	2/2 <ul style="list-style-type: none"> <li>chicken yassa</li> <li>veggie chik'n nuggets </li> <li>jollof rice</li> <li>honey cinnamon sweet potatoes</li> <li>efo spinach</li> <li>fresh apple</li> </ul>

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

Menu Name: Private/Charter Lunch K-8

Include Cost: No

Site:

Report Style: Detailed

Use Alternate Menu Name: No

### Monday - 01/01/2024

### 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)
990874 Baked CatFish Sticks	2 each	91	177	1.58	324	1	*N/A*	7.98	*0.04	47	10.53	0.82	14.91	138	34.4	0.07	0.97
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
000004 Whole Wheat Roll	1 each	91	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	1.08
001091 Sauteed Green Beans	.25 C	100	25	0.17	48	*0	*N/A*	1.16	*0.00	0	3.09	1.03	0.73	53	17.0	5.06	0.35
000469 Steamed Corn	4oz scoop	100	93	0.42	96	2	*N/A*	2.88	*0.00	0	17.08	1.73	2.49	*161	*3.3	*5.28	*0.35
000604 Hot Sauce	1 each	91	0	0.00	32	0	*N/A*	0.00	*N/A*	0	0.02	0.00	0.01	2	0.1	0.90	0.01
000359 Fresh Pear	1 each	100	101	0.04	2	17	*N/A*	0.25	0.00	0	27.11	5.52	0.64	44	16.0	7.65	0.32
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
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
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
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
Weighted Daily Average			581	3.37	763	*35	*0	16.06	*0.04	52	86.35	11.22	29.27	*811	*494.8	*19.62	*3.17
% of Calories				5.22%		*24.1%	*0%	24.9%	*0.1%		59.4%		20.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

### Tuesday - 01/02/2024

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)
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
001045 Tofu Bolognese	1 C	5	193	1.35	193	*7	*N/A*	7.48	*0.00	0	18.39	2.18	15.14	*148	*291.1	*3.13	*2.69
990301 Whole Grain Spaghetti	.5 C	96	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
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
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
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
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
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
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
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
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
Weighted Daily Average			451	3.65	804	*28	*0	12.76	*0.00	55	60.07	7.61	29.11	*1623	*541.3	*63.96	*3.67
% of Calories				7.28%		*24.8%	*0%	25.5%	*0.0%		53.3%		25.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

### Wednesday - 01/03/2024

Reimbursable Meal Total 100

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
000479 Chicken & Cheese Quesadilla on 8" Tortilla	1 each	91	303	8.17	452	2	*N/A*	14.22	*0.00	54	23.84	2.23	19.54	*440	*259.9	*1.34	*1.52
000471 Cheese Quesadilla	1 each	5	360	14.00	580	2	*N/A*	22.00	0.00	60	24.00	2.00	17.00	600	455.0	0.00	1.00
990625 WG Corn Tortilla Chips	15 each	100	161	1.15	132	0	*N/A*	6.91	0.00	0	23.04	2.30	2.30	0	23.0	0.00	0.00
000637 Chili Black Beans	.5 C	100	209	0.65	141	*1	*N/A*	3.93	*0.00	0	33.39	8.49	11.20	*567	*71.2	*13.00	*2.95
001097 Steamed Corn	.25 C	100	46	0.21	48	1	*N/A*	1.44	*0.00	0	8.47	0.86	1.24	*80	*1.6	*2.62	*0.17
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
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
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
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
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
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
<b>Weighted Daily Average</b>			<b>952</b>	<b>13.33</b>	<b>897</b>	<b>*31</b>	<b>*0</b>	<b>31.52</b>	<b>*0.00</b>	<b>72</b>	<b>128.91</b>	<b>16.86</b>	<b>43.94</b>	<b>*1670</b>	<b>*766.2</b>	<b>*28.11</b>	<b>*4.96</b>
% of Calories				12.60 %		*13.0%	*0%	29.8%	*0.0%		54.2%		18.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 01/04/2024

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)
000793 Beef Shepherd's Pie	3 oz	91	184	3.37	478	*1	*N/A*	10.45	*0.48	49	5.56	0.71	15.75	*1160	*24.2	*3.32	*2.16

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
000797 Lentil Shepherd's Pie	.625 C	5	161	0.47	510	2	*N/A*	3.24	*0.00	0	25.43	3.85	8.13	*1372	*23.4	*4.11	*2.48
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
001089 Mashed Potatoes	2 oz scoop	100	51	0.66	101	*0	*N/A*	2.14	*0.00	2	6.88	1.34	1.54	24	22.5	6.04	1.73
000454 Steamed Carrots	4oz scoop	100	72	0.38	179	6	*N/A*	2.76	*0.00	0	11.62	3.58	1.18	*19543	*50.8	*6.90	*0.36
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
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
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
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
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
Weighted Daily Average			592	10.32	1197	*28	*0	24.49	*0.43	56	65.32	8.46	30.38	*23753	*608.2	*45.55	*5.62
% of Calories				15.69 %		*18.9%	*0%	37.2%	*0.7%		44.1%		20.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

