



SERVING AWARD-WINNING FOOD THAT KIDS LOVE.

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August & September 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

GOT FOOD ALLERGIES? WE ARE HERE TO HELP!

If you have a food allergy or other special dietary need, please submit a Dietary Accommodations Form to tgarcia@dccentralkitchen.org. We are proud to serve all students safe, nutritious, and delicious meals, regardless of food allergies or other dietary needs.

Our meals are always free from peanuts, tree nuts, shellfish, and pork.



Monday	Tuesday	Wednesday	Thursday	Friday
24	25	26	27	28
31	1	2	3	4
7	8	9	10	11
no school	beef hot dog on a bun veggie burger on a bun* steamed green beans steamed corn ketchup mustard orange wedges	crispy chicken tender veggie chik'n nuggets* whole grain waffles braised collard greens sweet potato hash hot sauce syrup orange wedges	turkey sloppy joe on a bun lentil sloppy joe on a bun* roasted red potatoes roasted summer squash fresh watermelon	sweet chili chicken sweet chili tofu* brown rice ginger soy broccoli steamed carrots fresh peach
14	15	16	17	18
taco beef chili black beans* cheese sauce tortilla chips roasted tomato salsa southwest taco corn fresh grapes	cheese pizza* mixed greens salad balsamic dressing cucumber coins fresh apple	peruvian chicken drum chili black beans* cilantro lime brown rice cilantro lime dressing mixed greens salad roasted summer squash orange wedges	crispy baked fish sticks veggie chik'n nuggets* whole wheat bun glazed carrots sauteed cabbage fresh watermelon	herb roasted chicken veggie chik'n nuggets* penne pasta with alfredo sauce roasted broccoli roasted sweet potatoes fresh peach
21	22	23	24	25
turkey meatball sub grilled cheese* lemon parmesan kale steamed green peas fresh grapes	cheese pizza* mediterranean chickpea salad mixed greens salad balsamic dressing fresh apple	pulled bbq chicken sandwich veggie burger on a bun* steamed corn coleslaw orange wedges	beef bolognese lentil bolognese* whole grain penne pasta steamed green beans roasted summer squash fresh watermelon	orange glazed chicken orange glazed tofu* brown rice steamed broccoli steamed carrots fresh peach

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Sep 25, 2026

Menu Name:

Private/Charter Lunch K-8

Include Cost:

No

Site:

Use Alternate Menu Name:

No

Monday - 08/24/2026

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)
000916 Turkey Meatball Sub	1 ea	95	373	4.69	948	7.23	*3.26	15.66	0.00	55	38.00	4.59	24.16	*0	*238.0	*4.04	*3.22
000539 Grilled Cheese on WW Bread	1 ea	5	342	9.11	665	6.00	0.00	16.17	0.00	40	32.00	4.00	20.18	*N/A*	533.1	*0.00	1.44
990073 Lemon Parmesan Kale	4 oz	100	70	1.19	117	0.70	*0.31	6.61	0.00	2	2.05	1.13	1.51	*0	*66.0	*24.92	*0.43
000466 Steamed Green Peas	4 oz	100	94	0.38	196	4.73	*0.00	2.62	0.00	0	12.89	4.26	4.94	*0	*20.8	*17.03	*1.45
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	0.00	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	0.00	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 Original 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			695	6.58	1363	39.81	*3.41	26.89	0.00	66	80.63	10.76	39.14	*45	*655.8	*49.72	*5.33
% of Calories				8.52%		22.91%	*1.96%	34.8%	0.0%		46.4%		22.5%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Tuesday - 08/25/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Sep 25, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (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
990271 Mediterranean Chickpea Salad	4 oz	100	122	0.42	338	3.52	*0.00	4.23	0.00	0	16.75	0.44	5.02	*0	*20.8	*12.13	*1.46
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
000673 Fresh Whole 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	0.00	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	0.00	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 Original 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			694	6.76	1109	38.33	*1.18	26.22	0.00	35	88.16	8.35	29.12	*45	*658.4	*23.52	*3.65
% of Calories				8.77%		22.09%	*0.68%	34.0%	0.0%		50.8%		16.8%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Wednesday - 08/26/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000609 Pulled BBQ Chicken on WW Bun	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 WW 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
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

