



June Breakfast Menu

BREAKFAST ECE

What do the colors on the menu mean?

GREEN = locally-sourced

= 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

Love eating yogurt in the morning?

If so, you are eating a TON of calcium, which helps your bones and teeth. It also contains protein, which helps you build muscles.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <ul style="list-style-type: none"> whole grain bagel light cream cheese jelly cinnamon applesauce 	4 <ul style="list-style-type: none"> brown sugar oatmeal chilled pears 	5 <ul style="list-style-type: none"> whole grain cheerios fresh orange wedges 	6 <ul style="list-style-type: none"> strawberry parfait whole grain granola 	7 <ul style="list-style-type: none"> french toast sticks all-natural syrup fresh cantaloupe
10 <ul style="list-style-type: none"> nonfat yogurt cinnamon applesauce 	11 <ul style="list-style-type: none"> turkey bacon & egg bake scrambled eggs whole grain toast butter jelly chilled pears 	12 <ul style="list-style-type: none"> blueberry bread fresh orange wedges 	13 <ul style="list-style-type: none"> sweet strawberry yogurt fresh banana 	14 <ul style="list-style-type: none"> butter milk pancakes all-natural syrup fresh cantaloupe
17 <ul style="list-style-type: none"> cinnamon chex cereal cinnamon applesauce 	18 <ul style="list-style-type: none"> cheesy grits scrambled eggs chilled pears 	19 no school	20 <ul style="list-style-type: none"> egg & cheese breakfast burrito fresh banana 	21
24	25	26	27	28
1	2	3	4	5

HELL Summer

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jun 3, 2024 thru Jun 21, 2024

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

Monday - 06/03/2024 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
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			337	3.99	309	35	0	6.74	*0.00	25	56.53	3.50	14.00	580	406.6	60.74	0.13
% of Calories				10.66 %		41.5%	0%	18.0%	*0.0%		67.1%		16.6%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

Tuesday - 06/04/2024 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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)
000464 Brown Sugar Oatmeal	4oz	95	127	0.25	52	*13	*N/A*	1.49	*0.00	0	26.88	1.98	2.50	0	13.8	0.00	0.99
990261 Chilled Pears	.5 C	100	101	0.00	8	*N/A*	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			319	1.39	171	*25	*0	3.38	*0.00	10	63.56	7.33	11.47	442	397.9	3.97	1.61
% of Calories				3.92%		*31.3%	*0%	9.5%	*0.0%		79.7%		14.4%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

Wednesday - 06/05/2024

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)
990713 Honey Cheerios	1 each	100	110	0.00	170	6	*N/A*	1.50	0.00	0	22.00	2.00	3.00	300	60.0	*N/A*	2.70
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

Jun 3, 2024 thru Jun 21, 2024

	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			251	1.17	284	27	0	3.38	*0.00	10	44.94	4.21	12.14	931	461.4	*49.68	2.87
% of Calories				4.20%		43.0%	0%	12.1%	*0.0%		71.6%		19.3%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

Thursday - 06/06/2024

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)
990695 Strawberry Parfait	1 each	100	291	0.34	71	30	11	6.10	0.00	3	56.59	3.84	6.85	163	152.9	45.53	1.89
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	1.49	185	43	11	7.87	*0.00	13	68.71	3.84	15.12	587	517.6	46.27	1.97
% of Calories				3.46%		44.3%	11.3%	18.3%	*0.0%		70.8%		15.6%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

Friday - 06/07/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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)
990639 WG French Toast Sticks (ECE)	2 sticks	100	171	0.66	191	9	*N/A*	5.28	0.00	7	27.70	1.32	3.96	*N/A*	*N/A*	*N/A*	*N/A*
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			331	1.85	323	36	0	7.19	*0.00	17	54.19	2.02	12.89	*3061	*371.6	*29.37	*0.24
% of Calories				5.03%		43.5%	0%	19.5%	*0.0%		65.5%		15.6%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

Monday - 06/10/2024

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	53	14	*N/A*	0.00	0.00	0	19.00	0.00	3.00	0	290.0	0.41	0.00
001084 Cinnamon Applesauce Cup	1 each	100	60	0.00	10	12	*N/A*	0.00	0.00	0	15.00	2.00	0.00	0	0.0	60.00	0.00
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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			248	1.15	177	38	0	1.77	*0.00	10	46.13	2.00	11.27	424	654.6	61.15	0.08
% of Calories				4.17%		61.3%	0%	6.4%	*0.0%		74.4%		18.2%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

Tuesday - 06/11/2024

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	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
000488 Butter PC	1 each	100	36	2.57	32	0	*N/A*	4.06	0.16	11	0.00	0.00	0.04	125	1.2	0.00	0.00
000894 Turkey Bacon & Egg Bake	1 square	98	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
990261 Chilled Pears	.5 C	100	101	0.00	8	*N/A*	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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			450	5.50	501	*20	*0	13.68	*0.16	227	63.04	7.46	21.03	*567	477.0	*3.97	2.58
% of Calories				11.00 %		*17.8%	*0%	27.4%	*0.3%		56.0%		18.7%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

Wednesday - 06/12/2024

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)
990854 Blueberry Bread	2 oz	100	152	0.69	98	*12	*N/A*	4.32	*0.00	14	26.36	1.69	2.55	*8	*27.5	*0.53	*0.90
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			293	1.85	212	*33	*0	6.20	*0.00	24	49.29	3.90	11.69	*639	*428.9	*50.22	*1.07
% of Calories				5.68%		*45.1%	*0%	19.0%	*0.0%		67.3%		16.0%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

Thursday - 06/13/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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)
990804 Sweet Strawberry Oatmeal	4 oz	100	132	0.25	58	*13	*N/A*	1.54	*0.00	0	28.25	2.91	2.68	20	18.6	18.21	1.30
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			335	1.54	173	*40	*0	3.69	*0.00	10	67.32	5.98	12.24	519	389.1	29.22	1.69
% of Calories				4.14%		*47.8%	*0%	9.9%	*0.0%		80.4%		14.6%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

Friday - 06/14/2024

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

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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			329	1.69	341	39	0	5.41	*0.00	20	58.49	2.70	12.93	3061	421.6	29.37	1.54
% of Calories				4.62%		47.4%	0%	14.8%	*0.0%		71.1%		15.7%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

Monday - 06/17/2024

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
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			278	1.15	294	30	0	4.27	*0.00	10	49.13	3.00	9.27	824	444.6	65.54	7.28
% of Calories				3.72%		43.2%	0%	13.8%	*0.0%		70.7%		13.3%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

Tuesday - 06/18/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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)	
000104	Cheesy Grits	4 oz	100	110	1.57	102	1	*N/A*	2.55	*0.00	8	17.62	0.35	4.02	124	70.4	0.00	0.22
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
990261	Chilled Pears	.5 C	100	101	0.00	8	*N/A*	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58
000231	Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230	1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160	Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383	Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average				408	4.85	364	*13	*0	10.92	*0.00	260	55.67	5.81	21.65	*566	492.4	*3.97	2.31
% of Calories					10.70 %		*12.7%	*0%	24.1%	*0.0%		54.6%		21.2%				
Weekly Nutrient Guideline				350 - 500	<10	540			<=0									

Wednesday - 06/19/2024

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
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
000135	Orange Wedges	.5 C / 3 wedges	100	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
000231	Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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			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			350 - 500	<10	540			<=0									

Thursday - 06/20/2024

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	352	6.51	660	0	0	15.72	*0.00	256	34.51	4.01	17.90	*144	293.2	*0.00	3.33
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			555	7.80	776	27	0	17.88	*0.00	266	73.58	7.08	27.46	*643	663.7	*11.01	3.71
% of Calories				12.65 %		19.5%	0%	29.0%	*0.0%		53.0%		19.8%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

Friday - 06/21/2024

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)	Vlt-A (IU)	Calcm (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				350 - 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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	345	3	323	*31	*1	7.14	*0.01	63	57.23	4.35	14.73	*1179	*480.1	*34.90	*2.08
% of Calories		7.33%		*35.9%	*1.2%	18.6%	*0.0%		66.4%		17.1%				

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.



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This institution is an equal opportunity provider.



June Breakfast Menu

K-2 BREAKFAST

What do the colors on the menu mean?

