

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 19, 2025

Menu Name:

NORTHFIELD MIDDLE SCHOOL LUNCH

Include Cost:

No

Site:

Use Alternate Menu Name:

No

Monday - 12/01/2025Reimbursable Meal Total 440

	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)
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	200	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	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
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	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
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			678	*4.80	*527	*29.00	*0.00	*14.62	*0.00	*25	115.05	*16.44	*28.99	*16	*377.6	*100.21	*4.07
% of Calories				*6.37%		*17.11 %	*N/A*	*19.4%	*0.0%		67.9%		*17.1%				
Weekly Nutrient Guideline			600 - 700	<10	1225		<10	<=30									

Tuesday - 12/02/2025Reimbursable Meal Total 440

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)
001138 Chicken tenders, WG crispy	serving(2)	300	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
990029 Sauces Assorted *RESIZED*	2 oz	300	46	0.06	672	*3.34	*N/A*	1.25	0.00	0	8.48	0.28	1.33	*N/A*	23.8	0.00	0.57
001095 Bread,WG dinner roll	roll	300	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
000977 Potato Crinkle Sweet Potato	oz	300	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
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	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
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			497	*3.06	*1006	*27.06	*0.00	*13.30	*0.00	*40	70.56	*6.70	*25.84	*16	*333.4	*46.35	*3.40
% of Calories				*5.54%		*21.78 %	*N/A*	*24.1%	*0.0%		56.8%		*20.8%				
Weekly Nutrient Guideline			600 - 700	<10	1225		<10	<=30									

Wednesday - 12/03/2025

Reimbursable Meal Total 430

	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)
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
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

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)
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	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
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	*3.96	*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				*7.04%		*26.17 %	*0.05%	*17.2%	*0.0%		67.5%		*18.5%				
Weekly Nutrient Guideline			600 - 700	<10	1225		<10	<=30									

Thursday - 12/04/2025

Reimbursable Meal Total 370

	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)
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

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	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
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
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	*3.01	*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				*4.69%		*30.19 %	*2.77%	*18.5%	*0.0%		70.6%		*12.7%				
Weekly Nutrient Guideline			600 - 700	<10	1225		<10	<=30									

Friday - 12/05/2025

Reimbursable Meal Total 440

	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	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
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	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)
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	*5.61	*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				*8.32%		*16.57 %	*N/A*	*31.1%	*0.0%		51.2%		*17.7%				
Weekly Nutrient Guideline			600 - 700	<10	1225		<10	<=30									

Monday - 12/08/2025

Reimbursable Meal Total 460

	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)
001202 Loaded Oven Fries/Tater Totchos	serving	400	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
990192 Cheese Sauce	1.82 oz	250	112	4.90	414	1.00	*N/A*	9.00	0.00	26	2.00	0.00	6.00	*N/A*	204.0	*N/A*	0.00
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	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)
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			711	*9.21	*1738	*23.73	*0.00	*26.03	*0.21	*56	89.13	*10.79	*31.23	*101	*514.1	*36.48	*3.48
% of Calories				*11.66 %		*13.35 %	*N/A*	*32.9%	*0.3%		50.1%		*17.6%				
Weekly Nutrient Guideline			600 - 700	<10	1225		<10	<=30									

Tuesday - 12/09/2025 Reimbursable Meal Total 400

	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)
001092 Pasta,Alfredo&Chic,WG rot Sec	serving	350	493	*8.81	1005	*N/A*	*N/A*	19.82	0.00	71	59.41	13.40	22.93	*N/A*	*26.8	*0.40	*2.22
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	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
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			781	*9.40	*1205	*26.69	*0.00	*21.97	*0.00	*72	118.12	*19.78	*34.13	*256	*378.1	*50.34	*3.76
% of Calories				*10.83 %		*13.67 %	*N/A*	*25.3%	*0.0%		60.5%		*17.5%				
Weekly Nutrient Guideline			600 - 700	<10	1225		<10	<=30									

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 19, 2025

Wednesday - 12/10/2025 Reimbursable Meal Total 480

	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)
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	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
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	*7.90	*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				*12.50 %		*20.95 %	*N/A*	*28.1%	*0.0%		53.0%		*21.2%				
Weekly Nutrient Guideline			600 - 700	<10	1225		<10	<=30									