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Sep 25, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001090 Coleslaw	2 oz	100	39	0.59	39	1.49	*0.47	3.20	0.00	2	2.38	0.68	0.34	*0	11.4	6.89	0.12
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	0.00	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	0.00	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 Original 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			562	2.05	819	34.52	*9.60	13.46	0.00	67	79.45	7.78	35.58	*45	*383.1	*61.41	*2.72
% of Calories				3.28%		24.57%	*6.83%	21.6%	0.0%		56.5%		25.3%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Thursday - 08/27/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001044 Beef Bolognese	3 oz	95	251	5.74	398	4.24	*0.26	18.16	0.54	53	6.97	1.58	15.12	*0	*40.0	*4.00	*2.20
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
000521 Whole Wheat Penne Pasta	4 oz	100	106	0.32	98	0.47	*0.00	2.95	0.00	0	18.37	3.30	3.77	*0	*14.0	*0.00	*0.85
990536 Whole Grain Garlic Breadstick	1 ea	100	100	0.50	95	1.00	0.00	3.50	0.00	0	15.00	1.00	1.00	*N/A*	0.0	*N/A*	0.90
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
990203 Roasted Summer Squash	2 oz	100	34	0.36	86	2.34	*0.00	2.22	0.00	0	3.09	0.88	0.96	*0	*16.4	*16.10	*0.36

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Sep 25, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000446 Fresh Watermelon	4 oz	100	61	0.03	2	12.56	0.00	0.30	0.00	0	15.29	0.81	1.24	*N/A*	14.2	16.40	0.49
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	0.00	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	0.00	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 Original 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			700	7.04	907	*33.32	*0.27	30.40	0.51	60	78.79	9.87	31.56	*45	*422.4	*46.95	*5.57
% of Calories				9.05%		*19.04 %	*0.15%	39.1%	0.7%		45.0%		18.0%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Friday - 08/28/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000467 Orange Glazed Chicken Diced	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
999156 Steamed Broccoli from fresh	4 oz	100	33	0.11	32	1.64	*N/A*	0.36	0.00	0	6.41	2.51	2.72	*N/A*	45.4	86.09	0.70
999148 Steamed Carrots from fresh	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
000445 Fresh Peach	1 ea	100	58	0.03	0	12.58	0.00	0.38	0.00	0	14.31	2.25	1.36	*N/A*	9.0	9.90	0.38
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

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Sep 25, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000230 1% Lowfat Milk	8 oz	69	102	0.00	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	0.00	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 Original 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			577	1.24	682	50.69	*10.27	10.96	0.00	64	88.84	10.13	34.70	*45	*431.4	*127.17	*2.77
% of Calories				1.93%		35.14%	*7.12%	17.1%	0.0%		61.6%		24.1%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Monday - 08/31/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999138 Baja Fish- Pollock	2 ea	95	92	0.20	389	*0.14	*0.00	1.34	*0.00	61	2.18	0.62	17.21	*0	*50.3	*0.14	*0.40
990269 Whole Wheat Tortillas, 6 inch	2 ea	95	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
990806 Baja Cream Sauce	1 oz	95	52	2.86	78	1.14	*0.00	4.12	0.00	16	1.26	0.07	1.08	*0	33.4	2.14	0.06
990674 Cheese Quesadilla on 6in Tortilla	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
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	0.00	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

Aug 24, 2026 thru Sep 25, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	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 Original 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			596	6.07	989	*34.29	*0.35	16.55	*0.00	86	79.03	8.10	33.59	*45	*514.1	*22.51	*1.36
% of Calories				9.17%		*23.01 %	*0.23%	25.0%	*0.0%		53.0%		22.5%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Tuesday - 09/01/2026

