



April Breakfast 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
no school 30	no school 31	no school 1	no school 2	no school 3
no school 6	blueberry chex fresh apple 7	turkey ham & cheese on a croissant croissant jelly cantaloupe 8	diced peaches vanilla yogurt granola 100% orange juice 9	pineapple carrot bread hard boiled egg hot sauce honeydew 10
honey bunches of oats fresh apple 13	english muffin jelly yogurt orange wedges 14	bagel cream cheese jelly cheese stick cantaloupe 15	no school 16	no school 17
cinnamon toasters cereal fresh apple 20	turkey ham & cheese on a croissant croissant jelly orange wedges 21	bagel cream cheese jelly yogurt cantaloupe 22	blueberries vanilla yogurt granola 100% orange juice 23	banana bread hard boiled egg hot sauce honeydew 24
cinnamon chex fresh apple 27	bagel cream cheese jelly yogurt orange wedges 28	english muffin jelly cheese stick cantaloupe 29	cinnamon apples vanilla yogurt granola 100% orange juice 30	blueberry bread hard boiled egg hot sauce honeydew 1

SPRING FEATURE!

Celebrate spring with our peach and blueberry parfaits—made with vanilla yogurt, whole grain granola, and fresh fruit.



Planned Menu Spreadsheet

Portion Values

Mar 30, 2026 thru May 1, 2026

Menu Name: Private/Charter COLD Breakfast K-12 **Include Cost:** No
Site: 32 - Bishop
Use Alternate Menu Name: Alternate Menu Name 1

Monday - 03/30/2026

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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990984 cinnamon chex	1 ea	0	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
000673 fresh apple	1 ea	0	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
000231 Skim Milk	8 oz	0	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	0	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	110	1.50	130	12.00	0.00	2.50	0.00	10	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			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			450 - 500	<10	540		<10										

Tuesday - 03/31/2026

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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000001 bagel	1 ea	0	171	0.00	331	5.70	4.56	1.14	0.00	0	34.21	4.56	6.84	*N/A*	0.0	0.00	0.00
990427 cream cheese	1 ea	0	51	3.04	142	1.01	0.00	4.56	0.00	15	2.02	0.00	0.38	*N/A*	*N/A*	0.00	0.00

Planned Menu Spreadsheet

Portion Values

Mar 30, 2026 thru May 1, 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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000603 jelly	1 ea	0	35	0.00	0	9.00	8.00	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	0.00	0.00
990703 yogurt	1 ea	0	82	0.00	69	12.00	7.00	0.00	0.00	0	16.00	0.00	3.00	*N/A*	312.5	0.30	0.00
000812 orange wedges	6 ea	0	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18
000231 Skim Milk	8 oz	0	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	0	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	110	1.50	130	12.00	0.00	2.50	0.00	10	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			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			450 - 500	<10	540		<10										

Wednesday - 04/01/2026

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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000448 english muffin	1 ea	0	120	0.00	150	1.00	1.00	1.50	0.00	0	25.00	3.00	6.00	*N/A*	*N/A*	*N/A*	*N/A*
000886 jelly	1 ea	0	35	0.00	0	9.00	8.00	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
999091 cheese stick	1 ea	0	110	6.00	190	0.00	0.00	9.00	0.00	25	0.00	0.00	7.00	*N/A*	200.0	*N/A*	0.00
990421 cantaloupe	8 oz	0	120	0.18	56	27.63	*N/A*	0.67	0.00	0	28.69	3.16	2.95	*N/A*	31.6	129.01	0.74
000231 Skim Milk	8 oz	0	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00

Planned Menu Spreadsheet

Portion Values

Mar 30, 2026 thru May 1, 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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000230 1% Lowfat Milk	8 oz	0	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	110	1.50	130	12.00	0.00	2.50	0.00	10	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			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			450 - 500	<10	540		<10										

