

Base Menu Spreadsheet

Portion Values

Oct 14, 2025 thru Oct 31, 2025

Menu Name:	Nutrient Info Lunch	Include Cost:	No
Site:			
Use Alternate Menu Name:	No		

Tuesday - 10/14/2025Reimbursable Meal Total 1

	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)
001805 2-Chicken Chili Verde	1 serving	1	538	1.38	2228	4.43	*0.00	10.27	0.00	68	76.70	6.86	31.31	*N/A*	90.3	0.30	5.69
990551 2-Chicken Chili Verde-only	1 serving	1	142	0.00	1149	0.00	0.00	3.24	0.00	68	5.00	2.31	21.69	*N/A*	0.3	0.30	2.31
990606 2-Tortilla 8" whole grain	1 serving	1	105	1.43	210	0.95	0.00	2.86	0.00	0	17.14	1.90	2.86	*N/A*	38.1	0.00	0.69
000241 2-Rice, Spanish	cup	1	262	0.91	860	3.39	0.00	4.67	0.00	0	49.54	3.50	5.93	*N/A*	22.0	0.00	2.05
990333 2-Chicken Nuggets w/ Fries & Dinner Roll	serving	1	505	2.17	515	4.36	0.00	18.79	0.00	22	65.85	6.49	22.52	*N/A*	43.4	6.10	3.72
990283 2-Chicken Nuggets-only	5 each	1	226	2.17	347	0.87	0.00	13.02	0.00	22	13.89	2.60	13.88	*N/A*	34.7	0.00	1.56
000763 2-Potatoes,French Fries- only	3/4 cup	1	140	0.00	51	0.00	0.00	3.17	0.00	0	26.67	1.27	2.54	*N/A*	0.0	6.10	0.76
990218 2-Roll, Dough, Dinner WG Proof & Bake	ea	1	140	0.00	118	3.49	0.00	2.62	0.00	0	25.32	2.62	6.11	*N/A*	8.7	0.00	1.40
990377 2-Yogurt Fruit Cup-strawberries	servings	1	382	0.67	252	29.65	0.00	3.95	0.00	7	75.62	4.44	14.12	*N/A*	312.3	37.70	1.93
990383 2-Yogurt Fruit Cup-only	servings	1	242	0.67	134	26.16	0.00	1.33	0.00	7	50.30	1.82	8.00	*N/A*	303.5	37.70	0.54
990218 2-Roll, Dough, Dinner WG Proof & Bake	ea	1	140	0.00	118	3.49	0.00	2.62	0.00	0	25.32	2.62	6.11	*N/A*	8.7	0.00	1.40
990530 2-Pizza, Cheese - Homemade	each	1	316	5.12	622	5.36	0.00	9.62	0.00	25	32.22	3.28	24.12	*N/A*	9.8	0.02	1.49
000477 2-Peaches, sliced, canned	1/2 cup	1	55	0.00	0	10.90	0.00	0.00	0.00	0	13.09	1.09	1.09	*N/A*	0.0	1.31	0.00
004515 2-Juice, Apple (4oz.)	1/2 cup	1	50	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Oct 14, 2025 thru Oct 31, 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)
990305 2-Beans, Refried, seasoned	1/2 cup	1	118	0.00	152	0.95	0.00	0.18	0.00	0	21.73	6.82	6.82	*N/A*	28.9	2.41	2.21
003505 2-Carrots, Baby	1/2 cup	1	26	0.00	57	3.51	0.00	0.10	0.00	0	6.07	2.14	0.47	*N/A*	0.0	0.00	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000804 2-Mustard, packet, 1/5 oz	1 each	1	1	0.00	60	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			3715	17.02	7279	144.50	*0.00	85.95	0.00	243	557.46	49.78	186.58	*0	1600.7	93.13	26.11
% of Calories				4.12%		15.56%	*0.00%	20.8%	0.0%		60.0%		20.1%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Wednesday - 10/15/2025 Reimbursable Meal Total 1

	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)
003280 2-Penne Pasta w/MeatSauce	servings	1	372	5.82	513	3.80	0.00	13.14	0.00	43	45.53	6.90	21.56	*N/A*	211.5	0.08	4.54
990388 2-Cheeseburger on a bun (Steak Burger Patty) Delux	1 each	1	385	7.00	986	5.30	0.00	18.30	0.00	66	33.69	3.69	25.30	*N/A*	286.3	4.69	3.78
000733 2-Sesame Chicken Salad w/ roll	serving	1	379	3.62	471	6.52	0.00	14.73	0.00	518	39.22	20.02	25.30	*N/A*	41.5	8.34	3.15
003659 2-Salad, Sesame Chick-only	serving	1	206	1.19	184	3.02	0.00	8.87	0.00	196	13.89	7.68	16.76	*N/A*	32.7	8.34	1.75
990218 2-Roll, Dough, Dinner WG Proof & Bake	ea	1	140	0.00	118	3.49	0.00	2.62	0.00	0	25.32	2.62	6.11	*N/A*	8.7	0.00	1.40