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)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000235 Beef Burger on WW 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 WW 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 Whole 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	0.00	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	0.00	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

Aug 24, 2026 thru Sep 25, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 Original 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	5.45	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				7.59%		*23.07 %	*2.48%	28.6%	*0.4%		48.9%		24.6%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Wednesday - 09/02/2026 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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990635 BBQ Chicken Drum	1 ea	95	286	3.45	409	11.00	*10.00	12.89	0.07	129	13.15	0.00	25.34	*N/A*	13.2	*0.00	1.16
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 WG Cornbread Muffin - Large	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
990202 Roasted Summer Squash	4 oz	100	50	0.44	172	4.67	*0.00	2.47	0.00	0	6.17	1.76	1.91	*0	*32.9	*32.20	*0.72
999218 Sweet Potato Steak Fries	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	0.00	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	0.00	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

Aug 24, 2026 thru Sep 25, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 Original 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			779	4.98	1001	59.16	*29.50	26.49	0.06	153	95.01	7.32	40.02	*45	*438.1	*83.11	*3.58
% of Calories				5.75%		30.38%	*15.15 %	30.6%	0.1%		48.8%		20.5%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Thursday - 09/03/2026

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)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000913 Turkey Meatballs & Sauce	4 ea	95	183	2.16	556	5.23	*1.26	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 Wheat 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
990536 Whole Grain Garlic Breadstick	1 ea	100	100	0.50	95	1.00	0.00	3.50	0.00	0	15.00	1.00	1.00	*N/A*	0.0	*N/A*	0.90
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
000446 Fresh Watermelon	4 oz	100	61	0.03	2	12.56	0.00	0.30	0.00	0	15.29	0.81	1.24	*N/A*	14.2	16.40	0.49
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	0.00	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	0.00	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

Aug 24, 2026 thru Sep 25, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 Original 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			609	3.36	1003	33.59	*1.22	20.30	0.00	53	81.15	9.70	31.67	*45	*425.7	*106.86	*4.66
% of Calories				4.97%		22.06%	*0.80%	30.0%	0.0%		53.3%		20.8%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Friday - 09/04/2026

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)	Vlt-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
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 Whole Wheat 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
999267 Glazed Carrots	2 oz	100	50	0.29	97	4.63	*1.58	2.02	0.00	0	7.88	1.82	0.63	*0	*22.8	*3.79	*0.22
000005 Braised Collard Greens	4 oz	100	67	0.30	126	*1.49	*1.08	2.12	*0.00	0	10.51	5.48	3.74	*0	*218.8	*52.56	*0.33
000445 Fresh Peach	1 ea	100	58	0.03	0	12.58	0.00	0.38	0.00	0	14.31	2.25	1.36	*N/A*	9.0	9.90	0.38
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	0.00	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	0.00	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

Aug 24, 2026 thru Sep 25, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 Original 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			630	6.89	1009	*32.40	*2.80	17.48	*0.00	84	78.04	12.87	44.62	*45	*816.7	*69.26	*2.32
% of Calories				9.84%		*20.57 %	*1.78%	25.0%	*0.0%		49.5%		28.3%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Monday - 09/07/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																	
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 - 09/08/2026

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)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000240 All Beef Hot Dog on a WW 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 WW 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
001091 Steamed Green Beans	2 oz	100	26	0.18	48	*0.01	*0.00	1.20	0.00	0	3.09	1.03	0.73	*0	*17.0	*5.06	*0.34
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

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Sep 25, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
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
000135 Orange Wedges	3 ea	1	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
000230 1% Lowfat Milk	8 oz	69	102	0.00	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	0.00	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 Original 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			527	7.24	1284	*18.68	*4.00	22.04	0.00	43	63.11	6.88	24.08	*45	*366.6	*11.13	*2.81
% of Calories				12.36 %		*14.18 %	*3.04%	37.6%	0.0%		47.9%		18.3%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Wednesday - 09/09/2026 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)	Vlt-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 Bakecrafters	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

