

Base Menu Spreadsheet

Portion Values

Sep 1, 2026 thru Sep 30, 2026

Menu Name:

High School Lunch

Include Cost:

No

Site:

Use Alternate Menu Name:

No

Tuesday - 09/01/2026Reimbursable Meal Total 4

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990167 Week 1																	
990647 Cajun Chicken w/red beans&rice	serving	1	412	1.96	1010	159.76	2.59	13.04	0.00	31	52.36	9.97	27.16	*0	88.4	14.73	4.08
990388 2-Cheeseburger on a bun (Steak Burger Patty) Delux	1 each	1	474	11.07	1031	5.30	0.00	25.27	0.00	86	35.44	3.69	30.73	*0	347.9	4.69	4.10
001104 2-Wrap,Spicy Chicken	1 each	1	597	7.51	1158	2.09	0.00	28.54	0.00	40	55.32	5.16	23.21	*0	128.9	0.92	3.93
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
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*0	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
990669 1-Pears, Sliced, canned-USDA	1/2 CUP	1	2	0.00	0	0.50	0.00	0.00	0.00	0	0.66	0.08	0.00	*N/A*	0.0	0.04	0.00
004515 2-Juice, Apple (4oz.)	1/2 cup	4	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
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
003505 2-Carrots, Baby	1/2 cup	4	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
990481 j-Lettuce, Pickle & Tomato Cup - Deluxe	serving	1	12	0.00	199	1.30	0.00	0.10	0.00	0	2.44	0.69	0.50	*N/A*	7.7	4.69	0.18
001036 .																	

Base Menu Spreadsheet

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	2	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
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			840	8.90	1448	82.82	0.65	32.65	0.00	60	100.41	10.07	38.91	*0	548.8	7.49	4.52
% of Calories				9.54%		39.44%	0.31%	35.0%	0.0%		47.8%		18.5%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Wednesday - 09/02/2026 Reimbursable Meal Total 4

	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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990167 Week 1																	
990654 BBQ Pulled Chicken Sandwich	serving	1	487	4.52	1376	30.15	0.00	10.55	0.00	91	63.06	3.00	33.80	*0	265.0	0.00	5.90
990673 PepperJack Chicken Quesadilla	servings	1	409	7.49	1660	3.67	0.00	12.96	0.00	76	41.09	2.47	25.16	*0	172.2	2.13	1.26
002525 2-Chicken, Spicy Sandwich Deluxe	each	1	442	3.00	799	6.30	0.00	17.10	0.00	25	50.44	6.69	22.50	*N/A*	247.7	4.69	4.68
990117 2-Pizza, Pepperoni-homemade	each	1	348	6.32	742	5.34	0.00	12.50	0.00	32	32.23	3.28	25.32	*N/A*	9.7	0.00	1.49

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*0	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
000813 2-Raisins, Individual-1.5oz box	1/2 cup equ	1	114	0.00	9	0.00	0.00	0.00	0.00	0	27.18	1.75	0.88	*N/A*	17.5	0.00	0.95
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	4	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	4	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
990316 2-Beans, Kidney, Spicy	1/2 cup	1	143	0.00	199	1.24	1.24	0.23	0.00	0	25.96	10.18	10.18	*0	87.4	0.16	3.87
990481 j-Lettuce, Pickle & Tomato Cup - Deluxe	serving	1	12	0.00	199	1.30	0.00	0.10	0.00	0	2.44	0.69	0.50	*N/A*	7.7	4.69	0.18
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	2	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	2	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			912	8.86	1705	49.24	0.71	29.10	0.00	67	115.07	10.77	45.76	*0	606.0	75.86	5.66
% of Calories				8.74%		21.60%	0.31%	28.7%	0.0%		50.5%		20.1%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Sep 1, 2026 thru Sep 30, 2026

