

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 19, 2025

Menu Name:

NORTHFIELD HIGH SCHOOL LUNCH

Include Cost:

No

Site:

Use Alternate Menu Name:

No

Monday - 12/01/2025Reimbursable Meal Total 515

	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)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990107 Pasta w/Meatballs, WG Rotini Secondary	Serving	200	483	*6.00	371	*7.67	*N/A*	15.80	0.00	35	66.80	12.73	25.73	*N/A*	94.0	55.20	4.25
000667 Pasta w/Sauce Sec	1 serving	50	293	*0.00	151	*6.67	*N/A*	1.80	0.00	0	62.80	11.73	11.73	*N/A*	54.0	54.00	2.81
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	450	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	450	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
000571 Fruit Choice	1/2 cup	500	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	500	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	450	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
001161 Pizza, WG Primo Cheese, 8ct	slice	100	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	100	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*
000491 SANDWICH UNCRUST PB STWBR LG	5.3 OZ SANDWICH	25	600	6.00	540	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	*N/A*	88.0	*N/A*	2.00
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 5.3	25	600	7.00	530	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	*N/A*	88.0	0.00	2.00
990305 Sub sandwich, MS/HS ham	sandwich	5	273	3.18	1078	*2.34	*0.00	7.26	0.00	38	32.82	4.43	19.50	*70	*109.9	*6.64	*1.17
001118 Sub sandwich, MS/HS turkey	sandwich	5	267	2.67	635	*1.32	*0.00	7.49	0.00	30	31.81	4.43	18.88	*70	109.9	6.64	1.37

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 19, 2025

	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)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000695 Sandwich, Turkey or Combo Sub	sandwich	5	250	2.00	650	5.00	*N/A*	6.50	0.00	30	30.00	4.00	18.00	*N/A*	161.5	0.00	1.25
Weighted Daily Average			780	*8.01	*757	*30.48	*0.00	*22.78	*0.00	*40	117.01	14.61	33.27	*21	*445.1	*84.87	*3.70
% of Calories				*9.24%		*15.63 %	*N/A*	*26.3%	*0.0%		60.0%		17.1%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=30									

Tuesday - 12/02/2025

Reimbursable Meal Total 465

	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)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001138 Chicken tenders, WG crispy	serving(2)	100	230	2.00	400	2.00	*N/A*	11.00	0.00	45	12.00	1.00	20.00	*N/A*	0.0	0.00	1.60
000942 Sauces Assorted	1 oz	200	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
000704 Pasta Salad,Vegetarian	serving(1/2c)	200	152	*0.16	406	*2.49	*0.00	4.01	*0.00	*0	24.13	*1.44	*4.44	*19	*16.0	*23.51	*1.01
990280 sweet potato waffle, Redstone Canyon	3 oz(11 pieces	200	160	1.50	320	0.00	0.00	10.00	0.00	0	19.00	1.00	2.00	*N/A*	0.0	*N/A*	0.40
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	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	450	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
001161 Pizza, WG Primo Cheese, 8ct	slice	100	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	100	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*

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 19, 2025

	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)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000491 SANDWICH UNCRUST PB STWBR LG	5.3 OZ SANDWICH	25	600	6.00	540	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	*N/A*	88.0	*N/A*	2.00
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 5.3	25	600	7.00	530	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	*N/A*	88.0	0.00	2.00
990305 Sub sandwich, MS/HS ham	sandwich	5	273	3.18	1078	*2.34	*0.00	7.26	0.00	38	32.82	4.43	19.50	*70	*109.9	*6.64	*1.17
001118 Sub sandwich, MS/HS turkey	sandwich	5	267	2.67	635	*1.32	*0.00	7.49	0.00	30	31.81	4.43	18.88	*70	109.9	6.64	1.37
000695 Sandwich, Turkey or Combo Sub	sandwich	5	250	2.00	650	5.00	*N/A*	6.50	0.00	30	30.00	4.00	18.00	*N/A*	161.5	0.00	1.25
Weighted Daily Average			734	*6.66	*1117	*30.03	*0.00	*23.20	*0.00	*41	104.69	*9.88	*30.14	*27	*444.1	*55.67	*3.49
% of Calories				*8.17%		*16.37 %	*N/A*	*28.4%	*0.0%		57.1%		*16.4%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=30									

