



March 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
<p>2</p> <p>chicken & black bean empanadas cheese quesadilla* roasted tomato salsa honey lime corn fresh apple</p>	<p>3</p> <p>beef burger on a bun veggie burger on a bun* ketchup mustard roasted red potatoes cucumber salad fresh grapes</p>	<p>4</p> <p>hot honey chicken drum hot honey veggie chik'n nuggets* cornbread muffin cinnamon roasted butternut squash roasted cauliflower orange wedges</p>	<p>5</p> <p>turkey meatballs & sauce lentil bolognese* whole grain rotini pasta roasted broccoli fresh pear</p>	<p>6</p> <p>baked fish sticks red beans* hot sauce yellow rice steamed green beans sauteed cabbage cantaloupe</p>
<p>9</p> <p>taco beef chili black beans* cheese sauce sour cream corn tortilla chips roasted tomato salsa southwest taco corn fresh grapes</p>	<p>10</p> <p>pepperoni pizza cheese pizza* mixed greens salad cucumber coins ranch dressing fresh apple</p>	<p>11</p> <p>pulled bbq chicken sandwich veggie burger on a bun* black eyed peas* coleslaw orange wedges</p>	<p>12</p> <p>herb roasted chicken veggie chik'n nuggets* chicken alfredo roll roasted broccoli herb roasted butternut squash fresh pear</p>	<p>13</p> <p>orange glazed tofu* brown rice steamed carrots steamed green peas cantaloupe</p>
<p>16</p> <p>crispy fish sandwich veggie burger on a bun* hot sauce steamed corn tangy cilantro-lime slaw fresh grapes</p>	<p>17</p> <p>herb roasted chicken drum veggie chik'n nuggets* cornbread muffin butternut squash puree steamed green beans fresh apple</p>	<p>18</p> <p>turkey ham & cheddar melt grilled cheese* roasted broccoli sweet potato wedges ketchup orange wedges</p>	<p>19</p> <p>beef hot dog on a bun veggie burger on a bun* buffalo cauliflower roasted red potatoes ketchup mustard fresh pear</p>	<p>20</p> <p>bbq baked beans* mac & cheese glazed carrots braised collard greens cantaloupe</p>
<p>23</p> <p>taco beef chipotle pinto beans* shredded cheddar tortillas roasted tomato salsa steamed corn fresh grapes</p>	<p>24</p> <p>cheese pizza* mixed greens salad ranch dressing cucumber coins fresh apple</p>	<p>25</p> <p>crispy chicken tender veggie chik'n nuggets* whole grain waffles braised collard greens sweet potato hash ketchup syrup orange wedges</p>	<p>26</p> <p>turkey sloppy joe on a bun lentil sloppy joe on a bun* roasted red potatoes ketchup lemon garlic kale salad fresh pear</p>	<p>27</p> <p>sweet chili tofu* brown rice ginger soy broccoli steamed carrots cantaloupe</p>
<p>30</p> <p>no school</p>	<p>31</p> <p>no school</p>	<p>1</p> <p>no school</p>	<p>2</p> <p>no school</p>	<p>3</p> <p>no school</p>

NATIONAL NUTRITION MONTH

Let's celebrate by testing our nutrition knowledge!

- Which vitamin helps you stay healthy and fight sickness?
- True or False:** Meat and dairy products are the only sources of protein



1. Vitamin C. 2. False

Base Menu Spreadsheet

Portion Values

Mar 2, 2026 thru Apr 3, 2026

Menu Name: Private/Charter Lunch K-8

Include Cost: No

Site:

Use Alternate Menu Name: Alternate Menu Name 1

Monday - 03/02/2026

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)	Vit-A (mcg RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)
991003 chicken & black bean empanadas	2 ea	95	280	1.50	968	1.00	0.00	5.99	0.00	45	39.93	4.99	16.97	*N/A*	29.9	*N/A*	2.90
990674 cheese quesadilla*	2 ea	5	394	13.93	631	1.93	0.00	22.83	0.00	50	29.03	3.86	15.86	*N/A*	477.2	0.00	0.00
990870 roasted tomato salsa	2 oz	100	17	0.01	261	1.86	*0.00	0.05	*0.00	0	3.46	0.71	0.70	*0	13.6	*0.92	0.13
999232 honey lime corn	4 oz	100	183	1.84	110	3.01	*0.91	12.26	*0.00	6	18.63	1.93	2.64	*0	7.3	5.66	0.54
000673 fresh apple	1 ea	100	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	*N/A*	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			679	5.10	1438	37.30	*0.91	21.11	*0.00	61	99.04	11.94	28.89	*45	387.6	*15.25	3.69
% of Calories				6.76%		21.97%	*0.00%	28.0%	*0.0%		58.3%		17.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Tuesday - 03/03/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Mar 2, 2026 thru Apr 3, 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)
000235 beef burger on a bun	1 ea	95	339	4.70	332	2.04	*2.00	12.69	0.34	80	27.53	3.15	29.79	*0	33.6	0.05	3.97
000409 veggie burger on a bun*	1 ea	5	360	1.50	680	3.00	2.00	14.00	0.00	0	36.00	6.00	26.00	*N/A*	90.0	0.00	7.24
000556 ketchup	1 ea	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000557 mustard	1 ea	100	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
990054 roasted red potatoes	2 oz	100	43	0.18	55	*0.01	*0.00	1.19	0.00	0	7.45	0.81	0.90	*0	*5.1	*3.97	*0.35
000134 cucumber salad	4 oz	100	59	0.68	96	*1.77	*0.00	4.59	*0.00	0	4.01	0.66	0.68	*0	*18.1	*2.83	*0.36
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	*N/A*	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			612	6.58	791	*33.08	*4.00	20.51	*0.32	86	69.40	5.57	39.90	*45	*375.7	*10.78	*5.16
% of Calories				9.68%		*21.62 %	*1.31%	30.2%	*0.5%		45.4%		26.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Wednesday - 03/04/2026

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991028 hot honey chicken drum	1 ea	95	306	3.45	447	17.42	*17.40	12.90	0.07	129	18.04	0.13	25.48	*0	14.1	0.15	1.12

Base Menu Spreadsheet

Portion Values

Mar 2, 2026 thru Apr 3, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991029 hot honey veggie chik'n nuggets*	5 ea	5	448	0.60	1224	47.59	*46.40	9.56	0.00	0	68.06	4.89	18.09	*N/A*	87.0	0.28	3.70
000851 cornbread muffin	1 ea	100	220	1.00	115	18.00	18.00	8.00	0.00	20	36.00	1.00	3.00	*N/A*	27.0	0.00	1.00
990222 cinnamon roasted butternut squash	2 oz	100	40	0.22	62	*0.34	*0.34	1.50	*0.00	0	6.91	1.18	0.72	*0	*22.4	*9.30	*0.45
000651 roasted cauliflower	4 oz	100	37	0.30	125	1.98	*0.00	1.41	0.00	0	5.38	2.11	2.04	*0	*23.2	*49.74	*0.46
000135 orange wedges	3 ea	100	43	0.01	0	8.60	0.00	0.11	0.00	0	10.81	2.21	0.86	0	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	*N/A*	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			753	5.92	901	*60.32	*37.19	25.42	*0.06	153	92.07	6.87	39.89	*45	*430.6	*108.44	*3.30
% of Calories				7.08%		*32.04 %	*9.24%	30.4%	*0.1%		48.9%		21.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Thursday - 03/05/2026

Reimbursable Meal Total 100

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

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Mar 2, 2026 thru Apr 3, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
000647	roasted broccoli	4 oz	100	55	0.43	126	1.65	*0.00	2.60	0.00	0	6.66	2.55	2.78	*0	*45.9	*86.10	*0.73
000884	fresh pear	1 ea	100	101	0.04	2	17.36	*N/A*	0.25	0.00	0	27.11	5.52	0.64	*N/A*	16.0	7.65	0.32
000231	Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	*N/A*	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230	1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160	Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093	soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average				550	3.94	908	37.39	*0.97	16.74	*0.00	53	77.97	13.41	30.08	*45	*427.5	*98.11	*3.59
% of Calories					6.45%		27.19%	*0.73%	27.4%	*0.0%		56.7%		21.9%				
Weekly Nutrient Guideline				600 - 650	<10	1110		<10										

Friday - 03/06/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
990631	baked fish sticks	2 ea	95	152	0.33	511	0.06	*0.00	3.01	*0.00	61	11.21	0.82	18.84	*0	*69.4	*0.07	*0.76
000351	red beans*	4 oz	5	212	0.66	109	0.33	*0.00	4.60	*0.00	0	31.95	7.92	11.54	*0	*49.9	*2.79	*3.58
000604	hot sauce	1 ea	100	2	0.00	92	0.00	0.00	0.00	0	0.00	0.30	0.00	*N/A*	0.0	0.00	0.00	
000630	yellow rice	4 oz	100	180	0.26	151	0.47	*0.00	3.22	*0.00	0	33.58	2.08	4.68	*0	*6.7	*0.12	*1.11
000047	steamed green beans	4 oz	100	52	0.36	96	*0.01	*0.00	2.41	0.00	0	6.19	2.06	1.46	*0	*33.9	*10.12	*0.69
990081	sauteed cabbage	2 oz	100	19	0.13	59	1.29	*0.00	0.92	0.00	0	2.57	0.92	0.50	*0	*14.8	*12.37	*0.18

