



November 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 |
|---|--|---|--|---|
| 3 pepperoni pizza cheese pizza* roasted broccoli baby carrots ranch dressing fresh grapes | 4 turkey meatballs & sauce lentil bolognese whole grain rotini pasta garlic breadstick steamed green beans fresh apple | 5 cumin lime chicken chili black beans tortillas hot sauce sauteed peppers & onions sweet potato wedges orange wedges | 6 beef shepherd's pie lentil shepherd's pie biscuit steamed green peas mashed potatoes fresh pear | 7 no school |
| 10 no school | 11 beef burger on a bun veggie burger on a bun* ketchup mustard roasted red potatoes cucumber salad fresh grapes | 12 crispy chicken tender veggie chik'n nuggets* ketchup mac & cheese cinnamon roasted butternut squash roasted broccoli orange wedges | 13 jamaican jerk chicken drum red beans yellow rice sauteed cabbage oven fried plantains fresh pear | 14 baked fish sticks bbq baked beans cornbread muffin buffalo cauliflower roasted carrots cantaloupe |
| 17 cheese pizza* mixed greens salad italian dressing roasted broccoli fresh grapes | 18 turkey & bean chili veg out chili* cornbread muffin steamed corn fresh apple | 19 orange glazed chicken orange glazed tofu* brown rice steamed carrots ginger soy broccoli orange wedges | 20 beef bolognese lentil bolognese whole grain penne pasta parmesan butternut squash steamed green beans fresh pear | 21 crispy chicken tender veggie chik'n nuggets* whole grain waffles braised collard greens sweet potato hash syrup ketchup cantaloupe |
| 24 beef hot dog on a bun veggie burger on a bun* ketchup mustard bbq baked beans steamed corn fresh grapes | 25 roasted turkey brown gravy veggie chik'n nuggets* vegetarian brown gravy roll steamed green beans mashed potatoes fresh apple | 26 no school | 27 no school | 28 no school |
| 1 pepperoni pizza cheese pizza* roasted broccoli baby carrots ranch dressing fresh grapes | 2 turkey meatballs & sauce lentil bolognese whole grain rotini pasta garlic breadstick steamed green beans fresh apple | 3 cumin lime chicken chili black beans tortillas hot sauce sauteed peppers & onions sweet potato wedges orange wedges | 4 beef shepherd's pie lentil shepherd's pie biscuit steamed green peas mashed potatoes fresh pear | 5 sweet chili chicken sweet chili tofu* brown rice sauteed cabbage & snow peas steamed carrots cantaloupe |

WHAT'S LOCAL?

The cooler weather of fall welcomes **local butternut squash** to the menu!

This squash is full of vitamin C, which helps keep your immune system strong in the cooler weather.

Try butternut squash on **November 20th!**



Planned Menu Spreadsheet

Portion Values

Nov 3, 2025 thru Dec 5, 2025

Menu Name: Private/Charter Lunch K-8 **Include Cost:** No
Site: 32 - Bishop
Use Alternate Menu Name: No

Monday - 11/03/2025 Reimbursable Meal Total 60

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|
| 991043 Pepperoni Pizza | 1 slice | 57 | 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 | 3 | 280 | 5.00 | 570 | 3.00 | 1.00 | 11.00 | 0.00 | 25 | 31.00 | 3.00 | 15.00 | *N/A* | 310.0 | *N/A* | 1.60 |
| 000647 Roasted Broccoli | 4 oz | 60 | 55 | 0.43 | 126 | 1.65 | *N/A* | 2.60 | *0.00 | 0 | 6.66 | 2.55 | 2.78 | *N/A* | *45.9 | *86.10 | *0.73 |
| 001083 Baby Carrots | 2 oz | 60 | 12 | 0.01 | 27 | *N/A* | *N/A* | 0.04 | 0.00 | 0 | 2.87 | 1.02 | 0.22 | *N/A* | 11.2 | 0.93 | 0.32 |
| 000372 House Ranch Dressing | 1 oz | 60 | 64 | 1.51 | 105 | 1.28 | *0.00 | 5.75 | *0.00 | 7 | 2.37 | 0.06 | 0.74 | *N/A* | 27.7 | 0.49 | 0.04 |
| 999050 Fresh Green Grapes | 4 oz | 60 | 61 | 0.10 | 2 | 14.74 | *N/A* | 0.32 | 0.00 | 0 | 15.56 | 0.82 | 0.57 | *N/A* | 12.7 | 3.63 | 0.26 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 11.98 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | *N/A* | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 30 | 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 Original Soy milk | 8 oz | 1 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |
| 999121 ALTERNATE Turkey Ham & Cheese on WW Bread | 1 ea | 0 | 301 | 5.31 | 712 | *0.00 | *0.00 | 11.59 | 0.00 | 50 | 32.50 | 4.00 | 20.09 | *N/A* | 322.5 | *0.00 | 1.79 |
| Weighted Daily Average | | | 579 | 8.12 | 1004 | *33.55 | *1.32 | 21.67 | *0.00 | 44 | 71.12 | 7.48 | 28.84 | *0 | *821.9 | *92.38 | *3.37 |
| % of Calories | | | | 12.62 % | | *23.18 % | *0.81 % | 33.7 % | *0.0 % | | 49.1 % | | 19.9 % | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | <10 | <=0 | | | | | | | | | |

Planned Menu Spreadsheet

Portion Values

Nov 3, 2025 thru Dec 5, 2025

Tuesday - 11/04/2025

Reimbursable Meal Total 60

| | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|
| 000913 Turkey Meatballs & Sauce | 4 ea | 57 | 184 | 1.66 | 580 | 4.52 | *0.00 | 9.62 | *0.00 | 45 | 11.40 | 1.57 | 14.73 | *N/A* | *47.4 | *4.26 | *1.45 |
| 999139 Lentil Bolognese | 6 oz | 3 | 198 | 0.27 | 747 | *8.19 | *0.44 | 1.84 | *0.00 | 0 | 35.60 | 6.46 | 12.21 | *N/A* | *49.8 | *4.30 | *2.80 |
| 990353 Whole Wheat Rotini Pasta | 4 oz | 60 | 111 | 0.32 | 101 | 0.50 | *N/A* | 2.99 | *0.00 | 0 | 19.50 | 3.50 | 4.00 | *N/A* | *15.6 | *0.00 | *1.00 |
| 990536 Whole Grain Garlic Breadstick | 1 ea | 60 | 100 | 0.50 | 95 | 1.00 | *N/A* | 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 | 60 | 52 | 0.36 | 96 | *0.01 | *N/A* | 2.41 | *0.00 | 0 | 6.19 | 2.06 | 1.46 | *N/A* | *33.9 | *10.12 | *0.69 |
| 000673 Fresh Whole Apple | 1 ea | 60 | 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 | 30 | 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 Original Soymilk | 8 oz | 1 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |
| 999121 ALTERNATE Turkey Ham & Cheese on WW Bread | 1 ea | 0 | 301 | 5.31 | 712 | *0.00 | *0.00 | 11.59 | 0.00 | 50 | 32.50 | 4.00 | 20.09 | *N/A* | 322.5 | *0.00 | 1.79 |
| 999050 Fresh Green Grapes | 4 oz | 0 | 61 | 0.10 | 2 | 14.74 | *N/A* | 0.32 | 0.00 | 0 | 15.56 | 0.82 | 0.57 | *N/A* | 12.7 | 3.63 | 0.26 |
| Weighted Daily Average | | | 641 | 3.74 | 1004 | *37.85 | *0.19 | 19.91 | *0.00 | 51 | 90.94 | 12.77 | 30.11 | *0 | *522.4 | *23.99 | *4.43 |
| % of Calories | | | | 5.25% | | *23.62 % | *0.00% | 28.0% | *0.0% | | 56.7% | | 18.8% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | <10 | <=0 | | | | | | | | | |