Base Menu Spreadsheet

Portion Values

Oct 14, 2025 thru Oct 31, 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)
990578 2-Penne Pasta, Meatless	servings	1	392	7.30	496	3.80	0.00	15.59	0.00	48	46.03	6.90	20.97	*N/A*	421.3	0.08	3.63
003187 2-Applesauce, cup	1/2 cup	1	60	0.00	15	17.94	0.00	0.00	0.00	0	13.95	1.00	0.00	*N/A*	199.3	0.00	0.00
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
990452 2-Celery & Carrot Sticks	1/2 cup	1	22	0.01	59	2.43	0.40	0.17	0.00	0	4.98	1.74	0.64	*N/A*	28.8	2.34	0.20
001676 2-Beans, Green, canned	1/2 cup	1	21	0.00	146	2.09	0.00	0.00	0.00	0	4.18	2.09	1.04	*N/A*	20.9	2.51	0.75
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001870 2-Ranch packet, 12 gram	ea	1	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			2436	28.96	3503	95.39	0.40	90.91	0.00	896	280.80	52.65	136.69	*0	1951.1	97.57	19.55
% of Calories				10.70 %		15.66%	0.00%	33.6%	0.0%		46.1%		22.4%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Thursday - 10/16/2025

Reimbursable Meal Total 1

	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)
990154 2-Beef Dunkers, Teriyaki w/brown rice & Broccoli	serving	1	426	4.64	1281	5.10	0.00	12.91	0.51	41	54.67	6.51	22.15	*N/A*	68.9	0.24	3.38
003544 2-Beef Dunker only	4 each	1	163	3.56	448	4.07	0.00	8.14	0.51	41	6.11	1.02	14.25	*N/A*	20.4	0.00	1.46

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Oct 14, 2025 thru Oct 31, 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)
003636 2-Rice,Brown Cooked w/ broth	cups	1	237	1.07	809	0.00	0.00	4.76	0.00	0	43.43	2.41	4.82	*N/A*	10.6	0.24	1.26
990155 2-Broccoli Steamed	1/2 cup	1	27	0.00	24	1.03	0.00	0.00	0.00	0	5.14	3.08	3.08	*N/A*	38.0	0.00	0.66
002525 2-Chicken, Spicy Sandwich Deluxe	each	1	443	3.00	897	6.30	0.00	17.10	0.00	25	50.69	6.69	22.50	*N/A*	247.7	4.69	4.68
009538 2-Salad, Taco, beef	Servings	1	679	10.80	1336	3.11	0.00	42.79	0.00	58	50.25	3.62	26.90	*N/A*	216.3	8.68	3.96
001806 2-Pizza, Veggie	Slice	1	323	5.12	624	6.24	0.00	9.67	0.00	25	33.83	3.71	24.40	*N/A*	13.7	8.64	1.58
000493 2-Pear, diced, canned	1/2 cup	1	63	0.00	0	0.00	0.00	0.00	0.00	0	17.12	2.70	0.00	*N/A*	11.7	1.08	0.00
002590 2-Juice,Fruit Punch,4oz	1/2 cup	1	60	0.00	15	15.00	0.00	0.00	0.00	0	14.00	0.00	0.00	*N/A*	0.0	1.20	0.00
001589 2-Broccoli,Fresh,Raw	1/2 cup	1	11	0.00	10	0.54	0.00	0.12	0.00	0	2.09	0.83	0.89	*N/A*	14.9	28.11	0.23
001681 2-Corn	1/2 cup	1	111	0.00	18	3.69	0.00	0.92	0.00	0	16.61	1.85	1.85	*N/A*	36.9	0.00	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001870 2-Ranch packet, 12 gram	ea	1	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000470 2-Soy Sauce packet	.5 oz	1	0	0.00	6	0.00	0.00	0.00	0.00	0	0.01	0.00	0.01	*N/A*	0.0	0.00	0.00
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Oct 14, 2025 thru Oct 31, 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)
001666 2-Sauce, Taco, packet, 9 gram	1 each	1	5	0.00	95	0.00	0.00	0.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			2948	32.19	6078	80.08	0.00	113.91	1.02	214	335.95	32.44	139.86	*0	1379.1	54.09	17.57
% of Calories				9.83%		10.87%	0.00%	34.8%	0.3%		45.6%		19.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Friday - 10/17/2025

