

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

Menu Name:	The Children's Guild PG/BALTIMORE - 9-12 Lunch	Include Cost:	No
Site:			
Use Alternate Menu Name:	No		

Monday - 08/24/2026Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Tuesday - 08/25/2026Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Wednesday - 08/26/2026Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993230 Chicken & Cheese WW Quesadilla	125 gr (2 pc)	99	290	4.50	500	2.00	*1.00	11.00	0.00	45	29.00
992883 VG/DF- Veggie WW Quesadilla	serving	1	439	3.71	635	1.44	*0.00	19.59	0.00	0	41.72
993050 Black Bean and Corn Salad - L:1/2, S:1/2	1 cup	100	231	0.01	135	9.70	*0.00	1.72	0.00	0	42.40
993169 Hot Sauce	7 gr	100	0	0.00	270	0.00	0.00	0.00	0.00	0	0.00
992900 TANGERINES,FRESH - (1 cup - 2 Tangerines)120 ct	2 (120 ct p/cs)	100	127	0.09	5	25.39	0.00	0.74	0.00	0	32.02
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			749	4.59	1046	*49.08	*0.99	14.80	0.00	55	116.54
% of Calories				5.52%		*26.21 %	*0.53%	17.8%	0.0%		62.2%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Thursday - 08/27/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991118 Baked Chicken Penne Pasta R:3/4, OT:1/4	1 cup	100	497	6.55	452	9.19	*0.95	15.20	*0.00	72	62.42
991884 V- Baked Chicken Meatless WG Pasta R:3/4, OT:1/4	1 cup	1	522	5.96	580	10.16	*0.95	15.10	*0.00	32	64.36

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 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)
993068 Roasted Sweet Potato - R: 1/4 cup	1/4 cup	100	70	0.27	19	1.47	*0.00	3.56	0.00	0	9.83
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15.48	0.00	0.25	0.00	0	20.58
991307 Cranberry, Dried Original	1.16oz	100	110	0.00	0	24.00	*N/A*	0.00	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	100	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			905	6.92	682	*68.36	*0.96	20.46	*0.00	85	141.11
% of Calories				6.88%		*30.21 %	*0.42%	20.3%	*0.0%		62.4%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Friday - 08/28/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993263 Stuffed Crust Pizza w/Cheese & Pepperoni	137 gr/5peppero	99	362	5.54	975	4.00	*1.00	16.78	0.00	22	36.23
993087 V- Stuffed Crust Pizza w/Cheese	137 gr	1	330	4.50	850	4.00	*1.00	14.00	0.00	15	36.00
992573 Salad, Kale, Cucumber & Tom. 1cup: DG:1/2, OT:1/2	1 cup	100	93	1.18	174	2.58	*0.00	7.19	0.00	0	7.16
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14.43	0.00	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 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)
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			640	6.75	1284	*33.01	*1.00	25.40	0.00	32	78.93
% of Calories				9.49%		*20.63 %	*0.62%	35.7%	0.0%		49.3%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Monday - 08/31/2026

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)
993003 V- WG Jumbo Cheese Ravioli R:1/2 cup	3.78 oz (3 pc)	99	238	1.00	276	6.81	*0.64	2.95	0.00	0	35.35
991882 V/VG - SPAGHETTI AND VEGGIE SAUCE - R:1 cup	1 CUP	1	358	0.14	273	*11.31	*0.00	4.73	*0.00	0	63.29
991056 VG/DF - WG Roll	32 gr	100	80	0.00	170	2.00	*2.00	1.00	0.00	0	15.00
992782 Roasted Sweet Potato - R: 1/2 cup	1/2 cup	100	98	0.28	37	2.86	*0.00	3.58	0.00	0	16.52
991059 Cranberry Apple Juice (1 cup- 2 juices per kid)	2 HC	100	120	0.00	0	24.00	0.00	0.00	0.00	0	26.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

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Portion Values

Aug 24, 2026 thru Oct 2, 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)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			638	1.27	618	*47.72	*2.63	8.80	*0.00	10	106.15
% of Calories				1.79%		*29.92 %	*1.65%	12.4%	*0.0%		66.6%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Tuesday - 09/01/2026

