

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

Menu Name:	DUPONT PARK - PreK - 8 Grade - LUNCH	Include Cost:	No
Site:			
Use Alternate Menu Name:	No		

Monday - 10/05/2026Reimbursable 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)
992175 V- Buffalo Chicken Meatless Mac & Cheese	1 Portion	100	380	6.02	859	2.50	*0.00	12.49	0.00	30	46.91
991733 PreK-V- Macaroni & Cheese - (Cheddar Cheese Sauce)	1 Portion	1	397	9.66	733	2.05	*0.00	17.04	0.00	48	46.61
991668 Roasted Cauliflower & Potatoes & OT: 1/2, S:1/4	3/4 cup	100	100	0.35	19	*1.00	*0.00	4.69	0.00	0	12.75
990700 Smoothie Strawberry Kiwi	4.4 oz	100	90	0.00	30	19.00	19.00	0.00	0.00	0	22.00
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			674	6.46	1050	*34.52	*19.00	18.60	0.00	40	95.12
% of Calories				8.63%		*20.49 %	*11.28 %	24.8%	0.0%		56.5%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Tuesday - 10/06/2026Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 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)
993178 V/VG - Meatless Chicken Fajitas	2 fajitas 6"	100	352	1.42	631	*2.13	*0.00	11.45	0.00	0	36.89
993322 Flamed Roasted Corn & Black Beans - L:1/2, S:1/4	3/4 cup	100	215	0.52	132	*6.60	*0.00	4.60	*0.00	0	33.45
992869 Sour Cream (ss)	28 gr	100	60	3.50	15	1.00	1.00	5.00	0.00	20	1.00
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	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			765	5.46	914	*29.47	*1.00	22.43	*0.00	30	94.63
% of Calories				6.42%		*15.41 %	*0.52%	26.4%	*0.0%		49.5%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Wednesday - 10/07/2026

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)
993278 V/VG- Veggie Asian BBQ (V/VG)	80 gr	100	146	0.02	868	7.68	*0.00	1.88	*0.00	0	18.43
993266 Vegetable Fried Rice R:1/4, S:1/4, OT:1/4	serving	100	289	0.20	521	5.30	*0.00	4.25	0.00	0	55.05
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

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 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	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			599	0.24	1525	*37.33	*0.00	7.58	*0.00	10	102.00
% of Calories				0.36%		*24.93 %	*0.00%	11.4%	*0.0%		68.1%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Thursday - 10/08/2026

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)
993239 V/VG- DC Mambo Veggie WW Dumplings	6 dumplings	100	280	0.50	520	12.00	*11.00	5.00	0.00	0	43.00
993325 Roasted Sweet Potatoes & Broccoli - DG: 1/4, R:1/2	3/4 cup	100	129	0.33	43	6.85	*0.00	3.73	0.00	0	22.17
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	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 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			615	0.96	701	*45.40	*11.00	10.42	0.00	10	105.25
% of Calories				1.40%		*29.53 %	*7.15%	15.2%	0.0%		68.5%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Friday - 10/09/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993087 V- Stuffed Crust Pizza w/Cheese	137 gr	100	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
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			568	5.60	1141	*31.84	*1.00	21.89	0.00	25	69.02
% of Calories				8.87%		*22.42 %	*0.70%	34.7%	0.0%		48.6%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Monday - 10/12/2026 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 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)
993269 V/VG- Swedish Veggie Meatballs w/brown rice	serving -3 (MB)	100	406	3.03	718	*2.04	*1.85	8.58	*0.00	0	64.28
990546 GREEN BEANS: fresh,boiled - 3/4 cup	3/4 CUP	100	81	0.40	2	4.04	*0.00	4.93	0.00	0	8.79
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			650	3.47	857	*30.77	*1.85	15.13	*0.00	10	102.07
% of Calories				4.80%		*18.94 %	*1.14%	20.9%	*0.0%		62.8%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Tuesday - 10/13/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993275 VG/DF- Veggie WW Quesadilla	serving	100	364	2.10	520	1.18	*0.00	12.70	0.00	0	37.77
990274 Pico de Gallo - R:1/4 , OT: 1/4	1/2 cup	100	42	0.03	15	4.68	*0.00	0.09	0.00	0	9.45
993330 Warm Calabacitas w/zucchini & corn OT: 1/2	1/2 cup	100	82	0.34	103	*5.06	*0.00	4.21	*0.00	0	9.73
991277 Ranch Dressing (ss)	1 ss (pouch)	100	20	0.00	80	1.00	*N/A*	0.00	0.00	0	4.00