Reimbursable Meal Total 1

	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)
990393 2-Chicken and Waffle (Maple)	serving	1	466	4.67	547	12.87	0.00	22.02	0.00	37	46.89	4.60	18.88	*N/A*	42.7	0.00	1.56
990385 2-Waffle Buttery Maple	Each	1	250	4.00	290	15.00	14.00	9.00	0.00	35	37.00	2.00	6.00	*N/A*	40.0	0.00	1.50
990283 2-Chicken Nuggets-only	5 each	1	226	2.17	347	0.87	0.00	13.02	0.00	22	13.89	2.60	13.88	*N/A*	34.7	0.00	1.56
990426 2-Fish Filet on Bun w/Tarter Sauce	Each	1	420	2.08	1009	4.74	0.00	18.20	0.00	44	46.28	5.01	21.02	*N/A*	210.2	0.13	2.90
002801 2-Fish Filet on Bun-only	Each	1	350	1.00	480	4.00	0.00	11.01	0.00	40	45.01	5.00	21.01	*N/A*	210.0	0.00	2.90
001952 2-Sauce, Tartar	1 Tablespoon	1	70	1.08	528	0.74	0.00	7.19	0.00	4	1.27	0.01	0.01	*N/A*	0.2	0.13	0.00
990574 2-Wrap, Chicken Caesar	each	1	643	6.96	1411	3.14	0.00	31.44	0.00	68	62.00	3.12	26.70	*N/A*	302.1	2.24	4.42
990546 2-Garlic Noodles w/ Tofu	servings	1	610	8.26	2194	5.99	0.00	21.57	0.00	11	79.44	10.98	29.35	*N/A*	281.5	3.34	7.30
002424 2-Mixed Fruit Cup	1/2 cup	1	70	0.00	0	4.98	0.00	0.00	0.00	0	16.94	1.00	0.00	*N/A*	5.0	1.20	0.00
004515 2-Juice, Apple (4oz.)	1/2 cup	1	50	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	0.00	0.00
990165 2-Mixed Vegetables, Bulk	1/2 cup	1	58	0.00	31	2.93	0.00	0.00	0.00	0	11.73	3.91	2.93	*N/A*	19.5	3.52	0.35

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Portion Values

Oct 14, 2025 thru Oct 31, 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)
990576 2-Carrots, Spicy Jalapeno	1/2 cup	1	26	0.03	572	0.00	0.00	0.16	0.00	0	5.71	2.22	0.55	*N/A*	21.5	6.24	0.55
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			3568	32.76	7815	102.27	14.00	143.11	0.00	285	419.14	40.46	159.34	0	1867.5	18.00	23.42
% of Calories				8.26%		11.47%	0.00%	36.1%	0.0%		47.0%		17.9%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Monday - 10/20/2025

Reimbursable Meal Total 1

	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)
002967 2-Chicken,Mand Orange w/Rice	servings	1	376	3.43	224	9.02	0.00	4.17	0.00	55	65.43	2.35	19.07	*N/A*	20.4	0.00	3.78
003556 2-Chicken,Mandarin Orange-only	servings	1	150	3.01	208	9.02	0.00	3.01	0.00	55	17.04	1.00	15.04	*N/A*	0.0	0.00	1.08
990093 2-Rice,White Cooked	cups	1	226	0.42	16	0.00	0.00	1.17	0.00	0	48.38	1.34	4.03	*N/A*	20.4	0.00	2.70
002623 2-Beef Rib Grill Honey BBQ Sandwich-only	1 each	1	360	4.00	870	14.00	0.00	12.00	0.00	40	44.00	5.00	21.00	*N/A*	240.0	1.20	3.60
990333 2-Chicken Nuggets w/ Fries & Dinner Roll	serving	1	505	2.17	515	4.36	0.00	18.79	0.00	22	65.85	6.49	22.52	*N/A*	43.4	6.10	3.72
990283 2-Chicken Nuggets-only	5 each	1	226	2.17	347	0.87	0.00	13.02	0.00	22	13.89	2.60	13.88	*N/A*	34.7	0.00	1.56
000763 2-Potatoes,French Fries- only	3/4 cup	1	140	0.00	51	0.00	0.00	3.17	0.00	0	26.67	1.27	2.54	*N/A*	0.0	6.10	0.76