GREEN = locally-sourced
 = 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

Love eating yogurt in the morning?
 If so, you are eating a TON of calcium, which helps your bones and teeth. It also contains protein, which helps you build muscles.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <ul style="list-style-type: none"> whole grain bagel cream cheese jelly fresh apple 	4 <ul style="list-style-type: none"> brown sugar oatmeal honey fresh pear 	5 <ul style="list-style-type: none"> honey cheerios graham crackers fresh orange 	6 <ul style="list-style-type: none"> strawberry parfait whole grain granola fresh banana 	7 <ul style="list-style-type: none"> french toast sticks turkey sausage links veggie breakfast sausage patty all-natural syrup fresh cantaloupe
10 <ul style="list-style-type: none"> nonfat yogurt whole grain granola fresh apple 	11 <ul style="list-style-type: none"> turkey bacon & egg bake scrambled eggs english muffin butter jelly fresh pear 	12 <ul style="list-style-type: none"> blueberry bread fresh orange 	13 <ul style="list-style-type: none"> sweet strawberry oatmeal honey fresh banana 100% orange juice 	14 <ul style="list-style-type: none"> butter milk pancakes turkey sausage links veggie sausage patty butter all-natural syrup fresh cantaloupe
17 <ul style="list-style-type: none"> cinnamon rice chex cereal graham crackers fresh apple 	18 <ul style="list-style-type: none"> cheesy grits scrambled eggs turkey bacon veggie breakfast sausage patty fresh pear 	19 no school	20 <ul style="list-style-type: none"> egg & cheese breakfast burrito hot sauce fresh banana 100% orange juice 	21
24 	25	26	27	28
1	2	3	4	5

HELL Summer

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

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

Include Cost: No
Report Style: Detailed

Monday - 06/03/2024 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	100	170	0.00	190	4	*N/A*	0.50	0.00	0	37.00	3.00	7.00	0	0.0	0.00	0.00
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
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			477	4.05	396	49	0	7.37	*0.00	25	90.83	8.35	18.08	700	420.0	11.00	0.40
% of Calories				7.64%		41.1%	0%	13.9%	*0.0%		76.2%		15.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 06/04/2024 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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)	
000464	Brown Sugar Oatmeal	4oz	100	127	0.25	52	*13	*N/A*	1.49	*0.00	0	26.88	1.98	2.50	0	13.8	0.00	0.99
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
000884	Fresh Pear	1 each	100	131	0.05	2	22	*N/A*	0.32	0.00	0	35.03	7.13	0.83	58	20.7	9.89	0.41
000231	Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230	1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160	Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383	Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average				398	1.45	168	*60	*0	3.58	*0.00	10	85.57	9.14	11.64	481	399.9	10.70	1.54
% of Calories					3.28%		*60.3%	*0%	8.1%	*0.0%		86.0%		11.7%				
Weekly Nutrient Guideline				450 - 500	<10	540			<=0									

Wednesday - 06/05/2024

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)	
990713	Honey Cheerios	1 each	100	110	0.00	170	6	*N/A*	1.50	0.00	0	22.00	2.00	3.00	300	60.0	*N/A*	2.70
000233	Graham Crackers	1 each	100	90	0.00	95	5	*N/A*	2.50	0.00	0	17.00	1.00	2.00	500	100.0	0.00	0.72
990470	Fresh Orange	1 each	100	86	0.03	0	17	*N/A*	0.22	0.00	0	21.62	4.42	1.73	414	73.6	97.89	0.18
000231	Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230	1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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			384	1.18	379	41	0	5.99	*0.00	10	72.75	7.42	15.00	1638	598.2	*98.63	3.68
% of Calories				2.77%		42.7%	0%	14.0%	*0.0%		75.8%		15.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 06/06/2024

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)
990695 Strawberry Parfait	1 each	100	291	0.34	71	30	11	6.10	0.00	3	56.59	3.84	6.85	163	152.9	45.53	1.89
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			493	1.62	186	57	11	8.26	*0.00	13	95.66	6.91	16.41	662	523.4	56.53	2.28
% of Calories				2.96%		46.2%	8.9%	15.1%	*0.0%		77.6%		13.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 06/07/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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)
990638 WG French Toast Sticks (K-12)	3 sticks	100	260	1.00	290	14	*N/A*	8.00	0.00	10	42.00	2.00	6.00	*N/A*	*N/A*	*N/A*	*N/A*
001138 Turkey Sausage Link	2 each	95	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	5	70	0.00	250	1	*N/A*	2.50	0.00	0	4.00	1.00	9.00	0	0.0	0.00	1.80
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
990421 Cantaloupe	8 oz	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 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			573	5.08	874	47	0	19.69	*0.00	63	76.00	*3.45	25.53	*5699	*378.7	*57.99	*0.50
% of Calories				7.98%		32.8%	0%	30.9%	*0.0%		53.1%		17.8%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Monday - 06/10/2024

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	53	14	*N/A*	0.00	0.00	0	19.00	0.00	3.00	0	290.0	0.41	0.00
990880 DOL granola	3 oz scoop	100	152	0.00	15	11	11	5.32	0.00	0	25.82	1.52	3.04	0	15.2	0.00	1.06

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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	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				455	1.21	185	60	11	7.46	*0.00	10	87.74	6.87	14.89	544	683.2	11.41	1.41
% of Calories					2.39%		52.7%	9.7%	14.8%	*0.0%		77.1%		13.1%				
Weekly Nutrient Guideline				450 - 500	<10	540			<=0									

Tuesday - 06/11/2024

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	100	120	0.00	220	*N/A*	1.00	0.00	0	23.00	3.00	5.00	0	80.0	0.00	1.80
000488	Butter PC	1 each	100	36	2.57	32	0	4.06	0.16	11	0.00	0.00	0.04	125	1.2	0.00	0.00
000603	Grape Jelly	1 each	100	35	0.00	0	8	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00
000894	Turkey Bacon & Egg Bake	1 square	95	101	1.78	209	0	6.67	*0.00	206	0.02	0.01	8.89	*0	30.9	*0.00	1.19
000733	Scrambled Eggs	3 oz scoop	5	100	2.13	139	0	6.40	*0.00	242	0.03	0.01	8.54	*0	37.2	*0.00	1.43
000884	Fresh Pear	1 each	100	131	0.05	2	22	0.32	0.00	0	35.03	7.13	0.83	58	20.7	9.89	0.41
000231	Skim Milk	8 oz	30	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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			520	5.56	574	*43	*0	13.80	*0.16	228	79.18	10.14	23.02	*606	497.7	*10.63	3.49
% of Calories				9.62%		*33.1%	*0%	23.9%	*0.3%		60.9%		17.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 06/12/2024

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)
990833 Blueberry Bread	4 oz	100	305	1.37	197	*25	*N/A*	8.65	*0.00	27	52.72	3.38	5.10	*16	*55.0	*1.06	*1.80
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			489	2.55	311	*54	*0	10.63	*0.00	37	86.46	7.80	15.10	*854	*493.2	*99.69	*2.07
% of Calories				4.69%		*44.2%	*0%	19.6%	*0.0%		70.7%		12.4%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

Thursday - 06/13/2024

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)
990804 Sweet Strawberry Oatmeal	4 oz	100	132	0.25	58	*13	*N/A*	1.54	*0.00	0	28.25	2.91	2.68	20	18.6	18.21	1.30
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
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000171 100% Orange Juice	4 oz	100	60	0.00	0	*N/A*	*N/A*	0.00	0.00	0	14.00	0.00	1.00	0	10.0	42.00	0.00
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			437	1.54	174	*51	*0	3.69	*0.00	10	92.86	6.01	13.29	519	399.9	71.29	1.75
% of Calories				3.17%		*46.7%	*0%	7.6%	*0.0%		85.0%		12.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 06/14/2024

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
001138 Turkey Sausage Link	2 each	95	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*

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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)
000801 Veggie Breakfast Sausage Patty	1 each	5	70	0.00	250	1	*N/A*	2.50	0.00	0	4.00	1.00	9.00	0	0.0	0.00	1.80
000488 Butter PC	1 each	100	36	2.57	32	0	*N/A*	4.06	0.16	11	0.00	0.00	0.04	125	1.2	0.00	0.00
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
990421 Cantaloupe	8 oz	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 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			518	7.15	826	45	0	19.24	*0.16	73	66.01	*3.45	23.58	*5824	*429.9	*57.99	*1.80
% of Calories				12.42 %		34.7%	0%	33.4%	*0.3%		51.0%		18.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Monday - 06/17/2024

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
000233 Graham Crackers	1 each	100	90	0.00	95	5	*N/A*	2.50	0.00	0	17.00	1.00	2.00	500	100.0	0.00	0.72
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

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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			424	1.21	381	47	0	7.15	*0.00	10	81.92	7.35	11.85	1444	558.0	15.80	8.27
% of Calories				2.57%		44.3%	0%	15.2%	*0.0%		77.3%		11.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 06/18/2024

