



December Breakfast Menu

BISHOP

What do the colors on the menu mean?

GREEN = locally-sourced
* = vegetarian entree

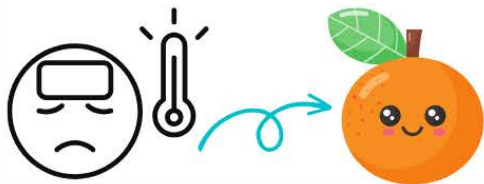
All grains served are whole grain rich
Student's choice of skim or 1% milk provided at every meal.

Menu subject to change based on availability

This institution is an equal opportunity provider

FRESH FEATURE

Eating oranges can help you stay healthy this winter! They have lots of vitamin C, which helps your body fight germs. Try oranges for breakfast on **Tuesday** and **Thursday!**



Monday	Tuesday	Wednesday	Thursday	Friday
1 cinnamon chex fresh apple	2 bagel cream cheese jelly yogurt fresh orange	3 english muffin jelly cheese stick cantaloupe	4 pumpkin bread hard boiled egg fresh orange	5 blueberry parfait
8 honey bunches of oats fresh apple	9 bagel cream cheese jelly yogurt fresh orange	10 apple pie parfait	11 banana bread hard boiled egg fresh orange	12 turkey ham & cheese on a croissant croissant jelly honeydew
15 strawberry shredded wheat fresh apple	16 turkey ham & cheese on a croissant croissant jelly fresh orange	17 blueberry parfait	18 apple cinnamon bread hard boiled egg fresh orange	19 bagel cream cheese jelly yogurt honeydew
22 no school	23 no school	24 no school	25 no school	26 no school
29 no school	30 no school	31 no school	1 no school	2 no school

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

Menu Name: Private/Charter COLD Breakfast K-12 **Include Cost:** No

Site:

Use Alternate Menu Name: Alternate Menu Name 1

Monday - 12/01/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars 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)
990984 cinnamon chex	1 ea	100	230	0.50	320	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	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 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			422	1.70	436	43.38	*12.00	7.08	*0.00	10	83.26	7.37	11.75	*0	700.5	*32.11	27.30
% of Calories				3.63%		41.12%	*11.37%	15.1%	*0.0%		78.9%		11.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

Tuesday - 12/02/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars 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)
000001 bagel	1 ea	100	170	0.00	190	4.00	*N/A*	0.50	0.00	0	37.00	3.00	7.00	*N/A*	0.0	0.00	0.00
990427 cream cheese	1 ea	100	51	3.04	142	1.01	*N/A*	4.56	0.00	15	2.02	0.00	0.38	*N/A*	*N/A*	0.00	0.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 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)
000603 jelly	1 ea	100	35	0.00	0	8.00	*N/A*	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	0.00	0.00
990703 yogurt	1 ea	100	85	0.00	64	13.00	*3.50	0.00	0.00	0	17.00	0.00	3.00	*N/A*	305.0	0.30	0.00
990470 fresh orange	1 ea	100	86	0.03	0	17.20	*N/A*	0.22	0.00	0	21.62	4.42	1.73	*N/A*	73.6	97.89	0.18
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			525	4.22	509	55.68	*3.50	7.04	*0.00	25	98.77	7.42	20.38	*0	*743.2	*98.93	0.26
% of Calories				7.23%		42.42%	*N/A*	12.1%	*0.0%		75.3%		15.5%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

Wednesday - 12/03/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars 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)
000448 english muffin	1 ea	100	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	100	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	100	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	100	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	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

Dec 1, 2025 thru Jan 2, 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			482	7.33	510	50.10	*9.00	12.93	*0.00	35	74.81	6.16	24.23	*0	*596.3	*129.75	*0.82
% of Calories				13.69 %		41.58%	*0.83%	24.1%	*0.0%		62.1%		20.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

Thursday - 12/04/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars 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)
990034 pumpkin bread	2 wt oz	100	157	0.70	110	*14.53	*13.97	4.26	*0.00	13	27.61	1.81	2.63	*N/A*	*33.2	*0.70	*1.12
000882 hard boiled egg	1 ea	100	78	1.63	62	0.56	*N/A*	5.30	*N/A*	186	0.56	0.00	6.29	*N/A*	25.0	0.00	0.60
990470 fresh orange	1 ea	100	86	0.03	0	17.20	*N/A*	0.22	0.00	0	21.62	4.42	1.73	*N/A*	73.6	97.89	0.18
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

Dec 1, 2025 thru Jan 2, 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			419	3.51	286	*44.76	*13.97	11.55	*0.00	209	61.92	6.23	18.93	*0	*496.4	*99.33	*1.98
% of Calories				7.54%		*42.73 %	*13.34 %	24.8%	*0.0%		59.1%		18.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

