



September Breakfast Menu

CEDAR TREE ACADEMY | ECE

What do the colors on the menu mean?

GREEN = locally-sourced

BLUE = international

ORANGE = Fresh Feature Friday Winner!
= vegetarian entree

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

Menu subject to change based on availability

This institution is an equal opportunity provider

FRESH FEATURE

We're celebrating the start of the school year with seasonal, locally grown fruit! Try fresh local peaches on Tuesdays and local watermelon on Wednesday.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/28 <ul style="list-style-type: none"> • nonfat yogurt • fresh orange wedges 	8/29 <ul style="list-style-type: none"> • pumpkin spice bread • chilled peaches 	8/30 <ul style="list-style-type: none"> • cinnamon chex cereal • fresh watermelon 	8/31 <ul style="list-style-type: none"> • turkey sausage patty • veggie breakfast sausage patty • whole grain biscuit • fresh apple slices 	1 <ul style="list-style-type: none"> • buttermilk pancakes • all-natural syrup • fresh cantaloupe
4 no school labor day	5 <ul style="list-style-type: none"> • banana bread • chilled peaches 	6 <ul style="list-style-type: none"> • scrambled eggs • whole grain toast • jelly • fresh watermelon 	7 <ul style="list-style-type: none"> • peaches & cream oatmeal • fresh apple slices 	8 <ul style="list-style-type: none"> • apple pie parfait • whole grain granola • fresh cantaloupe
11 <ul style="list-style-type: none"> • frosted mini-wheats cereal • fresh orange wedges 	12 <ul style="list-style-type: none"> • turkey bacon & egg bake • scrambled eggs • whole grain toast • jelly • chilled peaches 	13 <ul style="list-style-type: none"> • whole grain bagel • light cream cheese • jelly • fresh watermelon 	14 <ul style="list-style-type: none"> • apple spice oatmeal • fresh apple slices 	15 <ul style="list-style-type: none"> • emoji waffles • all-natural syrup • fresh cantaloupe
18 <ul style="list-style-type: none"> • whole grain bagel • light cream cheese • jelly • fresh oranges wedges 	19 <ul style="list-style-type: none"> • scrambled eggs • whole grain toast • jelly • chilled peaches 	20 <ul style="list-style-type: none"> • blueberry chex cereal • fresh watermelon 	21 <ul style="list-style-type: none"> • egg & cheese breakfast burrito • fresh apple slices 	22 <ul style="list-style-type: none"> • buttermilk pancakes • all-natural syrup • fresh cantaloupe
25 <ul style="list-style-type: none"> • nonfat yogurt • fresh orange wedges 	26 <ul style="list-style-type: none"> • pumpkin spice bread • chilled peaches 	27 <ul style="list-style-type: none"> • cinnamon chex cereal • fresh watermelon 	28 <ul style="list-style-type: none"> • turkey sausage patty • veggie breakfast sausage patty • whole grain biscuit • fresh apple slices 	29 <ul style="list-style-type: none"> • buttermilk pancakes • all-natural syrup • fresh cantaloupe

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

Menu Name: Private/Charter Breakfast ECE

Include Cost: No

Site:

Report Style: Detailed

Use Alternate Menu Name: No

Monday - 08/28/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990703 Nonfat Yogurt	4 oz/1 each	100	90	0.00	55	14	*N/A*	0.00	0.00	0	20.00	0.00	3.00	0	290.0	0.00	0.00
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			231	1.17	169	35	0	1.88	*0.00	10	42.94	2.21	12.14	631	691.4	49.68	0.17
% of Calories				4.56%		60.6%	0%	7.3%	*0.0%		74.4%		21.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 08/29/2023

Reimbursable Meal Total 100

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

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	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			321	1.85	224	*40	*0	6.04	*0.00	24	55.60	3.13	12.25	*2917	*409.8	*1.44	*1.19
% of Calories				5.19%		*49.8%	*0%	16.9%	*0.0%		69.3%		15.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 08/30/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
000446 Fresh Watermelon	.5 C	100	23	0.01	1	5	*N/A*	0.11	0.00	0	5.74	0.30	0.46	432	5.3	6.16	0.18
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	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			240	1.16	285	23	0	4.38	*0.00	10	39.86	1.30	9.74	1256	449.9	11.70	7.46
% of Calories				4.35%		38.3%	0%	16.4%	*0.0%		66.4%		16.2%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 08/31/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001128 Turkey Sausage Patty	1 each	97	60	1.00	90	0	*N/A*	4.00	0.00	30	0.00	0.00	6.00	0	20.0	0.00	0.72
000801 Veggie Breakfast Sausage Patty	1 each	3	70	0.00	250	1	*N/A*	2.50	0.00	0	4.00	1.00	9.00	0	0.0	0.00	1.80
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
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			388	7.12	549	26	0	13.72	*0.00	39	49.25	4.03	18.36	424	524.0	60.74	2.03
% of Calories				16.52 %		26.8%	0%	31.8%	*0.0%		50.8%		18.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

Friday - 09/01/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
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 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				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				0 - 0	<0				<=0									

Monday - 09/04/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
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

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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			320	4.00	299	32	0	6.85	*0.00	25	52.34	3.71	14.86	787	443.4	49.68	0.22
% of Calories				11.25 %		40.0%	0%	19.3%	*0.0%		65.4%		18.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 09/05/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990037 Banana Bread	2 oz	100	165	0.69	109	16	*N/A*	4.27	*0.00	14	29.65	1.73	2.64	*31	*29.8	*1.27	*0.92
000784 Chilled Peaches	.5 C	100	66	0.00	0	13	*N/A*	0.00	0.00	0	15.84	1.32	1.32	*N/A*	11.9	*N/A*	0.00
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	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	1.84	223	41	0	6.04	*0.00	24	57.62	3.05	12.23	*454	*406.3	*2.02	*1.00
% of Calories				5.05%		50.0%	0%	16.6%	*0.0%		70.3%		14.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 09/06/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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	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
000446 Fresh Watermelon	.5 C	100	23	0.01	1	5	*N/A*	0.11	0.00	0	5.74	0.30	0.46	432	5.3	6.16	0.18
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			335	3.30	394	*25	*0	9.28	*0.00	252	42.89	2.32	20.28	*856	467.1	*6.90	2.41
% of Calories				8.87%		*29.9%	*0%	24.9%	*0.0%		51.2%		24.2%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

Thursday - 09/07/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990769 Peaches & Cream Oatmeal	0.5 C/4oz scoop	100	171	0.76	91	*19	*N/A*	2.28	*0.00	4	33.25	2.52	5.64	*39	117.0	*0.01	1.02
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			329	1.92	215	*43	*0	4.05	*0.00	14	60.38	4.52	13.92	*463	481.6	*60.75	1.10
% of Calories				5.25%		*52.3%	*0%	11.1%	*0.0%		73.4%		16.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 09/08/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000230 1% Lowfat Milk	8 oz	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			463	1.87	273	63	0	5.24	*0.00	15	93.15	5.17	15.57	3224	514.0	29.48	1.64
% of Calories				3.63%		54.4%	0%	10.2%	*0.0%		80.5%		13.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 09/11/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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			242	1.17	114	27	0	1.88	*0.00	10	47.23	5.24	12.18	631	401.4	49.68	8.37
% of Calories				4.35%		44.6%	0%	7.0%	*0.0%		78.1%		20.1%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

Tuesday - 09/12/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000894 Turkey Bacon & Egg Bake	1 square	97	101	1.78	209	0	*N/A*	6.67	*0.00	206	0.02	0.01	8.89	*0	30.9	*0.00	1.19
990609 Scrambled Eggs	2 oz	3	66	1.42	93	0	*N/A*	4.27	*0.00	161	0.02	0.01	5.69	*0	24.8	*0.00	0.95
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	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
000784 Chilled Peaches	.5 C	100	66	0.00	0	13	*N/A*	0.00	0.00	0	15.84	1.32	1.32	*N/A*	11.9	*N/A*	0.00
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			378	2.92	459	*34	*0	9.36	*0.00	214	52.99	3.33	21.39	*424	467.2	*0.74	1.98
% of Calories				6.95%		*36.0%	*0%	22.3%	*0.0%		56.1%		22.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 09/13/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
000446 Fresh Watermelon	.5 C	100	23	0.01	1	5	*N/A*	0.11	0.00	0	5.74	0.30	0.46	432	5.3	6.16	0.18
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			299	4.00	300	28	0	6.86	*0.00	25	47.27	1.80	14.46	1012	411.9	6.90	0.31
% of Calories				12.04 %		37.5%	0%	20.6%	*0.0%		63.2%		19.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 09/14/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000640 Apple Spice Oatmeal	.5 C	100	173	0.77	79	*18	*N/A*	2.31	*0.00	4	34.34	2.61	5.31	48	120.6	5.43	1.13
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	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			331	1.92	203	*42	*0	4.08	*0.00	14	61.47	4.61	13.58	471	485.2	66.18	1.21
% of Calories				5.22%		*50.8%	*0%	11.1%	*0.0%		74.3%		16.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 09/15/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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			0 - 0	<0				<=0									

Monday - 09/18/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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 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			320	4.00	299	32	0	6.85	*0.00	25	52.34	3.71	14.86	787	443.4	49.68	0.22
% of Calories				11.25 %		40.0%	0%	19.3%	*0.0%		65.4%		18.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 09/19/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000784 Chilled Peaches	.5 C	100	66	0.00	0	13	*N/A*	0.00	0.00	0	15.84	1.32	1.32	*N/A*	11.9	*N/A*	0.00
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			378	3.29	393	*34	*0	9.17	*0.00	252	53.00	3.33	21.13	*424	473.7	*0.74	2.23
% of Calories				7.83%		*36.0%	*0%	21.8%	*0.0%		56.1%		22.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 09/20/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990712 Blueberry Chex Cereal	1 cup / 1 each	100	120	0.00	180	6	*N/A*	2.50	0.00	0	23.00	1.00	1.00	300	60.0	3.60	8.10
000446 Fresh Watermelon	.5 C	100	23	0.01	1	5	*N/A*	0.11	0.00	0	5.74	0.30	0.46	432	5.3	6.16	0.18
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	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			240	1.16	295	23	0	4.38	*0.00	10	40.86	1.30	9.74	1156	429.9	10.50	8.36
% of Calories				4.35%		38.3%	0%	16.4%	*0.0%		68.1%		16.2%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 09/21/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990668 Egg & Cheese Breakfast Burrito	1 burrito	100	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
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			450	8.17	554	26	0	16.49	*0.00	266	49.63	4.01	23.17	*568	552.8	*60.74	2.51
% of Calories				16.34 %		23.1%	0%	33.0%	*0.0%		44.1%		20.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 09/22/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
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				0 - 0	<0				<=0									

