



# January 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

## LOCAL FEATURE

Sweet potatoes are a naturally sweet root vegetable that grow underground and can be enjoyed in many different recipes. This month, we're excited to source them locally from our partners at 4P Foods.

Try local **sweet potatoes** on:  
January 16<sup>th</sup>, 20<sup>th</sup>, & 28<sup>th</sup>



Monday	Tuesday	Wednesday	Thursday	Friday
5 grilled cheese* <b>steamed green beans</b> <b>steamed corn</b> fresh grapes	6 <b>beef burger</b> on a bun veggie burger on a bun* ketchup mustard <b>roasted red potatoes</b> cucumber salad <b>fresh apple</b>	7 crispy chicken tender veggie chik'n nuggets* ketchup mac & cheese <b>cinnamon roasted butternut squash</b> <b>roasted broccoli</b> orange wedges	8 <b>jamaican jerk chicken drum</b> <b>red beans*</b> yellow rice <b>sauteed cabbage</b> oven fried plantains <b>fresh pear</b>	9 baked fish sticks bbq baked beans* cornbread muffin buffalo cauliflower <b>roasted carrots</b> cantaloupe
12 cheese pizza* <b>mixed greens salad</b> italian dressing <b>roasted broccoli</b> fresh grapes	13 turkey & bean chili veg out chili* cornbread muffin <b>steamed corn</b> <b>fresh apple</b>	14 orange glazed chicken orange glazed tofu* brown rice steamed carrots <b>ginger soy broccoli</b> orange wedges	15 <b>beef bolognese</b> lentil bolognese* whole grain penne pasta <b>parmesan butternut squash</b> <b>steamed green beans</b> <b>fresh pear</b>	16 crispy chicken tender veggie chik'n nuggets* whole grain waffles <b>braised collard greens</b> <b>sweet potato hash</b> syrup ketchup cantaloupe
19 no school	20 crispy fish sandwich grilled cheese* hot sauce <b>steamed green peas</b> <b>sweet potato wedges</b> ketchup fresh grapes	21 beef hot dog on a bun veggie burger on a bun* ketchup mustard bbq baked beans* <b>steamed corn</b> orange wedges	22 <b>bbq chicken drum</b> <b>bbq baked beans*</b> cornbread muffin roasted cauliflower steamed broccoli <b>fresh pear</b>	23 chicken yassa black eyed peas* jollof rice <b>roasted butternut squash</b> garlic kale cantaloupe
26 turkey meatballs & sauce lentil bolognese* whole grain rotini pasta garlic breadstick <b>steamed green beans</b> fresh grapes	27 <b>beef</b> shepherd's pie lentil shepherd's pie* biscuit <b>steamed green peas</b> mashed potatoes <b>fresh apple</b>	28 cumin lime chicken chili black beans* tortillas hot sauce <b>steamed corn</b> <b>sweet potato wedges</b> orange wedges	29 pepperoni pizza cheese pizza* <b>roasted broccoli</b> baby carrots ranch dressing <b>fresh pear</b>	30 no school
2 grilled cheese* <b>steamed green beans</b> <b>steamed corn</b> fresh grapes	3 <b>beef burger</b> on a bun veggie burger on a bun* ketchup mustard <b>roasted red potatoes</b> cucumber salad <b>fresh apple</b>	4 crispy chicken tender veggie chik'n nuggets* ketchup mac & cheese <b>cinnamon roasted butternut squash</b> <b>roasted broccoli</b> orange wedges	5 <b>jamaican jerk chicken drum</b> <b>red beans*</b> yellow rice <b>sauteed cabbage</b> oven fried plantains <b>fresh pear</b>	6 baked fish sticks bbq baked beans* cornbread muffin buffalo cauliflower <b>roasted carrots</b> cantaloupe

# Base Menu Spreadsheet

## Portion Values

Jan 5, 2026 thru Feb 6, 2026

**Menu Name:** Private/Charter Lunch K-8 **Include Cost:** No  
**Site:**  
**Use Alternate Menu Name:** Alternate Menu Name 1

**Monday - 01/05/2026 Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
000539	grilled cheese*	1 ea	100	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	100	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
000469	steamed corn	4 oz	100	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 grapes	4 oz	100	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	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160	Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093	soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average				615	10.89	925	*29.28	*0.00	21.79	*0.00	50	79.86	7.58	32.24	*0	*922.6	*14.71	*2.47
% of Calories					15.94 %		*19.04 %	*N/A*	31.9%	*0.0%		51.9%		21.0%				
Weekly Nutrient Guideline				600 - 650	<10	1110		<10	<=0									

