



February Lunch Menu

BISHOP

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
2 grilled cheese* steamed green beans steamed corn fresh grapes	3 beef burger on a bun veggie burger on a bun* ketchup mustard roasted red potatoes cucumber salad fresh apple	4 crispy chicken tender veggie chik'n nuggets* ketchup mac & cheese cinnamon roasted butternut squash roasted broccoli orange wedges	5 jamaican jerk chicken drum red beans* yellow rice sauteed cabbage oven fried plantains fresh pear	6 baked fish sticks bbq baked beans* cornbread muffin buffalo cauliflower roasted carrots cantaloupe
9 turkey & bean chili veg out chili* cornbread muffin steamed broccoli fresh grapes	10 cheese pizza* mixed greens salad italian dressing steamed corn fresh apple	11 orange glazed chicken orange glazed tofu* brown rice steamed carrots steamed green peas orange wedges	12 no school	13 no school
16 no school	17 crispy fish sandwich grilled cheese* hot sauce steamed green peas steamed carrots ketchup fresh grapes	18 beef hot dog on a bun veggie burger on a bun* ketchup mustard steamed green beans steamed corn orange wedges	19 bbq chicken drum bbq baked beans* cornbread muffin roasted cauliflower roasted broccoli fresh pear	20 black-eyed peas* jollof rice roasted butternut squash garlic kale cantaloupe
23 cumin lime chicken chili black beans* tortillas hot sauce steamed corn sweet potato wedges fresh grapes	24 turkey meatballs & sauce lentil bolognese* whole grain rotini pasta garlic breadstick steamed green beans fresh apple	25 pepperoni pizza cheese pizza* steamed broccoli baby carrots ranch dressing orange wedges	26 beef shepherd's pie lentil shepherd's pie* biscuit steamed green peas mashed potatoes fresh pear	27 sweet chili tofu* brown rice sauteed cabbage & snap peas steamed carrots cantaloupe



BLACK HISTORY MONTH FEATURE

All month long, we will feature foods rooted in African heritage and culture. Look for these days on our menus marked with a flag in the left-hand corner.

Base Menu Spreadsheet

Portion Values

Feb 2, 2026 thru Feb 27, 2026

Menu Name: Private/Charter Lunch K-8 **Include Cost:** No
Site:
Use Alternate Menu Name: Alternate Menu Name 1

Monday - 02/02/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
000539	grilled cheese*	1 ea	100	342	9.11	665	*0.00	*N/A*	16.17	0.00	40	32.00	4.00	20.18	*N/A*	525.0	0.00	1.44
001091	steamed green beans	2 oz	100	26	0.18	48	*0.01	*N/A*	1.20	*0.00	0	3.09	1.03	0.73	*N/A*	*17.0	*5.06	*0.34
000469	steamed corn	4 oz	100	88	0.34	96	2.06	*N/A*	2.32	*0.00	0	17.08	1.73	2.49	*N/A*	*3.3	*5.28	*0.35
999050	fresh grapes	4 oz	100	61	0.10	2	14.74	0.00	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
000231	Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230	1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160	Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093	soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average				615	10.89	925	*29.28	*0.00	21.79	*0.00	50	79.86	7.58	32.24	*0	*922.6	*14.71	*2.47
% of Calories					15.94 %		*19.04 %	*N/A*	31.9%	*0.0%		51.9%		21.0%				
Weekly Nutrient Guideline				600 - 650	<10	1110		<10	<=0									

