



December 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

HOLIDAY MEAL

DCCK invites all students to enjoy a special holiday meal on Tuesday December 16th!

Roasted Turkey
Veggie Chik'n Nuggets
Whole Grain Roll
Mashed Potatoes & Gravy
Steamed Green Beans
Fresh Apple

Monday	Tuesday		Thursday	Friday
1 pepperoni pizza cheese pizza* roasted broccoli baby carrots ranch dressing fresh grapes	2 turkey meatballs & sauce lentil bolognese whole grain rotini pasta garlic breadstick steamed green beans fresh apple	3 cumin lime chicken chili black beans* tortillas hot sauce sauteed peppers & onions sweet potato wedges orange wedges	4 beef shepherd's pie lentil shepherd's pie* biscuit steamed green peas mashed potatoes fresh pear	5 sweet chili chicken sweet chili tofu* brown rice sauteed cabbage & snap peas steamed carrots cantaloupe
8 grilled cheese* steamed green beans steamed corn fresh grapes	9 beef burger on a bun veggie burger on a bun* ketchup mustard roasted red potatoes cucumber salad fresh apple	10 crispy chicken tender veggie chik'n nuggets* ketchup mac & cheese cinnamon roasted butternut squash steamed broccoli orange wedges	11 jamaican jerk chicken drum red beans* yellow rice sauteed cabbage oven fried plantains fresh pear	12 baked fish sticks bbq baked beans* cornbread muffin buffalo cauliflower roasted carrots cantaloupe
15 beef hot dog on a bun veggie burger on a bun* ketchup mustard bbq baked beans* steamed corn fresh grapes	16 roasted turkey brown gravy veggie chik'n nuggets* vegetarian brown gravy roll steamed green beans mashed potatoes fresh apple	17 crispy fish sandwich grilled cheese* hot sauce steamed green peas sweet potato wedges ketchup orange wedges	18 bbq chicken drum bbq baked beans* cornbread muffin roasted cauliflower roasted broccoli fresh pear	19 chicken yassa black eyed peas* jollof rice roasted butternut squash garlic kale cantaloupe
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 Lunch K-8

Include Cost:

No

Site:

Use Alternate Menu Name:

Alternate Menu Name 1

Monday - 12/01/2025Reimbursable 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
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
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
999050 fresh grapes	4 oz	100	61	0.10	2	14.74	*N/A*	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
999121 turkey ham & cheese sandwich	1 ea	0	301	5.31	712	*0.00	*0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
Weighted Daily Average			579	8.36	996	*33.30	*1.16	21.95	*0.00	46	70.74	7.44	28.53	*0	*772.1	*91.89	*3.34
% of Calories				12.99 %		*23.01 %	*0.81%	34.1%	*0.0%		48.9%		19.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

DC Central Kitchen

Dec 1, 2025 thru Jan 2, 2026

Reimbursable Meal Total 100

Wednesday - 12/03/2025 **Reimbursable Meal Total 100**

Base Menu Spreadsheet

DC Central Kitchen

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)
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
990331 sauteed peppers & onions	2 oz	100	24	0.13	33	1.78	*N/A*	0.82	*0.00	0	3.88	0.91	0.54	*N/A*	*9.6	*20.74	*0.15
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
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
999121 turkey ham & cheese sandwich	1 ea	0	301	5.31	712	*0.00	*0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
Weighted Daily Average			600	3.83	866	*28.88	*0.00	16.90	*0.00	64	84.09	12.41	33.54	*0	*548.7	*74.83	*2.17
% of Calories				5.74%		*19.25 %	*0.00%	25.4%	*0.0%		56.1%		22.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Thursday - 12/04/2025

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)	Vlt-A (RAE)	Calcm (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	510	*1.84	*0.00	3.61	*0.00	0	24.86	3.90	8.33	*N/A*	*24.6	*4.33	*2.39
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
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
999121 turkey ham & cheese sandwich	1 ea	0	301	5.31	712	*0.00	*0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
Weighted Daily Average			755	12.72	1077	*38.26	*0.00	32.11	*0.51	62	87.61	14.00	33.38	*0	*595.2	*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 - 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)	Vlt-A (RAE)	Calcm (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

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)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
999121 turkey ham & cheese sandwich	1 ea	0	301	5.31	712	*0.00	*0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
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									

Monday - 12/08/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (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

Base Menu Spreadsheet

DC Central Kitchen

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)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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	*N/A*	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
999121 turkey ham & cheese sandwich	1 ea	0	301	5.31	712	*0.00	*0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
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 - 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)	Vlt-A (RAE)	Calcm (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

Base Menu Spreadsheet

DC Central Kitchen

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)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
999121 turkey ham & cheese sandwich	1 ea	0	301	5.31	712	*0.00	*0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
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 - 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)	Vlt-A (RAE)	Calcm (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
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

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)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
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
999121 turkey ham & cheese sandwich	1 ea	0	301	5.31	712	*0.00	*0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
Weighted Daily Average			575	7.78	987	*27.35	*2.34	14.69	*0.00	86	71.69	9.00	43.18	*0	*730.7	*145.81	*2.62
% of Calories				12.18 %		*19.03 %	*0.00%	23.0%	*0.0%		49.9%		30.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