Monday - 09/25/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
990703	Nonfat Yogurt	4 oz/1 each	100	90	0.00	55	14	*N/A*	0.00	0.00	0	20.00	0.00	3.00	0	290.0	0.00	0.00
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	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			231	1.17	169	35	0	1.88	*0.00	10	42.94	2.21	12.14	631	691.4	49.68	0.17
% of Calories				4.56%		60.6%	0%	7.3%	*0.0%		74.4%		21.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 09/26/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990034 Pumpkin Spice Bread - 2 oz	2 oz	100	157	0.70	110	*15	*N/A*	4.28	*0.00	14	27.63	1.81	2.66	*2493	*33.3	*0.70	*1.11
000784 Chilled Peaches	.5 C	100	66	0.00	0	13	*N/A*	0.00	0.00	0	15.84	1.32	1.32	*N/A*	11.9	*N/A*	0.00
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			321	1.85	224	*40	*0	6.04	*0.00	24	55.60	3.13	12.25	*2917	*409.8	*1.44	*1.19
% of Calories				5.19%		*49.8%	*0%	16.9%	*0.0%		69.3%		15.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 09/27/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
000446 Fresh Watermelon	.5 C	100	23	0.01	1	5	*N/A*	0.11	0.00	0	5.74	0.30	0.46	432	5.3	6.16	0.18
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			240	1.16	285	23	0	4.38	*0.00	10	39.86	1.30	9.74	1256	449.9	11.70	7.46
% of Calories				4.35%		38.3%	0%	16.4%	*0.0%		66.4%		16.2%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 09/28/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001128 Turkey Sausage Patty	1 each	97	60	1.00	90	0	*N/A*	4.00	0.00	30	0.00	0.00	6.00	0	20.0	0.00	0.72
000801 Veggie Breakfast Sausage Patty	1 each	3	70	0.00	250	1	*N/A*	2.50	0.00	0	4.00	1.00	9.00	0	0.0	0.00	1.80
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
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

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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			388	7.12	549	26	0	13.72	*0.00	39	49.25	4.03	18.36	424	524.0	60.74	2.03
% of Calories				16.52 %		26.8%	0%	31.8%	*0.0%		50.8%		18.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 09/29/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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			0 - 0	<0				<=0									

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	324	3	317	*34	*0	6.67	*0.00	55	52.70	3.13	14.56	*1398	*481.0	*30.34	*2.47
% of Calories		7.78%		*42.0%	*0%	18.5%	*0.0%		65.1%		18.0%				

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

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

¹ - denotes required nutrient values

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

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



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.

This institution is an equal opportunity provider.



September Breakfast Menu

CEDAR TREE ACADEMY | K-12

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 start of the school year with seasonal, locally grown fruit! Try fresh local peaches on Tuesdays and local watermelon on Wednesday.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/28 <ul style="list-style-type: none"> nonfat yogurt whole grain granola fresh orange wedges 	8/29 <ul style="list-style-type: none"> pumpkin spice bread fresh peach 100% orange juice 	8/30 <ul style="list-style-type: none"> cinnamon chex cereal graham crackers fresh watermelon 	8/31 <ul style="list-style-type: none"> turkey sausage patty veggie breakfast sausage patty whole grain biscuit honey fresh apple slices 	1 <ul style="list-style-type: none"> butter milk pancakes scrambled eggs butter all-natural syrup fresh cantaloupe
4 no school labor day	5 <ul style="list-style-type: none"> banana bread fresh peach 100% orange juice 	6 <ul style="list-style-type: none"> scrambled eggs turkey bacon veggie breakfast sausage patty whole grain toast jelly fresh watermelon 	7 <ul style="list-style-type: none"> peaches & cream oatmeal honey fresh apple slices 	8 <ul style="list-style-type: none"> apple pie parfait whole grain granola fresh cantaloupe
11 <ul style="list-style-type: none"> frosted mini-wheats cereal cheese stick fresh orange wedges 	12 <ul style="list-style-type: none"> turkey bacon & egg bake scrambled eggs whole grain english muffin jelly & butter fresh peach 100% orange juice 	13 <ul style="list-style-type: none"> whole grain bagel light cream cheese jelly fresh watermelon 	14 <ul style="list-style-type: none"> apple spice oatmeal turkey sausage links veggie breakfast sausage patty honey fresh apple slices 	15 <ul style="list-style-type: none"> emoji waffles turkey sausage patty veggie breakfast sausage patty butter all-natural syrup fresh cantaloupe
18 <ul style="list-style-type: none"> whole grain bagel light cream cheese jelly fresh oranges wedges 	19 <ul style="list-style-type: none"> scrambled eggs turkey sausage patty veggie breakfast sausage patty whole grain toast jelly & butter fresh peach 100% orange juice 	20 <ul style="list-style-type: none"> blueberry chex cereal graham crackers fresh watermelon 	21 <ul style="list-style-type: none"> egg & cheese breakfast burrito hot sauce fresh apple slices 	22 <ul style="list-style-type: none"> butter milk pancakes turkey bacon veggie breakfast sausage patty butter all-natural syrup fresh cantaloupe
25 <ul style="list-style-type: none"> nonfat yogurt whole grain granola fresh orange wedges 	26 <ul style="list-style-type: none"> pumpkin spice bread fresh peach 100% orange juice 	27 <ul style="list-style-type: none"> cinnamon chex cereal graham crackers fresh watermelon 	28 <ul style="list-style-type: none"> turkey sausage patty veggie breakfast sausage patty whole grain biscuit honey fresh apple slices 	29 <ul style="list-style-type: none"> butter milk pancakes scrambled eggs butter all-natural syrup fresh cantaloupe

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

Menu Name: Private/Charter Breakfast K-12

Include Cost: No

Site:

Report Style: Detailed

Use Alternate Menu Name: No

Monday - 08/28/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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
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			412	1.18	227	53	0	3.77	*0.00	10	83.38	7.27	15.70	838	720.8	98.63	1.33
% of Calories				2.58%		51.5%	0%	8.2%	*0.0%		81.0%		15.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 08/29/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000672 Pumpkin Spice Bread - 4 oz	4 oz	95	325	1.64	230	*29	*N/A*	9.27	*0.00	55	55.27	3.62	6.27	*4986	*70.8	*1.40	*2.37

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
000445	Fresh Peach	1 each	100	58	0.03	0	13	*N/A*	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
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				525	2.74	333	*53	*0	10.95	*0.00	62	92.94	5.69	16.59	*5649	*450.9	*53.97	*2.71
% of Calories					4.70%		*40.4%	*0%	18.8%	*0.0%		70.8%		12.6%				
Weekly Nutrient Guideline				450 - 500	<10	540			<=0									

Wednesday - 08/30/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
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
000962	Fresh Watermelon	1 C	100	46	0.02	2	9	*N/A*	0.23	0.00	0	11.48	0.61	0.93	865	10.6	12.31	0.36
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	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			343	1.18	367	32	0	6.74	*0.00	10	60.65	2.51	12.05	2143	546.3	17.61	7.97
% of Calories				3.10%		37.3%	0%	17.7%	*0.0%		70.7%		14.1%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 08/31/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
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
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
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
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	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	6.89	519	48	0	13.52	*0.00	38	74.86	7.30	18.45	544	530.4	11.07	2.25
% of Calories				13.11 %		40.6%	0%	25.7%	*0.0%		63.3%		15.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 09/01/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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
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
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	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 - 09/04/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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			435	3.87	380	42	0	6.95	*0.00	24	79.26	7.27	18.77	986	478.1	98.63	0.31
% of Calories				8.01%		38.6%	0%	14.4%	*0.0%		72.9%		17.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

Tuesday - 09/05/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
000465	Banana Bread	4 oz	95	356	1.50	236	34	*N/A*	9.24	*0.00	29	63.99	3.74	5.72	*23	*64.3	*2.75	*2.02
000445	Fresh Peach	1 each	100	58	0.03	0	13	*N/A*	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
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				554	2.61	338	*57	*0	10.92	*0.00	38	101.23	5.80	16.08	*935	*444.7	*55.26	*2.38
% of Calories					4.24%		*41.2%	*0%	17.7%	*0.0%		73.1%		11.6%				
Weekly Nutrient Guideline				450 - 500	<10	540			<=0									

Wednesday - 09/06/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
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

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
000962 Fresh Watermelon	1 C	100	46	0.02	2	9	*N/A*	0.23	0.00	0	11.48	0.61	0.93	865	10.6	12.31	0.36
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			386	3.20	562	*30	*0	11.87	*0.00	249	47.46	2.54	24.06	*1289	467.6	*13.05	2.52
% of Calories				7.46%		*31.1%	*0%	27.7%	*0.0%		49.2%		24.9%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 09/07/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990769 Peaches & Cream Oatmeal	0.5 C/4oz scoop	95	171	0.76	91	*19	*N/A*	2.28	*0.00	4	33.25	2.52	5.64	*39	117.0	*0.01	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
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

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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			416	1.94	203	*65	*0	4.31	*0.00	14	85.47	7.78	14.26	*581	489.9	*11.08	1.37
% of Calories				4.20%		*62.5%	*0%	9.3%	*0.0%		82.2%		13.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 09/08/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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			472	1.87	278	67	0	5.22	*0.00	14	95.78	5.65	15.90	5854	513.9	58.10	1.74
% of Calories				3.57%		56.8%	0%	10.0%	*0.0%		81.2%		13.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

Monday - 09/11/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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			357	4.07	297	*35	*0	6.80	*0.00	24	56.83	7.30	19.62	1030	630.6	98.63	8.06
% of Calories				10.26 %		*39.2%	*0%	17.1%	*0.0%		63.7%		22.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 09/12/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000448 Whole Wheat English Muffin	1 whole	95	120	0.00	220	*N/A*	*N/A*	1.00	0.00	0	23.00	3.00	5.00	0	80.0	0.00	1.80
000894 Turkey Bacon & Egg Bake	1 square	93	101	1.78	209	0	*N/A*	6.67	*0.00	206	0.02	0.01	8.89	*0	30.9	*0.00	1.19
000733 Scrambled Eggs	3 oz scoop	2	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