Tuesday - 02/03/2026 Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Feb 2, 2026 thru Feb 27, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000235 beef burger on a bun	1 ea	95	339	4.20	302	3.04	*N/A*	12.69	0.34	80	29.53	4.15	29.79	*N/A*	33.6	0.05	3.97
000409 veggie burger on a bun*	1 ea	5	370	2.50	570	4.00	*0.00	15.00	0.00	0	36.00	6.00	25.00	*N/A*	24.0	0.00	7.44
000556 ketchup	1 ea	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000557 mustard	1 ea	100	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000386 roasted red potatoes	4 oz	100	86	0.35	110	*0.01	*N/A*	2.37	*0.00	0	14.90	1.62	1.79	*N/A*	*10.2	*7.93	*0.69
990452 cucumber salad	2 oz	100	29	0.34	48	*0.88	*0.00	2.29	*0.00	0	2.01	0.33	0.34	*N/A*	*9.0	*1.42	*0.18
000673 fresh apple	1 ea	100	95	0.05	2	18.91	*N/A*	0.31	0.00	0	25.13	4.37	0.47	*N/A*	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			659	6.02	764	*37.37	*2.00	19.55	*0.32	86	86.02	10.55	40.43	*0	*427.8	*18.51	*5.32
% of Calories				8.22%		*22.68 %	*N/A*	26.7%	*0.4%		52.2%		24.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Wednesday - 02/04/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000543 crispy chicken tender	1 ea	95	137	0.24	283	1.43	*0.00	0.87	*0.00	49	11.00	0.82	20.98	*N/A*	38.9	2.66	1.26

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Feb 2, 2026 thru Feb 27, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
990376	veggie chik'n nuggets*	5 ea	5	225	1.25	438	2.50	*N/A*	10.00	0.00	0	22.50	5.00	15.00	*N/A*	50.0	0.00	2.25
000556	ketchup	1 ea	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990845	mac & cheese	4 oz	100	211	6.00	400	0.85	*0.00	9.64	0.00	30	22.00	2.12	9.98	*N/A*	223.0	0.00	0.00
990222	cinnamon roasted butternut squash	2 oz	100	40	0.22	62	*0.34	*0.34	1.50	*0.00	0	6.91	1.18	0.72	*N/A*	*22.4	*9.30	*0.45
000647	roasted broccoli	4 oz	100	55	0.43	126	1.65	*N/A*	2.60	*0.00	0	6.66	2.55	2.78	*N/A*	*45.9	*86.10	*0.73
000135	orange wedges	3 ea	100	43	0.01	0	8.60	*N/A*	0.11	0.00	0	10.81	2.21	0.86	*N/A*	36.8	48.94	0.09
000231	Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230	1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160	Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093	soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average				598	8.11	1082	*27.39	*2.34	16.94	*0.00	86	72.08	9.10	43.29	*0	*732.2	*147.62	*2.66
% of Calories					12.21 %		*18.32 %	*0.00%	25.5%	*0.0%		48.2%		29.0%				
Weekly Nutrient Guideline				600 - 650	<10	1110		<10	<=0									

Thursday - 02/05/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
990634	jamaican jerk chicken drum	1 ea	95	302	4.32	388	*2.91	*2.70	18.66	*0.07	129	5.59	0.75	25.95	*N/A*	*32.5	*1.03	*1.74
000351	red beans*	4 oz	5	149	0.39	52	0.41	*N/A*	2.69	*0.00	0	23.58	5.82	8.43	*N/A*	*34.2	*2.33	*2.60