**Tuesday - 01/06/2026 Reimbursable Meal Total 100**

# Base Menu Spreadsheet

## Portion Values

Jan 5, 2026 thru Feb 6, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000235 beef burger on a bun	1 ea	95	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 a bun*	1 ea	5	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	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
000386 roasted red potatoes	4 oz	100	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
990452 cucumber salad	2 oz	100	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
000673 fresh apple	1 ea	100	95	0.05	2	18.91	*N/A*	0.31	0.00	0	25.13	4.37	0.47	*N/A*	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			659	6.02	764	*37.37	*2.00	19.55	*0.32	86	86.02	10.55	40.43	*0	*427.8	*18.51	*5.32
% of Calories				8.22%		*22.68 %	*N/A*	26.7%	*0.4%		52.2%		24.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

### Wednesday - 01/07/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000543 crispy chicken tender	1 ea	95	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

# Base Menu Spreadsheet

## Portion Values

Jan 5, 2026 thru Feb 6, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
990376	veggie chik'n nuggets*	5 ea	5	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	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
990845	mac & cheese	4 oz	100	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	100	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
000647	roasted broccoli	4 oz	100	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	100	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	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160	Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093	soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average				598	8.11	1082	*27.39	*2.34	16.94	*0.00	86	72.08	9.10	43.29	*0	*732.2	*147.62	*2.66
% of Calories					12.21 %		*18.32 %	*0.00%	25.5%	*0.0%		48.2%		29.0%				
Weekly Nutrient Guideline				600 - 650	<10	1110		<10	<=0									

### Thursday - 01/08/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
990634	jamaican jerk chicken drum	1 ea	95	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	5	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

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Jan 5, 2026 thru Feb 6, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000630 yellow rice	4 oz	100	123	0.18	104	0.32	*0.00	2.21	*0.00	0	23.04	1.43	3.22	*N/A*	*4.6	*0.08	*0.76
000639 sauteed cabbage	4 oz	100	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	100	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
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	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 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			750	6.03	744	*48.14	*2.56	25.77	*0.06	132	91.79	10.85	39.27	*0	*447.4	*34.32	*3.87
% of Calories				7.24%		*25.67 %	*1.44%	30.9%	*0.1%		49.0%		20.9%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

## Friday - 01/09/2026

## Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990631 baked fish sticks	2 ea	95	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	5	250	0.79	116	5.47	*2.45	5.10	*0.00	0	40.50	7.44	11.83	*N/A*	*85.1	*0.57	*4.18
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
001147 buffalo cauliflower	2 oz	100	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

# Base Menu Spreadsheet

## Portion Values

Jan 5, 2026 thru Feb 6, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000244 roasted carrots	4 oz	100	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	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	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			629	3.31	1064	51.71	*18.12	16.85	*0.00	88	89.07	8.02	33.43	*0	*528.3	*96.80	*3.00
% of Calories				4.74%		32.88%	*N/A*	24.1%	*0.0%		56.6%		21.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

### Monday - 01/12/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc <sup>m</sup> (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
000680 italian dressing	1 oz	100	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	100	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 grapes	4 oz	100	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

# Base Menu Spreadsheet

## Portion Values

Jan 5, 2026 thru Feb 6, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			632	8.68	844	32.49	*1.00	29.58	*0.00	35	67.07	7.17	27.12	*0	*759.1	*93.60	*3.42
% of Calories				12.36 %		20.56%	*0.63%	42.1%	*0.0%		42.4%		17.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

## Tuesday - 01/13/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990402 turkey & bean chili	6 oz	95	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	5	192	0.30	507	*3.66	*0.00	1.74	*0.00	0	34.20	10.65	11.15	*N/A*	*82.4	*13.39	*3.49
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
000469 steamed corn	4 oz	100	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 apple	1 ea	100	95	0.05	2	18.91	*N/A*	0.31	0.00	0	25.13	4.37	0.47	*N/A*	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Jan 5, 2026 thru Feb 6, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (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			668	3.99	526	*53.42	*18.00	17.78	*0.00	81	108.14	11.92	27.42	*0	*478.4	*23.26	*4.55
% of Calories				5.38%		*31.99 %	*N/A*	24.0%	*0.0%		64.8%		16.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