Base Menu Spreadsheet

Portion Values

Mar 2, 2026 thru Apr 3, 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)
990424 cantaloupe	4 oz	100	60	0.09	28	13.82	*N/A*	0.33	0.00	0	14.34	1.58	1.48	*N/A*	15.8	64.51	0.37
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	*N/A*	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			567	2.27	1031	*28.14	*0.00	11.62	*0.00	68	81.35	8.12	34.75	*45	*443.1	*87.63	*3.30
% of Calories				3.60%		*19.85 %	*0.00%	18.4%	*0.0%		57.4%		24.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Monday - 03/09/2026

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

Base Menu Spreadsheet

Portion Values

Mar 2, 2026 thru Apr 3, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999050 fresh grapes	4 oz	100	61	0.10	2	14.74	0.00	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	*N/A*	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			748	13.74	1233	33.38	*0.00	35.14	*0.39	85	79.44	7.55	30.78	*47	*567.3	*37.14	*3.13
% of Calories				16.53 %		17.85%	*0.00%	42.3%	*0.5%		42.5%		16.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Tuesday - 03/10/2026

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)	VIt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991043 pepperoni pizza	1 slice	95	290	5.17	625	3.17	1.17	11.50	0.00	29	31.17	3.00	15.99	*N/A*	310.0	*0.00	1.93
990978 cheese pizza*	1 slice	5	280	5.00	570	3.00	1.00	11.00	0.00	25	31.00	3.00	15.00	*N/A*	310.0	*N/A*	1.60
001148 mixed greens salad	4 oz	100	5	0.01	8	0.25	*N/A*	0.06	0.00	0	0.86	0.54	0.41	*N/A*	12.9	2.71	0.31
000033 cucumber coins	4 oz	100	11	0.03	1	1.22	*N/A*	0.08	0.00	0	2.66	0.37	0.48	*N/A*	11.7	2.05	0.20
000372 ranch dressing	1 oz	100	71	2.12	103	1.69	*0.00	6.48	*0.00	11	1.90	0.06	0.71	*0	22.8	1.22	0.04
000673 fresh apple	1 ea	100	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	*N/A*	5	13.00	0.00	8.00	150	300.0	1.00	0.00

