

# Base Menu Spreadsheet

Lunches Di Si

## Portion Values

Jan 6, 2025 thru Jan 31, 2025

**Menu Name:** BRIYA PCS- Lunch- PreK3-PreK4 **Include Cost:** No  
**Site:**  
**Use Alternate Menu Name:** No

### Monday - 01/06/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)
991411 V- Caprese WG Pasta 3/4cup: R:1/2, OT:1/4	1 serving	100	440	7.63	560	*9	*1	15.21	*0.00	38	54.99	9.30
992622 VG/DF- Caprese WG Pasta 3/4cup: R:1/2, OT:1/4	1 serving	0	398	10.03	664	*7	*1	14.56	*0.00	0	61.93	9.30
992548 TANGERINES,FRESH - 1/2 cup (150 ct)	1 (150ct p/cs)	100	64	0.05	2	13	*N/A*	0.37	0.00	0	16.01	2.16
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00	0.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00	0.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00	2.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	0.00
<b>Weighted Daily Average</b>			604	8.42	692	*35	*1	16.83	*0.00	48	84.00	11.46
% of Calories				12.55 %		*23.2%	*0.7%	25.1%	*0.0%		55.6%	
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0				

### Tuesday - 01/07/2025 Reimbursable Meal Total 100

# Base Menu Spreadsheet

Luncheras Di Si

## Portion Values

Jan 6, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)
990401 Jamaican Jerk Chicken Bowl - K to 12	serving	99	347	0.61	203	*2	*N/A*	3.79	*0.00	41	56.87	2.19
991888 V/VG- Jamaican Jerk Chicken Bowl	serving	1	368	0.03	328	*3	*0	3.59	*0.00	0	59.40	2.30
992778 Sautéed Collards Green- DG:3/4	3/4 cup	100	97	0.41	141	5	*N/A*	5.61	0.01	0	11.21	3.41
990597 PEACHES, DICED IN JUICE SS PLASTIC CUP - HC	HC	100	80	0.00	5	18	*N/A*	0.00	0.00	0	19.00	1.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00	0.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00	0.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00	2.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	0.00
<b>Weighted Daily Average</b>			<b>624</b>	<b>1.77</b>	<b>480</b>	<b>*38</b>	<b>*0</b>	<b>10.65</b>	<b>*0.01</b>	<b>50</b>	<b>100.10</b>	<b>6.60</b>
% of Calories				2.55%		*24.4%	*0%	15.4%	*0.0%		64.2%	
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0				

### Wednesday - 01/08/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)
992419 Chipotle BBQ Pulled Chicken WG Slider	serving	99	295	0.61	825	17	*4	4.13	0.00	43	42.25	3.00
992420 V/VG- Chipotle BBQ Pulled Chicken MeatlesWG Slider	serving	1	320	0.00	955	18	*4	4.00	0.00	0	44.25	3.00
990604 CREAMY COLESLAW OT: 1/2, R:1/4	3/4 cup	100	77	0.29	111	7	*N/A*	2.03	*0.00	3	12.79	4.32
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*N/A*	0.13	0.00	0	10.29	1.79

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Lunches Di Si

## Portion Values

Jan 6, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00	0.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00	0.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00	2.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	0.00
Weighted Daily Average			511	1.66	1068	*45	*4	7.53	*0.00	55	78.35	9.11
% of Calories				2.92%		*35.2%	*3.1%	13.3%	*0.0%		61.3%	
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0				

### Thursday - 01/09/2025

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)
992808 Turkey Breast Strips w/Gravy & Mashed Potat S:3/4	serving	99	481	10.80	1212	*4	*0	16.57	*0.00	58	55.62	3.50
992809 V- Meatless Strips w/Gravy & Mash/ Potato S:3/4	serving	1	424	7.16	710	*6	*0	12.04	*0.00	0	53.08	4.01
991025 ORANGES - Half Cup (1orange)	1 orange	100	62	0.02	0	12	*N/A*	0.16	0.00	0	15.39	3.14
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00	0.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00	0.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00	2.00

# Base Menu Spreadsheet

Lunches Di Si

## Portion Values

Jan 6, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	0.00
Weighted Daily Average			642	11.53	1337	*29	*0	17.93	*0.00	67	83.99	6.65
% of Calories				16.16 %		*18.1%	*0%	25.1%	*0.0%		52.3%	
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0				