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 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)
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			649	2.49	854	*30.74	*0.00	18.34	*0.00	10	84.62
% of Calories				3.45%		*18.95 %	*0.00%	25.4%	*0.0%		52.2%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Wednesday - 10/14/2026 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)
993104 V- Lasagna, Cheese WG Pasta w/ Marinara R:3/4	3.5 oz	100	248	4.00	370	6.78	*0.96	8.45	0.00	45	31.64
991724 V/VG - SPAGHETTI AND VEGGIE MEAT SAUCE - R:3/4	1 serving	1	318	0.02	265	*9.23	*0.00	2.99	*0.00	0	58.39
992384 BROCCOLI,raw: fresh roasted	1/2 CUP	100	57	0.38	15	0.77	*0.00	4.82	0.00	0	3.02
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

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 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			447	4.41	524	*27.39	*0.96	14.67	*0.00	55	58.53
% of Calories				8.88%		*24.51 %	*0.86%	29.5%	*0.0%		52.4%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Thursday - 10/15/2026

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)
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
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2.00	2.00	0.00	0.00	0	4.00
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
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

Oct 5, 2026 thru Oct 30, 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			769	3.79	982	*30.32	*2.00	14.60	*0.00	104	118.21
% of Calories				4.44%		*15.77 %	*1.04%	17.1%	*0.0%		61.5%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Friday - 10/16/2026 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)
992265 V/VG Vegan Burger -	serving	100	280	0.00	760	5.00	*4.00	7.00	0.00	0	36.00
992509 Garlic Roasted Potatoes 3/4 cup: S: 3/4	3/4 cup	100	228	0.41	17	*0.01	*0.00	4.87	0.00	0	42.65
991261 Honey Mustard Sauce (ss)	28.3 gr	100	40	0.00	160	7.00	*N/A*	0.50	0.00	0	8.00
990457 GRAPES,Fresh - Half Cup	14 grapes	100	47	0.04	1	10.62	*0.00	0.11	0.00	0	12.42
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			695	0.44	1073	*34.63	*4.00	13.73	0.00	10	112.07
% of Calories				0.57%		*19.93 %	*2.30%	17.8%	0.0%		64.5%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

Monday - 10/19/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993234 V/VG- Teriyaki Veggie Meatballs	3 Meatballs	100	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
991803 Green Beans, Broccoli Medley DG:1/2, OT:1/4	3/4	100	73	0.33	8	1.12	*0.00	5.48	0.00	0	6.69
990692 Fruit Punch, Juice 1/2 cup	4 fl.oz.	100	60	0.00	5	12.00	0.00	0.00	0.00	0	14.00
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			609	10.33	1328	*33.17	*6.00	22.74	0.00	10	75.84
% of Calories				15.27 %		*21.79 %	*3.94%	33.6%	0.0%		49.8%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Tuesday - 10/20/2026 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)
993248 V-Creamy Avocado Veggie Rice Bowl- L:1/2, S:1/4	serving	100	581	2.42	852	*6.31	*0.00	23.07	*0.00	10	66.73
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

Oct 5, 2026 thru Oct 30, 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			719	2.44	988	*26.05	*0.00	24.45	*0.00	20	90.02
% of Calories				3.05%		*14.49 %	*0.00%	30.6%	*0.0%		50.1%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Wednesday - 10/21/2026

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)
991870 V/VG-Baked Chicken Penne Pasta R:1/2, Ot: 1/4	3/4 cup	100	401	0.83	524	12.89	*0.85	7.51	*0.00	0	56.64
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	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 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			542	0.85	661	*31.82	*0.85	8.90	*0.00	10	80.43
% of Calories				1.41%		*23.48 %	*0.63%	14.8%	*0.0%		59.4%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Thursday - 10/22/2026

