Base Menu Spreadsheet

Northfield Public Schools ISD 659

Portion Values

Dec 1, 2026 thru Dec 22, 2026

Menu Name: NORTHFIELD MIDDLE SCHOOL LUNCH **Include Cost:** No

Site:

Use Alternate Menu Name: No

Tuesday - 12/01/2026 **Reimbursable Meal Total 480**

	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)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001161 Pizza, WG Primo Cheese, 8ct	slice	450	360	7.00	600	9.00	*N/A*	16.00	0.00	35	34.00	3.00	21.00	*N/A*	450.0	0.00	2.70
000845 Assorted Veggie Toppings	1/2 cup	300	8	0.01	2	0.66	0.00	0.08	0.00	0	1.61	0.65	0.39	102	9.8	1.61	0.25
000258 Broccoli	1/2 cup	350	26	0.02	10	1.35	0.00	0.11	0.00	0	4.92	2.76	2.85	47	30.4	36.89	0.56
000529 Fresh Vegetables	1/2 cup	200	20	0.02	*20	*0.99	*0.00	0.07	0.00	0	4.46	1.68	0.77	*7	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	350	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	350	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	400	110	0.00	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*N/A*	*79.2	*0.01	*0.18
Weighted Daily Average			569	*6.65	*704	*29.80	*0.00	*17.78	*0.00	*41	75.45	*9.01	*30.11	*111	*725.5	*61.27	*3.72
% of Calories				*10.52 %		*20.95 %	*0.00%	*28.1%	*0.0%		53.0%		*21.2%				
Weekly Nutrient Guideline			600 - 700	<10	<=1225		<10	<=30									

Wednesday - 12/02/2026 **Reimbursable Meal Total 390**

	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)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000637 Taco in a Bag	serving	350	476	*7.25	940	*1.16	*N/A*	*21.12	*0.00	*83	33.57	*2.00	*32.61	*N/A*	306.6	2.40	2.24
000699 Assorted Taco Toppings	1/2 cup	350	105	0.98	346	*2.40	*0.00	6.80	*0.00	0	11.02	4.40	1.24	*14	17.0	15.49	0.90
000515 Beans Refried	1/2 CUP	300	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
000571 Fruit Choice	1/2 cup	300	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	300	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	0.00	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	20	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*N/A*	*79.2	*0.01	*0.18
Weighted Daily Average			854	*7.49	*1403	*24.05	*0.00	*28.75	*0.00	*83	99.37	*16.15	*46.02	*23	*622.2	*41.04	*5.02
% of Calories				*7.89%		*11.26 %	*0.00%	*30.3%	*0.0%		46.5%		*21.6%				
Weekly Nutrient Guideline			600 - 700	<10	<=1225		<10	<=30									

Thursday - 12/03/2026 **Reimbursable Meal Total 440**

	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)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990113 Chicken Wings, Bone-In	4 each	300	285	6.12	336	0.00	*N/A*	22.43	0.00	127	1.02	0.00	18.35	*N/A*	0.0	0.00	0.73
990074 Roll, Sister Shuber WG	1 each	300	160	0.00	200	5.00	*N/A*	2.00	0.00	5	30.00	3.00	5.00	*N/A*	0.0	0.00	1.80
000775 Potatoes OR Lightly Seasoned P	Serving 5-6Pot	300	90	0.00	370	*N/A*	*N/A*	2.00	0.00	0	16.00	2.00	2.00	*N/A*	*N/A*	9.00	1.08
001192 Jicama Apple Slaw	portion	100	70	0.02	32	*1.56	*0.00	0.15	0.00	1	15.50	5.02	2.12	*0	58.5	17.72	0.67
000529 Fresh Vegetables	1/2 cup	350	20	0.02	*20	*0.99	*0.00	0.07	0.00	0	4.46	1.68	0.77	*7	*13.4	*23.33	*0.28