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Oct 14, 2025 thru Oct 31, 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)
990218 2-Roll, Dough, Dinner WG Proof & Bake	ea	1	140	0.00	118	3.49	0.00	2.62	0.00	0	25.32	2.62	6.11	*N/A*	8.7	0.00	1.40
990346 2-Breaded Cheese Pocket	serving	1	290	3.11	476	2.07	1.04	10.35	0.00	36	28.99	0.00	19.67	*N/A*	469.0	0.00	2.07
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	1	53	0.00	1	10.51	0.00	0.17	0.00	0	13.98	2.40	0.26	*N/A*	6.0	4.61	0.12
002590 2-Juice,Fruit Punch,4oz	1/2 cup	1	60	0.00	15	15.00	0.00	0.00	0.00	0	14.00	0.00	0.00	*N/A*	0.0	1.20	0.00
003505 2-Carrots, Baby	1/2 cup	1	26	0.00	57	3.51	0.00	0.10	0.00	0	6.07	2.14	0.47	*N/A*	0.0	0.00	0.00
990116 2-Beans, Black seasoned	1/2 cup	1	136	0.00	189	2.70	0.00	0.00	0.00	0	24.48	8.11	9.46	*N/A*	135.2	0.02	2.45
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
000470 2-Soy Sauce packet	.5 oz	1	0	0.00	6	0.00	0.00	0.00	0.00	0	0.01	0.00	0.01	*N/A*	0.0	0.00	0.00
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000804 2-Mustard, packet, 1/5 oz	1 each	1	1	0.00	60	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001870 2-Ranch packet, 12 gram	ea	1	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			3087	22.30	3668	109.56	1.04	86.07	0.00	255	435.11	35.33	153.07	0	1677.9	20.42	23.62
% of Calories				6.50%		14.20%	0.00%	25.1%	0.0%		56.4%		19.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Tuesday - 10/21/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Oct 14, 2025 thru Oct 31, 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)
001210 2-Chicken w/Mashed Potato Bowl	Serving	1	491	3.14	901	4.49	0.00	17.24	0.00	28	60.62	5.67	25.78	*N/A*	43.7	38.20	2.67
003551 2-Chicken, popcorn-only	3.4 oz serving	1	222	2.22	343	0.00	0.00	12.19	0.00	28	13.29	1.11	17.73	*N/A*	22.2	16.62	1.00
000164 2-Potatoes,Mashed-only	1/2 cup	1	76	0.45	116	0.00	0.00	1.23	0.00	0	13.67	1.44	1.44	*N/A*	1.6	21.58	0.27
000092 2-Gravy,Brown Trio	2 oz serving	1	24	0.48	319	0.00	0.00	0.96	0.00	0	3.84	0.00	0.00	*N/A*	1.2	0.00	0.01
990073 2-Corn (1/4 cup)	.25 cup	1	30	0.00	5	1.00	0.00	0.25	0.00	0	4.49	0.50	0.50	*N/A*	10.0	0.00	0.00
990218 2-Roll, Dough, Dinner WG Proof & Bake	ea	1	140	0.00	118	3.49	0.00	2.62	0.00	0	25.32	2.62	6.11	*N/A*	8.7	0.00	1.40
002524 2-Corn Dog-only	1 each	1	240	2.50	470	7.00	0.00	9.00	0.00	40	30.00	2.00	9.00	*N/A*	100.0	0.00	1.50
002174 2-Turkey & Cheese Sandwich	1 each	1	303	2.50	1281	4.08	0.00	6.52	0.00	50	36.84	4.13	25.82	*N/A*	167.7	0.92	1.49
001231 2-Vegetarian Wrap	1 each	1	594	13.51	1641	3.16	0.00	37.56	0.00	55	43.28	4.94	17.35	*N/A*	336.0	12.60	1.53
000477 2-Peaches, sliced, canned	1/2 cup	1	55	0.00	0	10.90	0.00	0.00	0.00	0	13.09	1.09	1.09	*N/A*	0.0	1.31	0.00
004515 2-Juice, Apple (4oz.)	1/2 cup	1	50	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	0.00	0.00
990305 2-Beans, Refried, seasoned	1/2 cup	1	118	0.00	152	0.95	0.00	0.18	0.00	0	21.73	6.82	6.82	*N/A*	28.9	2.41	2.21
003505 2-Carrots, Baby	1/2 cup	1	26	0.00	57	3.51	0.00	0.10	0.00	0	6.07	2.14	0.47	*N/A*	0.0	0.00	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000804 2-Mustard, packet, 1/5 oz	1 each	1	1	0.00	60	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Oct 14, 2025 thru Oct 31, 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)
001870 2-Ranch packet, 12 gram	ea	1	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			2768	28.79	5978	85.58	0.00	105.34	0.00	226	326.25	32.45	131.12	*0	1420.0	94.84	12.42
% of Calories				9.36%		12.37%	0.00%	34.3%	0.0%		47.1%		18.9%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Wednesday - 10/22/2025 Reimbursable Meal Total 1

	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)
990425 2-Spaghetti w/Meatballs (All Natural)	servings	1	667	10.30	1007	0.00	0.00	29.39	0.50	68	75.21	10.19	32.32	*N/A*	230.2	17.96	7.53
002525 2-Chicken, Spicy Sandwich Deluxe	each	1	443	3.00	897	6.30	0.00	17.10	0.00	25	50.69	6.69	22.50	*N/A*	247.7	4.69	4.68
990182 2-Pizza, Pepperoni & Jalapeno	each	1	351	6.32	1038	5.36	0.00	12.50	0.00	32	32.98	4.04	25.32	*N/A*	9.8	3.21	1.49
990376 2-Meatless Pasta-spaghetti	servings	1	548	8.61	1010	0.00	0.00	20.49	0.00	56	71.71	10.19	26.40	*N/A*	412.5	17.96	6.53
003187 2-Applesauce, cup	1/2 cup	1	60	0.00	15	17.94	0.00	0.00	0.00	0	13.95	1.00	0.00	*N/A*	199.3	0.00	0.00
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
990452 2-Celery & Carrot Sticks	1/2 cup	1	22	0.01	59	2.43	0.40	0.17	0.00	0	4.98	1.74	0.64	*N/A*	28.8	2.34	0.20
001676 2-Beans, Green, canned	1/2 cup	1	21	0.00	146	2.09	0.00	0.00	0.00	0	4.18	2.09	1.04	*N/A*	20.9	2.51	0.75
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00

Portion Values

Oct 14, 2025 thru Oct 31, 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)
000804 2-Mustard, packet, 1/5 oz	1 each	1	1	0.00	60	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001870 2-Ranch packet, 12 gram	ea	1	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			2572	32.24	4748	81.12	0.40	97.16	0.50	206	307.70	35.93	127.23	*0	1849.2	119.87	21.54
% of Calories				11.28 %		12.62%	0.00%	34.0%	0.2%		47.9%		19.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Thursday - 10/23/2025