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Aug 24, 2026 thru Sep 25, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
999100 Smucker's Breakfast 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	0.00	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	0.00	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 Original 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			709	1.46	1164	*54.70	*23.54	12.30	*0.00	61	116.07	14.36	38.58	*45	*590.3	*94.51	*3.83
% of Calories				1.85%		*30.86 %	*13.28 %	15.6%	*0.0%		65.5%		21.8%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Thursday - 09/10/2026

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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000065 Turkey Sloppy Joe on WW 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 WW 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
990203 Roasted Summer Squash	2 oz	100	34	0.36	86	2.34	*0.00	2.22	0.00	0	3.09	0.88	0.96	*0	*16.4	*16.10	*0.36
000446 Fresh Watermelon	4 oz	100	61	0.03	2	12.56	0.00	0.30	0.00	0	15.29	0.81	1.24	*N/A*	14.2	16.40	0.49

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Sep 25, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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	0.00	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	0.00	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 Original 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
999123 ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA	1 ea	2	440	2.00	410	30.00	21.00	18.00	0.00	0	61.00	7.00	23.28	*N/A*	146.0	0.00	2.88
999121 ALTERNATE Turkey Ham & Cheese on WW Bread	1 ea	2	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	326.5	*0.00	1.79
999120 ALTERNATE Light Mayonnaise	1 ea	2	30	1.50	110	0.00	0.00	3.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
999122 ALTERNATE Mustard	1 ea	2	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
Weighted Daily Average			600	3.58	839	*36.48	*6.97	17.45	*0.00	94	84.27	7.58	32.12	*45	*429.1	*44.45	*4.91
% of Calories				5.37%		*24.32 %	*4.65%	26.2%	*0.0%		56.2%		21.4%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Friday - 09/11/2026

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)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000668 Sweet Chili Chicken Diced	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	*0	*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
000623 Ginger Soy Broccoli	4 oz	100	64	0.42	401	2.03	*0.35	2.50	*0.00	0	8.51	2.67	3.58	*0	47.0	86.10	0.84

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Sep 25, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999149 Steamed Carrots from fresh	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
000445 Fresh Peach	1 ea	100	58	0.03	0	12.58	0.00	0.38	0.00	0	14.31	2.25	1.36	*N/A*	9.0	9.90	0.38
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	0.00	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	0.00	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 Original 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			546	1.29	1002	40.16	*10.46	11.29	*0.00	64	79.77	8.56	34.32	*45	*403.4	*99.67	*2.82
% of Calories				2.13%		29.42%	*7.66%	18.6%	*0.0%		58.4%		25.1%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Monday - 09/14/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990724 Taco Ground 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 Land O Lakes Ultimate Jalapeno 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
990625 WG Corn Tortilla Chips	15 each	100	213	1.52	175	0.00	0.00	9.11	0.00	0	30.38	3.04	3.04	*N/A*	30.4	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

Aug 24, 2026 thru Sep 25, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (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	0.00	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	0.00	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 Original 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			762	9.81	1277	32.42	*0.00	33.39	*0.39	66	88.61	8.56	30.83	*47	*548.7	*35.13	*3.13
% of Calories				11.59 %		17.02%	*0.00%	39.4%	*0.5%		46.5%		16.2%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Tuesday - 09/15/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (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 Whole 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	0.00	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

DC Central Kitchen

Portion Values

Aug 24, 2026 thru Sep 25, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	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 Original 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	6.37	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				9.83%		24.72%	*0.81%	34.1%	0.0%		50.8%		16.9%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Wednesday - 09/16/2026