	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)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000571 Fruit Choice	1/2 cup	325	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	325	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	400	110	0.00	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*N/A*	*79.2	*0.01	*0.18
Weighted Daily Average			607	*4.25	*776	*25.14	*0.00	*20.95	*0.00	*100	77.63	*9.02	*26.79	*16	*316.8	*52.83	*3.35
% of Calories				*6.30%		*16.57 %	*0.00%	*31.1%	*0.0%		51.2%		*17.7%				
Weekly Nutrient Guideline			600 - 700	<10	<=1225		<10	<=30									

Friday - 12/04/2026 **Reimbursable Meal Total 420**

	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)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000814 Sandwich Grilled Cheese Sec	Sandwich	200	648	17.24	1567	*2.53	*N/A*	37.94	0.00	68	56.07	7.14	31.95	*N/A*	837.4	0.00	2.57
000557 Carrot Coins	1/2 cup	300	27	0.09	43	2.98	0.00	0.50	0.00	0	5.64	2.41	0.42	618	25.6	1.68	0.39
000310 Goldfish Snack Crackers Chedda	.75 oz	200	100	1.00	180	*N/A*	*N/A*	3.50	0.00	5	14.00	1.00	2.00	*N/A*	20.0	0.00	0.36
000529 Fresh Vegetables	1/2 cup	250	20	0.02	*20	*0.99	*0.00	0.07	0.00	0	4.46	1.68	0.77	*7	*13.4	*23.33	*0.28
001032 Ranch dressing, Light Ken's	serving(2T)	350	80	1.00	340	1.00	*N/A*	7.00	0.00	5	2.00	0.00	1.00	*N/A*	20.0	0.00	1.44
000571 Fruit Choice	1/2 cup	400	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	400	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	500	110	0.00	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00

	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)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*N/A*	*79.2	*0.01	*0.18
Weighted Daily Average			726	*9.66	*1333	*31.52	*0.00	*29.59	*0.00	*51	91.41	*10.62	*28.72	*459	*833.8	*46.22	*3.70
% of Calories				*11.98 %		*17.37 %	*0.00%	*36.7%	*0.0%		50.4%		*15.8%				
Weekly Nutrient Guideline			600 - 700	<10	<=1225		<10	<=30									

Monday - 12/07/2026 **Reimbursable Meal Total 200**

	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)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990180 Beef and Broccoli	1 CUP	200	156	1.53	546	*4.00	*0.00	4.43	*0.00	44	9.35	2.82	19.96	*0	57.5	36.90	2.40
000601 Brown Rice	1/2 cup	200	109	0.16	1	*N/A*	0.00	0.81	*N/A*	0	22.92	1.76	2.26	0	9.8	0.00	0.52
000529 Fresh Vegetables	1/2 cup	200	20	0.02	*20	*0.99	*0.00	0.07	0.00	0	4.46	1.68	0.77	*7	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	200	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	200	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	200	110	0.00	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	1	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*N/A*	*79.2	*0.01	*0.18
Weighted Daily Average			537	*1.75	*715	*30.09	*0.00	*8.16	*0.00	*54	84.96	*10.46	*32.38	*21	*405.8	*92.32	*3.89
% of Calories				*2.93%		*22.41 %	*0.00%	*13.7%	*0.0%		63.3%		*24.1%				
Weekly Nutrient Guideline			600 - 700	<10	<=1225		<10	<=30									

