

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

Menu Name:	NORTHFIELD ELEMENTARY LUNCH	Include Cost:	Yes
Site:			
Use Alternate Menu Name:	No		

Wednesday - 10/01/2025 Reimbursable Meal Total 410

	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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000637 Taco in a Bag	serving	300	476	*7.25	940	*1	*N/A*	*21.12	*0.00	*83	33.57	*2.00	*32.61	*N/A*	306.6	2.40	2.24	\$0.000
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	*N/A*	248.7	0.00	1.52	\$0.000
000572 SANDWICH,TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	*N/A*	248.1	*0.00	*1.64	\$0.000
000699 Assorted Taco Toppings	1/2 cup	350	105	0.98	346	*2	*0	6.80	*0.00	0	11.02	4.40	1.24	*14	17.0	15.49	0.90	\$0.000
000515 Beans Refried	1/2 CUP	100	144	*N/A*	144	*N/A*	*N/A*	0.51	*N/A*	*N/A*	24.63	9.24	9.24	*N/A*	51.3	0.00	2.16	\$0.000
000571 Fruit Choice	1/2 cup	350	75	0.00	7	*5	*0	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28	\$0.000
000803 Fruit Fresh Choice	1/2cup portion	350	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00	\$0.000
990109 Salad, Taco - Chicken or Beef entree	Serving	25	343	4.68	541	*1	*0	12.37	*0.00	58	32.66	4.75	25.14	*21	206.0	10.29	2.85	\$0.000
Weighted Daily Average			790	*8.97	1294	*28	*0	*28.19	*0.00	*77	91.32	*11.92	*40.79	*25	*621.5	*43.35	*3.93	\$0.000
% of Calories				*10.22 %		*14.2%	*0%	*32.1%	*0.0%		46.2%		*20.7%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30										

Thursday - 10/02/2025 Reimbursable Meal Total 440

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990133 Teriyaki Chicken, Yang	3 oz	300	144	1.25	413	8	*N/A*	4.38	0.00	88	7.50	0.00	18.76	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	*N/A*	248.7	0.00	1.52	\$0.000
000572 SANDWICH,TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	*N/A*	248.1	*0.00	*1.64	\$0.000
000919 Rice Vegetable Fried Brown Asi	Serving 4oz	300	137	0.00	341	*N/A*	*N/A*	1.00	0.00	0	28.00	1.00	4.00	*N/A*	30.0	1.20	1.08	\$0.000
000433 Mixed Vegetables	1/2 cup	200	59	0.03	32	3	0	0.14	0.00	0	11.91	4.00	2.60	195	22.8	2.91	0.75	\$0.000
001095 Bread,WG dinner roll	roll	100	70	0.00	125	3	*N/A*	1.00	0.00	0	14.00	1.00	3.00	*N/A*	20.0	0.00	1.08	\$0.000
000529 Fresh Vegetables	1/2 cup	300	20	0.02	*20	*1	*0	0.07	0.00	0	4.46	1.68	0.77	*7	*13.4	*23.33	*0.28	\$0.000
000571 Fruit Choice	1/2 cup	410	75	0.00	7	*5	*0	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28	\$0.000
000803 Fruit Fresh Choice	1/2cup portion	410	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	450	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00	\$0.000
990110 Salad, Crispy Chicken	salad	25	278	2.92	488	*3	*0	9.31	0.00	35	32.48	4.88	19.29	*538	104.5	13.18	2.32	\$0.000
Weighted Daily Average			569	*3.55	*838	*34	*0	*10.43	*0.00	*75	89.64	8.60	31.18	*137	*414.2	*48.91	*2.50	\$0.000
% of Calories				*5.62%		*23.9%	*0%	*16.5%	*0.0%		63.0%		21.9%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30										

Friday - 10/03/2025

Reimbursable Meal Total 435

	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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000695 Sandwich, Turkey or Combo Sub	sandwich	250	250	2.00	650	5	*N/A*	6.50	0.00	30	30.00	4.00	18.00	*N/A*	161.5	0.00	1.25	\$0.000