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
000445 Fresh Peach	1 each	100	58	0.03	0	13	*N/A*	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
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 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			493	5.31	550	*33	*0	13.27	*0.16	216	70.86	5.11	23.87	*1031	490.2	*52.64	3.30
% of Calories				9.69%		*26.8%	*0%	24.2%	*0.3%		57.5%		19.4%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 09/13/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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
000962 Fresh Watermelon	1 C	100	46	0.02	2	9	*N/A*	0.23	0.00	0	11.48	0.61	0.93	865	10.6	12.31	0.36

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	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			394	3.87	381	34	0	6.96	*0.00	24	69.11	3.46	17.96	1437	415.1	13.05	0.49
% of Calories				8.84%		34.5%	0%	15.9%	*0.0%		70.2%		18.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 09/14/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000640 Apple Spice Oatmeal	.5 C	95	173	0.77	79	*18	*N/A*	2.31	*0.00	4	34.34	2.61	5.31	48	120.6	5.43	1.13
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
000927 Honey PC	1 each	100	43	0.00	1	11	*N/A*	0.00	*N/A*	0	11.54	0.03	0.04	0	0.8	0.07	0.06
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	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			543	4.73	615	*64	*0	13.69	*0.00	56	88.09	*7.88	23.42	*589	*493.4	*16.23	*1.51
% of Calories				7.84%		*47.1%	*0%	22.7%	*0.0%		64.9%		17.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 09/15/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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	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
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	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			541	8.05	680	37	0	21.47	*0.16	282	60.11	3.33	27.29	*6768	680.7	*57.99	5.89
% of Calories				13.39 %		27.4%	0%	35.7%	*0.3%		44.4%		20.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Monday - 09/18/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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			435	3.87	380	42	0	6.95	*0.00	24	79.26	7.27	18.77	986	478.1	98.63	0.31
% of Calories				8.01%		38.6%	0%	14.4%	*0.0%		72.9%		17.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 28, 2023 thru Sep 29, 2023

Tuesday - 09/19/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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
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
000445 Fresh Peach	1 each	100	58	0.03	0	13	*N/A*	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
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			477	4.14	468	*33	*0	12.94	*0.00	268	64.29	4.18	27.36	*913	494.5	*52.64	3.20
% of Calories				7.81%		*27.7%	*0%	24.4%	*0.0%		53.9%		22.9%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 09/20/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990712 Blueberry Chex Cereal	1 cup / 1 each	95	120	0.00	180	6	*N/A*	2.50	0.00	0	23.00	1.00	1.00	300	60.0	3.60	8.10
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
000962 Fresh Watermelon	1 C	100	46	0.02	2	9	*N/A*	0.23	0.00	0	11.48	0.61	0.93	865	10.6	12.31	0.36
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			343	1.18	377	32	0	6.74	*0.00	10	61.60	2.51	12.05	2048	527.3	16.47	8.82
% of Calories				3.10%		37.3%	0%	17.7%	*0.0%		71.8%		14.1%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 09/21/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990668 Egg & Cheese Breakfast Burrito	1 burrito	95	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
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

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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			491	7.88	555	38	0	16.13	*0.00	253	64.32	7.27	23.01	*683	556.8	*11.85	2.66
% of Calories				14.44 %		31.0%	0%	29.6%	*0.0%		52.4%		18.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 09/22/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	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			418	4.15	555	44	0	12.08	*0.16	39	62.94	3.32	17.32	5818	427.3	57.99	1.68
% of Calories				8.94%		42.1%	0%	26.0%	*0.3%		60.2%		16.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Monday - 09/25/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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
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			412	1.18	227	53	0	3.77	*0.00	10	83.38	7.27	15.70	838	720.8	98.63	1.33
% of Calories				2.58%		51.5%	0%	8.2%	*0.0%		81.0%		15.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 09/26/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000672 Pumpkin Spice Bread - 4 oz	4 oz	95	325	1.64	230	*29	*N/A*	9.27	*0.00	55	55.27	3.62	6.27	*4986	*70.8	*1.40	*2.37
000445 Fresh Peach	1 each	100	58	0.03	0	13	*N/A*	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
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			525	2.74	333	*53	*0	10.95	*0.00	62	92.94	5.69	16.59	*5649	*450.9	*53.97	*2.71
% of Calories				4.70%		*40.4%	*0%	18.8%	*0.0%		70.8%		12.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 09/27/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
000962 Fresh Watermelon	1 C	100	46	0.02	2	9	*N/A*	0.23	0.00	0	11.48	0.61	0.93	865	10.6	12.31	0.36
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000230 1% Lowfat Milk	8 oz	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			343	1.18	367	32	0	6.74	*0.00	10	60.65	2.51	12.05	2143	546.3	17.61	7.97
% of Calories				3.10%		37.3%	0%	17.7%	*0.0%		70.7%		14.1%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 09/28/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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
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
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	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	6.89	519	48	0	13.52	*0.00	38	74.86	7.30	18.45	544	530.4	11.07	2.25
% of Calories				13.11 %		40.6%	0%	25.7%	*0.0%		63.3%		15.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 09/29/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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
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
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	448	4	421	*45	*0	10.28	*0.03	92	73.44	*5.31	18.74	*2437	*520.4	*47.63	*3.15
% of Calories		7.79%		*40.2%	*0%	20.7%	*0.1%		65.6%		16.7%				

- *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
- ¹ - denotes required nutrient values
- ² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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



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.

This institution is an equal opportunity provider.



September Lunch Menu

CEDAR TREE ACADEMY | ECE

What do the colors on the menu mean?

GREEN = locally-sourced

BLUE = international

ORANGE = Fresh Feature Friday Winner!

= vegetarian entree

All grains served are whole grain rich

Student's choice of skim or 1% milk

provided at every meal.

Menu subject to change based on availability

This institution is an equal opportunity provider

GOT FOOD ALLERGIES? WE ARE HERE TO HELP!

If you have a food allergy or other special dietary need, please submit a Dietary Accommodations Form to your school nurse. We are proud to serve all students safe, nutritious, and delicious meals, regardless of food allergies or other dietary needs.

Our meals are always free from peanuts, tree nuts, shellfish, and pork.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/28 <ul style="list-style-type: none"> hot dog (sliced longways) veggie burger whole grain bun bbq baked beans ketchup & mustard chilled peaches 	8/29 <ul style="list-style-type: none"> diced crispy chicken tender veggie chik'n nuggets cornbread muffin sweet potato wedges ketchup fresh watermelon 	8/30 <ul style="list-style-type: none"> turkey meatballs & sauce tofu bolognese whole grain spaghetti cucumber coins balsamic dressing fresh apple slices 	8/31 <ul style="list-style-type: none"> beef & cheese nachos bean & cheese nachos tomato salsa light sour cream fresh cantaloupe 	1 <ul style="list-style-type: none"> diced sweet chili chicken sweet chili tofu brown rice steamed broccoli fresh orange wedges
4 no school labor day	5 <ul style="list-style-type: none"> turkey & bean chili veg out chili whole grain tortilla chips steamed corn fresh watermelon 	6 <ul style="list-style-type: none"> cheese pizza baby spinach salad italian dressing fresh apple slices 	7 <ul style="list-style-type: none"> cajun fish tacos black bean & cheese tacos steamed corn baja cream sauce fresh cantaloupe 	8 <ul style="list-style-type: none"> diced peruvian chicken tender veggie chik'n nuggets cilantro lime brown rice herb roasted butternut squash fresh orange wedges
11 <ul style="list-style-type: none"> beef burger veggie burger whole grain bun baked potato wedges ketchup & mustard chilled peaches 	12 <ul style="list-style-type: none"> chicken stir-fry super sesame tofu whole grain lo mein steamed carrots fresh watermelon 	13 <ul style="list-style-type: none"> crispy fish sandwich sunbutter & jelly sandwich sauteed green beans hot sauce fresh apple slices 	14 <ul style="list-style-type: none"> beef & cheese tacos sofritas tofu tacos tomato salsa light sour cream fresh cantaloupe 	15 <ul style="list-style-type: none"> diced bbq chicken bbq veggie chik'n nuggets mac & cheese cinnamon roasted butternut squash fresh orange wedges
18 <ul style="list-style-type: none"> turkey ham & cheddar melt grilled cheese steamed green peas and corn chilled peaches 	19 <ul style="list-style-type: none"> pulled bbq chicken bbq tofu whole grain bun black-eyed peas fresh watermelon 	20 <ul style="list-style-type: none"> pepperoni pizza cheese pizza mixed greens salad balsamic dressing fresh apple slices 	21 <ul style="list-style-type: none"> turkey sloppy joe lentil sloppy joe whole grain bun sauteed green beans fresh cantaloupe 	22 <ul style="list-style-type: none"> diced crispy chicken tender veggie chik'n nuggets whole grain waffles sweet potato hash ketchup syrup fresh orange wedges
25 <ul style="list-style-type: none"> hot dog veggie burger whole grain bun bbq baked beans ketchup & mustard chilled peaches 	26 <ul style="list-style-type: none"> diced crispy chicken tender veggie chik'n nuggets cornbread muffin sweet potato wedges ketchup fresh watermelon 	27 <ul style="list-style-type: none"> turkey meatballs & sauce tofu bolognese whole grain spaghetti cucumber coins balsamic dressing fresh apple slices 	28 <ul style="list-style-type: none"> beef & cheese nachos bean & cheese nachos tomato salsa light sour cream fresh cantaloupe 	29 <ul style="list-style-type: none"> sweet chili chicken sweet chili tofu brown rice steamed broccoli fresh orange wedges

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

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

Monday - 08/28/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000240 All Beef Hot Dog on a WW Bun	1 each	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
001176 BBQ Baked Beans	3oz scoop	100	136	0.58	101	4	*N/A*	4.02	*0.00	0	20.37	3.70	5.52	*278	*54.9	*0.25	*2.04
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
000557 Mustard	1 each	100	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000784 Chilled Peaches	.5 C	100	66	0.00	0	13	*N/A*	0.00	0.00	0	15.84	1.32	1.32	*N/A*	11.9	*N/A*	0.00
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			637	8.42	1088	*34	*0	22.68	*0.00	43	81.17	9.32	26.37	*701	*473.1	*2.13	*4.34
% of Calories				11.90 %		*21.4%	*0%	32.0%	*0.0%		51.0%		16.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 08/29/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
000850 WG Cornbread Muffin - Small	1 each	100	150	0.50	90	9	*N/A*	5.00	0.00	15	23.00	1.00	3.00	0	20.0	0.00	0.72
990840 Sweet Potato Wedges	2oz scoop	100	54	0.17	74	2	*N/A*	1.16	*0.00	0	10.19	1.54	0.82	*7113	*15.4	*1.21	*0.33
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
000446 Fresh Watermelon	.5 C	100	23	0.01	1	5	*N/A*	0.11	0.00	0	5.74	0.30	0.46	432	5.3	6.16	0.18
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			458	2.08	590	30	0	9.27	*0.00	71	61.04	3.74	32.66	*8232	*437.7	*10.58	*2.46
% of Calories				4.09%		26.2%	0%	18.2%	*0.0%		53.3%		28.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 08/30/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
990301 Whole Grain Spaghetti	.5 C	95	114	0.39	101	0	*N/A*	2.62	*0.00	0	20.13	2.63	3.92	*0	*15.4	*0.00	*0.97