Wednesday - 11/05/2025

Reimbursable Meal Total 60

Planned Menu Spreadsheet

Portion Values

Nov 3, 2025 thru Dec 5, 2025

| | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------|------------|-----------|
| 001037 Cumin Lime Chicken Diced | 3 oz | 57 | 143 | 1.10 | 222 | 0.14 | *0.00 | 7.33 | *0.00 | 57 | 1.64 | 0.34 | 17.95 | *N/A* | *12.3 | *0.46 | *0.84 |
| 000637 Chili Black Beans | 4 oz | 3 | 209 | 0.65 | 141 | 1.81 | *0.00 | 3.93 | *0.00 | 0 | 33.39 | 8.49 | 11.20 | *N/A* | *71.2 | *13.00 | *2.95 |
| 990269 Whole Wheat Tortillas, 6 inch | 2 ea | 60 | 140 | 1.00 | 210 | 0.00 | *N/A* | 4.00 | 0.00 | 0 | 26.00 | 4.00 | 4.00 | *N/A* | 80.0 | 0.00 | 0.00 |
| 000604 Hot Sauce | 1 ea | 60 | 2 | 0.00 | 92 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0.00 | 0.30 | 0.00 | *N/A* | 0.0 | 0.00 | 0.00 |
| 990331 Sauteed Peppers & Onions Strips | 2 oz | 60 | 24 | 0.13 | 33 | 1.78 | *N/A* | 0.82 | *0.00 | 0 | 3.88 | 0.91 | 0.54 | *N/A* | *9.6 | *20.74 | *0.15 |
| 990839 Sweet Potato Wedges | 4 oz | 60 | 147 | 0.45 | 199 | 5.80 | *N/A* | 3.04 | *0.00 | 0 | 28.05 | 4.24 | 2.24 | *N/A* | *42.5 | *3.32 | *0.90 |
| 000135 Orange Wedges | 3 ea | 60 | 43 | 0.01 | 0 | 8.60 | *N/A* | 0.11 | 0.00 | 0 | 10.81 | 2.21 | 0.86 | *N/A* | 36.8 | 48.94 | 0.09 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 11.98 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | *N/A* | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 30 | 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 Original Soy milk | 8 oz | 1 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |
| 999121 ALTERNATE Turkey Ham & Cheese on WW Bread | 1 ea | 0 | 301 | 5.31 | 712 | *0.00 | *0.00 | 11.59 | 0.00 | 50 | 32.50 | 4.00 | 20.09 | *N/A* | 322.5 | *0.00 | 1.79 |
| Weighted Daily Average | | | 601 | 3.59 | 874 | *29.13 | *0.17 | 16.62 | *0.00 | 63 | 84.47 | 12.44 | 33.84 | *0 | *598.6 | *75.32 | *2.19 |
| % of Calories | | | | 5.38% | | *19.39 % | *0.00% | 24.9% | *0.0% | | 56.2% | | 22.5% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | <10 | <=0 | | | | | | | | | |

Thursday - 11/06/2025

Reimbursable Meal Total 60

Planned Menu Spreadsheet

Portion Values

Nov 3, 2025 thru Dec 5, 2025

| | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|
| 000793 Beef Shepherd's Pie | 3 oz | 57 | 244 | 5.74 | 325 | *1.44 | *0.00 | 18.00 | *0.54 | 53 | 5.50 | 0.70 | 14.26 | *N/A* | *31.1 | *3.74 | *2.00 |
| 000797 Lentil Shepherd's Pie | 5 oz | 3 | 162 | 0.47 | 510 | *1.85 | *0.00 | 3.65 | *0.00 | 0 | 24.89 | 3.92 | 8.36 | *N/A* | *24.8 | *4.34 | *2.40 |
| 000455 Whole Grain Biscuit | 1 ea | 60 | 170 | 5.00 | 330 | 2.00 | *N/A* | 8.00 | 0.00 | 0 | 22.00 | 2.00 | 4.00 | *N/A* | 140.0 | 0.00 | 1.20 |
| 000466 Steamed Green Peas | 4 oz | 60 | 94 | 0.38 | 196 | 4.73 | *N/A* | 2.62 | *0.00 | 0 | 12.89 | 4.26 | 4.94 | *N/A* | *20.8 | *17.03 | *1.45 |
| 001089 Mashed Potatoes | 2 oz | 60 | 53 | 0.67 | 101 | *0.24 | *0.00 | 2.19 | *0.00 | 2 | 7.02 | 1.37 | 1.57 | *N/A* | *22.9 | *6.16 | *1.76 |
| 000884 Fresh Pear | 1 ea | 60 | 101 | 0.04 | 2 | 17.36 | *N/A* | 0.25 | 0.00 | 0 | 27.11 | 5.52 | 0.64 | *N/A* | 16.0 | 7.65 | 0.32 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 11.98 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | *N/A* | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 30 | 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 Original Soymilk | 8 oz | 1 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |
| 999121 ALTERNATE Turkey Ham & Cheese on WW Bread | 1 ea | 0 | 301 | 5.31 | 712 | *0.00 | *0.00 | 11.59 | 0.00 | 50 | 32.50 | 4.00 | 20.09 | *N/A* | 322.5 | *0.00 | 1.79 |
| Weighted Daily Average | | | 756 | 12.48 | 1085 | *38.51 | *0.17 | 31.82 | *0.51 | 61 | 87.99 | 14.03 | 33.69 | *0 | *645.0 | *35.85 | *6.84 |
| % of Calories | | | | 14.86 % | | *20.38 % | *0.00% | 37.9% | *0.6% | | 46.6% | | 17.8% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | <10 | <=0 | | | | | | | | | |

Friday - 11/07/2025

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|
| 000668 Sweet Chili Chicken Diced | 3 oz | 0 | 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 |

Planned Menu Spreadsheet

Portion Values

Nov 3, 2025 thru Dec 5, 2025

| | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|
| 990760 Sweet Chili Tofu | 4 oz | 0 | 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 | 0 | 124 | 0.18 | 101 | 0.26 | *0.00 | 2.19 | *0.00 | 0 | 23.22 | 1.49 | 3.21 | *N/A* | *4.8 | *0.08 | *0.59 |
| 000639 Sauteed Cabbage | 4 oz | 0 | 38 | 0.27 | 117 | 2.58 | *0.00 | 1.84 | *0.00 | 0 | 5.14 | 1.85 | 1.01 | *N/A* | *29.6 | *24.75 | *0.36 |
| 999149 Steamed Carrots from raw | 2 oz | 0 | 23 | 0.02 | 38 | 2.64 | *N/A* | 0.13 | 0.00 | 0 | 5.33 | 1.56 | 0.52 | *N/A* | 18.3 | 3.28 | 0.17 |
| 990424 Cantaloupe | 4 oz | 0 | 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 | 0 | 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 | 0 | 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 | 0 | 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 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 |
| 999121 ALTERNATE Turkey Ham & Cheese on WW Bread | 1 ea | 0 | 301 | 5.31 | 712 | *0.00 | *0.00 | 11.59 | 0.00 | 50 | 32.50 | 4.00 | 20.09 | *N/A* | 322.5 | *0.00 | 1.79 |
| Weighted Daily Average | | | 0 | 0.00 | 0 | *0.00 | *0.00 | 0.00 | *0.00 | 0 | 0.00 | 0.00 | 0.00 | *0 | *0.0 | *0.00 | *0.00 |
| % of Calories | | | | 0% | | *0% | *0% | 0% | *0% | | 0% | | 0% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | <10 | <=0 | | | | | | | | | |