Base Menu Spreadsheet

Portion Values

Feb 2, 2026 thru Feb 27, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000630 yellow rice	4 oz	100	123	0.18	104	0.32	*0.00	2.21	*0.00	0	23.04	1.43	3.22	*N/A*	*4.6	*0.08	*0.76
000639 sauteed cabbage	4 oz	100	38	0.27	117	2.58	*0.00	1.84	*0.00	0	5.14	1.85	1.01	*N/A*	*29.6	*24.75	*0.36
990296 oven fried plantains	2 oz	100	95	0.26	37	12.63	*N/A*	1.84	*0.00	0	17.89	1.05	1.05	*N/A*	0.0	*0.00	0.57
000884 fresh pear	1 ea	100	101	0.04	2	17.36	*N/A*	0.25	0.00	0	27.11	5.52	0.64	*N/A*	16.0	7.65	0.32
000231 Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soy milk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			750	6.03	744	*48.14	*2.56	25.77	*0.06	132	91.79	10.85	39.27	*0	*447.4	*34.32	*3.87
% of Calories				7.24%		*25.67 %	*1.44%	30.9%	*0.1%		49.0%		20.9%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Friday - 02/06/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990631 baked fish sticks	2 ea	95	152	0.49	511	0.90	*N/A*	3.01	*0.00	61	11.21	0.82	18.84	*N/A*	*69.4	*0.07	*0.76
000475 bbq baked beans*	4 oz	5	217	0.69	102	4.76	*2.13	4.43	*0.00	0	35.22	6.47	10.28	*N/A*	*75.8	*0.49	*3.63
000851 cornbread muffin	1 ea	100	220	1.00	115	18.00	18.00	8.00	0.00	20	36.00	1.00	3.00	*N/A*	27.0	0.00	1.00
001147 buffalo cauliflower	2 oz	100	26	0.20	145	0.99	*N/A*	1.08	*0.00	0	2.85	1.08	1.05	*N/A*	*12.0	*24.85	*0.24

Base Menu Spreadsheet

Portion Values

Feb 2, 2026 thru Feb 27, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
000244	roasted carrots	4 oz	100	69	0.36	171	5.30	*N/A*	2.56	*0.00	0	11.08	3.20	1.14	*N/A*	*38.7	*6.61	*0.38
990424	cantaloupe	4 oz	100	60	0.09	28	13.82	*N/A*	0.33	0.00	0	14.34	1.58	1.48	*N/A*	15.8	64.51	0.37
000231	Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230	1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160	Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093	soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average				627	3.31	1063	51.67	*18.11	16.82	*0.00	88	88.80	7.97	33.35	*0	*527.8	*96.80	*2.97
% of Calories					4.75%		32.96%	*N/A*	24.1%	*0.0%		56.7%		21.3%				
Weekly Nutrient Guideline				600 - 650	<10	1110		<10	<=0									

Monday - 02/09/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
990402	turkey & bean chili	6 oz	95	166	1.51	183	*1.89	*N/A*	5.57	*0.00	54	16.94	4.52	13.29	*N/A*	*72.0	*8.64	*2.88
000725	veg out chili*	6 oz	5	192	0.30	507	*3.66	*0.00	1.74	*0.00	0	34.20	10.65	11.15	*N/A*	*82.4	*13.39	*3.49
000851	cornbread muffin	1 ea	100	220	1.00	115	18.00	18.00	8.00	0.00	20	36.00	1.00	3.00	*N/A*	27.0	0.00	1.00
000107	steamed broccoli	4 oz	100	32	0.11	31	1.61	*N/A*	0.35	0.00	0	6.27	2.46	2.66	*N/A*	44.4	84.30	0.69
999050	fresh grapes	4 oz	100	61	0.10	2	14.74	0.00	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
000231	Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10

