



Milk, grain, fruit, vegetables,
meat or meat alternative

LUNCH

Spring/Early Fall Cycle - Lunch
BASIS Ed DC - 9- 12 Grade- Lunch



**Menu subject to change. For any feedback please
contact us directly at menu@luncherasdisi.com**

Monday	Tuesday	Wednesday	Thursday	Friday
04/07/2025 Turkey Taco Rice w/Corn, Red & Gr. Peppers Meatless Taco Rice w/Corn Red & Gr. Peppers (V/VG) Sour Cream (ss) Fresh Apples Choice of Milk	04/08/2025 Cheese Lunch Pizza w/ Chicken & Beef Pepperoni Cheese Lunch Pizza (V) Roasted Potatoes & Sweet Potatoes Fresh Tangerines Choice of Milk	04/09/2025 One-Pan Turkey WG Macaroni & Cheese Veggie Macaroni (V) Broccoli Florets Fruit Punch Juice Choice of Milk	04/10/2025 Chicken Enchiladas Black Bean Dip Sour Cream (ss) Bananas Choice of Milk	04/11/2025 Turkey Mozzarella WG Burger Vegan Burger (V/VG) Romaine, Tomato & Cucumber Salad Ketchup (ss) Fresh Oranges Choice of Milk
04/14/2025 NO SCHOOL TODAY	04/15/2025 NO SCHOOL TODAY	04/16/2025 NO SCHOOL TODAY	04/17/2025 NO SCHOOL TODAY	04/18/2025 NO SCHOOL TODAY
04/21/2025 Chicken Burrito Bowl w/Black Beans & Corn Meatless Chicken B.Bowl w Bl. Beans & Corn (VG/V) Sour Cream (ss) Fresh Tangerines Choice of Milk	04/22/2025 Beef Burger & WG Bun Vegan Burger (V/VG) Roasted Potatoes Ketchup (ss) Bananas Choice of Milk	04/23/2025 Chicken Caesar WW Wrap Veggie Caesar WW Wrap (V) Carrots Sticks Celery Sticks Grape Juice Choice of Milk	04/24/2025 Chicken & Tk. Bacon Pasta w/Tomato & Spinach Chicken Meatless Pasta w/Tomato & Spinach(V) Fresh Pears Choice of Milk	04/25/2025 BYO Turkey Nachos w/ Corn Tortilla Chips Pico de Gallo w/ Tomatoes & Onions Sour Cream (ss) Fresh Apples Choice of Milk
04/28/2025 Turkey Bolognese WG Pasta w/Parmesan Veggie Bolognese WG Pasta w/Parmesan Apples Cranberry Dried(ss)** Choice of Milk	04/29/2025 Breaded Chicken Nuggets Veggie Nuggets w/ WG Roll (V/VG) WG Biscuit Sweet Creamy Coleslaw BBQ Sauce (ss) Grape Juice Choice of Milk	04/30/2025 Ham Fried Rice w/ Green Peas & Carrots Veggie Fried Rice w/ Green Peas & Carrots Sliced Peaches Choice of Milk	05/01/2025 Turkey Meatballs WG Sub. w/Cheese Veggie Meatballs WG Submarine (V/VG) SautOed Collards Green Bananas Choice of Milk	05/02/2025 WG Cheese Pizza (V) Kale & Mixed Beans Salad Fresh Tangerines Choice of Milk

Available Choice of Milk: Unflavored 1% or skim milk, Lactose Free or Soy (Upon Request)

ALL MEALS INCLUDE: 1 cup of *FRESH FRUIT or 100% Juice* & 1 cup of vegetables daily

Locally Grown Components Daily Served:

According to the season fruits and vegetables locally grown will be added on Breakfast and/or Lunch menu: Apples (PA), Zucchini (MD/NC), Carrots (MD/PA), Cucumbers (PA), Romaine Lettuce (PA), Tomato (VA/PA/MD), Spinach (PA/MD), Peppers (PA/MD), Squash (PA/MD), Kale (MD), Mushrooms (PA), Broccoli (PA), Cabbage (PA/MD), Cauliflower (PA/MD), Potato (DE/PA), Collards Green (NC), Kale (MD/NC), Squash (PA/MD), Cabbage (PA/MD), Sweet Potato (NC).