Reimbursable Meal Total 103

	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)
993298 Crunchy Turkey Taco Salad DG:1/2, R:1/2	1cup	100	383	5.67	706	*6.78	*0.00	24.60	*0.00	101	25.47
993299 V- Crunchy Veggie Taco Salad DG:1/2, R:1/2	3/4 cup	1	326	3.49	868	*7.44	*0.00	17.94	*0.00	14	30.13
990672 WG Biscuit 2oz	56g	100	200	7.00	410	2.00	*0.00	9.00	0.00	0	27.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15.48	0.00	0.25	0.00	0	20.58
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			741	12.37	1225	*35.27	*0.00	34.25	*0.00	108	83.83
% of Calories				15.02 %		*19.04 %	*0.00%	41.6%	*0.0%		45.3%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

Wednesday - 09/02/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993300 Creamy Avocado Chicken Rice Bowl- L:1/2, S:1/2	serving	100	651	3.19	707	*9.27	*0.00	26.94	*0.00	70	74.26
993301 V-Creamy Avocado Veggie Rice Bowl- L:1/2, S:1/2	serving	1	656	2.83	898	*10.18	*0.00	26.58	*0.00	12	76.08
990315 PEACHES,RAW - 1 cup (56 count) 2 peaches	2 peaches	100	101	0.05	0	21.81	0.00	0.65	0.00	0	24.80
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			859	3.27	851	*43.18	*0.00	29.11	*0.00	80	112.83
% of Calories				3.43%		*20.11 %	*0.00%	30.5%	*0.0%		52.5%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Thursday - 09/03/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993302 Baked Peruvian-Style Chicken Drumstick (2pc)	112 gr(2pc)	99	473	5.71	602	*2.83	*0.00	24.77	0.00	190	25.30
993253 V/VG-Baked Peruvian-Style Tofu Strips	4.48 oz	1	303	2.06	253	*3.17	*0.00	16.78	0.00	0	23.48
990672 WG Biscuit 2oz	56g	100	200	7.00	410	2.00	*0.00	9.00	0.00	0	27.00

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 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)
993226 Baked Yuca Fries S: 1/4 cup	1/4 cup -2 yuca	100	110	0.50	115	0.00	*0.00	4.00	0.00	0	17.00
992065 Pico de Gallo - R:1/2, OT:1/4	3/4 cup	100	45	0.03	18	5.03	*0.00	0.09	0.00	0	9.97
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	28.86	0.00	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			1137	13.47	1279	*50.73	*0.00	39.81	0.00	198	146.15
% of Calories				10.66 %		*17.85 %	*0.00%	31.5%	0.0%		51.4%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Friday - 09/04/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993255 Nashville Style Chicken & Waffles	2 Waffles/3tend	99	490	1.50	1080	7.00	*7.00	25.50	0.00	30	47.00
993256 V/VG- Nashville Style Veggie Tenders & Waffles	2 Waffles/2tend	1	447	2.53	1309	7.03	*6.00	19.78	0.00	5	49.56
991865 Green Beans and Corn Medley S:1/2, OT:1/2	1 cup	100	145	0.28	2	4.82	*0.00	4.42	0.00	0	29.22
992900 TANGERINES,FRESH - (1 cup - 2 Tangerines)120 ct	2 (120 ct p/cs)	100	127	0.09	5	25.39	0.00	0.74	0.00	0	32.02
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 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)
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			862	1.89	1224	*49.21	*6.99	31.85	0.00	40	121.26
% of Calories				1.97%		*22.84 %	*3.24%	33.3%	0.0%		56.3%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Monday - 09/07/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Tuesday - 09/08/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993224 WW Chicken Empanada (9-12 Grade /2 empanadas)	2 (2.8 oz)	90	340	8.00	840	2.00	*2.00	14.00	0.00	60	34.00

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993275 VG/DF- Veggie WW Quesadilla	serving	10	364	2.10	520	1.18	*0.00	12.70	0.00	0	37.77
990334 Corn Pico de Gallo S:1/2, R:1/4, OT:1/4 cup	1 cup	100	134	0.03	13	11.36	*0.00	1.32	0.00	0	26.54
993169 Hot Sauce	7 gr	100	0	0.00	270	0.00	0.00	0.00	0.00	0	0.00
992900 TANGERINES,FRESH - (1 cup - 2 Tangerines)120 ct	2 (120 ct p/cs)	1	127	0.09	5	25.39	0.00	0.74	0.00	0	32.02
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			578	7.44	1226	*25.54	*1.80	16.45	0.00	64	74.23
% of Calories				11.58 %		*17.67 %	*1.25%	25.6%	0.0%		51.4%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Wednesday - 09/09/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993272 Cajun Alfredo Steak Breadstick (9-12 Grade)	2 sticks	90	427	9.24	1040	2.92	*0.00	23.07	0.00	49	35.33
993303 V-Cajun Alfredo Veggie Crumbles Breadstick-2 stick	2 stick	10	421	7.74	1032	3.37	*0.00	19.49	0.00	34	37.05
990929 BROCCOLI - CARROTS 1 (0.50 DG/0.5 Red)	1 cup	100	105	0.55	59	3.78	*0.00	7.32	0.00	0	9.15