Wednesday - 12/03/2025

Reimbursable Meal Total 465

	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)	Fiber (g)	Protn (g)	Vlt-A (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
000845 Assorted Veggie Toppings	1/2 cup	200	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	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	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	450	110	1.50	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

Portion Values

Dec 1, 2025 thru Dec 19, 2025

	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)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001161 Pizza, WG Primo Cheese, 8ct	slice	100	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	100	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*
000491 SANDWICH UNCRUST PB STWBR LG	5.3 OZ SANDWICH	25	600	6.00	540	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	*N/A*	88.0	*N/A*	2.00
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 5.3	25	600	7.00	530	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	*N/A*	88.0	0.00	2.00
990305 Sub sandwich, MS/HS ham	sandwich	5	273	3.18	1078	*2.34	*0.00	7.26	0.00	38	32.82	4.43	19.50	*70	*109.9	*6.64	*1.17
001118 Sub sandwich, MS/HS turkey	sandwich	5	267	2.67	635	*1.32	*0.00	7.49	0.00	30	31.81	4.43	18.88	*70	109.9	6.64	1.37
000695 Sandwich, Turkey or Combo Sub	sandwich	5	250	2.00	650	5.00	*N/A*	6.50	0.00	30	30.00	4.00	18.00	*N/A*	161.5	0.00	1.25
Weighted Daily Average			699	*7.78	*980	*33.73	*0.03	*19.74	*0.00	*51	101.68	12.20	33.16	*63	*517.5	*46.25	*3.57
% of Calories				*10.02 %		*19.30 %	*0.03%	*25.4%	*0.0%		58.2%		19.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=30									

Thursday - 12/04/2025

Reimbursable Meal Total 465

	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)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001146 WG cinnamon roll, BakerBoy	each	250	219	2.01	291	*4.48	*4.38	5.02	0.00	15	38.67	3.02	5.06	*N/A*	*22.7	*0.02	*1.44
990260 Egg Bite, Pork Bacon and Cheese	2 each	250	220	7.00	620	2.00	0.00	16.00	0.00	230	4.00	0.00	16.00	*N/A*	140.0	*N/A*	1.20
000558 Potato Choice	1/2 cup	200	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
001038 Hummus, red pepper GrecDel	serving(2T)	50	50	0.00	120	*N/A*	*N/A*	3.50	0.00	0	4.00	1.00	1.00	*N/A*	0.0	2.40	0.36

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 19, 2025

	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)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000571 Fruit Choice	1/2 cup	550	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	550	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	450	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
001161 Pizza, WG Primo Cheese, 8ct	slice	100	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	100	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*
000491 SANDWICH UNCRUST PB STWBR LG	5.3 OZ SANDWICH	25	600	6.00	540	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	*N/A*	88.0	*N/A*	2.00
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 5.3	25	600	7.00	530	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	*N/A*	88.0	0.00	2.00
990305 Sub sandwich, MS/HS ham	sandwich	5	273	3.18	1078	*2.34	*0.00	7.26	0.00	38	32.82	4.43	19.50	*70	*109.9	*6.64	*1.17
001118 Sub sandwich, MS/HS turkey	sandwich	5	267	2.67	635	*1.32	*0.00	7.49	0.00	30	31.81	4.43	18.88	*70	109.9	6.64	1.37
000695 Sandwich, Turkey or Combo Sub	sandwich	5	250	2.00	650	5.00	*N/A*	6.50	0.00	30	30.00	4.00	18.00	*N/A*	161.5	0.00	1.25
Weighted Daily Average			814	*10.56	*1075	*33.37	*2.36	*27.44	*0.00	*161	112.10	11.23	33.37	*23	*529.6	*57.71	*3.50
% of Calories				*11.68 %		*16.40 %	*2.15%	*30.3%	*0.0%		55.1%		16.4%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=30									

Friday - 12/05/2025

Reimbursable Meal Total 465

	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)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990113 Chicken Wings, Bone-In	4 each	200	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
000942 Sauces Assorted	1 oz	200	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