***Vegetarian (V) options available daily. Dairy - Free (DF), Gluten Free (GF), Vegan (VG) - Available Upon Request WG = Whole Grain WW = Whole Wheat**

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

Menu Name:

BASIS Ed DC - 9- 12 Grade- Lunch

Include Cost:

No

Site:

Use Alternate Menu Name:

No

Monday - 03/03/2025

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)
992834 Italian Turkey WG Pasta R:1/4, OT:3/4	serving	100	521	3.32	202	6	*0	24.40	0.00	91	57.45
992835 V/VG- Ita. Veggie Crumbles WG Pasta R:1/4, OT:3/4	serving	1	461	1.04	368	6	*0	17.42	0.00	0	62.27
992551 TANGERINES,FRESH - (1 cup - 2 Tangerines)	2 (150ct p/cs)	100	127	0.09	5	25	*N/A*	0.74	0.00	0	32.02
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			753	4.18	340	*44	*0	26.56	0.00	101	103.08
% of Calories				5.00%		*23.4%	*0%	31.7%	0.0%		54.8%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 03/04/2025

Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991983 Spanish Rice & Beans L:1/2, R: 1/2	serving	50	536	1.08	271	*5	*0	13.13	*0.00	61	71.46

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991984 V/VG- Spanish Rice & Beans L:1/2, R: 1/2	serving	1	506	0.37	484	*6	*0	8.19	*0.00	0	73.46
990708 Fruit Punch, Juice - (1 Cup - 2 juices)	(2 HC)	50	120	0.00	10	24	0	0.00	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	25	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	25	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			766	1.84	420	*42	*0	14.55	*0.00	71	113.93
% of Calories				2.16%		*21.9%	*0%	17.1%	*0.0%		59.5%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 03/05/2025 Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992838 Jamaican Jerk Chicken Bowl - 9-12	serving	49	397	0.53	145	*2	*0	4.79	*0.00	81	56.87
991888 V/VG- Jamaican Jerk Chicken Bowl	serving	1	368	0.03	328	*3	*0	3.59	*0.00	0	59.40
991719 Collards Green DG: 1 cup	1 cup	50	63	2.44	13	1	*N/A*	4.30	*0.00	10	5.33
991006 Banana - 1 cup (2 Bananas)	2 Bananas	50	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000190 Low Fat Milk - 1%	8 fl. oz.	25	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	25	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			770	3.97	294	*44	*0	11.09	*0.00	100	129.16
% of Calories				4.64%		*22.9%	*0%	13.0%	*0.0%		67.1%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 03/06/2025

Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991027 Turkey Hot Dog	serving	50	270	3.00	930	*6	*N/A*	11.00	0.00	35	31.00
991712 Veggie Hot Dog	serving	1	280	0.00	750	*5	*0	7.00	0.00	0	35.00
992283 Roasted Potatoes - .1cup: S:1 cup	1 cup	50	221	0.40	11	*0	*N/A*	4.83	0.00	0	40.98
000222 KETCHUP: individual	9 gr	50	10	0.00	90	2	2	0.00	0.00	0	2.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	50	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
000190 Low Fat Milk - 1%	8 fl. oz.	25	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	25	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			684	4.19	1177	*37	*2	17.47	0.00	45	108.26
% of Calories				5.51%		*21.6%	*1.2%	23.0%	0.0%		63.3%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 03/07/2025

Reimbursable Meal Total 48

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992419 Chipotle BBQ Pulled Chicken WG Slider	serving	45	309	0.38	742	17	*4	4.28	0.00	61	42.25
992420 V/VG- Chipotle BBQ Pulled Chicken MeatlesWG Slider	serving	5	320	0.00	955	18	*4	4.00	0.00	0	44.25
990934 Salad, Romaine, Cucumber & Tomato R:1/2, OT:1/2	1 cup	50	26	0.19	6	1	*N/A*	0.95	*0.00	0	4.31
990429 Dressing, Ranch Dressing Homestyle ss	1.5 oz	50	150	2.50	370	1	*N/A*	16.00	0.00	15	1.00
992362 Grape Juice - (1 cup: 2 juices)	2 (4 fl)	50	160	0.00	20	36	0	0.00	0.00	0	38.00
000231 MILK,Skim	8 fl. oz.	25	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	25	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			777	3.94	1343	*71	*4	23.38	*0.00	83	102.88
% of Calories				4.56%		*36.6%	*2.1%	27.1%	*0.0%		53.0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 03/10/2025 Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992019 V-Caprese Pasta 9-12 -1Cup: R: 3/4,OT:1/4	serving	50	469	7.63	612	12	*1	15.69	0.00	38	60.27
992716 VG/DF- Caprese WG Pasta 1cup: R:3/4, OT:1/4	serving	0	398	10.03	664	7	*1	14.56	0.00	0	61.93
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	50	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
000190 Low Fat Milk - 1%	8 fl. oz.	25	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	25	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			646	8.42	743	*41	*1	17.19	0.00	48	93.85
% of Calories				11.73 %		*25.4%	*0.6%	23.9%	0.0%		58.1%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 03/11/2025 Reimbursable Meal Total 50