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001045 Tofu Bolognese	1 C	5	176	1.23	175	*6	*N/A*	6.80	*0.00	0	16.73	1.98	13.77	*135	*264.9	*2.85	*2.45
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
000109 Balsamic Dressing	1 oz	100	87	1.20	52	*0	*N/A*	8.68	*0.00	0	2.08	0.08	0.10	0	3.5	0.00	0.06
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 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			508	3.84	750	*30	*0	18.71	*0.00	53	61.09	5.75	26.76	*552	*439.0	*65.70	*2.64
% of Calories				6.80%		*23.6%	*0%	33.1%	*0.0%		48.1%		21.1%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 08/31/2023

Reimbursable Meal Total 100

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

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
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				578	13.98	776	*23	*0	28.96	*0.34	95	48.67	*4.43	33.69	*4807	*689.6	*57.87	*2.39
% of Calories					21.77 %		*15.9%	*0%	45.1%	*0.5%		33.7%		23.3%				
Weekly Nutrient Guideline				0 - 0	<0				<=0									

Friday - 09/01/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
000668	Sweet Chili Chicken	3 oz scoop	95	188	0.64	697	16	*N/A*	4.49	*0.00	48	18.63	0.22	18.88	*0	*2.4	*2.70	*0.63
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
001095	Steamed Broccoli	.25 C	100	31	0.28	63	1	*N/A*	1.80	*0.00	0	3.20	1.26	1.36	301	22.7	43.05	0.36
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

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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			479	2.25	968	*38	*0	10.27	*0.00	56	67.97	5.18	31.71	*1076	*432.5	*95.38	*1.74
% of Calories				4.23%		*31.7%	*0%	19.3%	*0.0%		56.8%		26.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 09/04/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990534 Whole Grain Cheese Ravioli with Tomato Sauce	3 each	100	228	1.75	597	5	*N/A*	5.27	*0.00	50	30.15	1.94	16.46	*88	*169.2	*3.99	*1.79
001095 Steamed Broccoli	.25 C	100	31	0.28	63	1	*N/A*	1.80	*0.00	0	3.20	1.26	1.36	301	22.7	43.05	0.36
000784 Chilled Peaches	.5 C	100	66	0.00	0	13	*N/A*	0.00	0.00	0	15.84	1.32	1.32	*N/A*	11.9	*N/A*	0.00
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			422	3.18	773	32	0	8.83	*0.00	60	61.32	4.51	27.42	*812	*568.4	*47.78	*2.23
% of Calories				6.78%		30.3%	0%	18.8%	*0.0%		58.1%		26.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

Tuesday - 09/05/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
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
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
000446 Fresh Watermelon	.5 C	100	23	0.01	1	5	*N/A*	0.11	0.00	0	5.74	0.30	0.46	432	5.3	6.16	0.18
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			438	3.59	438	*20	*0	13.30	*0.00	61	58.77	7.30	24.45	*1469	*456.8	*17.96	*3.22
% of Calories				7.38%		*18.3%	*0%	27.3%	*0.0%		53.7%		22.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 09/06/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
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

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001142 Baby Spinach Salad	.5 C	100	5	0.00	19	0	*N/A*	0.00	0.00	0	0.87	0.54	0.70	1129	26.1	3.66	0.31
000680 Italian Dressing	1 oz	100	80	1.20	17	*0	*N/A*	8.67	*0.00	0	0.56	0.17	0.06	32	8.5	0.27	0.33
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			624	10.54	937	*31	*0	28.28	*0.00	40	66.73	*6.65	32.69	*1672	*438.4	*68.67	*2.15
% of Calories				15.20 %		*19.9%	*0%	40.8%	*0.0%		42.8%		21.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 09/07/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990819 Cajun Fish Tacos	2 each	95	224	1.10	575	0	*N/A*	4.68	*0.00	61	27.73	4.38	21.09	*363	*125.8	*0.24	*0.19
000706 Black Bean & Cheese Taco	2 each	5	404	4.67	447	*1	*N/A*	12.46	*0.00	15	59.90	12.49	18.73	*718	*252.0	*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
990806 Baja Cream Sauce	1 oz	95	38	1.64	83	0	*N/A*	2.65	*0.00	9	2.22	0.04	1.11	98	42.9	0.67	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

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	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			440	4.24	822	*20	*0	10.94	*0.00	77	58.41	6.39	32.19	*3615	*546.1	*33.50	*0.80
% of Calories				8.67%		*18.2%	*0%	22.4%	*0.0%		53.1%		29.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 09/08/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000742 Peruvian Chicken Tender	1 ea/3 oz scoop	95	133	0.67	358	*0	*N/A*	4.96	*0.00	48	2.33	0.92	19.98	*175	*32.4	*3.57	*0.95
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
000824 Cilantro-Lime Brown Rice	4oz scoop	100	122	0.17	99	*0	*N/A*	2.15	*0.00	0	22.89	1.51	3.22	*60	*5.6	*1.85	*0.64
990651 Herb Roasted Butternut Squash	2oz scoop	100	44	0.34	73	*0	*N/A*	2.39	*0.00	0	5.71	1.14	0.68	*839	*25.8	*7.64	*0.52
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

DC Central Kitchen

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	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			445	2.38	648	*22	*0	11.62	*0.00	56	54.88	5.98	32.76	*1695	*466.2	*62.57	*2.35
% of Calories				4.81%		*19.8%	*0%	23.5%	*0.0%		49.3%		29.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 09/11/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000235 Beef Burger on WW Bun	1 each	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
990836 Baked Potato Wedges	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	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
000557 Mustard	1 each	100	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000784 Chilled Peaches	.5 C	100	66	0.00	0	13	*N/A*	0.00	0.00	0	15.84	1.32	1.32	*N/A*	11.9	*N/A*	0.00
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	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	3.86	629	*29	*0	11.49	*0.20	57	66.54	7.04	31.55	*594	*423.3	*6.16	*4.72
% of Calories				7.12%		*23.8%	*0%	21.2%	*0.4%		54.5%		25.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 09/12/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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	4.93	1.41	12.44	*79	*259.1	*1.44	*2.27
990437 Whole Grain Lo Mein	.5 C	100	138	0.55	181	2	*N/A*	3.76	*0.00	0	23.24	2.71	4.40	*11	*19.1	*0.11	*1.08
990377 Steamed Carrots	.25 C	100	34	0.18	85	3	*N/A*	1.31	*0.00	0	5.52	1.70	0.56	*9287	*24.2	*3.28	*0.17
000446 Fresh Watermelon	.5 C	100	23	0.01	1	5	*N/A*	0.11	0.00	0	5.74	0.30	0.46	432	5.3	6.16	0.18
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	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	2.28	698	23	0	9.61	*0.00	56	48.17	5.15	32.79	*10163	*439.5	*14.58	*2.19
% of Calories				5.10%		22.9%	0%	21.5%	*0.0%		47.9%		32.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 09/13/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990362 Crispy Fish Sandwich 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
000604 Hot Sauce	1 each	100	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
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	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			509	2.24	986	*29	*0	11.64	*0.00	68	71.25	8.00	33.45	*611	*474.9	*66.77	*2.73
% of Calories				3.96%		*22.8%	*0%	20.6%	*0.0%		56.0%		26.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 09/14/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
001069 Beef Tacos in 6" Tortilla	1 each	95	244	5.96	355	1	*N/A*	13.13	*0.36	52	16.11	2.87	17.41	*997	*159.3	*15.73	*1.76
000937 Sofritas Tofu Soft Tacos	1 each	5	212	1.74	785	*3	*N/A*	9.03	*0.00	0	23.17	3.98	14.15	*395	*322.2	*0.82	*3.54
001099 Tomato Salsa	2oz scoop	100	17	0.03	53	*2	*N/A*	0.19	*0.00	0	3.59	1.05	0.77	580	9.4	12.90	0.26
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
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	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			423	8.87	576	*21	*0	18.08	*0.34	70	40.59	4.68	27.95	*4703	*589.0	*57.51	*2.38
% of Calories				18.87 %		*19.9%	*0%	38.5%	*0.7%		38.4%		26.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 09/15/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990404 BBQ Chicken Tenders, Diced	3 oz scoop	95	136	0.00	308	13	*N/A*	0.00	0.00	48	14.00	0.00	18.70	*0	2.0	*2.49	0.66
990626 BBQ Veggie Chik'n Nuggets	5 each	5	305	1.25	811	20	*N/A*	10.00	0.00	0	41.17	5.00	15.00	*0	52.7	*0.00	2.46
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
990222 Cinnamon Roasted Butternut Squash	2oz scoop	100	31	0.17	49	*0	*N/A*	1.16	*0.00	0	5.53	0.95	0.58	827	18.0	7.44	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

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	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			525	6.96	789	*38	*0	13.47	*0.00	84	64.59	*5.57	39.64	*1592	*606.6	*59.51	*1.34
% of Calories				11.93 %		*29.0%	*0%	23.1%	*0.0%		49.2%		30.2%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 09/18/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
990710 Steamed Green Peas and Corn	2oz scoop	100	46	0.19	73	2	*N/A*	1.34	*0.00	0	7.48	1.50	1.86	527	6.0	5.57	0.45
000784 Chilled Peaches	.5 C	100	66	0.00	0	13	*N/A*	0.00	0.00	0	15.84	1.32	1.32	*N/A*	11.9	*N/A*	0.00
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			511	6.78	918	*27	*0	14.59	*0.00	59	67.93	6.82	31.92	*1265	722.0	*6.88	1.97
% of Calories				11.94 %		*21.1%	*0%	25.7%	*0.0%		53.2%		25.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

