



January 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

Our breakfast breads served alongside a hard-boiled egg and fresh fruit create a balanced, nutritious start to the day with grains, protein, and fruit.



Try this combo on any **Friday** this month!

Monday	Tuesday	Wednesday	Thursday	Friday
5 honey bunches of oats fresh apple	6 bagel cream cheese jelly cheese stick fresh orange	7 apple pie parfait	8 turkey ham & cheese on a croissant croissant* jelly fresh orange	9 banana bread hard boiled egg honeydew
12 blueberry chex fresh apple	13 english muffin jelly butter yogurt fresh orange	14 bagel cream cheese jelly cheese stick cantaloupe	15 blueberry parfait 100% orange juice	16 apple cinnamon bread hard boiled egg fresh orange
19 no school	20 strawberry shredded wheat fresh apple	21 apple pie parfait	22 bagel cream cheese jelly yogurt fresh orange	23 pineapple carrot bread hard boiled egg honeydew
26 cinnamon chex fresh apple	27 bagel cream cheese jelly yogurt fresh orange	28 english muffin butter jelly cheese stick cantaloupe	29 blueberry parfait 100% orange juice	30 no school
2 honey bunches of oats fresh apple	3 bagel cream cheese jelly cheese stick fresh orange	4 apple pie parfait	5 turkey ham & cheese on a croissant croissant* jelly fresh orange	6 banana bread hard boiled egg honeydew

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Feb 6, 2026

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

Site:

Use Alternate Menu Name: Alternate Menu Name 1

Monday - 01/05/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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 - 01/06/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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

Jan 5, 2026 thru Feb 6, 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)
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
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
991012 honey bunches of oats	1 ea	0	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	0	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
Weighted Daily Average			550	10.22	636	43.68	*8.00	16.04	*0.00	50	81.77	7.42	24.38	*0	*638.2	*98.63	*0.26
% of Calories				16.72 %		31.77%	*N/A*	26.2%	*0.0%		59.5%		17.7%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

Wednesday - 01/07/2026

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 (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

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Feb 6, 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			*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									

Thursday - 01/08/2026

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 (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

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Feb 6, 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			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									

Friday - 01/09/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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			475	3.65	353	58.89	*13.97	11.95	*0.00	213	75.97	4.69	19.33	*0	*442.1	*68.67	*2.26
% of Calories				6.92%		49.59%	*11.77 %	22.6%	*0.0%		64.0%		16.3%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

Monday - 01/12/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Feb 6, 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)
990985 blueberry chex	1 ea	100	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
000673 fresh apple	1 ea	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			432	1.70	436	42.38	*11.00	7.08	*0.00	10	83.26	5.37	11.75	*0	700.5	*32.11	32.30
% of Calories				3.54%		39.24%	*10.19 %	14.8%	*0.0%		77.1%		10.9%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

Tuesday - 01/13/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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*
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
000488 butter	1 ea	100	36	2.57	32	0.00	*N/A*	4.06	0.16	11	0.00	0.00	0.04	*N/A*	1.2	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

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Jan 5, 2026 thru Feb 6, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			460	3.75	360	51.68	*4.50	7.54	*0.16	21	84.75	7.42	19.05	*0	*744.4	*98.93	*0.27
% of Calories				7.34%		44.94%	*0.87%	14.8%	*0.3%		73.7%		16.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

Wednesday - 01/14/2026

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 (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
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
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

Jan 5, 2026 thru Feb 6, 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			583	10.37	692	54.11	*8.00	16.49	*0.00	50	88.84	6.16	25.61	*0	*596.3	*129.75	0.82
% of Calories				16.01 %		37.13%	*N/A*	25.5%	*0.0%		61.0%		17.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

Thursday - 01/15/2026

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 (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
000171 100% orange juice	4 oz	100	60	0.00	0	*N/A*	*N/A*	0.00	0.00	0	14.00	0.00	1.00	*N/A*	10.0	42.00	0.00
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			*494	*1.90	*231	*38.44	*19.97	*9.06	*0.00	*17	*89.19	*5.82	*17.61	*0	*575.0	*220.08	*1.42
% of Calories				*3.46%		*31.13 %	*N/A*	*16.5%	*0.0%		*72.2%		*14.3%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

Friday - 01/16/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Feb 6, 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)
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
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									

Monday - 01/19/2026

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			450 - 500	<10	540		<10	<=0									

Tuesday - 01/20/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Feb 6, 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)	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
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									

Wednesday - 01/21/2026

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)	Vlt-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

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Feb 6, 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			*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									

Thursday - 01/22/2026

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 (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
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

Jan 5, 2026 thru Feb 6, 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			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									

Friday - 01/23/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990036 pineapple carrot bread	2 wt oz	100	164	0.71	113	16.65	*13.97	4.34	*0.00	17	29.34	1.60	2.71	*N/A*	*33.2	*1.87	*0.98
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
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			473	3.64	356	59.75	*13.97	11.93	*0.00	213	75.68	4.56	19.28	*0	*445.0	*69.26	*2.28
% of Calories				6.93%		50.53%	*11.82 %	22.7%	*0.0%		64.0%		16.3%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

Monday - 01/26/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Feb 6, 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)
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 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			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 - 01/27/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Feb 6, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
990984 cinnamon chex	1 ea	0	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	0	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
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 - 01/28/2026

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 (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*
000488 butter	1 ea	100	36	2.57	32	0.00	*N/A*	4.06	0.16	11	0.00	0.00	0.04	*N/A*	1.2	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
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

Jan 5, 2026 thru Feb 6, 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			518	9.90	542	50.10	*9.00	16.99	*0.16	46	74.81	6.16	24.27	*0	*597.5	*129.75	*0.82
% of Calories				17.20 %		38.69%	*0.77%	29.5%	*0.3%		57.8%		18.7%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

Thursday - 01/29/2026

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 (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
000171 100% orange juice	4 oz	100	60	0.00	0	*N/A*	*N/A*	0.00	0.00	0	14.00	0.00	1.00	*N/A*	10.0	42.00	0.00
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

Jan 5, 2026 thru Feb 6, 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			*494	*1.90	*231	*38.44	*19.97	*9.06	*0.00	*17	*89.19	*5.82	*17.61	*0	*575.0	*220.08	*1.42
% of Calories				*3.46%		*31.13 %	*N/A*	*16.5%	*0.0%		*72.2%		*14.3%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

Friday - 01/30/2026

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 (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
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									

Monday - 02/02/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Feb 6, 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 - 02/03/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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
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

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Feb 6, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			550	10.22	636	43.68	*8.00	16.04	*0.00	50	81.77	7.42	24.38	*0	*638.2	*98.63	0.26
% of Calories				16.72 %		31.77%	*N/A*	26.2%	*0.0%		59.5%		17.7%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

Wednesday - 02/04/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Feb 6, 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			*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									

Thursday - 02/05/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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

Jan 5, 2026 thru Feb 6, 2026

Friday - 02/06/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calc (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
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			475	3.65	353	58.89	*13.97	11.95	*0.00	213	75.97	4.69	19.33	*0	*442.1	*68.67	*2.26
% of Calories				6.92%		49.59%	*11.77 %	22.6%	*0.0%		64.0%		16.3%				
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)	Vlt-A (RAE)	Calc (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	*483	*4.35	*415	*50.30	*13.62	*10.52	*0.01	*66	*82.62	*6.40	*19.12	*0	*577.9	*100.44	*3.55
% of Calories		*8.11%		*41.66 %	*8.28%	*19.6%	*0.0%		*68.4%		*15.8%				

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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