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992450 Golden Crispy Chicken Tenders	3 tenders	45	260	0.00	390	1	*1	15.00	0.00	25	16.00
991056 VG/DF - WG Roll	32 gr	50	80	0.00	170	2	*2	1.00	0.00	0	15.00
992617 V/VG - Breaded Veggie Tenders w/WG Roll - 2oz gr	3 tenders	5	310	3.00	690	5	*4	9.00	0.00	0	41.00
992283 Roasted Potatoes - .1cup: S:1 cup	1 cup	50	221	0.40	11	*0	*N/A*	4.83	0.00	0	40.98
000222 KETCHUP: individual	9 gr	50	10	0.00	90	2	2	0.00	0.00	0	2.00
991059 Cranberry Apple Juice (1 cup- 2 juices)	2 HC	50	120	0.00	0	24	0	0.00	0.00	0	26.00
000231 MILK,Skim	8 fl. oz.	25	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	25	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			796	1.45	821	*42	*5	21.48	0.00	32	115.48
% of Calories				1.64%		*21.1%	*2.5%	24.3%	0.0%		58.0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 03/12/2025 Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992800 Turkey Meatballs w/rice & Black Beans L:1/2, R:1/2	serving -4 (MB)	45	510	1.50	610	6	*2	8.00	0.00	45	82.87

Base Menu Spreadsheet

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Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991756 V/VG- Veggie Meatball, rice & beans L:1/2, R:1/2	1 serving (3MB)	5	550	3.00	600	6	*2	10.00	0.00	0	87.87
991006 Banana - 1 cup (2 Bananas)	2 Bananas	50	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	25	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	25	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			824	2.66	741	*48	*2	10.23	0.00	50	150.28
% of Calories				2.91%		*23.3%	*1.0%	11.2%	0.0%		73.0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 03/13/2025

Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991697 Sloppy Joe - Turkey KT	SERVINGS	45	336	2.37	534	*11	*4	12.47	*0.00	88	37.41
991726 V/VG-Sloppy Joe - Turkey KT	SERVINGS	5	278	0.17	694	*12	*4	5.73	*0.00	0	42.08
992573 Salad, Kale, Cucumber & Tom. 1cup: DG:1/2, OT:1/2	1 cup	50	93	1.18	174	3	*N/A*	7.19	0.00	0	7.16
992551 TANGERINES,FRESH - (1 cup - 2 Tangerines)	2 (150ct p/cs)	50	127	0.09	5	25	*N/A*	0.74	0.00	0	32.02
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			751	4.93	989	*65	*4	22.23	*0.00	99	103.06
% of Calories				5.91%		*34.6%	*2.1%	26.6%	*0.0%		54.9%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 03/14/2025

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)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 03/17/2025

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)
992300 Crispy Chicken Burger (3.1oz)	serving	100	387	2.47	823	4	*4	14.84	0.00	25	42.81
992288 V-VG Crispy Chicken Meatless Burger	serving	1	281	0.00	763	5	*4	7.02	0.00	0	36.25

Base Menu Spreadsheet

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Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2	2	0.00	0.00	0	2.00
992852 Sweet Potato & Kale Salad - R: 1/2, DG 1/2	1 cup	100	104	0.31	46	3	*N/A*	3.83	0.00	0	17.26
991059 Cranberry Apple Juice (1 cup- 2 juices)	2 HC	100	120	0.00	0	24	0	0.00	0.00	0	26.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			724	3.52	1097	*46	*6	19.99	0.00	35	101.44
% of Calories				4.38%		*25.4%	*3.3%	24.8%	0.0%		56.0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 03/18/2025 Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992417 One-Pan Turkey WG Macaroni & Cheese	portions	50	490	4.48	512	*4	*0	18.28	0.00	121	47.36
992418 V- One-Pan Veggie WG Macaroni & Cheese	portions	1	454	2.19	797	*5	*0	11.97	0.00	30	53.06
992311 CAULIFLOWER,raw: Steamed OT: 1 cup	CUP	50	92	0.66	30	2	*N/A*	7.70	0.00	0	4.97
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	50	84	0.03	1	14	*N/A*	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	25	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	25	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			776	5.97	690	*33	*0	27.67	0.00	132	88.93
% of Calories				6.92%		*17.0%	*0%	32.1%	0.0%		45.8%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 03/19/2025