Thursday - 09/03/2026

Reimbursable Meal Total 4

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990167 Week 1																	
990644 Sweet/Sour Beef w/Veggie Rice	serving	1	632	5.34	896	19.60	0.00	14.64	0.76	61	92.62	9.73	31.54	*N/A*	66.9	4.49	4.27
990655 Popcorn Chicken w/ Fries & Dinner Roll	serving	1	429	2.62	594	3.49	0.00	17.37	0.00	24	50.39	4.26	22.42	*0	28.3	14.66	2.61
990664 GC Jalapeno Popper Sand	servings	1	373	10.15	696	4.00	0.00	22.93	0.00	31	35.43	4.73	12.02	*0	108.6	0.36	1.66
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*0	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
990670 1-Pears, HALVED, canned-USDA	servings	1	2	0.00	0	0.50	0.00	0.00	0.00	0	0.66	0.08	0.00	*N/A*	0.0	0.04	0.00
002590 2-Juice,Fruit Punch,4oz	1/2 cup	4	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	4	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
000806 2-Salsa, commodity	oz	1	8	0.00	31	1.32	0.00	0.00	0.00	0	1.76	0.22	0.22	*N/A*	0.0	1.05	0.08
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	2	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
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

Base Menu Spreadsheet

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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			754	7.67	937	45.32	0.00	27.42	0.19	40	97.04	7.60	32.97	*0	441.2	35.06	3.27
% of Calories				9.16%		24.04%	0.00%	32.7%	0.2%		51.5%		17.5%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Friday - 09/04/2026

Reimbursable Meal Total 4

	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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990167 Week 1																	
990658 Chili Cheese Fritos	servings	1	835	11.64	1204	2.74	1.28	37.44	0.00	56	88.79	25.32	34.28	*0	644.9	0.72	6.95
002525 2-Chicken, Spicy Sandwich Deluxe	each	1	442	3.00	799	6.30	0.00	17.10	0.00	25	50.44	6.69	22.50	*N/A*	247.7	4.69	4.68
990117 2-Pizza, Pepperoni-homemade	each	1	348	6.32	742	5.34	0.00	12.50	0.00	32	32.23	3.28	25.32	*N/A*	9.7	0.00	1.49
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
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*0	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
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
004515 2-Juice, Apple (4oz.)	1/2 cup	4	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
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

Base Menu Spreadsheet

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
990481 j-Lettuce, Pickle & Tomato Cup - Deluxe	serving	1	12	0.00	199	1.30	0.00	0.10	0.00	0	2.44	0.69	0.50	*N/A*	7.7	4.69	0.18
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	2	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			865	8.78	1254	45.13	0.58	30.96	0.00	49	105.76	12.31	41.48	*0	775.2	3.75	4.91
% of Calories				9.14%		20.87%	0.27%	32.2%	0.0%		48.9%		19.2%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Monday - 09/07/2026

Reimbursable Meal Total 4

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990168 Week 2																	
990653 Nashville Hot Tenders	serving	1	577	4.41	1237	6.52	1.52	24.42	0.00	61	64.12	5.52	27.19	*0	22.6	4.98	3.19
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
990530 2-Pizza, Cheese - Homemade	each	1	316	5.12	622	5.34	0.00	9.62	0.00	25	32.23	3.28	24.12	*N/A*	9.7	0.00	1.49

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990557 2-Burrito, Los Cabos	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
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*0	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	4	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	4	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	4	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
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
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	2	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

Base Menu Spreadsheet

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001870 2-Ranch packet, 12 gram	ea	2	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			898	7.91	1334	58.80	0.38	29.62	0.00	47	121.28	13.91	39.83	*0	506.7	8.86	4.30
% of Calories				7.93%		26.19%	0.17%	29.7%	0.0%		54.0%		17.7%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Tuesday - 09/08/2026