Tuesday - 12/08/2026 **Reimbursable Meal Total 440**

	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)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990188 Popcorn Chicken Bowl	bowl	300	453	8.26	669	*1.70	*0.00	18.93	0.00	73	48.54	5.52	23.78	*7	214.6	*35.05	2.04
000417 Potatoes Mashed	1/2 cup	300	79	0.30	219	*0.00	*0.00	1.06	0.00	0	14.46	1.45	1.88	*0	16.1	21.86	0.26
000526 Corn	1/2 cup	250	67	0.08	1	2.53	0.00	0.55	0.00	0	15.92	1.98	2.10	8	2.5	2.89	0.39
990074 Roll, Sister Shuber WG	1 each	200	160	0.00	200	5.00	*N/A*	2.00	0.00	5	30.00	3.00	5.00	*N/A*	0.0	0.00	1.80
000529 Fresh Vegetables	1/2 cup	350	20	0.02	*20	*0.99	*0.00	0.07	0.00	0	4.46	1.68	0.77	*7	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	325	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	325	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	400	110	0.00	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*N/A*	*79.2	*0.01	*0.18
Weighted Daily Average			700	*5.96	*848	*26.24	*0.00	*17.76	*0.00	*61	107.68	*11.71	*29.99	*25	*462.2	*83.11	*3.35
% of Calories				*7.66%		*14.99 %	*0.00%	*22.8%	*0.0%		61.5%		*17.1%				
Weekly Nutrient Guideline			600 - 700	<10	<=1225		<10	<=30									

Wednesday - 12/09/2026 **Reimbursable Meal Total 430**

	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)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001231 Hamburger/Cheese/Veggie Secondary	sandwich	200	310	5.28	586	*0.12	*0.06	14.00	*0.01	51	29.75	3.32	19.73	*N/A*	*128.8	*0.00	*1.54
000939 Veggie Burgers,Black Bean Spicy	Sandwich	5	306	1.67	615	*2.34	*1.17	7.35	0.00	6	46.73	8.85	20.39	*N/A*	150.2	0.00	2.96

	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)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000845 Assorted Veggie Toppings	1/2 cup	400	8	0.01	2	0.66	0.00	0.08	0.00	0	1.61	0.65	0.39	102	9.8	1.61	0.25
000505 Baked Beans, Veg LS	1/2 Cup	300	140	0.00	370	12.00	*N/A*	0.00	0.00	0	30.00	5.00	6.00	*N/A*	40.0	0.00	1.80
000529 Fresh Vegetables	1/2 cup	300	20	0.02	*20	*0.99	*0.00	0.07	0.00	0	4.46	1.68	0.77	*7	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	400	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	400	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	400	110	0.00	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*N/A*	*79.2	*0.01	*0.18
Weighted Daily Average			506	*2.57	*694	*33.11	*0.04	*9.68	*0.00	*33	85.43	*10.84	*23.35	*113	*412.0	*47.62	*3.08
% of Calories				*4.57%		*26.17 %	*0.03%	*17.2%	*0.0%		67.5%		*18.5%				
Weekly Nutrient Guideline			600 - 700	<10	<=1225		<10	<=30									

Thursday - 12/10/2026 **Reimbursable Meal Total 440**

	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)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000532 Pasta w/Meatsauce Sec	serving	200	331	*4.22	622	*6.67	*N/A*	11.02	0.36	45	34.72	6.70	24.24	*N/A*	79.0	*54.00	4.23
000667 Pasta w/Sauce Sec	1 serving	200	158	*0.00	137	*6.67	*N/A*	0.75	0.00	0	32.00	5.33	6.83	*N/A*	42.0	54.00	1.87
001248 Vegetable, Zucchini	1/2 cup	200	16	0.10	8	2.45	*N/A*	0.30	0.00	0	3.00	1.00	1.20	*N/A*	15.0	17.40	0.27
000529 Fresh Vegetables	1/2 cup	350	20	0.02	*20	*0.99	*0.00	0.07	0.00	0	4.46	1.68	0.77	*7	*13.4	*23.33	*0.28
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

	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)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000571 Fruit Choice	1/2 cup	325	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	325	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	400	110	0.00	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*N/A*	*79.2	*0.01	*0.18
Weighted Daily Average			548	*2.63	*635	*28.55	*0.00	*11.97	*0.16	*30	86.46	*10.79	*26.08	*16	*365.3	*99.67	*3.63
% of Calories				*4.32%		*20.84 %	*0.00%	*19.7%	*0.3%		63.1%		*19.0%				
Weekly Nutrient Guideline			600 - 700	<10	<=1225		<10	<=30									