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000304 SUN CHIPS HARVEST CHEDDAR	1 OZ	150	140	1.00	160	*N/A*	*N/A*	6.00	0.00	0	19.00	2.00	2.00	*N/A*	0.0	0.00	0.36	\$0.000
000354 SUN CHIPS ORIGINAL 1 OZ	1 PKG 1 OZ	100	142	0.51	111	*N/A*	*N/A*	6.07	0.00	0	19.24	2.02	2.02	*N/A*	10.1	0.00	0.61	\$0.000
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	*N/A*	248.7	0.00	1.52	\$0.000
000426 Veg Green Beans	1/2 cup	200	19	0.03	1	1	0	0.11	0.00	0	4.35	2.02	1.01	14	28.4	2.77	0.45	\$0.000
000529 Fresh Vegetables	1/2 cup	300	20	0.02	*20	*1	*0	0.07	0.00	0	4.46	1.68	0.77	*7	*13.4	*23.33	*0.28	\$0.000
000571 Fruit Choice	1/2 cup	350	75	0.00	7	*5	*0	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28	\$0.000
000803 Fruit Fresh Choice	1/2cup portion	350	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00	\$0.000
001252 Salad, Mandarin Chicken	serving	25	381	3.51	*637	*12	*0	17.68	0.00	50	33.40	3.81	24.19	*307	*48.6	*29.58	*2.50	\$0.000
Weighted Daily Average			543	*4.16	*719	*28	*0	*13.85	*0.00	*32	81.04	9.59	24.83	*40	*451.5	*45.21	*2.25	\$0.000
% of Calories				*6.90%		*20.6%	*0%	*23.0%	*0.0%		59.7%		18.3%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30										

Monday - 10/06/2025

Reimbursable Meal Total 440

	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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990174 Pasta w/red sauce only Elem	serving	100	213	*0.00	143	*7	*N/A*	1.20	0.00	0	45.20	8.93	8.93	*N/A*	47.1	54.00	2.27	\$0.000
000673 Pasta w/Meatsauce Elem	serving	200	386	*4.22	628	*7	*N/A*	11.47	0.36	45	47.92	10.30	26.34	*N/A*	84.2	*54.00	4.63	\$0.000
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	*N/A*	248.7	0.00	1.52	\$0.000

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000572 SANDWICH,TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	*N/A*	248.1	*0.00	*1.64	\$0.000
000258 Broccoli	1/2 cup	200	26	0.02	10	1	0	0.11	0.00	0	4.92	2.76	2.85	47	30.4	36.89	0.56	\$0.000
000529 Fresh Vegetables	1/2 cup	100	20	0.02	*20	*1	*0	0.07	0.00	0	4.46	1.68	0.77	*7	*13.4	*23.33	*0.28	\$0.000
000612 Garlic Breadstick 6"	1 stick	350	115	0.75	170	*N/A*	*N/A*	4.50	0.00	0	16.00	0.50	3.00	*N/A*	0.0	0.00	0.00	\$0.000
000571 Fruit Choice	1/2 cup	350	75	0.00	7	*5	*0	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28	\$0.000
000803 Fruit Fresh Choice	1/2cup portion	350	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00	\$0.000
990132 Salad,Caesar Chicken	Serving	25	423	6.75	1048	*1	*0	26.77	*0.00	49	22.82	3.78	23.52	*340	266.4	2.97	1.98	\$0.000
Weighted Daily Average			632	*5.28	*748	*29	*0	*16.29	*0.16	*36	95.32	12.84	30.46	*53	*414.1	*84.91	*3.81	\$0.000
% of Calories				*7.52%		*18.4%	*0%	*23.2%	*0.2%		60.3%		19.3%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30										

Tuesday - 10/07/2025

Reimbursable Meal Total 440

	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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001138 Chicken tenders, WG crispy	serving(2)	350	230	2.00	400	2	*N/A*	11.00	0.00	45	12.00	1.00	20.00	*N/A*	0.0	0.00	1.60	\$0.000
990029 Sauces Assorted *RESIZED*	2 oz	150	46	0.06	672	*3	*N/A*	1.25	0.00	0	8.48	0.28	1.33	*N/A*	23.8	0.00	0.57	\$0.000
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	*N/A*	248.7	0.00	1.52	\$0.000
000572 SANDWICH,TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	*N/A*	248.1	*0.00	*1.64	\$0.000

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000704 Pasta Salad,Vegetarian	serving(1/2c)	250	152	*0.16	406	*2	*0	4.01	*0.00	*0	24.13	*1.44	*4.44	*19	*16.0	*23.51	*1.01	\$0.000
000977 Potato Crinkle Sweet Potato	oz	100	50	0.33	57	*N/A*	*N/A*	2.00	0.00	0	7.34	1.00	0.33	*N/A*	0.0	5.40	0.66	\$0.000
000529 Fresh Vegetables	1/2 cup	100	20	0.02	*20	*1	*0	0.07	0.00	0	4.46	1.68	0.77	*7	*13.4	*23.33	*0.28	\$0.000
000571 Fruit Choice	1/2 cup	250	75	0.00	7	*5	*0	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28	\$0.000
000803 Fruit Fresh Choice	1/2cup portion	250	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00	\$0.000
000634 Chef Salad	serving	20	435	5.55	1289	*4	*0	18.77	*0.00	176	30.84	5.28	36.80	*575	349.2	16.10	2.80	\$0.000
Weighted Daily Average			565	*4.39	*1077	*25	*0	*18.35	*0.00	*56	68.25	*5.48	*31.76	*46	*363.6	*39.72	*2.98	\$0.000
% of Calories				*6.99%		*17.7%	*0%	*29.2%	*0.0%		48.3%		*22.5%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30										