Tuesday - 09/19/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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
990692 Black Eyed Peas - .25 C	.25 C	100	69	0.22	27	*0	*N/A*	1.36	*0.00	0	10.68	1.96	3.99	*93	*20.5	*4.28	*1.42
000446 Fresh Watermelon	.5 C	100	23	0.01	1	5	*N/A*	0.11	0.00	0	5.74	0.30	0.46	432	5.3	6.16	0.18
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	1.60	679	*31	*0	7.65	*0.01	56	68.95	6.37	37.09	*967	*425.3	*13.57	*3.85
% of Calories				3.04%		*26.2%	*0%	14.5%	*0.0%		58.2%		31.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 09/20/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990418 WG Flatbread Turkey Pepperoni Pizza	1 flatbread	91	400	8.52	884	6	*N/A*	18.84	*0.00	39	38.51	*3.94	25.66	*90	*39.2	*3.99	*2.09
000853 WG Flatbread Cheese Pizza	1 flatbread	5	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

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001148 Mixed Greens Salad	.5 C	100	7	0.02	12	0	*N/A*	0.10	0.00	0	1.35	0.84	0.64	393	20.1	4.22	0.48
000109 Balsamic Dressing	1 oz	100	87	1.20	52	*0	*N/A*	8.68	*0.00	0	2.08	0.08	0.10	0	3.5	0.00	0.06
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			635	10.53	1032	*31	*0	28.58	*0.00	47	67.50	*6.70	33.54	*903	*425.8	*68.80	*2.60
% of Calories				14.92 %		*19.5%	*0%	40.5%	*0.0%		42.5%		21.1%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 09/21/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000065 Turkey Sloppy Joe on WW Bun	1 each	95	298	2.27	600	*10	*N/A*	10.01	*0.00	87	37.49	4.74	19.86	*151	*86.7	*4.99	*3.33
990666 Lentil Sloppy Joe on WW Bun	1 each	5	332	0.41	877	*12	*N/A*	5.52	*0.00	0	62.06	8.77	14.45	*831	*44.0	*9.23	*4.28
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
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000230 1% Lowfat Milk	8 oz	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			449	3.54	789	*29	*0	12.86	*0.00	93	60.30	6.67	29.25	*3300	*473.2	*39.63	*3.97
% of Calories				7.10%		*25.8%	*0%	25.8%	*0.0%		53.7%		26.1%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 09/22/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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	96	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
990648 Sweet Potato Hash	0.25 C	100	89	0.35	180	*3	*N/A*	2.33	*0.00	0	15.84	2.53	1.39	*10105	*25.2	*8.28	*0.56
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
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

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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			466	1.76	702	*34	*0	7.85	*0.00	56	67.38	5.63	32.57	*10999	*458.9	*60.44	*2.23
% of Calories				3.40%		*29.2%	*0%	15.2%	*0.0%		57.8%		28.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 09/25/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000240 All Beef Hot Dog on a WW Bun	1 each	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
001176 BBQ Baked Beans	3oz scoop	100	136	0.58	101	4	*N/A*	4.02	*0.00	0	20.37	3.70	5.52	*278	*54.9	*0.25	*2.04
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
000557 Mustard	1 each	100	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000784 Chilled Peaches	.5 C	100	66	0.00	0	13	*N/A*	0.00	0.00	0	15.84	1.32	1.32	*N/A*	11.9	*N/A*	0.00
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	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			637	8.42	1088	*34	*0	22.68	*0.00	43	81.17	9.32	26.37	*701	*473.1	*2.13	*4.34
% of Calories				11.90 %		*21.4%	*0%	32.0%	*0.0%		51.0%		16.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 09/26/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
000850 WG Cornbread Muffin - Small	1 each	100	150	0.50	90	9	*N/A*	5.00	0.00	15	23.00	1.00	3.00	0	20.0	0.00	0.72
990840 Sweet Potato Wedges	2oz scoop	100	54	0.17	74	2	*N/A*	1.16	*0.00	0	10.19	1.54	0.82	*7113	*15.4	*1.21	*0.33
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
000446 Fresh Watermelon	.5 C	100	23	0.01	1	5	*N/A*	0.11	0.00	0	5.74	0.30	0.46	432	5.3	6.16	0.18
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	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			458	2.08	590	30	0	9.27	*0.00	71	61.04	3.74	32.66	*8232	*437.7	*10.58	*2.46
% of Calories				4.09%		26.2%	0%	18.2%	*0.0%		53.3%		28.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 09/27/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
990301 Whole Grain Spaghetti	.5 C	95	114	0.39	101	0	*N/A*	2.62	*0.00	0	20.13	2.63	3.92	*0	*15.4	*0.00	*0.97
001045 Tofu Bolognese	1 C	5	176	1.23	175	*6	*N/A*	6.80	*0.00	0	16.73	1.98	13.77	*135	*264.9	*2.85	*2.45
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
000109 Balsamic Dressing	1 oz	100	87	1.20	52	*0	*N/A*	8.68	*0.00	0	2.08	0.08	0.10	0	3.5	0.00	0.06
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	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			508	3.84	750	*30	*0	18.71	*0.00	53	61.09	5.75	26.76	*552	*439.0	*65.70	*2.64
% of Calories				6.80%		*23.6%	*0%	33.1%	*0.0%		48.1%		21.1%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 09/28/2023

Reimbursable Meal Total 100

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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	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			578	13.98	776	*23	*0	28.96	*0.34	95	48.67	*4.43	33.69	*4807	*689.6	*57.87	*2.39
% of Calories				21.77 %		*15.9%	*0%	45.1%	*0.5%		33.7%		23.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 09/29/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000668 Sweet Chili Chicken	3 oz scoop	95	188	0.64	697	16	*N/A*	4.49	*0.00	48	18.63	0.22	18.88	*0	*2.4	*2.70	*0.63
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
001095 Steamed Broccoli	.25 C	100	31	0.28	63	1	*N/A*	1.80	*0.00	0	3.20	1.26	1.36	301	22.7	43.05	0.36
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	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			479	2.25	968	*38	*0	10.27	*0.00	56	67.97	5.18	31.71	*1076	*432.5	*95.38	*1.74
% of Calories				4.23%		*31.7%	*0%	19.3%	*0.0%		56.8%		26.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	503	5	790	*29	*0	15.54	*0.05	63	62.53	*6.01	31.27	*3004	*498.3	*43.51	*2.63
% of Calories		9.55%		*23.1%	*0%	27.8%	*0.1%		49.7%		24.9%				

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

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



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.

This institution is an equal opportunity provider.



September Lunch Menu

CEDAR TREE ACADEMY | K-2

What do the colors on the menu mean?

GREEN = locally-sourced

BLUE = international

ORANGE = Fresh Feature Friday Winner!

= vegetarian entree

All grains served are whole grain rich

Student's choice of skim or 1% milk

provided at every meal.

Menu subject to change based on availability

This institution is an equal opportunity provider

GOT FOOD ALLERGIES? WE ARE HERE TO HELP!

If you have a food allergy or other special dietary need, please submit a Dietary Accommodations Form to your school nurse. We are proud to serve all students safe, nutritious, and delicious meals, regardless of food allergies or other dietary needs.

Our meals are always free from peanuts, tree nuts, shellfish, and pork.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/28 <ul style="list-style-type: none"> hot dog veggie burger whole grain bun bbq baked beans roasted summer squash ketchup & mustard fresh peach 	8/29 <ul style="list-style-type: none"> crispy chicken tender veggie chik'n nuggets cornbread muffin sweet potato wedges roasted cauliflower ketchup fresh watermelon 	8/30 <ul style="list-style-type: none"> turkey meatballs & sauce tofu bolognese whole grain spaghetti mixed greens salad cucumber coins balsamic dressing fresh apple slices 	8/31 <ul style="list-style-type: none"> beef & cheese nachos bean & cheese nachos southwest taco corn tomato salsa light sour cream fresh cantaloupe 	1 <ul style="list-style-type: none"> sweet chili chicken sweet chili tofu brown rice steamed broccoli glazed carrots fresh orange wedges
4 no school labor day	5 <ul style="list-style-type: none"> turkey & bean chili veg out chili whole grain tortilla chips steamed corn red pepper strips ranch dressing fresh watermelon 	6 <ul style="list-style-type: none"> cheese pizza baby spinach salad cucumber coins italian dressing fresh apple slices 	7 <ul style="list-style-type: none"> cajun fish tacos black bean & cheese tacos steamed corn tangy cilantro-lime slaw baja cream sauce fresh cantaloupe 	8 <ul style="list-style-type: none"> peruvian chicken drum veggie chik'n nuggets cilantro lime brown rice chili black beans herb roasted butternut squash fresh orange wedges
11 <ul style="list-style-type: none"> beef burger veggie burger whole grain bun cucumber salad baked potato wedges ketchup & mustard fresh peach 	12 <ul style="list-style-type: none"> chicken stir-fry super sesame tofu whole grain lo mein steamed carrots asian kale slaw fresh watermelon 	13 <ul style="list-style-type: none"> crispy fish sandwich sunbutter & jelly sandwich sauteed green beans potato salad hot sauce fresh apple slices 	14 <ul style="list-style-type: none"> beef & cheese tacos sofritas tofu tacos chili black beans tomato salsa light sour cream fresh cantaloupe 	15 <ul style="list-style-type: none"> buffalo chicken drum buffalo veggie chik'n nuggets mac & cheese braised collard greens cinnamon roasted butternut squash fresh orange wedges
18 <ul style="list-style-type: none"> turkey ham & cheddar melt grilled cheese roasted carrots steamed green peas and corn fresh peach 	19 <ul style="list-style-type: none"> pulled bbq chicken bbq tofu whole grain bun black-eyed peas collard green salad fresh watermelon 	20 <ul style="list-style-type: none"> pepperoni pizza cheese pizza mixed greens salad diced tomatoes balsamic dressing fresh apple slices 	21 <ul style="list-style-type: none"> turkey sloppy joe lentil sloppy joe whole grain bun baked potato wedges sauteed green beans ketchup fresh cantaloupe 	22 <ul style="list-style-type: none"> oven fried chicken drum veggie chik'n nuggets whole grain waffles braised collard greens sweet potato hash ketchup all-natural syrup fresh orange wedges
25 <ul style="list-style-type: none"> hot dog veggie burger whole grain bun bbq baked beans roasted summer squash ketchup & mustard fresh peach 	26 <ul style="list-style-type: none"> crispy chicken tender veggie chik'n nuggets cornbread muffin sweet potato wedges roasted cauliflower ketchup fresh watermelon 	27 <ul style="list-style-type: none"> turkey meatballs & sauce tofu bolognese whole grain spaghetti mixed greens salad cucumber coins balsamic dressing fresh apple slices 	28 <ul style="list-style-type: none"> beef & cheese nachos bean & cheese nachos southwest taco corn tomato salsa light sour cream fresh cantaloupe 	29 <ul style="list-style-type: none"> sweet chili chicken sweet chili tofu brown rice steamed broccoli glazed carrots fresh orange wedges