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 19, 2025

	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)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990272 Onion Rings, WG	4 each	200	180	1.00	100	3.00	1.00	7.00	0.00	0	28.00	3.00	3.00	*N/A*	20.0	*N/A*	1.20
001197 Coleslaw	1/2 cup	150	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
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	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	450	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
001161 Pizza, WG Primo Cheese, 8ct	slice	200	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*
000491 SANDWICH UNCRUST PB STWBR LG	5.3 OZ SANDWICH	25	600	6.00	540	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	*N/A*	88.0	*N/A*	2.00
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 5.3	25	600	7.00	530	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	*N/A*	88.0	0.00	2.00
990305 Sub sandwich, MS/HS ham	sandwich	5	273	3.18	1078	*2.34	*0.00	7.26	0.00	38	32.82	4.43	19.50	*70	*109.9	*6.64	*1.17
001118 Sub sandwich, MS/HS turkey	sandwich	5	267	2.67	635	*1.32	*0.00	7.49	0.00	30	31.81	4.43	18.88	*70	109.9	6.64	1.37
000695 Sandwich, Turkey or Combo Sub	sandwich	5	250	2.00	650	5.00	*N/A*	6.50	0.00	30	30.00	4.00	18.00	*N/A*	161.5	0.00	1.25
Weighted Daily Average			961	*12.41	*1242	*31.75	*0.43	*38.22	*0.00	*110	115.10	12.46	41.38	*19	*558.2	*57.16	*4.14
% of Calories				*11.62 %		*13.22 %	*N/A*	*35.8%	*0.0%		47.9%		17.2%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=30									

Monday - 12/08/2025

Reimbursable Meal Total 465

Base Menu Spreadsheet

Northfield Public Schools ISD 659

Portion Values

Dec 1, 2025 thru Dec 19, 2025

	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)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001202 Loaded Oven Fries/Tater Totchos	serving	200	379	*5.90	1222	*N/A*	*N/A*	*20.52	*0.24	*38	31.40	*3.58	*17.77	*N/A*	124.7	*8.26	2.93
000845 Assorted Veggie Toppings	1/2 cup	200	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	100	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	200	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
001095 Bread, WG dinner roll	roll	200	70	0.00	125	3.00	*N/A*	1.00	0.00	0	14.00	1.00	3.00	*N/A*	20.0	0.00	1.08
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	450	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	450	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	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
001161 Pizza, WG Primo Cheese, 8ct	slice	100	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	100	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*
000491 SANDWICH UNCRUST PB STWBR LG	5.3 OZ SANDWICH	25	600	6.00	540	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	*N/A*	88.0	*N/A*	2.00
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 5.3	25	600	7.00	530	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	*N/A*	88.0	0.00	2.00
990305 Sub sandwich, MS/HS ham	sandwich	5	273	3.18	1078	*2.34	*0.00	7.26	0.00	38	32.82	4.43	19.50	*70	*109.9	*6.64	*1.17
001118 Sub sandwich, MS/HS turkey	sandwich	5	267	2.67	635	*1.32	*0.00	7.49	0.00	30	31.81	4.43	18.88	*70	109.9	6.64	1.37

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 19, 2025

	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)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000695 Sandwich, Turkey or Combo Sub	sandwich	5	250	2.00	650	5.00	*N/A*	6.50	0.00	30	30.00	4.00	18.00	*N/A*	161.5	0.00	1.25
Weighted Daily Average			763	*8.28	*1246	*30.23	*0.00	*23.69	*0.10	*46	107.25	*11.54	*32.59	*62	*533.3	*45.73	*3.68
% of Calories				*9.77%		*15.85 %	*N/A*	*27.9%	*0.1%		56.2%		*17.1%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=30									

Tuesday - 12/09/2025

Reimbursable Meal Total 465

	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)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990274 Chicken Parmesan Alfredo (Secondary)	4 oz scoop	200	197	4.50	887	1.00	1.00	8.67	0.00	80	6.00	0.00	23.33	*N/A*	*170.0	*N/A*	*0.00
990275 Pasta, FC WG rotini, Marz	6 oz scoop	200	200	*N/A*	20	*N/A*	*N/A*	1.50	0.00	0	44.00	7.00	7.00	*N/A*	17.2	0.00	1.34
000920 Breadsticks Whole Wheat, New York	1 stick	200	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	450	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
001161 Pizza, WG Primo Cheese, 8ct	slice	100	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	100	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*
000491 SANDWICH UNCRUST PB STWBR LG	5.3 OZ SANDWICH	25	600	6.00	540	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	*N/A*	88.0	*N/A*	2.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 19, 2025

