



May Lunch Menu

BISHOP

What do the colors on the menu mean?

GREEN = locally-sourced

* = vegetarian entree

All grains served are whole grain rich

Student's choice of skim or 1% milk provided at every meal.

Menu subject to change based on availability

This institution is an equal opportunity provider

Monday	Tuesday	Wednesday	Thursday	Friday
27 chicken & black bean empanadas cheese quesadilla* roasted tomato salsa honey lime corn fresh grapes	28 beef burger on a bun veggie burger on a bun* ketchup mustard roasted red potatoes cucumber salad fresh apple	29 hot honey chicken drum hot honey veggie chik'n nuggets* cornbread muffin cinnamon roasted butternut squash roasted cauliflower orange wedges	30 turkey meatballs & sauce lentil bolognese* whole grain rotini pasta roasted broccoli fresh pear	1 baked fish sticks red beans* hot sauce yellow rice steamed green beans sauteed cabbage cantaloupe
4 taco beef chili black beans* cheese sauce sour cream corn tortilla chips roasted tomato salsa southwest taco corn fresh grapes	5 pulled bbq chicken sandwich veggie burger on a bun* black eyed peas* coleslaw fresh apple	6 pepperoni pizza cheese pizza* mixed greens salad cucumber coins balsamic dressing orange wedges	7 herb roasted chicken veggie chik'n nuggets* penne pasta with alfredo sauce roll roasted broccoli herb roasted butternut squash fresh pear	8 orange glazed chicken orange glazed tofu* brown rice steamed carrots steamed green peas cantaloupe
11 crispy fish sandwich veggie burger on a bun* hot sauce steamed corn tangy cilantro-lime slaw fresh grapes	12 herb roasted chicken drum veggie chik'n nuggets* cornbread muffin butternut squash puree steamed green beans fresh apple	13 turkey ham & cheddar melt grilled cheese* roasted broccoli sweet potato wedges ketchup orange wedges	14 beef hot dog on a bun veggie burger on a bun* buffalo cauliflower roasted red potatoes ketchup mustard fresh pear	15 crispy chicken tender bbq baked beans* mac & cheese glazed carrots braised collard greens cantaloupe
18 taco beef chipotle pinto beans* shredded cheddar tortillas roasted tomato salsa steamed corn fresh grapes	19 cheese pizza* mixed greens salad balsamic dressing cucumber coins fresh apple	20 crispy chicken tender veggie chik'n nuggets* whole grain waffles braised collard greens sweet potato hash ketchup syrup orange wedges	21 turkey sloppy joe on a bun lentil sloppy joe on a bun* roasted red potatoes ketchup lemon garlic kale salad fresh pear	22 sweet chili chicken sweet chili tofu* brown rice steamed carrots ginger soy broccoli cantaloupe
25 no school	26 beef burger on a bun veggie burger on a bun* ketchup mustard roasted red potatoes cucumber salad fresh grapes	27 hot honey chicken drum hot honey veggie chik'n nuggets* cornbread muffin cinnamon roasted butternut squash roasted cauliflower orange wedges	28 turkey meatballs & sauce lentil bolognese* whole grain rotini pasta roasted broccoli fresh pear	29 baked fish sticks red beans* hot sauce yellow rice steamed green beans sauteed cabbage cantaloupe

ASIAN AMERICAN, NATIVE HAWAIIAN, AND PACIFIC ISLANDER MONTH!

Celebrate with DCCK by enjoying a tasty, Asian-inspired meal on **May 8th**

ORANGE CHICKEN

Fun Fact: This dish was created by Chef Andy Kao at a Hawaii panada express back in 1987.

Our version is served on chicken or tofu alongside brown rice, carrots, and green peas.



Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 2026

Menu Name: Private/Charter Lunch K-8
Site:
Use Alternate Menu Name: Alternate Menu Name 1

Include Cost: No

Monday - 04/27/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)
991003 chicken & black bean empanadas	2 ea	95	280	1.50	968	1.00	0.00	5.99	0.00	45	39.93	4.99	16.97	*N/A*	29.9	*N/A*	2.90
990674 cheese quesadilla*	2 ea	5	394	13.93	631	1.93	0.00	22.83	0.00	50	29.03	3.86	15.86	*N/A*	477.2	0.00	0.00
990870 roasted tomato salsa	2 oz	100	17	0.01	261	1.86	*0.00	0.05	*0.00	0	3.46	0.71	0.70	*0	13.6	*0.92	0.13
999232 honey lime corn	4 oz	100	183	1.84	110	3.01	*0.91	12.26	*0.00	6	18.63	1.93	2.64	*0	7.3	5.66	0.54
999050 fresh grapes	4 oz	100	61	0.10	2	14.74	0.00	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
000231 Skim Milk	8 oz	30	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	69	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	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			645	5.15	1438	33.13	*0.91	21.12	*0.00	61	89.47	8.39	28.99	*45	389.4	*10.51	3.73
% of Calories				7.19%		20.55%	*0.56%	29.5%	*0.0%		55.5%		18.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Tuesday - 04/28/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 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)
000235 beef burger on a bun	1 ea	95	339	4.70	332	2.04	*2.00	12.69	0.34	80	27.53	3.15	29.79	*0	33.6	0.05	3.97
000409 veggie burger on a bun*	1 ea	5	360	1.50	680	3.00	2.00	14.00	0.00	0	36.00	6.00	26.00	*N/A*	90.0	0.00	7.24
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
990054 roasted red potatoes	2 oz	100	43	0.18	55	*0.01	*0.00	1.19	0.00	0	7.45	0.81	0.90	*0	*5.1	*3.97	*0.35
000134 cucumber salad	4 oz	100	59	0.68	96	*1.77	*0.00	4.59	*0.00	0	4.01	0.66	0.68	*0	*18.1	*2.83	*0.36
000673 fresh apple	1 ea	100	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	30	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	69	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	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			646	6.53	791	*37.25	*4.00	20.50	*0.32	86	78.98	9.12	39.80	*45	*373.9	*15.52	*5.11
% of Calories				9.10%		*23.07 %	*2.48%	28.6%	*0.4%		48.9%		24.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Wednesday - 04/29/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991028 hot honey chicken drum	1 ea	95	306	3.45	447	17.42	*17.40	12.90	0.07	129	18.04	0.13	25.48	*0	14.1	0.15	1.12

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 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)
991029 hot honey veggie chik'n nuggets*	5 ea	5	448	0.60	1224	47.59	*46.40	9.56	0.00	0	68.06	4.89	18.09	*N/A*	87.0	0.28	3.70
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
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	*0	*22.4	*9.30	*0.45
000651 roasted cauliflower	4 oz	100	37	0.30	125	1.98	*0.00	1.41	0.00	0	5.38	2.11	2.04	*0	*23.2	*49.74	*0.46
000135 orange wedges	3 ea	100	43	0.01	0	8.60	0.00	0.11	0.00	0	10.81	2.21	0.86	0	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	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	69	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	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			753	5.92	901	*60.32	*37.19	25.42	*0.06	153	92.07	6.87	39.89	*45	*430.6	*108.44	*3.30
% of Calories				7.08%		*32.04 %	*19.76 %	30.4%	*0.1%		48.9%		21.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Thursday - 04/30/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000913 turkey meatballs & sauce	4 ea	95	183	2.16	556	5.23	*1.00	9.61	*0.00	45	11.00	1.59	14.61	*0	*46.4	*4.04	*1.42
999139 lentil bolognese*	6 oz	5	205	0.34	733	8.86	*0.46	2.35	*0.00	0	36.31	6.55	12.49	*0	*49.3	*4.29	*2.88
990353 whole grain rotini pasta	4 oz	100	111	0.32	101	0.50	*0.00	2.99	0.00	0	19.50	3.50	4.00	*0	*15.6	*0.00	*1.00

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 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)	
000647	roasted broccoli	4 oz	100	55	0.43	126	1.65	*0.00	2.60	0.00	0	6.66	2.55	2.78	*0	*45.9	*86.10	*0.73
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	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	69	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	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				550	3.94	908	37.39	*0.97	16.74	*0.00	53	77.97	13.41	30.08	*45	*427.5	*98.11	*3.59
% of Calories					6.45%		27.19%	*0.71%	27.4%	*0.0%		56.7%		21.9%				
Weekly Nutrient Guideline				600 - 650	<10	1110		<10										