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)
991197 V/VG-Baked Chicken Meatless	80 gr	100	134	0.23	247	*1.15	*0.00	4.49	0.00	0	4.68
992099 Steamed Brown Rice - 1 oz gr	1/2 cup	100	100	0.00	4	0.00	*0.00	0.67	0.00	0	21.33
990127 Baked Plantains - S: 1/2 cup	1/2 cup	100	133	1.05	4	12.96	0.00	5.04	*0.00	2	23.60
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
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	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 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			639	1.80	505	*38.35	*0.00	15.61	*0.00	12	95.01
% of Calories				2.54%		*24.01 %	*0.00%	22.0%	*0.0%		59.5%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Friday - 10/23/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992873 V/VG- Vegan Chicken Nuggets w/WG Roll	5 Nuggets	100	411	1.88	805	6.51	*4.00	13.30	0.00	0	55.12
000242 Roasted Sweet Potato - R: 3/4 cup	.75 cup	100	169	0.34	54	9.72	*0.00	3.95	0.00	0	31.06
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00
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			753	2.27	1086	*42.93	*6.00	18.87	0.00	10	117.19
% of Calories				2.71%		*22.80 %	*3.19%	22.6%	0.0%		62.3%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

Monday - 10/26/2026 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)
991162 V- WG Mini Cheese Ravioli R:1/2	4.34 oz (10 pc)	99	279	1.52	447	8.32	*0.64	6.48	0.00	68	39.36
991724 V/VG - SPAGHETTI AND VEGGIE MEAT SAUCE - R:3/4	1 serving	1	318	0.02	265	*9.23	*0.00	2.99	*0.00	0	58.39
992794 Roasted Zucchini OT: 1/2	serving	100	31	0.22	265	*1.41	*0.00	2.55	*0.00	0	1.92
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
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			470	1.73	845	*33.74	*0.63	10.25	*0.00	77	67.48
% of Calories				3.31%		*28.71 %	*0.54%	19.6%	*0.0%		57.4%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Tuesday - 10/27/2026 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)
992265 V/VG Vegan Burger -	serving	100	280	0.00	760	5.00	*4.00	7.00	0.00	0	36.00
000279 Roasted Potatoes - 3/4cup: S:3/4	3/4 cup	100	176	0.38	12	*0.00	*0.00	4.79	0.00	0	30.80

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 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)
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	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			633	0.40	1062	*31.25	*6.00	13.19	0.00	10	97.19
% of Calories				0.57%		*19.75 %	*3.79%	18.8%	0.0%		61.4%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Wednesday - 10/28/2026 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)
993246 V- Crunchy Veggie Taco Salad DG:1/2, R:1/4	3/4 cup	100	300	3.23	838	*5.83	*0.00	16.14	*0.00	12	27.81
991056 VG/DF - WG Roll	32 gr	100	80	0.00	170	2.00	*2.00	1.00	0.00	0	15.00
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
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

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 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			544	3.28	1146	*32.53	*2.00	18.76	*0.00	22	71.82
% of Calories				5.43%		*23.92 %	*1.47%	31.0%	*0.0%		52.8%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Thursday - 10/29/2026

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)
993327 V/VG- Veggie Tenders & WG Waffles	2 Waffles/2tend	100	387	2.53	999	3.03	*2.00	15.28	0.00	5	44.56
000242 Roasted Sweet Potato - R: 3/4 cup	.75 cup	100	169	0.34	54	9.72	*0.00	3.95	0.00	0	31.06
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0.00	0.00	0.00	0.00	0	4.00
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

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 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			705	2.89	1268	*31.58	*2.00	20.58	0.00	15	103.29
% of Calories				3.69%		*17.92 %	*1.13%	26.3%	0.0%		58.6%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Friday - 10/30/2026 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)
992883 V/VG/DF- Veggie WW Quesadilla	serving	100	439	3.71	635	1.44	*0.00	19.59	0.00	0	41.72
993317 Summer Cannellini Beans L: 3/4	3/4 cup	100	213	0.01	296	*7.97	*6.43	0.10	0.00	0	39.66
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
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			791	3.74	1067	*29.16	*6.43	21.07	0.00	10	104.67
% of Calories				4.26%		*14.75 %	*3.25%	24.0%	0.0%		52.9%
Weekly Nutrient Guideline			600 - 650	<10	<=1110		<10				

Portion Values

Oct 5, 2026 thru Oct 30, 2026

		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		642	3.15	979	*33.15	*3.54	16.59	*0.00	25	92.22
% of Calories			4.42%		*20.65 %	*2.21%	23.3%	*0.0%		57.5%

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*
** - denotes combined nutrient totals with either missing or incomplete nutrient data*
¹ - denotes required nutrient values
Added Sugars target is informational only, with an effective date of July 1, 2027.
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.