Thursday - 04/02/2026

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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990956 cinnamon apples	4 oz	0	91	0.14	29	19.31	*8.89	0.89	*0.00	0	22.14	1.51	0.31	*0	*14.8	*0.12	*0.28
999241 vanilla yogurt	4 oz	0	80	0.00	73	13.34	7.34	0.00	0.00	3	16.68	0.00	3.34	0	320.2	0.00	0.00
991046 granola	3 oz	0	130	0.50	60	6.50	6.00	3.50	0.00	0	22.49	2.00	2.50	0	15.0	0.00	0.90
000171 100% orange juice	4 oz	0	60	0.00	0	11.00	0.00	0.00	0.00	0	14.00	0.00	1.00	*N/A*	10.0	42.00	0.00
000231 Skim Milk	8 oz	0	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	0	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	110	1.50	130	12.00	0.00	2.50	0.00	10	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
991012 honey bunches of oats	1 ea	0	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*

Planned Menu Spreadsheet

DC Central Kitchen

Portion Values

Mar 30, 2026 thru May 1, 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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000812 orange wedges	6 ea	0	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18
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			450 - 500	<10	540		<10										

Friday - 04/03/2026

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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990854 blueberry bread	2 wt oz	0	162	0.79	134	*12.98	*12.35	4.93	*0.00	17	27.23	1.73	2.67	*0	*47.6	*2.13	*0.97
000882 hard boiled egg	1 ea	0	78	1.63	62	0.56	0.00	5.30	0.00	186	0.56	0.00	6.29	*N/A*	25.0	0.00	0.60
000604 hot sauce	1 ea	0	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
990436 honeydew	8 oz	0	133	0.14	67	30.07	0.00	0.52	0.00	0	33.66	2.96	2.00	*N/A*	22.2	66.65	0.63
000231 Skim Milk	8 oz	0	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	0	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	110	1.50	130	12.00	0.00	2.50	0.00	10	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			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			450 - 500	<10	540		<10										

Planned Menu Spreadsheet

Portion Values

Mar 30, 2026 thru May 1, 2026

Monday - 04/06/2026

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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990985 blueberry chex	1 ea	0	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
000673 fresh apple	1 ea	0	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
000231 Skim Milk	8 oz	0	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	0	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	110	1.50	130	12.00	0.00	2.50	0.00	10	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			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			450 - 500	<10	540		<10										

Tuesday - 04/07/2026

Reimbursable Meal Total 40

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000001 bagel	1 ea	0	171	0.00	331	5.70	4.56	1.14	0.00	0	34.21	4.56	6.84	*N/A*	0.0	0.00	0.00
990427 cream cheese	1 ea	0	51	3.04	142	1.01	0.00	4.56	0.00	15	2.02	0.00	0.38	*N/A*	*N/A*	0.00	0.00
000886 jelly	1 ea	0	35	0.00	0	9.00	8.00	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
000812 orange wedges	6 ea	0	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18

Planned Menu Spreadsheet

DC Central Kitchen

Portion Values

Mar 30, 2026 thru May 1, 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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999091 cheese stick	1 ea	0	110	6.00	190	0.00	0.00	9.00	0.00	25	0.00	0.00	7.00	*N/A*	200.0	*N/A*	0.00
000231 Skim Milk	8 oz	19	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	19	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	1	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
990985 blueberry chex	1 ea	40	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
000673 fresh apple	1 ea	40	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
Weighted Daily Average			432	1.32	441	42.21	11.25	6.61	0.00	8	83.74	5.42	11.58	*71	*638.3	*31.85	32.28
% of Calories				2.75%		39.08%	10.42%	13.8%	0.0%		77.5%		10.7%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Wednesday - 04/08/2026

Reimbursable Meal Total 40

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990916 turkey ham & cheese on a croissant	1 ea	37	331	8.31	622	4.00	3.00	16.59	0.00	50	29.50	3.00	19.09	*N/A*	228.5	*0.00	1.79
990826 croissant	1 ea	3	190	3.00	190	4.00	3.00	7.00	0.00	0	29.00	3.00	5.00	*N/A*	26.0	0.00	1.44
000603 jelly	1 ea	3	35	0.00	0	9.00	8.00	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	0.00	0.00
990421 cantaloupe	8 oz	40	120	0.18	56	27.63	*N/A*	0.67	0.00	0	28.69	3.16	2.95	*N/A*	31.6	129.01	0.74
000231 Skim Milk	8 oz	19	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00