Reimbursable Meal Total 1

	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)
990579 2-Tri Tip w/ Cilantro Rice	serving	1	314	0.12	253	0.01	0.00	14.78	0.00	105	9.28	0.28	33.37	*N/A*	4.7	0.27	0.55
990483 2-Tri Tip	#	1	1457	0.65	428	0.00	0.00	78.81	0.00	561	0.67	0.00	173.83	*N/A*	0.0	0.00	0.12
990575 2-Rice, Cilantro Lime	Servings	1	217	0.00	922	0.04	0.00	0.03	0.00	0	48.82	1.47	4.14	*N/A*	25.2	1.46	2.80
990388 2-Cheeseburger on a bun (Steak Burger Patty) Delux	1 each	1	385	7.00	986	5.30	0.00	18.30	0.00	66	33.69	3.69	25.30	*N/A*	286.3	4.69	3.78
001828 2-Salad, Chicken Caesar w/ roll	each	1	492	4.53	869	6.64	0.00	26.30	0.00	68	39.77	3.80	25.05	*N/A*	111.9	2.24	1.94
990234 2-Salad, Chicken Caesar-only	EACH	1	352	4.53	751	3.14	0.00	23.68	0.00	68	14.44	1.18	18.94	*N/A*	103.1	2.24	0.54
990218 2-Roll, Dough, Dinner WG Proof & Bake	ea	1	140	0.00	118	3.49	0.00	2.62	0.00	0	25.32	2.62	6.11	*N/A*	8.7	0.00	1.40
990530 2-Pizza, Cheese - Homemade	each	1	316	5.12	622	5.36	0.00	9.62	0.00	25	32.22	3.28	24.12	*N/A*	9.8	0.02	1.49
000493 2-Pear, diced, canned	1/2 cup	1	63	0.00	0	0.00	0.00	0.00	0.00	0	17.12	2.70	0.00	*N/A*	11.7	1.08	0.00

Base Menu Spreadsheet

Portion Values

Oct 14, 2025 thru Oct 31, 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)
002590 2-Juice,Fruit Punch,4oz	1/2 cup	1	60	0.00	15	15.00	0.00	0.00	0.00	0	14.00	0.00	0.00	*N/A*	0.0	1.20	0.00
001589 2-Broccoli,Fresh,Raw	1/2 cup	1	11	0.00	10	0.54	0.00	0.12	0.00	0	2.09	0.83	0.89	*N/A*	14.9	28.11	0.23
001681 2-Corn	1/2 cup	1	111	0.00	18	3.69	0.00	0.92	0.00	0	16.61	1.85	1.85	*N/A*	36.9	0.00	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001870 2-Ranch packet, 12 gram	ea	1	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			4316	25.96	5507	78.21	0.00	192.68	0.00	919	295.04	21.70	332.59	*0	1313.3	42.52	13.21
% of Calories				5.41%		7.25%	0.00%	40.2%	0.0%		27.3%		30.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Friday - 10/24/2025

Reimbursable Meal Total 1

	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)
001736 2-Meatloafw/Mashed Potato&roll	1 each	1	590	6.75	1733	14.43	0.00	23.01	2.69	100	65.73	4.74	31.37	*N/A*	169.0	21.82	7.27
990518 2-Meatloaf-only	1 each	1	350	5.82	1181	10.94	0.00	18.20	2.69	100	22.85	0.68	23.81	*N/A*	157.3	0.22	5.60
000164 2-Potatoes,Mashed-only	1/2 cup	1	76	0.45	116	0.00	0.00	1.23	0.00	0	13.67	1.44	1.44	*N/A*	1.6	21.58	0.27
000092 2-Gravy,Brown Trio	2 oz serving	1	24	0.48	319	0.00	0.00	0.96	0.00	0	3.84	0.00	0.00	*N/A*	1.2	0.00	0.01