Thursday - 12/11/2025 Reimbursable Meal Total 430

	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	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

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)
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	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
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	*2.87	*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				*4.05%		*19.57 %	*0.00%	*15.4%	*0.0%		65.3%		*22.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225		<10	<=30									

Friday - 12/12/2025

Reimbursable Meal Total 470

	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)
001215 Shrimp Poppers, WG Rich's	3/4c	400	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
000487 French Fries	4 oz serving	200	101	0.00	12	*N/A*	*N/A*	0.00	0.00	0	23.81	2.24	3.40	*N/A*	20.9	14.62	1.19
990193 Cucumber Ranch Salad	1/4 CUP	300	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
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

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	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
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			581	*4.81	*660	*22.31	*0.00	*23.98	*0.00	*68	74.35	*8.35	*19.48	*17	*304.6	*52.35	*3.42
% of Calories				*7.45%		*15.36 %	*N/A*	*37.1%	*0.0%		51.2%		*13.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225		<10	<=30									

Monday - 12/15/2025

Reimbursable Meal Total 400

	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	400	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
990177 Pasta Rotini, Secondary	6 oz scoop	350	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	350	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	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	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)
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			702	*5.86	*1020	*18.33	*0.00	*19.27	*0.00	*60	97.25	*8.53	*38.01	*57	*533.4	*42.57	*3.44
% of Calories				*7.51%		*10.44 %	*0.00%	*24.7%	*0.0%		55.4%		*21.7%				
Weekly Nutrient Guideline			600 - 700	<10	1225		<10	<=30									

Tuesday - 12/16/2025

Reimbursable Meal Total 460

	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)
001214 Burrito Bowl, chicken or beef MS/E	serving	250	390	*4.25	798	*2.38	*0.00	*10.59	*0.20	*58	48.12	*4.99	*24.06	*72	237.9	0.51	2.69
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
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	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
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			571	*4.14	*1033	*24.95	*0.00	*11.94	*0.11	*40	90.28	*11.74	*25.79	*57	*423.0	*34.91	*2.57
% of Calories				*6.53%		*17.48 %	*0.00%	*18.8%	*0.2%		63.2%		*18.1%				
Weekly Nutrient Guideline			600 - 700	<10	1225		<10	<=30									

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 19, 2025

Wednesday - 12/17/2025 Reimbursable Meal Total 370

	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)	Calcmm (mg)	Vit-C (mg)	Iron (mg)
001146 WG cinnamon roll, BakerBoy	each	300	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	300	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
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
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
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			630	*6.80	*814	*24.77	*3.56	*19.61	*0.00	*168	93.01	*8.86	*21.05	*16	*403.2	*49.48	*2.85
% of Calories				*9.71%		*15.73 %	*2.78%	*28.0%	*0.0%		59.1%		*13.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225		<10	<=30									

Thursday - 12/18/2025 Reimbursable Meal Total 370

	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)	Calcmm (mg)	Vit-C (mg)	Iron (mg)
001182 Hotdog, all beef on WG bun	each	350	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
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

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)
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
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	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
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			647	*8.15	*1175	*30.68	*0.00	*23.30	*0.94	*43	87.12	*9.57	*22.29	*19	*409.3	*57.48	*3.23
% of Calories				*11.34 %		*18.97 %	*N/A*	*32.4%	*1.3%		53.9%		*13.8%				
Weekly Nutrient Guideline			600 - 700	<10	1225		<10	<=30									

Friday - 12/19/2025

Reimbursable Meal Total 470

	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	300	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	300	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	200	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	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

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)
000445 MILK (skim, 1% and NF Choc)	8 oz	400	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
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			490	*4.68	*945	*20.96	*0.00	*14.20	*0.00	*20	67.46	*8.52	*24.56	*108	*610.9	*47.53	*2.74
% of Calories				*8.60%		*17.11 %	*N/A*	*26.1%	*0.0%		55.1%		*20.0%				
Weekly Nutrient Guideline			600 - 700	<10	1225		<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)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages		612	*5.62	*946	*27.42	*0.46	*17.29	*0.08	*58	89.79	*10.71	*27.04	*67	*432.8	*53.30	*3.22
% of Calories			*8.26%		*17.92 %	*N/A*	*25.4%	*0.1%		58.7%		*17.7%				

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.