	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)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 5.3	25	600	7.00	530	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	*N/A*	88.0	0.00	2.00
990305 Sub sandwich, MS/HS ham	sandwich	5	273	3.18	1078	*2.34	*0.00	7.26	0.00	38	32.82	4.43	19.50	*70	*109.9	*6.64	*1.17
001118 Sub sandwich, MS/HS turkey	sandwich	5	267	2.67	635	*1.32	*0.00	7.49	0.00	30	31.81	4.43	18.88	*70	109.9	6.64	1.37
000695 Sandwich, Turkey or Combo Sub	sandwich	5	250	2.00	650	5.00	*N/A*	6.50	0.00	30	30.00	4.00	18.00	*N/A*	161.5	0.00	1.25
Weighted Daily Average			680	*7.47	*973	*26.45	*0.43	*18.63	*0.00	*63	97.32	11.84	36.07	*221	*518.4	*43.34	*2.82
% of Calories				*9.89%		*15.56 %	*0.59%	*24.7%	*0.0%		57.2%		21.2%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=30									

Wednesday - 12/10/2025

Reimbursable Meal Total 465

	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)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (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	250	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*
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	400	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	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	500	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	500	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	450	110	1.50	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

Portion Values

Dec 1, 2025 thru Dec 19, 2025

	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)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000491 SANDWICH UNCRUST PB STWBR LG	5.3 OZ SANDWICH	25	600	6.00	540	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	*N/A*	88.0	*N/A*	2.00
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 5.3	25	600	7.00	530	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	*N/A*	88.0	0.00	2.00
990305 Sub sandwich, MS/HS ham	sandwich	5	273	3.18	1078	*2.34	*0.00	7.26	0.00	38	32.82	4.43	19.50	*70	*109.9	*6.64	*1.17
001118 Sub sandwich, MS/HS turkey	sandwich	5	267	2.67	635	*1.32	*0.00	7.49	0.00	30	31.81	4.43	18.88	*70	109.9	6.64	1.37
000695 Sandwich, Turkey or Combo Sub	sandwich	5	250	2.00	650	5.00	*N/A*	6.50	0.00	30	30.00	4.00	18.00	*N/A*	161.5	0.00	1.25
Weighted Daily Average			762	*10.37	*873	*32.86	*0.00	*24.52	*0.00	*56	103.42	13.03	36.45	*127	*613.6	*82.21	*3.27
% of Calories				*12.25 %		*17.25 %	*N/A*	*29.0%	*0.0%		54.3%		19.1%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=30									

Thursday - 12/11/2025

Reimbursable Meal Total 465

	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)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000306 Sandwich, Chicken crispy filet	1 Sandwich	200	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	100	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
000774 Vegetables Squash	1/2 cup	150	149	2.46	99	*N/A*	*N/A*	8.69	*0.00	0	19.48	3.40	2.16	*N/A*	63.5	27.90	1.32
000505 Baked Beans, Veg LS	1/2 Cup	200	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	550	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	550	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

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 19, 2025

	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)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	450	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
001161 Pizza, WG Primo Cheese, 8ct	slice	100	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	100	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*
000491 SANDWICH UNCRUST PB STWBR LG	5.3 OZ SANDWICH	25	600	6.00	540	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	*N/A*	88.0	*N/A*	2.00
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 5.3	25	600	7.00	530	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	*N/A*	88.0	0.00	2.00
990305 Sub sandwich, MS/HS ham	sandwich	5	273	3.18	1078	*2.34	*0.00	7.26	0.00	38	32.82	4.43	19.50	*70	*109.9	*6.64	*1.17
001118 Sub sandwich, MS/HS turkey	sandwich	5	267	2.67	635	*1.32	*0.00	7.49	0.00	30	31.81	4.43	18.88	*70	109.9	6.64	1.37
000695 Sandwich, Turkey or Combo Sub	sandwich	5	250	2.00	650	5.00	*N/A*	6.50	0.00	30	30.00	4.00	18.00	*N/A*	161.5	0.00	1.25
Weighted Daily Average			762	*6.96	*987	*35.08	*0.00	*20.24	*0.00	*55	116.83	13.54	34.67	*44	*512.9	*61.97	*3.71
% of Calories				*8.22%		*18.41 %	*0.00%	*23.9%	*0.0%		61.3%		18.2%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=30									