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)
992810 WG Chicken & Cheese Burrito	142 gr	99	300	6.00	710	3	*1	11.00	0.00	30	33.00
992811 V/VG- Veggie WG Burrito	Burrito 10"	1	370	3.79	584	*1	*0	12.87	0.00	0	37.09
992830 Black Bean and Corn Salad - L:1/2, S:1/2	1 cup	100	243	0.03	139	11	*0	*0.58	0.00	18	45.57
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			721	6.80	979	*42	*1	*13.10	0.00	58	112.19
% of Calories				8.49%		*23.3%	*0.6%	*16.4%	0.0%		62.2%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 03/20/2025 Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992828 Orange Chicken Chunks - 2oz M/A	6 pc	45	462	4.13	950	6	*6	27.43	0.00	53	32.82
992833 V/VG Orange Meatless Chicken - 2oz M/A	5 pc	5	318	2.22	565	9	*6	15.95	0.00	0	32.12
992832 Fried Brown Rice: Carrots, Corn, Peas R:1/2, S:1/2	1 serving	50	322	0.00	584	*10	*0	*1.57	*0.00	9	67.12
990708 Fruit Punch, Juice - (1 Cup - 2 juices)	(2 HC)	50	120	0.00	10	24	0	0.00	0.00	0	28.00
000190 Low Fat Milk - 1%	8 fl. oz.	25	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	25	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			989	4.69	1636	*54	*6	*29.11	*0.00	67	140.87
% of Calories				4.27%		*21.8%	*2.4%	*26.5%	*0.0%		57.0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

Friday - 03/21/2025 Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991084 Chicken Nuggets Breaded	4 pc (91 gr)	50	210	2.50	340	1	*0	12.00	0.00	40	12.00
991056 VG/DF - WG Roll	32 gr	50	80	0.00	170	2	*2	1.00	0.00	0	15.00
992459 Vegan Chicken Nuggets w/WG Roll	5 Nuggets	5	331	1.88	635	5	*2	12.30	0.00	0	40.12
992836 Collards Green & Tomato Salad - DG:1/2, R:1/2	1 cup	50	138	0.67	123	*4	*0	8.95	*0.01	0	13.85
991603 BBQ Sauce (ss)	0.44 oz	50	20	0.00	130	4	4	0.00	0.00	0	6.00
992551 TANGERINES,FRESH - (1 cup - 2 Tangerines)	2 (150ct p/cs)	50	127	0.09	5	25	*N/A*	0.74	0.00	0	32.02
000190 Low Fat Milk - 1%	8 fl. oz.	25	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	25	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			708	4.20	962	*50	*6	25.17	*0.01	50	95.88
% of Calories				5.34%		*28.2%	*3.4%	32.0%	*0.0%		54.2%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 03/24/2025 Reimbursable Meal Total 50

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992846 One Pot Chicken Fajita Pasta OT:1/2, R:1/2*	serving	45	574	7.28	352	*5	*0	23.63	*0.00	63	67.07
992263 V/VG One Pot Chicken Fajita Pasta OT:1/2, R:1/2	serving	5	521	3.91	494	6	*0	18.51	0.00	0	65.28
992551 TANGERINES,FRESH - (1 cup - 2 Tangerines)	2 (150ct p/cs)	50	127	0.09	5	25	*N/A*	0.74	0.00	0	32.02
000231 MILK,Skim	8 fl. oz.	25	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	25	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			796	7.79	501	*44	*0	25.11	*0.00	66	111.91
% of Calories				8.81%		*22.1%	*0%	28.4%	*0.0%		56.2%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 03/25/2025 Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992798 Chili hot dog, turkey + WG Bun L:3/4, OT:1/4	serving	50	410	6.13	1168	*11	*N/A*	16.65	*0.00	50	46.61
992799 V/VG-Chili Veggie hot dog, WG Bun L:3/4, OT:1/4	serving	1	340	3.17	985	*11	*0	7.19	*0.00	0	49.65
000222 KETCHUP: individual	9 gr	50	10	0.00	90	2	2	0.00	0.00	0	2.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	50	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000231 MILK,Skim	8 fl. oz.	25	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	25	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			604	6.99	1409	*41	*2	18.30	*0.00	60	83.18
% of Calories				10.42 %		*27.2%	*1.3%	27.3%	*0.0%		55.1%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 03/26/2025

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)
992294 WG Italian SUB Turkey Ham, Salami & Pepperoni	serving	100	279	2.34	779	5	*N/A*	9.64	0.00	60	31.47
992295 V-WG Sub Plant Based Ham & Bacon	serving	1	393	1.17	977	5	*0	13.44	0.00	2	35.99
992283 Roasted Potatoes - .1cup: S:1 cup	1 cup	100	221	0.40	11	*0	*N/A*	4.83	0.00	0	40.98
990708 Fruit Punch, Juice - (1 Cup - 2 juices)	(2 HC)	100	120	0.00	10	24	0	0.00	0.00	0	28.00
991277 Ranch Dressing (ss)	1 ss (pouch)	100	20	0.00	80	1	*N/A*	0.00	0.00	0	4.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			744	3.50	1020	*43	*0	15.85	0.00	70	117.81
% of Calories				4.23%		*23.1%	*0%	19.2%	0.0%		63.3%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 03/27/2025