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)
000104 Cheesy Grits	4 oz	100	110	1.57	102	1	*N/A*	2.55	*0.00	8	17.62	0.35	4.02	124	70.4	0.00	0.22
990394 Turkey Bacon	2 each	95	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	5	70	0.00	250	1	*N/A*	2.50	0.00	0	4.00	1.00	9.00	0	0.0	0.00	1.80
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
000884 Fresh Pear	1 each	100	131	0.05	2	22	*N/A*	0.32	0.00	0	35.03	7.13	0.83	58	20.7	9.89	0.41
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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	4.90	551	36	0	14.02	*0.00	269	65.00	7.54	25.91	*605	492.9	*10.63	2.23
% of Calories				9.19%		30.0%	0%	26.3%	*0.0%		54.2%		21.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 06/19/2024

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	100	170	0.00	190	4	*N/A*	0.50	0.00	0	37.00	3.00	7.00	0	0.0	0.00	0.00
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
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			448	4.02	394	43	0	7.21	*0.00	25	81.65	7.42	19.23	994	480.2	98.63	0.31
% of Calories				8.08%		38.4%	0%	14.5%	*0.0%		72.9%		17.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

Thursday - 06/20/2024

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	352	6.51	660	0	0	15.72	*0.00	256	34.51	4.01	17.90	*144	293.2	*0.00	3.33
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
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000171 100% Orange Juice	4 oz	100	60	0.00	0	*N/A*	*N/A*	0.00	0.00	0	14.00	0.00	1.00	0	10.0	42.00	0.00
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			615	7.80	807	*27	*0	17.88	*0.00	266	87.60	7.08	28.46	*645	673.8	*53.90	3.72
% of Calories				11.41 %		*17.6%	*0%	26.2%	*0.0%		57.0%		18.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 06/21/2024

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
990394 Turkey Bacon	2 each	95	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

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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)
000801 Veggie Breakfast Sausage Patty	1 each	5	70	0.00	250	1	*N/A*	2.50	0.00	0	4.00	1.00	9.00	0	0.0	0.00	1.80
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
000488 Butter PC	1 each	100	36	2.57	32	0	*N/A*	4.06	0.16	11	0.00	0.00	0.04	125	1.2	0.00	0.00
990421 Cantaloupe	8 oz	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 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			443	5.30	669	38	0	15.09	*0.16	35	62.06	3.45	17.88	6824	639.9	57.99	4.10
% of Calories				10.77%		34.3%	0%	30.7%	*0.3%		56.0%		16.1%				
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	477	4	458	*47	*1	10.74	*0.03	72	80.75	*6.83	18.66	*1869	*511.3	*48.19	*2.50
% of Calories		6.87%		*39.4%	*0.8%	20.3%	*0.1%		67.7%		15.6%				

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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.



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

This institution is an equal opportunity provider.



June Lunch Menu

LUNCH ECE

What do the colors on the menu mean?

GREEN = locally-sourced

= 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

CELEBRATE LOCAL PRODUCE

Try locally grown, seasonal strawberries & mixed greens on **6/5** to welcome in the start of summer produce.



Berries & Greens Day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <ul style="list-style-type: none"> cheese pizza steamed green peas chilled pears 	4 <ul style="list-style-type: none"> beef & cheese nachos bean & cheese nachos southwest taco corn sour cream fresh orange wedges 	5 <ul style="list-style-type: none"> pulled bbq chicken bbq tofu whole grain bun jazzy black eyed peas fresh strawberries 	6 <ul style="list-style-type: none"> chicken stir fry super sesame tofu brown rice steamed carrots fresh cantaloupe 	7 <p>field day!</p> <ul style="list-style-type: none"> hamburger whole grain bun ketchup & mustard cucumber coins ranch dressing fresh apple
10 <ul style="list-style-type: none"> crispy fish sandwich grilled cheese sauteed green beans chilled pears 	11 <ul style="list-style-type: none"> cumin lime chicken tacos cheese quesadilla sauteed peppers & onions sour cream fresh orange wedges 	12 <ul style="list-style-type: none"> cheeseburger veggie burger whole grain bun pickle slices ketchup & mustard potato salad fresh watermelon 	13 <ul style="list-style-type: none"> turkey meatballs veggie chik'n nuggets ketchup mushroom bolognese whole grain spaghetti fresh cantaloupe 	14 <ul style="list-style-type: none"> diced bbq chicken tenders bbq veggie chik'n mac & cheese sweet potato fries ketchup cinnamon applesauce cup
17 <ul style="list-style-type: none"> cheese pizza roasted broccoli chilled pears 	18 <ul style="list-style-type: none"> beef & cheese tacos sofritas tacos roasted tomato salsa fresh orange wedges 	19 <p>no school</p>	20 <ul style="list-style-type: none"> turkey sloppy joe lentil sloppy joe whole grain bun sweet potato fries ketchup fresh cantaloupe 	21
24	25	26	27	28
1	2	3	4	5

SUMMER

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

Menu Name: Private/Charter Lunch ECE
Site:
Use Alternate Menu Name: No

Include Cost: No
Report Style: Detailed

Monday - 06/03/2024

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)
990871 MP Cheese Pizza	1 each	100	310	5.00	590	3	1	12.00	0.00	25	37.00	4.00	16.00	0	310.0	0.00	1.90
001101 Steamed Green Peas	.25 C	100	46	0.18	98	2	*N/A*	1.27	*0.00	0	6.44	2.13	2.47	974	10.4	8.52	0.73
990261 Chilled Pears	.5 C	100	101	0.00	8	*N/A*	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			554	6.33	810	*18	*1	15.24	*0.00	35	81.46	11.58	27.57	1415	705.2	12.49	3.30
% of Calories				10.28 %		*13.0%	*0.7%	24.8%	*0.0%		58.8%		19.9%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Tuesday - 06/04/2024

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	406	9.99	614	3	*N/A*	23.53	*0.50	81	23.00	*2.82	26.96	*902	*233.9	*17.19	*2.55

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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)
990786 Bean and Cheese Nachos ECE	See recipe	5	315	6.89	578	3	*N/A*	15.49	*0.00	30	31.35	*6.35	14.70	*186	*237.0	*2.37	*1.40
990075 Southwest Taco Corn	.25 C	100	57	0.28	141	*1	*N/A*	1.96	*0.00	0	10.11	1.33	1.55	*230	*9.3	*8.25	*0.41
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
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			639	13.18	887	*26	*0	30.01	*0.47	98	58.50	*6.54	38.04	*1821	*685.2	*74.64	*3.09
% of Calories				18.56 %		*16.3%	*0%	42.3%	*0.7%		36.6%		23.8%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Wednesday - 06/05/2024

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
990484 Jazzy Black Eyed Peas (Canned) - .25 C	.25 C	100	62	0.32	105	*0	*N/A*	2.66	*0.00	0	7.16	1.77	2.54	*113	*10.5	*3.36	*0.81
000417 Fresh Strawberries - .5 C	.5 C	100	24	0.01	1	4	*N/A*	0.23	0.00	0	5.84	1.52	0.51	9	12.2	44.69	0.31

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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			468	1.70	757	*30	*0	9.07	*0.01	56	65.54	7.39	35.68	*563	*422.2	*51.18	*3.36
% of Calories				3.27%		*25.6%	*0%	17.4%	*0.0%		56.0%		30.5%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Thursday - 06/06/2024

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	4.84	1.40	12.43	*79	*259.1	*1.41	*2.27
990356 Brown Rice	.5 C	100	124	0.18	101	*0	*N/A*	2.19	*0.00	0	23.22	1.49	3.21	*142	*4.8	*0.08	*0.59
990377 Steamed Carrots	.25 C	100	36	0.19	90	3	*N/A*	1.38	*0.00	0	5.81	1.79	0.59	*9775	*25.4	*3.45	*0.18
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

Jun 3, 2024 thru Jun 21, 2024

	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			393	1.93	634	*22	*0	8.14	*0.00	56	49.06	4.42	31.82	*12988	*428.1	*37.19	*1.70
% of Calories				4.42%		*22.4%	*0%	18.6%	*0.0%		49.9%		32.4%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Friday - 06/07/2024

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
000997 Whole Grain Waffles Bakecrafters	1 each	100	70	0.00	95	1	*N/A*	2.51	0.00	0	11.04	0.00	2.01	0	0.0	0.00	0.36
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
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
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
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

Jun 3, 2024 thru Jun 21, 2024

	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			451	3.63	544	*37	*0	13.01	*0.00	252	62.04	4.54	20.21	*10529	*427.0	*69.02	*2.43
% of Calories				7.24%		*32.8%	*0%	26.0%	*0.0%		55.0%		17.9%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Monday - 06/10/2024