### Wednesday - 01/14/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (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	20.14	0.21	18.37	*N/A*	*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	24.53	3.11	12.70	*N/A*	*209.9	*24.21	*2.30
990356 brown rice	4 oz	100	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	100	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	100	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	100	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	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Jan 5, 2026 thru Feb 6, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (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			554	2.60	977	44.48	*10.62	12.24	*0.00	64	79.16	8.76	34.70	*0	*506.1	*160.11	*2.44
% of Calories				4.22%		32.12%	*7.41%	19.9%	*0.0%		57.2%		25.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

### Thursday - 01/15/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001044 beef bolognese	4 oz	95	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	5	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 grain penne pasta	4 oz	100	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	100	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	100	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	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	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Jan 5, 2026 thru Feb 6, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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)
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			689	7.91	1025	*37.89	*0.44	26.45	*0.51	62	85.61	13.81	31.78	*0	*500.4	*30.52	*4.39
% of Calories				10.33 %		*22.00 %	*0.26%	34.6%	*0.7%		49.7%		18.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

## Friday - 01/16/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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)
000543 crispy chicken tender	1 ea	95	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	5	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	2 ea	100	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	100	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	100	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 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*
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
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	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Jan 5, 2026 thru Feb 6, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (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			675	3.18	1204	*59.88	*26.08	11.38	*0.00	61	110.41	13.62	39.57	*0	*713.9	*128.62	*3.65
% of Calories				4.24%		*35.48 %	*0.00%	15.2%	*0.0%		65.4%		23.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

### Monday - 01/19/2026

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000145 no school																	
Weighted Daily Average			0	0.00	0	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

### Tuesday - 01/20/2026

#### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990362 crispy fish sandwich	1 ea	95	313	0.81	797	3.90	*N/A*	7.25	*0.00	61	40.25	4.84	24.84	*N/A*	*89.7	*0.07	*2.21
000539 grilled cheese*	1 ea	5	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
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
001101 steamed green peas	2 oz	100	47	0.19	98	2.36	*N/A*	1.31	*0.00	0	6.44	2.13	2.47	*N/A*	*10.4	*8.52	*0.72

# Base Menu Spreadsheet

## Portion Values

Jan 5, 2026 thru Feb 6, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
990839	sweet potato wedges	4 oz	100	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
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
999050	fresh grapes	4 oz	100	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	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160	Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093	soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average				679	3.13	1386	*41.09	*2.00	14.13	*0.00	70	104.01	12.28	38.17	*0	*541.7	*16.28	*4.14
% of Calories					4.15%		*24.21 %	*N/A*	18.7%	*0.0%		61.3%		22.5%				
Weekly Nutrient Guideline				600 - 650	<10	1110		<10	<=0									

### Wednesday - 01/21/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
000240	beef hot dog on a bun	1 ea	95	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 a bun*	1 ea	5	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	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
000475	bbq baked beans*	4 oz	100	250	0.79	116	5.47	*2.45	5.10	*0.00	0	40.50	7.44	11.83	*N/A*	*85.1	*0.57	*4.18

# Base Menu Spreadsheet

## Portion Values

Jan 5, 2026 thru Feb 6, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001097 steamed corn	2 oz	100	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
000135 orange wedges	3 ea	100	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	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			748	8.90	1259	32.62	*4.45	24.56	*0.00	43	103.33	14.61	33.91	*0	*527.4	*52.89	*6.61
% of Calories				10.71 %		17.44%	*0.00%	29.6%	*0.0%		55.3%		18.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

Thursday - 01/22/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990635 bbq chicken drum	1 ea	95	286	3.45	429	13.00	*N/A*	12.89	0.07	129	14.15	0.00	25.34	*N/A*	13.2	*0.00	1.16
000475 bbq baked beans*	4 oz	5	250	0.79	116	5.47	*2.45	5.10	*0.00	0	40.50	7.44	11.83	*N/A*	*85.1	*0.57	*4.18
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
000651 roasted cauliflower	4 oz	100	37	0.30	125	1.98	*N/A*	1.41	*0.00	0	5.38	2.11	2.04	*N/A*	*23.2	*49.74	*0.46
001095 steamed broccoli	2 oz	100	16	0.05	16	0.80	*N/A*	0.17	0.00	0	3.14	1.23	1.33	*N/A*	22.2	42.15	0.34
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