Friday - 12/11/2026 **Reimbursable Meal Total 370**

	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)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990301 Pancake, WG 3.75"	2 each	300	140	0.00	367	5.30	4.00	2.00	0.00	7	27.30	2.78	2.78	*N/A*	*N/A*	*N/A*	*N/A*
000098 STRAWBERRIES: frozen	1/2 CUP	200	122	0.01	4	30.61	*N/A*	0.17	0.00	0	33.05	2.42	0.68	1	14.0	52.78	0.75
000834 Toppings fruit	Servings 2TB	200	12	0.00	0	2.90	*N/A*	0.02	0.00	0	3.25	0.31	0.07	*0	1.3	3.22	0.06
990114 Sausage Link, Chkn, Jones	2 each	200	80	2.00	270	0.00	*N/A*	5.00	0.00	40	0.00	0.00	8.00	*N/A*	0.0	0.00	0.00
000558 Potato Choice	1/2 cup	350	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
000529 Fresh Vegetables	1/2 cup	350	20	0.02	*20	*0.99	*0.00	0.07	0.00	0	4.46	1.68	0.77	*7	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	250	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	250	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42

	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)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	0.00	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*N/A*	*79.2	*0.01	*0.18
Weighted Daily Average			577	*1.59	*780	*43.55	*3.24	*11.86	*0.00	*36	101.79	*10.15	*18.25	*17	*328.2	*79.73	*1.55
% of Calories				*2.48%		*30.19 %	*2.25%	*18.5%	*0.0%		70.6%		*12.7%				
Weekly Nutrient Guideline			600 - 700	<10	<=1225		<10	<=30									

Monday - 12/14/2026 **Reimbursable Meal Total 260**

	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)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990331 BBQ Beef Birria Totchos	serving	250	263	4.92	684	*0.00	*0.00	14.12	*0.00	40	19.06	2.40	14.41	*N/A*	*109.0	*4.03	*0.73
000845 Assorted Veggie Toppings	1/2 cup	400	8	0.01	2	0.66	0.00	0.08	0.00	0	1.61	0.65	0.39	102	9.8	1.61	0.25
990108 Bean, Tx Ranchero Pinto	1/2 cup	300	96	0.00	427	0.87	*N/A*	0.44	0.00	0	17.45	4.36	5.23	*N/A*	*N/A*	*N/A*	*N/A*
990237 Brown Rice with salsa	1/2 cup	100	124	0.16	177	*1.00	0.00	0.81	*0.00	0	24.92	2.76	2.26	*0	*9.8	*0.00	*0.52
000571 Fruit Choice	1/2 cup	400	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	400	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	400	110	0.00	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00

	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)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*N/A*	*79.2	*0.01	*0.18
Weighted Daily Average			819	*4.92	*1454	*41.03	*0.00	*19.40	*0.00	*53	125.79	*15.89	*35.99	*179	*626.4	*55.71	*2.36
% of Calories				*5.41%		*20.04 %	*0.00%	*21.3%	*0.0%		61.4%		*17.6%				
Weekly Nutrient Guideline			600 - 700	<10	<=1225		<10	<=30									

Tuesday - 12/15/2026 **Reimbursable Meal Total 400**

	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)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001092 Pasta,Alfredo&Chic,WG rot Sec	serving	350	358	*8.81	991	*N/A*	*N/A*	18.77	0.00	71	28.61	7.00	18.03	*N/A*	*14.7	*0.40	*1.28
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
990034 PEAS & CARROTS: frozen,boiled *RESIZED*	1/2 CUP	250	38	0.06	54	3.49	0.00	0.34	0.00	0	8.10	2.48	2.47	381	18.4	6.48	0.75
000529 Fresh Vegetables	1/2 cup	300	20	0.02	*20	*0.99	*0.00	0.07	0.00	0	4.46	1.68	0.77	*7	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	350	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	350	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	0.00	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	20	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*N/A*	*79.2	*0.01	*0.18
Weighted Daily Average			663	*7.86	*1192	*26.69	*0.00	*21.06	*0.00	*72	91.17	*14.18	*29.84	*256	*367.6	*50.34	*2.94
% of Calories				*10.67 %		*16.10 %	*0.00%	*28.6%	*0.0%		55.0%		*18.0%				
Weekly Nutrient Guideline			600 - 700	<10	<=1225		<10	<=30									