### Friday - 01/05/2024

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)
000519 Chicken Yassa	1 each	91	130	0.35	35	6	*N/A*	2.52	*0.00	48	7.81	0.69	19.00	*275	*13.9	*3.68	*0.99
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
000605 Jollof Rice	.5 C	96	159	0.35	111	*2	*N/A*	3.39	*0.00	0	28.72	2.64	4.05	*2089	*18.0	*20.74	*1.13

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
001152 Honey Cinnamon Sweet Potatoes	2oz scoop	100	57	0.17	74	3	*N/A*	1.15	*0.00	0	11.15	1.54	0.79	*7079	*15.9	*1.21	*0.32
000606 Efo Spinach	.5 C	100	71	0.42	311	*2	*N/A*	3.18	*0.00	1	7.94	4.52	5.51	16743	185.5	21.66	2.75
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
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
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
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
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
Weighted Daily Average			623	2.53	662	*48	*0	12.52	*0.00	54	97.82	14.84	37.09	*26621	*611.7	*57.12	*5.52
% of Calories				3.65%		*30.8%	*0%	18.1%	*0.0%		62.8%		23.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

### Monday - 01/08/2024

### 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)
990402 Turkey & Bean Chili	6 oz	91	164	1.51	177	*2	*N/A*	5.56	*0.00	54	16.44	4.38	13.16	*536	*70.2	*8.20	*2.81
000725 Veg Out Chili	6 oz	5	165	0.32	373	*3	*N/A*	1.88	*0.00	0	29.29	8.84	8.84	*474	*63.2	*12.95	*2.50
001087 WG Corn Tortilla Chips	10 each	100	108	0.77	88	0	*N/A*	4.61	0.00	0	15.36	1.54	1.54	0	15.4	0.00	0.00
000469 Steamed Corn	4oz scoop	100	93	0.42	96	2	*N/A*	2.88	*0.00	0	17.08	1.73	2.49	*161	*3.3	*5.28	*0.35
990349 Red Pepper Strips - .25 C	2oz scoop	100	8	0.02	1	1	*N/A*	0.09	0.00	0	1.88	0.66	0.31	976	2.2	39.82	0.13



# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
000359 Fresh Pear	1 each	100	101	0.04	2	17	*N/A*	0.25	0.00	0	27.11	5.52	0.64	44	16.0	7.65	0.32
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
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
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
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
Weighted Daily Average			602	4.78	591	*36	*0	17.33	*0.00	64	92.70	13.93	26.45	*2197	*497.4	*62.63	*3.62
% of Calories				7.15%		*23.9%	*0%	25.9%	*0.0%		61.6%		17.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 01/09/2024

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)
990871 MP Cheese Pizza	1 each	96	310	5.00	590	3	1	12.00	0.00	25	37.00	4.00	16.00	0	310.0	0.00	1.90
001141 Baby Spinach Salad	1 C	100	11	0.00	38	0	*N/A*	0.00	0.00	0	1.74	1.08	1.39	2260	52.2	7.34	0.63
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
990044 Honey Mustard Dressing	1 oz	100	45	0.48	106	3	*N/A*	3.40	*0.00	0	3.80	0.02	0.05	0	0.9	0.02	0.03
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
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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
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
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
Weighted Daily Average			506	6.45	852	*27	*1	16.83	*0.00	34	66.86	8.16	26.16	7739	763.3	57.97	2.97
% of Calories				11.47 %		*21.3%	*0.8%	29.9%	*0.0%		52.9%		20.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

## Wednesday - 01/10/2024

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)
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
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
000556 Ketchup	1 each	96	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
990076 Whole Grain Waffles Bakecrafters	2 each	96	141	0.00	191	2	*N/A*	5.02	0.00	0	22.09	0.00	4.02	0	0.0	0.00	0.72
000625 All Natural Syrup	1 each	96	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
990693 Sweet Potato Hash	0.5 C	100	177	0.70	360	*6	*N/A*	4.66	*0.00	0	31.69	5.06	2.78	*20210	*50.4	*16.56	*1.12
001178 Braised Collard Greens	.25 C	100	35	0.15	62	*1	*N/A*	1.06	*0.00	0	5.58	2.77	1.94	*4879	*108.5	*26.17	*0.19
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
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
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
<b>Weighted Daily Average</b>			<b>729</b>	<b>2.41</b>	<b>1101</b>	<b>*45</b>	<b>*0</b>	<b>13.99</b>	<b>*0.00</b>	<b>54</b>	<b>118.28</b>	<b>11.89</b>	<b>37.98</b>	<b>*25716</b>	<b>*567.3</b>	<b>*56.16</b>	<b>*3.65</b>
% of Calories				2.98%		*24.7%	*0%	17.3%	*0.0%		64.9%		20.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

