



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
06/02/2025 Chicken Enchiladas Black Bean Dip Sour Cream (ss) Fresh Tangerines Choice of Milk	06/03/2025 Chicken Ranch WW Wrap w/ Tomato Veggie Ranch WW Wrap (V) Celery Sticks Carrots Sticks Fresh Oranges Choice of Milk	06/04/2025 Turkey Breast & Provolone Cheese WW Sandwich Provolone Cheese WW Sandwich Sweet Corn Mayo Light (ss) Cranberry Dried(ss)** Apples Choice of Milk	06/05/2025 Strawberry & Mix Greens Salad w/Chicken & Feta C. Strawberry & Mix Greens Salad w/Meatless Chicken WG Roll Bananas Choice of Milk	06/06/2025 Turkey Bacon, Lettuce & Tomato (BLT) WW Wrap Veggie BLT WW Wrap w/Lettuce & Tomato (V) Cranberry Juice Choice of Milk
06/09/2025 Black Beans & Rice Burrito w/ Cheese (V) Cranberry Dried(ss)** Fresh Apples Choice of Milk	06/10/2025 Hawaiian Chicken WW Wrap w/ Broccoli & Carrot Hawaiian Veggie Wrap w/Broccoli & Carrots (V) Fresh Tangerines Choice of Milk	06/11/2025 WG Italian Sub w/ T. Ham T. Salami & T. Pepperoni WG Sub w/Plant Based Ham & Bacon (V) Sweet Corn Mayo Light (ss) Fresh Tangerines Choice of Milk	06/12/2025 Chicken Salad WW Sand. w/Romaine & Tomato Chicken Meatless Salad WW Sandwich (VG) Celery Sticks Ranch Dressing Light (ss) Bananas Choice of Milk	06/13/2025 Chicken Caesar WW Wrap Veggie Caesar WW Wrap (V) Carrots Sticks Fruit Punch Juice Choice of Milk
06/16/2025 NO SCHOOL TODAY	06/17/2025 NO SCHOOL TODAY	06/18/2025 NO SCHOOL TODAY	06/19/2025 NO SCHOOL TODAY	06/20/2025 NO SCHOOL TODAY
06/23/2025 Breaded Chicken Nuggets Veggie Nuggets w/ WG Roll (V/VG) WG Biscuit Fresh Spinach Salad BBQ Sauce (ss) Fresh Tangerines Choice of Milk	06/24/2025 WG Cheese Pizza (V) Balela Salad w/ Garbanzo, Tomato & Cucumber Bananas Choice of Milk	06/25/2025 Ham Fried Rice w/ Green Peas & Carrots Veggie Fried Rice w/ Green Peas & Carrots Sliced Peaches Choice of Milk	06/26/2025 Turkey Bolognese WG Pasta w/Parmesan Veggie Bolognese WG Pasta w/Parmesan Apples Cranberry Dried(ss)** Choice of Milk	06/27/2025 BYO Turkey Nachos w/ Corn Tortilla Chips Pico de Gallo w/ Tomatoes & Onions Sour Cream (ss) Grape Juice Choice of Milk
06/30/2025 Corn Dog Chicken Mini WG Veggie Hot Dog** Sweet Creamy Coleslaw Ketchup (ss) Fresh Oranges Choice of Milk	07/01/2025 Chicken Enchiladas Black Bean Dip Sour Cream (ss) Fresh Apples Choice of Milk	07/02/2025 Turkey Meatballs WG Sub. w/Cheese Veggie Meatballs WG Submarine (V/VG) SautØed Collards Green Fresh Tangerines Choice of Milk	07/03/2025 Turkey Taco Rice w/Corn, Red & Gr. Peppers Meatless Taco Rice w/Corn Red & Gr. Peppers (V/VG) Sour Cream (ss) Bananas Choice of Milk	07/04/2025 NO SCHOOL TODAY

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), Cucumbers (DE,VA,DE,MD), Romaine Lettuce (PA, MD), Spinach (MD), Peppers (DE), Kale (NJ), Broccoli (MD,NC, DE, PA), Potato (DE/PA), Collards Green (NC), Kale (MD,NC), Cabbage, (VA,MD,PA,DE), Sweet Potato (NC), Tomato (MD,DE),Cauliflower (PA,MD), Strawberries (MD,VA,DE).