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Portion Values

Aug 24, 2026 thru Oct 2, 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)
991307 Cranberry, Dried Original	1.16oz	100	110	0.00	0	24.00	*N/A*	0.00	0.00	0	28.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15.48	0.00	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			819	9.69	1235	*58.22	*0.00	31.54	0.00	57	106.23
% of Calories				10.65 %		*28.43 %	*0.00%	34.7%	0.0%		51.9%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Thursday - 09/10/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993277 Asian BBQ Ground Turkey	2.87 oz	99	183	2.29	574	*6.76	*0.00	8.39	*0.00	91	12.06
993278 V/VG- Veggie Asian BBQ (V/VG)	80 gr	1	146	0.02	818	*7.68	*0.00	1.88	*0.00	0	18.50
993304 Vegetable Fried Rice R:1/4, S:1/4, OT:1/4	serving	100	322	0.20	605	7.56	*0.00	4.31	0.00	0	60.55
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	28.86	0.00	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			815	2.74	1320	*55.31	*0.00	14.72	*0.00	100	139.71
% of Calories				3.03%		*27.15 %	*0.00%	16.3%	*0.0%		68.6%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Friday - 09/11/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992300 Crispy Chicken Burger (3.1oz)	serving	90	390	2.50	830	4.00	*4.00	15.00	0.00	25	43.00
992265 V/VG Vegan Burger -	serving	10	280	0.00	760	5.00	*4.00	7.00	0.00	0	36.00
991981 Balela Salad 1cup: L:1/2,OT:1/4,R:1/4	serving	100	284	1.18	149	*1.02	*0.00	15.52	*0.00	*0	30.60
991261 Honey Mustard Sauce (ss)	28.3 gr	100	40	0.00	160	7.00	*N/A*	0.50	0.00	0	8.00
993305 Smoothie Strawberry Kiwi (2 juices per kid)	4.4 oz (2 pc)	100	180	0.00	60	38.00	38.00	0.00	0.00	0	44.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 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)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			983	3.43	1327	*62.12	*42.00	31.47	*0.00	*32	137.90
% of Calories				3.14%		*25.28 %	*17.09 %	28.8%	*0.0%		56.1%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Monday - 09/14/2026 Reimbursable Meal Total 30

	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)
992846 One Pot Chicken Fajita Pasta OT:1/2, R:1/2*	serving	29	574	7.28	352	*5.21	*0.00	23.63	*0.00	63	67.07
992263 V/VG One Pot Chicken Fajita Pasta OT:1/2, R:1/2	serving	1	521	3.91	494	6.12	*0.00	18.51	0.00	0	65.28
992900 TANGERINES,FRESH - (1 cup - 2 Tangerines)120 ct	2 (120 ct p/cs)	30	127	0.09	5	25.39	0.00	0.74	0.00	0	32.02
000231 MILK,Skim	8 fl. oz.	15	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	15	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	30	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			799	7.27	496	*42.63	*0.00	25.45	*0.00	71	112.03
% of Calories				8.19%		*21.34 %	*0.00%	28.7%	*0.0%		56.1%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Tuesday - 09/15/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992493 Chili hot dog, turkey, Chili on side L:1/2	serving	99	474	6.10	1254	*9.87	*1.47	16.56	*0.00	50	57.25
991126 V- Grilled Cheese Sandwich	2Bread /4cheese	1	303	6.60	1142	8.00	*0.00	11.57	0.00	35	30.00
992556 CARROTS: fresh - 1/2 Steamed	1/2 cup	100	27	0.02	45	2.69	*0.00	0.14	0.00	0	6.41
991033 Vegetable Chili - Half Cup (On side)	1/2 CUP	1	149	0.10	229	3.87	*1.47	1.06	*0.00	0	25.75
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15.48	0.00	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			689	6.17	1526	*42.07	*3.47	18.16	*0.00	60	99.22
% of Calories				8.06%		*24.42 %	*2.01%	23.7%	*0.0%		57.6%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Wednesday - 09/16/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992294 WG Italian SUB Turkey Ham, Salami & Pepperoni	serving	99	279	2.34	779	5.38	*0.00	9.64	0.00	60	31.47