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)
990873 Crispy Catfish Sandwich on WW bun	1 each	95	329	0.81	582	4	0	8.75	*0.00	69	39.57	4.84	26.97	*137	*47.9	*0.07	*2.21
000792 Grilled Cheese on WW Bun	1 each	5	320	9.00	620	3	*N/A*	16.00	0.00	40	29.00	4.00	20.00	600	420.0	0.00	1.44
001091 Sauteed Green Beans	.25 C	100	25	0.17	48	*0	*N/A*	1.16	*0.00	0	3.09	1.03	0.73	53	17.0	5.06	0.35
990261 Chilled Pears	.5 C	100	101	0.00	8	*N/A*	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			552	2.54	755	*16	*0	12.24	*0.00	78	80.16	11.27	36.45	*655	*468.2	*9.10	*3.18
% of Calories				4.14%		*11.6%	*0%	20.0%	*0.0%		58.1%		26.4%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jun 3, 2024 thru Jun 21, 2024

Tuesday - 06/11/2024

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)
001037 Cumin Lime Chicken	3 oz	95	136	0.83	198	0	*N/A*	5.82	*0.00	48	1.64	0.34	19.04	*130	*9.2	*2.95	*1.06
990269 Whole Wheat Tortillas, 6 inch - 2 each	2 each	95	140	1.00	210	0	*N/A*	4.00	0.00	0	26.00	4.00	4.00	0	80.0	0.00	0.00
990674 Cheese Quesadilla on 6" tortillas	2 each	5	360	13.00	590	0	*N/A*	22.00	0.00	60	28.00	4.00	18.00	600	480.0	0.00	0.00
990331 Sauteed Peppers & Onions, Strips	.25 C	100	24	0.13	33	2	*N/A*	0.85	*0.00	0	3.98	0.99	0.56	*86	*12.9	*20.72	*0.15
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
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			485	5.58	585	23	0	16.21	*0.00	69	56.61	7.52	33.50	*964	*563.5	*73.47	*1.35
% of Calories				10.35 %		19.0%	0%	30.1%	*0.0%		46.7%		27.6%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Wednesday - 06/12/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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)
990237 Cheeseburger on WW Bun	1 each	95	310	4.88	374	3	*N/A*	12.20	0.21	60	29.53	4.15	24.41	257	129.2	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
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
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
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			492	6.01	762	*20	*0	14.94	*0.20	67	57.97	5.58	33.64	1113	502.1	10.96	3.68
% of Calories				10.99 %		*16.3%	*0%	27.3%	*0.4%		47.1%		27.3%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Thursday - 06/13/2024

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)
990815 Turkey Meatball	4 each	95	110	1.00	390	0	*N/A*	5.00	0.00	45	4.00	0.00	13.00	0	20.0	0.00	0.72
990376 Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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)
990893 TEST Mushroom Bolognese V2 TEST	2oz scoop	100	40	0.04	75	3	0	0.23	*0.00	0	7.64	1.66	2.08	*68	*13.8	*2.89	*0.48
990301 Whole Grain Spaghetti	.5 C	100	114	0.39	101	0	*N/A*	2.62	*0.00	0	20.13	2.63	3.92	*0	*15.4	*0.00	*0.97
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			394	2.63	695	22	0	10.01	*0.00	53	51.18	5.25	28.03	*3129	*422.4	*32.26	*2.50
% of Calories				6.01%		22.3%	0%	22.9%	*0.0%		52.0%		28.5%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Friday - 06/14/2024

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
001103 Sweet Potato Fries	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

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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)
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			574	6.95	925	43	0	13.35	*0.00	84	75.44	*5.96	39.01	*7671	*567.3	*64.33	*1.21
% of Calories				10.90 %		30.0%	0%	20.9%	*0.0%		52.6%		27.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Monday - 06/17/2024

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)
990871 MP Cheese Pizza	1 each	100	310	5.00	590	3	1	12.00	0.00	25	37.00	4.00	16.00	0	310.0	0.00	1.90
990334 Roasted Broccoli	.25 C	100	27	0.22	63	1	*N/A*	1.30	*0.00	0	3.33	1.28	1.39	*301	*22.9	*43.05	*0.36
990261 Chilled Pears	.5 C	1	101	0.00	8	*N/A*	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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			436	6.37	767	*16	*1	15.07	*0.00	35	52.71	5.33	25.67	*725	*697.8	*43.83	*2.35
% of Calories				13.15 %		*14.7%	*0.9%	31.1%	*0.0%		48.4%		23.6%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Tuesday - 06/18/2024

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	95	572	13.55	821	2	*N/A*	30.94	*1.00	132	33.52	6.20	43.67	*1705	*324.7	*24.21	*4.85
990810 Sofritas Tofu Soft Tacos	2 each	5	278	2.20	643	*3	*N/A*	10.73	*0.00	0	35.90	5.96	16.12	*392	*360.5	*0.73	*3.49
990870 Roasted Tomato Salsa	2oz scoop	100	24	0.01	81	*0	*N/A*	0.10	*0.00	0	4.79	1.58	0.50	523	34.0	9.04	0.64
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			722	14.16	1008	*23	*0	31.90	*0.95	135	61.36	9.98	51.93	*2793	*761.9	*81.76	*5.59
% of Calories				17.65 %		*12.7%	*0%	39.8%	*1.2%		34.0%		28.8%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

Wednesday - 06/19/2024

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)	Vlt-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	186	1.31	605	17	*N/A*	7.46	*0.00	0	21.57	1.24	11.41	*45	*252.8	*0.43	*2.13
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
990068 Glazed Carrots	.25 C	100	35	0.11	90	4	*N/A*	0.79	*0.00	0	7.01	1.80	0.60	*9779	*26.4	*3.45	*0.21
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			550	2.24	998	*47	*0	9.78	*0.00	56	88.08	6.63	31.88	*10423	*416.6	*17.12	*1.89
% of Calories				3.67%		*34.2%	*0%	16.0%	*0.0%		64.1%		23.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Thursday - 06/20/2024

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)	Vlt-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

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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)
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
001103 Sweet Potato Fries	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
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			487	3.54	915	*31	*0	12.85	*0.00	93	69.39	7.18	29.34	*10359	*471.6	*35.77	*3.95
% of Calories				6.54%		*25.5%	*0%	23.7%	*0.0%		57.0%		24.1%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Friday - 06/21/2024

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
000004 Whole Wheat Roll	1 each	100	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	1.08
001089 Mashed Potatoes	2 oz scoop	100	51	0.66	101	*0	*N/A*	2.14	*0.00	2	6.88	1.34	1.54	24	22.5	6.04	1.73

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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)
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
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			422	2.06	706	*28	*0	6.14	*0.00	58	60.00	6.24	32.92	711	479.5	69.26	4.05
% of Calories				4.39%		*26.5%	*0%	13.1%	*0.0%		56.9%		31.2%				
Weekly Nutrient Guideline			550 - 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	508	5	783	*27	*0	14.53	*0.11	82	64.63	*7.03	33.05	*4391	*534.6	*45.49	*2.91
% of Calories		9.32%		*21.3%	*0%	25.7%	*0.2%		50.9%		26.0%				

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.



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

This institution is an equal opportunity provider.



June Lunch Menu

LUNCH K-2

What do the colors on the menu mean?

GREEN = locally-sourced

= 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <ul style="list-style-type: none"> cheese pizza mediterranean chickpea salad cucumber coins ranch dressing fresh pear 	4 <ul style="list-style-type: none"> beef & cheese nachos bean & cheese nachos southwest taco corn roasted tomato salsa sour cream fresh orange wedges 	5 <ul style="list-style-type: none"> pulled bbq chicken bbq tofu whole grain bun jazzy black eyed peas mixed greens salad strawberry vinaigrette fresh strawberries 	6 <ul style="list-style-type: none"> chicken stir fry super sesame tofu brown rice asian kale slaw steamed carrots fresh cantaloupe 	7 field day! <ul style="list-style-type: none"> hot dog whole grain bun ketchup & mustard cucumber coins ranch dressing fresh apple
10 <ul style="list-style-type: none"> crispy fish sandwich grilled cheese sauteed green beans steamed corn hot sauce fresh pear 	11 <ul style="list-style-type: none"> cumin lime chicken tacos cheese quesadilla chili black beans sauteed peppers & onions sour cream fresh orange wedges 	12 <ul style="list-style-type: none"> cheeseburger veggie burger whole grain bun lettuce & tomato pickle slices ketchup & mustard potato salad fresh watermelon 	13 <ul style="list-style-type: none"> turkey meatballs veggie chik'n nuggets ketchup mushroom bolognese whole grain spaghetti mixed greens salad italian dressing fresh cantaloupe 	14 <ul style="list-style-type: none"> buffalo chicken drum buffalo veggie chik'n mac & cheese braised collard greens sweet potato fries ketchup fresh apple
17 <ul style="list-style-type: none"> cheese pizza roasted broccoli steamed corn fresh pear 	18 <ul style="list-style-type: none"> beef & cheese tacos sofritas tacos chipotle pinto beans roasted tomato salsa fresh orange wedges 	19 no school	20 <ul style="list-style-type: none"> turkey sloppy joe lentil sloppy joe whole grain bun sweet potato fries garlic kale ketchup fresh cantaloupe 	21
24	25	26	27	28
1	2	3	4	5

SUMMER

CELEBRATE LOCAL PRODUCE

Try locally grown, seasonal strawberries & mixed greens on **6/5** to welcome in the start of summer produce.