Wednesday - 10/08/2025 Reimbursable Meal Total 440

	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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000692 Hamburger/Cheeseburger/Veggie Elementary	sandwich	350	180	3.18	376	*0	*0	8.11	*0.00	29	17.28	1.99	11.80	*N/A*	*93.6	*0.00	*0.91	\$0.000
000939 Veggie Burgers,Black Bean Spicy	Sandwich	5	306	1.67	615	*2	*1	7.35	0.00	6	46.73	8.85	20.39	*N/A*	150.2	0.00	2.96	\$0.000
000845 Assorted Veggie Toppings	1/2 cup	100	8	0.01	2	1	0	0.08	0.00	0	1.61	0.65	0.39	102	9.8	1.61	0.25	\$0.000
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	*N/A*	248.7	0.00	1.52	\$0.000
000572 SANDWICH,TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	*N/A*	248.1	*0.00	*1.64	\$0.000

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Portion Values

Oct 1, 2025 thru Oct 31, 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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000505 Baked Beans, Veg LS	1/2 Cup	200	140	0.00	370	12	*N/A*	0.00	0.00	0	30.00	5.00	6.00	*N/A*	40.0	0.00	1.80	\$0.000
000529 Fresh Vegetables	1/2 cup	250	20	0.02	*20	*1	*0	0.07	0.00	0	4.46	1.68	0.77	*7	*13.4	*23.33	*0.28	\$0.000
000571 Fruit Choice	1/2 cup	350	75	0.00	7	*5	*0	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28	\$0.000
000803 Fruit Fresh Choice	1/2cup portion	350	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00	\$0.000
990109 Salad, Taco - Chicken or Beef entree	Serving	20	343	4.68	541	*1	*0	12.37	*0.00	58	32.66	4.75	25.14	*21	206.0	10.29	2.85	\$0.000
Weighted Daily Average			516	*5.15	*737	*29	*0	*12.79	*0.00	*38	78.29	9.15	25.27	*39	*446.7	*39.94	*2.68	\$0.000
% of Calories				*8.98%		*22.5%	*0%	*22.3%	*0.0%		60.7%		19.6%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30										

Thursday - 10/09/2025

Reimbursable Meal Total 440

	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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990302 Pancake, Maple pouch	each	200	200	1.00	210	10	10	6.00	0.00	0	35.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990301 Pancake, WG 3.75"	2 each	200	140	0.00	367	5	4	2.00	0.00	7	27.30	2.78	2.78	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000098 STRAWBERRIES: frozen	CUP	100	245	0.02	8	61	*N/A*	0.33	0.00	0	66.10	4.84	1.35	3	28.0	105.57	1.50	\$0.000
000834 Toppings fruit	Servings 2TB	100	12	0.00	0	3	*N/A*	0.02	0.00	0	3.25	0.31	0.07	*0	1.3	3.22	0.06	\$0.000
000548 Yogurt	4 oz	300	90	0.00	50	14	*N/A*	0.00	0.00	3	19.00	0.00	3.00	*N/A*	300.0	1.20	0.00	\$0.000
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	*N/A*	248.7	0.00	1.52	\$0.000

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Portion Values

Oct 1, 2025 thru Oct 31, 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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000572 SANDWICH,TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	*N/A*	248.1	*0.00	*1.64	\$0.000
000558 Potato Choice	1/2 cup	325	128	0.45	186	*N/A*	*N/A*	4.62	*0.00	*0	19.97	2.07	2.00	*N/A*	*4.8	*5.35	*0.40	\$0.000
000529 Fresh Vegetables	1/2 cup	350	20	0.02	*20	*1	*0	0.07	0.00	0	4.46	1.68	0.77	*7	*13.4	*23.33	*0.28	\$0.000
000571 Fruit Choice	1/2 cup	250	75	0.00	7	*5	*0	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28	\$0.000
000803 Fruit Fresh Choice	1/2cup portion	250	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00	\$0.000
990110 Salad, Crispy Chicken	salad	25	278	2.92	488	*3	*0	9.31	0.00	35	32.48	4.88	19.29	*538	104.5	13.18	2.32	\$0.000
Weighted Daily Average			630	*3.13	*684	*51	*6	*12.95	*0.00	*18	113.43	10.32	18.50	*45	*518.0	*67.58	*1.60	\$0.000
% of Calories				*4.47%		*32.4%	*3.8%	*18.5%	*0.0%		72.0%		11.7%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30										