Planned Menu Spreadsheet

Portion Values

Mar 30, 2026 thru May 1, 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)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000230 1% Lowfat Milk	8 oz	19	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	1	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
990985 blueberry chex	1 ea	0	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
000673 fresh apple	1 ea	0	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
Weighted Daily Average			540	8.86	765	44.61	*3.85	17.84	0.00	55	71.43	6.21	29.09	*71	547.3	*129.49	2.56
% of Calories				14.77 %		33.04%	*2.85%	29.7%	0.0%		52.9%		21.5%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Thursday - 04/09/2026

Reimbursable Meal Total 40

	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)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999211 diced peaches	4 oz	40	30	0.00	0	0.00	0.00	0.00	0.00	0	6.50	1.00	0.50	*N/A*	0.0	0.00	0.02
999241 vanilla yogurt	4 oz	40	80	0.00	73	13.34	7.34	0.00	0.00	3	16.68	0.00	3.34	0	320.2	0.00	0.00
991046 granola	3 oz	40	130	0.50	60	6.50	6.00	3.50	0.00	0	22.49	2.00	2.50	0	15.0	0.00	0.90
000171 100% orange juice	4 oz	40	60	0.00	0	11.00	0.00	0.00	0.00	0	14.00	0.00	1.00	*N/A*	10.0	42.00	0.00
000231 Skim Milk	8 oz	20	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	20	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Planned Menu Spreadsheet

Portion Values

Mar 30, 2026 thru May 1, 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 (mcg RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	1	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			402	1.31	258	43.76	13.58	4.86	0.00	12	72.90	3.05	15.85	*75	662.7	*42.50	0.98
% of Calories				2.93%		43.54%	13.51%	10.9%	0.0%		72.5%		15.8%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Friday - 04/10/2026

Reimbursable Meal Total 40

	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 (mcg RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)
990036 pineapple carrot bread	2 wt oz	40	166	0.78	175	15.54	*12.35	4.86	*0.00	17	28.40	1.62	2.71	*0	*51.7	*3.80	*1.02
000882 hard boiled egg	1 ea	40	78	1.63	62	0.56	0.00	5.30	0.00	186	0.56	0.00	6.29	*N/A*	25.0	0.00	0.60
000604 hot sauce	1 ea	40	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
990436 honeydew	8 oz	40	133	0.14	67	30.07	0.00	0.52	0.00	0	33.66	2.96	2.00	*N/A*	22.2	66.65	0.63
000231 Skim Milk	8 oz	19	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	19	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	1	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			476	3.33	515	58.47	*12.60	11.98	*0.00	212	75.23	4.93	19.10	*71	*401.3	*70.92	*2.30
% of Calories				6.30%		49.13%	*10.59%	22.7%	*0.0%		63.2%		16.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Planned Menu Spreadsheet

Portion Values

Mar 30, 2026 thru May 1, 2026

Monday - 04/13/2026

Reimbursable Meal Total 40

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991012 honey bunches of oats	1 ea	40	210	0.00	130	11.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
000673 fresh apple	1 ea	40	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
000231 Skim Milk	8 oz	19	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	19	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	1	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			402	0.82	251	42.21	10.25	4.11	0.00	8	82.74	8.42	12.58	*71	*313.3	*8.85	*0.28
% of Calories				1.84%		42.00%	10.20%	9.2%	0.0%		82.3%		12.5%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Tuesday - 04/14/2026

Reimbursable Meal Total 40

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000448 english muffin	1 ea	40	120	0.00	150	1.00	1.00	1.50	0.00	0	25.00	3.00	6.00	*N/A*	*N/A*	*N/A*	*N/A*
000886 jelly	1 ea	40	35	0.00	0	9.00	8.00	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
990703 yogurt	1 ea	40	82	0.00	69	12.00	7.00	0.00	0.00	0	16.00	0.00	3.00	*N/A*	312.5	0.30	0.00
000812 orange wedges	6 ea	40	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18