Reimbursable Meal Total 4

	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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990168 Week 2																	
001210 2-Chicken w/Mashed Potato Bowl	Serving	1	614	8.62	1151	3.54	0.00	28.31	0.00	63	58.86	5.39	34.51	*0	240.0	41.14	2.84
002174 2-Turkey & Cheese Sandwich	1 each	1	333	2.50	1504	4.08	0.00	6.52	0.00	63	39.36	4.13	30.89	*0	160.8	0.92	1.54
990648 Creamy Mac & Cheese	serving	1	836	25.03	920	7.50	0.00	49.77	0.00	129	55.77	2.25	37.04	*0	1010.0	0.60	1.97
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
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*0	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
003028 2-Apricots Cup	1/2 cup	1	125	0.00	5	26.91	0.00	0.00	0.00	0	31.89	1.99	1.00	*N/A*	12.0	4.78	0.00
004515 2-Juice, Apple (4oz.)	1/2 cup	4	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
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

Base Menu Spreadsheet

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
003505 2-Carrots, Baby	1/2 cup	4	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
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	2	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
001870 2-Ranch packet, 12 gram	ea	2	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			958	13.17	1490	50.84	0.00	39.06	0.00	85	110.08	8.61	44.37	*0	761.3	13.09	3.03
% of Calories				12.37 %		21.23%	0.00%	36.7%	0.0%		46.0%		18.5%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Wednesday - 09/09/2026 Reimbursable Meal Total 4

	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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990168 Week 2																	
990660 Korean BBQ Meatballs & Rice	serving	1	531	5.67	1223	19.27	0.00	19.53	0.47	38	70.71	2.99	16.78	*0	25.8	19.49	2.31
990388 2-Cheeseburger on a bun (Steak Burger Patty) Delux	1 each	1	474	11.07	1031	5.30	0.00	25.27	0.00	86	35.44	3.69	30.73	*0	347.9	4.69	4.10
001231 2-Vegetarian Wrap	1 each	1	594	13.51	1621	3.16	0.00	37.56	0.00	55	47.28	4.94	17.35	*0	296.0	12.60	1.73
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*0	101.6	0.00	2.81

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990392 Other																	
001039 TOTAL																	
000813 2-Raisins, Individual-1.5oz box	1/2 cup equ	1	114	0.00	9	0.00	0.00	0.00	0.00	0	27.18	1.75	0.88	*N/A*	17.5	0.00	0.95
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	4	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	4	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
990316 2-Beans, Kidney, Spicy	1/2 cup	1	143	0.00	199	1.24	1.24	0.23	0.00	0	25.96	10.18	10.18	*0	87.4	0.16	3.87
990481 j-Lettuce, Pickle & Tomato Cup - Deluxe	serving	1	12	0.00	199	1.30	0.00	0.10	0.00	0	2.44	0.69	0.50	*N/A*	7.7	4.69	0.18
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	2	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
001870 2-Ranch packet, 12 gram	ea	2	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			891	11.09	1544	44.80	0.71	36.41	0.12	56	106.72	9.81	35.28	*0	599.8	83.35	4.37
% of Calories				11.20 %		20.11%	0.32%	36.8%	0.1%		47.9%		15.8%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Sep 1, 2026 thru Sep 30, 2026

Thursday - 09/10/2026

Reimbursable Meal Total 4

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990168 Week 2																	
990639 Birria Ramen	Servings	1	531	1.25	2091	1.96	0.00	20.75	0.00	56	60.44	8.42	27.84	*0	82.8	1.22	7.16
002525 2-Chicken, Spicy Sandwich Deluxe	each	1	442	3.00	799	6.30	0.00	17.10	0.00	25	50.44	6.69	22.50	*N/A*	247.7	4.69	4.68
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
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*0	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
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	4	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	4	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	4	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
990481 j-Lettuce, Pickle & Tomato Cup - Deluxe	serving	1	12	0.00	199	1.30	0.00	0.10	0.00	0	2.44	0.69	0.50	*N/A*	7.7	4.69	0.18
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	2	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