## Thursday - 01/11/2024

### 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)
000235 Beef Burger on WW Bun	1 each	91	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
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
000187 Baked Potato Fries	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
990062 Roasted Carrots	.25 C	100	35	0.18	85	3	*N/A*	1.36	*0.00	0	5.58	1.72	0.60	*9287	*25.0	*3.28	*0.19
000556 Ketchup	1 each	96	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
000557 Mustard	1 each	96	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
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
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
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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
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
Weighted Daily Average			511	4.16	761	*24	*0	13.84	*0.19	55	67.56	9.25	31.92	*12583	*457.6	*43.44	*6.51
% of Calories				7.33%		*18.8%	*0%	24.4%	*0.3%		52.9%		25.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

## Friday - 01/12/2024

## 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)
990634 Jamaican Jerk Chicken Drum	1 each	91	246	3.54	295	*2	*N/A*	15.23	*0.05	106	4.65	0.62	21.40	*69	*27.3	*0.83	*1.46
990642 Jamaican Jerk Tofu	.5 C	5	158	1.69	187	*3	*N/A*	9.82	*0.00	0	8.08	1.75	11.83	*16	*268.8	*1.08	*2.65
000630 Yellow Rice	.5 C	96	123	0.17	97	*0	*N/A*	2.16	*0.00	0	22.94	1.43	3.21	*4	*5.9	*0.08	*0.78
000351 Red Beans	.5 C	100	149	0.39	52	0	*N/A*	2.69	*0.00	0	23.58	5.82	8.43	*104	*34.2	*2.33	*2.60
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
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
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
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
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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
Weighted Daily Average			731	5.20	614	*40	*0	22.11	*0.05	106	95.78	14.12	40.93	*768	*470.6	*26.59	*5.35
% of Calories				6.40%		*21.9%	*0%	27.2%	*0.1%		52.4%		22.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

### Monday - 01/15/2024

### 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)
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	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%		0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

### Tuesday - 01/16/2024

### 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)
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
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
000556 Ketchup	1 each	96	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
000557 Mustard	1 each	96	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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)	
990327	Chipotle Pinto Beans	.5 C	100	170	0.30	126	*1	*N/A*	1.92	*0.00	0	28.51	7.08	9.51	119	56.4	3.55	2.52
001097	Steamed Corn	.25 C	100	46	0.21	48	1	*N/A*	1.44	*0.00	0	8.47	0.86	1.24	*80	*1.6	*2.62	*0.17
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
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
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
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
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
Weighted Daily Average				681	8.08	1126	*27	*0	21.44	*0.00	42	91.47	14.29	30.71	*829	*499.6	*56.94	*5.00
% of Calories					10.68 %		*15.9%	*0%	28.3%	*0.0%		53.7%		18.0%				
Weekly Nutrient Guideline				600 - 650	<10	1110			<=0									

### Wednesday - 01/17/2024

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)	
000609	Pulled BBQ Chicken on WW Bun	1 each	91	281	0.17	525	13	*N/A*	4.24	*0.01	48	39.54	4.02	24.70	*0	21.8	*2.49	2.06
000728	BBQ Tofu on a Whole Wheat Bun	1 each	5	345	1.02	783	25	*N/A*	7.53	*0.00	0	56.98	5.72	17.81	*342	283.9	*0.46	4.03
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
990650	Herb Roasted Sweet Potatoes - .5 C	.5 C	100	151	0.68	208	*5	*N/A*	4.69	*0.00	0	25.43	4.10	2.10	*17239	*54.2	*3.30	*1.09
000175	Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
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
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
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
Weighted Daily Average			671	2.65	933	*48	*0	13.50	*0.01	55	108.75	12.49	35.79	*19281	*484.4	*33.65	*3.83
% of Calories				3.55%		*28.6%	*0%	18.1%	*0.0%		64.8%		21.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

## Thursday - 01/18/2024

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)
001044 Beef Bolognese	.5 C	91	203	3.16	391	*7	*N/A*	8.92	*0.48	49	12.03	0.67	17.07	*108	*25.2	*2.61	*2.05
001045 Tofu Bolognese	1 C	5	193	1.35	193	*7	*N/A*	7.48	*0.00	0	18.39	2.18	15.14	*148	*291.1	*3.13	*2.69
990353 Whole Wheat Rotini Pasta	.5 C	96	111	0.32	101	0	*N/A*	2.99	*0.00	0	19.50	3.50	4.00	*0	*15.6	*0.00	*1.00
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
990225 Parmesan Butternut Squash - .25 C	.25 C	100	62	0.79	66	*0	*N/A*	3.32	*0.00	2	7.82	1.22	1.84	*1034	*24.6	*9.31	*0.54
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
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
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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
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
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
Weighted Daily Average			537	6.26	789	*28	*0	19.38	*0.43	61	62.31	7.73	32.95	*5068	*517.8	*50.67	*4.77
% of Calories				10.49 %		*20.9%	*0%	32.5%	*0.7%		46.4%		24.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