***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

Jun 2, 2025 thru Jul 3, 2025

Menu Name:	BASIS Ed DC - 9- 12 Grade- Lunch	Include Cost:	No
Site:			
Use Alternate Menu Name:	No		

Monday - 06/02/2025Reimbursable 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 (g)	Cholst (mg)	Carb (g)
992508 Chicken Enchiladas 1/4 cup: R: 1/4	serving	95	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	5	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
992551 TANGERINES,FRESH - (1 cup - 2 Tangerines)	2 (150ct p/cs)	100	127	0.09	5	25	0	0.74	0.00	0	32.02
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	145	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			727	4.84	724	*44	*2	14.33	*0.00	55	107.71
% of Calories				5.99%		*24.2%	*1.1%	17.7%	*0.0%		59.3%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 06/03/2025Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 3, 2025

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992897 Chicken Ranch Wrap R: 1/4	serving	90	479	7.33	737	3	*N/A*	23.97	0.00	71	38.19
992896 Chicken Metaless Ranch Wrap - R:1/4	serving	10	497	6.75	849	4	*0	23.75	0.00	30	40.01
991242 Celery Sticks - OT: 3/4 cup	3/4 cup	100	13	0.04	72	1	*0	0.15	0.00	0	2.67
992586 CARROTS STICKS: fresh - R: 1/4 cup	1/4 cup	100	13	0.01	21	1	*0	0.07	0.00	0	2.92
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	100	123	0.04	0	24	0	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
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			729	8.11	971	*43	*0	25.74	0.00	77	87.75
% of Calories				10.01 %		*23.6%	*0%	31.8%	0.0%		48.1%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 06/04/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991718 Turkey Breast & Provolone WW Sandwich	serving	90	320	7.01	1040	5	*1	13.44	0.00	47	27.82
992831 V- Provolone Cheese WW Sandwich	serving	10	356	10.51	753	4	*0	19.10	0.00	45	27.15
000271 CORN: frozen, yellow - S: 1 cup	CUP	100	151	1.36	2	5	*0	3.03	*0.00	5	31.85

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 3, 2025

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
001050 MAYONNAISE:individual PC	0.44 oz	100	30	0.00	85	0	*N/A*	3.00	0.00	5	1.00
991307 Cranberry, Dried Original	1.16oz	100	110	0.00	0	24	*N/A*	0.00	0.00	0	28.00
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*0	0.13	0.00	0	10.29
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	9.50	1229	*55	*1	21.41	*0.00	67	111.89
% of Calories				11.35 %		*29.2%	*0.5%	25.6%	*0.0%		59.4%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 06/05/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992320 Strawberry & Mix Green Salad 9-12	serving	95	267	4.70	445	*5	*0	14.59	*0.00	*58	12.30
992321 V-Strawberry & Mix Green Salad 9-12	serving	5	243	2.93	463	*6	*0	10.76	*0.00	*10	13.86
992566 DF/VG- WG Roll (2pc)	32 gr (2pc)	100	160	0.00	340	4	*4	2.00	0.00	0	30.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	0	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

Jun 2, 2025 thru Jul 3, 2025

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (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	1	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			737	5.63	920	*51	*4	18.47	*0.00	*65	109.41
% of Calories				6.88%		*27.7%	*2.2%	22.6%	*0.0%		59.4%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 06/06/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991891 BLT Wrap 9-12 1cup: R:1/2, DG:1/2	serving	99	553	7.22	1442	3	*N/A*	23.89	*0.00	59	44.67
991890 V- BLT Wrap 9-12 1cup: R:1/2, DG:1/2	serving	1	384	2.03	793	*5	*0	10.36	*0.00	3	55.60
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

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 3, 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 (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			771	7.92	1565	*40	*0	25.00	*0.00	69	83.78
% of Calories				9.25%		*20.8%	*0%	29.2%	*0.0%		43.5%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 06/09/2025 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 (g)	Cholst (mg)	Carb (g)
992898 V-Bean & Rice Burrito L:1/2, OT:1/2	10" Tortilla	100	661	6.17	1353	*7	*0	21.99	*0.00	30	91.68
992014 Cranberry, Dried Original (9-12)	2 (1.16oz)	100	220	0.00	0	48	*N/A*	0.00	0.00	0	56.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	0	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			1059	6.96	1484	*84	*0	23.49	*0.00	40	181.26
% of Calories				5.92%		*31.7%	*0%	20.0%	*0.0%		68.5%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 06/10/2025 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 3, 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 (g)	Cholst (mg)	Carb (g)
991987 Hawaiian Chicken WW Wrap DG:1/2, R:1/2	serving	99	390	1.43	453	*13	*8	8.69	*0.00	46	53.80
991988 Hawaiian Veggie WW Wrap DG:1/2, R:1/2	serving	1	415	0.82	584	*14	*8	8.56	*0.00	3	55.80
992551 TANGERINES,FRESH - (1 cup - 2 Tangerines)	2 (150ct p/cs)	100	127	0.09	5	25	0	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			617	2.27	589	*52	*8	10.68	*0.00	55	98.84
% of Calories				3.31%		*33.7%	*5.2%	15.6%	*0.0%		64.1%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 06/11/2025 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 (g)	Cholst (mg)	Carb (g)
992294 WG Italian SUB Turkey Ham, Salami & Pepperoni	serving	100	279	2.34	779	5	*0	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
000271 CORN: frozen, yellow - S: 1 cup	CUP	100	151	1.36	2	5	*0	3.03	*0.00	5	31.85
001050 MAYONNAISE:individual PC	0.44 oz	100	30	0.00	85	0	*N/A*	3.00	0.00	5	1.00