Friday - 05/01/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
990631	baked fish sticks	2 ea	95	152	0.33	511	0.06	*0.00	3.01	*0.00	61	11.21	0.82	18.84	*0	*69.4	*0.07	*0.76
000351	red beans*	4 oz	5	170	0.66	109	0.33	*0.00	4.60	*0.00	0	24.12	7.92	8.66	*0	*49.9	*2.79	*3.58
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
000630	yellow rice	4 oz	100	151	0.26	151	0.47	*0.00	2.94	*0.00	0	27.10	2.08	3.76	*0	*6.7	*0.12	*1.11
000047	steamed green beans	4 oz	100	52	0.36	96	*0.01	*0.00	2.41	0.00	0	6.19	2.06	1.46	*0	*33.9	*10.12	*0.69
990081	sauteed cabbage	2 oz	100	19	0.13	59	1.29	*0.00	0.92	0.00	0	2.57	0.92	0.50	*0	*14.8	*12.37	*0.18

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 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)
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	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	69	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	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	2.27	1031	*28.14	*0.00	11.34	*0.00	68	74.48	8.12	33.68	*45	*443.1	*87.63	*3.30
% of Calories				3.80%		*20.96 %	*0.00%	19.0%	*0.0%		55.5%		25.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Monday - 05/04/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990724 taco beef	2 oz	95	168	4.14	190	1.04	*0.00	12.38	*0.41	39	3.55	1.21	10.88	*0	*23.3	*17.17	*1.83
000637 chili black beans*	4 oz	5	218	0.79	124	1.60	*0.00	4.92	*0.00	0	33.20	8.46	11.26	*0	*73.2	*8.68	*2.97
999209 cheese sauce	2 oz	100	91	3.66	265	0.00	0.00	6.40	0.00	18	2.74	0.00	4.57	*N/A*	145.4	*N/A*	0.00
990351 sour cream	1 oz	100	58	3.35	14	0.96	0.00	4.79	0.00	19	0.96	0.00	0.96	*N/A*	28.8	2.01	0.00
001087 corn tortilla chips	10 ea	100	142	1.01	116	0.00	0.00	6.08	0.00	0	20.25	2.02	2.02	*N/A*	20.2	0.00	0.00
990870 roasted tomato salsa	2 oz	100	17	0.01	261	1.86	*0.00	0.05	*0.00	0	3.46	0.71	0.70	*0	13.6	*0.92	0.13
000922 southwest taco corn	4 oz	100	110	0.56	274	2.27	*0.00	3.84	0.00	0	19.01	2.42	2.90	*2	*17.4	*13.53	*0.79

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 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)
999050 fresh grapes	4 oz	100	61	0.10	2	14.74	0.00	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
000231 Skim Milk	8 oz	30	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	69	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	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			748	13.74	1233	33.38	*0.00	35.14	*0.39	85	79.44	7.55	30.78	*47	*567.3	*37.14	*3.13
% of Calories				16.53 %		17.85%	*0.00%	42.3%	*0.5%		42.5%		16.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Tuesday - 05/05/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000609 pulled bbq chicken sandwich	1 ea	95	289	1.09	563	10.25	9.50	5.75	0.00	57	36.79	3.02	23.61	*0	*24.9	*0.00	*1.84
000409 veggie burger on a bun*	1 ea	5	360	1.50	680	3.00	2.00	14.00	0.00	0	36.00	6.00	26.00	*N/A*	90.0	0.00	7.24
000029 black eyed peas*	4 oz	100	174	0.62	70	*0.40	*0.00	3.84	0.00	0	25.91	4.73	9.89	*0	*51.5	*5.18	*3.54
001090 coleslaw	2 oz	100	39	0.59	39	1.49	*0.00	3.20	*0.00	2	2.38	0.68	0.34	*0	11.4	6.89	0.12
000673 fresh apple	1 ea	100	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	30	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	69	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