Monday - 11/10/2025

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|
| 000539 Grilled Cheese on WW Bread | 1 ea | 0 | 342 | 9.11 | 665 | *0.00 | *N/A* | 16.17 | 0.00 | 40 | 32.00 | 4.00 | 20.18 | *N/A* | 525.0 | 0.00 | 1.44 |
| 001091 Steamed Green Beans | 2 oz | 0 | 26 | 0.18 | 48 | *0.01 | *N/A* | 1.20 | *0.00 | 0 | 3.09 | 1.03 | 0.73 | *N/A* | *17.0 | *5.06 | *0.34 |

Planned Menu Spreadsheet

Portion Values

Nov 3, 2025 thru Dec 5, 2025

| | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|
| 000469 Steamed Corn | 4 oz | 0 | 88 | 0.34 | 96 | 2.06 | *N/A* | 2.32 | *0.00 | 0 | 17.08 | 1.73 | 2.49 | *N/A* | *3.3 | *5.28 | *0.35 |
| 999050 Fresh Green Grapes | 4 oz | 0 | 61 | 0.10 | 2 | 14.74 | *N/A* | 0.32 | 0.00 | 0 | 15.56 | 0.82 | 0.57 | *N/A* | 12.7 | 3.63 | 0.26 |
| 000231 Skim Milk | 8 oz | 0 | 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 | 0 | 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 | 0 | 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 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 |
| 999121 ALTERNATE Turkey Ham & Cheese on WW Bread | 1 ea | 0 | 301 | 5.31 | 712 | *0.00 | *0.00 | 11.59 | 0.00 | 50 | 32.50 | 4.00 | 20.09 | *N/A* | 322.5 | *0.00 | 1.79 |
| Weighted Daily Average | | | 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% | *N/A* | 0% | *0% | | 0% | | 0% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | <10 | <=0 | | | | | | | | | |

Tuesday - 11/11/2025

Reimbursable Meal Total 60

| | 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) |
|--------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|
| 000235 Beef Burger on WW Bun | 1 ea | 57 | 339 | 4.20 | 302 | 3.04 | *N/A* | 12.69 | 0.34 | 80 | 29.53 | 4.15 | 29.79 | *N/A* | 33.6 | 0.05 | 3.97 |
| 000409 Veggie Burger on WW Bun | 1 ea | 3 | 370 | 2.50 | 570 | 4.00 | *0.00 | 15.00 | 0.00 | 0 | 36.00 | 6.00 | 25.00 | *N/A* | 24.0 | 0.00 | 7.44 |
| 000556 Ketchup | 1 ea | 60 | 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 | 60 | 0 | 0.00 | 84 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000386 Roasted Red Potatoes | 4 oz | 60 | 86 | 0.35 | 110 | *0.01 | *N/A* | 2.37 | *0.00 | 0 | 14.90 | 1.62 | 1.79 | *N/A* | *10.2 | *7.93 | *0.69 |

Planned Menu Spreadsheet

Portion Values

Nov 3, 2025 thru Dec 5, 2025

| | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|
| 990452 Cucumber Salad | 2 oz | 60 | 29 | 0.34 | 48 | *0.88 | *0.00 | 2.29 | *0.00 | 0 | 2.01 | 0.33 | 0.34 | *N/A* | *9.0 | *1.42 | *0.18 |
| 999050 Fresh Green Grapes | 4 oz | 60 | 61 | 0.10 | 2 | 14.74 | *N/A* | 0.32 | 0.00 | 0 | 15.56 | 0.82 | 0.57 | *N/A* | 12.7 | 3.63 | 0.26 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 11.98 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | *N/A* | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 30 | 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 Original Soymilk | 8 oz | 1 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |
| 999121 ALTERNATE Turkey Ham & Cheese on WW Bread | 1 ea | 0 | 301 | 5.31 | 712 | *0.00 | *0.00 | 11.59 | 0.00 | 50 | 32.50 | 4.00 | 20.09 | *N/A* | 322.5 | *0.00 | 1.79 |
| Weighted Daily Average | | | 626 | 5.83 | 772 | *33.45 | *2.17 | 19.27 | *0.32 | 84 | 76.82 | 7.03 | 40.83 | *0 | *479.4 | *14.26 | *5.39 |
| % of Calories | | | | 8.38% | | *21.37 % | *N/A* | 27.7% | *0.5% | | 49.1% | | 26.1% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | <10 | <=0 | | | | | | | | | |

Wednesday - 11/12/2025

Reimbursable Meal Total 60

| | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|
| 000543 Crispy Chicken Tender | 1 ea | 57 | 137 | 0.24 | 283 | 1.43 | *0.00 | 0.87 | *0.00 | 49 | 11.00 | 0.82 | 20.98 | *N/A* | 38.9 | 2.66 | 1.26 |
| 990376 Veggie Chik'n Nuggets | 5 ea | 3 | 225 | 1.25 | 438 | 2.50 | *N/A* | 10.00 | 0.00 | 0 | 22.50 | 5.00 | 15.00 | *N/A* | 50.0 | 0.00 | 2.25 |
| 000556 Ketchup | 1 ea | 60 | 10 | 0.00 | 90 | 2.00 | 2.00 | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990845 Whole Wheat Mac & Cheese | 4 oz | 60 | 211 | 6.00 | 400 | 0.85 | *0.00 | 9.64 | 0.00 | 30 | 22.00 | 2.12 | 9.98 | *N/A* | 223.0 | 0.00 | 0.00 |
| 990222 Cinnamon Roasted Butternut Squash | 2 oz | 60 | 40 | 0.22 | 62 | *0.34 | *0.34 | 1.50 | *0.00 | 0 | 6.91 | 1.18 | 0.72 | *N/A* | *22.4 | *9.30 | *0.45 |

Planned Menu Spreadsheet

DC Central Kitchen

Portion Values

Nov 3, 2025 thru Dec 5, 2025

| | 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) | |
|---------------------------|---|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|-------|
| 000647 | Roasted Broccoli | 4 oz | 60 | 55 | 0.43 | 126 | 1.65 | *N/A* | 2.60 | *0.00 | 0 | 6.66 | 2.55 | 2.78 | *N/A* | *45.9 | *86.10 | *0.73 |
| 000135 | Orange Wedges | 3 ea | 60 | 43 | 0.01 | 0 | 8.60 | *N/A* | 0.11 | 0.00 | 0 | 10.81 | 2.21 | 0.86 | *N/A* | 36.8 | 48.94 | 0.09 |
| 000231 | Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 11.98 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | *N/A* | 503.9 | 2.47 | 0.10 |
| 000230 | 1% Lowfat Milk | 8 oz | 30 | 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 | Original Soymilk | 8 oz | 1 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |
| 999121 | ALTERNATE Turkey Ham & Cheese on WW Bread | 1 ea | 0 | 301 | 5.31 | 712 | *0.00 | *0.00 | 11.59 | 0.00 | 50 | 32.50 | 4.00 | 20.09 | *N/A* | 322.5 | *0.00 | 1.79 |
| Weighted Daily Average | | | | 599 | 7.87 | 1090 | *27.64 | *2.50 | 16.66 | *0.00 | 85 | 72.47 | 9.13 | 43.60 | *0 | *782.0 | *148.11 | *2.69 |
| % of Calories | | | | | 11.82 % | | *18.46 % | | 25.0% | *0.0% | | 48.4% | | 29.1% | | | | |
| Weekly Nutrient Guideline | | | | 600 - 650 | <10 | 1110 | | <10 | <=0 | | | | | | | | | |