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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000527 Peruvian Chicken Drum	1 ea	95	301	4.38	689	*0.07	*0.00	19.55	*0.07	129	2.12	0.41	26.56	*0	*23.4	*0.29	*1.43
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
000824 Cilantro-Lime Brown Rice	4 oz	100	136	0.23	137	0.32	*0.00	2.63	0.00	0	24.40	1.91	3.35	*0	*4.6	*0.26	*0.75
999102 Tangy Cilantro-Lime Dressing	.5 oz	100	26	0.36	94	0.70	*0.70	2.52	0.00	0	0.76	0.01	0.02	*0	*1.3	*0.60	*0.03
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
990202 Roasted Summer Squash	4 oz	100	50	0.44	172	4.67	*0.00	2.47	0.00	0	6.17	1.76	1.91	*0	*32.9	*32.20	*0.72
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	0.00	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	0.00	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

Aug 24, 2026 thru Sep 25, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 Original 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			655	5.26	1187	*27.16	*0.70	28.27	*0.06	133	59.12	7.24	40.50	*45	*417.7	*85.73	*3.46
% of Calories				7.23%		*16.59 %	*0.43%	38.8%	*0.1%		36.1%		24.7%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Thursday - 09/17/2026

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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990631 Crispy Baked Fish Sticks - Pollock	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
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
999231 Whole Wheat Bun	1 ea	100	139	0.50	269	1.99	1.99	1.99	0.00	0	26.86	2.98	5.97	*N/A*	19.9	0.00	1.43
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
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
000446 Fresh Watermelon	4 oz	100	61	0.03	2	12.56	0.00	0.30	0.00	0	15.29	0.81	1.24	*N/A*	14.2	16.40	0.49
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	0.00	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	0.00	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

Aug 24, 2026 thru Sep 25, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 Original 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			575	1.58	1144	37.68	*5.15	12.25	*0.00	68	84.62	9.38	35.91	*45	*468.1	*36.73	*3.48
% of Calories				2.47%		26.21%	*3.58%	19.2%	*0.0%		58.9%		25.0%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Friday - 09/18/2026

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)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990218 Herb Roasted Chicken Diced	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
990334 Roasted Broccoli	2 oz	100	27	0.22	63	0.82	*0.00	1.30	0.00	0	3.33	1.28	1.39	*0	*22.9	*43.05	*0.36
000028 Roasted Sweet Potatoes Diced	4 oz	100	161	0.66	104	12.82	8.62	4.53	0.00	0	28.86	3.03	1.60	*0	*38.1	*2.43	*0.68
000445 Fresh Peach	1 ea	100	58	0.03	0	12.58	0.00	0.38	0.00	0	14.31	2.25	1.36	*N/A*	9.0	9.90	0.38
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	0.00	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	0.00	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

Aug 24, 2026 thru Sep 25, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 Original 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			619	4.11	683	40.02	*8.62	18.43	*0.00	75	80.47	10.29	37.41	*45	*506.9	*56.07	*3.08
% of Calories				5.98%		25.86%	*5.57%	26.8%	*0.0%		52.0%		24.2%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Monday - 09/21/2026

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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000916 Turkey Meatball Sub	1 ea	95	373	4.69	948	7.23	*3.26	15.66	0.00	55	38.00	4.59	24.16	*0	*238.0	*4.04	*3.22
000539 Grilled Cheese on WW Bread	1 ea	5	342	9.11	665	6.00	0.00	16.17	0.00	40	32.00	4.00	20.18	*N/A*	533.1	*0.00	1.44
990073 Lemon Parmesan Kale	4 oz	100	70	1.19	117	0.70	*0.31	6.61	0.00	2	2.05	1.13	1.51	*0	*66.0	*24.92	*0.43
000466 Steamed Green Peas	4 oz	100	94	0.38	196	4.73	*0.00	2.62	0.00	0	12.89	4.26	4.94	*0	*20.8	*17.03	*1.45
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	0.00	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	0.00	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

Aug 24, 2026 thru Sep 25, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 Original 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			695	6.58	1363	39.81	*3.41	26.89	0.00	66	80.63	10.76	39.14	*45	*655.8	*49.72	*5.33
% of Calories				8.52%		22.91%	*1.96%	34.8%	0.0%		46.4%		22.5%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Tuesday - 09/22/2026