Base Menu Spreadsheet

Portion Values

Feb 2, 2026 thru Feb 27, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			578	3.81	461	*48.80	*18.00	15.81	*0.00	81	87.76	9.09	27.70	*0	*521.3	*97.54	*4.94
% of Calories				5.93%		*33.77 %	*N/A*	24.6%	*0.0%		60.7%		19.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Tuesday - 02/10/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990978 cheese pizza*	1 slice	100	280	5.00	570	3.00	1.00	11.00	0.00	25	31.00	3.00	15.00	*N/A*	310.0	*N/A*	1.60
001148 mixed greens salad	4 oz	100	5	0.01	8	0.25	*N/A*	0.06	0.00	0	0.86	0.54	0.41	*N/A*	12.9	2.71	0.31
000680 italian dressing	1 oz	100	134	1.98	25	0.39	*0.00	13.83	*0.00	0	0.86	0.27	0.09	*N/A*	*13.0	*0.42	*0.44
000469 steamed corn	4 oz	100	88	0.34	96	2.06	*N/A*	2.32	*0.00	0	17.08	1.73	2.49	*N/A*	*3.3	*5.28	*0.35
000673 fresh apple	1 ea	100	95	0.05	2	18.91	*N/A*	0.31	0.00	0	25.13	4.37	0.47	*N/A*	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Feb 2, 2026 thru Feb 27, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999093 soy milk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			699	8.53	815	37.08	*1.00	29.29	*0.00	35	87.06	9.90	26.74	*0	*714.7	*17.52	*3.00
% of Calories				10.98 %		21.22%	*0.57%	37.7%	*0.0%		49.8%		15.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Wednesday - 02/11/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000467 orange glazed chicken	3 oz	95	203	0.84	321	18.40	*10.27	5.44	*0.00	57	20.14	0.21	18.37	*N/A*	*23.1	*24.24	*0.47
990641 orange glazed tofu*	4 oz	5	242	0.72	332	18.39	*10.27	10.18	*0.00	0	24.53	3.11	12.70	*N/A*	*209.9	*24.21	*2.30
990356 brown rice	4 oz	100	124	0.18	101	0.26	*0.00	2.19	*0.00	0	23.22	1.49	3.21	*N/A*	*4.8	*0.08	*0.59
990377 steamed carrots	2 oz	100	20	0.00	41	2.72	*N/A*	0.00	0.00	0	4.76	2.04	0.68	*N/A*	20.4	*N/A*	0.27
000466 steamed green peas	4 oz	100	94	0.38	196	4.73	*N/A*	2.62	*0.00	0	12.89	4.26	4.94	*N/A*	*20.8	*17.03	*1.45
000135 orange wedges	3 ea	100	43	0.01	0	8.60	*N/A*	0.11	0.00	0	10.81	2.21	0.86	*N/A*	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Feb 2, 2026 thru Feb 27, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			584	2.56	773	47.18	*10.27	12.36	*0.00	64	84.16	10.35	36.06	*0	*479.9	*91.03	*3.05
% of Calories				3.95%		32.32%	*7.03%	19.0%	*0.0%		57.6%		24.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Thursday - 02/12/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001044 beef bolognese	4 oz	95	257	5.49	643	*7.43	*0.44	16.41	*0.54	52	11.88	2.45	16.49	*N/A*	*47.2	*2.61	*1.88
999139 lentil bolognese*	6 oz	5	198	0.27	747	*8.19	*0.44	1.84	*0.00	0	35.60	6.46	12.21	*N/A*	*49.8	*4.30	*2.80
000521 whole grain penne pasta	4 oz	100	120	0.32	98	0.47	*N/A*	2.95	*0.00	0	19.31	2.36	3.30	*N/A*	*14.0	*0.00	*0.85
990225 parmesan butternut squash	2 oz	100	63	0.81	66	*0.11	*N/A*	3.40	*0.00	2	7.82	1.22	1.84	*N/A*	*24.6	*9.31	*0.53
000047 steamed green beans	4 oz	100	52	0.36	96	*0.01	*N/A*	2.41	*0.00	0	6.19	2.06	1.46	*N/A*	*33.9	*10.12	*0.69
000884 fresh pear	1 ea	100	101	0.04	2	17.36	*N/A*	0.25	0.00	0	27.11	5.52	0.64	*N/A*	16.0	7.65	0.32
000231 Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Feb 2, 2026 thru Feb 27, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			689	7.91	1025	*37.89	*0.44	26.45	*0.51	62	85.61	13.81	31.78	*0	*500.4	*30.52	*4.39
% of Calories				10.33 %		*22.00 %	*0.26%	34.6%	*0.7%		49.7%		18.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Friday - 02/13/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000543 crispy chicken tender	1 ea	95	137	0.24	283	1.43	*0.00	0.87	*0.00	49	11.00	0.82	20.98	*N/A*	38.9	2.66	1.26
990376 veggie chik'n nuggets*	5 ea	5	225	1.25	438	2.50	*N/A*	10.00	0.00	0	22.50	5.00	15.00	*N/A*	50.0	0.00	2.25
990076 whole grain waffles	2 ea	100	130	1.00	360	4.00	2.00	3.50	0.00	5	23.00	3.00	4.00	*N/A*	50.0	*N/A*	1.00
000005 braised collard greens	4 oz	100	67	0.30	126	*1.49	*1.08	2.12	*0.00	0	10.51	5.48	3.74	*N/A*	*218.8	*52.56	*0.33
990648 sweet potato hash	2 oz	100	89	0.35	180	3.63	*0.00	2.33	*0.00	0	15.86	2.53	1.40	*N/A*	*25.2	*8.28	*0.56
999100 syrup	1 ea	100	80	0.00	15	21.00	21.00	0.00	0.00	0	21.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
000556 ketchup	1 ea	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990424 cantaloupe	4 oz	100	60	0.09	28	13.82	*N/A*	0.33	0.00	0	14.34	1.58	1.48	*N/A*	15.8	64.51	0.37
000231 Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Feb 2, 2026 thru Feb 27, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			675	3.18	1204	*59.88	*26.08	11.38	*0.00	61	110.41	13.62	39.57	*0	*713.9	*128.62	*3.65
% of Calories				4.24%		*35.48 %	*0.00%	15.2%	*0.0%		65.4%		23.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Monday - 02/16/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 no school																	
Weighted Daily Average			0	0.00	0	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Tuesday - 02/17/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990362 crispy fish sandwich	1 ea	95	313	0.81	797	3.90	*N/A*	7.25	*0.00	61	40.25	4.84	24.84	*N/A*	*89.7	*0.07	*2.21
000539 grilled cheese*	1 ea	5	342	9.11	665	*0.00	*N/A*	16.17	0.00	40	32.00	4.00	20.18	*N/A*	525.0	0.00	1.44
000604 hot sauce	1 ea	100	2	0.00	92	0.00	0.00	0.00	0.00	0	0.00	0.30	0.00	*N/A*	0.0	0.00	0.00
001101 steamed green peas	2 oz	100	47	0.19	98	2.36	*N/A*	1.31	*0.00	0	6.44	2.13	2.47	*N/A*	*10.4	*8.52	*0.72