Base Menu Spreadsheet

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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	2	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			859	5.59	1340	44.70	0.00	28.32	0.00	36	112.02	11.51	34.76	*0	564.7	33.13	4.79
% of Calories				5.86%		20.81%	0.00%	29.7%	0.0%		52.2%		16.2%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Friday - 09/11/2026

Reimbursable Meal Total 4

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990168 Week 2																	
990642 BBQ Beef Pizza	servings	1	472	9.72	917	17.86	0.00	18.70	0.00	67	46.32	3.42	27.85	*0	228.7	0.00	3.21
990426 2-Fish Filet on Bun w/Tarter Sauce	Each	1	422	2.34	549	4.74	0.00	18.35	0.00	43	46.94	5.01	21.02	*0	210.2	0.13	2.90
990625 Wrap, Mac Burger	1 each	1	581	10.86	1232	4.38	0.00	31.11	0.00	65	48.62	4.81	23.69	*0	132.2	6.19	4.63
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
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*0	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
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
004515 2-Juice, Apple (4oz.)	1/2 cup	4	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

Sep 1, 2026 thru Sep 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
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
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	2	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
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			806	9.02	1193	47.70	0.26	29.46	0.00	63	97.51	6.62	38.97	*0	690.5	2.81	4.27
% of Calories				10.07 %		23.67%	0.13%	32.9%	0.0%		48.4%		19.3%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Monday - 09/14/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990167 Week 1																	
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	*0	20.2	0.00	2.70
990117 2-Pizza, Pepperoni-homemade	each	1	348	6.32	742	5.34	0.00	12.50	0.00	32	32.23	3.28	25.32	*N/A*	9.7	0.00	1.49
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
990557 2-Burrito, Los Cabos	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

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*0	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
001036 .																	
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
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
001039 TOTAL																	
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
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
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
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
001039 TOTAL																	

Base Menu Spreadsheet

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001036 .																	
Weighted Daily Average			2631	27.93	3963	112.72	0.00	90.02	0.00	149	334.35	36.85	127.32	*0	1286.8	11.84	15.29
% of Calories				9.55%		17.14%	0.00%	30.8%	0.0%		50.8%		19.4%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Tuesday - 09/15/2026 Reimbursable Meal Total 4

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990167 Week 1																	
990647 Cajun Chicken w/red beans&rice	serving	1	412	1.96	1010	159.76	2.59	13.04	0.00	31	52.36	9.97	27.16	*0	88.4	14.73	4.08
990388 2-Cheeseburger on a bun (Steak Burger Patty) Delux	1 each	1	474	11.07	1031	5.30	0.00	25.27	0.00	86	35.44	3.69	30.73	*0	347.9	4.69	4.10
001104 2-Wrap,Spicy Chicken	1 each	1	597	7.51	1158	2.09	0.00	28.54	0.00	40	55.32	5.16	23.21	*0	128.9	0.92	3.93
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
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*0	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
990669 1-Pears, Sliced, canned-USDA	1/2 CUP	1	2	0.00	0	0.50	0.00	0.00	0.00	0	0.66	0.08	0.00	*N/A*	0.0	0.04	0.00
004515 2-Juice, Apple (4oz.)	1/2 cup	4	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
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

Base Menu Spreadsheet

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
003505 2-Carrots, Baby	1/2 cup	4	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
990481 j-Lettuce, Pickle & Tomato Cup - Deluxe	serving	1	12	0.00	199	1.30	0.00	0.10	0.00	0	2.44	0.69	0.50	*N/A*	7.7	4.69	0.18
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	2	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
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			840	8.90	1448	82.82	0.65	32.65	0.00	60	100.41	10.07	38.91	*0	548.8	7.49	4.52
% of Calories				9.54%		39.44%	0.31%	35.0%	0.0%		47.8%		18.5%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Wednesday - 09/16/2026 Reimbursable Meal Total 4

	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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990167 Week 1																	
990654 BBQ Pulled Chicken Sandwich	serving	1	487	4.52	1376	30.15	0.00	10.55	0.00	91	63.06	3.00	33.80	*0	265.0	0.00	5.90