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 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	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			699	3.45	795	*43.16	*9.13	15.18	*0.00	67	102.60	12.94	42.59	*45	*405.4	*20.74	*6.03
% of Calories				4.44%		*24.70 %	*5.22%	19.5%	*0.0%		58.7%		24.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Wednesday - 05/06/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg 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
001148 mixed greens salad	4 oz	100	5	0.01	8	0.25	*N/A*	0.06	0.00	0	0.86	0.54	0.41	*N/A*	12.9	2.71	0.31
000033 cucumber coins	4 oz	100	11	0.03	1	1.22	*N/A*	0.08	0.00	0	2.66	0.37	0.48	*N/A*	11.7	2.05	0.20
000109 balsamic dressing	1 oz	100	94	1.28	77	0.18	*0.18	8.96	0.00	0	1.98	0.01	0.07	*0	*0.4	*0.00	*0.01
000135 orange wedges	3 ea	100	43	0.01	0	8.60	0.00	0.11	0.00	0	10.81	2.21	0.86	0	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	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	69	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

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 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	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			541	7.57	823	25.88	*1.34	22.35	0.00	39	59.90	6.12	25.91	*45	*675.2	*54.01	*2.58
% of Calories				12.59 %		19.13%	*0.99%	37.2%	0.0%		44.3%		19.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Thursday - 05/07/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990218 herb roasted chicken	3 oz	95	105	0.61	146	0.02	*0.00	3.79	*0.00	57	0.36	0.19	17.71	*0	*11.0	*0.41	*0.57
990376 veggie chik'n nuggets*	5 ea	5	239	0.60	430	1.19	0.00	9.56	0.00	0	21.50	4.78	17.92	*N/A*	83.6	0.00	3.46
990300 penne pasta with alfredo sauce	4 oz	100	160	2.59	241	1.23	*0.00	6.48	0.00	10	20.12	3.32	7.19	*0	*118.8	*0.00	*0.89
000004 roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
000647 roasted broccoli	4 oz	100	55	0.43	126	1.65	*0.00	2.60	0.00	0	6.66	2.55	2.78	*0	*45.9	*86.10	*0.73
990651 herb roasted butternut squash	2 oz	100	54	0.43	91	*0.02	*0.00	2.93	*0.00	0	6.95	1.28	0.80	*0	*26.3	*9.55	*0.66
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	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	69	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

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 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	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			661	5.18	864	*34.81	*2.00	19.00	*0.00	75	90.69	15.09	40.27	*45	*585.1	*104.00	*4.45
% of Calories				7.05%		*21.07 %	*1.21%	25.9%	*0.0%		54.9%		24.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Friday - 05/08/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000467 orange glazed chicken	3 oz	95	203	0.84	321	18.40	*10.27	5.44	*0.00	57	20.42	0.21	18.37	*0	*23.1	*24.24	*0.47
990641 orange glazed tofu*	4 oz	5	242	0.72	332	18.39	*10.27	10.18	*0.00	0	25.06	3.11	12.70	*0	*209.9	*24.21	*2.30
990356 brown rice	4 oz	100	136	0.23	137	0.32	*0.00	2.63	0.00	0	24.39	1.90	3.34	*0	*4.4	*0.08	*0.75
999148 steamed carrots	4 oz	100	46	0.04	77	5.27	*N/A*	0.27	0.00	0	10.65	3.11	1.03	*N/A*	36.7	6.56	0.33
001101 steamed green peas	2 oz	100	47	0.19	98	2.36	*0.00	1.31	0.00	0	6.44	2.13	2.47	*0	*10.4	*8.52	*0.72
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	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	69	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

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 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 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			592	2.46	776	52.64	*10.27	11.87	*0.00	64	88.91	9.08	34.56	*45	*403.3	*104.20	*2.79
% of Calories				3.74%		35.57%	*6.94%	18.0%	*0.0%		60.1%		23.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Monday - 05/11/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990362 crispy fish sandwich	1 ea	95	313	1.15	827	2.06	*2.00	7.25	*0.00	61	38.25	3.84	24.84	*0	*89.7	*0.07	*2.21
000409 veggie burger on a bun*	1 ea	5	360	1.50	680	3.00	2.00	14.00	0.00	0	36.00	6.00	26.00	*N/A*	90.0	0.00	7.24
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
000469 steamed corn	4 oz	100	88	0.34	96	2.06	*0.00	2.32	0.00	0	17.08	1.73	2.49	*0	*3.3	*5.28	*0.35
990100 tangy cilantro-lime slaw	2 oz	100	27	0.19	63	1.86	*0.35	1.34	0.00	0	3.55	1.04	0.54	*0	*17.9	*11.13	*0.27
999050 fresh grapes	4 oz	100	61	0.10	2	14.74	0.00	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
000231 Skim Milk	8 oz	30	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	69	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