Base Menu Spreadsheet

Portion Values

Oct 14, 2025 thru Oct 31, 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)
990218 2-Roll, Dough, Dinner WG Proof & Bake	ea	1	140	0.00	118	3.49	0.00	2.62	0.00	0	25.32	2.62	6.11	*N/A*	8.7	0.00	1.40
990095 2-Burrito, Los Cabos-Lunch	each	1	296	4.05	499	1.09	0.00	8.94	0.00	18	40.86	8.81	15.12	*N/A*	200.0	1.20	2.70
001104 2-Wrap,Spicy Chicken	1 each	1	597	7.51	1163	2.09	0.00	28.54	0.00	40	54.32	5.16	23.21	*N/A*	138.9	0.92	3.88
990346 2-Breaded Cheese Pocket	serving	1	290	3.11	476	2.07	1.04	10.35	0.00	36	28.99	0.00	19.67	*N/A*	469.0	0.00	2.07
002424 2-Mixed Fruit Cup	1/2 cup	1	70	0.00	0	4.98	0.00	0.00	0.00	0	16.94	1.00	0.00	*N/A*	5.0	1.20	0.00
004515 2-Juice, Apple (4oz.)	1/2 cup	1	50	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	0.00	0.00
990165 2-Mixed Vegetables, Bulk	1/2 cup	1	58	0.00	31	2.93	0.00	0.00	0.00	0	11.73	3.91	2.93	*N/A*	19.5	3.52	0.35
990576 2-Carrots, Spicy Jalapeno	1/2 cup	1	26	0.03	572	0.00	0.00	0.16	0.00	0	5.71	2.22	0.55	*N/A*	21.5	6.24	0.55
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
000804 2-Mustard, packet, 1/5 oz	1 each	1	1	0.00	60	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001666 2-Sauce, Taco, packet, 9 gram	1 each	1	5	0.00	95	0.00	0.00	0.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			2893	30.70	6702	88.02	1.04	103.53	5.37	318	341.97	30.58	143.21	*0	1891.8	57.90	24.46
% of Calories				9.55%		12.17%	0.00%	32.2%	1.7%		47.3%		19.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Monday - 10/27/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Oct 14, 2025 thru Oct 31, 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)
990431 2-Teriyaki Chicken w/rice Kit	Servings	1	338	1.42	435	6.00	0.00	4.17	0.00	54	56.38	1.34	16.03	*N/A*	20.4	0.00	2.70
990602 2-Teriyaki Chicken-Kit-only	Servings	1	112	1.00	419	6.00	0.00	3.00	0.00	54	8.00	0.00	12.00	*N/A*	0.0	0.00	0.00
990093 2-Rice,White Cooked	cups	1	226	0.42	16	0.00	0.00	1.17	0.00	0	48.38	1.34	4.03	*N/A*	20.4	0.00	2.70
002524 2-Corn Dog-only	1 each	1	240	2.50	470	7.00	0.00	9.00	0.00	40	30.00	2.00	9.00	*N/A*	100.0	0.00	1.50
002018 2-Honey BBQ Pork Rib Sandwich	each	1	413	6.07	848	13.11	0.00	19.21	0.00	25	42.14	4.01	20.16	*N/A*	220.2	1.22	2.89
990095 2-Burrito, Los Cabos-Lunch	each	1	296	4.05	499	1.09	0.00	8.94	0.00	18	40.86	8.81	15.12	*N/A*	200.0	1.20	2.70
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	1	53	0.00	1	10.51	0.00	0.17	0.00	0	13.98	2.40	0.26	*N/A*	6.0	4.61	0.12
002590 2-Juice,Fruit Punch,4oz	1/2 cup	1	60	0.00	15	15.00	0.00	0.00	0.00	0	14.00	0.00	0.00	*N/A*	0.0	1.20	0.00
003505 2-Carrots, Baby	1/2 cup	1	26	0.00	57	3.51	0.00	0.10	0.00	0	6.07	2.14	0.47	*N/A*	0.0	0.00	0.00
990116 2-Beans, Black seasoned	1/2 cup	1	136	0.00	189	2.70	0.00	0.00	0.00	0	24.48	8.11	9.46	*N/A*	135.2	0.02	2.45
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
000470 2-Soy Sauce packet	.5 oz	1	0	0.00	6	0.00	0.00	0.00	0.00	0	0.01	0.00	0.01	*N/A*	0.0	0.00	0.00
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000804 2-Mustard, packet, 1/5 oz	1 each	1	1	0.00	60	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001870 2-Ranch packet, 12 gram	ea	1	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Oct 14, 2025 thru Oct 31, 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)
001666 2-Sauce, Taco, packet, 9 gram	1 each	1	5	0.00	95	0.00	0.00	0.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			2375	20.47	3655	99.92	0.00	70.25	0.00	221	326.30	30.16	105.55	*0	1402.3	9.45	15.43
% of Calories				7.76%		16.83%	0.00%	26.6%	0.0%		55.0%		17.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Tuesday - 10/28/2025 Reimbursable Meal Total 1

	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)
001805 2-Chicken Chili Verde	1 serving	1	538	1.38	2228	4.43	*0.00	10.27	0.00	68	76.70	6.86	31.31	*N/A*	90.3	0.30	5.69
990551 2-Chicken Chili Verde-only	1 serving	1	142	0.00	1149	0.00	0.00	3.24	0.00	68	5.00	2.31	21.69	*N/A*	0.3	0.30	2.31
990606 2-Tortilla 8" whole grain	1 serving	1	105	1.43	210	0.95	0.00	2.86	0.00	0	17.14	1.90	2.86	*N/A*	38.1	0.00	0.69
000241 2-Rice, Spanish	cup	1	262	0.91	860	3.39	0.00	4.67	0.00	0	49.54	3.50	5.93	*N/A*	22.0	0.00	2.05
990333 2-Chicken Nuggets w/ Fries & Dinner Roll	serving	1	505	2.17	515	4.36	0.00	18.79	0.00	22	65.85	6.49	22.52	*N/A*	43.4	6.10	3.72
990283 2-Chicken Nuggets-only	5 each	1	226	2.17	347	0.87	0.00	13.02	0.00	22	13.89	2.60	13.88	*N/A*	34.7	0.00	1.56
000763 2-Potatoes,French Fries- only	3/4 cup	1	140	0.00	51	0.00	0.00	3.17	0.00	0	26.67	1.27	2.54	*N/A*	0.0	6.10	0.76
990218 2-Roll, Dough, Dinner WG Proof & Bake	ea	1	140	0.00	118	3.49	0.00	2.62	0.00	0	25.32	2.62	6.11	*N/A*	8.7	0.00	1.40
990377 2-Yogurt Fruit Cup-strawberries	servings	1	382	0.67	252	29.65	0.00	3.95	0.00	7	75.62	4.44	14.12	*N/A*	312.3	37.70	1.93
990383 2-Yogurt Fruit Cup-only	servings	1	242	0.67	134	26.16	0.00	1.33	0.00	7	50.30	1.82	8.00	*N/A*	303.5	37.70	0.54
990218 2-Roll, Dough, Dinner WG Proof & Bake	ea	1	140	0.00	118	3.49	0.00	2.62	0.00	0	25.32	2.62	6.11	*N/A*	8.7	0.00	1.40