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

Menu Name: Private/Charter Lunch K-8

Include Cost: No

Site:

Report Style: Detailed

Use Alternate Menu Name: No

Monday - 08/28/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000240 All Beef Hot Dog on a WW Bun	1 each	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
000475 BBQ Baked Beans	5oz scoop	100	221	0.66	103	5	*N/A*	4.39	*0.00	0	36.16	6.88	10.62	*410	*88.1	*0.48	*3.73
990203 Roasted Summer Squash	.25 C	100	19	0.20	49	1	*N/A*	1.26	*0.00	0	1.76	0.50	0.54	*85	*9.4	*9.18	*0.20
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
000557 Mustard	1 each	100	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000445 Fresh Peach	1 each	100	58	0.03	0	13	*N/A*	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
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			720	8.45	1111	*35	*0	23.99	*0.00	42	95.99	13.78	31.62	*1408	*511.2	*21.40	*6.53
% of Calories				10.56 %		*19.4%	*0%	30.0%	*0.0%		53.3%		17.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

Tuesday - 08/29/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
000850 WG Cornbread Muffin - Small	1 each	100	150	0.50	90	9	*N/A*	5.00	0.00	15	23.00	1.00	3.00	0	20.0	0.00	0.72
990839 Sweet Potato Wedges	4oz scoop	100	108	0.34	149	4	*N/A*	2.31	*0.00	0	20.37	3.08	1.63	*14225	*30.9	*2.42	*0.66
001145 Roasted Cauliflower	2oz scoop	100	24	0.23	62	1	*N/A*	1.27	*0.00	0	2.68	1.05	1.02	*0	*11.6	*24.84	*0.23
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
000446 Fresh Watermelon	.5 C	100	23	0.01	1	5	*N/A*	0.11	0.00	0	5.74	0.30	0.46	432	5.3	6.16	0.18
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			548	2.51	795	33	0	11.75	*0.00	69	77.06	6.43	34.23	*15210	*470.3	*36.58	*3.13
% of Calories				4.12%		24.1%	0%	19.3%	*0.0%		56.2%		25.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 08/30/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990303 Whole Grain Spaghetti	1 C	100	228	0.78	201	1	*N/A*	5.23	*0.00	0	40.27	5.27	7.85	*0	*30.8	*0.00	*1.95
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	176	1.23	175	*6	*N/A*	6.80	*0.00	0	16.73	1.98	13.77	*135	*264.9	*2.85	*2.45
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
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
000109 Balsamic Dressing	1 oz	100	87	1.20	52	*0	*N/A*	8.68	*0.00	0	2.08	0.08	0.10	0	3.5	0.00	0.06
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			692	4.30	852	*42	*0	21.81	*0.00	51	100.28	13.51	32.16	*1455	*507.1	*24.25	*4.84
% of Calories				5.59%		*24.3%	*0%	28.4%	*0.0%		58.0%		18.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 08/31/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990727 Beef and Cheese Nachos K-8	see recipe	91	454	11.36	619	3	*N/A*	26.39	*0.36	76	31.76	*3.25	24.14	*1112	*275.2	*16.01	*1.89

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990726 Bean and Cheese Nachos K-8	See recipe	5	546	9.66	609	*3	*N/A*	23.86	*0.00	40	62.56	*10.87	23.58	*838	*331.1	*13.28	*3.07
000922 Southwest Taco Corn	4oz scoop	100	113	0.56	247	*2	*N/A*	3.89	*0.00	0	19.81	2.52	3.04	*448	*15.3	*13.46	*0.70
001099 Tomato Salsa	2oz scoop	100	17	0.03	53	*2	*N/A*	0.19	*0.00	0	3.59	1.05	0.77	580	9.4	12.90	0.26
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
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			734	14.49	1040	*26	*0	34.24	*0.33	91	75.96	*7.77	36.88	*5238	*703.8	*71.22	*3.10
% of Calories				17.77 %		*14.2%	*0%	42.0%	*0.4%		41.4%		20.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 09/01/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001095 Steamed Broccoli	.25 C	100	31	0.28	63	1	*N/A*	1.80	*0.00	0	3.20	1.26	1.36	301	22.7	43.05	0.36
000023 Glazed Carrots	.5 C	100	67	0.21	171	7	*N/A*	1.51	*0.00	0	13.31	3.41	1.14	*18565	*50.1	*6.56	*0.39
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
001063 Mandarin Oranges**	.5 C	1	36	0.00	4	8	*N/A*	0.04	0.00	0	8.89	1.15	0.71	1240	11.5	32.05	0.26
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			539	2.43	1112	*45	*0	11.60	*0.00	54	80.52	8.57	32.09	*19651	*482.2	*101.67	*2.11
% of Calories				4.06%		*33.4%	*0%	19.4%	*0.0%		59.8%		23.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 09/04/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990534 Whole Grain Cheese Ravioli with Tomato Sauce	3 each	96	228	1.75	597	5	*N/A*	5.27	*0.00	50	30.15	1.94	16.46	*88	*169.2	*3.99	*1.79
990536 Whole Grain Garlic Breadstick	1 each	96	100	0.50	95	1	*N/A*	3.50	0.00	0	15.00	1.00	1.00	*N/A*	0.0	*N/A*	0.90
000244 Roasted Carrots	.5 C	100	70	0.37	171	5	*N/A*	2.72	*0.00	0	11.16	3.45	1.20	*18574	*50.1	*6.57	*0.37
001095 Steamed Broccoli	.25 C	100	31	0.28	63	1	*N/A*	1.80	*0.00	0	3.20	1.26	1.36	301	22.7	43.05	0.36

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	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	3.96	1011	24	0	14.70	*0.00	58	69.84	7.52	27.60	*19382	*599.8	*54.19	*3.40
% of Calories				6.95%		18.7%	0%	25.8%	*0.0%		54.5%		21.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 09/05/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990402 Turkey & Bean Chili	6 oz	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
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
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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			500	4.74	590	*19	*0	17.09	*0.00	64	65.59	8.41	25.81	*2153	*481.4	*54.97	*3.30
% of Calories				8.53%		*15.2%	*0%	30.8%	*0.0%		52.5%		20.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 09/06/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000853 WG Flatbread Cheese Pizza	1 flatbread	96	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
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
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
000680 Italian Dressing	1 oz	100	80	1.20	17	*0	*N/A*	8.67	*0.00	0	0.56	0.17	0.06	32	8.5	0.27	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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	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			559	10.23	916	*19	*0	27.60	*0.00	39	52.40	*5.22	32.67	*2838	*468.8	*13.20	*2.51
% of Calories				16.47 %		*13.6%	*0%	44.4%	*0.0%		37.5%		23.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 09/07/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990819 Cajun Fish Tacos	2 each	91	224	1.10	575	0	*N/A*	4.68	*0.00	61	27.73	4.38	21.09	*363	*125.8	*0.24	*0.19
000706 Black Bean & Cheese Taco	2 each	5	404	4.67	447	*1	*N/A*	12.46	*0.00	15	59.90	12.49	18.73	*718	*252.0	*13.00	*2.95
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
990100 Tangy Cilantro-Lime Slaw	2oz scoop	100	49	0.36	123	3	*N/A*	2.62	*0.00	0	6.49	1.92	1.15	3045	28.1	25.82	0.44
990806 Baja Cream Sauce	1 oz	100	38	1.64	83	0	*N/A*	2.65	*0.00	9	2.22	0.04	1.11	98	42.9	0.67	0.06
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	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	4.81	961	*18	*0	14.80	*0.00	75	66.14	8.30	33.15	*4093	*566.0	*33.38	*1.24
% of Calories				8.62%		*14.3%	*0%	26.5%	*0.0%		52.7%		26.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 09/08/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
000527 Peruvian Chicken Drum	1 each	91	226	3.26	442	*0	*N/A*	14.63	*0.05	97	2.45	0.92	20.29	*223	*40.8	*1.08	*1.20
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
000824 Cilantro-Lime Brown Rice	4oz scoop	100	122	0.17	99	*0	*N/A*	2.15	*0.00	0	22.89	1.51	3.22	*60	*5.6	*1.85	*0.64
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
990651 Herb Roasted Butternut Squash	2oz scoop	100	44	0.34	73	*0	*N/A*	2.39	*0.00	0	5.71	1.14	0.68	*839	*25.8	*7.64	*0.52
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	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			689	5.34	851	*14	*0	24.04	*0.04	98	77.47	12.23	42.59	*2092	*506.9	*24.22	*5.39
% of Calories				6.98%		*8.1%	*0%	31.4%	*0.1%		45.0%		24.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 09/11/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000235 Beef Burger on WW Bun	1 each	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
990837 Baked Potato Wedges	4oz scoop	100	78	0.35	104	*0	*N/A*	2.38	*0.00	0	12.36	2.54	2.55	*137	*30.7	*10.74	*3.13
990452 Cucumber Salad	2oz scoop	100	29	0.34	48	*1	*N/A*	2.29	*0.00	0	2.01	0.33	0.34	*42	*9.1	*1.42	*0.18
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
000557 Mustard	1 each	100	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	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			480	4.27	718	*16	*0	14.62	*0.19	55	57.71	7.15	31.00	*700	*434.6	*12.94	*6.34
% of Calories				8.01%		*13.3%	*0%	27.4%	*0.4%		48.1%		25.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 09/12/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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	4.93	1.41	12.44	*79	*259.1	*1.44	*2.27
990437 Whole Grain Lo Mein	.5 C	100	138	0.55	181	2	*N/A*	3.76	*0.00	0	23.24	2.71	4.40	*11	*19.1	*0.11	*1.08
000454 Steamed Carrots	4oz scoop	100	69	0.36	171	5	*N/A*	2.62	*0.00	0	11.04	3.40	1.12	*18566	*48.3	*6.56	*0.34
001172 Asian Kale Slaw	.5 C	100	47	0.52	72	1	*N/A*	3.78	*0.00	0	3.02	1.41	1.05	2337	70.3	27.54	0.53
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	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			456	2.95	842	22	0	14.48	*0.00	54	50.91	7.94	33.16	*21346	*528.0	*39.07	*2.68
% of Calories				5.82%		19.3%	0%	28.6%	*0.0%		44.7%		29.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 09/13/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990362 Crispy Fish Sandwich 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
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
000047 Sauteed Green Beans	4oz scoop	100	51	0.34	96	*0	*N/A*	2.33	*0.00	0	6.19	2.06	1.46	107	34.0	10.12	0.70
990086 Potato Salad	.25 C	100	44	0.18	94	*0	*N/A*	1.20	*0.00	0	7.72	0.82	0.90	12	5.7	4.01	0.35
000604 Hot Sauce	1 each	100	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
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	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	2.86	1095	*16	*0	12.69	*0.00	67	64.28	7.49	34.24	*700	*512.0	*15.84	*3.21
% of Calories				5.21%		*13.0%	*0%	23.1%	*0.0%		52.0%		27.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 09/14/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990185 Beef Tacos in 6" Tortilla	2 each	91	488	11.93	710	2	*N/A*	26.26	*0.72	104	32.22	5.74	34.82	*1993	*318.7	*31.47	*3.52
990810 Sofritas Tofu Soft Tacos	2 each	5	282	2.24	890	*3	*N/A*	11.03	*0.00	0	36.17	5.98	16.15	*395	*362.2	*0.82	*3.54
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
001099 Tomato Salsa	2oz scoop	100	17	0.03	53	*2	*N/A*	0.19	*0.00	0	3.59	1.05	0.77	580	9.4	12.90	0.26
990351 Low Fat Sour Cream	1 oz	25	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
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	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			790	13.27	1004	*17	*0	31.09	*0.65	107	80.75	15.07	52.99	*3428	*763.4	*55.39	*6.68
% of Calories				15.12 %		*8.6%	*0%	35.4%	*0.7%		40.9%		26.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 09/15/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000977 Buffalo Chicken Drum	1 each	91	198	2.59	706	0	*N/A*	9.67	0.05	97	0.12	0.00	19.01	614	8.4	0.00	0.75
990673 Buffalo Veggie Chik'n Nuggets	5 each	5	263	1.25	1231	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	756	50.0	0.00	2.25
990846 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
990222 Cinnamon Roasted Butternut Squash	2oz scoop	100	31	0.17	49	*0	*N/A*	1.16	*0.00	0	5.53	0.95	0.58	827	18.0	7.44	0.36
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	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			597	9.60	1285	*17	*0	24.28	*0.04	126	50.12	*8.82	42.04	*11739	*791.6	*60.53	*1.62
% of Calories				14.47 %		*11.4%	*0%	36.6%	*0.1%		33.6%		28.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 09/18/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
000244 Roasted Carrots	.5 C	100	70	0.37	171	5	*N/A*	2.72	*0.00	0	11.16	3.45	1.20	*18574	*50.1	*6.57	*0.37
990710 Steamed Green Peas and Corn	2oz scoop	100	46	0.19	73	2	*N/A*	1.34	*0.00	0	7.48	1.50	1.86	527	6.0	5.57	0.45
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			504	6.94	1059	*19	*0	16.86	*0.00	57	61.94	8.78	30.99	*19827	*747.0	*13.43	*2.29
% of Calories				12.39 %		*15.1%	*0%	30.1%	*0.0%		49.2%		24.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