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Mar 2, 2026 thru Apr 3, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			570	8.45	850	37.70	*1.16	20.06	*0.00	50	74.14	8.33	26.17	*45	671.7	*14.66	2.73
% of Calories				13.34 %		26.46%	*0.82%	31.7%	*0.0%		52.0%		18.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Wednesday - 03/11/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000609 pulled bbq chicken sandwich	1 ea	95	289	1.09	563	10.25	9.50	5.75	0.00	57	36.79	3.02	23.61	*0	*24.9	*0.00	*1.84
000409 veggie burger on a bun*	1 ea	5	360	1.50	680	3.00	2.00	14.00	0.00	0	36.00	6.00	26.00	*N/A*	90.0	0.00	7.24
000029 black eyed peas*	4 oz	100	174	0.62	70	*0.40	*0.00	3.84	0.00	0	25.91	4.73	9.89	*0	*51.5	*5.18	*3.54
001090 coleslaw	2 oz	100	39	0.59	39	1.49	*0.00	3.20	*0.00	2	2.38	0.68	0.34	*0	11.4	6.89	0.12
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	*N/A*	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 2, 2026 thru Apr 3, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)
999093 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			648	3.41	793	*32.86	*9.13	14.98	*0.00	67	88.28	10.78	42.99	*45	*431.3	*61.32	*5.91
% of Calories				4.74%		*20.28 %	*5.86%	20.8%	*0.0%		54.5%		26.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Thursday - 03/12/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)
990218 herb roasted chicken	3 oz	95	105	0.61	146	0.02	*0.00	3.79	*0.00	57	0.36	0.19	17.71	*0	*11.0	*0.41	*0.57
990376 veggie chik'n nuggets*	5 ea	5	239	0.60	430	1.19	0.00	9.56	0.00	0	21.50	4.78	17.92	*N/A*	83.6	0.00	3.46
990300 chicken alfredo	4 oz	100	160	2.59	241	1.23	*0.00	6.48	0.00	10	20.12	3.32	7.19	*0	*118.8	*0.00	*0.89
000004 roll	1 ea	100	80	0.00	130	2.00	2.00	1.00	0.00	0	16.00	2.00	3.00	*N/A*	60.0	0.00	1.08
000647 roasted broccoli	4 oz	100	55	0.43	126	1.65	*0.00	2.60	0.00	0	6.66	2.55	2.78	*0	*45.9	*86.10	*0.73
990651 Herb Roasted Butternut Squash	2 oz	100	54	0.43	91	*0.02	*0.00	2.93	*0.00	0	6.95	1.28	0.80	*0	*26.3	*9.55	*0.66
000884 fresh pear	1 ea	100	101	0.04	2	17.36	*N/A*	0.25	0.00	0	27.11	5.52	0.64	*N/A*	16.0	7.65	0.32
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	*N/A*	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 2, 2026 thru Apr 3, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			661	5.18	864	*34.81	*2.00	19.00	*0.00	75	90.69	15.09	40.27	*45	*585.1	*104.00	*4.45
% of Calories				7.05%		*21.07 %	*0.00%	25.9%	*0.0%		54.9%		24.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Friday - 03/13/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000467 orange glazed chicken	3 oz	95	203	0.84	321	18.40	*10.27	5.44	*0.00	57	20.42	0.21	18.37	*0	*23.1	*24.24	*0.47
990641 orange glazed tofu*	4 oz	5	242	0.72	332	18.39	*10.27	10.18	*0.00	0	25.06	3.11	12.70	*N/A*	*209.9	*24.21	*2.30
990356 brown rice	4 oz	100	162	0.23	137	0.32	*0.00	2.89	0.00	0	30.30	1.90	4.18	*0	*4.4	*0.08	*0.75
999148 steamed carrots	4 oz	100	46	0.04	77	5.27	*N/A*	0.27	0.00	0	10.65	3.11	1.03	*N/A*	36.7	6.56	0.33
001101 steamed green peas	2 oz	100	47	0.19	98	2.36	*0.00	1.31	0.00	0	6.44	2.13	2.47	*0	*10.4	*8.52	*0.72
990424 cantaloupe	4 oz	100	60	0.09	28	13.82	*N/A*	0.33	0.00	0	14.34	1.58	1.48	*N/A*	15.8	64.51	0.37
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	*N/A*	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 2, 2026 thru Apr 3, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			618	2.46	776	52.64	*10.27	12.13	*0.00	64	94.83	9.08	35.40	*45	*403.3	*104.20	*2.79
% of Calories				3.58%		34.07%	*6.65%	17.7%	*0.0%		61.4%		22.9%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Monday - 03/16/2026

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)	VIt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990362 crispy fish sandwich	1 ea	95	313	1.15	827	2.06	*2.00	7.25	*0.00	61	38.25	3.84	24.84	*0	*89.7	*0.07	*2.21
000409 veggie burger on a bun*	1 ea	5	360	1.50	680	3.00	2.00	14.00	0.00	0	36.00	6.00	26.00	*N/A*	90.0	0.00	7.24
000604 hot sauce	1 ea	100	2	0.00	92	0.00	0.00	0.00	0.00	0	0.00	0.30	0.00	*N/A*	0.0	0.00	0.00
000469 steamed corn	4 oz	100	88	0.34	96	2.06	*0.00	2.32	0.00	0	17.08	1.73	2.49	*0	*3.3	*5.28	*0.35
990100 tangy cilantro-lime slaw	2 oz	100	27	0.19	63	1.86	*0.35	1.34	0.00	0	3.55	1.04	0.54	*0	*17.9	*11.13	*0.27
999050 fresh grapes	4 oz	100	61	0.10	2	14.74	0.00	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	*N/A*	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 2, 2026 thru Apr 3, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			592	2.88	1188	33.24	*2.35	13.22	*0.00	68	86.76	7.84	36.65	*45	*427.0	*20.41	*3.39
% of Calories				4.38%		22.46%	*1.35%	20.1%	*0.0%		58.6%		24.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Tuesday - 03/17/2026