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)	Vlt-A (RAE)	Calcm (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
000630 yellow rice	4 oz	100	123	0.17	97	0.32	*0.00	2.16	*0.00	0	22.94	1.43	3.21	*N/A*	*5.9	*0.08	*0.78
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

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)
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 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
999121 turkey ham & cheese sandwich	1 ea	0	301	5.31	712	*0.00	*0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
Weighted Daily Average			749	6.02	737	*48.13	*2.56	25.72	*0.06	132	91.69	10.85	39.26	*0	*448.7	*34.32	*3.89
% of Calories				7.23%		*25.70 %	*1.44%	30.9%	*0.1%		49.0%		21.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<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)
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	0.65	103	4.81	*2.16	4.15	*0.00	0	35.71	6.58	10.43	*N/A*	*75.7	*0.49	*3.68
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
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

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)	Vlt-A (RAE)	Calcm (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
999121 turkey ham & cheese sandwich	1 ea	0	301	5.31	712	*0.00	*0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
Weighted Daily Average			627	3.30	1063	*51.67	*18.11	16.80	*0.00	88	88.83	7.97	33.36	*0	*527.8	*96.80	*2.98
% of Calories				4.74%		*32.96 %	*N/A*	24.1%	*0.0%		56.7%		21.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<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)	Vlt-A (RAE)	Calcm (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	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
000475 bbq baked beans*	4 oz	100	217	0.65	103	4.81	*2.16	4.15	*0.00	0	35.71	6.58	10.43	*N/A*	*75.7	*0.49	*3.68
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
999050 fresh grapes	4 oz	100	61	0.10	2	14.74	*N/A*	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26

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)	Vlt-A (RAE)	Calcm (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
999121 turkey ham & cheese sandwich	1 ea	0	301	5.31	712	*0.00	*0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
Weighted Daily Average			733	8.85	1249	*38.10	*4.16	23.82	*0.00	43	103.28	12.36	32.22	*0	*493.9	*7.50	*6.28
% of Calories				10.87 %		*20.79 %	*0.00%	29.2%	*0.0%		56.4%		17.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<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)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000061 roasted turkey	2 slice	95	90	0.10	451	1.04	*1.02	1.64	*0.00	41	1.69	0.26	17.53	*N/A*	*10.0	*0.23	*0.91
000705 brown gravy	1 oz	95	30	1.42	183	*0.06	*N/A*	2.34	*0.00	6	1.88	0.08	0.39	*N/A*	3.2	0.29	0.11
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
000679 vegetarian brown gravy	1 oz	5	36	1.16	48	*0.93	*0.00	2.13	*0.00	5	3.86	0.40	0.48	*N/A*	*8.6	*0.94	*0.23
000004 roll	1 ea	100	80	0.00	170	2.00	*N/A*	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
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
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

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)
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
999121 turkey ham & cheese sandwich	1 ea	0	301	5.31	712	*0.00	*0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
Weighted Daily Average			504	3.80	1110	*34.85	*0.97	12.05	*0.00	57	71.18	10.39	32.57	*0	*507.8	*25.93	*4.91
% of Calories				6.79%		*27.66 %	*0.81%	21.5%	*0.0%		56.5%		25.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

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)
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
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
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

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)
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
999121 turkey ham & cheese sandwich	1 ea	0	301	5.31	712	*0.00	*0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
Weighted Daily Average			662	3.04	1384	*34.95	*2.00	13.93	*0.00	70	99.27	13.67	38.46	*0	*565.8	*61.60	*3.97
% of Calories				4.13%		*21.12 %	*N/A*	18.9%	*0.0%		60.0%		23.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<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)
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	0.65	103	4.81	*2.16	4.15	*0.00	0	35.71	6.58	10.43	*N/A*	*75.7	*0.49	*3.68
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

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)	Vlt-A (RAE)	Calcm (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
999121 turkey ham & cheese sandwich	1 ea	0	301	5.31	712	*0.00	*0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
Weighted Daily Average			766	6.01	831	*63.22	*18.11	25.19	*0.06	152	99.18	10.23	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 - 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)	Vlt-A (RAE)	Calcm (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	159	0.35	111	*2.45	*0.00	3.39	*0.00	0	28.72	2.64	4.05	*N/A*	*18.0	*20.74	*1.13
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

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)	Vlt-A (RAE)	Calcm (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
999121 turkey ham & cheese sandwich	1 ea	0	301	5.31	712	*0.00	*0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
Weighted Daily Average			544	2.94	508	*34.19	*1.71	14.61	*0.00	64	73.75	9.44	34.65	*0	*632.5	*168.73	*4.16
% of Calories				4.86%		*25.14 %	*1.32%	24.2%	*0.0%		54.2%		25.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<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)	Vlt-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 - 12/23/2025

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)	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									

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)	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									

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)	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									

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

Friday - 12/26/2025 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 (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									

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 (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 - 12/30/2025 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)	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									

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)	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									

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)	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									

Friday - 01/02/2026

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)	Vlt-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									

		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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages		634	6	943	*38.64	*4.22	19.24	*0.06	74	84.85	10.38	34.94	*0	*571.9	*66.13	*3.98
% of Calories			8.49%		*24.38 %	*0.74%	27.3%	*0.1%		53.5%		22.0%				

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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