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 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	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			592	2.88	1188	33.24	*2.35	13.22	*0.00	68	86.76	7.84	36.65	*45	*427.0	*20.41	*3.39
% of Calories				4.38%		22.46%	*1.59%	20.1%	*0.0%		58.6%		24.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Tuesday - 05/12/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000667 herb roasted chicken drum	1 ea	95	248	3.78	243	0.02	*0.00	15.17	*0.07	129	0.52	0.19	25.44	*0	*19.1	*0.41	*1.29
990376 veggie chik'n nuggets*	5 ea	5	239	0.60	430	1.19	0.00	9.56	0.00	0	21.50	4.78	17.92	*N/A*	83.6	0.00	3.46
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
990827 butternut squash puree	2 oz	100	59	0.35	51	*2.16	*2.16	2.36	*0.00	0	9.60	1.36	0.82	*0	*27.1	*10.40	*0.53
000047 steamed green beans	4 oz	100	52	0.36	96	*0.01	*0.00	2.41	0.00	0	6.19	2.06	1.46	*0	*33.9	*10.12	*0.69
000673 fresh apple	1 ea	100	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	30	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	69	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

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 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	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			772	6.46	631	*51.64	*20.16	29.62	*0.06	153	90.92	9.21	38.97	*45	*424.8	*29.58	*3.89
% of Calories				7.53%		*26.76 %	*10.45 %	34.5%	*0.1%		47.1%		20.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Wednesday - 05/13/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000390 turkey ham & cheddar melt	1 ea	95	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
000539 grilled cheese*	1 ea	5	342	9.11	665	6.00	0.00	16.17	0.00	40	32.00	4.00	20.18	*N/A*	525.0	0.00	1.44
000647 roasted broccoli	4 oz	100	55	0.43	126	1.65	*0.00	2.60	0.00	0	6.66	2.55	2.78	*0	*45.9	*86.10	*0.73
999218 sweet potato wedges	2 oz	100	74	0.23	100	2.90	*0.00	1.52	*0.00	0	14.02	2.12	1.12	*0	*21.2	*1.66	*0.45
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
000135 orange wedges	3 ea	100	43	0.01	0	8.60	0.00	0.11	0.00	0	10.81	2.21	0.86	0	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	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	69	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

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 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	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			584	7.25	1140	33.63	*2.00	17.71	*0.00	60	78.40	10.88	33.01	*45	*740.0	*137.01	*3.09
% of Calories				11.17 %		23.03%	*1.37%	27.3%	*0.0%		53.7%		22.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Thursday - 05/14/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000240 beef hot dog on a bun	1 ea	95	300	7.00	860	2.00	2.00	17.00	0.00	35	28.00	4.00	12.00	*N/A*	40.0	0.00	1.80
000409 veggie burger on a bun*	1 ea	5	360	1.50	680	3.00	2.00	14.00	0.00	0	36.00	6.00	26.00	*N/A*	90.0	0.00	7.24
001146 buffalo cauliflower	4 oz	100	50	0.40	291	1.98	*0.00	2.16	0.00	0	5.49	2.12	2.06	*0	*23.3	*49.70	*0.46
990054 roasted red potatoes	2 oz	100	43	0.18	55	*0.01	*0.00	1.19	0.00	0	7.45	0.81	0.90	*0	*5.1	*3.97	*0.35
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
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	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	69	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

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 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	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			607	8.42	1487	*35.87	*4.00	22.10	0.00	43	82.88	12.54	24.45	*45	*390.3	*61.62	*3.25
% of Calories				12.48 %		*23.64 %	*2.64%	32.8%	0.0%		54.6%		16.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Friday - 05/15/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000543 crispy chicken tender	1 ea	95	137	0.07	283	0.58	*0.00	0.87	*0.00	49	11.00	0.82	20.98	*0	38.9	2.66	1.26
000475 bbq baked beans*	4 oz	5	226	0.68	107	4.88	*2.86	4.61	*0.00	0	35.35	8.25	10.78	*0	*69.1	*3.52	*2.91
990845 mac & cheese	4 oz	100	214	6.17	398	0.42	0.00	10.24	0.00	27	20.69	2.12	10.26	*N/A*	222.2	0.00	0.00
999210 glazed carrots	4 oz	100	101	0.58	194	9.26	*3.16	4.05	0.00	0	15.76	3.65	1.26	*0	*45.7	*7.59	*0.43
001178 braised collard greens	2 oz	100	35	0.15	62	*0.76	*0.54	1.06	*0.00	0	5.58	2.77	1.94	*0	*108.5	*26.17	*0.19
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	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	69	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

