

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

Menu Name:	NORTHFIELD MIDDLE SCHOOL LUNCH	Include Cost:	No
Site:			
Use Alternate Menu Name:	No		

Wednesday - 10/01/2025 Reimbursable Meal Total 390

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000637 Taco in a Bag	serving	350	476	*7.25	940	*1	*N/A*	*21.12	*0.00	*83	33.57	*2.00	*32.61	*N/A*	306.6	2.40	2.24
000699 Assorted Taco Toppings	1/2 cup	350	105	0.98	346	*2	*0	6.80	*0.00	0	11.02	4.40	1.24	*14	17.0	15.49	0.90
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	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	300	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
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			845	*8.83	*1403	*22	*0	*28.75	*0.00	*83	97.32	*15.89	*45.89	*23	*622.2	*41.04	*5.02
% of Calories				*9.40%		*10.4%	*0%	*30.6%	*0.0%		46.1%		*21.7%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Thursday - 10/02/2025 Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990220 Tikka Masala, Chicken	3 oz spoodle	200	180	1.00	370	17	*N/A*	4.00	0.00	50	20.00	0.00	16.00	*N/A*	*N/A*	*N/A*	*N/A*

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000426 Veg Green Beans	1/2 cup	200	19	0.03	1	1	0	0.11	0.00	0	4.35	2.02	1.01	14	28.4	2.77	0.45
000601 Brown Rice	1/2 cup	200	109	0.16	1	*N/A*	0	0.81	*N/A*	0	22.92	1.76	2.26	0	9.8	0.00	0.52
990221 Naan Bread, WG; 1 oz	each	200	70	0.00	100	1	*N/A*	1.00	0.00	0	12.00	2.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*
000529 Fresh Vegetables	1/2 cup	200	20	0.02	*20	*1	*0	0.07	0.00	0	4.46	1.68	0.77	*7	*13.4	*23.33	*0.28
990126 Hummus, Grecin	2 oz	100	142	0.00	283	2	*N/A*	7.09	0.00	0	14.17	2.02	6.08	*N/A*	0.0	0.00	0.81
000571 Fruit Choice	1/2 cup	200	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	200	65	*0.03	4	*8	*0	*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	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
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			709	*2.75	*780	*44	*0	*12.39	*0.00	*60	116.39	*12.34	*34.30	*35	*376.7	*58.18	*2.34
% of Calories				*3.49%		*24.8%	*0%	*15.7%	*0.0%		65.7%		*19.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Friday - 10/03/2025

Reimbursable Meal Total 420

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001136 Sandwich, shredded pork	each	300	333	4.05	646	*4	*N/A*	11.62	0.00	51	39.22	3.00	20.20	*N/A*	40.0	0.00	2.25
001197 Coleslaw	1/2 cup	300	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
000557 Carrot Coins	1/2 cup	300	27	0.09	43	3	0	0.50	0.00	0	5.64	2.41	0.42	618	25.6	1.68	0.39

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000354 SUN CHIPS ORIGINAL 1 OZ	1 PKG 1 OZ	150	142	0.51	111	*N/A*	*N/A*	6.07	0.00	0	19.24	2.02	2.02	*N/A*	10.1	0.00	0.61
000304 SUN CHIPS HARVEST CHEDDAR	1 OZ	150	140	1.00	160	*N/A*	*N/A*	6.00	0.00	0	19.00	2.00	2.00	*N/A*	0.0	0.00	0.36
000529 Fresh Vegetables	1/2 cup	250	20	0.02	*20	*1	*0	0.07	0.00	0	4.46	1.68	0.77	*7	*13.4	*23.33	*0.28
001032 Ranch dressing, Light Ken's	serving(2T)	350	80	1.00	340	1	*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	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	400	65	*0.03	4	*8	*0	*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	*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			814	*7.54	*1250	*31	*0	*30.57	*0.00	*66	106.53	*12.32	*29.42	*459	*492.4	*71.90	*4.68
% of Calories				*8.34%		*15.2%	*0%	*33.8%	*0.0%		52.3%		*14.5%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Monday - 10/06/2025

Reimbursable Meal Total 440

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000532 Pasta w/Meatsauce Sec	serving	200	466	*4.22	636	*7	*N/A*	12.07	0.36	45	65.52	13.10	29.14	*N/A*	91.1	*54.00	5.17
000667 Pasta w/Sauce Sec	1 serving	200	293	*0.00	151	*7	*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	*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	*1	*0	0.07	0.00	0	4.46	1.68	0.77	*7	*13.4	*23.33	*0.28

