

Base Menu Spreadsheet

Portion Values

Jan 9, 2026 thru Jan 31, 2026

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

Friday - 01/09/2026Reimbursable 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 (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990167 Week 1																	
990631 Chili Cheese Fries w/Roll	servings	1	410	11.81	605	18.68	0.00	25.23	0.84	83	22.70	2.13	20.78	*N/A*	442.1	20.29	2.56
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
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
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	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
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	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
000275 2-Peas	1/2 cup	1	91	0.00	112	5.96	0.00	0.00	0.00	0	16.38	5.96	5.96	*N/A*	6.1	0.00	0.33
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 .																	

Base Menu Spreadsheet

Portion Values

Jan 9, 2026 thru Jan 31, 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 (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
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			853	8.98	1259	46.29	0.26	32.64	0.21	64	100.48	7.44	39.68	*0	745.3	8.88	4.44
% of Calories				9.47%		21.71%	0.00%	34.4%	0.2%		47.1%		18.6%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Monday - 01/12/2026

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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990168 Week 2																	
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
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
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	*N/A*	101.6	0.00	2.81
990392 Other																	

Base Menu Spreadsheet

Portion Values

Jan 9, 2026 thru Jan 31, 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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
990136 2-Beans, Seasoned Pinto	1/2 cup	1	147	0.00	207	0.00	0.00	0.84	0.00	0	24.99	12.98	7.26	*N/A*	91.6	0.04	2.42
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
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			902	6.93	1068	58.94	0.00	27.01	0.00	45	130.82	15.46	37.51	*0	530.3	8.54	5.06
% of Calories				6.91%		26.14%	0.00%	27.0%	0.0%		58.0%		16.6%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Tuesday - 01/13/2026

Reimbursable Meal Total 4

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Jan 9, 2026 thru Jan 31, 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 (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990168 Week 2																	
001210 2-Chicken w/Mashed Potato Bowl	Serving	1	470	2.71	617	4.49	0.00	16.39	0.00	28	57.18	5.67	25.78	*0	43.7	38.20	2.67
002174 2-Turkey & Cheese Sandwich	1 each	1	303	2.50	1276	4.08	0.00	6.52	0.00	50	37.84	4.13	25.82	*0	157.7	0.92	1.54
001965 Sloppy Joe on Ham Bun	Servings	1	385	4.19	420	*9.54	*0.00	12.68	*0.00	61	44.49	3.63	24.77	*4	217.0	1.14	3.41
990117 2-Pizza, Pepperoni-homemade	each	1	347	6.32	742	5.36	0.00	12.50	0.00	32	32.22	3.28	25.32	*N/A*	9.8	0.02	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	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
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	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

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Jan 9, 2026 thru Jan 31, 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 (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			810	7.45	1241	*47.18	*0.00	27.68	*0.00	54	102.31	9.12	41.96	*1	487.7	11.63	3.35
% of Calories				8.28%		*23.30 %	*0.00%	30.8%	*0.0%		50.5%		20.7%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Wednesday - 01/14/2026 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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990168 Week 2																	
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
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
990388 2-Cheeseburger on a bun (Steak Burger Patty) Delux	1 each	1	384	7.00	883	5.30	0.00	18.30	0.00	66	34.44	3.69	25.30	*0	276.3	4.69	3.83
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	*N/A*	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

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Jan 9, 2026 thru Jan 31, 2026

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990350 2-Chickpeas Roasted, Italian Seasoning	Serving-1/2 cup	1	186	1.25	171	1.22	0.00	9.33	0.00	0	19.85	6.12	6.12	*N/A*	48.9	0.00	1.81
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			1050	13.69	1699	39.98	0.40	44.53	0.12	72	124.00	13.14	43.39	*0	726.5	87.42	6.72
% of Calories				11.73 %		15.23%	0.00%	38.2%	0.1%		47.2%		16.5%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Thursday - 01/15/2026