Friday - 10/10/2025

Reimbursable Meal Total 435

	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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990042 Bosco WG Cheese Breadstick *RESIZED*	2 each	350	300	5.00	440	2	*N/A*	10.00	0.00	30	34.00	4.00	20.00	*N/A*	400.0	0.00	2.16	\$0.000
990030 Marinara sauce, RG, NE *RESIZED*	2 oz	300	27	0.00	222	2	0	1.13	0.00	0	4.08	0.91	0.91	*N/A*	12.7	0.00	0.45	\$0.000
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	*N/A*	248.7	0.00	1.52	\$0.000
000572 SANDWICH,TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	*N/A*	248.1	*0.00	*1.64	\$0.000
000687 Salad,Small Caesar	Serving	300	121	2.58	370	1	*0	10.60	*0.00	5	3.29	1.14	3.49	*216	110.9	1.96	0.58	\$0.000

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000529 Fresh Vegetables	1/2 cup	100	20	0.02	*20	*1	*0	0.07	0.00	0	4.46	1.68	0.77	*7	*13.4	*23.33	*0.28	\$0.000
000571 Fruit Choice	1/2 cup	350	75	0.00	7	*5	*0	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28	\$0.000
000803 Fruit Fresh Choice	1/2cup portion	350	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00	\$0.000
001252 Salad, Mandarin Chicken	serving	30	381	3.51	*637	*12	*0	17.68	0.00	50	33.40	3.81	24.19	*307	*48.6	*29.58	*2.50	\$0.000
Weighted Daily Average			654	*8.44	*1040	*28	*0	*23.07	*0.00	*44	82.29	9.20	32.36	*183	*750.5	*34.90	*3.45	\$0.000
% of Calories				*11.61 %		*17.1%	*0%	*31.7%	*0.0%		50.3%		19.8%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30										

Monday - 10/13/2025

Reimbursable Meal Total 440

	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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000763 Beef Nachos w/Tostitos	Serving	300	426	*8.97	755	*0	*N/A*	*20.43	*0.00	*97	25.00	*2.00	*30.90	*N/A*	220.0	2.40	2.17	\$0.000
000699 Assorted Taco Toppings	1/2 cup	300	105	0.98	346	*2	*0	6.80	*0.00	0	11.02	4.40	1.24	*14	17.0	15.49	0.90	\$0.000
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	*N/A*	248.7	0.00	1.52	\$0.000
000572 SANDWICH,TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	*N/A*	248.1	*0.00	*1.64	\$0.000
990237 Brown Rice with salsa	1/2 cup	200	124	0.16	177	*1	0	0.81	*0.00	0	24.92	2.76	2.26	*0	*9.8	*0.00	*0.52	\$0.000
000519 Black Bean & Corn Salsa	1/2 CUP	100	63	0.20	97	*1	*0	2.42	*0.01	*0	9.28	2.37	2.16	*7	15.0	4.64	0.81	\$0.000
000571 Fruit Choice	1/2 cup	300	75	0.00	7	*5	*0	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28	\$0.000

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000803 Fruit Fresh Choice	1/2cup portion	300	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00	\$0.000
990132 Salad,Caesar Chicken	Serving	30	423	6.75	1048	*1	*0	26.77	*0.00	49	22.82	3.78	23.52	*340	266.4	2.97	1.98	\$0.000
Weighted Daily Average			707	*9.52	1131	*22	*0	*26.58	*0.00	*81	79.78	*9.81	*35.06	*43	*477.1	*35.60	*3.33	\$0.000
% of Calories				*12.12 %		*12.4%	*0%	*33.8%	*0.0%		45.1%		*19.8%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30										

Tuesday - 10/14/2025

Reimbursable Meal Total 505

	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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001036 Pasta,Alfredo&Chic,WG rot Elem	cup	350	413	*8.81	997	*N/A*	*N/A*	19.22	0.00	71	41.81	10.60	20.13	*N/A*	*19.9	*0.40	*1.68	\$0.000
000920 Breadsticks Whole Wheat, New York	1 stick	300	80	0.00	160	*N/A*	*N/A*	1.00	0.00	0	16.00	2.00	3.00	*N/A*	0.0	0.00	0.70	\$0.000
001115 PBJ, meal elem	entree	65	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	*N/A*	248.7	0.00	1.52	\$0.000
000572 SANDWICH,TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	*N/A*	248.1	*0.00	*1.64	\$0.000
990034 PEAS & CARROTS: frozen,boiled *RESIZED*	1/2 CUP	250	38	0.06	54	3	0	0.34	0.00	0	8.10	2.48	2.47	381	18.4	6.48	0.75	\$0.000
000529 Fresh Vegetables	1/2 cup	300	20	0.02	*20	*1	*0	0.07	0.00	0	4.46	1.68	0.77	*7	*13.4	*23.33	*0.28	\$0.000
000571 Fruit Choice	1/2 cup	350	75	0.00	7	*5	*0	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28	\$0.000
000803 Fruit Fresh Choice	1/2cup portion	350	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42	\$0.000

