

Base Menu Spreadsheet

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Portion Values

Apr 7, 2025 thru May 2, 2025

Menu Name:	The Children's Guild DC - K - 8 Lunch	Include Cost:	No
Site:			
Use Alternate Menu Name:	No		

Monday - 04/07/2025Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992298 Turkey Taco Rice R: 1/4, S:1/4, OT:1/4	3/4 cup	90	443	2.49	454	*7	*0	*12.23	0.00	100	61.07
992299 V/VG- Turkey Taco Rice: R: 1/4, S:1/4, OT:1/4	3/4 cup	10	375	0.21	612	*8	*0	*5.18	0.00	9	64.60
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2	2	0.00	0.00	0	4.00
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*N/A*	0.13	0.00	0	10.29
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			600	3.03	631	*30	*2	*12.90	0.00	101	88.71
% of Calories				4.54%		*20.0%	*1.3%	*19.4%	0.0%		59.1%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 04/08/2025Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Apr 7, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991746 Cheese Lunch Individual Pizza w/ Chicken/BeefPeppe	4.56oz 5 pepper	90	317	4.50	930	5	*N/A*	13.00	0.00	10	24.33
991392 V- Cheese Lunch Individual Pizza	4.56oz (129gr)	10	270	3.00	750	5	*N/A*	9.00	0.00	0	24.00
992725 DF - Cheese Pizza Sub R:1/4	slice	0	302	6.11	810	5	*N/A*	12.49	0.00	0	42.96
992476 Roasted Potatoes & Sweet Potatoes -S:1/2, R:1/4	3/4 cup	100	152	0.30	24	*0	*N/A*	3.83	0.00	0	27.18
992548 TANGERINES,FRESH - 1/2 cup (150 ct)	1 (150ct p/cs)	100	64	0.05	2	13	*N/A*	0.37	0.00	0	16.01
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			627	5.45	1068	*31	*N/A*	18.05	0.00	19	80.49
% of Calories				7.82%		*19.8%	*N/A*	25.9%	0.0%		51.3%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 04/09/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992417 One-Pan Turkey WG Macaroni & Cheese	portions	90	490	4.48	512	*4	*0	18.28	0.00	121	47.36
992418 V- One-Pan Veggie WG Macaroni & Cheese	portions	10	454	2.19	797	*5	*0	11.97	0.00	30	53.06

Base Menu Spreadsheet

Portion Values

Apr 7, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992449 VG/DF- One-Pan Veggie & WG Macaroni & Cheese	portion	0	403	4.22	875	*5	*0	10.62	0.00	0	55.42
991994 BROCCOLI, raw: fresh DG:3/4	3/4 CUP	100	23	0.00	11	1	*N/A*	0.25	0.00	0	4.53
990692 Fruit Punch, Juice 1/2 cup	4 fl.oz.	100	60	0.00	5	12	0	0.00	0.00	0	14.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			670	5.00	687	*30	*0	19.15	0.00	122	79.46
% of Calories				6.72%		*17.9%	*0%	25.7%	0.0%		47.4%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 04/10/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992508 Chicken Enchiladas 1/4 cup: R: 1/4	serving	90	348	4.09	403	2	*0	12.34	0.00	47	36.61
992731 VG/DF -Chicken Enchiladas 1/4 cup: R: 1/4	serving	10	369	1.98	564	3	*0	11.44	0.00	0	41.31
990921 Bean Dip 1/2 Cup: L: 1/2	1/2 CUP	100	83	0.01	97	*1	*N/A*	0.03	*0.00	0	14.42
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2	2	0.00	0.00	0	4.00
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95

Base Menu Spreadsheet

Portion Values

Apr 7, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			663	4.77	678	*33	*2	13.92	*0.00	52	95.46
% of Calories				6.48%		*19.9%	*1.2%	18.9%	*0.0%		57.6%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 04/11/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990665 Turkey Mozzarella Burger	3.5 oz	90	496	8.28	1116	*4	*4	30.54	0.00	90	29.01
992265 V/VG Vegan Burger -	serving	10	280	0.00	760	5	*4	7.00	0.00	0	36.00
990866 Romaine, Tomato and Cucumber Salad	3/4 cup	100	30	0.38	12	3	*N/A*	0.48	0.00	0	6.12
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2	2	0.00	0.00	0	2.00
991025 ORANGES - Half Cup (1orange)	1 orange	100	62	0.02	0	12	*N/A*	0.16	0.00	0	15.39
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