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)	VIt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000667 herb roasted chicken drum	1 ea	95	248	3.78	243	0.02	*0.00	15.17	*0.07	129	0.52	0.19	25.44	*0	*19.1	*0.41	*1.29
990376 veggie chik'n nuggets*	5 ea	5	239	0.60	430	1.19	0.00	9.56	0.00	0	21.50	4.78	17.92	*N/A*	83.6	0.00	3.46
000851 cornbread muffin	1 ea	100	220	1.00	115	18.00	18.00	8.00	0.00	20	36.00	1.00	3.00	*N/A*	27.0	0.00	1.00
990827 butternut squash puree	2 oz	100	59	0.35	51	*2.16	*2.16	2.36	*0.00	0	9.60	1.36	0.82	*0	*27.1	*10.40	*0.53
000047 steamed green beans	4 oz	100	52	0.36	96	*0.01	*0.00	2.41	0.00	0	6.19	2.06	1.46	*0	*33.9	*10.12	*0.69
000673 fresh apple	1 ea	100	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	*N/A*	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 2, 2026 thru Apr 3, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			772	6.46	631	*51.64	*20.16	29.62	*0.06	153	90.92	9.21	38.97	*45	*424.8	*29.58	*3.89
% of Calories				7.53%		*26.76 %	*0.00%	34.5%	*0.1%		47.1%		20.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Wednesday - 03/18/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)
000390 turkey ham & cheddar melt	1 ea	95	301	5.31	712	6.00	0.00	11.59	0.00	50	32.50	4.00	20.09	*N/A*	322.5	*0.00	1.79
000539 grilled cheese*	1 ea	5	342	9.11	665	6.00	0.00	16.17	0.00	40	32.00	4.00	20.18	*N/A*	525.0	0.00	1.44
000647 roasted broccoli	4 oz	100	55	0.43	126	1.65	*0.00	2.60	0.00	0	6.66	2.55	2.78	*0	*45.9	*86.10	*0.73
999218 Sweet Potato 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	*N/A*	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 2, 2026 thru Apr 3, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			584	7.25	1140	33.63	*2.00	17.71	*0.00	60	78.40	10.88	33.01	*45	*740.0	*137.01	*3.09
% of Calories				11.17 %		23.03%	*0.00%	27.3%	*0.0%		53.7%		22.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Thursday - 03/19/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000240 beef hot dog on a bun	1 ea	95	300	7.00	860	2.00	2.00	17.00	0.00	35	28.00	4.00	12.00	*N/A*	40.0	0.00	1.80
000409 veggie burger on a bun*	1 ea	5	360	1.50	680	3.00	2.00	14.00	0.00	0	36.00	6.00	26.00	*N/A*	90.0	0.00	7.24
001146 buffalo cauliflower	4 oz	100	50	0.40	291	1.98	*0.00	2.16	0.00	0	5.49	2.12	2.06	*0	*23.3	*49.70	*0.46
990054 roasted red potatoes	2 oz	100	43	0.18	55	*0.01	*0.00	1.19	0.00	0	7.45	0.81	0.90	*0	*5.1	*3.97	*0.35
000556 ketchup	1 ea	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000557 mustard	1 ea	100	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000884 fresh pear	1 ea	100	101	0.04	2	17.36	*N/A*	0.25	0.00	0	27.11	5.52	0.64	*N/A*	16.0	7.65	0.32