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992329 V- Provolone WW Sandwich (V)	serving	1	426	11.54	892	6.42	*2.00	26.29	0.00	48	29.15
992283 Roasted Potatoes - .1cup: S:1 cup	1 cup	100	221	0.40	11	*0.00	*0.00	4.83	0.00	0	40.98
991258 Mayonnaise SS Pouch (Low Sodium)	0.38 oz	100	70	1.50	70	0.00	*N/A*	8.00	0.00	5	0.00
990708 Fruit Punch, Juice - (1 Cup - 2 juices)	(2 HC)	100	120	0.00	10	24.00	0.00	0.00	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			791	4.33	1006	*41.39	*0.02	23.88	0.00	75	113.42
% of Calories				4.93%		*20.93 %	*0.01%	27.2%	0.0%		57.4%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Thursday - 09/17/2026

Reimbursable Meal Total 30

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992804 Grilled Chicken & Brown Rice (2oz Gr/ 2oz MA)	Serving	29	316	0.53	66	0.01	*0.00	5.87	0.00	58	42.78
991866 VG/DF- Grilled Chicken Meatless & Brown Rice	2.87 oz	1	428	0.17	273	0.98	*0.00	6.30	0.00	0	66.04
990245 Roasted Sweet Potato - R: 1 cup	cup	30	279	1.08	75	5.90	*0.00	14.26	0.00	0	39.33

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Aug 24, 2026 thru Oct 2, 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)
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	30	123	0.04	0	24.50	0.00	0.31	0.00	0	30.78
000190 Low Fat Milk - 1%	8 fl. oz.	15	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	15	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	30	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			822	1.64	283	*42.44	*0.00	21.71	0.00	66	126.67
% of Calories				1.80%		*20.65 %	*0.00%	23.8%	0.0%		61.6%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Friday - 09/18/2026

Reimbursable Meal Total 30

	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)
992564 BYO Turkey Nachos - (2 chips per student)	SERVING	29	426	8.30	432	*0.29	*0.00	22.76	0.00	82	37.73
992565 V-BYO VEGGIE Nachos 9-12 (NO Vegetables)	SERVING	0	420	7.01	620	*0.96	*0.00	19.36	0.00	30	42.40
992720 VG/DF- BYO Veggie Nachos -9-12 Grade	SERVING	1	401	7.08	774	*0.96	*0.00	17.45	0.00	0	46.46
990689 Romaine Lettuce - 1/2cup: DG: 1/2	1/2 cup	30	8	0.02	4	0.56	0.00	0.14	0.00	0	1.55
990274 Pico de Gallo - R:1/4 , OT: 1/4	1/2 cup	30	42	0.03	15	4.68	*0.00	0.09	0.00	0	9.45
991695 SOUR CREAM,FAT FREE (SS)	1oz	30	25	0.00	30	2.00	2.00	0.00	0.00	0	4.00

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991006 Banana - 1 cup (2 Bananas)	2 Bananas	30	210	0.26	2	28.86	0.00	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	15	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	15	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	30	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			811	8.57	629	*48.41	*2.00	24.84	0.00	89	119.92
% of Calories				9.51%		*23.88 %	*0.99%	27.6%	0.0%		59.1%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Monday - 09/21/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991027 Turkey Hot Dog	serving	99	270	3.00	930	*6.00	*N/A*	11.00	0.00	35	31.00
992265 V/VG Vegan Burger -	serving	1	280	0.00	760	5.00	*4.00	7.00	0.00	0	36.00
992515 Garlic Roasted Potatoes -1 cup S: 1	1 cup	100	286	0.43	20	*0.01	*0.00	4.93	0.00	0	55.97
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00
992362 Grape Juice - (1 cup: 2 juices)	2 (4 fl)	100	160	0.00	20	36.00	0.00	0.00	0.00	0	38.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 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)
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			826	3.40	1193	*56.00	*2.04	17.14	0.00	45	140.02
% of Calories				3.70%		*27.12 %	*0.99%	18.7%	0.0%		67.8%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Tuesday - 09/22/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992368 Lime Chicken Black Beans & Rice 1c: L:3/4, OT:1/4*	serving	100	569	0.79	344	*3.35	*0.00	10.08	*0.00	58	83.78
992369 V/VG -Lime Veggie Bk. Bean & Rice 1c: L:3/4,O:1/4	serving	0	584	0.43	501	*4.48	*0.00	9.90	*0.00	0	86.18
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15.48	0.00	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			747	0.84	481	*30.83	*0.00	11.58	*0.00	68	117.36
% of Calories				1.01%		*16.51 %	*0.00%	14.0%	*0.0%		62.8%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