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

Menu Name:

DUPONT PARK - LUNCH - 9-12 Grade

Include Cost:

No

Site:

Use Alternate Menu Name: No

Monday - 10/05/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992175 V- Buffalo Chicken Meatless Mac & Cheese	1 Portion	100	380	6.02	859	2.50	*0.00	12.49	0.00	30	46.91
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
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
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			794	6.30	1076	*53.50	*38.00	17.33	0.00	40	126.90
% of Calories				7.14%		*26.95 %	*19.14 %	19.6%	0.0%		63.9%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Tuesday - 10/06/2026

Reimbursable Meal Total 98

	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)
993178 V/VG - Meatless Chicken Fajitas	2 fajitas 6"	100	352	1.42	631	*2.13	*0.00	11.45	0.00	0	36.89

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 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)
993333 Flamed Roasted Corn & Black Beans - L:1/2, S:1/2	1 cup	100	300	0.96	134	*12.21	*0.00	7.62	*0.00	0	45.51
992869 Sour Cream (ss)	28 gr	100	60	3.50	15	1.00	1.00	5.00	0.00	20	1.00
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			907	6.04	935	*43.70	*1.02	26.09	*0.00	31	119.36
% of Calories				5.99%		*19.27 %	*0.45%	25.9%	*0.0%		52.6%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Wednesday - 10/07/2026 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)
993278 V/VG- Veggie Asian BBQ (V/VG)	80 gr	100	146	0.02	868	7.68	*0.00	1.88	*0.00	0	18.43
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
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

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 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	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			692	0.26	1609	*51.85	*0.00	7.80	*0.00	10	122.89
% of Calories				0.34%		*29.97 %	*0.00%	10.1%	*0.0%		71.0%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Thursday - 10/08/2026

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)
993239 V/VG- DC Mambo Veggie WW Dumplings	6 dumplings	100	280	0.50	520	12.00	*11.00	5.00	0.00	0	43.00
993093 Roasted Sweet Potatoes & Broccoli -R:1/2, DG:1/2	1 cup	100	136	0.35	51	7.23	*0.00	3.81	0.00	0	23.63
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			726	1.12	708	*60.09	*11.00	10.84	0.00	10	133.53
% of Calories				1.39%		*33.11 %	*6.06%	13.4%	0.0%		73.6%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

Friday - 10/09/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993087 V- Stuffed Crust Pizza w/Cheese	137 gr	100	330	4.50	850	4.00	*1.00	14.00	0.00	15	36.00
993156 DF/VG - Cheese Pizza w/ veggie crumbles Sub R:1/4	slice	1	368	6.11	1036	5.31	*0.00	13.83	0.00	0	47.63
993079 Salad, Kale, Cucumber, Tomato DG:1/4, OT:1/4.R:1/2	1 cup	100	86	1.11	158	1.79	*0.00	6.73	0.00	0	6.73
993334 Pineapple Tidbits Packaged 1 cup (2 per student)	2 (4oz)	100	120	0.00	0	28.10	*N/A*	0.00	0.00	0	30.11
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			640	5.67	1153	*45.94	*1.00	22.12	0.00	25	86.31
% of Calories				7.97%		*28.71 %	*0.62%	31.1%	0.0%		53.9%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Monday - 10/12/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993269 V/VG- Swedish Veggie Meatballs w/brown rice	serving -3 (MB)	100	406	3.03	718	*2.04	*1.85	8.58	*0.00	0	64.28
991016 Green Bean Canned	1 CUP	100	116	0.66	280	2.00	*0.00	9.30	0.00	0	6.00