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	*N/A*	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 2, 2026 thru Apr 3, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			607	8.42	1487	*35.87	*4.00	22.10	*0.00	43	82.88	12.54	24.45	*45	*390.3	*61.62	*3.25
% of Calories				12.48 %		*23.64 %	*1.32%	32.8%	*0.0%		54.6%		16.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Friday - 03/20/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000543 crispy chicken tender	1 ea	95	137	0.07	283	0.58	*0.00	0.87	*0.00	49	11.00	0.82	20.98	*0	38.9	2.66	1.26
000475 bbq baked beans*	4 oz	5	226	0.68	107	4.88	*2.86	4.61	*0.00	0	35.35	8.25	10.78	*0	*69.1	*3.52	*2.91
990845 mac & cheese	4 oz	100	214	6.17	398	0.42	0.00	10.24	0.00	27	20.69	2.12	10.26	*N/A*	222.2	0.00	0.00
999210 glazed carrots	4 oz	100	101	0.58	194	9.26	*3.16	4.05	0.00	0	15.76	3.65	1.26	*0	*45.7	*7.59	*0.43
001178 braised collard greens	2 oz	100	35	0.15	62	*0.76	*0.54	1.06	*0.00	0	5.58	2.77	1.94	*0	*108.5	*26.17	*0.19
990424 cantaloupe	4 oz	100	60	0.09	28	13.82	*N/A*	0.33	0.00	0	14.34	1.58	1.48	*N/A*	15.8	64.51	0.37
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	*N/A*	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 2, 2026 thru Apr 3, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			650	8.17	1071	*37.53	*3.84	18.40	*0.00	84	81.02	11.32	43.56	*45	*736.1	*101.27	*2.39
% of Calories				11.31 %		*23.10 %	*0.00%	25.5%	*0.0%		49.9%		26.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Monday - 03/23/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)
990724 taco beef	2 oz	95	168	4.14	190	1.04	*0.00	12.38	*0.41	39	3.55	1.21	10.88	*0	*23.3	*17.17	*1.83
990327 chipotle pinto beans*	4 oz	5	191	0.41	115	*1.35	*0.00	2.65	*0.00	0	31.41	7.89	10.54	*0	*65.9	*3.71	*2.84
990210 shredded cheddar	2 oz	100	110	6.00	190	0.00	0.00	9.00	0.00	25	1.00	0.00	6.00	*N/A*	200.0	0.00	0.00
990269 tortillas	2 ea	100	174	1.93	251	1.93	0.00	4.83	0.00	0	27.03	3.86	3.86	*N/A*	77.2	0.00	0.00
990870 roasted tomato salsa	2 oz	100	17	0.01	261	1.86	*0.00	0.05	*0.00	0	3.46	0.71	0.70	*0	13.6	*0.92	0.13
000469 steamed corn	4 oz	100	88	0.34	96	2.06	*0.00	2.32	0.00	0	17.08	1.73	2.49	*0	*3.3	*5.28	*0.35
999050 fresh grapes	4 oz	100	61	0.10	2	14.74	0.00	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	*N/A*	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 2, 2026 thru Apr 3, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			718	13.41	1100	*34.13	*0.00	30.07	*0.39	72	81.51	8.67	32.65	*45	*635.7	*26.62	*2.67
% of Calories				16.81 %		*19.01 %	*0.00%	37.7%	*0.5%		45.4%		18.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Tuesday - 03/24/2026