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)
992804 Grilled Chicken & Brown Rice (2oz Gr/ 2oz MA)	Serving	100	303	0.75	146	0	*0	5.73	0.00	41	42.78
991866 V/VG- Grilled Chicken Meatless & Brown Rice	2.87 oz	1	428	0.17	273	1	*0	6.30	0.00	0	66.04
990245 Roasted Sweet Potato - R: 1 cup	cup	100	279	1.08	75	6	*N/A*	14.26	0.00	0	39.33
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	100	123	0.04	0	24	*N/A*	0.31	0.00	0	30.78
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

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Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			809	2.62	353	*43	*0	21.62	0.00	51	126.55
% of Calories				2.91%		*21.3%	*0%	24.1%	0.0%		62.6%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 03/28/2025

Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992564 BYO Turkey Nachos - (2 chips per student)	SERVING	50	426	8.30	432	*0	*0	22.76	0.00	82	37.73
992565 V-BYO VEGGIE Nachos 9-12 (NO Vegetables)	SERVING	0	420	7.01	620	*1	*0	19.36	0.00	30	42.40
992720 VG/DF- BYO Veggie Nachos -9-12 Grade	SERVING	0	401	7.08	774	*1	*0	17.45	0.00	0	46.46
990689 Romaine Lettuce - 1/2cup: DG: 1/2	1/2 cup	50	8	0.02	4	1	*N/A*	0.14	0.00	0	1.55
990274 Pico de Gallo - R:1/4 , OT: 1/4	1/2 cup	50	42	0.03	15	5	*N/A*	0.09	0.00	0	9.45
991695 SOUR CREAM,FAT FREE (SS)	1oz	50	25	0.00	30	2	2	0.00	0.00	0	4.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	50	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	25	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	25	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			812	9.36	613	*49	*2	25.01	0.00	92	119.63
% of Calories				10.37 %		*24.1%	*1.0%	27.7%	0.0%		58.9%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 03/31/2025 Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992019 V-Caprese Pasta 9-12 -1Cup: R: 3/4,OT:1/4	serving	50	469	7.63	612	12	*1	15.69	0.00	38	60.27
992716 VG/DF- Caprese WG Pasta 1cup: R:3/4, OT:1/4	serving	0	398	10.03	664	7	*1	14.56	0.00	0	61.93
991307 Cranberry, Dried Original	1.16oz	50	110	0.00	0	24	*N/A*	0.00	0.00	0	28.00
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	50	39	0.02	1	8	*N/A*	0.13	0.00	0	10.29
000190 Low Fat Milk - 1%	8 fl. oz.	25	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	25	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			718	8.40	743	*57	*1	17.06	0.00	48	111.56
% of Calories				10.53 %		*31.8%	*0.6%	21.4%	0.0%		62.2%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

Tuesday - 04/01/2025 Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992838 Jamaican Jerk Chicken Bowl - 9-12	serving	49	397	0.53	145	*2	*0	4.79	*0.00	81	56.87
991888 V/VG- Jamaican Jerk Chicken Bowl	serving	1	368	0.03	328	*3	*0	3.59	*0.00	0	59.40
991719 Collards Green DG: 1 cup	1 cup	50	63	2.44	13	1	*N/A*	4.30	*0.00	10	5.33
990708 Fruit Punch, Juice - (1 Cup - 2 juices)	(2 HC)	50	120	0.00	10	24	0	0.00	0.00	0	28.00
000190 Low Fat Milk - 1%	8 fl. oz.	25	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	25	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			680	3.71	302	*40	*0	10.31	*0.00	100	103.26
% of Calories				4.91%		*23.5%	*0%	13.6%	*0.0%		60.7%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 04/02/2025 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)
992834 Italian Turkey WG Pasta R:1/4, OT:3/4	serving	100	521	3.32	202	6	*0	24.40	0.00	91	57.45
992835 V/VG- Ita. Veggie Crumbles WG Pasta R:1/4, OT:3/4	serving	1	461	1.04	368	6	*0	17.42	0.00	0	62.27