## Friday - 01/19/2024

### 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)
000406 Chicken Stir Fry	1 tender	91	108	0.33	311	0	*N/A*	2.40	*0.00	48	1.36	0.38	19.44	6	14.0	4.45	0.60
000726 Super Sesame Tofu	.5 C	5	128	1.33	430	1	*N/A*	7.57	*0.00	0	4.84	1.40	12.43	*79	*259.1	*1.41	*2.27
990606 Whole Grain Fried Rice	5 oz scoop	96	158	0.51	304	*1	*N/A*	4.17	*0.00	24	25.65	2.12	4.84	*1868	13.3	*3.02	0.95
990857 Sweet Chili Cauliflower	4oz scoop	100	99	0.78	90	7	*N/A*	4.01	0.00	0	14.14	4.68	4.53	*0	*51.5	*111.51	*1.00
990377 Steamed Carrots	.25 C	100	36	0.19	90	3	*N/A*	1.38	*0.00	0	5.81	1.79	0.59	*9775	*25.4	*3.45	*0.18
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
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
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
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



# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
Weighted Daily Average			604	3.04	892	*47	*0	14.10	*0.00	77	88.98	14.27	36.93	*12121	*493.4	*132.98	*3.10
% of Calories				4.53%		*31.1%	*0%	21.0%	*0.0%		58.9%		24.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

### Monday - 01/22/2024

### 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)
000390 Turkey Ham & Cheddar Melt	1 each	91	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000539 Grilled Cheese on WW Bread	1 each	5	340	9.00	660	*0	*N/A*	16.00	0.00	40	32.00	4.00	20.00	600	520.0	0.00	1.44
000029 Black Eyed Peas	.5 C	100	145	0.47	56	*1	*N/A*	2.86	*0.00	0	22.43	4.14	8.40	*197	*42.6	*8.91	*3.00
990068 Glazed Carrots	.25 C	100	35	0.11	90	4	*N/A*	0.79	*0.00	0	7.01	1.80	0.60	*9779	*26.4	*3.45	*0.21
000359 Fresh Pear	1 each	100	101	0.04	2	17	*N/A*	0.25	0.00	0	27.11	5.52	0.64	44	16.0	7.65	0.32
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
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
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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
Weighted Daily Average			670	7.00	963	*34	*0	16.71	*0.00	57	99.85	15.29	37.57	*10747	*775.9	*21.30	*4.98
% of Calories				9.40%		*20.3%	*0%	22.4%	*0.0%		59.6%		22.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 01/23/2024

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)
990362 Crispy Fish Sandwich on WW Bun	1 each	91	313	0.81	797	4	*N/A*	7.25	*0.00	61	40.25	4.84	24.84	*137	*89.7	*0.07	*2.21
000604 Hot Sauce	1 each	91	0	0.00	32	0	*N/A*	0.00	*N/A*	0	0.02	0.00	0.01	2	0.1	0.90	0.01
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
001091 Sauteed Green Beans	.25 C	100	25	0.17	48	*0	*N/A*	1.16	*0.00	0	3.09	1.03	0.73	53	17.0	5.06	0.35
000202 Potato Salad	4oz scoop	100	88	0.36	188	*0	*N/A*	2.40	*0.00	0	15.43	1.65	1.79	25	11.4	8.02	0.69
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
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
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
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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
Weighted Daily Average			568	2.58	1129	*25	*0	13.86	*0.00	65	80.88	9.66	35.11	*837	*519.5	*63.65	*3.43
% of Calories				4.09%		*17.6%	*0%	22.0%	*0.0%		57.0%		24.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

### Wednesday - 01/24/2024

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)
000667 Herb Roasted Chicken Drum 1 ea	1 each	91	192	2.92	206	0	*N/A*	11.95	*0.05	97	0.48	0.19	19.11	*65	*16.3	*0.41	*1.04
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
000556 Ketchup	1 each	5	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
990845 Whole Wheat Mac & Cheese	4 oz scoop	100	208	5.57	293	3	*N/A*	9.93	*0.00	28	20.77	*2.16	11.41	*134	*182.7	*0.01	*0.06
000005 Braised Collard Greens	4oz scoop	100	67	0.30	124	*1	*N/A*	2.12	*0.00	0	10.47	5.46	3.72	*9758	*216.2	*52.34	*0.33
990221 Cinnamon Roasted Butternut Squash	.5 C	100	78	0.41	123	*1	*N/A*	2.90	*0.00	0	13.82	2.37	1.44	2068	44.9	18.61	0.91
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
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
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
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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
Weighted Daily Average			742	10.28	870	*32	*0	28.48	*0.04	126	85.80	*13.49	44.28	*12518	*831.6	*82.34	*2.75
% of Calories				12.47 %		*17.3%	*0%	34.5%	*0.0%		46.3%		23.9%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

### Thursday - 01/25/2024

### 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)
990871 MP Cheese Pizza	1 each	96	310	5.00	590	3	1	12.00	0.00	25	37.00	4.00	16.00	0	310.0	0.00	1.90
000651 Roasted Cauliflower	4oz scoop	100	95	0.91	249	4	*N/A*	5.07	*0.00	0	10.74	4.21	4.07	*1	*46.4	*99.48	*0.91
001101 Steamed Green Peas	.25 C	100	46	0.18	98	2	*N/A*	1.27	*0.00	0	6.44	2.13	2.47	974	10.4	8.52	0.73
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
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
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
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
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
Weighted Daily Average			563	7.08	1040	28	1	19.77	*0.00	34	71.20	10.88	30.83	*4036	*726.1	*137.37	*3.71
% of Calories				11.32 %		19.9%	0.7%	31.6%	*0.0%		50.6%		21.9%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