Thursday - 11/13/2025

Reimbursable Meal Total 60

| | 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) | |
|--------|----------------------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|-------|
| 990634 | Jamaican Jerk Chicken Drum | 1 ea | 57 | 302 | 4.32 | 388 | *2.91 | *2.70 | 18.66 | *0.07 | 129 | 5.59 | 0.75 | 25.95 | *N/A* | *32.5 | *1.03 | *1.74 |
| 000351 | Red Beans | 4 oz | 3 | 149 | 0.39 | 52 | 0.41 | *N/A* | 2.69 | *0.00 | 0 | 23.58 | 5.82 | 8.43 | *N/A* | *34.2 | *2.33 | *2.60 |
| 000630 | Yellow Rice | 4 oz | 60 | 123 | 0.17 | 97 | 0.32 | *0.00 | 2.16 | *0.00 | 0 | 22.94 | 1.43 | 3.21 | *N/A* | *5.9 | *0.08 | *0.78 |
| 000639 | Sauteed Cabbage | 4 oz | 60 | 38 | 0.27 | 117 | 2.58 | *0.00 | 1.84 | *0.00 | 0 | 5.14 | 1.85 | 1.01 | *N/A* | *29.6 | *24.75 | *0.36 |
| 990296 | Oven Fried Plantains | 2 oz | 60 | 95 | 0.26 | 37 | 12.63 | *N/A* | 1.84 | *0.00 | 0 | 17.89 | 1.05 | 1.05 | *N/A* | 0.0 | *0.00 | 0.57 |

Planned Menu Spreadsheet

Portion Values

Nov 3, 2025 thru Dec 5, 2025

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | |
|----------------------------------|---|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|-------|
| 000884 | Fresh Pear | 1 ea | 60 | 101 | 0.04 | 2 | 17.36 | *N/A* | 0.25 | 0.00 | 0 | 27.11 | 5.52 | 0.64 | *N/A* | 16.0 | 7.65 | 0.32 |
| 000231 | Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 11.98 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | *N/A* | 503.9 | 2.47 | 0.10 |
| 000230 | 1% Lowfat Milk | 8 oz | 30 | 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 | Original Soymilk | 8 oz | 1 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |
| 999121 | ALTERNATE Turkey Ham & Cheese on WW Bread | 1 ea | 0 | 301 | 5.31 | 712 | *0.00 | *0.00 | 11.59 | 0.00 | 50 | 32.50 | 4.00 | 20.09 | *N/A* | 322.5 | *0.00 | 1.79 |
| Weighted Daily Average | | | | 750 | 5.79 | 745 | *48.38 | *2.73 | 25.43 | *0.06 | 131 | 92.07 | 10.88 | 39.56 | *0 | *498.5 | *34.82 | *3.92 |
| % of Calories | | | | | 6.95% | | *25.80 % | *1.44% | 30.5% | *0.1% | | 49.1% | | 21.1% | | | | |
| Weekly Nutrient Guideline | | | | 600 - 650 | <10 | 1110 | | <10 | <=0 | | | | | | | | | |

Friday - 11/14/2025

Reimbursable Meal Total 60

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | |
|--------|-----------------------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|-------|
| 990631 | Baked Fish Sticks - Pollock | 2 ea | 57 | 152 | 0.49 | 511 | 0.90 | *N/A* | 3.01 | *0.00 | 61 | 11.21 | 0.82 | 18.84 | *N/A* | *69.4 | *0.07 | *0.76 |
| 000475 | BBQ Baked Beans | 4 oz | 3 | 217 | 0.65 | 103 | 4.81 | *2.16 | 4.15 | *0.00 | 0 | 35.71 | 6.58 | 10.43 | *N/A* | *75.7 | *0.49 | *3.68 |
| 000851 | WG Cornbread Muffin - Large | 1 ea | 60 | 220 | 1.00 | 115 | 18.00 | 18.00 | 8.00 | 0.00 | 20 | 36.00 | 1.00 | 3.00 | *N/A* | 27.0 | 0.00 | 1.00 |
| 001147 | Buffalo Cauliflower | 2 oz | 60 | 26 | 0.20 | 145 | 0.99 | *N/A* | 1.08 | *0.00 | 0 | 2.85 | 1.08 | 1.05 | *N/A* | *12.0 | *24.85 | *0.24 |
| 000244 | Roasted Carrots | 4 oz | 60 | 69 | 0.36 | 171 | 5.30 | *N/A* | 2.56 | *0.00 | 0 | 11.08 | 3.20 | 1.14 | *N/A* | *38.7 | *6.61 | *0.38 |
| 990424 | Cantaloupe | 4 oz | 60 | 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 |

Planned Menu Spreadsheet

Portion Values

Nov 3, 2025 thru Dec 5, 2025

| | 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 | 30 | 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 Original Soymilk | 8 oz | 1 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |
| 999121 ALTERNATE Turkey Ham & Cheese on WW Bread | 1 ea | 0 | 301 | 5.31 | 712 | *0.00 | *0.00 | 11.59 | 0.00 | 50 | 32.50 | 4.00 | 20.09 | *N/A* | 322.5 | *0.00 | 1.79 |
| Weighted Daily Average | | | 628 | 3.07 | 1071 | *51.92 | *18.27 | 16.52 | *0.00 | 86 | 89.21 | 8.01 | 33.66 | *0 | *577.6 | *97.29 | *3.00 |
| % of Calories | | | | 4.40% | | *33.07 % | *N/A* | 23.7% | *0.0% | | 56.8% | | 21.4% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | <10 | <=0 | | | | | | | | | |

Monday - 11/17/2025

Reimbursable Meal Total 60

| | 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) |
|-------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|
| 990978 Cheese Pizza | 1 slice | 60 | 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 | 60 | 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 |
| 000680 House Italian Dressing | 1 oz | 60 | 134 | 1.98 | 25 | 0.39 | *0.00 | 13.83 | *0.00 | 0 | 0.86 | 0.27 | 0.09 | *N/A* | *13.0 | *0.42 | *0.44 |
| 000647 Roasted Broccoli | 4 oz | 60 | 55 | 0.43 | 126 | 1.65 | *N/A* | 2.60 | *0.00 | 0 | 6.66 | 2.55 | 2.78 | *N/A* | *45.9 | *86.10 | *0.73 |
| 999050 Fresh Green Grapes | 4 oz | 60 | 61 | 0.10 | 2 | 14.74 | *N/A* | 0.32 | 0.00 | 0 | 15.56 | 0.82 | 0.57 | *N/A* | 12.7 | 3.63 | 0.26 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 11.98 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | *N/A* | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 30 | 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 |