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	325	65	*0.03	4	*8	*0	*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	*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			662	*4.00	*647	*27	*0	*12.92	*0.16	*30	112.49	*16.36	*30.41	*16	*376.3	*99.67	*4.48
% of Calories				*5.44%		*16.3%	*0%	*17.6%	*0.2%		68.0%		*18.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Tuesday - 10/07/2025

Reimbursable Meal Total 440

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001138 Chicken tenders, WG crispy	serving(2)	300	230	2.00	400	2	*N/A*	11.00	0.00	45	12.00	1.00	20.00	*N/A*	0.0	0.00	1.60
990029 Sauces Assorted *RESIZED*	2 oz	300	46	0.06	672	*3	*N/A*	1.25	0.00	0	8.48	0.28	1.33	*N/A*	23.8	0.00	0.57
000704 Pasta Salad,Vegetarian	serving(1/2c)	300	152	*0.16	406	*2	*0	4.01	*0.00	*0	24.13	*1.44	*4.44	*19	*16.0	*23.51	*1.01
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	*1	*0	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	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	325	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	400	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
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			544	*3.17	*1197	*25	*0	*15.35	*0.00	*40	75.50	*6.76	*26.70	*29	*330.6	*62.38	*3.35
% of Calories				*5.24%		*18.4%	*0%	*25.4%	*0.0%		55.5%		*19.6%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Wednesday - 10/08/2025 Reimbursable Meal Total 430

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001231 Hamburger/Cheese/Veggie Secondary	sandwich	200	310	5.28	586	*0	*0	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	*1	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	1	0	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	*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	*1	*0	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	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	400	65	*0.03	4	*8	*0	*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	*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

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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			495	*3.96	*693	*31	*0	*9.68	*0.00	*33	82.95	*10.53	*23.19	*113	*412.0	*47.62	*3.08
% of Calories				*7.20%		*25.1%	*0%	*17.6%	*0.0%		67.0%		*18.7%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Thursday - 10/09/2025

Reimbursable Meal Total 370

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990301 Pancake, WG 3.75"	2 each	300	140	0.00	367	5	4	2.00	0.00	7	27.30	2.78	2.78	*N/A*	*N/A*	*N/A*	*N/A*
000098 STRAWBERRIES: frozen	CUP	200	245	0.02	8	61	*N/A*	0.33	0.00	0	66.10	4.84	1.35	3	28.0	105.57	1.50
000834 Toppings fruit	Servings 2TB	200	12	0.00	0	3	*N/A*	0.02	0.00	0	3.25	0.31	0.07	*0	1.3	3.22	0.06
000548 Yogurt	4 oz	300	90	0.00	50	14	*N/A*	0.00	0.00	3	19.00	0.00	3.00	*N/A*	300.0	1.20	0.00
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	*1	*0	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	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	250	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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			665	*1.93	*676	*70	*3	*9.24	*0.00	*17	133.26	*11.23	*16.61	*18	*579.0	*109.24	*1.96
% of Calories				*2.61%		*42.1%	*1.8%	*12.5%	*0.0%		80.2%		*10.0%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Friday - 10/10/2025

Reimbursable Meal Total 440

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990206 Chicken Drumstick, WG	piece	250	219	2.99	527	0	*N/A*	12.94	0.00	60	5.97	1.00	18.91	*N/A*	*N/A*	*N/A*	*N/A*
001095 Bread,WG dinner roll	roll	100	70	0.00	125	3	*N/A*	1.00	0.00	0	14.00	1.00	3.00	*N/A*	20.0	0.00	1.08
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
000526 Corn	1/2 cup	200	67	0.08	1	3	0	0.55	0.00	0	15.92	1.98	2.10	8	2.5	2.89	0.39
000529 Fresh Vegetables	1/2 cup	350	20	0.02	*20	*1	*0	0.07	0.00	0	4.46	1.68	0.77	*7	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	325	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	325	65	*0.03	4	*8	*0	*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	*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

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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			450	*3.17	*731	*21	*0	*12.09	*0.00	*43	64.80	*7.28	*22.65	*20	*309.2	*50.12	*1.90
% of Calories				*6.34%		*18.7%	*0%	*24.2%	*0.0%		57.6%		*20.1%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Monday - 10/13/2025

Reimbursable Meal Total 460

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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	*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	1	0	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	1	*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	0	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	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	400	65	*0.03	4	*8	*0	*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	*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