## Friday - 01/10/2025

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)
991126 V- Grilled Cheese Sandwich	servings	100	303	6.60	1142	8	*0	11.57	0.00	35	30.00	4.00
991088 BROCCOLI FLORETS Stamed 3/4cup: DG:3/4	3/4 CUP	100	23	0.00	11	1	*N/A*	0.25	0.00	0	4.53	1.77
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00	0.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00	0.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00	2.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	0.00
Weighted Daily Average			532	7.48	1284	*36	*0	13.46	0.00	45	74.48	8.84
% of Calories				12.65 %		*27.1%	*0%	22.8%	0.0%		56.0%	
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0				

## Monday - 01/13/2025

### Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Jan 6, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)
992450 Golden Crispy Chicken Tenders	3 tenders	99	260	0.00	390	1	*1	15.00	0.00	25	16.00	3.00
992616 V/VG - Breaded Veggie Tenders w/WG Roll	3 tenders	1	230	3.00	520	3	*2	8.00	0.00	0	26.00	2.00
000242 Roasted Sweet Potato - R: 3/4 cup	.75 cup	100	169	0.34	54	10	*N/A*	3.95	0.00	0	31.06	4.95
000222 KETCHUP: individual	9 gr	100	10	0.00	25	2	*N/A*	0.00	0.00	0	3.00	0.00
000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup	1/2 cup	100	40	0.02	1	7	*N/A*	0.10	0.00	0	10.66	2.17
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00	0.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00	0.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00	2.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	0.00
Weighted Daily Average			578	1.14	601	*33	*1	20.23	0.00	35	73.83	10.11
% of Calories				1.78%		*22.8%	*0.7%	31.5%	0.0%		51.1%	
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0				

### Tuesday - 01/14/2025

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)
992793 Turkey Meatballs w/rice & Black Beans L:1/2, R:1/4	serving -4 (MB)	99	460	1.50	570	*4	*0	7.34	*0.00	45	73.07	8.01
991868 V/VG- Veggie Meatballs, rice & Beans L:1/2, R:1/4	1 serving (3VM)	1	500	3.00	556	4	*1	9.34	0.00	0	78.07	11.01

# Base Menu Spreadsheet

## Portion Values

Jan 6, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*N/A*	0.13	0.00	0	10.29	1.79
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00	0.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00	0.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00	2.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	0.00
Weighted Daily Average			600	2.29	701	*25	*0	8.74	*0.00	55	96.41	9.83
% of Calories				3.44%		*16.7%	*0%	13.1%	*0.0%		64.3%	
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0				

### Wednesday - 01/15/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)
991746 Cheese Lunch Individual Pizza w/ Chicken/BeefPepper	4.56oz 5 pepper	99	317	4.50	930	5	*N/A*	13.00	0.00	10	24.33	5.00
991392 V- Cheese Lunch Individual Pizza	4.56oz (129gr)	1	270	3.00	750	5	*N/A*	9.00	0.00	0	24.00	5.00
000249 MASHED POTATOES - .75 cup	3/4 cup	100	126	1.83	21	*2	*N/A*	2.96	*0.00	6	22.01	1.50
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00	0.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00	0.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00	2.00

# Base Menu Spreadsheet

## Portion Values

Jan 6, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	0.00
Weighted Daily Average			647	7.20	1080	*34	*N/A*	17.56	*0.00	26	86.29	9.56
% of Calories				10.02 %		*21.0%	*N/A*	24.4%	*0.0%		53.3%	
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0				

### Thursday - 01/16/2025

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)
991419 One Pot Chicken Fajita Pasta R:1/4, OT:1/2	serving	100	498	7.37	389	*4	*0	22.93	*0.00	53	52.45	9.34
992257 V/VG One Pot Chicken Fajita Pasta R:1/4, OT:1/2	serving	1	454	3.89	493	*5	*0	17.93	*0.00	0	50.66	9.34
991025 ORANGES - Half Cup (1orange)	1 orange	100	62	0.02	0	12	*N/A*	0.16	0.00	0	15.39	3.14
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00	0.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00	0.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00	2.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	0.00
Weighted Daily Average			664	8.18	524	*29	*0	24.51	*0.00	63	81.35	12.58
% of Calories				11.09 %		*17.5%	*0%	33.2%	*0.0%		49.0%	
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0				