Planned Menu Spreadsheet

Portion Values

Nov 3, 2025 thru Dec 5, 2025

| | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|
| 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 Original Soymilk | 8 oz | 1 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |
| 999121 ALTERNATE Turkey Ham & Cheese on WW Bread | 1 ea | 0 | 301 | 5.31 | 712 | *0.00 | *0.00 | 11.59 | 0.00 | 50 | 32.50 | 4.00 | 20.09 | *N/A* | 322.5 | *0.00 | 1.79 |
| Weighted Daily Average | | | 632 | 8.44 | 852 | *32.74 | *1.17 | 29.30 | *0.00 | 34 | 67.45 | 7.21 | 27.42 | *0 | *808.9 | *94.10 | *3.45 |
| % of Calories | | | | 12.02 % | | *20.72 % | *0.63% | 41.7% | *0.0% | | 42.7% | | 17.4% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | <10 | <=0 | | | | | | | | | |

Tuesday - 11/18/2025

Reimbursable Meal Total 60

| | 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) |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|
| 990402 Turkey & Bean Chili | 6 oz | 57 | 166 | 1.51 | 183 | *1.89 | *N/A* | 5.57 | *0.00 | 54 | 16.94 | 4.52 | 13.29 | *N/A* | *72.0 | *8.64 | *2.88 |
| 000725 Veg Out Chili | 6 oz | 3 | 228 | 0.30 | 621 | *3.77 | *0.00 | 1.74 | *0.00 | 0 | 40.74 | 13.48 | 13.99 | *N/A* | *98.7 | *12.51 | *4.42 |
| 000851 WG Cornbread Muffin - Large | 1 ea | 60 | 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 |
| 000469 Steamed Corn | 4 oz | 60 | 88 | 0.34 | 96 | 2.06 | *N/A* | 2.32 | *0.00 | 0 | 17.08 | 1.73 | 2.49 | *N/A* | *3.3 | *5.28 | *0.35 |
| 000673 Fresh Whole Apple | 1 ea | 60 | 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 | 30 | 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 Original Soymilk | 8 oz | 1 | 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 |

Planned Menu Spreadsheet

Portion Values

Nov 3, 2025 thru Dec 5, 2025

| | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|
| 999121 ALTERNATE Turkey Ham & Cheese on WW Bread | 1 ea | 0 | 301 | 5.31 | 712 | *0.00 | *0.00 | 11.59 | 0.00 | 50 | 32.50 | 4.00 | 20.09 | *N/A* | 322.5 | *0.00 | 1.79 |
| Weighted Daily Average | | | 670 | 3.75 | 539 | *53.67 | *18.17 | 17.49 | *0.00 | 80 | 108.85 | 12.10 | 27.87 | *0 | *529.0 | *23.71 | *4.62 |
| % of Calories | | | | 5.04% | | *32.04 % | *N/A* | 23.5% | *0.0% | | 65.0% | | 16.6% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | <10 | <=0 | | | | | | | | | |

Wednesday - 11/19/2025

Reimbursable Meal Total 60

| | 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) |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|
| 000467 Orange Glazed Chicken Diced | 3 oz | 57 | 203 | 0.84 | 321 | 18.40 | *10.27 | 5.44 | *0.00 | 57 | 20.14 | 0.21 | 18.37 | *N/A* | *23.1 | *24.24 | *0.47 |
| 990641 Orange Glazed Tofu | 4 oz | 3 | 242 | 0.72 | 332 | 18.39 | *10.27 | 10.18 | *0.00 | 0 | 24.53 | 3.11 | 12.70 | *N/A* | *209.9 | *24.21 | *2.30 |
| 990356 Brown Rice | 4 oz | 60 | 124 | 0.18 | 101 | 0.26 | *0.00 | 2.19 | *0.00 | 0 | 23.22 | 1.49 | 3.21 | *N/A* | *4.8 | *0.08 | *0.59 |
| 990377 Steamed Carrots | 2 oz | 60 | 20 | 0.00 | 41 | 2.72 | *N/A* | 0.00 | 0.00 | 0 | 4.76 | 2.04 | 0.68 | *N/A* | 20.4 | *N/A* | 0.27 |
| 000623 Ginger Soy Broccoli | 4 oz | 60 | 64 | 0.42 | 401 | 2.03 | *0.35 | 2.50 | *0.00 | 0 | 7.89 | 2.67 | 3.58 | *N/A* | 47.0 | 86.10 | 0.84 |
| 000135 Orange Wedges | 3 ea | 60 | 43 | 0.01 | 0 | 8.60 | *N/A* | 0.11 | 0.00 | 0 | 10.81 | 2.21 | 0.86 | *N/A* | 36.8 | 48.94 | 0.09 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 11.98 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | *N/A* | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 30 | 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 Original Soymilk | 8 oz | 1 | 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 |

Planned Menu Spreadsheet

Portion Values

Nov 3, 2025 thru Dec 5, 2025

| | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|
| 999121 ALTERNATE Turkey Ham & Cheese on WW Bread | 1 ea | 0 | 301 | 5.31 | 712 | *0.00 | *0.00 | 11.59 | 0.00 | 50 | 32.50 | 4.00 | 20.09 | *N/A* | 322.5 | *0.00 | 1.79 |
| Weighted Daily Average | | | 555 | 2.36 | 985 | *44.73 | *10.78 | 11.96 | *0.00 | 63 | 79.55 | 8.80 | 35.00 | *0 | *555.9 | *160.60 | *2.47 |
| % of Calories | | | | 3.83% | | *32.24 % | *7.40% | 19.4% | *0.0% | | 57.3% | | 25.2% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | <10 | <=0 | | | | | | | | | |

Thursday - 11/20/2025

Reimbursable Meal Total 60

| | 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) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|
| 001044 Beef Bolognese | 4 oz | 57 | 257 | 5.49 | 643 | *7.43 | *0.44 | 16.41 | *0.54 | 52 | 11.88 | 2.45 | 16.49 | *N/A* | *47.2 | *2.61 | *1.88 |
| 999139 Lentil Bolognese | 6 oz | 3 | 198 | 0.27 | 747 | *8.19 | *0.44 | 1.84 | *0.00 | 0 | 35.60 | 6.46 | 12.21 | *N/A* | *49.8 | *4.30 | *2.80 |
| 000521 Whole Wheat Penne Pasta | 4 oz | 60 | 120 | 0.32 | 98 | 0.47 | *N/A* | 2.95 | *0.00 | 0 | 19.31 | 2.36 | 3.30 | *N/A* | *14.0 | *0.00 | *0.85 |
| 990225 Parmesan Butternut Squash | 2 oz | 60 | 63 | 0.81 | 66 | *0.11 | *N/A* | 3.40 | *0.00 | 2 | 7.82 | 1.22 | 1.84 | *N/A* | *24.6 | *9.31 | *0.53 |
| 000047 Steamed Green Beans | 4 oz | 60 | 52 | 0.36 | 96 | *0.01 | *N/A* | 2.41 | *0.00 | 0 | 6.19 | 2.06 | 1.46 | *N/A* | *33.9 | *10.12 | *0.69 |
| 000884 Fresh Pear | 1 ea | 60 | 101 | 0.04 | 2 | 17.36 | *N/A* | 0.25 | 0.00 | 0 | 27.11 | 5.52 | 0.64 | *N/A* | 16.0 | 7.65 | 0.32 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 11.98 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | *N/A* | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 30 | 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 Original Soymilk | 8 oz | 1 | 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 |