Wednesday - 09/23/2026 Reimbursable Meal Total 23

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993032 V- Lasagna, Cheese WG Pasta w/ Marinara R:1	7oz (2 roll)	23	456	8.00	651	9.62	*1.27	15.91	0.00	90	56.70
992716 VG/DF- Caprese WG Pasta 1cup: R:3/4, OT:1/4	serving	0	398	10.03	664	6.53	*0.64	14.56	0.00	0	61.93
993004 V- WG Garlic Knot Roll	2 oz	23	170	1.50	190	3.00	2.00	6.00	0.00	0	27.00
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	46	123	0.04	0	24.50	0.00	0.31	0.00	0	30.78
000231 MILK,Skim	8 fl. oz.	12	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	11	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	23	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			972	9.58	976	*73.61	*3.27	23.73	0.00	100	158.27
% of Calories				8.87%		*30.29 %	*1.35%	22.0%	0.0%		65.1%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Thursday - 09/24/2026 Reimbursable Meal Total 23

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990402 BBQ Chicken WG Slider	serving	23	292	0.62	796	15.27	*3.96	4.32	0.00	43	41.61
991711 V/VG -BBQ Chicken Meatless Slider	serving	0	317	0.02	926	16.27	*3.96	4.20	0.00	0	43.61

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Aug 24, 2026 thru Oct 2, 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)
991388 CREAMY COLESLAW - 1 cup: R:1/4, OT:3/4	1 cup	23	105	0.57	88	8.72	*0.00	3.33	*0.00	4	16.80
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	23	84	0.03	1	14.43	0.00	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	12	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	11	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	23	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			582	1.22	1020	*50.42	*3.96	9.06	*0.00	56	93.95
% of Calories				1.89%		*34.65 %	*2.72%	14.0%	*0.0%		64.6%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Friday - 09/25/2026

Reimbursable Meal Total 23

	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)
991084 Chicken Nuggets Breaded	4 pc (91 gr)	23	210	2.50	340	1.00	*0.00	12.00	0.00	40	12.00
990672 WG Biscuit 2oz	56g	23	200	7.00	410	2.00	*0.00	9.00	0.00	0	27.00
992873 V/VG- Vegan Chicken Nuggets w/WG Roll	5 Nuggets	0	411	1.88	805	6.51	*4.00	13.30	0.00	0	55.12
992836 Collards Green & Tomato Salad - DG:1/2, R:1/2	1 cup	23	168	0.75	194	*6.24	*0.00	10.00	*0.01	0	18.97
000222 KETCHUP: individual	9 gr	23	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991006 Banana - 1 cup (2 Bananas)	2 Bananas	46	210	0.26	2	28.86	0.00	0.78	0.00	0	53.90
000190 Low Fat Milk - 1%	8 fl. oz.	12	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	11	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	23	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			1109	10.78	1173	*80.97	*2.00	33.86	*0.01	50	180.78
% of Calories				8.75%		*29.20 %	*0.72%	27.5%	*0.0%		65.2%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Monday - 09/28/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993233 Teriyaki Beef Meatballs	5 meatballs	99	226	5.00	760	7.05	*5.00	14.00	0.00	45	11.15
993234 V/VG- Teriyaki Veggie Meatballs	3 Meatballs	1	176	3.00	770	6.05	*6.00	7.00	0.00	0	15.15
990672 WG Biscuit 2oz	56g	100	200	7.00	410	2.00	*0.00	9.00	0.00	0	27.00
993295 Glazed Carrots & Green Beans R:1/2 OT:1/2	1 cup	100	151	3.10	50	17.04	*13.01	6.42	0.00	9	17.32
990708 Fruit Punch, Juice - (1 Cup - 2 juices)	(2 HC)	100	120	0.00	10	24.00	0.00	0.00	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 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)
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			797	15.08	1366	*62.08	*18.02	30.60	0.00	64	96.51
% of Calories				17.03 %		*31.16 %	*9.04%	34.6%	0.0%		48.4%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Tuesday - 09/29/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993244 WG Mini Cheese Ravioli (9-12 grade) R:3/4	5.42 oz (20 pc)	99	347	1.52	557	11.22	*0.95	7.71	0.00	83	50.50
991882 V/VG - SPAGHETTI AND VEGGIE SAUCE - R:1 cup	1 CUP	1	358	0.14	273	*11.31	*0.00	4.73	*0.00	0	63.29
993068 Roasted Sweet Potato - R: 1/4 cup	1/4 cup	100	70	0.27	19	1.47	*0.00	3.56	0.00	0	9.83
992900 TANGERINES,FRESH - (1 cup - 2 Tangerines)120 ct	2 (120 ct p/cs)	100	127	0.09	5	25.39	0.00	0.74	0.00	0	32.02
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