Berries & Greens Day

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

Menu Name: Private/Charter Lunch K-8

Include Cost: No

Site:

Report Style: Detailed

Use Alternate Menu Name: No

Monday - 06/03/2024

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)
990871 MP Cheese Pizza	1 each	100	310	5.00	590	3	1	12.00	0.00	25	37.00	4.00	16.00	0	310.0	0.00	1.90
990272 Mediterranean Chickpea Salad - .25 C	.25 C	100	59	0.19	168	*2	*N/A*	2.06	*0.00	0	8.27	0.21	2.48	113	10.3	5.59	0.73
000033 Cucumber Coins	.5 C	100	11	0.03	1	1	*N/A*	0.08	0.00	0	2.66	0.37	0.48	77	11.7	2.05	0.20
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
000884 Fresh Pear	1 each	100	131	0.05	2	22	*N/A*	0.32	0.00	0	35.03	7.13	0.83	58	20.7	9.89	0.41
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			645	7.42	987	*42	*1	18.81	*0.00	39	97.81	11.76	28.84	751	746.2	19.29	3.39
% of Calories				10.35 %		*26.0%	*0.6%	26.2%	*0.0%		60.7%		17.9%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 06/04/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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	95	460	10.37	658	3	*N/A*	25.83	*0.50	81	30.68	*3.59	27.72	*902	*241.6	*17.19	*2.55
990726 Bean and Cheese Nachos K-8	See recipe	5	507	7.77	589	*3	*N/A*	20.81	*0.00	30	60.52	*10.87	22.57	*744	*290.6	*13.02	*3.05
000922 Southwest Taco Corn	4oz scoop	100	115	0.56	282	*2	*N/A*	3.91	*0.00	0	20.22	2.67	3.10	*460	*18.5	*16.49	*0.82
990870 Roasted Tomato Salsa	2oz scoop	100	24	0.01	81	*0	*N/A*	0.10	*0.00	0	4.79	1.58	0.50	523	34.0	9.04	0.64
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
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			781	13.88	1152	*27	*0	34.52	*0.47	98	82.15	*10.41	41.21	*2601	*738.5	*92.46	*4.22
% of Calories				15.99 %		*13.8%	*0%	39.8%	*0.5%		42.1%		21.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 06/05/2024

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

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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)
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
990595 Strawberry Vinaigrette - 1 oz	1 oz	100	36	0.30	32	4	*N/A*	2.18	*0.00	0	4.50	0.40	0.09	8	3.5	7.49	0.17
990484 Jazzy Black Eyed Peas (Canned) - .25 C	.25 C	100	62	0.32	105	*0	*N/A*	2.66	*0.00	0	7.16	1.77	2.54	*113	*10.5	*3.36	*0.81
000417 Fresh Strawberries - .5 C	.5 C	100	24	0.01	1	4	*N/A*	0.23	0.00	0	5.84	1.52	0.51	9	12.2	44.69	0.31
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			518	2.03	813	*34	*0	11.45	*0.01	56	72.73	9.47	37.05	*1358	*465.8	*67.12	*4.50
% of Calories				3.53%		*26.3%	*0%	19.9%	*0.0%		56.2%		28.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 06/06/2024

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	4.84	1.40	12.43	*79	*259.1	*1.41	*2.27
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
000454 Steamed Carrots	4oz scoop	100	72	0.38	179	6	*N/A*	2.76	*0.00	0	11.62	3.58	1.18	*19543	*50.8	*6.90	*0.36

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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)
001172 Asian Kale Slaw	4oz	100	48	0.29	170	2	*N/A*	3.21	*0.01	0	4.39	1.44	1.28	2333	70.6	26.22	0.55
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			477	2.42	894	*27	*0	12.73	*0.01	56	59.26	7.64	33.69	*25089	*524.1	*66.86	*2.42
% of Calories				4.57%		*22.6%	*0%	24.0%	*0.0%		49.7%		28.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 06/07/2024

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
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
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
990888 Sauteed Spinach	2 oz scoop	100	24	0.11	91	0	*N/A*	0.91	*0.00	0	2.80	1.79	2.23	*7048	*78.4	*3.34	*1.16
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
000625 All Natural Syrup	1 each	100	35	0.00	5	8	*N/A*	0.00	0.00	0	8.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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)
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
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			690	4.15	935	*52	*0	19.14	*0.00	252	107.55	12.22	26.43	*27803	*544.0	*31.79	*4.78
% of Calories				5.41%		*30.1%	*0%	25.0%	*0.0%		62.3%		15.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 06/10/2024

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)
990873 Crispy Catfish Sandwich on WW bun	1 each	95	329	0.81	582	4	0	8.75	*0.00	69	39.57	4.84	26.97	*137	*47.9	*0.07	*2.21
000792 Grilled Cheese on WW Bun	1 each	5	320	9.00	620	3	*N/A*	16.00	0.00	40	29.00	4.00	20.00	600	420.0	0.00	1.44
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
001091 Sauteed Green Beans	.25 C	100	25	0.17	48	*0	*N/A*	1.16	*0.00	0	3.09	1.03	0.73	53	17.0	5.06	0.35
000469 Steamed Corn	4oz scoop	100	93	0.42	96	2	*N/A*	2.88	*0.00	0	17.08	1.73	2.49	*161	*3.3	*5.28	*0.35
000884 Fresh Pear	1 each	100	131	0.05	2	22	*N/A*	0.32	0.00	0	35.03	7.13	0.83	58	20.7	9.89	0.41
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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			676	3.01	877	*41	*0	15.25	*0.00	78	106.39	14.69	38.95	*857	*472.2	*21.94	*3.37
% of Calories				4.01%		*24.3%	*0%	20.3%	*0.0%		63.0%		23.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 06/11/2024

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)
001037 Cumin Lime Chicken	3 oz	95	136	0.83	198	0	*N/A*	5.82	*0.00	48	1.64	0.34	19.04	*130	*9.2	*2.95	*1.06
990269 Whole Wheat Tortillas, 6 inch - 2 each	2 each	95	140	1.00	210	0	*N/A*	4.00	0.00	0	26.00	4.00	4.00	0	80.0	0.00	0.00
990674 Cheese Quesadilla on 6" tortillas	2 each	5	360	13.00	590	0	*N/A*	22.00	0.00	60	28.00	4.00	18.00	600	480.0	0.00	0.00
990331 Sauteed Peppers & Onions, Strips	.25 C	100	24	0.13	33	2	*N/A*	0.85	*0.00	0	3.98	0.99	0.56	*86	*12.9	*20.72	*0.15
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
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
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

Jun 3, 2024 thru Jun 21, 2024

	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			694	6.23	726	*24	*0	20.14	*0.00	69	90.00	16.02	44.71	*1531	*634.7	*86.48	*4.30
% of Calories				8.08%		*13.8%	*0%	26.1%	*0.0%		51.9%		25.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 06/12/2024

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)
990237 Cheeseburger on WW Bun	1 each	95	310	4.88	374	3	*N/A*	12.20	0.21	60	29.53	4.15	24.41	257	129.2	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
990752 Pickle Slices	4 pieces	100	25	0.00	200	6	*N/A*	0.00	0.00	0	7.00	0.00	0.00	0	0.0	0.00	0.00
000982 Lettuce & Tomato	.25 C	100	7	0.01	2	1	*N/A*	0.10	0.00	0	1.49	0.62	0.41	1478	7.4	4.15	0.21
000202 Potato Salad	4oz scoop	100	88	0.36	188	*0	*N/A*	2.40	*0.00	0	15.43	1.65	1.79	25	11.4	8.02	0.69
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
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

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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			568	6.20	1059	*27	*0	16.23	*0.20	67	74.18	7.02	34.94	2603	515.2	19.13	4.24
% of Calories				9.82%		*19.0%	*0%	25.7%	*0.3%		52.2%		24.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 06/13/2024