Planned Menu Spreadsheet

Portion Values

Nov 3, 2025 thru Dec 5, 2025

| | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|
| 999121 ALTERNATE Turkey Ham & Cheese on WW Bread | 1 ea | 0 | 301 | 5.31 | 712 | *0.00 | *0.00 | 11.59 | 0.00 | 50 | 32.50 | 4.00 | 20.09 | *N/A* | 322.5 | *0.00 | 1.79 |
| Weighted Daily Average | | | 689 | 7.67 | 1033 | *38.13 | *0.61 | 26.16 | *0.51 | 61 | 86.00 | 13.84 | 32.09 | *0 | *550.3 | *31.01 | *4.41 |
| % of Calories | | | | 10.02 % | | *22.14 % | *0.26% | 34.2% | *0.7% | | 49.9% | | 18.6% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | <10 | <=0 | | | | | | | | | |

Friday - 11/21/2025

Reimbursable Meal Total 60

| | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|
| 000543 Crispy Chicken Tender | 1 ea | 57 | 137 | 0.24 | 283 | 1.43 | *0.00 | 0.87 | *0.00 | 49 | 11.00 | 0.82 | 20.98 | *N/A* | 38.9 | 2.66 | 1.26 |
| 990376 Veggie Chik'n Nuggets | 5 ea | 3 | 225 | 1.25 | 438 | 2.50 | *N/A* | 10.00 | 0.00 | 0 | 22.50 | 5.00 | 15.00 | *N/A* | 50.0 | 0.00 | 2.25 |
| 990076 Whole Grain Waffles Bakecrafters | 2 ea | 60 | 130 | 1.00 | 360 | 4.00 | 2.00 | 3.50 | 0.00 | 5 | 23.00 | 3.00 | 4.00 | *N/A* | 50.0 | *N/A* | 1.00 |
| 000005 Braised Collard Greens | 4 oz | 60 | 67 | 0.30 | 126 | *1.49 | *1.08 | 2.12 | *0.00 | 0 | 10.51 | 5.48 | 3.74 | *N/A* | *218.8 | *52.56 | *0.33 |
| 990648 Sweet Potato Hash | 2 oz | 60 | 89 | 0.35 | 180 | 3.63 | *0.00 | 2.33 | *0.00 | 0 | 15.86 | 2.53 | 1.40 | *N/A* | *25.2 | *8.28 | *0.56 |
| 999100 Smucker's Breakfast Syrup | 1 ea | 60 | 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* |
| 000556 Ketchup | 1 ea | 60 | 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 |
| 990424 Cantaloupe | 4 oz | 60 | 60 | 0.09 | 28 | 13.82 | *N/A* | 0.33 | 0.00 | 0 | 14.34 | 1.58 | 1.48 | *N/A* | 15.8 | 64.51 | 0.37 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 11.98 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | *N/A* | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 30 | 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 |

Planned Menu Spreadsheet

Portion Values

Nov 3, 2025 thru Dec 5, 2025

| | 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 Original Soymilk | 8 oz | 1 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |
| 999121 ALTERNATE Turkey Ham & Cheese on WW Bread | 1 ea | 0 | 301 | 5.31 | 712 | *0.00 | *0.00 | 11.59 | 0.00 | 50 | 32.50 | 4.00 | 20.09 | *N/A* | 322.5 | *0.00 | 1.79 |
| Weighted Daily Average | | | 676 | 2.94 | 1212 | *60.13 | *26.24 | 11.10 | *0.00 | 60 | 110.80 | 13.66 | 39.87 | *0 | *763.7 | *129.11 | *3.68 |
| % of Calories | | | | 3.91% | | *35.58 % | *0.00% | 14.8% | *0.0% | | 65.6% | | 23.6% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | <10 | <=0 | | | | | | | | | |

Monday - 11/24/2025

Reimbursable Meal Total 60

| | 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) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|
| 000240 All Beef Hot Dog on a WW Bun | 1 ea | 57 | 300 | 7.00 | 820 | 3.00 | *0.00 | 16.50 | 0.00 | 35 | 29.00 | 4.00 | 11.00 | *N/A* | 40.0 | 0.00 | 1.80 |
| 000409 Veggie Burger on WW Bun | 1 ea | 3 | 370 | 2.50 | 570 | 4.00 | *0.00 | 15.00 | 0.00 | 0 | 36.00 | 6.00 | 25.00 | *N/A* | 24.0 | 0.00 | 7.44 |
| 000556 Ketchup | 1 ea | 60 | 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 | 60 | 0 | 0.00 | 84 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000475 BBQ Baked Beans | 4 oz | 60 | 217 | 0.65 | 103 | 4.81 | *2.16 | 4.15 | *0.00 | 0 | 35.71 | 6.58 | 10.43 | *N/A* | *75.7 | *0.49 | *3.68 |
| 001097 Steamed Corn | 2 oz | 60 | 44 | 0.17 | 48 | 1.03 | *N/A* | 1.16 | *0.00 | 0 | 8.54 | 0.87 | 1.24 | *N/A* | *1.6 | *2.64 | *0.17 |
| 999050 Fresh Green Grapes | 4 oz | 60 | 61 | 0.10 | 2 | 14.74 | *N/A* | 0.32 | 0.00 | 0 | 15.56 | 0.82 | 0.57 | *N/A* | 12.7 | 3.63 | 0.26 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 11.98 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | *N/A* | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 30 | 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 |

Planned Menu Spreadsheet

Portion Values

Nov 3, 2025 thru Dec 5, 2025

| | 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 Original Soymilk | 8 oz | 1 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |
| 999121 ALTERNATE Turkey Ham & Cheese on WW Bread | 1 ea | 0 | 301 | 5.31 | 712 | *0.00 | *0.00 | 11.59 | 0.00 | 50 | 32.50 | 4.00 | 20.09 | *N/A* | 322.5 | *0.00 | 1.79 |
| Weighted Daily Average | | | 733 | 8.61 | 1257 | *38.35 | *4.32 | 23.53 | *0.00 | 42 | 103.67 | 12.39 | 32.52 | *0 | *543.7 | *7.99 | *6.30 |
| % of Calories | | | | 10.57 % | | *20.93 % | *0.00% | 28.9% | *0.0% | | 56.6% | | 17.7% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | <10 | <=0 | | | | | | | | | |

Tuesday - 11/25/2025

Reimbursable Meal Total 60

| | 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) |
|-------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|
| 000061 Roasted Turkey | 2 slice | 57 | 90 | 0.10 | 451 | 1.04 | *1.02 | 1.64 | *0.00 | 41 | 1.69 | 0.26 | 17.53 | *N/A* | *10.0 | *0.23 | *0.91 |
| 000705 Brown Gravy | 1 oz | 57 | 30 | 1.42 | 183 | *0.06 | *N/A* | 2.34 | *0.00 | 6 | 1.88 | 0.08 | 0.39 | *N/A* | 3.2 | 0.29 | 0.11 |
| 990376 Veggie Chik'n Nuggets | 5 ea | 3 | 225 | 1.25 | 438 | 2.50 | *N/A* | 10.00 | 0.00 | 0 | 22.50 | 5.00 | 15.00 | *N/A* | 50.0 | 0.00 | 2.25 |
| 000679 Vegetarian Brown Gravy | 1 oz | 3 | 36 | 1.16 | 48 | *0.93 | *0.00 | 2.13 | *0.00 | 5 | 3.86 | 0.40 | 0.48 | *N/A* | *8.6 | *0.94 | *0.23 |
| 000004 Whole Wheat Roll | 1 ea | 60 | 80 | 0.00 | 170 | 2.00 | *N/A* | 1.00 | 0.00 | 0 | 16.00 | 2.00 | 3.00 | *N/A* | 60.0 | 0.00 | 1.08 |
| 000047 Steamed Green Beans | 4 oz | 60 | 52 | 0.36 | 96 | *0.01 | *N/A* | 2.41 | *0.00 | 0 | 6.19 | 2.06 | 1.46 | *N/A* | *33.9 | *10.12 | *0.69 |
| 001089 Mashed Potatoes | 2 oz | 60 | 53 | 0.67 | 101 | *0.24 | *0.00 | 2.19 | *0.00 | 2 | 7.02 | 1.37 | 1.57 | *N/A* | *22.9 | *6.16 | *1.76 |
| 000673 Fresh Whole Apple | 1 ea | 60 | 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 | 30 | 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 |