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 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)
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
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			749	3.78	1138	*41.43	*1.85	19.87	*0.00	10	115.29
% of Calories				4.54%		*22.13 %	*0.99%	23.9%	*0.0%		61.6%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Tuesday - 10/13/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992883 V/VG/DF- Veggie WW Quesadilla	serving	100	439	3.71	635	1.44	*0.00	19.59	0.00	0	41.72
990274 Pico de Gallo - R:1/4 , OT: 1/4	1/2 cup	100	42	0.03	15	4.68	*0.00	0.09	0.00	0	9.45
993330 Warm Calabacitas w/zucchini & corn OT: 1/2	1/2 cup	100	82	0.34	103	*5.06	*0.00	4.21	*0.00	0	9.73
991277 Ranch Dressing (ss)	1 ss (pouch)	100	20	0.00	80	1.00	*N/A*	0.00	0.00	0	4.00
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
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

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 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			768	4.11	970	*38.61	*0.00	25.34	*0.00	10	100.45
% of Calories				4.82%		*20.11 %	*0.00%	29.7%	*0.0%		52.3%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Wednesday - 10/14/2026

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)
993032 V- Lasagna, Cheese WG Pasta w/ Marinara R:1	7oz (2 roll)	100	456	8.00	651	9.62	*1.27	15.91	0.00	90	56.70
991724 V/VG - SPAGHETTI AND VEGGIE MEAT SAUCE - R:3/4	1 serving	1	318	0.02	265	*9.23	*0.00	2.99	*0.00	0	58.39
992384 BROCCOLI,raw: fresh roasted	1/2 CUP	100	57	0.38	15	0.77	*0.00	4.82	0.00	0	3.02
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

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 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			694	8.43	806	*37.97	*1.27	22.25	*0.00	100	93.88
% of Calories				10.93 %		*21.88 %	*0.73%	28.9%	*0.0%		54.1%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Thursday - 10/15/2026

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)
993292 Cheesy Turkey Taco Rice Bowl L:/1/2 S:/1/2	serving	99	638	5.31	863	*6.26	*0.00	16.00	*0.00	102	93.30
993293 V/VG-Cheesy Veggie Taco Rice Bowl L:/1/2 S:/1/2	serving	1	579	3.19	1102	*8.08	*0.00	8.47	*0.00	0	101.64
992869 Sour Cream (ss)	28 gr	100	60	3.50	15	1.00	1.00	5.00	0.00	20	1.00
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
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

Oct 5, 2026 thru Oct 30, 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			917	8.79	1015	*43.28	*1.00	22.18	*0.00	131	133.39
% of Calories				8.63%		*18.88 %	*0.44%	21.8%	*0.0%		58.2%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Friday - 10/16/2026

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)
993267 American Cheese Crispy Chicken Burger (3.1oz)	serving	99	425	3.75	1040	5.00	*4.00	17.00	0.00	32	44.00
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
991261 Honey Mustard Sauce (ss)	28.3 gr	100	40	0.00	160	7.00	*N/A*	0.50	0.00	0	8.00
000422 GRAPES,Fresh - 1 CUP	28 grapes	100	95	0.07	3	21.24	*0.00	0.22	0.00	0	24.83
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

Oct 5, 2026 thru Oct 30, 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			945	4.21	1355	*45.25	*4.00	23.80	0.00	42	145.72
% of Calories				4.01%		*19.15 %	*1.69%	22.7%	0.0%		61.7%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Monday - 10/19/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993234 V/VG- Teriyaki Veggie Meatballs	3 Meatballs	100	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
991842 Green Beans, Broccoli Medley DG:1/2, OT:1.2	1 cup	100	79	0.33	8	1.36	*0.00	5.72	0.00	0	8.00
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			675	10.33	1333	*45.41	*6.00	22.98	0.00	10	91.15
% of Calories				13.77 %		*26.91 %	*3.56%	30.6%	0.0%		54.0%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

Tuesday - 10/20/2026 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)
993301 V-Creamy Avocado Veggie Rice Bowl- L:1/2, S:1/2	serving	100	656	2.83	898	*10.18	*0.00	26.58	*0.00	12	76.08
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			834	2.87	1034	*37.66	*0.00	28.09	*0.00	22	109.66
% of Calories				3.10%		*18.06 %	*0.00%	30.3%	*0.0%		52.6%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Wednesday - 10/21/2026 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)
991884 V- Baked Chicken Meatless WG Pasta R:3/4, OT:1/4	1 cup	100	522	5.96	580	10.16	*0.95	15.10	*0.00	32	64.36
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.	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