### Friday - 01/17/2025

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Jan 6, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)
000145 NO SCHOOL TODAY												
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%	
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0				

### Monday - 01/20/2025

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)
000145 NO SCHOOL TODAY												
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%	
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0				

### Tuesday - 01/21/2025

#### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)
992173 Buffalo Chicken Mac & Cheese - (Cheese Sauce)	1 Portion	100	373	6.32	806	2	*N/A*	12.64	0.00	51	46.00	6.22
992175 V- Buffalo Chicken Meatless Mac & Cheese	1 Portion	1	380	6.02	859	3	*0	12.49	0.00	30	46.91	6.22
992796 BROCCOLI FLORETS - Steamed DG: 1/2	1/2 cup	100	15	0.00	7	0	*N/A*	0.17	0.00	0	3.02	1.18



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## Portion Values

Jan 6, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*N/A*	0.13	0.00	0	10.29	1.79
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00	0.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00	0.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00	2.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	0.00
Weighted Daily Average			531	7.15	953	*23	*0	14.31	0.00	62	72.78	9.25
% of Calories				12.12 %		*17.3%	*0%	24.3%	0.0%		54.8%	
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0				

### Wednesday - 01/22/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)
992812 Orange Chicken Chunks	4 pc	100	330	2.86	667	6	*6	19.84	0.00	35	24.21	0.00
992814 V/VG Orange Meatless Chicken	3 pc	1	218	1.47	380	8	*6	11.45	0.00	0	22.12	2.27
992813 Fried Brown Rice: Carrots, Corn, Peas R:1/2, S:3/8	1 serving	100	267	0.00	548	*6	*0	1.60	*0.00	0	56.04	5.53
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00	0.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00	0.00
991919 Soy Milk	8 fl	1	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00	2.00

# Base Menu Spreadsheet

Lunches Di Si

## Portion Values

Jan 6, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	0.00
Weighted Daily Average			806	3.77	1351	*39	*6	23.23	*0.00	45	120.56	8.64
% of Calories				4.21%		*19.4%	*3.0%	25.9%	*0.0%		59.8%	
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0				

### Thursday - 01/23/2025

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)
992815 Italian Turkey WG Pasta R:1/4, OT:1/2	serving	99	475	3.32	186	*5	*0	24.05	*0.00	91	47.52	9.09
992816 V/VG- Ita. Veggie Crumbles WG Pasta R:1/4, OT:1/2	serving	1	415	1.04	353	*5	*0	17.07	*0.00	0	52.34	12.54
992548 TANGERINES,FRESH - 1/2 cup (150 ct)	1 (150ct p/cs)	100	64	0.05	2	13	*N/A*	0.37	0.00	0	16.01	2.16
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00	0.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00	0.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00	2.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	0.00
Weighted Daily Average			638	4.09	321	*30	*0	25.60	*0.00	100	76.57	11.28
% of Calories				5.77%		*18.8%	*0%	36.1%	*0.0%		48.0%	
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0				

### Friday - 01/24/2025

### Reimbursable Meal Total 100

# Base Menu Spreadsheet

Lunches Di Si

## Portion Values

Jan 6, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)
991084 Chicken Nuggets Breaded	4 pc (91 gr)	99	210	2.50	340	1	*0	12.00	0.00	40	12.00	2.00
992459 Vegan Chicken Nuggets w/WG Roll	5 Nuggets	1	331	1.88	635	5	*2	12.30	0.00	0	40.12	4.77
000263 Carrots, Steamed - R: 3/4 cup	3/4 cup	100	38	0.03	63	4	*N/A*	0.22	0.00	0	8.77	2.56
991603 BBQ Sauce (ss)	0.44 oz	100	20	0.00	130	4	4	0.00	0.00	0	6.00	0.00
991025 ORANGES - Half Cup (1orange)	1 orange	100	62	0.02	0	12	*N/A*	0.16	0.00	0	15.39	3.14
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00	0.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00	0.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00	2.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	0.00
Weighted Daily Average			430	3.29	666	*35	*4	13.63	0.00	50	55.44	7.73
% of Calories				6.89%		*32.6%	*3.7%	28.5%	0.0%		51.6%	
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0				

Monday - 01/27/2025

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Jan 6, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)
000145 NO SCHOOL TODAY												
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%	
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0				