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00	\$0.000
000634 Chef Salad	serving	25	435	5.55	1289	*4	*0	18.77	*0.00	176	30.84	5.28	36.80	*575	349.2	16.10	2.80	\$0.000
Weighted Daily Average			642	*8.71	*1105	*23	*0	*20.72	*0.00	*69	88.12	14.52	29.65	*231	*345.8	*40.67	*2.96	\$0.000
% of Calories				*12.21 %		*14.3%	*0%	*29.0%	*0.0%		54.9%		18.5%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30										

Wednesday - 10/15/2025 Reimbursable Meal Total 440

	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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001229 Pizza, WG Primo Cheese, 10 ct	each	350	290	6.00	480	9	*N/A*	13.00	0.00	35	27.00	3.00	17.00	*N/A*	450.0	0.00	2.70	\$0.000
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	*N/A*	248.7	0.00	1.52	\$0.000
000572 SANDWICH,TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	*N/A*	248.1	*0.00	*1.64	\$0.000
000258 Broccoli	1/2 cup	300	26	0.02	10	1	0	0.11	0.00	0	4.92	2.76	2.85	47	30.4	36.89	0.56	\$0.000
000529 Fresh Vegetables	1/2 cup	300	20	0.02	*20	*1	*0	0.07	0.00	0	4.46	1.68	0.77	*7	*13.4	*23.33	*0.28	\$0.000
000571 Fruit Choice	1/2 cup	410	75	0.00	7	*5	*0	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28	\$0.000
000803 Fruit Fresh Choice	1/2cup portion	410	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	450	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990109 Salad, Taco - Chicken or Beef entree	Serving	30	343	4.68	541	*1	*0	12.37	*0.00	58	32.66	4.75	25.14	*21	206.0	10.29	2.85	\$0.000
Weighted Daily Average			591	*7.62	*679	*35	*0	*17.21	*0.00	*45	82.05	10.19	29.88	*51	*765.6	*71.88	*3.77	\$0.000
% of Calories				*11.60 %		*23.7%	*0%	*26.2%	*0.0%		55.5%		20.2%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30										

Thursday - 10/16/2025 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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000145 No School																		
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
% of Calories				0%		0%	0%	0%	0%		0%		0%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30										

Friday - 10/17/2025 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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000145 No School																		
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
% of Calories				0%		0%	0%	0%	0%		0%		0%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30										

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

Monday - 10/20/2025 Reimbursable Meal Total 390

	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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990175 Chicken Parmesan, Elementary	Serving	300	290	4.46	875	*0	*0	15.33	*0.00	51	19.43	2.35	21.27	*32	221.6	4.65	0.97	\$0.000
000534 Pasta Rotini, Elem	4 oz Serving	300	162	0.00	0	*N/A*	*N/A*	0.81	0.00	0	32.40	0.81	5.67	*N/A*	0.0	0.00	1.17	\$0.000
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	*N/A*	248.7	0.00	1.52	\$0.000
000572 SANDWICH,TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	*N/A*	248.1	*0.00	*1.64	\$0.000
000426 Veg Green Beans	1/2 cup	300	19	0.03	1	1	0	0.11	0.00	0	4.35	2.02	1.01	14	28.4	2.77	0.45	\$0.000
000529 Fresh Vegetables	1/2 cup	300	20	0.02	*20	*1	*0	0.07	0.00	0	4.46	1.68	0.77	*7	*13.4	*23.33	*0.28	\$0.000
000571 Fruit Choice	1/2 cup	150	75	0.00	7	*5	*0	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28	\$0.000
000803 Fruit Fresh Choice	1/2cup portion	150	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	300	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00	\$0.000
990132 Salad,Caesar Chicken	Serving	30	423	6.75	1048	*1	*0	26.77	*0.00	49	22.82	3.78	23.52	*340	266.4	2.97	1.98	\$0.000
Weighted Daily Average			619	*6.22	*980	*18	*0	*20.13	*0.00	*55	78.65	7.80	33.65	*73	*501.6	*37.15	*2.85	\$0.000
% of Calories				*9.04%		*11.6%	*0%	*29.3%	*0.0%		50.8%		21.7%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30										