Base Menu Spreadsheet

Portion Values

Oct 14, 2025 thru Oct 31, 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)
990530 2-Pizza, Cheese - Homemade	each	1	316	5.12	622	5.36	0.00	9.62	0.00	25	32.22	3.28	24.12	*N/A*	9.8	0.02	1.49
000477 2-Peaches, sliced, canned	1/2 cup	1	55	0.00	0	10.90	0.00	0.00	0.00	0	13.09	1.09	1.09	*N/A*	0.0	1.31	0.00
004515 2-Juice, Apple (4oz.)	1/2 cup	1	50	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	0.00	0.00
990305 2-Beans, Refried, seasoned	1/2 cup	1	118	0.00	152	0.95	0.00	0.18	0.00	0	21.73	6.82	6.82	*N/A*	28.9	2.41	2.21
003505 2-Carrots, Baby	1/2 cup	1	26	0.00	57	3.51	0.00	0.10	0.00	0	6.07	2.14	0.47	*N/A*	0.0	0.00	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000804 2-Mustard, packet, 1/5 oz	1 each	1	1	0.00	60	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			3715	17.02	7279	144.50	*0.00	85.95	0.00	243	557.46	49.78	186.58	*0	1600.7	93.13	26.11
% of Calories				4.12%		15.56%	*0.00%	20.8%	0.0%		60.0%		20.1%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Wednesday - 10/29/2025

Reimbursable Meal Total 1

	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)
003280 2-Penne Pasta w/MeatSauce	servings	1	372	5.82	513	3.80	0.00	13.14	0.00	43	45.53	6.90	21.56	*N/A*	211.5	0.08	4.54
990388 2-Cheeseburger on a bun (Steak Burger Patty) Delux	1 each	1	385	7.00	986	5.30	0.00	18.30	0.00	66	33.69	3.69	25.30	*N/A*	286.3	4.69	3.78

Base Menu Spreadsheet

Portion Values

Oct 14, 2025 thru Oct 31, 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)
000733 2-Sesame Chicken Salad w/ roll	serving	1	379	3.62	471	6.52	0.00	14.73	0.00	518	39.22	20.02	25.30	*N/A*	41.5	8.34	3.15
003659 2-Salad, Sesame Chick-only	serving	1	206	1.19	184	3.02	0.00	8.87	0.00	196	13.89	7.68	16.76	*N/A*	32.7	8.34	1.75
990218 2-Roll, Dough, Dinner WG Proof & Bake	ea	1	140	0.00	118	3.49	0.00	2.62	0.00	0	25.32	2.62	6.11	*N/A*	8.7	0.00	1.40
990578 2-Penne Pasta, Meatless	servings	1	392	7.30	496	3.80	0.00	15.59	0.00	48	46.03	6.90	20.97	*N/A*	421.3	0.08	3.63
003187 2-Applesauce, cup	1/2 cup	1	60	0.00	15	17.94	0.00	0.00	0.00	0	13.95	1.00	0.00	*N/A*	199.3	0.00	0.00
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
990452 2-Celery & Carrot Sticks	1/2 cup	1	22	0.01	59	2.43	0.40	0.17	0.00	0	4.98	1.74	0.64	*N/A*	28.8	2.34	0.20
001676 2-Beans, Green, canned	1/2 cup	1	21	0.00	146	2.09	0.00	0.00	0.00	0	4.18	2.09	1.04	*N/A*	20.9	2.51	0.75
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001870 2-Ranch packet, 12 gram	ea	1	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			2436	28.96	3503	95.39	0.40	90.91	0.00	896	280.80	52.65	136.69	*0	1951.1	97.57	19.55
% of Calories				10.70 %		15.66%	0.00%	33.6%	0.0%		46.1%		22.4%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Thursday - 10/30/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Oct 14, 2025 thru Oct 31, 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)
990154 2-Beef Dunkers, Teriyaki w/brown rice & Broccoli	serving	1	426	4.64	1281	5.10	0.00	12.91	0.51	41	54.67	6.51	22.15	*N/A*	68.9	0.24	3.38
003544 2-Beef Dunker only	4 each	1	163	3.56	448	4.07	0.00	8.14	0.51	41	6.11	1.02	14.25	*N/A*	20.4	0.00	1.46
003636 2-Rice,Brown Cooked w/ broth	cups	1	237	1.07	809	0.00	0.00	4.76	0.00	0	43.43	2.41	4.82	*N/A*	10.6	0.24	1.26
990155 2-Broccoli Steamed	1/2 cup	1	27	0.00	24	1.03	0.00	0.00	0.00	0	5.14	3.08	3.08	*N/A*	38.0	0.00	0.66
002525 2-Chicken, Spicy Sandwich Deluxe	each	1	443	3.00	897	6.30	0.00	17.10	0.00	25	50.69	6.69	22.50	*N/A*	247.7	4.69	4.68
009538 2-Salad, Taco, beef	Servings	1	679	10.80	1336	3.11	0.00	42.79	0.00	58	50.25	3.62	26.90	*N/A*	216.3	8.68	3.96
001806 2-Pizza, Veggie	Slice	1	323	5.12	624	6.24	0.00	9.67	0.00	25	33.83	3.71	24.40	*N/A*	13.7	8.64	1.58
000493 2-Pear, diced, canned	1/2 cup	1	63	0.00	0	0.00	0.00	0.00	0.00	0	17.12	2.70	0.00	*N/A*	11.7	1.08	0.00
002590 2-Juice,Fruit Punch,4oz	1/2 cup	1	60	0.00	15	15.00	0.00	0.00	0.00	0	14.00	0.00	0.00	*N/A*	0.0	1.20	0.00
001589 2-Broccoli,Fresh,Raw	1/2 cup	1	11	0.00	10	0.54	0.00	0.12	0.00	0	2.09	0.83	0.89	*N/A*	14.9	28.11	0.23
001681 2-Corn	1/2 cup	1	111	0.00	18	3.69	0.00	0.92	0.00	0	16.61	1.85	1.85	*N/A*	36.9	0.00	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001870 2-Ranch packet, 12 gram	ea	1	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000470 2-Soy Sauce packet	.5 oz	1	0	0.00	6	0.00	0.00	0.00	0.00	0	0.01	0.00	0.01	*N/A*	0.0	0.00	0.00
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Oct 14, 2025 thru Oct 31, 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)
001666 2-Sauce, Taco, packet, 9 gram	1 each	1	5	0.00	95	0.00	0.00	0.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			2948	32.19	6078	80.08	0.00	113.91	1.02	214	335.95	32.44	139.86	*0	1379.1	54.09	17.57
% of Calories				9.83%		10.87%	0.00%	34.8%	0.3%		45.6%		19.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Friday - 10/31/2025