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Jan 5, 2026 thru Feb 6, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			756	5.86	784	63.23	*18.12	24.11	*0.06	152	99.22	10.22	39.95	*0	*469.9	*100.31	*3.51
% of Calories				6.98%		33.46%	*N/A*	28.7%	*0.1%		52.5%		21.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

## Friday - 01/23/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000519 chicken yassa	3 oz	95	127	0.56	58	4.86	*1.80	3.55	*0.00	57	6.44	0.55	18.04	*N/A*	*13.6	*1.01	*0.67
000029 black eyed peas*	4 oz	5	145	0.47	56	*0.67	*N/A*	2.86	*0.00	0	22.43	4.14	8.40	*N/A*	*42.6	*8.91	*3.00
000605 jollof rice	4 oz	100	185	0.26	135	*2.68	*0.00	2.99	*0.00	0	35.31	3.12	4.97	*N/A*	*19.5	*20.46	*1.34
990083 roasted butternut squash	2 oz	100	45	0.32	62	*0.00	*N/A*	2.20	*0.00	0	6.52	1.14	0.72	*N/A*	*21.4	*9.30	*0.44
000492 garlic kale	4 oz	100	54	0.46	136	0.81	*N/A*	3.40	*0.00	0	4.80	3.34	2.57	*N/A*	*197.6	*72.04	*1.34
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	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07

# Base Menu Spreadsheet

## Portion Values

Jan 5, 2026 thru Feb 6, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (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 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	2.84	532	*34.42	*1.71	14.21	*0.00	64	80.34	9.92	35.56	*0	*634.0	*168.45	*4.36
% of Calories				4.48%		*24.15 %	*1.26%	22.4%	*0.0%		56.4%		25.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

### Monday - 01/26/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000913 turkey meatballs & sauce	4 ea	95	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	5	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 grain rotini pasta	4 oz	96	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 garlic breadstick	1 ea	100	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	100	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
999050 fresh grapes	4 oz	100	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	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Jan 5, 2026 thru Feb 6, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (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			602	4.01	992	*33.41	*0.02	20.09	*0.00	53	80.20	9.05	29.75	*0	*473.8	*18.75	*4.41
% of Calories				6.00%		*22.20 %	*0.00%	30.0%	*0.0%		53.3%		19.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

## Tuesday - 01/27/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000793 beef shepherd's pie	3 oz	95	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	5	162	0.47	422	1.84	*0.00	3.61	*0.00	0	24.56	3.90	8.34	*N/A*	*24.0	*4.33	*2.32
000455 biscuit	1 ea	100	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	100	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	100	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 apple	1 ea	100	95	0.05	2	18.91	*N/A*	0.31	0.00	0	25.13	4.37	0.47	*N/A*	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10

# Base Menu Spreadsheet

## Portion Values

Jan 5, 2026 thru Feb 6, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
999050 fresh 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			748	12.73	1072	*39.81	*0.00	32.17	*0.51	62	85.62	12.85	33.21	*0	*590.0	*36.07	*6.71
% of Calories				15.32 %		*21.29 %	*0.00%	38.7%	*0.6%		45.8%		17.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

### Wednesday - 01/28/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001037 cumin lime chicken	3 oz	95	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	5	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 tortillas	2 ea	100	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	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
001097 steamed corn	2 oz	100	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
990839 sweet potato wedges	4 oz	100	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	100	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	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Jan 5, 2026 thru Feb 6, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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)
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			621	3.86	881	28.13	*0.00	17.25	*0.00	64	88.75	12.36	34.24	*0	*540.8	*56.73	*2.19
% of Calories				5.59%		18.12%	*0.00%	25.0%	*0.0%		57.2%		22.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

### Thursday - 01/29/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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)
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
000647 roasted broccoli	4 oz	100	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	100	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 ranch dressing	1 oz	100	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
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	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Jan 5, 2026 thru Feb 6, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (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			619	8.30	996	*35.91	*1.16	21.89	*0.00	46	82.29	12.14	28.60	*0	*775.4	*95.92	*3.40
% of Calories				12.07 %		*23.21 %	*0.75%	31.8%	*0.0%		53.2%		18.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