Planned Menu Spreadsheet

DC Central Kitchen

Portion Values

Mar 30, 2026 thru May 1, 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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	19	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	19	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	1	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			421	0.80	337	51.51	16.25	3.02	0.00	8	84.23	7.47	18.84	*71	*688.5	*98.66	*0.25
% of Calories				1.71%		48.94%	15.44%	6.5%	0.0%		80.0%		17.9%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Wednesday - 04/15/2026

Reimbursable Meal Total 40

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000001 bagel	1 ea	40	171	0.00	331	5.70	4.56	1.14	0.00	0	34.21	4.56	6.84	*N/A*	0.0	0.00	0.00
990427 cream cheese	1 ea	40	51	3.04	142	1.01	0.00	4.56	0.00	15	2.02	0.00	0.38	*N/A*	*N/A*	0.00	0.00
000603 jelly	1 ea	40	35	0.00	0	9.00	8.00	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999091 cheese stick	1 ea	40	110	6.00	190	0.00	0.00	9.00	0.00	25	0.00	0.00	7.00	*N/A*	200.0	*N/A*	0.00
990421 cantaloupe	8 oz	40	120	0.18	56	27.63	*N/A*	0.67	0.00	0	28.69	3.16	2.95	*N/A*	31.6	129.01	0.74
000231 Skim Milk	8 oz	19	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	19	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Planned Menu Spreadsheet

DC Central Kitchen

Portion Values

Mar 30, 2026 thru May 1, 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)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	1	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	9.99	837	55.65	*12.81	16.66	0.00	49	86.53	7.78	25.28	*71	*534.0	*129.49	0.80
% of Calories				15.40 %		38.12%	*8.77%	25.7%	0.0%		59.3%		17.3%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Friday - 04/17/2026

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)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990985 blueberry chex	1 ea	0	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
000812 orange wedges	6 ea	0	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18
000231 Skim Milk	8 oz	0	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	0	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	110	1.50	130	12.00	0.00	2.50	0.00	10	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			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			450 - 500	<10	540		<10										

Monday - 04/20/2026

Reimbursable Meal Total 40

Planned Menu Spreadsheet

Portion Values

Mar 30, 2026 thru May 1, 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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999213 cinnamon toasters cereal	1 ea	40	240	0.50	300	12.00	12.00	8.00	0.00	0	43.00	3.00	3.00	0	15.0	0.00	45.00
000673 fresh apple	1 ea	40	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
000231 Skim Milk	8 oz	19	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	19	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	1	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			432	1.32	421	43.21	12.25	9.61	0.00	8	80.74	7.42	11.58	*71	328.3	*8.85	45.28
% of Calories				2.75%		40.01%	11.34%	20.0%	0.0%		74.8%		10.7%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Tuesday - 04/21/2026

Reimbursable Meal Total 40

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990916 turkey ham & cheese on a croissant	1 ea	37	331	8.31	622	4.00	3.00	16.59	0.00	50	29.50	3.00	19.09	*N/A*	228.5	*0.00	1.79
990826 croissant	1 ea	3	190	3.00	190	4.00	3.00	7.00	0.00	0	29.00	3.00	5.00	*N/A*	26.0	0.00	1.44
000603 jelly	1 ea	3	35	0.00	0	9.00	8.00	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000812 orange wedges	6 ea	40	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18
000231 Skim Milk	8 oz	19	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	19	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07

Planned Menu Spreadsheet

Portion Values

Mar 30, 2026 thru May 1, 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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	1	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			507	8.71	709	34.18	3.85	17.39	0.00	55	64.37	7.47	27.87	*71	589.3	*98.36	2.01
% of Calories				15.46 %		26.97%	3.04%	30.9%	0.0%		50.8%		22.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Wednesday - 04/22/2026

Reimbursable Meal Total 40

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000001 bagel	1 ea	40	171	0.00	331	5.70	4.56	1.14	0.00	0	34.21	4.56	6.84	*N/A*	0.0	0.00	0.00
990427 cream cheese	1 ea	40	51	3.04	142	1.01	0.00	4.56	0.00	15	2.02	0.00	0.38	*N/A*	*N/A*	0.00	0.00
000886 jelly	1 ea	40	35	0.00	0	9.00	8.00	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
990703 yogurt	1 ea	40	82	0.00	69	12.00	7.00	0.00	0.00	0	16.00	0.00	3.00	*N/A*	312.5	0.30	0.00
990421 cantaloupe	8 oz	40	120	0.18	56	27.63	*N/A*	0.67	0.00	0	28.69	3.16	2.95	*N/A*	31.6	129.01	0.74
000231 Skim Milk	8 oz	19	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	19	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Planned Menu Spreadsheet