Friday - 12/12/2025

Reimbursable Meal Total 465

	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)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001215 Shrimp Poppers, WG Rich's	3/4c	200	230	2.00	490	1.00	*N/A*	11.00	0.00	60	22.00	3.00	12.00	*N/A*	31.0	1.00	2.30
990183 Three Cheese Mac (Cavatappi)	6 oz Serving	200	321	9.20	803	3.00	*N/A*	16.00	0.00	47	27.00	2.00	16.00	*N/A*	*N/A*	*N/A*	*N/A*
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
990193 Cucumber Ranch Salad	1/4 CUP	100	188	3.00	171	*1.00	*N/A*	19.00	0.00	15	3.00	*0.00	*0.00	*N/A*	20.6	1.34	0.24

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 19, 2025

	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)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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	550	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	550	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	450	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
001161 Pizza, WG Primo Cheese, 8ct	slice	100	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	100	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*
000491 SANDWICH UNCRUST PB STWBR LG	5.3 OZ SANDWICH	25	600	6.00	540	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	*N/A*	88.0	*N/A*	2.00
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 5.3	25	600	7.00	530	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	*N/A*	88.0	0.00	2.00
990305 Sub sandwich, MS/HS ham	sandwich	5	273	3.18	1078	*2.34	*0.00	7.26	0.00	38	32.82	4.43	19.50	*70	*109.9	*6.64	*1.17
001118 Sub sandwich, MS/HS turkey	sandwich	5	267	2.67	635	*1.32	*0.00	7.49	0.00	30	31.81	4.43	18.88	*70	109.9	6.64	1.37
000695 Sandwich, Turkey or Combo Sub	sandwich	5	250	2.00	650	5.00	*N/A*	6.50	0.00	30	30.00	4.00	18.00	*N/A*	161.5	0.00	1.25
Weighted Daily Average			812	*11.04	*1113	*33.74	*0.00	*29.79	*0.00	*78	105.50	*12.32	*33.39	*422	*474.3	*56.94	*3.16
% of Calories				*12.24 %		*16.62 %	*N/A*	*33.0%	*0.0%		52.0%		*16.4%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=30									

Monday - 12/15/2025

Reimbursable Meal Total 465

	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)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001020 Chicken Parmesan, Secondary	Serving	200	290	4.46	875	*0.13	*0.00	15.33	*0.00	51	19.43	2.35	21.27	*32	221.6	4.65	0.97

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 19, 2025

	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)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990177 Pasta Rotini, Secondary	6 oz scoop	200	243	0.00	0	*N/A*	*N/A*	1.22	0.00	0	48.60	1.22	8.50	*N/A*	0.0	0.00	1.75
000426 Veg Green Beans	1/2 cup	300	19	0.03	1	1.27	0.00	0.11	0.00	0	4.35	2.02	1.01	14	28.4	2.77	0.45
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
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	450	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
001161 Pizza, WG Primo Cheese, 8ct	slice	200	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	100	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*
000491 SANDWICH UNCRUST PB STWBR LG	5.3 OZ SANDWICH	25	600	6.00	540	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	*N/A*	88.0	*N/A*	2.00
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 5.3	25	600	7.00	530	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	*N/A*	88.0	0.00	2.00
990305 Sub sandwich, MS/HS ham	sandwich	5	273	3.18	1078	*2.34	*0.00	7.26	0.00	38	32.82	4.43	19.50	*70	*109.9	*6.64	*1.17
001118 Sub sandwich, MS/HS turkey	sandwich	5	267	2.67	635	*1.32	*0.00	7.49	0.00	30	31.81	4.43	18.88	*70	109.9	6.64	1.37
000695 Sandwich, Turkey or Combo Sub	sandwich	5	250	2.00	650	5.00	*N/A*	6.50	0.00	30	30.00	4.00	18.00	*N/A*	161.5	0.00	1.25
Weighted Daily Average			721	*8.93	*986	*22.02	*0.00	*24.18	*0.00	*59	90.77	8.54	37.86	*35	*629.0	*32.48	*3.31
% of Calories				*11.15 %		*12.22 %	*0.00%	*30.2%	*0.0%		50.4%		21.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=30									