Tuesday - 10/21/2025 Reimbursable Meal Total 440

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001214 Burrito Bowl, chicken or beef MS/E	serving	300	390	*4.25	798	*2	*0	*10.59	*0.20	*58	48.12	*4.99	*24.06	*72	237.9	0.51	2.69	\$0.000
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	*N/A*	248.7	0.00	1.52	\$0.000
000572 SANDWICH,TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	*N/A*	248.1	*0.00	*1.64	\$0.000
000699 Assorted Taco Toppings	1/2 cup	300	105	0.98	346	*2	*0	6.80	*0.00	0	11.02	4.40	1.24	*14	17.0	15.49	0.90	\$0.000
000519 Black Bean & Corn Salsa	1/2 CUP	100	63	0.20	97	*1	*0	2.42	*0.01	*0	9.28	2.37	2.16	*7	15.0	4.64	0.81	\$0.000
990237 Brown Rice with salsa	1/2 cup	100	124	0.16	177	*1	0	0.81	*0.00	0	24.92	2.76	2.26	*0	*9.8	*0.00	*0.52	\$0.000
000571 Fruit Choice	1/2 cup	350	75	0.00	7	*5	*0	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28	\$0.000
000803 Fruit Fresh Choice	1/2cup portion	350	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00	\$0.000
000634 Chef Salad	serving	25	435	5.55	1289	*4	*0	18.77	*0.00	176	30.84	5.28	36.80	*575	349.2	16.10	2.80	\$0.000
Weighted Daily Average			681	*6.33	1142	*27	*0	*19.29	*0.14	*62	95.84	*11.74	*31.61	*104	*532.4	*38.73	*3.67	\$0.000
% of Calories				*8.37%		*15.9%	*0%	*25.5%	*0.2%		56.3%		*18.6%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30										

Wednesday - 10/22/2025 Reimbursable Meal Total 440

	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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001198 French Toast Sticks WG FR 37722	4 each	300	258	1.49	298	9	8	9.94	0.00	0	37.76	2.98	5.96	*N/A*	233.5	0.00	1.99	\$0.000
990114 Sausage Link, Chkn, Jones	2 each	300	80	2.00	270	0	*N/A*	5.00	0.00	40	0.00	0.00	8.00	*N/A*	0.0	0.00	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	*N/A*	248.7	0.00	1.52	\$0.000
000572 SANDWICH,TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	*N/A*	248.1	*0.00	*1.64	\$0.000
000558 Potato Choice	1/2 cup	325	128	0.45	186	*N/A*	*N/A*	4.62	*0.00	*0	19.97	2.07	2.00	*N/A*	*4.8	*5.35	*0.40	\$0.000
000529 Fresh Vegetables	1/2 cup	350	20	0.02	*20	*1	*0	0.07	0.00	0	4.46	1.68	0.77	*7	*13.4	*23.33	*0.28	\$0.000
000571 Fruit Choice	1/2 cup	250	75	0.00	7	*5	*0	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28	\$0.000
000803 Fruit Fresh Choice	1/2cup portion	250	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00	\$0.000
990109 Salad, Taco - Chicken or Beef entree	Serving	30	343	4.68	541	*1	*0	12.37	*0.00	58	32.66	4.75	25.14	*21	206.0	10.29	2.85	\$0.000
Weighted Daily Average			594	*5.20	*782	*25	*5	*19.73	*0.00	*42	82.52	8.15	23.19	*15	*474.1	*41.99	*2.67	\$0.000
% of Calories				*7.88%		*16.8%	*3.4%	*29.9%	*0.0%		55.6%		15.6%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30										

Thursday - 10/23/2025

Reimbursable Meal Total 440

	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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001182 Hotdog, all beef on WG bun	each	350	302	6.48	788	1	*N/A*	18.11	0.99	30	23.62	1.16	9.62	*N/A*	*59.8	*0.00	*1.36	\$0.000
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	*N/A*	248.7	0.00	1.52	\$0.000
000572 SANDWICH,TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	*N/A*	248.1	*0.00	*1.64	\$0.000
000505 Baked Beans, Veg LS	1/2 Cup	300	140	0.00	370	12	*N/A*	0.00	0.00	0	30.00	5.00	6.00	*N/A*	40.0	0.00	1.80	\$0.000

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001197 Coleslaw	1/2 cup	100	165	1.89	267	*N/A*	*N/A*	11.34	0.00	19	13.09	3.24	1.62	*N/A*	48.6	35.96	0.58	\$0.000
000529 Fresh Vegetables	1/2 cup	150	20	0.02	*20	*1	*0	0.07	0.00	0	4.46	1.68	0.77	*7	*13.4	*23.33	*0.28	\$0.000
000571 Fruit Choice	1/2 cup	250	75	0.00	7	*5	*0	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28	\$0.000
000803 Fruit Fresh Choice	1/2cup portion	350	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00	\$0.000
990110 Salad, Crispy Chicken	salad	30	278	2.92	488	*3	*0	9.31	0.00	35	32.48	4.88	19.29	*538	104.5	13.18	2.32	\$0.000
Weighted Daily Average			643	*7.95	*1186	*30	*0	*22.92	*0.79	*42	85.98	9.46	23.75	*50	*387.9	*41.28	*3.40	\$0.000
% of Calories				*11.13 %		*18.7%	*0%	*32.1%	*1.1%		53.5%		14.8%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30										