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 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	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			650	8.17	1071	*37.53	*3.84	18.40	*0.00	84	81.02	11.32	43.56	*45	*736.1	*101.27	*2.39
% of Calories				11.31 %		*23.10 %	*2.36%	25.5%	*0.0%		49.9%		26.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Monday - 05/18/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)
990724 taco beef	2 oz	95	168	4.14	190	1.04	*0.00	12.38	*0.41	39	3.55	1.21	10.88	*0	*23.3	*17.17	*1.83
990327 chipotle pinto beans*	4 oz	5	191	0.41	116	*1.37	*0.00	2.67	*0.00	0	31.45	7.90	10.54	*0	*65.9	*3.71	*2.84
990210 shredded cheddar	2 oz	100	110	6.00	190	0.00	0.00	9.00	0.00	25	1.00	0.00	6.00	*N/A*	200.0	0.00	0.00
990269 tortillas	2 ea	100	174	1.93	251	1.93	0.00	4.83	0.00	0	27.03	3.86	3.86	*N/A*	77.2	0.00	0.00
990870 roasted tomato salsa	2 oz	100	17	0.01	261	1.86	*0.00	0.05	*0.00	0	3.46	0.71	0.70	*0	13.6	*0.92	0.13
000469 steamed corn	4 oz	100	88	0.34	96	2.06	*0.00	2.32	0.00	0	17.08	1.73	2.49	*0	*3.3	*5.28	*0.35
999050 fresh grapes	4 oz	100	61	0.10	2	14.74	0.00	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
000231 Skim Milk	8 oz	30	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	69	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

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 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 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			718	13.41	1101	*34.13	*0.00	30.07	*0.39	72	81.51	8.67	32.65	*45	*635.7	*26.62	*2.67
% of Calories				16.81 %		*19.01 %	*0.00%	37.7%	*0.5%		45.4%		18.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Tuesday - 05/19/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990978 cheese pizza*	1 slice	100	280	5.00	570	3.00	1.00	11.00	0.00	25	31.00	3.00	15.00	*N/A*	310.0	*N/A*	1.60
001148 mixed greens salad	4 oz	100	5	0.01	8	0.25	*N/A*	0.06	0.00	0	0.86	0.54	0.41	*N/A*	12.9	2.71	0.31
000109 balsamic dressing	1 oz	100	94	1.28	77	0.18	*0.18	8.96	0.00	0	1.98	0.01	0.07	*0	*0.4	*0.00	*0.01
000033 cucumber coins	4 oz	100	11	0.03	1	1.22	*N/A*	0.08	0.00	0	2.66	0.37	0.48	*N/A*	11.7	2.05	0.20
000673 fresh apple	1 ea	100	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	30	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	69	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

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 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	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			583	7.45	773	36.03	*1.18	22.07	0.00	35	74.07	8.28	24.58	*45	*649.3	*13.43	*2.39
% of Calories				11.50 %		24.72%	*0.81%	34.1%	0.0%		50.8%		16.9%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Wednesday - 05/20/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)
000543 crispy chicken tender	1 ea	95	137	0.07	283	0.58	*0.00	0.87	*0.00	49	11.00	0.82	20.98	*0	38.9	2.66	1.26
990376 veggie chik'n nuggets*	5 ea	5	239	0.60	430	1.19	0.00	9.56	0.00	0	21.50	4.78	17.92	*N/A*	83.6	0.00	3.46
990076 whole grain waffles	2 ea	100	130	0.50	230	4.00	2.00	3.50	0.00	5	23.00	3.00	4.00	*N/A*	50.0	*N/A*	1.00
001178 braised collard greens	2 oz	100	35	0.15	62	*0.76	*0.54	1.06	*0.00	0	5.58	2.77	1.94	*0	*108.5	*26.17	*0.19
990693 sweet potato hash	4 oz	100	178	0.70	360	7.26	*0.00	4.66	*0.00	0	31.72	5.06	2.79	*0	*50.4	*16.56	*1.12
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
999100 syrup	1 ea	100	80	0.00	15	21.00	21.00	0.00	0.00	0	21.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
000135 orange wedges	3 ea	100	43	0.01	0	8.60	0.00	0.11	0.00	0	10.81	2.21	0.86	0	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	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	69	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