Tuesday - 12/16/2025

Reimbursable Meal Total 465

Base Menu Spreadsheet

Northfield Public Schools ISD 659

Portion Values

Dec 1, 2025 thru Dec 19, 2025

	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)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000851 Chicken Fajita	serving(2)	200	281	3.85	837	*0.00	*N/A*	11.28	0.00	64	27.00	4.00	21.99	*N/A*	128.4	2.40	0.77
001218 Fajita Peppers and Onions	1/2 cup	100	30	0.02	3	*2.45	*0.00	0.06	0.00	0	7.05	1.71	1.00	*0	16.8	44.47	0.25
000699 Assorted Taco Toppings	1/2 cup	200	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
990237 Brown Rice with salsa	1/2 cup	200	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
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	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	450	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
001161 Pizza, WG Primo Cheese, 8ct	slice	100	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	100	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*
000491 SANDWICH UNCRUST PB STWBR LG	5.3 OZ SANDWICH	25	600	6.00	540	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	*N/A*	88.0	*N/A*	2.00
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 5.3	25	600	7.00	530	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	*N/A*	88.0	0.00	2.00
990305 Sub sandwich, MS/HS ham	sandwich	5	273	3.18	1078	*2.34	*0.00	7.26	0.00	38	32.82	4.43	19.50	*70	*109.9	*6.64	*1.17
001118 Sub sandwich, MS/HS turkey	sandwich	5	267	2.67	635	*1.32	*0.00	7.49	0.00	30	31.81	4.43	18.88	*70	109.9	6.64	1.37

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 19, 2025

	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)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000695 Sandwich, Turkey or Combo Sub	sandwich	5	250	2.00	650	5.00	*N/A*	6.50	0.00	30	30.00	4.00	18.00	*N/A*	161.5	0.00	1.25
Weighted Daily Average			784	*7.65	*1160	*27.33	*0.00	*22.13	*0.00	*57	111.87	17.85	37.53	*22	*531.2	*55.29	*3.94
% of Calories				*8.78%		*13.94 %	*N/A*	*25.4%	*0.0%		57.1%		19.1%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=30									

Wednesday - 12/17/2025 Reimbursable Meal Total 465

	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)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001146 WG cinnamon roll, BakerBoy	each	250	219	2.01	291	*4.48	*4.38	5.02	0.00	15	38.67	3.02	5.06	*N/A*	*22.7	*0.02	*1.44
000541 Cheese Omelet	serving 2.1 oz	250	130	4.00	300	*N/A*	*N/A*	10.00	0.00	180	2.00	0.00	7.00	*N/A*	80.0	0.00	0.70
990281 potato, halves rst herb and parm seasoned	1/2 cup	200	120	1.00	190	1.00	0.00	3.50	0.00	0	17.00	2.00	4.00	*N/A*	30.0	2.00	0.90
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
990126 Hummus, Grecin	2 oz	100	142	0.00	283	2.02	*N/A*	7.09	0.00	0	14.17	2.02	6.08	*N/A*	0.0	0.00	0.81
000571 Fruit Choice	1/2 cup	450	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	450	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	450	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
001161 Pizza, WG Primo Cheese, 8ct	slice	100	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	100	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*
000491 SANDWICH UNCRUST PB STWBR LG	5.3 OZ SANDWICH	25	600	6.00	540	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	*N/A*	88.0	*N/A*	2.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 19, 2025

	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)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 5.3	25	600	7.00	530	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	*N/A*	88.0	0.00	2.00
990305 Sub sandwich, MS/HS ham	sandwich	5	273	3.18	1078	*2.34	*0.00	7.26	0.00	38	32.82	4.43	19.50	*70	*109.9	*6.64	*1.17
001118 Sub sandwich, MS/HS turkey	sandwich	5	267	2.67	635	*1.32	*0.00	7.49	0.00	30	31.81	4.43	18.88	*70	109.9	6.64	1.37
000695 Sandwich, Turkey or Combo Sub	sandwich	5	250	2.00	650	5.00	*N/A*	6.50	0.00	30	30.00	4.00	18.00	*N/A*	161.5	0.00	1.25
Weighted Daily Average			755	*9.17	*948	*30.24	*2.36	*24.81	*0.00	*134	104.35	10.45	30.21	*19	*501.4	*47.12	*3.40
% of Calories				*10.93 %		*16.02 %	*2.32%	*29.6%	*0.0%		55.3%		16.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=30									