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)
990815 Turkey Meatball	4 each	95	110	1.00	390	0	*N/A*	5.00	0.00	45	4.00	0.00	13.00	0	20.0	0.00	0.72
990376 Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
000556 Ketchup	1 each	5	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990882 Mushroom Bolognese	4oz scoop	100	80	0.07	151	7	0	0.47	*0.00	0	15.28	3.32	4.15	*135	*27.7	*5.79	*0.96
990301 Whole Grain Spaghetti	.5 C	100	114	0.39	101	0	*N/A*	2.62	*0.00	0	20.13	2.63	3.92	*0	*15.4	*0.00	*0.97
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
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
990424 Cantaloupe	.5 C	100	27	0.04	12	6	*N/A*	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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			521	3.88	804	*27	*0	19.02	*0.00	53	60.82	7.92	30.80	*3621	*464.8	*39.65	*3.80
% of Calories				6.70%		*20.7%	*0%	32.9%	*0.0%		46.7%		23.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 06/14/2024

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	95	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
990845 Whole Wheat Mac & Cheese	4 oz scoop	100	208	5.57	293	3	*N/A*	9.93	*0.00	28	20.77	*2.16	11.41	*134	*182.7	*0.01	*0.06
001178 Braised Collard Greens	.25 C	100	35	0.15	62	*1	*N/A*	1.06	*0.00	0	5.58	2.77	1.94	*4879	*108.5	*26.17	*0.19
000239 Sweet Potato Fries	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
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
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

Jun 3, 2024 thru Jun 21, 2024

	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			775	9.79	1453	*44	*0	25.14	*0.05	130	92.87	*13.62	42.64	*20404	*710.5	*39.60	*2.07
% of Calories				11.37 %		*22.7%	*0%	29.2%	*0.1%		47.9%		22.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 06/17/2024

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)
990871 MP Cheese Pizza	1 each	100	310	5.00	590	3	1	12.00	0.00	25	37.00	4.00	16.00	0	310.0	0.00	1.90
000647 Roasted Broccoli	.5 C	100	55	0.43	126	2	*N/A*	2.60	*0.00	0	6.65	2.55	2.78	*602	*45.9	*86.10	*0.73
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
000884 Fresh Pear	1 each	100	131	0.05	2	22	*N/A*	0.32	0.00	0	35.03	7.13	0.83	58	20.7	9.89	0.41
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	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
Weighted Daily Average			640	6.84	882	*40	*1	18.19	*0.00	35	99.15	14.54	29.03	*1157	*739.8	*99.35	*3.29
% of Calories				9.62%		*25.0%	*0.6%	25.6%	*0.0%		62.0%		18.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

Tuesday - 06/18/2024

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)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990185 Beef Tacos in 6" Tortilla	2 each	95	572	13.55	821	2	*N/A*	30.94	*1.00	132	33.52	6.20	43.67	*1705	*324.7	*24.21	*4.85
990810 Sofritas Tofu Soft Tacos	2 each	5	278	2.20	643	*3	*N/A*	10.73	*0.00	0	35.90	5.96	16.12	*392	*360.5	*0.73	*3.49
990327 Chipotle Pinto Beans	.5 C	100	170	0.30	126	*1	*N/A*	1.92	*0.00	0	28.51	7.08	9.51	119	56.4	3.55	2.52
990870 Roasted Tomato Salsa	2oz scoop	100	24	0.01	81	*0	*N/A*	0.10	*0.00	0	4.79	1.58	0.50	523	34.0	9.04	0.64
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			892	14.46	1134	*24	*0	33.83	*0.95	135	89.87	17.06	61.44	*2912	*818.3	*85.31	*8.11
% of Calories				14.59 %		*10.8%	*0%	34.1%	*1.0%		40.3%		27.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 06/19/2024

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)	Vlt-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

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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)
990760 Sweet Chili Tofu	.5 C	5	186	1.31	605	17	*N/A*	7.46	*0.00	0	21.57	1.24	11.41	*45	*252.8	*0.43	*2.13
990356 Brown Rice	.5 C	100	124	0.18	101	*0	*N/A*	2.19	*0.00	0	23.22	1.49	3.21	*142	*4.8	*0.08	*0.59
001170 Asian Broccoli	.25 C	100	38	0.34	139	1	*N/A*	2.14	*0.00	0	3.96	1.34	1.75	*301	*24.4	*43.06	*0.46
000023 Glazed Carrots	.5 C	100	71	0.22	180	8	*N/A*	1.59	*0.00	0	14.01	3.59	1.20	*19543	*52.7	*6.90	*0.41
000170 100% Apple Juice	4 oz	100	70	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	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
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			589	2.56	1225	*38	*0	12.32	*0.00	56	88.09	6.70	32.94	*20411	*461.4	*53.36	*2.25
% of Calories				3.91%		*25.8%	*0%	18.8%	*0.0%		59.8%		22.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 06/20/2024

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
000239 Sweet Potato Fries	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

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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)
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
990604 Garlic Kale - .25 C	.25 C	100	24	0.23	67	0	*N/A*	1.70	*0.00	0	1.79	1.60	1.14	*1855	*98.1	*36.01	*0.62
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			566	3.94	1056	*33	*0	15.71	*0.00	93	81.37	10.32	31.29	*19327	*585.2	*72.99	*4.90
% of Calories				6.27%		*23.3%	*0%	25.0%	*0.0%		57.5%		22.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 06/21/2024

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
000004 Whole Wheat Roll	1 each	100	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	1.08
000682 Mashed Potatoes	.5 C	100	103	1.32	203	*1	*N/A*	4.29	*0.00	4	14.01	2.74	3.13	48	45.6	12.31	3.53
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

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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
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
000776 Sunbutter & Jelly Sandwich	1 each	2	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
000592 Turkey Ham & Cheese on WW Brea	1 each	2	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
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	2	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
Weighted Daily Average			472	3.09	942	*17	*0	10.53	*0.00	60	60.43	7.04	35.73	661	535.1	20.65	6.42
% of Calories				5.89%		*14.4%	*0%	20.1%	*0.0%		51.2%		30.3%				
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)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	634	6	996	*33	*0	18.87	*0.11	85	84.18	*11.10	36.65	*8739	*597.1	*54.40	*4.14
% of Calories		8.50%		*20.8%	*0%	26.8%	*0.2%		53.1%		23.1%				

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

**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.



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June Snack Menu

SNACK ECE

What do the colors on the menu mean?

GREEN = locally-sourced

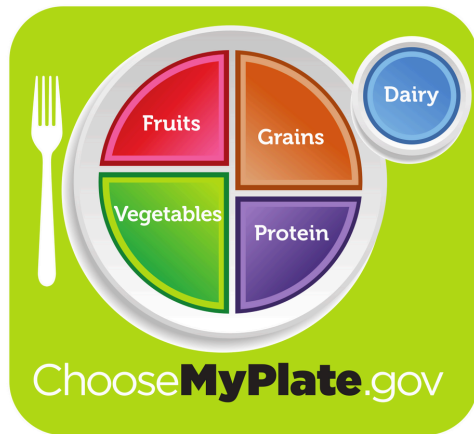
= vegetarian entree

All grains served are whole grain rich

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

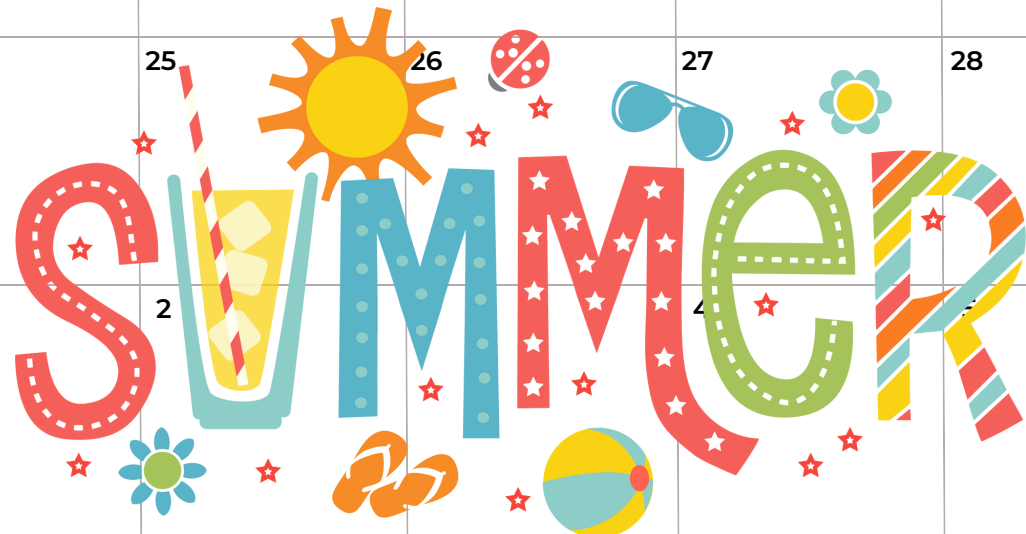
Menu subject to change based on availability