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (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			700	*9.21	*1737	*22	*0	*26.03	*0.21	*56	86.81	*10.50	*31.08	*101	*514.1	*36.48	*3.48
% of Calories				*11.84 %		*12.6%	*0%	*33.5%	*0.3%		49.6%		*17.8%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Tuesday - 10/14/2025

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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	0	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	*1	*0	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	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	350	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
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			771	*9.40	*1204	*25	*0	*21.97	*0.00	*72	115.79	*19.48	*33.98	*256	*378.1	*50.34	*3.76
% of Calories				*10.97 %		*13.0%	*0%	*25.6%	*0.0%		60.1%		*17.6%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

Wednesday - 10/15/2025 Reimbursable Meal Total 480

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001161 Pizza, WG Primo Cheese, 8ct	slice	450	360	7.00	600	9	*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	1	0	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	0	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	*1	*0	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	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	350	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	400	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
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			561	*7.90	*703	*28	*0	*17.78	*0.00	*41	73.50	*8.77	*29.99	*111	*725.5	*61.27	*3.72
% of Calories				*12.67 %		*20.0%	*0%	*28.5%	*0.0%		52.4%		*21.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Thursday - 10/16/2025 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 No School																	
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Friday - 10/17/2025Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 No School																	
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Monday - 10/20/2025Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001020 Chicken Parmesan, Secondary	Serving	400	290	4.46	875	*0	*0	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	0	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	*1	*0	0.07	0.00	0	4.46	1.68	0.77	*7	*13.4	*23.33	*0.28

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000803 Fruit Fresh Choice	1/2cup portion	175	65	*0.03	4	*8	*0	*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	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
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			697	*5.86	*1020	*17	*0	*19.27	*0.00	*60	96.08	*8.38	*37.93	*57	*533.4	*42.57	*3.44
% of Calories				*7.57%		*9.8%	*0%	*24.9%	*0.0%		55.1%		*21.8%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Tuesday - 10/21/2025

Reimbursable Meal Total 460

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001214 Burrito Bowl, chicken or beef MS/E	serving	250	532	*4.25	988	*1	*0	*10.84	*0.20	*58	76.92	*10.00	*29.69	*72	247.0	0.51	2.66
000699 Assorted Taco Toppings	1/2 cup	200	105	0.98	346	*2	*0	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	1	*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	0	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	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	400	65	*0.03	4	*8	*0	*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	*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

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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	*4.14	*1135	*22	*0	*12.07	*0.11	*40	103.61	*14.17	*28.71	*57	*427.9	*34.91	*2.55
% of Calories				*5.84%		*13.8%	*0%	*17.0%	*0.2%		65.0%		*18.0%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Wednesday - 10/22/2025 Reimbursable Meal Total 370

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000665 French Toast Sticks Sec	4 sticks	200	360	4.00	440	*N/A*	*N/A*	12.00	*N/A*	20	52.00	0.00	8.00	*N/A*	40.0	0.00	2.88
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	*1	*0	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	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	250	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
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			639	*7.33	*815	*20	*0	*22.03	*0.00	*166	87.96	*6.19	*21.16	*16	*406.4	*49.46	*3.23
% of Calories				*10.32 %		*12.5%	*0%	*31.0%	*0.0%		55.1%		*13.2%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

Thursday - 10/23/2025		Reimbursable Meal Total 370															
	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001182 Hotdog, all beef on WG bun	each	350	302	6.48	788	1	*N/A*	18.11	0.99	30	23.62	1.16	9.62	*N/A*	*59.8	*0.00	*1.36
000505 Baked Beans, Veg LS	1/2 Cup	200	140	0.00	370	12	*N/A*	0.00	0.00	0	30.00	5.00	6.00	*N/A*	40.0	0.00	1.80
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	*1	*0	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	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	350	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
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			639	*8.15	*1174	*29	*0	*23.30	*0.94	*43	85.32	*9.35	*22.18	*19	*409.3	*57.48	*3.23
% of Calories				*11.48 %		*18.2%	*0%	*32.8%	*1.3%		53.4%		*13.9%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Friday - 10/24/2025		Reimbursable Meal Total 470															
	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calc ^m (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

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000687 Salad,Small Caesar	Serving	200	121	2.58	370	1	*0	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	*1	*0	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	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	350	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	400	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
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			482	*4.68	*944	*19	*0	*14.20	*0.00	*20	65.47	*8.28	*24.44	*108	*610.9	*47.53	*2.74
% of Calories				*8.74%		*15.8%	*0%	*26.5%	*0.0%		54.3%		*20.3%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Monday - 10/27/2025