Wednesday - 12/16/2026 **Reimbursable Meal Total 480**

	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)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001161 Pizza, WG Primo Cheese, 8ct	slice	250	360	7.00	600	9.00	*N/A*	16.00	0.00	35	34.00	3.00	21.00	*N/A*	450.0	0.00	2.70
990241 Pizza Big Daddys Pepp,16" Primo Par Baked 8 cut	slice	200	370	8.00	560	*N/A*	*N/A*	17.00	0.00	50	35.00	4.00	19.00	*N/A*	*N/A*	0.00	*N/A*
000258 Broccoli	1/2 cup	350	26	0.02	10	1.35	0.00	0.11	0.00	0	4.92	2.76	2.85	47	30.4	36.89	0.56
000529 Fresh Vegetables	1/2 cup	200	20	0.02	*20	*0.99	*0.00	0.07	0.00	0	4.46	1.68	0.77	*7	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	350	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	350	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	400	110	0.00	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*N/A*	*79.2	*0.01	*0.18
Weighted Daily Average			569	*7.05	*686	*25.64	*0.00	*18.15	*0.00	*47	74.86	*9.03	*29.04	*47	*531.8	*60.27	*2.44
% of Calories				*11.15 %		*18.02 %	*0.00%	*28.7%	*0.0%		52.6%		*20.4%				
Weekly Nutrient Guideline			600 - 700	<10	<=1225		<10	<=30									

Thursday - 12/17/2026 **Reimbursable Meal Total 430**

	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)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000306 Sandwich, Chicken crispy filet	1 Sandwich	400	320	1.50	710	*0.00	*0.00	8.50	0.00	60	41.00	4.00	24.00	*N/A*	*80.0	*0.00	*1.44
000845 Assorted Veggie Toppings	1/2 cup	300	8	0.01	2	0.66	0.00	0.08	0.00	0	1.61	0.65	0.39	102	9.8	1.61	0.25

	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)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001093 Beans, baked vegetarian,Bushs, Low Na	1/2 cup	350	140	0.00	370	12.00	*N/A*	0.00	0.00	0	30.00	5.00	5.00	*N/A*	40.0	0.00	1.80
000529 Fresh Vegetables	1/2 cup	300	20	0.02	*20	*0.99	*0.00	0.07	0.00	0	4.46	1.68	0.77	*7	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	300	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	300	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	400	110	0.00	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*N/A*	*79.2	*0.01	*0.18
Weighted Daily Average			638	*1.47	*1115	*31.22	*0.00	*10.91	*0.00	*65	104.15	*12.37	*35.73	*86	*421.4	*40.34	*3.66
% of Calories				*2.07%		*19.57 %	*0.00%	*15.4%	*0.0%		65.3%		*22.4%				
Weekly Nutrient Guideline			600 - 700	<10	<=1225		<10	<=30									

Friday - 12/18/2026 **Reimbursable Meal Total 470**

	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)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990338 Flatbread, WG, Chicken and Cheese (Homemade)	each	250	334	5.13	651	2.02	*0.00	15.62	*0.02	36	29.06	3.00	19.63	*4	*40.9	*0.00	*1.42
000942 Sauces Assorted	1 oz	250	23	0.03	336	*1.67	*N/A*	0.62	0.00	0	4.24	0.14	0.67	*N/A*	11.9	0.00	0.28
000573 SALAD SIDE	serving	200	244	3.11	277	7.90	*0.00	19.47	0.00	15	15.11	*5.52	*2.63	*1002	85.0	44.66	1.88
000529 Fresh Vegetables	1/2 cup	350	20	0.02	*20	*0.99	*0.00	0.07	0.00	0	4.46	1.68	0.77	*7	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	350	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	350	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42