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 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	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			717	2.54	1162	*56.70	*25.54	12.30	*0.00	61	118.07	14.06	38.58	*45	*590.3	*94.51	*3.83
% of Calories				3.19%		*31.63 %	*14.25 %	15.4%	*0.0%		65.9%		21.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Thursday - 05/21/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000065 turkey sloppy joe on a bun	1 ea	95	303	2.75	468	8.26	*6.67	10.53	*0.00	87	35.50	3.86	19.36	*0	*77.1	*3.42	*3.18
990666 lentil sloppy joe on a bun*	1 ea	5	327	0.91	1105	10.62	*4.16	4.80	0.00	0	59.53	7.76	14.43	*0	*43.6	*9.12	*4.27
000386 roasted red potatoes	4 oz	100	86	0.35	110	*0.01	*0.00	2.37	0.00	0	14.90	1.62	1.79	*0	*10.2	*7.93	*0.69
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
990780 lemon garlic kale salad	4 oz	100	91	1.27	134	0.34	*0.00	8.94	0.00	0	1.78	1.12	0.85	*0	*65.4	*24.41	*0.44
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	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	69	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

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 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	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			692	5.40	950	*40.56	*8.55	23.46	*0.00	93	94.91	12.31	30.55	*45	*470.5	*44.01	*4.74
% of Calories				7.02%		*23.45 %	*4.94%	30.5%	*0.0%		54.9%		17.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Friday - 05/22/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000668 sweet chili chicken	3 oz	95	163	0.59	310	10.02	*10.01	3.75	0.00	57	14.45	0.03	17.67	*N/A*	*11.8	*0.00	*0.54
990760 sweet chili tofu*	4 oz	5	211	0.48	325	12.00	*12.00	8.50	*0.00	0	21.69	2.95	11.74	*N/A*	*200.8	*0.00	*2.42
990356 brown rice	4 oz	100	136	0.23	137	0.32	*0.00	2.63	0.00	0	24.39	1.90	3.34	*0	*4.4	*0.08	*0.75
999148 steamed carrots	4 oz	100	46	0.04	77	5.27	*N/A*	0.27	0.00	0	10.65	3.11	1.03	*N/A*	36.7	6.56	0.33
001170 ginger soy broccoli	2 oz	100	32	0.21	200	1.02	*0.18	1.25	*0.00	0	4.26	1.33	1.79	*0	23.5	43.05	0.42
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	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	69	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

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 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	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	2.24	868	43.01	*10.28	10.13	*0.00	64	80.88	8.11	33.16	*45	*405.1	*114.50	*2.56
% of Calories				3.75%		31.98%	*7.64%	16.9%	*0.0%		60.1%		24.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Monday - 05/25/2026

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)
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										

Tuesday - 05/26/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000235 beef burger on a bun	1 ea	95	339	4.70	332	2.04	*2.00	12.69	0.34	80	27.53	3.15	29.79	*0	33.6	0.05	3.97
000409 veggie burger on a bun*	1 ea	5	360	1.50	680	3.00	2.00	14.00	0.00	0	36.00	6.00	26.00	*N/A*	90.0	0.00	7.24
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

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 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)	
990054	roasted red potatoes	2 oz	100	43	0.18	55	*0.01	*0.00	1.19	0.00	0	7.45	0.81	0.90	*0	*5.1	*3.97	*0.35
000134	cucumber salad	4 oz	100	59	0.68	96	*1.77	*0.00	4.59	*0.00	0	4.01	0.66	0.68	*0	*18.1	*2.83	*0.36
999050	fresh grapes	4 oz	100	61	0.10	2	14.74	0.00	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
000231	Skim Milk	8 oz	30	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	69	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	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				612	6.58	791	*33.08	*4.00	20.51	*0.32	86	69.40	5.57	39.90	*45	*375.7	*10.78	*5.16
% of Calories					9.68%		*21.62 %	*2.61%	30.2%	*0.5%		45.4%		26.1%				
Weekly Nutrient Guideline				600 - 650	<10	1110		<10										