Tuesday - 09/19/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
990656 Collard Green Salad -.25 C	4oz scoop	100	69	0.46	32	*6	*N/A*	3.37	*0.00	0	9.55	1.87	1.28	*3028	*69.2	*17.94	*0.14
000029 Black Eyed Peas	.5 C	100	138	0.45	53	*1	*N/A*	2.72	*0.00	0	21.35	3.93	7.99	*187	*41.0	*8.57	*2.85
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			578	2.26	716	*32	*0	12.10	*0.01	54	81.86	9.74	40.91	*3655	*508.9	*29.54	*5.15
% of Calories				3.52%		*22.1%	*0%	18.8%	*0.0%		56.7%		28.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 09/20/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990418 WG Flatbread Turkey Pepperoni Pizza	1 flatbread	91	400	8.52	884	6	*N/A*	18.84	*0.00	39	38.51	*3.94	25.66	*90	*39.2	*3.99	*2.09
000853 WG Flatbread Cheese Pizza	1 flatbread	5	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

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
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
001088 Tomatoes	2oz scoop	100	11	0.02	3	2	*N/A*	0.12	0.00	0	2.32	0.72	0.52	497	6.0	8.18	0.16
000109 Balsamic Dressing	1 oz	100	87	1.20	52	*0	*N/A*	8.68	*0.00	0	2.08	0.08	0.10	0	3.5	0.00	0.06
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	10.56	1037	*21	*0	28.80	*0.00	47	56.17	*6.25	34.70	*1794	*451.8	*21.20	*3.24
% of Calories				16.03 %		*14.2%	*0%	43.7%	*0.0%		37.9%		23.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 09/21/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
000065 Turkey Sloppy Joe on WW Bun	1 each	91	298	2.27	600	*10	*N/A*	10.01	*0.00	87	37.49	4.74	19.86	*151	*86.7	*4.99	*3.33
990666 Lentil Sloppy Joe on WW Bun	1 each	5	332	0.41	877	*12	*N/A*	5.52	*0.00	0	62.06	8.77	14.45	*831	*44.0	*9.23	*4.28
990837 Baked Potato Wedges	4oz scoop	100	78	0.35	104	*0	*N/A*	2.38	*0.00	0	12.36	2.54	2.55	*137	*30.7	*10.74	*3.13
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
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

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	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	3.76	956	*22	*0	14.69	*0.00	89	66.80	8.32	30.35	*793	*493.3	*21.54	*6.81
% of Calories				6.78%		*17.6%	*0%	26.5%	*0.0%		53.5%		24.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 09/22/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000179 Oven Fried Chicken Drum	1 each	91	231	2.78	305	1	*N/A*	10.59	*0.05	97	11.66	1.39	21.21	640	49.5	0.42	2.06
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
990076 Whole Grain Waffles Bakecrafters	2 each	100	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
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
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
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000230 1% Lowfat Milk	8 oz	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			717	4.60	1132	*31	*0	22.65	*0.04	98	93.22	9.34	37.06	*26095	*571.1	*43.85	*4.10
% of Calories				5.77%		*17.3%	*0%	28.4%	*0.1%		52.0%		20.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 09/25/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000240 All Beef Hot Dog on a WW Bun	1 each	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
000475 BBQ Baked Beans	5oz scoop	100	221	0.66	103	5	*N/A*	4.39	*0.00	0	36.16	6.88	10.62	*410	*88.1	*0.48	*3.73
990203 Roasted Summer Squash	.25 C	100	19	0.20	49	1	*N/A*	1.26	*0.00	0	1.76	0.50	0.54	*85	*9.4	*9.18	*0.20
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
000557 Mustard	1 each	100	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000445 Fresh Peach	1 each	100	58	0.03	0	13	*N/A*	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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			720	8.45	1111	*35	*0	23.99	*0.00	42	95.99	13.78	31.62	*1408	*511.2	*21.40	*6.53
% of Calories				10.56 %		*19.4%	*0%	30.0%	*0.0%		53.3%		17.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 09/26/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
000850 WG Cornbread Muffin - Small	1 each	100	150	0.50	90	9	*N/A*	5.00	0.00	15	23.00	1.00	3.00	0	20.0	0.00	0.72
990839 Sweet Potato Wedges	4oz scoop	100	108	0.34	149	4	*N/A*	2.31	*0.00	0	20.37	3.08	1.63	*14225	*30.9	*2.42	*0.66
001145 Roasted Cauliflower	2oz scoop	100	24	0.23	62	1	*N/A*	1.27	*0.00	0	2.68	1.05	1.02	*0	*11.6	*24.84	*0.23
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
000446 Fresh Watermelon	.5 C	100	23	0.01	1	5	*N/A*	0.11	0.00	0	5.74	0.30	0.46	432	5.3	6.16	0.18
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	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			548	2.51	795	33	0	11.75	*0.00	69	77.06	6.43	34.23	*15210	*470.3	*36.58	*3.13
% of Calories				4.12%		24.1%	0%	19.3%	*0.0%		56.2%		25.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 09/27/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990303 Whole Grain Spaghetti	1 C	100	228	0.78	201	1	*N/A*	5.23	*0.00	0	40.27	5.27	7.85	*0	*30.8	*0.00	*1.95
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	176	1.23	175	*6	*N/A*	6.80	*0.00	0	16.73	1.98	13.77	*135	*264.9	*2.85	*2.45
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
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
000109 Balsamic Dressing	1 oz	100	87	1.20	52	*0	*N/A*	8.68	*0.00	0	2.08	0.08	0.10	0	3.5	0.00	0.06
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	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			692	4.30	852	*42	*0	21.81	*0.00	51	100.28	13.51	32.16	*1455	*507.1	*24.25	*4.84
% of Calories				5.59%		*24.3%	*0%	28.4%	*0.0%		58.0%		18.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 09/28/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
990727 Beef and Cheese Nachos K-8	see recipe	91	454	11.36	619	3	*N/A*	26.39	*0.36	76	31.76	*3.25	24.14	*1112	*275.2	*16.01	*1.89
990726 Bean and Cheese Nachos K-8	See recipe	5	546	9.66	609	*3	*N/A*	23.86	*0.00	40	62.56	*10.87	23.58	*838	*331.1	*13.28	*3.07
000922 Southwest Taco Corn	4oz scoop	100	113	0.56	247	*2	*N/A*	3.89	*0.00	0	19.81	2.52	3.04	*448	*15.3	*13.46	*0.70
001099 Tomato Salsa	2oz scoop	100	17	0.03	53	*2	*N/A*	0.19	*0.00	0	3.59	1.05	0.77	580	9.4	12.90	0.26
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
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	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			734	14.49	1040	*26	*0	34.24	*0.33	91	75.96	*7.77	36.88	*5238	*703.8	*71.22	*3.10
% of Calories				17.77 %		*14.2%	*0%	42.0%	*0.4%		41.4%		20.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 09/29/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
001095 Steamed Broccoli	.25 C	100	31	0.28	63	1	*N/A*	1.80	*0.00	0	3.20	1.26	1.36	301	22.7	43.05	0.36
000023 Glazed Carrots	.5 C	100	67	0.21	171	7	*N/A*	1.51	*0.00	0	13.31	3.41	1.14	*18565	*50.1	*6.56	*0.39
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
001063 Mandarin Oranges**	.5 C	1	36	0.00	4	8	*N/A*	0.04	0.00	0	8.89	1.15	0.71	1240	11.5	32.05	0.26
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	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			539	2.43	1112	*45	*0	11.60	*0.00	54	80.52	8.57	32.09	*19651	*482.2	*101.67	*2.11
% of Calories				4.06%		*33.4%	*0%	19.4%	*0.0%		59.8%		23.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	597	6	960	*27	*0	19.89	*0.07	68	74.19	*9.23	34.53	*8262	*551.0	*40.14	*3.90
% of Calories		9.32%		*18.1%	*0%	30.0%	*0.1%		49.7%		23.1%				

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

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



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.