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)
990673 PepperJack Chicken Quesadilla	servings	1	409	7.49	1660	3.67	0.00	12.96	0.00	76	41.09	2.47	25.16	*0	172.2	2.13	1.26
002525 2-Chicken, Spicy Sandwich Deluxe	each	1	442	3.00	799	6.30	0.00	17.10	0.00	25	50.44	6.69	22.50	*N/A*	247.7	4.69	4.68
990117 2-Pizza, Pepperoni-homemade	each	1	348	6.32	742	5.34	0.00	12.50	0.00	32	32.23	3.28	25.32	*N/A*	9.7	0.00	1.49
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*0	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
000813 2-Raisins,Individual-1.5oz box	1/2 cup equ	1	114	0.00	9	0.00	0.00	0.00	0.00	0	27.18	1.75	0.88	*N/A*	17.5	0.00	0.95
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	4	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	4	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
990316 2-Beans, Kidney, Spicy	1/2 cup	1	143	0.00	199	1.24	1.24	0.23	0.00	0	25.96	10.18	10.18	*0	87.4	0.16	3.87
990481 j-Lettuce, Pickle & Tomato Cup - Deluxe	serving	1	12	0.00	199	1.30	0.00	0.10	0.00	0	2.44	0.69	0.50	*N/A*	7.7	4.69	0.18
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	2	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

Base Menu Spreadsheet

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001870 2-Ranch packet, 12 gram	ea	2	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			912	8.86	1705	49.24	0.71	29.10	0.00	67	115.07	10.77	45.76	*0	606.0	75.86	5.66
% of Calories				8.74%		21.60%	0.31%	28.7%	0.0%		50.5%		20.1%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Thursday - 09/17/2026

Reimbursable Meal Total 4

	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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990167 Week 1																	
990644 Sweet/Sour Beef w/Veggie Rice	serving	1	632	5.34	896	19.60	0.00	14.64	0.76	61	92.62	9.73	31.54	*N/A*	66.9	4.49	4.27
990655 Popcorn Chicken w/ Fries & Dinner Roll	serving	1	429	2.62	594	3.49	0.00	17.37	0.00	24	50.39	4.26	22.42	*0	28.3	14.66	2.61
990664 GC Jalapeno Popper Sand	servings	1	373	10.15	696	4.00	0.00	22.93	0.00	31	35.43	4.73	12.02	*0	108.6	0.36	1.66
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*0	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
990670 1-Pears, HALVED, canned-USDA	servings	1	2	0.00	0	0.50	0.00	0.00	0.00	0	0.66	0.08	0.00	*N/A*	0.0	0.04	0.00
002590 2-Juice,Fruit Punch,4oz	1/2 cup	4	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	4	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
000806 2-Salsa, commodity	oz	1	8	0.00	31	1.32	0.00	0.00	0.00	0	1.76	0.22	0.22	*N/A*	0.0	1.05	0.08

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	2	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
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
Weighted Daily Average			754	7.67	937	45.32	0.00	27.42	0.19	40	97.04	7.60	32.97	*0	441.2	35.06	3.27
% of Calories				9.16%		24.04%	0.00%	32.7%	0.2%		51.5%		17.5%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Friday - 09/18/2026

Reimbursable Meal Total 4

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990167 Week 1																	
990658 Chili Cheese Fritos	servings	1	835	11.64	1204	2.74	1.28	37.44	0.00	56	88.79	25.32	34.28	*0	644.9	0.72	6.95
002525 2-Chicken, Spicy Sandwich Deluxe	each	1	442	3.00	799	6.30	0.00	17.10	0.00	25	50.44	6.69	22.50	*N/A*	247.7	4.69	4.68
990117 2-Pizza, Pepperoni-homemade	each	1	348	6.32	742	5.34	0.00	12.50	0.00	32	32.23	3.28	25.32	*N/A*	9.7	0.00	1.49
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