Friday - 12/05/2025

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)
990964 3 COMPARTMENT	1 tray	100	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
999098 blueberry parfait	1 ea	100	337	0.74	117	*25.97	*19.97	7.29	0.00	7	63.07	5.82	8.33	*N/A*	200.3	177.34	1.34
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			*434	*1.90	*231	*38.44	*19.97	*9.06	*0.00	*17	*75.19	*5.82	*16.61	*0	*565.0	*178.08	*1.42
% of Calories				*3.94%		*35.43 %	*N/A*	*18.8%	*0.0%		*69.3%		*15.3%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

Monday - 12/08/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 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)
991012 honey bunches of oats	1 ea	100	210	0.00	130	10.00	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	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			402	1.20	246	41.38	*10.00	4.58	*0.00	10	82.26	8.37	12.75	*0	*375.5	*9.11	*0.30
% of Calories				2.69%		41.17%	*9.95%	10.3%	*0.0%		81.9%		12.7%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

Tuesday - 12/09/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars 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)
000001 bagel	1 ea	100	170	0.00	190	4.00	*N/A*	0.50	0.00	0	37.00	3.00	7.00	*N/A*	0.0	0.00	0.00
990427 cream cheese	1 ea	100	51	3.04	142	1.01	*N/A*	4.56	0.00	15	2.02	0.00	0.38	*N/A*	*N/A*	0.00	0.00
000886 jelly	1 ea	100	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	100	85	0.00	64	13.00	*3.50	0.00	0.00	0	17.00	0.00	3.00	*N/A*	305.0	0.30	0.00
990470 fresh orange	1 ea	100	86	0.03	0	17.20	*N/A*	0.22	0.00	0	21.62	4.42	1.73	*N/A*	73.6	97.89	0.18
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

Dec 1, 2025 thru Jan 2, 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			525	4.22	509	56.68	*11.50	7.04	*0.00	25	98.77	7.42	20.38	*0	*743.2	*98.93	0.26
% of Calories				7.23%		43.18%	*N/A*	12.1%	*0.0%		75.3%		15.5%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

Wednesday - 12/10/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars 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)
990964 3 COMPARTMENT	1 tray	100	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
999140 apple pie parfait	1 each	100	441	0.94	173	64.60	*37.76	8.10	*0.00	7	88.77	4.54	8.33	*N/A*	*218.2	*173.66	*1.62
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			*538	*2.09	*287	*77.07	*37.76	*9.87	*0.00	*17	*100.89	*4.54	*16.61	*0	*582.8	*174.40	*1.70
% of Calories				*3.50%		*57.30 %	*N/A*	*16.5%	*0.0%		*75.0%		*12.3%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

Thursday - 12/11/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars 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)
990037 banana bread	2 wt oz	100	166	0.72	110	15.79	*13.97	4.36	*0.00	17	29.63	1.73	2.76	*N/A*	*30.3	*1.27	*0.96
000882 hard boiled egg	1 ea	100	78	1.63	62	0.56	*N/A*	5.30	*N/A*	186	0.56	0.00	6.29	*N/A*	25.0	0.00	0.60
990470 fresh orange	1 ea	100	86	0.03	0	17.20	*N/A*	0.22	0.00	0	21.62	4.42	1.73	*N/A*	73.6	97.89	0.18
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			428	3.54	286	46.02	*13.97	11.66	*0.00	213	63.93	6.15	19.06	*0	*493.5	*99.90	*1.81
% of Calories				7.44%		43.01%	*13.06 %	24.5%	*0.0%		59.7%		17.8%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

Friday - 12/12/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars 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)
990916 turkey ham & cheese on a croissant	1 ea	95	311	7.31	732	3.00	*0.00	14.59	0.00	50	29.50	2.00	19.09	*N/A*	283.5	*0.00	1.35
990826 croissant	1 ea	5	170	2.00	300	3.00	*N/A*	5.00	0.00	0	29.00	2.00	5.00	*N/A*	81.0	0.00	1.00
000603 jelly	1 ea	5	35	0.00	0	8.00	*N/A*	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 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)
990436 honeydew	8 oz	100	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	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			537	8.33	891	45.94	*0.00	16.39	*0.00	58	75.71	4.96	28.66	*0	660.2	*67.39	2.04
% of Calories				13.96 %		34.22%	*0.00%	27.5%	*0.0%		56.4%		21.3%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

Monday - 12/15/2025

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)
991010 strawberry shredded wheat	1 ea	100	190	0.00	10	11.00	10.00	1.00	0.00	0	46.00	6.00	5.00	*N/A*	*N/A*	*N/A*	*N/A*
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

Dec 1, 2025 thru Jan 2, 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			382	1.20	126	42.38	*10.00	3.08	*0.00	10	83.26	10.37	13.75	*0	*375.5	*9.11	*0.30
% of Calories				2.83%		44.38%	*10.47%	7.3%	*0.0%		87.2%		14.4%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