Base Menu Spreadsheet

Portion Values

Feb 2, 2026 thru Feb 27, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000454 steamed carrots	4 oz	100	41	0.00	82	5.44	*N/A*	0.00	0.00	0	9.52	4.08	1.36	*N/A*	40.8	*N/A*	0.54
000556 ketchup	1 ea	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
999050 fresh grapes	4 oz	100	61	0.10	2	14.74	0.00	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
000231 Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			576	2.92	1301	39.60	*3.90	10.98	*0.00	70	84.24	11.17	37.38	*486.8	*538.2	*12.54	*3.75
% of Calories				4.56%		27.50 %	*1.39%	17.2%	*0.0%		58.5%		26.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Wednesday - 02/18/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000240 beef hot dog on a bun	1 ea	95	300	7.00	820	3.00	*0.00	16.50	0.00	35	29.00	4.00	11.00	*N/A*	40.0	0.00	1.80
000409 veggie burger on a bun*	1 ea	5	370	2.50	570	4.00	*0.00	15.00	0.00	0	36.00	6.00	25.00	*N/A*	24.0	0.00	7.44
000556 ketchup	1 ea	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000557 mustard	1 ea	100	60	0.00	82	10.00	0.00	0.00	0.00	0	16.60	0.00	0.00	*N/A*	10.0	0.00	0.00
000047 steamed green beans	4 oz	100	52	0.36	96	*0.01	*N/A*	2.41	*0.00	0	6.19	2.06	1.46	*N/A*	*33.9	*10.12	*0.69