Reimbursable Meal Total 480

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001259 Sampler Platter, Mini	portion	450	312	3.88	621	*1	*N/A*	13.96	0.00	37	28.78	3.82	17.79	*N/A*	160.0	0.00	1.76
000567 Veg Medley	1/2 cup	300	59	0.03	32	3	0	0.14	0.00	0	11.91	4.00	2.60	195	22.8	2.91	0.75
000529 Fresh Vegetables	1/2 cup	400	20	0.02	*20	*1	*0	0.07	0.00	0	4.46	1.68	0.77	*7	*13.4	*23.33	*0.28
990126 Hummus, Grecin	2 oz	200	142	0.00	283	2	*N/A*	7.09	0.00	0	14.17	2.02	6.08	*N/A*	0.0	0.00	0.81
000571 Fruit Choice	1/2 cup	400	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	400	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	500	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
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			634	*5.29	*890	*26	*0	*19.36	*0.00	*45	85.30	*11.57	*30.93	*139	*510.2	*48.50	*3.27
% of Calories				*7.51%		*16.4%	*0%	*27.5%	*0.0%		53.8%		*19.5%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Tuesday - 10/28/2025

Reimbursable Meal Total 480

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001161 Pizza, WG Primo Cheese, 8ct	slice	450	360	7.00	600	9	*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	1	0	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	0	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	*1	*0	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	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	350	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	400	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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			561	*7.90	*703	*28	*0	*17.78	*0.00	*41	73.50	*8.77	*29.99	*111	*725.5	*61.27	*3.72
% of Calories				*12.67 %		*20.0%	*0%	*28.5%	*0.0%		52.4%		*21.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Wednesday - 10/29/2025 Reimbursable Meal Total 390

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000637 Taco in a Bag	serving	350	476	*7.25	940	*1	*N/A*	*21.12	*0.00	*83	33.57	*2.00	*32.61	*N/A*	306.6	2.40	2.24
000699 Assorted Taco Toppings	1/2 cup	350	105	0.98	346	*2	*0	6.80	*0.00	0	11.02	4.40	1.24	*14	17.0	15.49	0.90
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	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	300	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
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			845	*8.83	*1403	*22	*0	*28.75	*0.00	*83	97.32	*15.89	*45.89	*23	*622.2	*41.04	*5.02
% of Calories				*9.40%		*10.4%	*0%	*30.6%	*0.0%		46.1%		*21.7%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Thursday - 10/30/2025 Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990220 Tikka Masala, Chicken	3 oz spoodle	200	180	1.00	370	17	*N/A*	4.00	0.00	50	20.00	0.00	16.00	*N/A*	*N/A*	*N/A*	*N/A*
000426 Veg Green Beans	1/2 cup	200	19	0.03	1	1	0	0.11	0.00	0	4.35	2.02	1.01	14	28.4	2.77	0.45
000601 Brown Rice	1/2 cup	200	109	0.16	1	*N/A*	0	0.81	*N/A*	0	22.92	1.76	2.26	0	9.8	0.00	0.52
990221 Naan Bread, WG; 1 oz	each	200	70	0.00	100	1	*N/A*	1.00	0.00	0	12.00	2.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*
000529 Fresh Vegetables	1/2 cup	200	20	0.02	*20	*1	*0	0.07	0.00	0	4.46	1.68	0.77	*7	*13.4	*23.33	*0.28
990126 Hummus, Grecin	2 oz	100	142	0.00	283	2	*N/A*	7.09	0.00	0	14.17	2.02	6.08	*N/A*	0.0	0.00	0.81
000571 Fruit Choice	1/2 cup	200	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	200	65	*0.03	4	*8	*0	*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	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
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			709	*2.75	*780	*44	*0	*12.39	*0.00	*60	116.39	*12.34	*34.30	*35	*376.7	*58.18	*2.34
% of Calories				*3.49%		*24.8%	*0%	*15.7%	*0.0%		65.7%		*19.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Friday - 10/31/2025

Reimbursable Meal Total 1

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 No School																	
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages		653	*5.84	*994	*29	*0	*18.30	*0.07	*55	93.81	*11.32	*29.99	*87	*486.9	*56.46	*3.37
% of Calories			*8.05%		*17.8%	*0%	*25.2%	*0.1%		57.5%		*18.4%				

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*
** - denotes combined nutrient totals with either missing or incomplete nutrient data*
¹ - denotes required nutrient values

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.