Planned Menu Spreadsheet

Portion Values

Nov 3, 2025 thru Dec 5, 2025

| | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|
| 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 Original Soymilk | 8 oz | 1 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |
| 999121 ALTERNATE Turkey Ham & Cheese on WW Bread | 1 ea | 0 | 301 | 5.31 | 712 | *0.00 | *0.00 | 11.59 | 0.00 | 50 | 32.50 | 4.00 | 20.09 | *N/A* | 322.5 | *0.00 | 1.79 |
| Weighted Daily Average | | | 505 | 3.57 | 1118 | *35.10 | *1.14 | 11.77 | *0.00 | 56 | 71.56 | 10.42 | 32.87 | *0 | *557.6 | *26.42 | *4.94 |
| % of Calories | | | | 6.36% | | *27.80 % | *0.81% | 21.0% | *0.0% | | 56.7% | | 26.0% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | <10 | <=0 | | | | | | | | | |

Monday - 12/01/2025

Reimbursable Meal Total 60

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|
| 991043 Pepperoni Pizza | 1 slice | 57 | 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 | 3 | 280 | 5.00 | 570 | 3.00 | 1.00 | 11.00 | 0.00 | 25 | 31.00 | 3.00 | 15.00 | *N/A* | 310.0 | *N/A* | 1.60 |
| 000647 Roasted Broccoli | 4 oz | 60 | 55 | 0.43 | 126 | 1.65 | *N/A* | 2.60 | *0.00 | 0 | 6.66 | 2.55 | 2.78 | *N/A* | *45.9 | *86.10 | *0.73 |
| 001083 Baby Carrots | 2 oz | 60 | 12 | 0.01 | 27 | *N/A* | *N/A* | 0.04 | 0.00 | 0 | 2.87 | 1.02 | 0.22 | *N/A* | 11.2 | 0.93 | 0.32 |
| 000372 House Ranch Dressing | 1 oz | 60 | 64 | 1.51 | 105 | 1.28 | *0.00 | 5.75 | *0.00 | 7 | 2.37 | 0.06 | 0.74 | *N/A* | 27.7 | 0.49 | 0.04 |
| 999050 Fresh Green Grapes | 4 oz | 60 | 61 | 0.10 | 2 | 14.74 | *N/A* | 0.32 | 0.00 | 0 | 15.56 | 0.82 | 0.57 | *N/A* | 12.7 | 3.63 | 0.26 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 11.98 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | *N/A* | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 30 | 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 |

Planned Menu Spreadsheet

Portion Values

Nov 3, 2025 thru Dec 5, 2025

| | 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 Original Soymilk | 8 oz | 1 | 130 | 0.00 | 110 | 11.00 | 10.00 | 4.50 | 0.00 | 0 | 13.00 | 2.00 | 8.00 | *N/A* | 300.0 | *N/A* | 1.10 |
| 999121 ALTERNATE Turkey Ham & Cheese on WW Bread | 1 ea | 0 | 301 | 5.31 | 712 | *0.00 | *0.00 | 11.59 | 0.00 | 50 | 32.50 | 4.00 | 20.09 | *N/A* | 322.5 | *0.00 | 1.79 |
| Weighted Daily Average | | | 579 | 8.12 | 1004 | *33.55 | *1.32 | 21.67 | *0.00 | 44 | 71.12 | 7.48 | 28.84 | *0 | *821.9 | *92.38 | *3.37 |
| % of Calories | | | | 12.62 % | | *23.18 % | *0.81% | 33.7% | *0.0% | | 49.1% | | 19.9% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | <10 | <=0 | | | | | | | | | |

Tuesday - 12/02/2025

Reimbursable Meal Total 60

| | 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) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|
| 000913 Turkey Meatballs & Sauce | 4 ea | 57 | 184 | 1.66 | 580 | 4.52 | *0.00 | 9.62 | *0.00 | 45 | 11.40 | 1.57 | 14.73 | *N/A* | *47.4 | *4.26 | *1.45 |
| 999139 Lentil Bolognese | 6 oz | 3 | 198 | 0.27 | 747 | *8.19 | *0.44 | 1.84 | *0.00 | 0 | 35.60 | 6.46 | 12.21 | *N/A* | *49.8 | *4.30 | *2.80 |
| 990353 Whole Wheat Rotini Pasta | 4 oz | 60 | 111 | 0.32 | 101 | 0.50 | *N/A* | 2.99 | *0.00 | 0 | 19.50 | 3.50 | 4.00 | *N/A* | *15.6 | *0.00 | *1.00 |
| 990536 Whole Grain Garlic Breadstick | 1 ea | 60 | 100 | 0.50 | 95 | 1.00 | *N/A* | 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 | 60 | 52 | 0.36 | 96 | *0.01 | *N/A* | 2.41 | *0.00 | 0 | 6.19 | 2.06 | 1.46 | *N/A* | *33.9 | *10.12 | *0.69 |
| 000673 Fresh Whole Apple | 1 ea | 60 | 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 | 30 | 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 Original Soymilk | 8 oz | 1 | 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 |

Planned Menu Spreadsheet

Portion Values

Nov 3, 2025 thru Dec 5, 2025

| | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|
| 999121 ALTERNATE Turkey Ham & Cheese on WW Bread | 1 ea | 0 | 301 | 5.31 | 712 | *0.00 | *0.00 | 11.59 | 0.00 | 50 | 32.50 | 4.00 | 20.09 | *N/A* | 322.5 | *0.00 | 1.79 |
| Weighted Daily Average | | | 641 | 3.74 | 1004 | *37.85 | *0.19 | 19.91 | *0.00 | 51 | 90.94 | 12.77 | 30.11 | *0 | *522.4 | *23.99 | *4.43 |
| % of Calories | | | | 5.25% | | *23.62 % | *0.00% | 28.0% | *0.0% | | 56.7% | | 18.8% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | <10 | <=0 | | | | | | | | | |