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 3, 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 (g)	Cholst (mg)	Carb (g)
992551 TANGERINES,FRESH - (1 cup - 2 Tangerines)	2 (150ct p/cs)	100	127	0.09	5	25	0	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	1	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	4.56	1012	*49	*0	17.83	*0.00	80	109.82
% of Calories				5.93%		*28.3%	*0%	23.2%	*0.0%		63.5%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 06/12/2025

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 (g)	Cholst (mg)	Carb (g)
990845 Chicken Salad Sandwich-1/2 Cup:R:1/4 DG:1/4	serving	99	285	0.95	475	10	*0	3.52	0.00	44	36.65
992238 VG/V-Chicken Salad Sandwich -1/2 Cup:R:1/4 DG:1/4	serving	1	388	1.44	725	10	*0	14.20	0.00	0	38.02
990905 Celery Sticks OT: 1/2 cup	1/2 cup	100	15	0.00	119	2	*N/A*	0.00	0.00	119	4.12
991256 DRESSING, RANCH BUTTERMILK LIGHT SS	1.5 OZ	100	130	1.50	410	2	*N/A*	11.00	0.00	10	8.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	0	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

Jun 2, 2025 thru Jul 3, 2025

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (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			742	3.47	1138	*56	*0	16.66	0.00	182	115.69
% of Calories				4.21%		*30.2%	*0%	20.2%	0.0%		62.4%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 06/13/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992052 Chicken Caesar WW Wrap - DG: 1/2	1 wrap	100	404	5.36	734	*3	*0	13.80	*0.00	65	42.39
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
992575 CARROTS STICKS: fresh -R: 1/2 cup	1/2 cup	100	25	0.02	42	3	*0	0.15	0.00	0	5.84
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

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 3, 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 (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			654	6.17	924	*43	*0	15.34	*0.00	75	89.69
% of Calories				8.49%		*26.3%	*0%	21.1%	*0.0%		54.9%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 06/16/2025 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 (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 - 06/17/2025 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 (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

Jun 2, 2025 thru Jul 3, 2025

Wednesday - 06/18/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (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 - 06/19/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (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 - 06/20/2025 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 3, 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 (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 - 06/23/2025

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 (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
992425 Fresh Spinach Salad: DG:3/4 -OT: 1/4	1 cup	100	61	0.62	39	*0	*N/A*	4.30	*0.00	0	4.91
991603 BBQ Sauce (ss)	0.44 oz	100	20	0.00	105	4	4	0.00	0.00	0	5.00
992551 TANGERINES,FRESH - (1 cup - 2 Tangerines)	2 (150ct p/cs)	100	127	0.09	5	25	0	0.74	0.00	0	32.02
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

Portion Values

Jun 2, 2025 thru Jul 3, 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 (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			719	10.95	1032	*45	*4	27.30	*0.00	50	94.21
% of Calories				13.71 %		*25.0%	*2.2%	34.2%	*0.0%		52.4%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 06/24/2025 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 (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	0	302	6.11	810	5	*N/A*	12.49	0.00	0	42.96
991981 Balela Salad 1cup: L:1/2,OT:1/4,R:1/4	serving	100	284	1.18	149	*1	*0	15.52	*0.00	*0	30.60
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	0	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
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			894	6.19	862	*57	*0	28.55	*0.00	*25	134.51
% of Calories				6.23%		*25.5%	*0%	28.7%	*0.0%		60.2%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 3, 2025