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)
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
000372 ranch dressing	1 oz	100	71	2.12	103	1.69	*0.00	6.48	*0.00	11	1.90	0.06	0.71	*0	22.8	1.22	0.04
000033 cucumber coins	4 oz	100	11	0.03	1	1.22	*N/A*	0.08	0.00	0	2.66	0.37	0.48	*N/A*	11.7	2.05	0.20
000673 fresh apple	1 ea	100	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	*N/A*	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 2, 2026 thru Apr 3, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			560	8.29	798	37.54	*1.00	19.59	*0.00	46	73.99	8.33	25.22	*45	671.7	*14.66	2.42
% of Calories				13.32 %		26.81%	*0.71%	31.5%	*0.0%		52.8%		18.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Wednesday - 03/25/2026

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)	VIt-A (mcg RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)
000543 crispy chicken tender	1 ea	95	137	0.07	283	0.58	*0.00	0.87	*0.00	49	11.00	0.82	20.98	*0	38.9	2.66	1.26
990376 veggie chik'n nuggets*	5 ea	5	239	0.60	430	1.19	0.00	9.56	0.00	0	21.50	4.78	17.92	*N/A*	83.6	0.00	3.46
990076 whole grain waffles	2 ea	100	130	0.50	230	4.00	2.00	3.50	0.00	5	23.00	3.00	4.00	*N/A*	50.0	*N/A*	1.00
001178 braised collard greens	2 oz	100	35	0.15	62	*0.76	*0.54	1.06	*0.00	0	5.58	2.77	1.94	*0	*108.5	*26.17	*0.19
990693 sweet potato hash	4 oz	100	178	0.70	360	7.26	*0.00	4.66	*0.00	0	31.72	5.06	2.79	*0	*50.4	*16.56	*1.12
000556 ketchup	1 ea	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
999100 syrup	1 ea	100	80	0.00	15	21.00	21.00	0.00	0.00	0	21.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
000135 orange wedges	3 ea	100	43	0.01	0	8.60	0.00	0.11	0.00	0	10.81	2.21	0.86	0	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	*N/A*	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Mar 2, 2026 thru Apr 3, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999093 soy milk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			717	2.54	1162	*56.70	*25.54	12.30	*0.00	61	118.07	14.06	38.58	*45	*590.3	*94.51	*3.83
% of Calories				3.19%		*31.63 %	*0.00%	15.4%	*0.0%		65.9%		21.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Thursday - 03/26/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000065 turkey sloppy joe on a bun	1 ea	95	303	2.75	468	8.26	*6.67	10.53	*0.00	87	35.50	3.86	19.36	*0	*77.1	*3.42	*3.18
990666 lentil sloppy joe on a bun*	1 ea	5	327	0.91	1105	10.62	*4.16	4.80	0.00	0	59.53	7.76	14.43	*0	*43.6	*9.12	*4.27
000386 roasted red potatoes	4 oz	100	86	0.35	110	*0.01	*0.00	2.37	0.00	0	14.90	1.62	1.79	*0	*10.2	*7.93	*0.69
000556 ketchup	1 ea	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990780 lemon garlic kale salad	4 oz	100	91	1.27	134	0.34	*0.00	8.94	0.00	0	1.78	1.12	0.85	*0	*65.4	*24.41	*0.44
000884 fresh pear	1 ea	100	101	0.04	2	17.36	*N/A*	0.25	0.00	0	27.11	5.52	0.64	*N/A*	16.0	7.65	0.32
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	*N/A*	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 2, 2026 thru Apr 3, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			692	5.40	950	*40.56	*8.55	23.46	*0.00	93	94.91	12.31	30.55	*45	*470.5	*44.01	*4.74
% of Calories				7.02%		*23.45 %	*3.86%	30.5%	*0.0%		54.9%		17.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Friday - 03/27/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000668 sweet chili chicken	3 oz	95	163	0.59	310	10.02	*10.01	3.75	0.00	57	14.45	0.03	17.67	*N/A*	*11.8	*0.00	*0.54
990760 sweet chili tofu*	4 oz	5	211	0.48	325	12.00	*12.00	8.50	*0.00	0	21.69	2.95	11.74	*N/A*	*200.8	*0.00	*2.42
990356 brown rice	4 oz	100	162	0.23	137	0.32	*0.00	2.89	0.00	0	30.30	1.90	4.18	*0	*4.4	*0.08	*0.75
001170 ginger soy broccoli	2 oz	100	32	0.21	200	1.02	*0.18	1.25	*0.00	0	4.26	1.33	1.79	*N/A*	23.5	43.05	0.42
999148 steamed carrots	4 oz	100	46	0.04	77	5.27	*N/A*	0.27	0.00	0	10.65	3.11	1.03	*N/A*	36.7	6.56	0.33
990424 cantaloupe	4 oz	100	60	0.09	28	13.82	*N/A*	0.33	0.00	0	14.34	1.58	1.48	*N/A*	15.8	64.51	0.37
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	*N/A*	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 2, 2026 thru Apr 3, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			564	2.24	868	43.01	*10.28	10.39	*0.00	64	86.79	8.11	34.00	*45	*405.1	*114.50	*2.56
% of Calories				3.57%		30.50%	*7.10%	16.6%	*0.0%		61.6%		24.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Monday - 03/30/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)
991003 chicken & black bean empanadas	2 ea	95	280	1.50	968	1.00	0.00	5.99	0.00	45	39.93	4.99	16.97	*N/A*	29.9	*N/A*	2.90
990674 cheese quesadilla*	2 ea	5	394	13.93	631	1.93	0.00	22.83	0.00	50	29.03	3.86	15.86	*N/A*	477.2	0.00	0.00
990870 roasted tomato salsa	2 oz	100	17	0.01	261	1.86	*0.00	0.05	*0.00	0	3.46	0.71	0.70	*0	13.6	*0.92	0.13
999232 honey lime corn	4 oz	100	183	1.84	110	3.01	*0.91	12.26	*0.00	6	18.63	1.93	2.64	*0	7.3	5.66	0.54
999050 fresh grapes	4 oz	100	61	0.10	2	14.74	0.00	0.32	0.00	0	15.56	0.82	0.57	*N/A*	12.7	3.63	0.26
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	*N/A*	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 2, 2026 thru Apr 3, 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)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			645	5.15	1438	33.13	*0.91	21.12	*0.00	61	89.47	8.39	28.99	*45	389.4	*10.51	3.73
% of Calories				7.19%		20.55%	*0.00%	29.5%	*0.0%		55.5%		18.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Tuesday - 03/31/2026