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*0	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
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
004515 2-Juice, Apple (4oz.)	1/2 cup	4	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
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
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
990481 j-Lettuce, Pickle & Tomato Cup - Deluxe	serving	1	12	0.00	199	1.30	0.00	0.10	0.00	0	2.44	0.69	0.50	*N/A*	7.7	4.69	0.18
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	2	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			865	8.78	1254	45.13	0.58	30.96	0.00	49	105.76	12.31	41.48	*0	775.2	3.75	4.91
% of Calories				9.14%		20.87%	0.27%	32.2%	0.0%		48.9%		19.2%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Monday - 09/21/2026

Reimbursable Meal Total 4

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)
990168 Week 2																	
990653 Nashville Hot Tenders	serving	1	577	4.41	1237	6.52	1.52	24.42	0.00	61	64.12	5.52	27.19	*0	22.6	4.98	3.19
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
990530 2-Pizza, Cheese - Homemade	each	1	316	5.12	622	5.34	0.00	9.62	0.00	25	32.23	3.28	24.12	*N/A*	9.7	0.00	1.49
990557 2-Burrito, Los Cabos	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
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*0	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	4	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	4	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	4	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
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
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	2	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

Base Menu Spreadsheet

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	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 (mcg 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	2	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			898	7.91	1334	58.80	0.38	29.62	0.00	47	121.28	13.91	39.83	*0	506.7	8.86	4.30
% of Calories				7.93%		26.19%	0.17%	29.7%	0.0%		54.0%		17.7%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Tuesday - 09/22/2026

Reimbursable Meal Total 4

	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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990168 Week 2																	
001210 2-Chicken w/Mashed Potato Bowl	Serving	1	614	8.62	1151	3.54	0.00	28.31	0.00	63	58.86	5.39	34.51	*0	240.0	41.14	2.84
002174 2-Turkey & Cheese Sandwich	1 each	1	333	2.50	1504	4.08	0.00	6.52	0.00	63	39.36	4.13	30.89	*0	160.8	0.92	1.54
990648 Creamy Mac & Cheese	serving	1	836	25.03	920	7.50	0.00	49.77	0.00	129	55.77	2.25	37.04	*0	1010.0	0.60	1.97
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
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*0	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
003028 2-Apricots Cup	1/2 cup	1	125	0.00	5	26.91	0.00	0.00	0.00	0	31.89	1.99	1.00	*N/A*	12.0	4.78	0.00

Base Menu Spreadsheet

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
004515 2-Juice, Apple (4oz.)	1/2 cup	4	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
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
003505 2-Carrots, Baby	1/2 cup	4	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
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	2	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
001870 2-Ranch packet, 12 gram	ea	2	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			958	13.17	1490	50.84	0.00	39.06	0.00	85	110.08	8.61	44.37	*0	761.3	13.09	3.03
% of Calories				12.37 %		21.23%	0.00%	36.7%	0.0%		46.0%		18.5%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Wednesday - 09/23/2026

Reimbursable Meal Total 4

	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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990168 Week 2																	
990660 Korean BBQ Meatballs & Rice	serving	1	531	5.67	1223	19.27	0.00	19.53	0.47	38	70.71	2.99	16.78	*0	25.8	19.49	2.31
990388 2-Cheeseburger on a bun (Steak Burger Patty) Delux	1 each	1	474	11.07	1031	5.30	0.00	25.27	0.00	86	35.44	3.69	30.73	*0	347.9	4.69	4.10

