

Base Menu Spreadsheet

Portion Values

Aug 17, 2026 thru Aug 28, 2026

Menu Name:

The Children's Guild DC - K - 8 Lunch

Include Cost:

No

Site:

Use Alternate Menu Name:

No

Monday - 08/17/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993005 Creamy Turkey Lasagna Roll up w/Alfredo Sauce	3.5 oz (1 roll)	99	382	10.36	627	4.60	*0.00	19.76	*0.00	116	28.07
993241 V-Creamy Veggie Lasagna Roll up w/Alfredo Sauce	3.5 oz (1 roll)	1	366	9.26	751	5.06	*0.00	16.67	*0.00	72	31.28
993273 Rosted Eggplant OT:3/4 cup	3/4	100	98	0.66	6	2.19	*0.00	8.97	0.00	0	4.26
992899 TANGERINES,FRESH - (100-120 ct)- 1/2 cup	1 large	100	64	0.05	2	12.70	0.00	0.37	0.00	0	16.01
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			643	11.05	771	*31.49	*0.00	30.32	*0.00	125	61.37
% of Calories				15.47 %		*19.59 %	*0.00%	42.4%	*0.0%		38.2%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Tuesday - 08/18/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 17, 2026 thru Aug 28, 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)
993236 Cheesy Turkey Taco Rice Bowl L:1/2 S:1/4	serving	99	584	3.81	815	*4.30	*0.00	13.42	*0.00	95	88.14
993237 V/VG-Cheesy Veggie Taco Rice Bowl L:1/2 S:1/4	serving	1	530	1.67	1016	*6.11	*0.00	6.37	*0.00	0	95.46
993169 Hot Sauce	7 gr	100	0	0.00	270	0.00	0.00	0.00	0.00	0	0.00
993280 Unsweetened Applesauce Strawberry	4.5 oz	100	50	0.00	0	12.00	0.00	0.00	0.00	0	14.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
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			734	3.79	1222	*28.32	*0.00	14.60	*0.00	104	115.21
% of Calories				4.65%		*15.43 %	*0.00%	17.9%	*0.0%		62.8%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Wednesday - 08/19/2026 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)
993238 DC Mambo Chicken Dumplings	6 dumplings	90	290	0.50	690	12.00	*11.00	7.00	0.00	35	41.00
993289 V/VG-DC Mambo Tofu Bites & Brown Rice	4.48 oz	10	491	1.96	459	11.58	*10.00	17.25	0.00	0	63.62
993240 Sweet Steamed Broccoli DG:3/4	3/4 CUP	100	58	0.03	412	5.76	*5.00	0.31	0.00	0	12.58
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	7.74	*0.00	0.13	0.00	0	10.29

Base Menu Spreadsheet

Portion Values

Aug 17, 2026 thru Aug 28, 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)
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			507	0.70	1215	*37.46	*15.90	9.71	0.00	42	79.13
% of Calories				1.24%		*29.55 %	*12.54 %	17.2%	0.0%		62.4%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Thursday - 08/20/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
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
991056 VG/DF - WG Roll	32 gr	100	80	0.00	170	2.00	*2.00	1.00	0.00	0	15.00
993235 Glazed Carrots & Green Beans R:1/2 OT:1/4	3/4 cup	100	110	2.33	49	12.49	*9.13	4.51	0.00	7	12.44
991007 Banana - 1/2 cup (150 ct - 1 Banana)	1/2 cup	100	105	0.13	1	14.43	0.00	0.39	0.00	0	26.95
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 17, 2026 thru Aug 28, 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			620	7.44	1115	*47.96	*16.14	21.09	0.00	62	78.58
% of Calories				10.80 %		*30.94 %	*10.41 %	30.6%	0.0%		50.7%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Friday - 08/21/2026