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Portion Values

Apr 7, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			676	8.60	1312	*34	*6	30.07	0.00	91	66.23
% of Calories				11.45 %		*20.1%	*3.6%	40.0%	0.0%		39.2%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 04/14/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 04/15/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Base Menu Spreadsheet

Portion Values

Apr 7, 2025 thru May 2, 2025

Wednesday - 04/16/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 04/17/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Friday - 04/18/2025 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Apr 7, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 04/21/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 04/22/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990149 Beef Burger	1 serving	100	368	3.54	737	5	*4	16.38	0.00	35	37.02
992265 V/VG Vegan Burger -	serving	1	280	0.00	760	5	*4	7.00	0.00	0	36.00
991679 Roasted Potatoes & Broccoli -S: 1/2, DG:1/4	3/4 cup	100	130	0.33	13	*0	*N/A*	3.90	0.00	0	21.95
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2	2	0.00	0.00	0	2.00

Base Menu Spreadsheet

Portion Values

Apr 7, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			716	4.75	979	*35	*6	21.99	0.00	45	101.28
% of Calories				5.97%		*19.6%	*3.4%	27.6%	0.0%		56.6%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 04/23/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991148 Chicken Burrito Bowl - L:1/2, S:1/4	serving	100	542	1.90	462	*6	*0	*9.05	*0.00	*66	76.63
991190 V/VG- Meatless Chicken Burrito Bowl - L:1/2, S:1/4	serving	1	564	3.51	722	6	*0	*10.85	0.00	9	83.26
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2	2	0.00	0.00	0	4.00
992361 Grape Juice - Suncup	4 fl	100	80	0.00	10	18	0	0.00	0.00	0	19.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Apr 7, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			753	2.69	639	*39	*2	*10.41	*0.00	*76	113.46
% of Calories				3.22%		*20.7%	*1.1%	*12.4%	*0.0%		60.3%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 04/24/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990875 Creamy Chicken Penne Pasta DG: 1/4, R:1/2	3/4 cup	100	398	6.91	272	4	*0	14.61	*0.00	79	44.92
992134 V- Chicken Meatless Penne Pasta DG: 1/4, R:1/2	3/4 cup	1	400	5.83	290	3	*0	13.03	*0.00	33	47.36
000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup	1/2 cup	100	40	0.02	1	7	*N/A*	0.10	0.00	0	10.66
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			542	7.73	406	*24	*0	16.09	*0.00	89	69.05
% of Calories				12.84 %		*17.7%	*0%	26.7%	*0.0%		51.0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Base Menu Spreadsheet