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001231 2-Vegetarian Wrap	1 each	1	594	13.51	1621	3.16	0.00	37.56	0.00	55	47.28	4.94	17.35	*0	296.0	12.60	1.73
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*0	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
000813 2-Raisins, Individual-1.5oz box	1/2 cup equ	1	114	0.00	9	0.00	0.00	0.00	0.00	0	27.18	1.75	0.88	*N/A*	17.5	0.00	0.95
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	4	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	4	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
990316 2-Beans, Kidney, Spicy	1/2 cup	1	143	0.00	199	1.24	1.24	0.23	0.00	0	25.96	10.18	10.18	*0	87.4	0.16	3.87
990481 j-Lettuce, Pickle & Tomato Cup - Deluxe	serving	1	12	0.00	199	1.30	0.00	0.10	0.00	0	2.44	0.69	0.50	*N/A*	7.7	4.69	0.18
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	2	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

Sep 1, 2026 thru Sep 30, 2026

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001870 2-Ranch packet, 12 gram	ea	2	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			891	11.09	1544	44.80	0.71	36.41	0.12	56	106.72	9.81	35.28	*0	599.8	83.35	4.37
% of Calories				11.20 %		20.11%	0.32%	36.8%	0.1%		47.9%		15.8%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Thursday - 09/24/2026

Reimbursable Meal Total 4

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990168 Week 2																	
990639 Birria Ramen	Servings	1	531	1.25	2091	1.96	0.00	20.75	0.00	56	60.44	8.42	27.84	*0	82.8	1.22	7.16
002525 2-Chicken, Spicy Sandwich Deluxe	each	1	442	3.00	799	6.30	0.00	17.10	0.00	25	50.44	6.69	22.50	*N/A*	247.7	4.69	4.68
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
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*0	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
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	4	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	4	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	4	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

Base Menu Spreadsheet

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990481 j-Lettuce, Pickle & Tomato Cup - Deluxe	serving	1	12	0.00	199	1.30	0.00	0.10	0.00	0	2.44	0.69	0.50	*N/A*	7.7	4.69	0.18
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	2	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	2	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			859	5.59	1340	44.70	0.00	28.32	0.00	36	112.02	11.51	34.76	*0	564.7	33.13	4.79
% of Calories				5.86%		20.81%	0.00%	29.7%	0.0%		52.2%		16.2%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Friday - 09/25/2026

Reimbursable Meal Total 4

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990168 Week 2																	
990642 BBQ Beef Pizza	servings	1	472	9.72	917	17.86	0.00	18.70	0.00	67	46.32	3.42	27.85	*0	228.7	0.00	3.21
990426 2-Fish Filet on Bun w/Tarter Sauce	Each	1	422	2.34	549	4.74	0.00	18.35	0.00	43	46.94	5.01	21.02	*0	210.2	0.13	2.90
990625 Wrap, Mac Burger	1 each	1	581	10.86	1232	4.38	0.00	31.11	0.00	65	48.62	4.81	23.69	*0	132.2	6.19	4.63

Base Menu Spreadsheet

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*0	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
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
004515 2-Juice, Apple (4oz.)	1/2 cup	4	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
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
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
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	2	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
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			806	9.02	1193	47.70	0.26	29.46	0.00	63	97.51	6.62	38.97	*0	690.5	2.81	4.27
% of Calories				10.07 %		23.67%	0.13%	32.9%	0.0%		48.4%		19.3%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Monday - 09/28/2026

Reimbursable Meal Total 1

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)
990167 Week 1																	
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	*0	20.2	0.00	2.70
990117 2-Pizza, Pepperoni-homemade	each	1	348	6.32	742	5.34	0.00	12.50	0.00	32	32.23	3.28	25.32	*N/A*	9.7	0.00	1.49
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
990557 2-Burrito, Los Cabos	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
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*0	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
001036 .																	
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
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
001039 TOTAL																	
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
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
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

Base Menu Spreadsheet

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	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 (mcg RAE)	Calc ^m (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
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
001039 TOTAL																	
001036 .																	
Weighted Daily Average			2631	27.93	3963	112.72	0.00	90.02	0.00	149	334.35	36.85	127.32	*0	1286.8	11.84	15.29
% of Calories				9.55%		17.14%	0.00%	30.8%	0.0%		50.8%		19.4%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Tuesday - 09/29/2026