# Base Menu Spreadsheet

Portion Values

Jan 1, 2024 thru Feb 2, 2024

**Friday - 01/26/2024**

**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)
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
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
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
990377 Steamed Carrots	.25 C	100	36	0.19	90	3	*N/A*	1.38	*0.00	0	5.81	1.79	0.59	*9775	*25.4	*3.45	*0.18
000623 Asian Broccoli	4oz scoop	100	77	0.67	278	2	*N/A*	4.27	*0.00	0	7.93	2.68	3.52	*601	*48.7	*86.11	*0.90
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
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
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
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
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
Weighted Daily Average			627	2.86	1248	*56	*0	14.21	*0.00	54	97.75	11.53	33.42	*11065	*460.4	*103.11	*2.62
% of Calories				4.11%		*35.7%	*0%	20.4%	*0.0%		62.4%		21.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

**Monday - 01/29/2024**

**Reimbursable Meal Total 100**

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
990874 Baked CatFish Sticks	2 each	91	177	1.58	324	1	*N/A*	7.98	*0.04	47	10.53	0.82	14.91	138	34.4	0.07	0.97
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
000004 Whole Wheat Roll	1 each	91	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	1.08
001091 Sauteed Green Beans	.25 C	100	25	0.17	48	*0	*N/A*	1.16	*0.00	0	3.09	1.03	0.73	53	17.0	5.06	0.35
000469 Steamed Corn	4oz scoop	100	93	0.42	96	2	*N/A*	2.88	*0.00	0	17.08	1.73	2.49	*161	*3.3	*5.28	*0.35
000604 Hot Sauce	1 each	91	0	0.00	32	0	*N/A*	0.00	*N/A*	0	0.02	0.00	0.01	2	0.1	0.90	0.01
000359 Fresh Pear	1 each	100	101	0.04	2	17	*N/A*	0.25	0.00	0	27.11	5.52	0.64	44	16.0	7.65	0.32
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
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
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
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
Weighted Daily Average			581	3.37	763	*35	*0	16.06	*0.04	52	86.35	11.22	29.27	*811	*494.8	*19.62	*3.17
% of Calories				5.22%		*24.1%	*0%	24.9%	*0.1%		59.4%		20.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

## Tuesday - 01/30/2024

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)
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

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
001045 Tofu Bolognese	1 C	5	193	1.35	193	*7	*N/A*	7.48	*0.00	0	18.39	2.18	15.14	*148	*291.1	*3.13	*2.69
990301 Whole Grain Spaghetti	.5 C	96	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
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
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
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
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
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
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
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
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
Weighted Daily Average			451	3.65	804	*28	*0	12.76	*0.00	55	60.07	7.61	29.11	*1623	*541.3	*63.96	*3.67
% of Calories				7.28%		*24.8%	*0%	25.5%	*0.0%		53.3%		25.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

### Wednesday - 01/31/2024

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)
000479 Chicken & Cheese Quesadilla on 8" Tortilla	1 each	91	303	8.17	452	2	*N/A*	14.22	*0.00	54	23.84	2.23	19.54	*440	*259.9	*1.34	*1.52
000471 Cheese Quesadilla	1 each	5	360	14.00	580	2	*N/A*	22.00	0.00	60	24.00	2.00	17.00	600	455.0	0.00	1.00

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
990625 WG Corn Tortilla Chips	15 each	100	161	1.15	132	0	*N/A*	6.91	0.00	0	23.04	2.30	2.30	0	23.0	0.00	0.00
000637 Chili Black Beans	.5 C	100	209	0.65	141	*1	*N/A*	3.93	*0.00	0	33.39	8.49	11.20	*567	*71.2	*13.00	*2.95
990858 Roasted Tomato Salsa	4oz scoop	100	48	0.02	163	*0	*N/A*	0.19	*0.00	0	9.58	3.16	1.00	1046	68.0	18.08	1.28
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
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
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
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
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
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
Weighted Daily Average			954	13.14	1012	*30	*0	30.27	*0.00	72	130.02	19.16	43.70	*2636	*832.5	*43.57	*6.06
% of Calories				12.40 %		*12.6%	*0%	28.6%	*0.0%		54.5%		18.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

### Thursday - 02/01/2024

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)
000793 Beef Shepherd's Pie	3 oz	91	184	3.37	478	*1	*N/A*	10.45	*0.48	49	5.56	0.71	15.75	*1160	*24.2	*3.32	*2.16
000797 Lentil Shepherd's Pie	.625 C	5	161	0.47	510	2	*N/A*	3.24	*0.00	0	25.43	3.85	8.13	*1372	*23.4	*4.11	*2.48
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



# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
001089 Mashed Potatoes	2 oz scoop	100	51	0.66	101	*0	*N/A*	2.14	*0.00	2	6.88	1.34	1.54	24	22.5	6.04	1.73
000454 Steamed Carrots	4oz scoop	100	72	0.38	179	6	*N/A*	2.76	*0.00	0	11.62	3.58	1.18	*19543	*50.8	*6.90	*0.36
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
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
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
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
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
Weighted Daily Average			592	10.32	1197	*28	*0	24.49	*0.43	56	65.32	8.46	30.38	*23753	*608.2	*45.55	*5.62
% of Calories				15.69 %		*18.9%	*0%	37.2%	*0.7%		44.1%		20.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

### Friday - 02/02/2024

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)
000519 Chicken Yassa	1 each	91	130	0.35	35	6	*N/A*	2.52	*0.00	48	7.81	0.69	19.00	*275	*13.9	*3.68	*0.99
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
000605 Jollof Rice	.5 C	96	159	0.35	111	*2	*N/A*	3.39	*0.00	0	28.72	2.64	4.05	*2089	*18.0	*20.74	*1.13
001152 Honey Cinnamon Sweet Potatoes	2oz scoop	100	57	0.17	74	3	*N/A*	1.15	*0.00	0	11.15	1.54	0.79	*7079	*15.9	*1.21	*0.32
000606 Efo Spinach	.5 C	100	71	0.42	311	*2	*N/A*	3.18	*0.00	1	7.94	4.52	5.51	16743	185.5	21.66	2.75

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
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
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
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
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
Weighted Daily Average			623	2.53	662	*48	*0	12.52	*0.00	54	97.82	14.84	37.09	*26621	*611.7	*57.12	*5.52
% of Calories				3.65%		*30.8%	*0%	18.1%	*0.0%		62.8%		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)
Weighted Averages	631	6	903	*35	*0	18.29	*0.07	61	87.76	*11.97	34.18	*9809	*590.6	*57.21	*4.30
% of Calories		8.26%		*22.2%	*0%	26.1%	*0.1%		55.6%		21.7%				

\*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.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (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.



# January Snack Menu

## SNACK K-2

What do the colors on the menu mean?

**GREEN** = locally-sourced

**BLUE** = international

**ORANGE** = Fresh Feature Friday Winner!

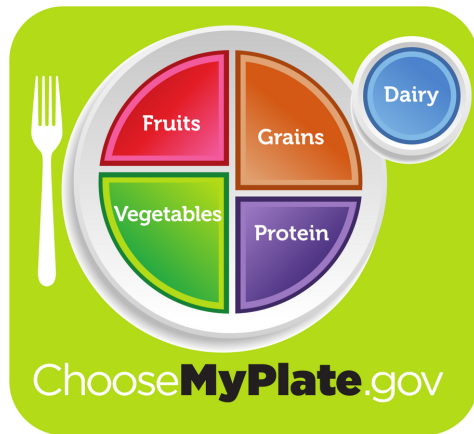
= vegetarian entree

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



**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
1  no school	2  no school	3  • muffin top • applesauce	4  • cheese stick • red pepper strips • ranch dressing	5  • cheez-its • chilled pineapple
8  • nonfat yogurt • whole grain granola	9  • cinnamon goldfish graham • chilled peaches	10  • cheez-its • apple sauce	11  • cheese stick • <b>cucumber coins</b> • ranch dressing	12  • muffin top • chilled pears
15  no school	16  • nonfat yogurt • cinnamon goldfish graham	17  • muffin top • applesauce	18  • cheese stick • red pepper strips • ranch dressing	19  • cheez-its • chilled pineapple
22  • nonfat yogurt • whole grain granola	23  • cinnamon goldfish graham • chilled peaches	24  • cheez-its • apple sauce	25  • cheese stick • <b>cucumber coins</b> • ranch dressing	26  • muffin top • chilled pears
29  • cornbread muffin • cheese stick	30  • nonfat yogurt • cinnamon goldfish graham	31  • muffin top • applesauce	2/1  • cheese stick • red pepper strips • ranch dressing	2/2  • cheese stick • chilled pineapple

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

**Menu Name:** Private/Charter Snack

**Include Cost:** No

**Site:**

**Report Style:** Detailed

**Use Alternate Menu Name:** No

### Monday - 01/01/2024

#### 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)
000850 WG Cornbread Muffin - Small	1 each	1	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
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
Weighted Daily Average			231	3.54	282	*9	*0	10.06	0.00	30	23.00	1.00	10.09	202	222.5	0.00	0.72
% of Calories				13.79 %		*15.6%	*0%	39.2%	0.0%		39.8%		17.5%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Tuesday - 01/02/2024

#### 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)
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
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
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
% of Calories				4.29%		40.0%	0%	17.1%	0.0%		74.3%		7.6%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Wednesday - 01/03/2024