This institution is an equal opportunity provider.



September Snack Menu

CEDAR TREE | SNACK

What do the colors on the menu mean?

GREEN = locally-sourced

BLUE = international

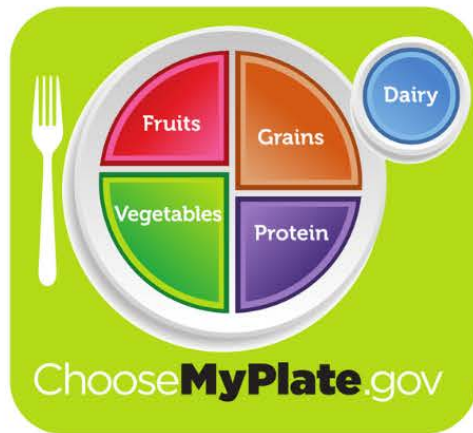
ORANGE = Fresh Feature Friday Winner!

= 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
8/28 <ul style="list-style-type: none"> cheese stick cucumber coins ranch dressing 	8/29 <ul style="list-style-type: none"> cheez-its fresh apple 	8/30 <ul style="list-style-type: none"> nonfat yogurt cinnamon goldfish grahams 	8/31 <ul style="list-style-type: none"> animal crackers chilled pineapple 	1 <ul style="list-style-type: none"> pretzel goldfish cheese stick
4 no school labor day	5 <ul style="list-style-type: none"> cheese stick baby carrots ranch dressing 	6 <ul style="list-style-type: none"> animal crackers nonfat yogurt 	7 <ul style="list-style-type: none"> chilled pineapple pretzel goldfish 	8 <ul style="list-style-type: none"> cheez-its chilled peaches
11 <ul style="list-style-type: none"> nonfat yogurt animal crackers 	12 <ul style="list-style-type: none"> cheese stick cucumber coins ranch dressing 	13 <ul style="list-style-type: none"> nonfat yogurt cinnamon goldfish grahams 	14 <ul style="list-style-type: none"> cheez-its chilled pineapple 	15 <ul style="list-style-type: none"> pretzel goldfish cheese stick
18 <ul style="list-style-type: none"> cheese stick baby carrots ranch dressing 	19 <ul style="list-style-type: none"> cheez-its fresh apple 	20 <ul style="list-style-type: none"> nonfat yogurt animal crackers 	21 <ul style="list-style-type: none"> pretzel goldfish chilled peaches 	22 <ul style="list-style-type: none"> hummus dip cucumber coins
25 <ul style="list-style-type: none"> cheese stick cucumber coins ranch dressing 	26 <ul style="list-style-type: none"> cheez-its fresh apple 	27 <ul style="list-style-type: none"> nonfat yogurt cinnamon goldfish grahams 	28 <ul style="list-style-type: none"> animal crackers chilled pineapple 	29 <ul style="list-style-type: none"> pretzel goldfish cheese stick

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

Menu Name: Private/Charter Snack
Site:
Use Alternate Menu Name: No

Include Cost: No
Report Style: Detailed

Monday - 08/28/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-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
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
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			0 - 0	<0				<=0									

Tuesday - 08/29/2023

Reimbursable Meal Total 1

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

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

Wednesday - 08/30/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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			0 - 0	<0				<=0									

Thursday - 08/31/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000815 WW Animal Crackers	1 each	1	129	1.25	111	*N/A*	*N/A*	3.94	0.06	0	21.40	1.88	1.91	2	128.5	0.00	1.07
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			210	1.26	112	*19	*0	4.09	0.06	0	42.52	3.65	2.61	70	150.2	12.76	1.45
% of Calories				5.40%		*36.2%	*0%	17.5%	0.3%		81.0%		5.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 09/01/2023

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990788 Pretzel Goldfish	1 bag	1	90	0.00	200	0	*N/A*	1.50	0.00	0	16.00	1.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*
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			171	3.04	392	*0	*0	6.56	0.00	15	16.00	1.00	9.09	*202	*202.5	*0.00	*0.00
% of Calories				16.00 %		*0%	*0%	34.5%	0.0%		37.4%		21.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 09/04/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
990442 Fat Free Italian Dressing	1 packet	1	7	0.05	113	1	*N/A*	0.08	0.00	0	1.29	0.07	0.14	10	4.5	0.11	0.02
Weighted Daily Average			104	3.13	308	*3	*0	5.26	0.00	15	5.27	0.62	7.94	328	224.6	3.18	0.33
% of Calories				27.09 %		*11.5%	*0%	45.5%	0.0%		20.3%		30.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 09/05/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001085 Baby Carrots	.75 C	1	37	0.02	82	*N/A*	*N/A*	0.13	0.00	0	8.60	3.05	0.66	14548	33.5	2.80	0.95
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			136	3.08	355	*1	*0	5.30	0.00	15	12.63	3.12	7.80	14751	238.7	2.81	0.97
% of Calories				20.38 %		*2.9%	*0%	35.1%	0.0%		37.1%		22.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 09/06/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000815 WW Animal Crackers	1 each	1	129	1.25	111	*N/A*	*N/A*	3.94	0.06	0	21.40	1.88	1.91	2	128.5	0.00	1.07
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
Weighted Daily Average			219	1.25	166	*14	*0	3.94	0.06	0	41.40	1.88	4.91	2	418.5	0.00	1.07
% of Calories				5.14%		*25.6%	*0%	16.2%	0.2%		75.6%		9.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 09/07/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990788 Pretzel Goldfish	1 bag	1	90	0.00	200	0	*N/A*	1.50	0.00	0	16.00	1.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			171	0.01	201	19	0	1.65	0.00	0	37.12	2.76	2.69	*68	*21.7	*12.76	*0.38
% of Calories				0.05%		44.4%	0%	8.7%	0.0%		86.8%		6.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 09/08/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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			199	1.00	150	20	0	3.50	0.00	5	37.77	2.98	3.98	*500	117.8	*0.00	0.72
% of Calories				4.52%		40.2%	0%	15.8%	0.0%		75.9%		8.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 09/11/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000815 WW Animal Crackers	1 each	1	129	1.25	111	*N/A*	*N/A*	3.94	0.06	0	21.40	1.88	1.91	2	128.5	0.00	1.07
Weighted Daily Average			219	1.25	166	*14	*0	3.94	0.06	0	41.40	1.88	4.91	2	418.5	0.00	1.07
% of Calories				5.14%		*25.6%	*0%	16.2%	0.2%		75.6%		9.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 09/12/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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			0 - 0	<0				<=0									

Wednesday - 09/13/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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			0 - 0	<0				<=0									

Thursday - 09/14/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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			0 - 0	<0				<=0									

Friday - 09/15/2023

Reimbursable Meal Total 1

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

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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			171	3.04	392	*0	*0	6.56	0.00	15	16.00	1.00	9.09	*202	*202.5	*0.00	*0.00
% of Calories				16.00 %		*0%	*0%	34.5%	0.0%		37.4%		21.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 09/18/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
001085 Baby Carrots	.75 C	1	37	0.02	82	*N/A*	*N/A*	0.13	0.00	0	8.60	3.05	0.66	14548	33.5	2.80	0.95
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			136	3.08	355	*1	*0	5.30	0.00	15	12.63	3.12	7.80	14751	238.7	2.81	0.97
% of Calories				20.38 %		*2.9%	*0%	35.1%	0.0%		37.1%		22.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 09/19/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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

Aug 28, 2023 thru Sep 29, 2023

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

Wednesday - 09/20/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
000815 WW Animal Crackers	1 each	1	129	1.25	111	*N/A*	*N/A*	3.94	0.06	0	21.40	1.88	1.91	2	128.5	0.00	1.07
Weighted Daily Average			219	1.25	166	*14	*0	3.94	0.06	0	41.40	1.88	4.91	2	418.5	0.00	1.07
% of Calories				5.14%		*25.6%	*0%	16.2%	0.2%		75.6%		9.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 09/21/2023

Reimbursable Meal Total 1

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

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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			189	0.00	200	20	0	1.50	0.00	0	39.77	2.98	3.98	*N/A*	*17.8	*N/A*	*0.00
% of Calories				0.00%		42.3%	0%	7.1%	0.0%		84.2%		8.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 09/22/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990563 Hummus Dip	4oz scoop	1	269	1.90	545	*4	*N/A*	14.21	*0.00	0	27.92	7.38	10.28	16	76.0	4.12	3.21
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
Weighted Daily Average			285	1.94	547	*6	*0	14.34	*0.00	0	31.91	7.93	10.99	131	93.6	7.19	3.52
% of Calories				6.13%		*8.4%	*0%	45.3%	*0.0%		44.8%		15.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 09/25/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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			0 - 0	<0				<=0									

Tuesday - 09/26/2023

Reimbursable Meal Total 1

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

Wednesday - 09/27/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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			0 - 0	<0				<=0									

Thursday - 09/28/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000815 WW Animal Crackers	1 each	1	129	1.25	111	*N/A*	*N/A*	3.94	0.06	0	21.40	1.88	1.91	2	128.5	0.00	1.07
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			210	1.26	112	*19	*0	4.09	0.06	0	42.52	3.65	2.61	70	150.2	12.76	1.45
% of Calories				5.40%		*36.2%	*0%	17.5%	0.3%		81.0%		5.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 09/29/2023

Reimbursable Meal Total 1

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

Base Menu Spreadsheet

Portion Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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			171	3.04	392	*0	*0	6.56	0.00	15	16.00	1.00	9.09	*202	*202.5	*0.00	*0.00
% of Calories				16.00 %		*0%	*0%	34.5%	0.0%		37.4%		21.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	185	2	241	*12	*0	4.79	*0.01	6	29.80	2.64	5.54	*1387	*214.3	*4.28	*0.94
% of Calories		8.56%		*25.9%	*0%	23.3%	*0.0%		64.4%		12.0%				

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

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



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.

This institution is an equal opportunity provider.