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 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	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			752	6.00	785	*42.70	*0.95	16.60	*0.00	44	106.53
% of Calories				7.18%		*22.71 %	*0.51%	19.9%	*0.0%		56.7%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Thursday - 10/22/2026

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)
991197 V/VG-Baked Chicken Meatless	80 gr	100	134	0.23	247	*1.15	*0.00	4.49	0.00	0	4.68
990924 Brown Rice - Riceland	1 cup	100	200	0.00	4	0.00	*0.00	1.33	0.00	0	42.67
000127 Baked Plantains S: 3/4	3/4 cup	100	135	0.00	4	*19.44	*0.00	0.39	0.00	0	35.40
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
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

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 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			803	0.77	506	*57.08	*0.00	11.78	0.00	10	143.53
% of Calories				0.86%		*28.43 %	*0.00%	13.2%	0.0%		71.5%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Friday - 10/23/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992784 Vegan Chicken Nuggets & Biscuit (9-12)	5N /2 oz Biscui	100	454	8.97	880	4.54	*0.00	20.41	0.00	0	52.45
990245 Roasted Sweet Potato - R: 1 cup	cup	100	279	1.08	75	5.90	*0.00	14.26	0.00	0	39.33
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00
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
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			970	10.14	1184	*49.83	*2.00	36.67	0.00	10	138.80
% of Calories				9.41%		*20.55 %	*0.82%	34.0%	0.0%		57.2%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

Monday - 10/26/2026 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)
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
992802 Roasted Zucchini OT: 3/4	serving	100	78	0.58	267	*2.11	*0.00	7.32	*0.00	0	2.80
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
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			653	2.18	961	*50.72	*0.94	16.99	*0.00	92	98.44
% of Calories				3.00%		*31.07 %	*0.58%	23.4%	*0.0%		60.3%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Tuesday - 10/27/2026 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)
992265 V/VG Vegan Burger -	serving	100	280	0.00	760	5.00	*4.00	7.00	0.00	0	36.00
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

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 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)
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
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			739	0.44	1061	*43.50	*6.00	13.39	0.00	10	122.77
% of Calories				0.54%		*23.55 %	*3.25%	16.3%	0.0%		66.5%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Wednesday - 10/28/2026 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)
993299 V- Crunchy Veggie Taco Salad DG:1/2, R:1/2	3/4 cup	100	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
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

Portion Values

Oct 5, 2026 thru Oct 30, 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			753	10.58	1417	*46.83	*0.00	28.93	*0.00	24	102.15
% of Calories				12.65 %		*24.88 %	*0.00%	34.6%	*0.0%		54.3%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Thursday - 10/29/2026

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)
993337 V/VG-Veggie Tenders & WG Waffles (9-12 Grade)	2 Waffles/3tend	100	485	3.00	1280	3.50	*2.00	19.50	0.00	5	53.00
990245 Roasted Sweet Potato - R: 1 cup	cup	100	279	1.08	75	5.90	*0.00	14.26	0.00	0	39.33
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0.00	0.00	0.00	0.00	0	4.00
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
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

Oct 5, 2026 thru Oct 30, 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			958	4.11	1571	*35.83	*2.00	35.22	0.00	15	131.87
% of Calories				3.86%		*14.96 %	*0.84%	33.1%	0.0%		55.1%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Friday - 10/30/2026 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)
992883 V/VG/DF- Veggie WW Quesadilla	serving	100	439	3.71	635	1.44	*0.00	19.59	0.00	0	41.72
993335 Summer Cannellini Beans L: 1	1 cup	100	292	0.01	389	*12.12	*10.08	0.09	0.00	0	55.17
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			909	3.76	1161	*41.05	*10.08	21.18	0.00	10	130.47
% of Calories				3.72%		*18.06 %	*4.44%	21.0%	0.0%		57.4%
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10				

Portion Values

Oct 5, 2026 thru Oct 30, 2026

		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		794	4.99	1089	*45.61	*4.36	21.47	*0.00	33	117.65
% of Calories			5.66%		*22.98 %	*2.20%	24.3%	*0.0%		59.3%

**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.