Thursday - 12/18/2025

Reimbursable Meal Total 465

	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)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001182 Hotdog, all beef on WG bun	each	200	302	6.48	788	1.00	*N/A*	18.11	0.99	30	23.62	1.16	9.62	*N/A*	*59.8	*0.00	*1.36
000845 Assorted Veggie Toppings	1/2 cup	200	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
001197 Coleslaw	1/2 cup	200	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
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	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	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	1.50	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

Portion Values

Dec 1, 2025 thru Dec 19, 2025

	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)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001161 Pizza, WG Primo Cheese, 8ct	slice	100	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	100	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*
000491 SANDWICH UNCRUST PB STWBR LG	5.3 OZ SANDWICH	25	600	6.00	540	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	*N/A*	88.0	*N/A*	2.00
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 5.3	25	600	7.00	530	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	*N/A*	88.0	0.00	2.00
990305 Sub sandwich, MS/HS ham	sandwich	5	273	3.18	1078	*2.34	*0.00	7.26	0.00	38	32.82	4.43	19.50	*70	*109.9	*6.64	*1.17
001118 Sub sandwich, MS/HS turkey	sandwich	5	267	2.67	635	*1.32	*0.00	7.49	0.00	30	31.81	4.43	18.88	*70	109.9	6.64	1.37
000695 Sandwich, Turkey or Combo Sub	sandwich	5	250	2.00	650	5.00	*N/A*	6.50	0.00	30	30.00	4.00	18.00	*N/A*	161.5	0.00	1.25
Weighted Daily Average			705	*8.78	*1143	*28.77	*0.00	*25.78	*0.43	*48	92.70	11.29	27.29	*59	*435.4	*49.28	*3.52
% of Calories				*11.21 %		*16.32 %	*N/A*	*32.9%	*0.5%		52.6%		15.5%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=30									

Friday - 12/19/2025

Reimbursable Meal Total 465

	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)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001145 WG cheese bread, Tony's	each	200	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
990033 Marinara Sauce	1/2 cup	200	54	0.00	441	*N/A*	*N/A*	0.90	0.00	0	9.90	2.70	1.80	*N/A*	36.0	8.10	0.97
000687 Salad,Small Caesar	Serving	400	121	2.58	370	0.60	*0.00	10.60	*0.00	5	3.29	1.14	3.49	*216	110.9	1.96	0.58
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	500	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

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 19, 2025

	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)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000803 Fruit Fresh Choice	1/2cup portion	500	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	450	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
001161 Pizza, WG Primo Cheese, 8ct	slice	100	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	100	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*
000491 SANDWICH UNCRUST PB STWBR LG	5.3 OZ SANDWICH	25	600	6.00	540	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	*N/A*	88.0	*N/A*	2.00
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 5.3	25	600	7.00	530	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	*N/A*	88.0	0.00	2.00
990305 Sub sandwich, MS/HS ham	sandwich	5	273	3.18	1078	*2.34	*0.00	7.26	0.00	38	32.82	4.43	19.50	*70	*109.9	*6.64	*1.17
001118 Sub sandwich, MS/HS turkey	sandwich	5	267	2.67	635	*1.32	*0.00	7.49	0.00	30	31.81	4.43	18.88	*70	109.9	6.64	1.37
000695 Sandwich, Turkey or Combo Sub	sandwich	5	250	2.00	650	5.00	*N/A*	6.50	0.00	30	30.00	4.00	18.00	*N/A*	161.5	0.00	1.25
Weighted Daily Average			752	*9.24	*1242	*28.89	*0.00	*27.54	*0.00	*40	95.45	11.41	33.66	*207	*718.9	*54.60	*3.45
% of Calories				*11.06 %		*15.37 %	*N/A*	*33.0%	*0.0%		50.8%		17.9%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=30									

		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)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages		766	*8.89	*1056	*30.33	*0.37	*24.85	*0.04	*69	105.07	*12.15	*34.07	*91	*530.9	*55.37	*3.51
% of Calories			*10.45%		*15.84 %	*N/A*	*29.2%	*0.0%		54.9%		*17.8%				

**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.

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.