Tuesday - 12/16/2025

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)
990916 turkey ham & cheese on a croissant	1 ea	95	311	7.31	732	3.00	*0.00	14.59	0.00	50	29.50	2.00	19.09	*N/A*	283.5	*0.00	1.35
990826 croissant	1 ea	5	170	2.00	300	3.00	*N/A*	5.00	0.00	0	29.00	2.00	5.00	*N/A*	81.0	0.00	1.00
000603 jelly	1 ea	5	35	0.00	0	8.00	*N/A*	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	0.00	0.00
990470 fresh orange	1 ea	100	86	0.03	0	17.20	*N/A*	0.22	0.00	0	21.62	4.42	1.73	*N/A*	73.6	97.89	0.18
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			490	8.22	825	33.07	*0.00	16.10	*0.00	58	63.67	6.42	28.39	*0	711.6	*98.63	1.60
% of Calories				15.10%		27.00%	*0.00%	29.6%	*0.0%		52.0%		23.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

Wednesday - 12/17/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars 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)
990964 3 COMPARTMENT	1 tray	100	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
999098 blueberry parfait	1 ea	100	337	0.74	117	*25.97	*19.97	7.29	0.00	7	63.07	5.82	8.33	*N/A*	200.3	177.34	1.34
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			*434	*1.90	*231	*38.44	*19.97	*9.06	*0.00	*17	*75.19	*5.82	*16.61	*0	*565.0	*178.08	*1.42
% of Calories				*3.94%		*35.43 %	*N/A*	*18.8%	*0.0%		*69.3%		*15.3%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

Thursday - 12/18/2025

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)
990861 apple cinnamon bread	2 wt oz	100	155	0.72	100	14.02	*12.35	4.37	*0.00	17	26.83	1.62	2.66	*N/A*	*29.9	*0.19	*0.96
000882 hard boiled egg	1 ea	100	78	1.63	62	0.56	*N/A*	5.30	*N/A*	186	0.56	0.00	6.29	*N/A*	25.0	0.00	0.60
990470 fresh orange	1 ea	100	86	0.03	0	17.20	*N/A*	0.22	0.00	0	21.62	4.42	1.73	*N/A*	73.6	97.89	0.18
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

Dec 1, 2025 thru Jan 2, 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			417	3.53	276	44.25	*12.35	11.67	*0.00	213	61.14	6.04	18.96	*0	*493.1	*98.82	*1.82
% of Calories				7.62%		42.45%	*11.84 %	25.2%	*0.0%		58.6%		18.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

Friday - 12/19/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars 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)
000001 bagel	1 ea	100	170	0.00	190	4.00	*N/A*	0.50	0.00	0	37.00	3.00	7.00	*N/A*	0.0	0.00	0.00
990427 cream cheese	1 ea	100	51	3.04	142	1.01	*N/A*	4.56	0.00	15	2.02	0.00	0.38	*N/A*	*N/A*	0.00	0.00
000886 jelly	1 ea	100	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	100	85	0.00	64	13.00	*3.50	0.00	0.00	0	17.00	0.00	3.00	*N/A*	305.0	0.30	0.00
990436 honeydew	8 oz	100	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	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

Dec 1, 2025 thru Jan 2, 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			571	4.33	576	69.55	*11.50	7.34	*0.00	25	110.81	5.96	20.65	*0	*691.8	*67.69	0.71
% of Calories				6.82%		48.72%	*N/A*	11.6%	*0.0%		77.6%		14.5%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

Monday - 12/22/2025

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			450 - 500	<10	540		<10	<=0									

Tuesday - 12/23/2025

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			450 - 500	<10	540		<10	<=0									

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

Wednesday - 12/24/2025

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)	Calc ^m (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			450 - 500	<10	540		<10	<=0									

Thursday - 12/25/2025

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)	Calc ^m (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			450 - 500	<10	540		<10	<=0									

Friday - 12/26/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 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)
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			450 - 500	<10	540		<10	<=0									

Monday - 12/29/2025

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)	Calc ^m (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			450 - 500	<10	540		<10	<=0									

Tuesday - 12/30/2025

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)	Calc ^m (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			450 - 500	<10	540		<10	<=0									

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

Wednesday - 12/31/2025

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)	Calc ^m (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			450 - 500	<10	540		<10	<=0									

Thursday - 01/01/2026

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 (RAE)	Calc ^m (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			450 - 500	<10	540		<10	<=0									

Friday - 01/02/2026

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 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)
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			450 - 500	<10	540		<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	*467	*3.81	*415	*48.48	*12.37	*9.63	*0.00	*63	*80.64	*6.60	*19.18	*0	*586.2	*96.02	*2.92
% of Calories		*7.34%		*41.52 %	*10.28%	*18.6%	*0.0%		*69.1%		*16.4%				

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.

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



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