### Tuesday - 01/28/2025

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)
990272 Shepherd's Pie w/potato, carrots S:1/2, R:1/4	serving	100	278	2.74	137	*2	*0	9.93	*0.00	95	28.71	3.20
992821 V/VG-Shepherd's Pie w/potato, carrots S:1/2, R:1/4	serving	1	209	1.54	453	*3	*0	4.18	*0.00	0	33.81	7.20
990924 Brown Rice - Riceland	1 cup	100	200	0.00	4	*0	*N/A*	1.33	*0.00	0	42.67	1.33
991025 ORANGES - Half Cup (1orange)	1 orange	100	62	0.02	0	12	*N/A*	0.16	0.00	0	15.39	3.14
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00	0.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00	0.00
991919 Soy Milk	8 fl	1	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00	2.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	0.00
Weighted Daily Average			643	3.53	277	*27	*0	12.76	*0.00	105	100.24	7.77
% of Calories				4.94%		*16.8%	*0%	17.9%	*0.0%		62.4%	
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0				

# Base Menu Spreadsheet

## Portion Values

Jan 6, 2025 thru Jan 31, 2025

### Wednesday - 01/29/2025

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)
991392 V- Cheese Lunch Individual Pizza	4.56oz (129gr)	100	270	3.00	750	5	*N/A*	9.00	0.00	0	24.00	5.00
000266 BROCCOLI, Roasted DG: 3/4 cup	3/4 CUP	100	65	0.33	11	1	*N/A*	4.90	0.00	0	4.53	1.77
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00	0.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00	0.00
991919 Soy Milk	8 fl	1	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00	2.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	0.00
Weighted Daily Average			541	4.22	893	*33	*N/A*	15.58	0.00	10	68.61	9.86
% of Calories				7.02%		*24.4%	*N/A*	25.9%	0.0%		50.7%	
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0				

### Thursday - 01/30/2025

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)
991580 Grilled Chicken & Rice	2.87 oz	99	253	0.75	146	*0	*N/A*	5.40	*0.00	41	32.11	1.06
991866 V/VG- Grilled Chicken Meatless & Brown Rice	2.87 oz	1	428	0.17	273	*1	*0	6.30	*0.00	0	66.04	2.06
000242 Roasted Sweet Potato - R: 3/4 cup	.75 cup	100	169	0.34	54	10	*N/A*	3.95	0.00	0	31.06	4.95

# Base Menu Spreadsheet

## Portion Values

Jan 6, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)
000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup	1/2 cup	100	40	0.02	1	7	*N/A*	0.10	0.00	0	10.66	2.17
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00	0.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00	0.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00	2.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	0.00
Weighted Daily Average			563	1.85	332	*30	*0	10.70	*0.00	50	87.18	8.19
% of Calories				2.96%		*21.3%	*0%	17.1%	*0.0%		61.9%	
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0				

### Friday - 01/31/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)
992300 Crispy Chicken Burger (3.1oz)	serving	100	387	2.47	823	4	*4	14.84	0.00	25	42.81	4.98
992288 V-VG Crispy Chicken Meatless Burger	serving	1	404	1.58	770	7	*4	13.06	0.00	0	56.65	6.18
990963 MASHED POTATOES - S:1/2 cup	1/2 cup	1	76	0.59	17	*2	*N/A*	1.05	*0.00	3	14.58	0.96
000222 KETCHUP: individual	9 gr	100	10	0.00	25	2	*N/A*	0.00	0.00	0	3.00	0.00
992548 TANGERINES,FRESH - 1/2 cup (150 ct)	1 (150ct p/cs)	100	64	0.05	2	13	*N/A*	0.37	0.00	0	16.01	2.16
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00	0.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00	0.00

# Base Menu Spreadsheet

## Portion Values

Jan 6, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00	2.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	0.00
Weighted Daily Average			565	3.29	989	*32	*4	16.60	*0.00	35	75.53	7.21
% of Calories				5.24%		*22.7%	*2.8%	26.4%	*0.0%		53.5%	
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0				

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)
Weighted Averages	595	5	797	*33	*1	15.87	*0.00	53	83.28	9.10
% of Calories		7.20%		*22.2%	*0.7%	24.0%	*0.0%		56.0%	

- \*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
- <sup>1</sup> - denotes required nutrient values
- <sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**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.**