Portion Values

Mar 30, 2026 thru May 1, 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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	1	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			556	3.99	716	67.65	*19.81	7.66	0.00	24	102.53	7.78	21.28	*71	*646.5	*129.79	0.80
% of Calories				6.46%		48.67%	*14.25 %	12.4%	0.0%		73.8%		15.3%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Thursday - 04/23/2026

Reimbursable Meal Total 40

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990577 blueberries	4 oz	40	40	0.04	1	*N/A*	*N/A*	0.50	0.00	0	9.50	2.20	0.32	*N/A*	6.0	2.00	0.14
999241 vanilla yogurt	4 oz	40	80	0.00	73	13.34	7.34	0.00	0.00	3	16.68	0.00	3.34	0	320.2	0.00	0.00
991046 granola	3 oz	40	130	0.50	60	6.50	6.00	3.50	0.00	0	22.49	2.00	2.50	0	15.0	0.00	0.90
000171 100% orange juice	4 oz	40	60	0.00	0	11.00	0.00	0.00	0.00	0	14.00	0.00	1.00	*N/A*	10.0	42.00	0.00
000231 Skim Milk	8 oz	19	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	19	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	1	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			407	1.31	253	*43.14	*13.58	5.30	0.00	12	75.27	4.25	15.26	*71	653.5	*44.47	1.10
% of Calories				2.90%		*42.40 %	*13.35 %	11.7%	0.0%		74.0%		15.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Planned Menu Spreadsheet

Portion Values

Mar 30, 2026 thru May 1, 2026

Friday - 04/24/2026

Reimbursable Meal Total 40

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990037 banana bread	2 wt oz	40	174	0.81	147	15.39	*12.35	4.92	*0.00	17	30.34	1.99	2.87	*0	*48.8	*2.15	*1.00
000882 hard boiled egg	1 ea	40	78	1.63	62	0.56	0.00	5.30	0.00	186	0.56	0.00	6.29	*N/A*	25.0	0.00	0.60
000604 hot sauce	1 ea	40	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
990436 honeydew	8 oz	40	133	0.14	67	30.07	0.00	0.52	0.00	0	33.66	2.96	2.00	*N/A*	22.2	66.65	0.63
000231 Skim Milk	8 oz	19	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	19	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soy milk	8 oz	1	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			484	3.36	486	58.32	*12.60	12.04	*0.00	212	77.17	5.30	19.27	*71	*398.4	*69.27	*2.28
% of Calories				6.25%		48.20%	*10.41 %	22.4%	*0.0%		63.8%		15.9%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Monday - 04/27/2026

Reimbursable Meal Total 40

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990984 cinnamon chex	1 ea	40	230	0.50	340	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
000673 fresh apple	1 ea	40	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22

Planned Menu Spreadsheet

Portion Values

Mar 30, 2026 thru May 1, 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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	19	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	19	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	1	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			422	1.32	461	43.21	12.25	6.61	0.00	8	83.74	7.42	11.58	*71	638.3	*31.85	27.28
% of Calories				2.82%		40.96%	11.61%	14.1%	0.0%		79.4%		11.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Tuesday - 04/28/2026

Reimbursable Meal Total 40

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000001 bagel	1 ea	40	171	0.00	331	5.70	4.56	1.14	0.00	0	34.21	4.56	6.84	*N/A*	0.0	0.00	0.00
990427 cream cheese	1 ea	40	51	3.04	142	1.01	0.00	4.56	0.00	15	2.02	0.00	0.38	*N/A*	*N/A*	0.00	0.00
000603 jelly	1 ea	40	35	0.00	0	9.00	8.00	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	0.00	0.00
990703 yogurt	1 ea	40	82	0.00	69	12.00	7.00	0.00	0.00	0	16.00	0.00	3.00	*N/A*	312.5	0.30	0.00
000812 orange wedges	6 ea	40	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18
000231 Skim Milk	8 oz	19	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	19	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Planned Menu Spreadsheet