#### Reimbursable Meal Total 1

**Base Menu Spreadsheet**

Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
990875 Blueberry Muffin Top	1 each	1	160	0.50	95	13	0	5.00	0.00	20	26.00	1.00	3.00	0	14.0	0.00	1.00
990244 Chilled Applesauce	.75 C	1	81	0.02	4	*N/A*	*N/A*	0.19	*N/A*	0	21.74	2.12	0.33	56	7.7	1.93	0.44
Weighted Daily Average			241	0.52	99	*13	*0	5.19	*0.00	20	47.74	3.12	3.33	56	21.7	1.93	1.44
% of Calories				1.94%		*21.6%	*0%	19.4%	*0.0%		79.2%		5.5%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

**Thursday - 01/04/2024**

**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)
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
990619 Red Pepper Strips - .75 C	.75 C	1	24	0.06	4	4	*N/A*	0.28	0.00	0	5.64	1.96	0.93	2929	6.5	119.47	0.40
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
Weighted Daily Average			123	3.11	277	*5	*0	5.45	0.00	15	9.67	2.03	8.06	3132	211.8	119.48	0.42
% of Calories				22.76 %		*16.3%	*0%	39.9%	0.0%		31.4%		26.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

**Friday - 01/05/2024**

**Reimbursable Meal Total 1**

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
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
Weighted Daily Average			181	1.01	151	19	0	3.65	0.00	5	35.12	2.76	2.69	568	121.7	12.76	1.10
% of Calories				5.02%		42.0%	0%	18.1%	0.0%		77.6%		5.9%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Monday - 01/08/2024

#### 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)
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
990426 Whole Grain Granola	3oz scoop	1	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
Weighted Daily Average			240	0.00	119	24	0	1.88	0.00	0	52.25	3.00	6.00	0	297.5	0.00	1.12
% of Calories				0.00%		40.0%	0%	7.0%	0.0%		87.1%		10.0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Tuesday - 01/09/2024

#### 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)
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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
990770 Chilled Peaches	.75 C	1	99	0.00	0	20	*N/A*	0.00	0.00	0	23.77	1.98	1.98	*N/A*	17.8	*N/A*	0.00
Weighted Daily Average			219	1.00	140	27	0	4.00	0.00	0	42.77	2.98	2.98	*0	97.8	*0.00	1.80
% of Calories				4.11%		49.3%	0%	16.4%	0.0%		78.1%		5.4%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Wednesday - 01/10/2024

### 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)
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
990244 Chilled Applesauce	.75 C	1	81	0.02	4	*N/A*	*N/A*	0.19	*N/A*	0	21.74	2.12	0.33	56	7.7	1.93	0.44
Weighted Daily Average			181	1.02	154	*0	*0	3.69	*0.00	5	35.74	3.12	2.33	556	107.7	1.93	1.16
% of Calories				5.07%		*0%	*0%	18.3%	*0.0%		79.0%		5.1%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Thursday - 01/11/2024

### 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)
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
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



# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
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
% of Calories				24.26 %		*10.4%	*0%	41.4%	0.0%		27.9%		27.3%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Friday - 01/12/2024

### 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)
990875 Blueberry Muffin Top	1 each	1	160	0.50	95	13	0	5.00	0.00	20	26.00	1.00	3.00	0	14.0	0.00	1.00
990862 chilled pears	.75	1	79	0.00	0	16	*N/A*	0.00	0.00	0	19.01	1.58	1.58	*N/A*	14.3	*N/A*	0.00
Weighted Daily Average			239	0.50	95	29	0	5.00	0.00	20	45.01	2.58	4.58	*0	28.3	*0.00	1.00
% of Calories				1.88%		48.5%	0%	18.8%	0.0%		75.3%		7.7%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Monday - 01/15/2024

### 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)
000850 WG Cornbread Muffin - Small	1 each	1	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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
Weighted Daily Average			231	3.54	282	*9	*0	10.06	0.00	30	23.00	1.00	10.09	202	222.5	0.00	0.72
% of Calories				13.79 %		*15.6%	*0%	39.2%	0.0%		39.8%		17.5%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Tuesday - 01/16/2024

### 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)
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
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
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
% of Calories				4.29%		40.0%	0%	17.1%	0.0%		74.3%		7.6%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Wednesday - 01/17/2024

### 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)
990875 Blueberry Muffin Top	1 each	1	160	0.50	95	13	0	5.00	0.00	20	26.00	1.00	3.00	0	14.0	0.00	1.00

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
990244 Chilled Applesauce	.75 C	1	81	0.02	4	*N/A*	*N/A*	0.19	*N/A*	0	21.74	2.12	0.33	56	7.7	1.93	0.44
Weighted Daily Average			241	0.52	99	*13	*0	5.19	*0.00	20	47.74	3.12	3.33	56	21.7	1.93	1.44
% of Calories				1.94%		*21.6%	*0%	19.4%	*0.0%		79.2%		5.5%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Thursday - 01/18/2024

### 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)
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
990619 Red Pepper Strips - .75 C	.75 C	1	24	0.06	4	4	*N/A*	0.28	0.00	0	5.64	1.96	0.93	2929	6.5	119.47	0.40
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
Weighted Daily Average			123	3.11	277	*5	*0	5.45	0.00	15	9.67	2.03	8.06	3132	211.8	119.48	0.42
% of Calories				22.76 %		*16.3%	*0%	39.9%	0.0%		31.4%		26.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Friday - 01/19/2024