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)
000235 beef burger on a bun	1 ea	95	339	4.70	332	2.04	*2.00	12.69	0.34	80	27.53	3.15	29.79	*0	33.6	0.05	3.97
000409 veggie burger on a bun*	1 ea	5	360	1.50	680	3.00	2.00	14.00	0.00	0	36.00	6.00	26.00	*N/A*	90.0	0.00	7.24
000556 ketchup	1 ea	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000557 mustard	1 ea	100	0	0.00	84	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
990054 roasted red potatoes	2 oz	100	43	0.18	55	*0.01	*0.00	1.19	0.00	0	7.45	0.81	0.90	*0	*5.1	*3.97	*0.35
000134 cucumber salad	4 oz	100	59	0.68	96	*1.77	*0.00	4.59	*0.00	0	4.01	0.66	0.68	*0	*18.1	*2.83	*0.36
000673 fresh apple	1 ea	100	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	*N/A*	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 2, 2026 thru Apr 3, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			646	6.53	791	*37.25	*4.00	20.50	*0.32	86	78.98	9.12	39.80	*45	*373.9	*15.52	*5.11
% of Calories				9.10%		*23.07 %	*1.24%	28.6%	*0.4%		48.9%		24.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Wednesday - 04/01/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991028 hot honey chicken drum	1 ea	95	306	3.45	447	17.42	*17.40	12.90	0.07	129	18.04	0.13	25.48	*0	14.1	0.15	1.12
991029 hot honey veggie chik'n nuggets*	5 ea	5	448	0.60	1224	47.59	*46.40	9.56	0.00	0	68.06	4.89	18.09	*N/A*	87.0	0.28	3.70
000851 cornbread muffin	1 ea	100	220	1.00	115	18.00	18.00	8.00	0.00	20	36.00	1.00	3.00	*N/A*	27.0	0.00	1.00
990222 cinnamon roasted butternut squash	2 oz	100	40	0.22	62	*0.34	*0.34	1.50	*0.00	0	6.91	1.18	0.72	*0	*22.4	*9.30	*0.45
000651 roasted cauliflower	4 oz	100	37	0.30	125	1.98	*0.00	1.41	0.00	0	5.38	2.11	2.04	*0	*23.2	*49.74	*0.46
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	*N/A*	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 2, 2026 thru Apr 3, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			753	5.92	901	*60.32	*37.19	25.42	*0.06	153	92.07	6.87	39.89	*45	*430.6	*108.44	*3.30
% of Calories				7.08%		*32.04 %	*9.24%	30.4%	*0.1%		48.9%		21.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Thursday - 04/02/2026

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)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000913 turkey meatballs & sauce	4 ea	95	183	2.16	556	5.23	*1.00	9.61	*0.00	45	11.00	1.59	14.61	*0	*46.4	*4.04	*1.42
999139 lentil bolognese*	6 oz	5	205	0.34	733	8.86	*0.46	2.35	*0.00	0	36.31	6.55	12.49	*0	*49.3	*4.29	*2.88
990353 whole grain rotini pasta	4 oz	100	111	0.32	101	0.50	*0.00	2.99	0.00	0	19.50	3.50	4.00	*0	*15.6	*0.00	*1.00
000647 roasted broccoli	4 oz	100	55	0.43	126	1.65	*0.00	2.60	0.00	0	6.66	2.55	2.78	*0	*45.9	*86.10	*0.73
000884 fresh pear	1 ea	100	101	0.04	2	17.36	*N/A*	0.25	0.00	0	27.11	5.52	0.64	*N/A*	16.0	7.65	0.32
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	*N/A*	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 2, 2026 thru Apr 3, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			550	3.94	908	37.39	*0.97	16.74	*0.00	53	77.97	13.41	30.08	*45	*427.5	*98.11	*3.59
% of Calories				6.45%		27.19%	*0.73%	27.4%	*0.0%		56.7%		21.9%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

Friday - 04/03/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990631 baked fish sticks	2 ea	95	152	0.33	511	0.06	*0.00	3.01	*0.00	61	11.21	0.82	18.84	*0	*69.4	*0.07	*0.76
000351 red beans*	4 oz	5	212	0.66	109	0.33	*0.00	4.60	*0.00	0	31.95	7.92	11.54	*0	*49.9	*2.79	*3.58
000604 hot sauce	1 ea	100	2	0.00	92	0.00	0.00	0.00	0.00	0	0.00	0.30	0.00	*N/A*	0.0	0.00	0.00
000630 yellow rice	4 oz	100	180	0.26	151	0.47	*0.00	3.22	*0.00	0	33.58	2.08	4.68	*0	*6.7	*0.12	*1.11
000047 steamed green beans	4 oz	100	52	0.36	96	*0.01	*0.00	2.41	0.00	0	6.19	2.06	1.46	*0	*33.9	*10.12	*0.69
990081 sauteed cabbage	2 oz	100	19	0.13	59	1.29	*0.00	0.92	0.00	0	2.57	0.92	0.50	*0	*14.8	*12.37	*0.18
990424 cantaloupe	4 oz	100	60	0.09	28	13.82	*N/A*	0.33	0.00	0	14.34	1.58	1.48	*N/A*	15.8	64.51	0.37
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	*N/A*	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	1.50	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 2, 2026 thru Apr 3, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			567	2.27	1031	*28.14	*0.00	11.62	*0.00	68	81.35	8.12	34.75	*45	*443.1	*87.63	*3.30
% of Calories				3.60%		*19.85 %	*0.00%	18.4%	*0.0%		57.4%		24.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10										

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	641	6	1002	*39.51	*7.46	19.56	*0.06	77	85.69	9.84	34.41	*45	*491.2	*64.24	*3.57
% of Calories		8.20%		*24.66 %	*0.00%	27.5%	*0.1%		53.5%		21.5%				

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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