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Portion Values

Aug 24, 2026 thru Oct 2, 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)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			644	1.87	713	*50.08	*0.94	13.24	*0.00	92	105.48
% of Calories				2.61%		*31.11 %	*0.58%	18.5%	*0.0%		65.5%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Wednesday - 09/30/2026

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)
993298 Crunchy Turkey Taco Salad DG:1/2, R:1/2	1cup	100	383	5.67	706	*6.78	*0.00	24.60	*0.00	101	25.47
993299 V- Crunchy Veggie Taco Salad DG:1/2, R:1/2	3/4 cup	1	326	3.49	868	*7.44	*0.00	17.94	*0.00	14	30.13
990672 WG Biscuit 2oz	56g	100	200	7.00	410	2.00	*0.00	9.00	0.00	0	27.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15.48	0.00	0.25	0.00	0	20.58
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			764	12.75	1262	*36.33	*0.00	35.28	*0.00	111	86.35
% of Calories				15.02 %		*19.02 %	*0.00%	41.6%	*0.0%		45.2%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

Thursday - 10/01/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993300 Creamy Avocado Chicken Rice Bowl- L:1/2, S:1/2	serving	100	651	3.19	707	*9.27	*0.00	26.94	*0.00	70	74.26
993301 V-Creamy Avocado Veggie Rice Bowl- L:1/2, S:1/2	serving	1	656	2.83	898	*10.18	*0.00	26.58	*0.00	12	76.08
991307 Cranberry, Dried Original	1.16oz	100	110	0.00	0	24.00	*N/A*	0.00	0.00	0	28.00
991032 Pineapple Tidbits Packaged HC	4oz	100	60	0.00	0	14.05	*N/A*	0.00	0.00	0	15.05
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			927	3.22	851	*59.42	*0.00	28.46	*0.00	80	131.08
% of Calories				3.13%		*25.64 %	*0.00%	27.6%	*0.0%		56.6%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Friday - 10/02/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993255 Nashville Style Chicken & Waffles	2 Waffles/3tend	99	490	1.50	1080	7.00	*7.00	25.50	0.00	30	47.00
993256 V/VG- Nashville Style Veggie Tenders & Waffles	2 Waffles/2tend	1	447	2.53	1309	7.03	*6.00	19.78	0.00	5	49.56

Portion Values

Aug 24, 2026 thru Oct 2, 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)
991587 Roasted Potatoes & Cauliflower S: 1/2 - OT:1/2	1 cup	100	134	0.28	22	*1.00	*0.00	3.59	0.00	0	22.99
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	100	123	0.04	0	24.50	0.00	0.31	0.00	0	30.78
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			847	1.83	1239	*44.50	*6.99	30.60	0.00	40	113.80
% of Calories				1.94%		*21.02 %	*3.30%	32.5%	0.0%		53.7%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<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)
Weighted Averages		809	6.01	1020	*49.59	*3.67	23.94	*0.00	*71	117.03
% of Calories			6.69%		*24.52 %	*1.81%	26.6%	*0.0%		57.9%

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*
** - denotes combined nutrient totals with either missing or incomplete nutrient data*
¹ - denotes required nutrient values
Added Sugars target is informational only, with an effective date of July 1, 2027.
Per the Whole Milk for Healthy Kids Act of 2025, saturated fat from fluid milk is excluded from HHFKA menu analysis.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.