Wednesday - 06/25/2025 Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991591 Ham Fried Rice R:1/4, S:1/2,OT: 1/4	serving	45	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	5	460	1.04	729	*10	*0	6.76	*0.00	124	65.47
991742 Peaches, Sliced	1 cup	50	160	0.00	12	32	*N/A*	0.00	0.00	0	40.00
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			670	2.49	872	*54	*0	8.31	*0.00	162	116.67
% of Calories				3.34%		*32.2%	*0%	11.2%	*0.0%		69.7%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 06/26/2025 Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992501 Turkey Bolognese WG Pasta - R:3/4, OT:1/4	serving	45	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	5	392	0.44	513	*11	*1	5.41	*0.00	3	70.20
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	50	39	0.02	1	8	*0	0.13	0.00	0	10.29

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 3, 2025

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991307 Cranberry, Dried Original	1.16oz	50	110	0.00	0	24	*N/A*	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			703	3.27	471	*54	*1	12.93	*0.00	95	119.63
% of Calories				4.19%		*30.7%	*0.6%	16.6%	*0.0%		68.1%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 06/27/2025

Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992564 BYO Turkey Nachos - (2 chips per student)	SERVING	45	426	8.30	432	*0	*0	22.76	0.00	82	37.73
992720 VG/DF- BYO Veggie Nachos -9-12 Grade	SERVING	5	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	50	59	0.04	24	7	*0	0.11	0.00	0	13.05
991695 SOUR CREAM,FAT FREE (SS)	1oz	50	25	0.00	30	2	2	0.00	0.00	0	4.00
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

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 3, 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 (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			768	8.96	670	*58	*2	23.59	0.00	83	106.65
% of Calories				10.50 %		*30.2%	*1.0%	27.6%	0.0%		55.5%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 06/30/2025

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 (g)	Cholst (mg)	Carb (g)
991613 Corn Dog Chicken Mini WG	6 pc (4.02oz)	45	315	3.64	497	6	*N/A*	16.97	0.00	48	26.67
991712 Veggie Hot Dog	serving	5	280	0.00	750	*5	*0	7.00	0.00	0	35.00
992895 CREAMY COLESLAW - 1 cup: R:1/2, OT:1/2	1 cup	100	99	0.49	100	9	*0	2.89	*0.00	3	16.97
000222 KETCHUP: individual	9 gr	50	10	0.00	90	2	2	0.00	0.00	0	2.00
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	50	123	0.04	0	24	0	0.31	0.00	0	30.78
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

Jun 2, 2025 thru Jul 3, 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 (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			744	5.04	941	*63	*2	23.32	*0.00	60	107.23
% of Calories				6.10%		*33.9%	*1.1%	28.2%	*0.0%		57.7%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 07/01/2025 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 (g)	Cholst (mg)	Carb (g)
992508 Chicken Enchiladas 1/4 cup: R: 1/4	serving	45	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	5	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	50	126	0.01	148	*1	*N/A*	0.04	*0.00	0	21.85
992869 Sour Cream (ss)	28 gr	50	60	3.50	15	1	1	5.00	0.00	20	1.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	50	77	0.04	1	15	0	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

Jun 2, 2025 thru Jul 3, 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 (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			713	8.18	713	*33	*1	18.79	*0.00	72	93.51
% of Calories				10.33 %		*18.5%	*0.6%	23.7%	*0.0%		52.5%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 07/02/2025 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 (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
992778 Sautéed Collards Green- DG:3/4	3/4 cup	100	97	0.41	141	5	*0	5.61	0.01	0	11.21
992551 TANGERINES,FRESH - (1 cup - 2 Tangerines)	2 (150ct p/cs)	100	127	0.09	5	25	0	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			636	4.31	996	*51	*1	17.20	0.01	63	93.82
% of Calories				6.10%		*32.1%	*0.6%	24.3%	0.0%		59.0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 3, 2025

Thursday - 07/03/2025 Reimbursable Meal Total 145

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992305 Turkey Rice w/Corn,Red,Gr.Pepper R:1/4,S:1/2,O:1/4	1 cup	145	492	2.49	456	*11	*0	13.57	0.00	110	70.31
992306 V/VG-Turkey Taco Rice 1 CUP - R:1/4,S:1/2,O:1/4	3/4 cup	0	424	0.21	614	*11	*0	6.52	0.00	18	73.84
992869 Sour Cream (ss)	28 gr	145	60	3.50	15	1	1	5.00	0.00	20	1.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	290	210	0.26	2	29	0	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	73	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	72	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	145	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			1072	7.26	606	*82	*1	21.37	0.00	140	192.12
% of Calories				6.10%		*30.6%	*0.4%	17.9%	0.0%		71.7%
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 (g)	Cholst (mg)	Carb (g)
Weighted Averages		758	6	933	*53	*1	19.49	*0.00	*80	113.38
% of Calories			7.25%		*28.0%	*0.5%	23.1%	*0.0%		59.8%

**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

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.