Portion Values

Mar 30, 2026 thru May 1, 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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	1	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			523	3.84	660	57.22	19.81	7.22	0.00	24	95.46	9.03	20.06	*71	*688.5	*98.66	0.25
% of Calories				6.61%		43.76%	15.15%	12.4%	0.0%		73.0%		15.3%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Wednesday - 04/29/2026

Reimbursable Meal Total 40

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000448 english muffin	1 ea	40	120	0.00	150	1.00	1.00	1.50	0.00	0	25.00	3.00	6.00	*N/A*	*N/A*	*N/A*	*N/A*
000886 jelly	1 ea	40	35	0.00	0	9.00	8.00	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
999091 cheese stick	1 ea	40	110	6.00	190	0.00	0.00	9.00	0.00	25	0.00	0.00	7.00	*N/A*	200.0	*N/A*	0.00
990421 cantaloupe	8 oz	40	120	0.18	56	27.63	*N/A*	0.67	0.00	0	28.69	3.16	2.95	*N/A*	31.6	129.01	0.74
000231 Skim Milk	8 oz	19	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	19	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	1	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			482	6.95	515	49.93	*9.25	12.47	0.00	33	75.29	6.21	24.06	*71	*534.0	*129.49	*0.80
% of Calories				12.98 %		41.44%	*7.68%	23.3%	0.0%		62.5%		20.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Planned Menu Spreadsheet

Portion Values

Mar 30, 2026 thru May 1, 2026

Thursday - 04/30/2026

Reimbursable Meal Total 40

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990956 cinnamon apples	4 oz	40	91	0.14	29	19.31	*8.89	0.89	*0.00	0	22.14	1.51	0.31	*0	*14.8	*0.12	*0.28
999241 vanilla yogurt	4 oz	40	80	0.00	73	13.34	7.34	0.00	0.00	3	16.68	0.00	3.34	0	320.2	0.00	0.00
991046 granola	3 oz	40	130	0.50	60	6.50	6.00	3.50	0.00	0	22.49	2.00	2.50	0	15.0	0.00	0.90
000171 100% orange juice	4 oz	40	60	0.00	0	11.00	0.00	0.00	0.00	0	14.00	0.00	1.00	*N/A*	10.0	42.00	0.00
000231 Skim Milk	8 oz	19	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	19	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soy milk	8 oz	1	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			459	1.41	281	62.45	*22.48	5.69	*0.00	12	87.91	3.56	15.25	*71	*662.3	*42.59	*1.24
% of Calories				2.76%		54.42%	*19.59 %	11.2%	*0.0%		76.6%		13.3%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

Friday - 05/01/2026

Reimbursable Meal Total 40

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990854 blueberry bread	2 wt oz	40	162	0.79	134	*12.98	*12.35	4.93	*0.00	17	27.23	1.73	2.67	*0	*47.6	*2.13	*0.97
000882 hard boiled egg	1 ea	40	78	1.63	62	0.56	0.00	5.30	0.00	186	0.56	0.00	6.29	*N/A*	25.0	0.00	0.60

Planned Menu Spreadsheet

Portion Values

Mar 30, 2026 thru May 1, 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)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000604 hot sauce	1 ea	40	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
990436 honeydew	8 oz	40	133	0.14	67	30.07	0.00	0.52	0.00	0	33.66	2.96	2.00	*N/A*	22.2	66.65	0.63
000231 Skim Milk	8 oz	19	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	19	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	1	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			472	3.34	474	*55.90	*12.60	12.06	*0.00	212	74.06	5.04	19.06	*71	*397.2	*69.26	*2.25
% of Calories				6.37%		*47.37 %	*10.68 %	23.0%	*0.0%		62.8%		16.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10										

	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)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	333	3	349	*35.57	*9.13	6.71	*0.00	40	57.22	4.45	13.23	*50	*388.4	*51.43	*5.11
% of Calories		6.97%		*42.73 %	*10.97%	18.1%	*0.0%		68.7%		15.9%				

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

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

¹ - denotes required nutrient values

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

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