Wednesday - 05/27/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
991028	hot honey chicken drum	1 ea	95	306	3.45	447	17.42	*17.40	12.90	0.07	129	18.04	0.13	25.48	*0	14.1	0.15	1.12
991029	hot honey veggie chik'n nuggets*	5 ea	5	448	0.60	1224	47.59	*46.40	9.56	0.00	0	68.06	4.89	18.09	*N/A*	87.0	0.28	3.70
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
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	*0	*22.4	*9.30	*0.45
000651	roasted cauliflower	4 oz	100	37	0.30	125	1.98	*0.00	1.41	0.00	0	5.38	2.11	2.04	*0	*23.2	*49.74	*0.46

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 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)
000135 orange wedges	3 ea	100	43	0.01	0	8.60	0.00	0.11	0.00	0	10.81	2.21	0.86	0	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	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	69	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	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			753	5.92	901	*60.32	*37.19	25.42	*0.06	153	92.07	6.87	39.89	*45	*430.6	*108.44	*3.30
% of Calories				7.08%		*32.04 %	*19.76 %	30.4%	*0.1%		48.9%		21.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Thursday - 05/28/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000913 turkey meatballs & sauce	4 ea	95	183	2.16	556	5.23	*1.00	9.61	*0.00	45	11.00	1.59	14.61	*0	*46.4	*4.04	*1.42
999139 lentil bolognese*	6 oz	5	205	0.34	733	8.86	*0.46	2.35	*0.00	0	36.31	6.55	12.49	*0	*49.3	*4.29	*2.88
990353 whole grain rotini pasta	4 oz	100	111	0.32	101	0.50	*0.00	2.99	0.00	0	19.50	3.50	4.00	*0	*15.6	*0.00	*1.00
000647 roasted broccoli	4 oz	100	55	0.43	126	1.65	*0.00	2.60	0.00	0	6.66	2.55	2.78	*0	*45.9	*86.10	*0.73
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	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	69	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

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 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	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			550	3.94	908	37.39	*0.97	16.74	*0.00	53	77.97	13.41	30.08	*45	*427.5	*98.11	*3.59
% of Calories				6.45%		27.19%	*0.71%	27.4%	*0.0%		56.7%		21.9%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Friday - 05/29/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990631 baked fish sticks	2 ea	95	152	0.33	511	0.06	*0.00	3.01	*0.00	61	11.21	0.82	18.84	*0	*69.4	*0.07	*0.76
000351 red beans*	4 oz	5	170	0.66	109	0.33	*0.00	4.60	*0.00	0	24.12	7.92	8.66	*0	*49.9	*2.79	*3.58
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
000630 yellow rice	4 oz	100	151	0.26	151	0.47	*0.00	2.94	*0.00	0	27.10	2.08	3.76	*0	*6.7	*0.12	*1.11
000047 steamed green beans	4 oz	100	52	0.36	96	*0.01	*0.00	2.41	0.00	0	6.19	2.06	1.46	*0	*33.9	*10.12	*0.69
990081 sauteed cabbage	2 oz	100	19	0.13	59	1.29	*0.00	0.92	0.00	0	2.57	0.92	0.50	*0	*14.8	*12.37	*0.18
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	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	69	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

Base Menu Spreadsheet

Portion Values

Apr 27, 2026 thru May 29, 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	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	2.27	1031	*28.14	*0.00	11.34	*0.00	68	74.48	8.12	33.68	*45	*443.1	*87.63	*3.30
% of Calories				3.80%		*20.96 %	*0.00%	19.0%	*0.0%		55.5%		25.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<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)	VIt-A (mcg RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	637	6	982	*39.47	*7.74	19.66	*0.07	77	84.08	9.74	34.43	*45	*493.6	*66.18	*3.56
% of Calories		8.19%		*24.78 %	*4.86%	27.8%	*0.1%		52.8%		21.6%				

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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