Base Menu Spreadsheet

Portion Values

Feb 2, 2026 thru Feb 27, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001097 steamed corn	2 oz	100	44	0.17	48	1.03	*N/A*	1.16	*0.00	0	8.54	0.87	1.24	*N/A*	*1.6	*2.64	*0.17
000135 orange wedges	3 ea	100	43	0.01	0	8.60	*N/A*	0.11	0.00	0	10.81	2.21	0.86	*N/A*	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			551	8.47	1240	*27.17	*2.00	21.87	*0.00	43	69.01	9.23	23.54	*0	*476.2	*62.45	*3.12
% of Calories				13.83 %		*19.72 %	*0.00%	35.7%	*0.0%		50.1%		17.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Thursday - 02/19/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990635 bbq chicken drum	1 ea	95	286	3.45	429	13.00	*N/A*	12.89	0.07	129	14.15	0.00	25.34	*N/A*	13.2	*0.00	1.16
000475 bbq baked beans*	4 oz	5	217	0.69	102	4.76	*2.13	4.43	*0.00	0	35.22	6.47	10.28	*N/A*	*75.8	*0.49	*3.63
000851 cornbread muffin	1 ea	100	220	1.00	115	18.00	18.00	8.00	0.00	20	36.00	1.00	3.00	*N/A*	27.0	0.00	1.00
000651 roasted cauliflower	4 oz	100	37	0.30	125	1.98	*N/A*	1.41	*0.00	0	5.38	2.11	2.04	*N/A*	*23.2	*49.74	*0.46
990334 Roasted Broccoli	2 oz	100	27	0.22	63	0.82	*N/A*	1.30	*0.00	0	3.33	1.28	1.39	*N/A*	*22.9	*43.05	*0.36
000884 fresh pear	1 ea	100	101	0.04	2	17.36	*N/A*	0.25	0.00	0	27.11	5.52	0.64	*N/A*	16.0	7.65	0.32

Base Menu Spreadsheet

Portion Values

Feb 2, 2026 thru Feb 27, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			766	6.01	831	63.21	*18.11	25.20	*0.06	152	99.15	10.22	39.93	*0	*470.1	*101.21	*3.50
% of Calories				7.06%		33.01%	*N/A*	29.6%	*0.1%		51.8%		20.9%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Friday - 02/20/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000519 chicken yassa	3 oz	95	127	0.56	58	4.86	*1.80	3.55	*0.00	57	6.44	0.55	18.04	*N/A*	*13.6	*1.01	*0.67
000029 black eyed peas*	4 oz	5	145	0.47	56	*0.67	*N/A*	2.86	*0.00	0	22.43	4.14	8.40	*N/A*	*42.6	*8.91	*3.00
000605 jollof rice	4 oz	100	183	0.26	133	*2.57	*0.00	2.96	*0.00	0	34.98	3.14	4.97	*N/A*	*18.3	*19.76	*1.35
990083 roasted butternut squash	2 oz	100	45	0.32	62	*0.00	*N/A*	2.20	*0.00	0	6.52	1.14	0.72	*N/A*	*21.4	*9.30	*0.44
000492 garlic kale	4 oz	100	54	0.46	136	0.81	*N/A*	3.40	*0.00	0	4.80	3.34	2.57	*N/A*	*197.6	*72.04	*1.34
990424 cantaloupe	4 oz	100	60	0.09	28	13.82	*N/A*	0.33	0.00	0	14.34	1.58	1.48	*N/A*	15.8	64.51	0.37
000231 Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07