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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
3 <ul style="list-style-type: none"> nonfat yogurt whole grain granola 	4 <ul style="list-style-type: none"> muffin top 100% orange juice 	5 <ul style="list-style-type: none"> cinnamon goldfish graham chilled pears 	6 <ul style="list-style-type: none"> red pepper slices ranch dressing cheez-its 	7 <ul style="list-style-type: none"> pretzel goldfish canned peaches
10 <ul style="list-style-type: none"> cheez-its 100% orange juice 	11 <ul style="list-style-type: none"> nonfat yogurt whole grain granola 	12 <ul style="list-style-type: none"> cinnamon goldfish graham applesauce 	13 <ul style="list-style-type: none"> applesauce cucumber coins ranch dressing 	14 <ul style="list-style-type: none"> cornbread muffin chilled pineapple
17 <ul style="list-style-type: none"> nonfat yogurt whole grain granola 	18 <ul style="list-style-type: none"> muffin top 100% orange juice 	19 <p style="text-align: center;">no school</p>	20 <ul style="list-style-type: none"> red pepper slices ranch dressing cheez-its 	21
24	25	26	27	28
1	2	3	4	5



Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

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

Include Cost: No
Report Style: Detailed

Monday - 06/03/2024 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)
990880 DOL granola	3 oz scoop	1	152	0.00	15	11	11	5.32	0.00	0	25.82	1.52	3.04	0	15.2	0.00	1.06
990703 Nonfat Yogurt	4 oz/1 each	1	90	0.00	53	14	*N/A*	0.00	0.00	0	19.00	0.00	3.00	0	290.0	0.41	0.00
Weighted Daily Average			242	0.00	68	25	11	5.32	0.00	0	44.82	1.52	6.04	0	305.2	0.41	1.06
% of Calories				0.00%		41.3%	18.2%	19.8%	0.0%		74.1%		10.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 06/04/2024 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)
990875 Blueberry Muffin Top	1 each	1	160	0.50	95	13	0	5.00	0.00	20	26.00	1.00	3.00	0	14.0	0.00	1.00
000171 100% Orange Juice	4 oz	1	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
Weighted Daily Average			220	0.50	95	*13	*0	5.00	0.00	20	40.00	1.00	4.00	0	24.0	42.00	1.00
% of Calories				2.05%		*23.6%	*0%	20.5%	0.0%		72.7%		7.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 06/05/2024 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000989 Cinnamon 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
990862 chilled pears	.75	1	79	0.00	0	16	*N/A*	0.00	0.00	0	19.01	1.58	1.58	*N/A*	14.3	*N/A*	0.00
Weighted Daily Average			199	1.00	140	23	0	4.00	0.00	0	38.01	2.58	2.58	*0	94.3	*0.00	1.80
% of Calories				4.52%		46.2%	0%	18.1%	0.0%		76.4%		5.2%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 06/06/2024

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990619 Red Pepper Strips - .75 C	.75 C	1	24	0.06	4	4	*N/A*	0.28	0.00	0	5.64	1.96	0.93	2929	6.5	119.47	0.40
990441 Fat Free Ranch Dressing	1 packet	1	18	0.02	81	1	*N/A*	0.11	0.00	0	4.03	0.07	0.05	1	2.7	0.02	0.02
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
Weighted Daily Average			142	1.07	235	5	0	3.89	0.00	5	23.67	3.03	2.98	3430	109.3	119.48	1.14
% of Calories				6.78%		14.1%	0%	24.7%	0.0%		66.7%		8.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 06/07/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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*
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									

Monday - 06/10/2024

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
000171 100% Orange Juice	4 oz	1	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
Weighted Daily Average			160	1.00	150	*0	*0	3.50	0.00	5	28.00	1.00	3.00	500	110.0	42.00	0.72
% of Calories				5.62%		*0%	*0%	19.7%	0.0%		70.0%		7.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 06/11/2024

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)
990880 DOL granola	3 oz scoop	1	152	0.00	15	11	11	5.32	0.00	0	25.82	1.52	3.04	0	15.2	0.00	1.06

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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	53	14	*N/A*	0.00	0.00	0	19.00	0.00	3.00	0	290.0	0.41	0.00
Weighted Daily Average			242	0.00	68	25	11	5.32	0.00	0	44.82	1.52	6.04	0	305.2	0.41	1.06
% of Calories				0.00%		41.3%	18.2%	19.8%	0.0%		74.1%		10.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 06/12/2024

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)
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
990244 Chilled Applesauce	.75 C	1	81	0.02	4	*N/A*	*N/A*	0.19	*N/A*	0	21.74	2.12	0.33	56	7.7	1.93	0.44
Weighted Daily Average			201	1.02	144	*7	*0	4.19	*0.00	0	40.74	3.12	1.33	56	87.7	1.93	2.24
% of Calories				4.57%		*13.9%	*0%	18.8%	*0.0%		81.1%		2.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 06/13/2024

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)
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

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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)
001084 Cinnamon Applesauce Cup	1 each	1	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
Weighted Daily Average			94	0.06	93	15	0	0.23	0.00	0	23.01	2.62	0.77	116	20.3	63.09	0.33
% of Calories				0.57%		63.8%	0%	2.2%	0.0%		97.9%		3.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 06/14/2024

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)
000850 WG Cornbread Muffin - Small	1 each	1	150	0.50	90	9	*N/A*	5.00	0.00	15	23.00	1.00	3.00	0	20.0	0.00	0.72
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			231	0.51	91	28	0	5.15	0.00	15	44.12	2.76	3.69	68	41.7	12.76	1.10
% of Calories				1.99%		48.5%	0%	20.1%	0.0%		76.4%		6.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 06/17/2024

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)
990880 DOL granola	3 oz scoop	1	152	0.00	15	11	11	5.32	0.00	0	25.82	1.52	3.04	0	15.2	0.00	1.06

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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	53	14	*N/A*	0.00	0.00	0	19.00	0.00	3.00	0	290.0	0.41	0.00
Weighted Daily Average			242	0.00	68	25	11	5.32	0.00	0	44.82	1.52	6.04	0	305.2	0.41	1.06
% of Calories				0.00%		41.3%	18.2%	19.8%	0.0%		74.1%		10.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 06/18/2024

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)
990875 Blueberry Muffin Top	1 each	1	160	0.50	95	13	0	5.00	0.00	20	26.00	1.00	3.00	0	14.0	0.00	1.00
000171 100% Orange Juice	4 oz	1	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
Weighted Daily Average			220	0.50	95	*13	*0	5.00	0.00	20	40.00	1.00	4.00	0	24.0	42.00	1.00
% of Calories				2.05%		*23.6%	*0%	20.5%	0.0%		72.7%		7.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 06/19/2024

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)
000989 Cinnamon Goldfish Graham	1 each	1	120	1.00	140	7	*N/A*	4.00	0.00	0	19.00	1.00	1.00	0	80.0	0.00	1.80

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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)
990862 chilled pears	.75	1	79	0.00	0	16	*N/A*	0.00	0.00	0	19.01	1.58	1.58	*N/A*	14.3	*N/A*	0.00
Weighted Daily Average			199	1.00	140	23	0	4.00	0.00	0	38.01	2.58	2.58	*0	94.3	*0.00	1.80
% of Calories				4.52%		46.2%	0%	18.1%	0.0%		76.4%		5.2%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 06/20/2024

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)
990619 Red Pepper Strips - .75 C	.75 C	1	24	0.06	4	4	*N/A*	0.28	0.00	0	5.64	1.96	0.93	2929	6.5	119.47	0.40
990441 Fat Free Ranch Dressing	1 packet	1	18	0.02	81	1	*N/A*	0.11	0.00	0	4.03	0.07	0.05	1	2.7	0.02	0.02
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
Weighted Daily Average			142	1.07	235	5	0	3.89	0.00	5	23.67	3.03	2.98	3430	109.3	119.48	1.14
% of Calories				6.78%		14.1%	0%	24.7%	0.0%		66.7%		8.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 06/21/2024

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

Jun 3, 2024 thru Jun 21, 2024

	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									

	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	194	1	135	*16	*2	3.85	*0.00	5	36.88	2.22	3.60	*507	*111.1	*29.60	*1.03
% of Calories		2.41%		*33.0%	*4.1%	17.9%	*0.0%		76.0%		7.4%				

- *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.



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Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442;
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.



June Snack Menu

SNACK

What do the colors on the menu mean?