	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)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	400	110	0.00	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*N/A*	*79.2	*0.01	*0.18
Weighted Daily Average			513	*4.14	*785	*26.03	*0.00	*19.66	*0.01	*34	65.37	*8.42	*20.44	*444	*349.7	*60.53	*2.43
% of Calories				*7.26%		*20.30 %	*0.00%	*34.5%	*0.0%		51.0%		*15.9%				
Weekly Nutrient Guideline			600 - 700	<10	<=1225		<10	<=30									

Monday - 12/21/2026 **Reimbursable Meal Total 400**

	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)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990341 Chicken Parmesan, MS	Serving	300	259	3.79	807	*0.13	*0.00	11.65	*0.00	50	15.42	2.02	22.25	*32	195.6	4.05	1.68
990177 Pasta Rotini, Secondary	6 oz scoop	350	105	*N/A*	10	*N/A*	*N/A*	0.75	0.00	0	22.00	2.00	3.50	*N/A*	8.6	0.00	0.67
000426 Veg Green Beans	1/2 cup	350	19	0.03	1	1.27	0.00	0.12	0.00	0	4.35	2.02	1.01	14	28.4	2.77	0.45
000529 Fresh Vegetables	1/2 cup	350	20	0.02	*20	*0.99	*0.00	0.07	0.00	0	4.46	1.68	0.77	*7	*13.4	*23.33	*0.28
000803 Fruit Fresh Choice	1/2cup portion	175	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000571 Fruit Choice	1/2 cup	175	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	0.00	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00

	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)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*N/A*	*79.2	*0.01	*0.18
Weighted Daily Average			486	*2.94	*760	*18.30	*0.00	*12.28	*0.00	*46	66.11	*8.38	*29.05	*49	*466.1	*40.96	*2.78
% of Calories				*5.44%		*15.06 %	*0.00%	*22.7%	*0.0%		54.4%		*23.9%				
Weekly Nutrient Guideline			600 - 700	<10	<=1225		<10	<=30									

Tuesday - 12/22/2026 **Reimbursable Meal Total 370**

	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)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990120 Tacos, Shrimp or Fish	1 each	300	580	5.00	1040	3.00	*1.00	22.50	0.00	95	67.00	8.00	28.00	*N/A*	*48.0	*1.00	*3.30
000699 Assorted Taco Toppings	1/2 cup	300	105	0.98	346	*2.40	*0.00	6.80	*0.00	0	11.02	4.40	1.24	*14	17.0	15.49	0.90
990116 Coleslaw, Cilantro Lime Cabbage Slaw	1/2 cup	200	48	0.11	23	*0.00	*0.00	1.42	*0.01	0	7.18	3.43	1.75	*0	51.9	37.76	0.64
000515 Beans Refried	1/2 CUP	200	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
990237 Brown Rice with salsa	1/2 cup	100	124	0.16	177	*1.00	0.00	0.81	*0.00	0	24.92	2.76	2.26	*0	*9.8	*0.00	*0.52
000571 Fruit Choice	1/2 cup	350	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	350	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	0.00	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00

Base Menu Spreadsheet

Northfield Public Schools ISD 659

Portion Values

Dec 1, 2026 thru Dec 22, 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)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*N/A*	*79.2	*0.01	*0.18
Weighted Daily Average			937	*5.02	*1405	*28.40	*0.81	*28.09	*0.00	*86	133.59	*21.65	*39.27	*24	*420.6	*64.13	*5.72
% of Calories				*4.82%		*12.12 %	*0.35%	*27.0%	*0.0%		57.0%		*16.8%				
Weekly Nutrient Guideline			600 - 700	<10	<=1225		<10	<=30									

		Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages		641	*4.75	*955	*29.34	*0.26	*17.88	*0.01	*56	91.95	*11.79	*30.07	*118	*478.5	*61.01	*3.35
% of Calories			*6.67%		*18.31 %	*0.16%	*25.1%	*0.0%		57.4%		*18.8%				

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.