### 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)
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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
Weighted Daily Average			181	1.01	151	19	0	3.65	0.00	5	35.12	2.76	2.69	568	121.7	12.76	1.10
% of Calories				5.02%		42.0%	0%	18.1%	0.0%		77.6%		5.9%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Monday - 01/22/2024

### 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)
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
990426 Whole Grain Granola	3oz scoop	1	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
Weighted Daily Average			240	0.00	119	24	0	1.88	0.00	0	52.25	3.00	6.00	0	297.5	0.00	1.12
% of Calories				0.00%		40.0%	0%	7.0%	0.0%		87.1%		10.0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Tuesday - 01/23/2024

### 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)
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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
990770 Chilled Peaches	.75 C	1	99	0.00	0	20	*N/A*	0.00	0.00	0	23.77	1.98	1.98	*N/A*	17.8	*N/A*	0.00
Weighted Daily Average			219	1.00	140	27	0	4.00	0.00	0	42.77	2.98	2.98	*0	97.8	*0.00	1.80
% of Calories				4.11%		49.3%	0%	16.4%	0.0%		78.1%		5.4%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Wednesday - 01/24/2024

### 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)
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
990244 Chilled Applesauce	.75 C	1	81	0.02	4	*N/A*	*N/A*	0.19	*N/A*	0	21.74	2.12	0.33	56	7.7	1.93	0.44
Weighted Daily Average			181	1.02	154	*0	*0	3.69	*0.00	5	35.74	3.12	2.33	556	107.7	1.93	1.16
% of Calories				5.07%		*0%	*0%	18.3%	*0.0%		79.0%		5.1%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Thursday - 01/25/2024

### 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)
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
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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
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
% of Calories				24.26 %		*10.4%	*0%	41.4%	0.0%		27.9%		27.3%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Friday - 01/26/2024

### 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)
990875 Blueberry Muffin Top	1 each	1	160	0.50	95	13	0	5.00	0.00	20	26.00	1.00	3.00	0	14.0	0.00	1.00
990862 chilled pears	.75	1	79	0.00	0	16	*N/A*	0.00	0.00	0	19.01	1.58	1.58	*N/A*	14.3	*N/A*	0.00
Weighted Daily Average			239	0.50	95	29	0	5.00	0.00	20	45.01	2.58	4.58	*0	28.3	*0.00	1.00
% of Calories				1.88%		48.5%	0%	18.8%	0.0%		75.3%		7.7%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Monday - 01/29/2024

### 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)
000850 WG Cornbread Muffin - Small	1 each	1	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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
Weighted Daily Average			231	3.54	282	*9	*0	10.06	0.00	30	23.00	1.00	10.09	202	222.5	0.00	0.72
% of Calories				13.79 %		*15.6%	*0%	39.2%	0.0%		39.8%		17.5%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Tuesday - 01/30/2024

### 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)
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
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
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
% of Calories				4.29%		40.0%	0%	17.1%	0.0%		74.3%		7.6%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Wednesday - 01/31/2024

### 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)
990875 Blueberry Muffin Top	1 each	1	160	0.50	95	13	0	5.00	0.00	20	26.00	1.00	3.00	0	14.0	0.00	1.00

**Base Menu Spreadsheet**

Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
990244 Chilled Applesauce	.75 C	1	81	0.02	4	*N/A*	*N/A*	0.19	*N/A*	0	21.74	2.12	0.33	56	7.7	1.93	0.44
Weighted Daily Average			241	0.52	99	*13	*0	5.19	*0.00	20	47.74	3.12	3.33	56	21.7	1.93	1.44
% of Calories				1.94%		*21.6%	*0%	19.4%	*0.0%		79.2%		5.5%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

**Thursday - 02/01/2024**

**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)
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
990619 Red Pepper Strips - .75 C	.75 C	1	24	0.06	4	4	*N/A*	0.28	0.00	0	5.64	1.96	0.93	2929	6.5	119.47	0.40
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
Weighted Daily Average			123	3.11	277	*5	*0	5.45	0.00	15	9.67	2.03	8.06	3132	211.8	119.48	0.42
% of Calories				22.76 %		*16.3%	*0%	39.9%	0.0%		31.4%		26.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

**Friday - 02/02/2024**

**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)
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



# Base Menu Spreadsheet

## Portion Values

Jan 1, 2024 thru Feb 2, 2024

	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)
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
Weighted Daily Average			181	1.01	151	19	0	3.65	0.00	5	35.12	2.76	2.69	568	121.7	12.76	1.10
% of Calories				5.02%		42.0%	0%	18.1%	0.0%		77.6%		5.9%				
Weekly Nutrient Guideline			550 - 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)
Weighted Averages	198	2	183	*15	*0	4.99	*0.00	12	33.25	2.17	5.28	*545	174	*16.50	1.09
% of Calories		7.05%		*30.3%	*0%	22.7%	*0.0%		67.2%		10.7%				

- \*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.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (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.