Friday - 10/24/2025

Reimbursable Meal Total 440

	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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001145 WG cheese bread, Tony's	each	350	290	3.50	570	*N/A*	*N/A*	10.00	0.00	15	29.00	3.00	21.00	*N/A*	400.0	0.00	1.80	\$0.000
990030 Marinara sauce, RG, NE *RESIZED*	2 oz	300	27	0.00	222	2	0	1.13	0.00	0	4.08	0.91	0.91	*N/A*	12.7	0.00	0.45	\$0.000
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	*N/A*	248.7	0.00	1.52	\$0.000
000572 SANDWICH,TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	*N/A*	248.1	*0.00	*1.64	\$0.000
000687 Salad,Small Caesar	Serving	300	121	2.58	370	1	*0	10.60	*0.00	5	3.29	1.14	3.49	*216	110.9	1.96	0.58	\$0.000
000529 Fresh Vegetables	1/2 cup	100	20	0.02	*20	*1	*0	0.07	0.00	0	4.46	1.68	0.77	*7	*13.4	*23.33	*0.28	\$0.000

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000571 Fruit Choice	1/2 cup	350	75	0.00	7	*5	*0	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28	\$0.000
000803 Fruit Fresh Choice	1/2cup portion	350	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00	\$0.000
001252 Salad, Mandarin Chicken	serving	30	381	3.51	*637	*12	*0	17.68	0.00	50	33.40	3.81	24.19	*307	*48.6	*29.58	*2.50	\$0.000
Weighted Daily Average			639	*7.15	*1131	*26	*0	*22.81	*0.00	*32	77.38	8.30	32.79	*181	*742.0	*34.50	*3.13	\$0.000
% of Calories				*10.07 %		*16.3%	*0%	*32.1%	*0.0%		48.4%		20.5%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30										

Monday - 10/27/2025

Reimbursable Meal Total 440

	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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001259 Sampler Platter, Mini	portion	350	312	3.88	621	*1	*N/A*	13.96	0.00	37	28.78	3.82	17.79	*N/A*	160.0	0.00	1.76	\$0.000
990028 Potato Crinkle Sweet Potato, waffle	3.2 oz (11each)	100	200	1.33	227	*N/A*	*N/A*	8.00	0.00	0	29.35	4.00	1.33	*N/A*	0.0	21.61	2.64	\$0.000
000529 Fresh Vegetables	1/2 cup	200	20	0.02	*20	*1	*0	0.07	0.00	0	4.46	1.68	0.77	*7	*13.4	*23.33	*0.28	\$0.000
990126 Hummus, Grecin	2 oz	200	142	0.00	283	2	*N/A*	7.09	0.00	0	14.17	2.02	6.08	*N/A*	0.0	0.00	0.81	\$0.000
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	*N/A*	248.7	0.00	1.52	\$0.000
000572 SANDWICH,TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	*N/A*	248.1	*0.00	*1.64	\$0.000
000571 Fruit Choice	1/2 cup	300	75	0.00	7	*5	*0	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28	\$0.000
000803 Fruit Fresh Choice	1/2cup portion	300	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42	\$0.000

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00	\$0.000
990132 Salad,Caesar Chicken	Serving	30	423	6.75	1048	*1	*0	26.77	*0.00	49	22.82	3.78	23.52	*340	266.4	2.97	1.98	\$0.000
Weighted Daily Average			642	*6.02	*961	*22	*0	*23.27	*0.00	*44	79.82	9.29	29.19	*36	*441.0	*37.87	*3.31	\$0.000
% of Calories				*8.44%		*13.7%	*0%	*32.6%	*0.0%		49.7%		18.2%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30										