Base Menu Spreadsheet

Portion Values

Feb 2, 2026 thru Feb 27, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soy milk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
000539 grilled cheese*	1 ea	0	342	9.11	665	*0.00	*N/A*	16.17	0.00	40	32.00	4.00	20.18	*N/A*	525.0	0.00	1.44
Weighted Daily Average			569	2.84	530	*34.32	*1.71	14.18	*0.00	64	80.01	9.94	35.57	*0	*632.8	*167.76	*4.37
% of Calories				4.49%		*24.13 %	*1.26%	22.4%	*0.0%		56.2%		25.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Monday - 02/23/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001037 cumin lime chicken	3 oz	95	143	1.10	222	0.14	*0.00	7.33	*0.00	57	1.64	0.34	17.95	*N/A*	*12.3	*0.46	*0.84
000637 chili black beans*	4 oz	5	209	0.65	141	1.81	*0.00	3.93	*0.00	0	33.39	8.49	11.20	*N/A*	*71.2	*13.00	*2.95
990269 tortillas	2 ea	100	140	1.00	210	0.00	*N/A*	4.00	0.00	0	26.00	4.00	4.00	*N/A*	80.0	0.00	0.00
000604 hot sauce	1 ea	100	2	0.00	92	0.00	0.00	0.00	0.00	0	0.00	0.30	0.00	*N/A*	0.0	0.00	0.00
001097 steamed corn	2 oz	100	44	0.17	48	1.03	*N/A*	1.16	*0.00	0	8.54	0.87	1.24	*N/A*	*1.6	*2.64	*0.17
990839 sweet potato wedges	4 oz	100	147	0.45	199	5.80	*N/A*	3.04	*0.00	0	28.05	4.24	2.24	*N/A*	*42.5	*3.32	*0.90
999050 fresh grapes	4 oz	100	61	0.10	2	14.74	0.00	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
000231 Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07