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)	Vlt-A (mcg RAE)	Calcm (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
990271 Mediterranean Chickpea Salad	4 oz	100	122	0.42	338	3.52	*0.00	4.23	0.00	0	16.75	0.44	5.02	*0	*20.8	*12.13	*1.46
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
000673 Fresh Whole 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	0.00	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	0.00	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

Aug 24, 2026 thru Sep 25, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 Original 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			694	6.76	1109	38.33	*1.18	26.22	0.00	35	88.16	8.35	29.12	*45	*658.4	*23.52	*3.65
% of Calories				8.77%		22.09%	*0.68%	34.0%	0.0%		50.8%		16.8%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Wednesday - 09/23/2026

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)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000609 Pulled BBQ Chicken on WW Bun	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 WW 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
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
001090 Coleslaw	2 oz	100	39	0.59	39	1.49	*0.47	3.20	0.00	2	2.38	0.68	0.34	*0	11.4	6.89	0.12
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	0.00	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	0.00	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

Aug 24, 2026 thru Sep 25, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 Original 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			562	2.05	819	34.52	*9.60	13.46	0.00	67	79.45	7.78	35.58	*45	*383.1	*61.41	*2.72
% of Calories				3.28%		24.57%	*6.83%	21.6%	0.0%		56.5%		25.3%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Thursday - 09/24/2026

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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001044 Beef Bolognese	3 oz	95	251	5.74	398	4.24	*0.26	18.16	0.54	53	6.97	1.58	15.12	*0	*40.0	*4.00	*2.20
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
000521 Whole Wheat Penne Pasta	4 oz	100	106	0.32	98	0.47	*0.00	2.95	0.00	0	18.37	3.30	3.77	*0	*14.0	*0.00	*0.85
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
990203 Roasted Summer Squash	2 oz	100	34	0.36	86	2.34	*0.00	2.22	0.00	0	3.09	0.88	0.96	*0	*16.4	*16.10	*0.36
000446 Fresh Watermelon	4 oz	100	61	0.03	2	12.56	0.00	0.30	0.00	0	15.29	0.81	1.24	*N/A*	14.2	16.40	0.49
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	0.00	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	0.00	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

Aug 24, 2026 thru Sep 25, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 Original 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			600	6.54	812	*32.32	*0.27	26.90	0.51	60	63.79	8.87	30.56	*45	*422.4	*46.95	*4.67
% of Calories				9.81%		*21.55 %	*0.18%	40.4%	0.8%		42.5%		20.4%				
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10										

Friday - 09/25/2026

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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000467 Orange Glazed Chicken Diced	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
999156 Steamed Broccoli from fresh	4 oz	100	33	0.11	32	1.64	*N/A*	0.36	0.00	0	6.41	2.51	2.72	*N/A*	45.4	86.09	0.70
999148 Steamed Carrots from fresh	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
000445 Fresh Peach	1 ea	100	58	0.03	0	12.58	0.00	0.38	0.00	0	14.31	2.25	1.36	*N/A*	9.0	9.90	0.38
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	0.00	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	0.00	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

Aug 24, 2026 thru Sep 25, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 Original 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			577	1.24	682	50.69	*10.27	10.96	0.00	64	88.84	10.13	34.70	*45	*431.4	*127.17	*2.77
% of Calories				1.93%		35.14%	*7.12%	17.1%	0.0%		61.6%		24.1%				
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)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages		633	4.76	992	*38.02	*6.16	20.47	*0.08	70	81.63	9.21	34.47	*45	*502.1	*57.99	*3.59
% of Calories			6.77%		*24.03 %	*3.89%	29.1%	*0.1%		51.6%		21.8%				

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.
Per the Whole Milk for Healthy Kids Act of 2025, saturated fat from fluid milk is excluded from HHFKA menu analysis.

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