GREEN = locally-sourced

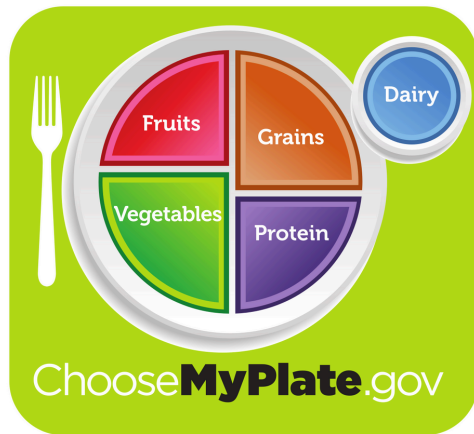
🌿 = vegetarian entree

All grains served are whole grain rich

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

Menu subject to change based on availability

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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
3 <ul style="list-style-type: none"> nonfat yogurt whole grain granola 	4 <ul style="list-style-type: none"> muffin top cheese stick 	5 <ul style="list-style-type: none"> cinnamon goldfish graham chilled pears 	6 <ul style="list-style-type: none"> red pepper slices ranch dressing cheez-its 	7 <ul style="list-style-type: none"> pretzel goldfish canned peaches
10 <ul style="list-style-type: none"> cheez-its cheese stick 	11 <ul style="list-style-type: none"> nonfat yogurt whole grain granola 	12 <ul style="list-style-type: none"> cinnamon goldfish graham applesauce 	13 <ul style="list-style-type: none"> cheese stick cucumber coins ranch dressing 	14 <ul style="list-style-type: none"> cornbread muffin chilled pineapple
17 <ul style="list-style-type: none"> nonfat yogurt whole grain granola 	18 <ul style="list-style-type: none"> muffin top cheese stick 	19 <p>no school</p>	20 <ul style="list-style-type: none"> red pepper slices ranch dressing cheez-its 	21
24	25	26	27	28
1	2	3	4	5



Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

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

Include Cost: No
Report Style: Detailed

Monday - 06/03/2024 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)
990880 DOL granola	3 oz scoop	1	152	0.00	15	11	11	5.32	0.00	0	25.82	1.52	3.04	0	15.2	0.00	1.06
990703 Nonfat Yogurt	4 oz/1 each	1	90	0.00	53	14	*N/A*	0.00	0.00	0	19.00	0.00	3.00	0	290.0	0.41	0.00
Weighted Daily Average			242	0.00	68	25	11	5.32	0.00	0	44.82	1.52	6.04	0	305.2	0.41	1.06
% of Calories				0.00%		41.3%	18.2%	19.8%	0.0%		74.1%		10.0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Tuesday - 06/04/2024 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)
990875 Blueberry Muffin Top	1 each	1	160	0.50	95	13	0	5.00	0.00	20	26.00	1.00	3.00	0	14.0	0.00	1.00
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			241	3.54	287	*13	*0	10.06	0.00	35	26.00	1.00	10.09	202	216.5	0.00	1.00
% of Calories				13.22 %		*21.6%	*0%	37.6%	0.0%		43.2%		16.7%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Wednesday - 06/05/2024 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000989 Cinnamon 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
990862 chilled pears	.75	1	79	0.00	0	16	*N/A*	0.00	0.00	0	19.01	1.58	1.58	*N/A*	14.3	*N/A*	0.00
Weighted Daily Average			199	1.00	140	23	0	4.00	0.00	0	38.01	2.58	2.58	*0	94.3	*0.00	1.80
% of Calories				4.52%		46.2%	0%	18.1%	0.0%		76.4%		5.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Thursday - 06/06/2024

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990619 Red Pepper Strips - .75 C	.75 C	1	24	0.06	4	4	*N/A*	0.28	0.00	0	5.64	1.96	0.93	2929	6.5	119.47	0.40
990441 Fat Free Ranch Dressing	1 packet	1	18	0.02	81	1	*N/A*	0.11	0.00	0	4.03	0.07	0.05	1	2.7	0.02	0.02
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
Weighted Daily Average			142	1.07	235	5	0	3.89	0.00	5	23.67	3.03	2.98	3430	109.3	119.48	1.14
% of Calories				6.78%		14.1%	0%	24.7%	0.0%		66.7%		8.4%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Friday - 06/07/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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*
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			550 - 650	<10	1110			<=0									

Monday - 06/10/2024

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
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			181	4.04	342	*0	*0	8.56	0.00	20	14.00	1.00	9.09	702	302.5	0.00	0.72
% of Calories				20.09%		*0%	*0%	42.6%	0.0%		30.9%		20.1%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Tuesday - 06/11/2024

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)
990880 DOL granola	3 oz scoop	1	152	0.00	15	11	11	5.32	0.00	0	25.82	1.52	3.04	0	15.2	0.00	1.06

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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	53	14	*N/A*	0.00	0.00	0	19.00	0.00	3.00	0	290.0	0.41	0.00
Weighted Daily Average			242	0.00	68	25	11	5.32	0.00	0	44.82	1.52	6.04	0	305.2	0.41	1.06
% of Calories				0.00%		41.3%	18.2%	19.8%	0.0%		74.1%		10.0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Wednesday - 06/12/2024

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)
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
990244 Chilled Applesauce	.75 C	1	81	0.02	4	*N/A*	*N/A*	0.19	*N/A*	0	21.74	2.12	0.33	56	7.7	1.93	0.44
Weighted Daily Average			201	1.02	144	*7	*0	4.19	*0.00	0	40.74	3.12	1.33	56	87.7	1.93	2.24
% of Calories				4.57%		*13.9%	*0%	18.8%	*0.0%		81.1%		2.6%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Thursday - 06/13/2024

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)
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

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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			115	3.10	276	*3	*0	5.29	0.00	15	8.01	0.62	7.85	319	222.8	3.09	0.33
% of Calories				24.26 %		*10.4%	*0%	41.4%	0.0%		27.9%		27.3%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Friday - 06/14/2024

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)
000850 WG Cornbread Muffin - Small	1 each	1	150	0.50	90	9	*N/A*	5.00	0.00	15	23.00	1.00	3.00	0	20.0	0.00	0.72
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			231	0.51	91	28	0	5.15	0.00	15	44.12	2.76	3.69	68	41.7	12.76	1.10
% of Calories				1.99%		48.5%	0%	20.1%	0.0%		76.4%		6.4%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Monday - 06/17/2024

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)
990880 DOL granola	3 oz scoop	1	152	0.00	15	11	11	5.32	0.00	0	25.82	1.52	3.04	0	15.2	0.00	1.06

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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	53	14	*N/A*	0.00	0.00	0	19.00	0.00	3.00	0	290.0	0.41	0.00
Weighted Daily Average			242	0.00	68	25	11	5.32	0.00	0	44.82	1.52	6.04	0	305.2	0.41	1.06
% of Calories				0.00%		41.3%	18.2%	19.8%	0.0%		74.1%		10.0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Tuesday - 06/18/2024

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)
990875 Blueberry Muffin Top	1 each	1	160	0.50	95	13	0	5.00	0.00	20	26.00	1.00	3.00	0	14.0	0.00	1.00
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			241	3.54	287	*13	*0	10.06	0.00	35	26.00	1.00	10.09	202	216.5	0.00	1.00
% of Calories				13.22 %		*21.6%	*0%	37.6%	0.0%		43.2%		16.7%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Wednesday - 06/19/2024

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)
000989 Cinnamon Goldfish Graham	1 each	1	120	1.00	140	7	*N/A*	4.00	0.00	0	19.00	1.00	1.00	0	80.0	0.00	1.80

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jun 21, 2024

	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)
990862 chilled pears	.75	1	79	0.00	0	16	*N/A*	0.00	0.00	0	19.01	1.58	1.58	*N/A*	14.3	*N/A*	0.00
Weighted Daily Average			199	1.00	140	23	0	4.00	0.00	0	38.01	2.58	2.58	*0	94.3	*0.00	1.80
% of Calories				4.52%		46.2%	0%	18.1%	0.0%		76.4%		5.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Thursday - 06/20/2024

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)
990619 Red Pepper Strips - .75 C	.75 C	1	24	0.06	4	4	*N/A*	0.28	0.00	0	5.64	1.96	0.93	2929	6.5	119.47	0.40
990441 Fat Free Ranch Dressing	1 packet	1	18	0.02	81	1	*N/A*	0.11	0.00	0	4.03	0.07	0.05	1	2.7	0.02	0.02
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
Weighted Daily Average			142	1.07	235	5	0	3.89	0.00	5	23.67	3.03	2.98	3430	109.3	119.48	1.14
% of Calories				6.78%		14.1%	0%	24.7%	0.0%		66.7%		8.4%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Friday - 06/21/2024

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

Jun 3, 2024 thru Jun 21, 2024

	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			550 - 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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	200	1	185	*16	*2	5.20	*0.00	9	33.08	2.08	5.29	*561	*163.1	*17.20	*1.03
% of Calories		5.98%		*32.0%	*4.0%	23.4%	*0.0%		66.2%		10.6%				

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

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