Tuesday - 10/28/2025

Reimbursable Meal Total 440

	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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001229 Pizza, WG Primo Cheese, 10 ct	each	350	290	6.00	480	9	*N/A*	13.00	0.00	35	27.00	3.00	17.00	*N/A*	450.0	0.00	2.70	\$0.000
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	*N/A*	248.7	0.00	1.52	\$0.000
000572 SANDWICH,TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	*N/A*	248.1	*0.00	*1.64	\$0.000
000258 Broccoli	1/2 cup	300	26	0.02	10	1	0	0.11	0.00	0	4.92	2.76	2.85	47	30.4	36.89	0.56	\$0.000
000529 Fresh Vegetables	1/2 cup	300	20	0.02	*20	*1	*0	0.07	0.00	0	4.46	1.68	0.77	*7	*13.4	*23.33	*0.28	\$0.000
000571 Fruit Choice	1/2 cup	410	75	0.00	7	*5	*0	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28	\$0.000
000803 Fruit Fresh Choice	1/2cup portion	410	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	450	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000634 Chef Salad	serving	30	435	5.55	1289	*4	*0	18.77	*0.00	176	30.84	5.28	36.80	*575	349.2	16.10	2.80	\$0.000
Weighted Daily Average			597	*7.68	*730	*35	*0	*17.64	*0.00	*53	81.93	10.22	30.68	*89	*775.4	*72.27	*3.77	\$0.000
% of Calories				*11.58 %		*23.5%	*0%	*26.6%	*0.0%		54.9%		20.6%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30										

Wednesday - 10/29/2025 Reimbursable Meal Total 410

	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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000637 Taco in a Bag	serving	300	476	*7.25	940	*1	*N/A*	*21.12	*0.00	*83	33.57	*2.00	*32.61	*N/A*	306.6	2.40	2.24	\$0.000
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	*N/A*	248.7	0.00	1.52	\$0.000
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	*N/A*	248.1	*0.00	*1.64	\$0.000
000699 Assorted Taco Toppings	1/2 cup	350	105	0.98	346	*2	*0	6.80	*0.00	0	11.02	4.40	1.24	*14	17.0	15.49	0.90	\$0.000
000515 Beans Refried	1/2 CUP	100	144	*N/A*	144	*N/A*	*N/A*	0.51	*N/A*	*N/A*	24.63	9.24	9.24	*N/A*	51.3	0.00	2.16	\$0.000
000571 Fruit Choice	1/2 cup	350	75	0.00	7	*5	*0	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28	\$0.000
000803 Fruit Fresh Choice	1/2cup portion	350	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990109 Salad, Taco - Chicken or Beef entree	Serving	25	343	4.68	541	*1	*0	12.37	*0.00	58	32.66	4.75	25.14	*21	206.0	10.29	2.85	\$0.000
Weighted Daily Average			790	*8.97	1294	*28	*0	*28.19	*0.00	*77	91.32	*11.92	*40.79	*25	*621.5	*43.35	*3.93	\$0.000
% of Calories				*10.22 %		*14.2%	*0%	*32.1%	*0.0%		46.2%		*20.7%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30										

Thursday - 10/30/2025

Reimbursable Meal Total 440

	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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990133 Teriyaki Chicken, Yang	3 oz	300	144	1.25	413	8	*N/A*	4.38	0.00	88	7.50	0.00	18.76	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	*N/A*	248.7	0.00	1.52	\$0.000
000572 SANDWICH,TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	*N/A*	248.1	*0.00	*1.64	\$0.000
000919 Rice Vegetable Fried Brown Asi	Serving 4oz	300	137	0.00	341	*N/A*	*N/A*	1.00	0.00	0	28.00	1.00	4.00	*N/A*	30.0	1.20	1.08	\$0.000
000433 Mixed Vegetables	1/2 cup	200	59	0.03	32	3	0	0.14	0.00	0	11.91	4.00	2.60	195	22.8	2.91	0.75	\$0.000
001095 Bread,WG dinner roll	roll	100	70	0.00	125	3	*N/A*	1.00	0.00	0	14.00	1.00	3.00	*N/A*	20.0	0.00	1.08	\$0.000
000529 Fresh Vegetables	1/2 cup	300	20	0.02	*20	*1	*0	0.07	0.00	0	4.46	1.68	0.77	*7	*13.4	*23.33	*0.28	\$0.000
000571 Fruit Choice	1/2 cup	410	75	0.00	7	*5	*0	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28	\$0.000
000803 Fruit Fresh Choice	1/2cup portion	410	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	450	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990110 Salad, Crispy Chicken	salad	25	278	2.92	488	*3	*0	9.31	0.00	35	32.48	4.88	19.29	*538	104.5	13.18	2.32	\$0.000
Weighted Daily Average			569	*3.55	*838	*34	*0	*10.43	*0.00	*75	89.64	8.60	31.18	*137	*414.2	*48.91	*2.50	\$0.000
% of Calories				*5.62%		*23.9%	*0%	*16.5%	*0.0%		63.0%		21.9%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30										

Friday - 10/31/2025

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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000145 No School																		
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
% of Calories				0%		0%	0%	0%	0%		0%		0%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30										

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages		631	*6.40	*955	*29	*1	*19.24	*0.05	*53	85.63	*9.86	*30.33	*80	*522.9	*47.44	*3.12	\$0.000
% of Calories			*9.13%		*18.4%	*0.6%	*27.4%	*0.1%		54.3%		*19.2%					

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

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.