Wednesday - 12/03/2025

Reimbursable Meal Total 60

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (RAE) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|
| 001037 Cumin Lime Chicken Diced | 3 oz | 57 | 143 | 1.10 | 222 | 0.14 | *0.00 | 7.33 | *0.00 | 57 | 1.64 | 0.34 | 17.95 | *N/A* | *12.3 | *0.46 | *0.84 |
| 000637 Chili Black Beans | 4 oz | 3 | 209 | 0.65 | 141 | 1.81 | *0.00 | 3.93 | *0.00 | 0 | 33.39 | 8.49 | 11.20 | *N/A* | *71.2 | *13.00 | *2.95 |
| 990269 Whole Wheat Tortillas, 6 inch | 2 ea | 60 | 140 | 1.00 | 210 | 0.00 | *N/A* | 4.00 | 0.00 | 0 | 26.00 | 4.00 | 4.00 | *N/A* | 80.0 | 0.00 | 0.00 |
| 000604 Hot Sauce | 1 ea | 60 | 2 | 0.00 | 92 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0.00 | 0.30 | 0.00 | *N/A* | 0.0 | 0.00 | 0.00 |
| 990331 Sauteed Peppers & Onions Strips | 2 oz | 60 | 24 | 0.13 | 33 | 1.78 | *N/A* | 0.82 | *0.00 | 0 | 3.88 | 0.91 | 0.54 | *N/A* | *9.6 | *20.74 | *0.15 |
| 990839 Sweet Potato Wedges | 4 oz | 60 | 147 | 0.45 | 199 | 5.80 | *N/A* | 3.04 | *0.00 | 0 | 28.05 | 4.24 | 2.24 | *N/A* | *42.5 | *3.32 | *0.90 |
| 000135 Orange Wedges | 3 ea | 60 | 43 | 0.01 | 0 | 8.60 | *N/A* | 0.11 | 0.00 | 0 | 10.81 | 2.21 | 0.86 | *N/A* | 36.8 | 48.94 | 0.09 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 11.98 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | *N/A* | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 30 | 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 Original Soymilk | 8 oz | 1 | 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 |

Planned Menu Spreadsheet

Portion Values

Nov 3, 2025 thru Dec 5, 2025

| | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|
| 999121 ALTERNATE Turkey Ham & Cheese on WW Bread | 1 ea | 0 | 301 | 5.31 | 712 | *0.00 | *0.00 | 11.59 | 0.00 | 50 | 32.50 | 4.00 | 20.09 | *N/A* | 322.5 | *0.00 | 1.79 |
| Weighted Daily Average | | | 601 | 3.59 | 874 | *29.13 | *0.17 | 16.62 | *0.00 | 63 | 84.47 | 12.44 | 33.84 | *0 | *598.6 | *75.32 | *2.19 |
| % of Calories | | | | 5.38% | | *19.39 % | *0.00% | 24.9% | *0.0% | | 56.2% | | 22.5% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | <10 | <=0 | | | | | | | | | |

Thursday - 12/04/2025

Reimbursable Meal Total 60

| | 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) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|
| 000793 Beef Shepherd's Pie | 3 oz | 57 | 244 | 5.74 | 325 | *1.44 | *0.00 | 18.00 | *0.54 | 53 | 5.50 | 0.70 | 14.26 | *N/A* | *31.1 | *3.74 | *2.00 |
| 000797 Lentil Shepherd's Pie | 5 oz | 3 | 162 | 0.47 | 510 | *1.85 | *0.00 | 3.65 | *0.00 | 0 | 24.89 | 3.92 | 8.36 | *N/A* | *24.8 | *4.34 | *2.40 |
| 000455 Whole Grain Biscuit | 1 ea | 60 | 170 | 5.00 | 330 | 2.00 | *N/A* | 8.00 | 0.00 | 0 | 22.00 | 2.00 | 4.00 | *N/A* | 140.0 | 0.00 | 1.20 |
| 000466 Steamed Green Peas | 4 oz | 60 | 94 | 0.38 | 196 | 4.73 | *N/A* | 2.62 | *0.00 | 0 | 12.89 | 4.26 | 4.94 | *N/A* | *20.8 | *17.03 | *1.45 |
| 001089 Mashed Potatoes | 2 oz | 60 | 53 | 0.67 | 101 | *0.24 | *0.00 | 2.19 | *0.00 | 2 | 7.02 | 1.37 | 1.57 | *N/A* | *22.9 | *6.16 | *1.76 |
| 000884 Fresh Pear | 1 ea | 60 | 101 | 0.04 | 2 | 17.36 | *N/A* | 0.25 | 0.00 | 0 | 27.11 | 5.52 | 0.64 | *N/A* | 16.0 | 7.65 | 0.32 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 11.98 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | *N/A* | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 30 | 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 Original Soymilk | 8 oz | 1 | 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 |

Planned Menu Spreadsheet

Portion Values

Nov 3, 2025 thru Dec 5, 2025

| | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|
| 999121 ALTERNATE Turkey Ham & Cheese on WW Bread | 1 ea | 0 | 301 | 5.31 | 712 | *0.00 | *0.00 | 11.59 | 0.00 | 50 | 32.50 | 4.00 | 20.09 | *N/A* | 322.5 | *0.00 | 1.79 |
| Weighted Daily Average | | | 756 | 12.48 | 1085 | *38.51 | *0.17 | 31.82 | *0.51 | 61 | 87.99 | 14.03 | 33.69 | *0 | *645.0 | *35.85 | *6.84 |
| % of Calories | | | | 14.86 % | | *20.38 % | *0.00% | 37.9% | *0.6% | | 46.6% | | 17.8% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | <10 | <=0 | | | | | | | | | |

Friday - 12/05/2025

Reimbursable Meal Total 60

| | 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) |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|
| 000668 Sweet Chili Chicken Diced | 3 oz | 57 | 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 | 3 | 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 | 60 | 124 | 0.18 | 101 | 0.26 | *0.00 | 2.19 | *0.00 | 0 | 23.22 | 1.49 | 3.21 | *N/A* | *4.8 | *0.08 | *0.59 |
| 999146 Sauteed Cabbage & Snow Peas | 4 oz | 60 | 36 | 0.15 | 60 | 2.88 | *0.00 | 1.00 | *0.00 | 0 | 5.57 | 1.96 | 1.62 | *N/A* | *31.9 | *36.25 | *1.01 |
| 999149 Steamed Carrots from raw | 2 oz | 60 | 23 | 0.02 | 38 | 2.64 | *N/A* | 0.13 | 0.00 | 0 | 5.33 | 1.56 | 0.52 | *N/A* | 18.3 | 3.28 | 0.17 |
| 990424 Cantaloupe | 4 oz | 60 | 60 | 0.09 | 28 | 13.82 | *N/A* | 0.33 | 0.00 | 0 | 14.34 | 1.58 | 1.48 | *N/A* | 15.8 | 64.51 | 0.37 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 11.98 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | *N/A* | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 30 | 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 Original Soymilk | 8 oz | 1 | 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 |

Planned Menu Spreadsheet

Portion Values

Nov 3, 2025 thru Dec 5, 2025

| | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------|------------|-----------|
| 999121 ALTERNATE Turkey Ham & Cheese on WW Bread | 1 ea | 0 | 301 | 5.31 | 712 | *0.00 | *0.00 | 11.59 | 0.00 | 50 | 32.50 | 4.00 | 20.09 | *N/A* | 322.5 | *0.00 | 1.79 |
| Weighted Daily Average | | | 506 | 1.94 | 660 | *42.42 | *10.27 | 9.12 | *0.00 | 63 | 75.78 | 6.80 | 32.77 | *0 | *506.5 | *105.35 | *2.88 |
| % of Calories | | | | 3.45% | | *33.53 % | *7.91% | 16.2% | *0.0% | | 59.9% | | 25.9% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1110 | | <10 | <=0 | | | | | | | | | |

| | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars ¹ (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (RAE) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-------------------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------|------------|-----------|
| Weighted Averages | 578 | 5 | 876 | *35.67 | *4.64 | 18.11 | *0.09 | 58 | 77.42 | 9.71 | 30.50 | *0 | *560.4 | *60.36 | *3.70 |
| % of Calories | | 8.33% | | *24.69 % | *0.81% | 28.2% | *0.1% | | 53.6% | | 21.1% | | | | |

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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