Reimbursable Meal Total 1

	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)
990393 2-Chicken and Waffle (Maple)	serving	1	466	4.67	547	12.87	0.00	22.02	0.00	37	46.89	4.60	18.88	*N/A*	42.7	0.00	1.56
990385 2-Waffle Buttery Maple	Each	1	250	4.00	290	15.00	14.00	9.00	0.00	35	37.00	2.00	6.00	*N/A*	40.0	0.00	1.50
990283 2-Chicken Nuggets-only	5 each	1	226	2.17	347	0.87	0.00	13.02	0.00	22	13.89	2.60	13.88	*N/A*	34.7	0.00	1.56
990426 2-Fish Filet on Bun w/Tarter Sauce	Each	1	420	2.08	1009	4.74	0.00	18.20	0.00	44	46.28	5.01	21.02	*N/A*	210.2	0.13	2.90
002801 2-Fish Filet on Bun-only	Each	1	350	1.00	480	4.00	0.00	11.01	0.00	40	45.01	5.00	21.01	*N/A*	210.0	0.00	2.90
001952 2-Sauce, Tartar	1 Tablespoon	1	70	1.08	528	0.74	0.00	7.19	0.00	4	1.27	0.01	0.01	*N/A*	0.2	0.13	0.00
990574 2-Wrap, Chicken Caesar	each	1	643	6.96	1411	3.14	0.00	31.44	0.00	68	62.00	3.12	26.70	*N/A*	302.1	2.24	4.42
990546 2-Garlic Noodles w/ Tofu	servings	1	610	8.26	2194	5.99	0.00	21.57	0.00	11	79.44	10.98	29.35	*N/A*	281.5	3.34	7.30
002424 2-Mixed Fruit Cup	1/2 cup	1	70	0.00	0	4.98	0.00	0.00	0.00	0	16.94	1.00	0.00	*N/A*	5.0	1.20	0.00
004515 2-Juice, Apple (4oz.)	1/2 cup	1	50	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	0.00	0.00
990165 2-Mixed Vegetables, Bulk	1/2 cup	1	58	0.00	31	2.93	0.00	0.00	0.00	0	11.73	3.91	2.93	*N/A*	19.5	3.52	0.35

Base Menu Spreadsheet

Portion Values

Oct 14, 2025 thru Oct 31, 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)
990576 2-Carrots, Spicy Jalapeno	1/2 cup	1	26	0.03	572	0.00	0.00	0.16	0.00	0	5.71	2.22	0.55	*N/A*	21.5	6.24	0.55
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			3568	32.76	7815	102.27	14.00	143.11	0.00	285	419.14	40.46	159.34	0	1867.5	18.00	23.42
% of Calories				8.26%		11.47%	0.00%	36.1%	0.0%		47.0%		17.9%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

		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		3096	27	5686	99	*2.23	108.77	0.56	387	372.79	38.34	159.84	*0	1654	62.18	20.28
% of Calories			7.94%		12.80%	*0.00%	31.6%	0.2%		48.2%		20.7%				

**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.