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992551 TANGERINES,FRESH - (1 cup - 2 Tangerines)	2 (150ct p/cs)	100	127	0.09	5	25	*N/A*	0.74	0.00	0	32.02
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			753	4.18	340	*44	*0	26.56	0.00	101	103.08
% of Calories				5.00%		*23.4%	*0%	31.7%	0.0%		54.8%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 04/03/2025 Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991983 Spanish Rice & Beans L:1/2, R: 1/2	serving	50	536	1.08	271	*5	*0	13.13	*0.00	61	71.46
991984 V/VG- Spanish Rice & Beans L:1/2, R: 1/2	serving	1	506	0.37	484	*6	*0	8.19	*0.00	0	73.46
991006 Banana - 1 cup (2 Bananas)	2 Bananas	50	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	25	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	25	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			856	2.11	413	*47	*0	15.33	*0.00	71	139.84
% of Calories				2.22%		*22.0%	*0%	16.1%	*0.0%		65.3%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 04/04/2025

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)
991692 V-WG Cheese Pizza (V)	4.6 oz	100	300	4.00	580	14	*N/A*	11.00	0.00	15	37.00
992725 DF - Cheese Pizza Sub R:1/4	slice	1	302	6.11	810	5	*N/A*	12.49	0.00	0	42.96
992283 Roasted Potatoes - .1cup: S:1 cup	1 cup	100	221	0.40	11	*0	*N/A*	4.83	0.00	0	40.98
991060 Orange Pineapple Juice (1 cup - 2 juices)	2 HC	100	120	0.00	0	24	*N/A*	0.00	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			744	5.21	729	*51	*N/A*	17.20	0.00	25	119.41
% of Calories				6.30%		*27.4%	*N/A*	20.8%	0.0%		64.2%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

Monday - 04/07/2025 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)
992305 Turkey Rice w/Corn,Red,Gr.Pepper R:1/4,S:1/2,O:1/4	1 cup	100	492	2.49	456	*11	*0	*12.23	0.00	109	70.31
992306 V/VG-Turkey Taco Rice 1 CUP - R:1/4,S:1/2,O:1/4	3/4 cup	1	424	0.21	615	*11	*0	*5.18	0.00	18	73.84
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2	2	0.00	0.00	0	4.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			698	3.28	624	*41	*2	*13.79	0.00	119	108.63
% of Calories				4.23%		*23.5%	*1.1%	*17.8%	0.0%		62.3%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 04/08/2025 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)
991746 Cheese Lunch Individual Pizza w/ Chicken/BeefPeppe	4.56oz 5 pepper	99	317	4.50	930	5	*N/A*	13.00	0.00	10	24.33
991392 V- Cheese Lunch Individual Pizza	4.56oz (129gr)	1	270	3.00	750	5	*N/A*	9.00	0.00	0	24.00

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992725 DF - Cheese Pizza Sub R:1/4	slice	0	302	6.11	810	5	*N/A*	12.49	0.00	0	42.96
992847 Roasted Potatoes & Sweet Potatoes -S:1/2, R:1/2	1 cup	100	180	0.30	42	*0	*N/A*	3.85	0.00	0	33.87
992551 TANGERINES,FRESH - (1 cup - 2 Tangerines)	2 (150ct p/cs)	100	127	0.09	5	25	*N/A*	0.74	0.00	0	32.02
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			724	5.63	1105	*43	*N/A*	18.80	0.00	20	103.22
% of Calories				7.00%		*23.8%	*N/A*	23.4%	0.0%		57.0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 04/09/2025 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)
992417 One-Pan Turkey WG Macaroni & Cheese	portions	100	490	4.48	512	*4	*0	18.28	0.00	121	47.36
992418 V- One-Pan Veggie WG Macaroni & Cheese	portions	1	454	2.19	797	*5	*0	11.97	0.00	30	53.06
992449 VG/DF- One-Pan Veggie & WG Macaroni & Cheese	portion	0	403	4.22	875	*5	*0	10.62	0.00	0	55.42
992783 BROCCOLI, Fresh DG: 1 cup	1 CUP	100	31	0.10	30	2	*N/A*	0.34	0.00	0	6.04

Base Menu Spreadsheet

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Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990708 Fruit Punch, Juice - (1 Cup - 2 juices)	(2 HC)	100	120	0.00	10	24	0	0.00	0.00	0	28.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			746	5.36	690	*43	*0	19.98	0.00	132	94.93
% of Calories				6.47%		*23.1%	*0%	24.1%	0.0%		50.9%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 04/10/2025

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)
992508 Chicken Enchiladas 1/4 cup: R: 1/4	serving	100	348	4.09	403	2	*0	12.34	0.00	47	36.61
992731 VG/DF -Chicken Enchiladas 1/4 cup: R: 1/4	serving	1	369	1.98	564	3	*0	11.44	0.00	0	41.31
992712 Bean Dip 3/4 Cup: L: 3/4	3/4 CUP	100	126	0.01	148	*1	*N/A*	0.04	*0.00	0	21.85
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2	2	0.00	0.00	0	4.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			812	5.13	719	*47	*2	14.52	*0.00	57	129.78
% of Calories				5.69%		*23.2%	*1.0%	16.1%	*0.0%		63.9%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 04/11/2025