Portion Values

Apr 7, 2025 thru May 2, 2025

Friday - 04/25/2025Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992560 BYO Turkey Nachos w/ Corn Tortilla Chips	SERVING	99	303	7.79	329	0	*0	18.23	0.00	82	19.00
992624 V- BYO Plant Based Nachos	SERVING	1	297	6.50	517	1	*0	14.83	0.00	30	23.67
992623 VG/V/DF- BYO Veggie Nachos w/ Corn Tortillas	SERVING	0	278	6.57	671	1	*0	12.92	0.00	0	27.73
990399 Pico de Gallo - OT:1/2, R: 1/4	3/4 cup	100	45	0.03	18	5	*N/A*	0.09	0.00	0	9.97
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2	2	0.00	0.00	0	4.00
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*N/A*	0.13	0.00	0	10.29
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			512	8.58	510	*28	*2	19.67	0.00	91	56.30
% of Calories				15.08 %		*21.9%	*1.6%	34.6%	0.0%		44.0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Monday - 04/28/2025Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Apr 7, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992500 Turkey Bolognese WG Pasta - R: 3/4	serving	100	401	2.72	305	*8	*1	11.65	*0.00	94	55.31
992522 V-Veggie Bolognese WG Pasta - R: 3/4	serving	1	341	0.44	472	*9	*1	4.68	*0.00	3	60.14
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*N/A*	0.13	0.00	0	10.29
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			543	3.49	441	*29	*1	13.07	*0.00	104	79.20
% of Calories				5.78%		*21.4%	*0.7%	21.7%	*0.0%		58.3%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Tuesday - 04/29/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991084 Chicken Nuggets Breaded	4 pc (91 gr)	99	210	2.50	340	1	*0	12.00	0.00	40	12.00
992459 Vegan Chicken Nuggets w/WG Roll	5 Nuggets	1	331	1.88	635	5	*2	12.30	0.00	0	40.12
990672 WG Biscuit 2oz	56g	100	200	7.00	410	2	*0	9.00	0.00	0	27.00
990604 CREAMY COLESLAW OT: 1/2, R:1/4	3/4 cup	100	77	0.29	111	7	*N/A*	2.03	*0.00	3	12.79
991603 BBQ Sauce (ss)	0.44 oz	100	20	0.00	130	4	4	0.00	0.00	0	6.00

Base Menu Spreadsheet

Portion Values

Apr 7, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992361 Grape Juice - Suncup	4 fl	100	80	0.00	10	18	0	0.00	0.00	0	19.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			688	10.53	1134	*45	*4	24.28	*0.00	52	90.07
% of Calories				13.77 %		*26.2%	*2.3%	31.8%	*0.0%		52.4%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Wednesday - 04/30/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991418 Ham Fried Rice OT: 1/4, S:1/2	serving	100	423	1.82	697	*7	*0	7.23	*0.00	155	66.92
992864 V- Veggie Fried Rice R: 1/4, OT: 1/4, S:1/4	serving	1	440	1.04	695	*8	*0	6.64	*0.00	124	60.80
990597 PEACHES, DICED IN JUICE SS PLASTIC CUP - HC	HC	100	80	0.00	5	18	*N/A*	0.00	0.00	0	19.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Apr 7, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			607	2.58	839	*38	*0	8.54	*0.00	166	99.53
% of Calories				3.83%		*25.0%	*0%	12.7%	*0.0%		65.6%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Thursday - 05/01/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992276 Turkey Meatball Sub -w/Cheese R:1/4	sub (4Meatballs	100	310	3.02	714	7	*1	9.51	0.00	53	37.19
992277 V-VG Meatball Sub R:1/4	sub (4Meatballs	1	309	3.00	613	7	*1	8.98	0.00	0	41.18
990953 Sautéed Collards Green DG: 1/2	1/2 cup	100	75	0.26	34	0	*N/A*	3.05	0.00	0	10.39
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			593	4.19	886	*35	*1	14.28	0.00	63	87.94
% of Calories				6.36%		*23.6%	*0.7%	21.7%	0.0%		59.3%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

Base Menu Spreadsheet

Portion Values

Apr 7, 2025 thru May 2, 2025

Friday - 05/02/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991692 V-WG Cheese Pizza (V)	4.6 oz	100	300	4.00	580	14	*N/A*	11.00	0.00	15	37.00
992725 DF - Cheese Pizza Sub R:1/4	slice	1	302	6.11	810	5	*N/A*	12.49	0.00	0	42.96
992827 Kale & Mixed Beans Salad DG:1/4,: L:1/2	3/4 cup	100	181	0.81	265	*2	*N/A*	5.01	*0.00	0	24.95
000339 STRAWBERRIES,FRESH - Half cup	5 large straw	100	29	0.01	1	4	*N/A*	0.27	0.00	0	6.91
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			613	5.64	984	*34	*N/A*	17.65	*0.00	25	82.29
% of Calories				8.28%		*22.2%	*N/A*	25.9%	*0.0%		53.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
Weighted Averages		629	6	800	*33	*2	*17.15	*0.00	*78	84.96
% of Calories			7.87%		*21.0%	*1.3%	*24.5%	*0.0%		54.0%

**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
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.