Reimbursable Meal Total 4

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990167 Week 1																	
990647 Cajun Chicken w/red beans&rice	serving	1	412	1.96	1010	159.76	2.59	13.04	0.00	31	52.36	9.97	27.16	*0	88.4	14.73	4.08
990388 2-Cheeseburger on a bun (Steak Burger Patty) Delux	1 each	1	474	11.07	1031	5.30	0.00	25.27	0.00	86	35.44	3.69	30.73	*0	347.9	4.69	4.10
001104 2-Wrap,Spicy Chicken	1 each	1	597	7.51	1158	2.09	0.00	28.54	0.00	40	55.32	5.16	23.21	*0	128.9	0.92	3.93
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
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*0	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990669 1-Pears, Sliced, canned-USDA	1/2 CUP	1	2	0.00	0	0.50	0.00	0.00	0.00	0	0.66	0.08	0.00	*N/A*	0.0	0.04	0.00
004515 2-Juice, Apple (4oz.)	1/2 cup	4	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
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
003505 2-Carrots, Baby	1/2 cup	4	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
990481 j-Lettuce, Pickle & Tomato Cup - Deluxe	serving	1	12	0.00	199	1.30	0.00	0.10	0.00	0	2.44	0.69	0.50	*N/A*	7.7	4.69	0.18
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	2	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
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			840	8.90	1448	82.82	0.65	32.65	0.00	60	100.41	10.07	38.91	*0	548.8	7.49	4.52
% of Calories				9.54%		39.44%	0.31%	35.0%	0.0%		47.8%		18.5%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Wednesday - 09/30/2026

Reimbursable Meal Total 4

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990167 Week 1																	
990654 BBQ Pulled Chicken Sandwich	serving	1	487	4.52	1376	30.15	0.00	10.55	0.00	91	63.06	3.00	33.80	*0	265.0	0.00	5.90
990673 PepperJack Chicken Quesadilla	servings	1	409	7.49	1660	3.67	0.00	12.96	0.00	76	41.09	2.47	25.16	*0	172.2	2.13	1.26
002525 2-Chicken, Spicy Sandwich Deluxe	each	1	442	3.00	799	6.30	0.00	17.10	0.00	25	50.44	6.69	22.50	*N/A*	247.7	4.69	4.68
990117 2-Pizza, Pepperoni-homemade	each	1	348	6.32	742	5.34	0.00	12.50	0.00	32	32.23	3.28	25.32	*N/A*	9.7	0.00	1.49
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*0	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
000813 2-Raisins,Individual-1.5oz box	1/2 cup equ	1	114	0.00	9	0.00	0.00	0.00	0.00	0	27.18	1.75	0.88	*N/A*	17.5	0.00	0.95
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	4	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	4	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
990316 2-Beans, Kidney, Spicy	1/2 cup	1	143	0.00	199	1.24	1.24	0.23	0.00	0	25.96	10.18	10.18	*0	87.4	0.16	3.87
990481 j-Lettuce, Pickle & Tomato Cup - Deluxe	serving	1	12	0.00	199	1.30	0.00	0.10	0.00	0	2.44	0.69	0.50	*N/A*	7.7	4.69	0.18
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	2	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

Base Menu Spreadsheet

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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	2	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			912	8.86	1705	49.24	0.71	29.10	0.00	67	115.07	10.77	45.76	*0	606.0	75.86	5.66
% of Calories				8.74%		21.60%	0.31%	28.7%	0.0%		50.5%		20.1%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

		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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages		1026	10.71	1617	58.92	0.36	36.72	0.03	65	128.00	12.59	47.45	*0	668.90	28.81	5.41
% of Calories			9.39%		22.97%	0.14%	32.2%	0.0%		49.9%		18.5%				

**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.
Per the Whole Milk for Healthy Kids Act of 2025, saturated fat from fluid milk is excluded from HHFKA menu analysis.

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.