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)
990665 Turkey Mozzarella Burger	3.5 oz	100	496	8.28	1116	*4	*4	30.54	0.00	90	29.01
992265 V/VG Vegan Burger -	serving	1	280	0.00	760	5	*4	7.00	0.00	0	36.00
990935 Romaine, Tomato, Cucumber S. DG:1/4, R:1/4, OT:1/2	1 cup	100	135	2.00	234	5	*0	10.21	0.00	9	10.71
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2	2	0.00	0.00	0	2.00
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	100	123	0.04	0	24	*N/A*	0.31	0.00	0	30.78
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			866	11.06	1578	*49	*6	42.38	0.00	109	85.87
% of Calories				11.49 %		*22.6%	*2.8%	44.0%	0.0%		39.7%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 04/14/2025 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)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 04/15/2025 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)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

Wednesday - 04/16/2025 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)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 04/17/2025 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)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 04/18/2025 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 04/21/2025

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)
991019 Chicken Burrito Bowl - S:1/2, L:1/2	serving	100	647	2.91	540	*10	*0	*12.09	*0.00	*90	86.37
991883 V/VG - Veggie Burrito Bowl - S:1/2, L:1/2	serving	1	640	3.81	836	*11	*0	*12.91	*0.00	*19	94.29
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2	2	0.00	0.00	0	4.00
992551 TANGERINES,FRESH - (1 cup - 2 Tangerines)	2 (150ct p/cs)	100	127	0.09	5	25	*N/A*	0.74	0.00	0	32.02
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			906	3.79	714	*50	*2	*14.21	*0.00	*100	136.33
% of Calories				3.76%		*22.1%	*0.9%	*14.1%	*0.0%		60.2%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

Tuesday - 04/22/2025 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)
990149 Beef Burger	1 serving	100	368	3.54	737	5	*4	16.38	0.00	35	37.02
992265 V/VG Vegan Burger -	serving	1	280	0.00	760	5	*4	7.00	0.00	0	36.00
992283 Roasted Potatoes - .1cup: S:1 cup	1 cup	100	221	0.40	11	*0	*N/A*	4.83	0.00	0	40.98
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2	2	0.00	0.00	0	2.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			912	4.96	978	*49	*6	23.31	0.00	45	147.26
% of Calories				4.89%		*21.5%	*2.6%	23.0%	0.0%		64.6%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 04/23/2025 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)
992052 Chicken Caesar WW Wrap - DG: 1/2	1 wrap	100	404	5.36	734	*3	*N/A*	13.80	*0.00	65	42.39

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992863 V- WW Veggie Caesar Wrap - DG: 1/2 cup	1 wrap	1	446	4.33	808	*5	*0	14.44	*0.00	18	45.92
992586 CARROTS STICKS: fresh - R: 1/4 cup	1/4 cup	100	13	0.01	21	1	*N/A*	0.07	0.00	0	2.92
992102 Celery Sticks- OT:1/4 cup	1/4 cup	100	8	0.00	59	1	*N/A*	0.00	0.00	59	2.06
992362 Grape Juice - (1 cup: 2 juices)	2 (4 fl)	100	160	0.00	20	36	0	0.00	0.00	0	38.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			689	6.16	972	*55	*0	15.27	*0.00	134	98.83
% of Calories				8.05%		*31.9%	*0%	19.9%	*0.0%		57.4%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 04/24/2025

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)
992474 Creamy Chicken Penne Pasta DG: 1/2, R:1/2	1 cup	100	503	12.70	295	5	*0	24.05	*0.00	112	49.46
992475 V-Creamy Meatless Penne Pasta DG: 1/2, R:1/2	1 cup	1	443	7.77	300	6	*0	16.25	*0.00	44	50.76
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	*N/A*	0.21	0.00	0	22.54

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			692	13.56	430	*33	*0	25.67	*0.00	122	85.51
% of Calories				17.64 %		*19.1%	*0%	33.4%	*0.0%		49.4%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 04/25/2025