## Friday - 01/30/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (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	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 & snap peas	4 oz	100	39	0.16	61	3.14	*0.00	1.06	*0.00	0	5.91	2.36	1.80	*3	*38.0	*22.58	*1.11
999149 steamed carrots	2 oz	100	23	0.02	38	2.64	*N/A*	0.13	0.00	0	5.33	1.56	0.52	*N/A*	18.3	3.28	0.17
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	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Jan 5, 2026 thru Feb 6, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (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			508	2.19	653	42.43	*10.11	9.47	*0.00	64	75.73	7.17	32.65	*3	*462.7	*91.19	*2.95
% of Calories				3.88%		33.41%	*7.88%	16.8%	*0.0%		59.6%		25.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

## Monday - 02/02/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000539 grilled cheese*	1 ea	100	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	100	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
000469 steamed corn	4 oz	100	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 grapes	4 oz	100	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	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			615	10.89	925	*29.28	*0.00	21.79	*0.00	50	79.86	7.58	32.24	*0	*922.6	*14.71	*2.47
% of Calories				15.94 %		*19.04 %	*N/A*	31.9%	*0.0%		51.9%		21.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

# Base Menu Spreadsheet

## Portion Values

Jan 5, 2026 thru Feb 6, 2026

**Tuesday - 02/03/2026**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000235 beef burger on a bun	1 ea	95	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 a bun*	1 ea	5	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	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
000386 roasted red potatoes	4 oz	100	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
990452 cucumber salad	2 oz	100	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
000673 fresh apple	1 ea	100	95	0.05	2	18.91	*N/A*	0.31	0.00	0	25.13	4.37	0.47	*N/A*	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			659	6.02	764	*37.37	*2.00	19.55	*0.32	86	86.02	10.55	40.43	*0	*427.8	*18.51	*5.32
% of Calories				8.22%		*22.68 %	*N/A*	26.7%	*0.4%		52.2%		24.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

**Wednesday - 02/04/2026**

**Reimbursable Meal Total 100**

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Jan 5, 2026 thru Feb 6, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
000543	crispy chicken tender	1 ea	95	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	5	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	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
990845	mac & cheese	4 oz	100	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	100	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
000647	roasted broccoli	4 oz	100	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	100	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	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160	Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093	soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average				598	8.11	1082	*27.39	*2.34	16.94	*0.00	86	72.08	9.10	43.29	*0	*732.2	*147.62	*2.66
% of Calories					12.21 %		*18.32 %	*0.00%	25.5%	*0.0%		48.2%		29.0%				
Weekly Nutrient Guideline				600 - 650	<10	1110		<10	<=0									

Thursday - 02/05/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
990634	jamaican jerk chicken drum	1 ea	95	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

# Base Menu Spreadsheet

## Portion Values

Jan 5, 2026 thru Feb 6, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000351 red beans*	4 oz	5	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	100	123	0.18	104	0.32	*0.00	2.21	*0.00	0	23.04	1.43	3.22	*N/A*	*4.6	*0.08	*0.76
000639 sauteed cabbage	4 oz	100	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	100	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
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	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			750	6.03	744	*48.14	*2.56	25.77	*0.06	132	91.79	10.85	39.27	*0	*447.4	*34.32	*3.87
% of Calories				7.24%		*25.67 %	*1.44%	30.9%	*0.1%		49.0%		20.9%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

### Friday - 02/06/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990631 baked fish sticks	2 ea	95	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	5	250	0.79	116	5.47	*2.45	5.10	*0.00	0	40.50	7.44	11.83	*N/A*	*85.1	*0.57	*4.18
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

# Base Menu Spreadsheet

## Portion Values

Jan 5, 2026 thru Feb 6, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001147 buffalo cauliflower	2 oz	100	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	100	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	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	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			629	3.31	1064	51.71	*18.12	16.85	*0.00	88	89.07	8.02	33.43	*0	*528.3	*96.80	*3.00
% of Calories				4.74%		32.88%	*N/A*	24.1%	*0.0%		56.6%		21.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110		<10	<=0									

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	649	6	929	*40.29	*5.99	19.88	*0.08	75	86.98	10.34	35.16	*0	*587.1	*70.69	*3.81
% of Calories		8.49%		*24.83 %	*N/A*	27.6%	*0.1%		53.6%		21.7%				

\*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

<sup>1</sup> - denotes required nutrient values

Added Sugars target is informational only, with an effective date of July 1, 2027.

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