Base Menu Spreadsheet

Portion Values

Feb 2, 2026 thru Feb 27, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			638	3.95	883	34.27	*0.00	17.45	*0.00	64	93.50	10.97	33.95	*0	*516.7	*11.42	*2.36
% of Calories				5.57%		21.49%	*0.00%	24.6%	*0.0%		58.6%		21.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Tuesday - 02/24/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000913 turkey meatballs & sauce	4 ea	95	184	1.66	580	4.52	*0.00	9.62	*0.00	45	11.40	1.57	14.73	*N/A*	*47.4	*4.26	*1.45
999139 lentil bolognese*	6 oz	5	198	0.27	747	*8.19	*0.44	1.84	*0.00	0	35.60	6.46	12.21	*N/A*	*49.8	*4.30	*2.80
990353 whole grain rotini pasta	4 oz	96	111	0.32	101	0.50	*N/A*	2.99	*0.00	0	19.50	3.50	4.00	*N/A*	*15.6	*0.00	*1.00
990536 garlic breadstick	1 ea	100	100	0.50	95	1.00	0.00	3.50	0.00	0	15.00	1.00	1.00	*N/A*	0.0	*N/A*	0.90
000047 steamed green beans	4 oz	100	52	0.36	96	*0.01	*N/A*	2.41	*0.00	0	6.19	2.06	1.46	*N/A*	*33.9	*10.12	*0.69
000673 fresh apple	1 ea	100	95	0.05	2	18.91	*N/A*	0.31	0.00	0	25.13	4.37	0.47	*N/A*	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Feb 2, 2026 thru Feb 27, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			636	3.96	992	*37.58	*0.02	20.08	*0.00	53	89.77	12.60	29.65	*0	*472.0	*23.50	*4.37
% of Calories				5.60%		*23.64 %	*0.00%	28.4%	*0.0%		56.5%		18.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Wednesday - 02/25/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991043 pepperoni pizza	1 slice	95	290	5.17	625	3.17	1.17	11.50	0.00	29	31.17	3.00	15.99	*N/A*	310.0	*0.00	1.93
990978 cheese pizza*	1 slice	5	280	5.00	570	3.00	1.00	11.00	0.00	25	31.00	3.00	15.00	*N/A*	310.0	*N/A*	1.60
000107 steamed broccoli	4 oz	100	32	0.11	31	1.61	*N/A*	0.35	0.00	0	6.27	2.46	2.66	*N/A*	44.4	84.30	0.69
001083 baby carrots	2 oz	100	12	0.01	27	*N/A*	*N/A*	0.04	0.00	0	2.87	1.02	0.22	*N/A*	11.2	0.93	0.32
000372 ranch dressing	1 oz	100	64	1.51	105	1.28	*0.00	5.75	*0.00	7	2.37	0.06	0.74	*N/A*	27.7	0.49	0.04
000135 orange wedges	3 ea	100	43	0.01	0	8.60	*N/A*	0.11	0.00	0	10.81	2.21	0.86	*N/A*	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Feb 2, 2026 thru Feb 27, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			539	7.95	900	*27.12	*1.16	19.50	*0.00	46	65.60	8.74	28.71	*0	794.7	*135.40	3.14
% of Calories				13.27 %		*20.13 %	*0.87%	32.6%	*0.0%		48.7%		21.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Thursday - 02/26/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000793 beef shepherd's pie	3 oz	95	244	5.74	325	*1.44	*0.00	18.00	*0.54	53	5.50	0.70	14.26	*N/A*	*31.1	*3.74	*2.00
000797 lentil shepherd's pie*	5 oz	5	162	0.47	422	1.84	*0.00	3.61	*0.00	0	24.56	3.90	8.34	*N/A*	*24.0	*4.33	*2.32
000455 biscuit	1 ea	100	170	5.00	330	2.00	*N/A*	8.00	0.00	0	22.00	2.00	4.00	*N/A*	140.0	0.00	1.20
000466 steamed green peas	4 oz	100	94	0.38	196	4.73	*N/A*	2.62	*0.00	0	12.89	4.26	4.94	*N/A*	*20.8	*17.03	*1.45
001089 mashed potatoes	2 oz	100	53	0.67	101	*0.24	*0.00	2.19	*0.00	2	7.02	1.37	1.57	*N/A*	*22.9	*6.16	*1.76
000884 fresh pear	1 ea	100	101	0.04	2	17.36	*N/A*	0.25	0.00	0	27.11	5.52	0.64	*N/A*	16.0	7.65	0.32
000231 Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Feb 2, 2026 thru Feb 27, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			755	12.72	1072	*38.26	*0.00	32.11	*0.51	62	87.59	14.00	33.38	*0	*595.1	*35.35	*6.82
% of Calories				15.16 %		*20.27 %	*0.00%	38.3%	*0.6%		46.4%		17.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Friday - 02/27/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000668 sweet chili chicken	3 oz	95	163	0.59	310	10.02	*10.01	3.75	0.00	57	14.45	0.03	17.67	*N/A*	*11.8	*0.00	*0.54
990760 sweet chili tofu*	4 oz	5	211	0.48	325	12.00	*12.00	8.50	*0.00	0	21.69	2.95	11.74	*N/A*	*200.8	*0.00	*2.42
990356 brown rice	4 oz	100	124	0.18	101	0.26	*0.00	2.19	*0.00	0	23.22	1.49	3.21	*N/A*	*4.8	*0.08	*0.59
999146 sauteed cabbage & snap peas	4 oz	100	39	0.16	61	3.14	*0.00	1.06	*0.00	0	5.91	2.36	1.80	*3	*38.0	*22.58	*1.11
999149 steamed carrots	2 oz	100	23	0.02	38	2.64	*N/A*	0.13	0.00	0	5.33	1.56	0.52	*N/A*	18.3	3.28	0.17
990424 cantaloupe	4 oz	100	60	0.09	28	13.82	*N/A*	0.33	0.00	0	14.34	1.58	1.48	*N/A*	15.8	64.51	0.37
000231 Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10

Base Menu Spreadsheet

Portion Values

Feb 2, 2026 thru Feb 27, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
Weighted Daily Average			508	2.19	653	*42.43	*10.11	9.47	*0.00	64	75.73	7.17	32.65	*3	*462.7	*91.19	*2.95
% of Calories				3.88%		*33.41 %	*7.88%	16.8%	*0.0%		59.6%		25.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	634	6	907	*40.73	*6.10	19.32	*0.08	72	85.74	10.60	33.95	*0	*576.1	*69.64	*3.72
% of Calories		8.30%		*25.70 %	*N/A*	27.4%	*0.1%		54.1%		21.4%				

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
Added Sugars target is informational only, with an effective date of July 1, 2027.

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