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)
990548 Cheese Beef Burger -	serving	99	387	4.79	915	6.01	*4.00	18.17	0.00	43	35.07
992265 V/VG Vegan Burger -	serving	1	280	0.00	760	5.00	*4.00	7.00	0.00	0	36.00
993243 Power up(Lettuce leaf,tomato, pickle, onions,mayo)	serving	0	90	1.52	142	3.08	*0.00	8.11	0.00	5	4.62
992476 Roasted Potatoes & Sweet Potatoes -S:1/2, R:1/4	3/4 cup	100	152	0.30	24	*0.00	*0.00	3.83	0.00	0	27.18
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00
991497 MUSTARD, YELLOW SS POUCH	5.5 gr	100	5	0.00	65	0.00	*N/A*	0.00	0.00	0	0.00
991025 ORANGES - (1 orange113-125 ct)- 1/2 cup	1 orange	100	62	0.02	0	12.25	*0.00	0.16	0.00	0	15.39
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	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Aug 17, 2026 thru Aug 28, 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			716	5.07	1228	*32.36	*6.00	23.35	0.00	53	92.79
% of Calories				6.37%		*18.08 %	*3.35%	29.4%	0.0%		51.8%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Monday - 08/24/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992450 Golden Crispy Chicken Tenders	3 tenders	99	260	0.00	390	1.00	*1.00	15.00	0.00	25	16.00
992616 V/VG - Breaded Veggie Tenders w/WG Roll	4 tenders	1	500	2.00	1370	4.00	*2.00	19.00	0.00	0	51.00
993258 Southern Sweet Potato - R: 3/4 cup	3/4 cup	100	187	0.13	278	19.11	*9.07	0.50	0.00	0	44.51
993232 V- Boom Boom Sauce (ss)	1oz	100	150	2.50	240	2.00	2.00	16.00	0.00	15	2.00
990703 Cranberry Apple Juice 1/2 cup	4 oz fl	100	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00
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 17, 2026 thru Aug 28, 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			759	2.65	1053	*46.14	*12.08	32.79	0.00	50	88.86
% of Calories				3.14%		*24.32 %	*6.37%	38.9%	0.0%		46.8%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Tuesday - 08/25/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
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
991025 ORANGES - (1 orange113-125 ct)- 1/2 cup	1 orange	100	62	0.02	0	12.25	*0.00	0.16	0.00	0	15.39
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

Base Menu Spreadsheet

Portion Values

Aug 17, 2026 thru Aug 28, 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			684	4.52	1042	*35.94	*0.99	14.21	0.00	55	99.92
% of Calories				5.95%		*21.02 %	*0.58%	18.7%	0.0%		58.4%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Wednesday - 08/26/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993261 Greek Tk. Meatballs & Brown Rice Power Bowl	serving -4 (MB)	99	361	1.71	832	1.97	*1.73	8.81	0.00	46	52.21
993262 V-Greek Veggie Meatballs & Brown Rice Power Bowl	serving -3 (MB)	1	401	3.21	822	1.97	*1.73	10.81	0.00	1	57.21
990728 Roasted Broccoli & Carrots DG: 1/2, R:1/4	3/4 cup	100	75	0.42	37	2.28	*0.00	5.43	0.00	0	6.09
992899 TANGERINES,FRESH - (100-120 ct)- 1/2 cup	1 large	100	64	0.05	2	12.70	0.00	0.37	0.00	0	16.01
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	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Aug 17, 2026 thru Aug 28, 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			602	2.20	1008	*29.06	*1.73	15.92	0.00	56	87.49
% of Calories				3.29%		*19.31 %	*1.15%	23.8%	0.0%		58.1%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Thursday - 08/27/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991095 Baked Chicken Penne Pasta R:1/2, Ot: 1/4	3/4 cup	100	402	5.41	341	6.66	*0.64	12.45	*0.00	67	48.74
991870 V/VG-Baked Chicken Penne Pasta R:1/2, Ot: 1/4	3/4 cup	1	401	0.83	524	12.89	*0.85	7.51	*0.00	0	56.64
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	7.74	*0.00	0.13	0.00	0	10.29
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	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			546	5.44	483	*26.64	*0.64	13.95	*0.00	77	72.72
% of Calories				8.97%		*19.52 %	*0.47%	23.0%	*0.0%		53.3%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<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
990720 Salad, Kale, Cucumber, Tomato DG:1/4, OT:1/4.R:1/4	3/4 cup	100	78	1.10	156	1.79	*0.00	6.64	0.00	0	4.96
000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup	1/2 cup	100	40	0.02	1	6.82	*N/A*	0.10	0.00	0	10.66
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			580	6.65	1265	*24.62	*1.00	24.74	0.00	32	64.85
% of Calories				10.32 %		*16.98 %	*0.69%	38.4%	0.0%		44.7%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
Weighted Averages		639	4.95	1040	*34.00	*5.45	20.07	*0.00	66	84.09
% of Calories			6.97%		*21.28 %	*3.41%	28.3%	*0.0%		52.6%

**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.