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)
992564 BYO Turkey Nachos - (2 chips per student)	SERVING	100	426	8.30	432	*0	*0	22.76	0.00	82	37.73
992720 VG/DF- BYO Veggie Nachos -9-12 Grade	SERVING	1	401	7.08	774	*1	*0	17.45	0.00	0	46.46
990739 Pico de Gallo - R:1/2, OT:1/2	1 cup	100	59	0.04	24	7	*N/A*	0.11	0.00	0	13.05
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2	2	0.00	0.00	0	4.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	1	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			615	9.16	624	*22	*2	24.30	0.00	92	68.45
% of Calories				13.40 %		*14.3%	*1.3%	35.6%	0.0%		44.5%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 04/28/2025 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)
992501 Turkey Bolognese WG Pasta - R:3/4, OT:1/4	serving	100	461	2.72	321	*10	*1	12.23	*0.00	94	68.14
992537 V-Veggie Bolognese WG Pasta - R:3/4, OT:1/4	serving	1	392	0.44	513	*11	*1	5.41	*0.00	3	70.20
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*N/A*	0.13	0.00	0	10.29
991307 Cranberry, Dried Original	1.16oz	100	110	0.00	0	24	*N/A*	0.00	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			714	3.50	457	*54	*1	13.66	*0.00	104	120.13
% of Calories				4.41%		*30.3%	*0.6%	17.2%	*0.0%		67.3%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

Tuesday - 04/29/2025 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)
991084 Chicken Nuggets Breaded	4 pc (91 gr)	99	210	2.50	340	1	*0	12.00	0.00	40	12.00
992459 Vegan Chicken Nuggets w/WG Roll	5 Nuggets	1	331	1.88	635	5	*2	12.30	0.00	0	40.12
990672 WG Biscuit 2oz	56g	100	200	7.00	410	2	*0	9.00	0.00	0	27.00
992770 CREAMY COLESLAW - 1 cup: R:1/4, OT:3/4	1 cup	100	99	0.48	85	9	*N/A*	2.79	*0.00	3	16.36
991603 BBQ Sauce (ss)	0.44 oz	100	20	0.00	130	4	4	0.00	0.00	0	6.00
992362 Grape Juice - (1 cup: 2 juices)	2 (4 fl)	100	160	0.00	20	36	0	0.00	0.00	0	38.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			790	10.72	1118	*65	*4	25.05	*0.00	53	112.64
% of Calories				12.21 %		*32.9%	*2.0%	28.5%	*0.0%		57.0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 04/30/2025 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991591 Ham Fried Rice R:1/4, S:1/2,OT: 1/4	serving	100	404	1.82	730	*9	*0	7.09	*0.00	155	63.47
992868 V- Veggie Fried Rice R: 1/4, OT: 1/4, S:1/2	serving	1	460	1.04	729	*10	*0	6.76	*0.00	124	65.47
991742 Peaches, Sliced	1 cup	100	160	0.00	12	32	*N/A*	0.00	0.00	0	40.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			669	2.58	880	*54	*0	8.41	*0.00	166	117.12
% of Calories				3.47%		*32.3%	*0%	11.3%	*0.0%		70.0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 05/01/2025

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)
992276 Turkey Meatball Sub -w/Cheese R:1/4	sub (4Meatballs	100	310	3.02	714	7	*1	9.51	0.00	53	37.19
992277 V-VG Meatball Sub R:1/4	sub (4Meatballs	1	309	3.00	613	7	*1	8.98	0.00	0	41.18
990951 Sautéed Collards Green 3/4cup: DG:3/4	3/4 cup	100	103	2.85	141	5	*N/A*	6.43	*0.01	11	11.21
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			726	6.91	994	*54	*1	18.05	*0.01	74	115.71
% of Calories				8.57%		*29.8%	*0.6%	22.4%	*0.0%		63.8%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 05/02/2025

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)
991692 V-WG Cheese Pizza (V)	4.6 oz	100	300	4.00	580	14	*N/A*	11.00	0.00	15	37.00
992725 DF - Cheese Pizza Sub R:1/4	slice	1	302	6.11	810	5	*N/A*	12.49	0.00	0	42.96
992837 Kale & Mixed Beans Salad DG:1/2 ,. L:1/2	1 cup	100	266	1.12	385	*3	*N/A*	7.01	*0.00	0	37.02
992551 TANGERINES,FRESH - (1 cup - 2 Tangerines)	2 (150ct p/cs)	100	127	0.09	5	25	*N/A*	0.74	0.00	0	32.02
000231 MILK,Skim	8 fl. oz.	74	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	74	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	11	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	159	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			859	6.44	1182	*63	*N/A*	21.22	*0.00	30	127.14
% of Calories				6.75%		*29.3%	*N/A*	22.2%	*0.0%		59.2%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=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)
Weighted Averages		759	5	813	*47	*2	*19.75	*0.00	*77	111.46
% of Calories			6.47%		*24.8%	*1.1%	*23.4%	*0.0%		58.7%

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

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