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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990168 Week 2																	
990482 2-Tri Tip Sandwich	Sandwich	1	356	0.07	2783	6.84	0.00	11.73	0.00	59	36.74	3.00	25.33	*N/A*	209.6	0.00	1.86

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East Side Union High School District

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Jan 9, 2026 thru Jan 31, 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 (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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
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
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	*N/A*	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
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

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	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)
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			944	6.69	1761	48.64	0.00	32.81	0.00	56	113.88	9.73	42.64	*0	576.8	33.09	3.65
% of Calories				6.38%		20.61%	0.00%	31.3%	0.0%		48.3%		18.1%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Friday - 01/16/2026

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)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990168 Week 2																	
990622 2-Pozole Chicken Verde	servings	1	575	2.48	1347	96.68	0.91	17.74	0.00	57	85.96	9.04	21.00	*0	165.5	63.24	4.01
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
990625 2-Wrap, Mac Burger	1 each	1	450	7.04	950	4.09	0.00	21.89	0.83	39	44.78	3.33	14.36	*0	119.0	6.38	3.09
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	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
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	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
000275 2-Peas	1/2 cup	1	91	0.00	112	5.96	0.00	0.00	0.00	0	16.38	5.96	5.96	*N/A*	6.1	0.00	0.33

Base Menu Spreadsheet

Portion Values

Jan 9, 2026 thru Jan 31, 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 (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
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			788	6.68	1205	64.15	0.49	24.57	0.21	48	108.74	9.57	34.68	*0	616.6	18.60	3.93
% of Calories				7.63%		32.56%	0.00%	28.1%	0.2%		55.2%		17.6%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Monday - 01/19/2026

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)
990167 Week 1																	
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
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
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	*N/A*	101.6	0.00	2.81

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Jan 9, 2026 thru Jan 31, 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 (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
990136 2-Beans, Seasoned Pinto	1/2 cup	1	147	0.00	207	0.00	0.00	0.84	0.00	0	24.99	12.98	7.26	*N/A*	91.6	0.04	2.42
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

East Side Union High School District

Portion Values

Jan 9, 2026 thru Jan 31, 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 (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001036 .																	
Weighted Daily Average			2680	27.35	3858	120.30	0.00	105.02	0.00	140	325.88	44.98	114.29	*0	1462.2	9.47	14.37
% of Calories				9.18%		17.96%	0.00%	35.3%	0.0%		48.6%		17.1%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Tuesday - 01/20/2026

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 (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990167 Week 1																	
990626 Shepherd's Pie	serving	1	585	7.56	711	4.43	0.00	18.73	1.00	56	77.09	8.49	24.74	*0	239.2	69.26	4.25
990388 2-Cheeseburger on a bun (Steak Burger Patty) Delux	1 each	1	384	7.00	883	5.30	0.00	18.30	0.00	66	34.44	3.69	25.30	*0	276.3	4.69	3.83
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
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
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	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
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	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

Portion Values

Jan 9, 2026 thru Jan 31, 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 (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			893	9.94	1374	46.18	0.00	32.48	0.25	58	110.01	10.27	41.01	*0	546.1	21.45	4.49
% of Calories				10.02 %		20.69%	0.00%	32.7%	0.3%		49.3%		18.4%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Wednesday - 01/21/2026 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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990167 Week 1																	
990613 2-Pasta w/Meat Sauce-elbow	servings	1	396	5.82	513	3.80	0.00	12.66	0.00	43	49.26	2.96	20.68	*N/A*	211.5	0.08	2.68

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Jan 9, 2026 thru Jan 31, 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 (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990614 2-Pasta, Meatless-elbow	servings	1	415	7.30	496	3.80	0.00	15.11	0.00	48	49.76	2.96	20.10	*N/A*	421.3	0.08	1.77
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
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
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	*N/A*	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
990350 2-Chickpeas Roasted, Italian Seasoning	Serving-1/2 cup	1	186	1.25	171	1.22	0.00	9.33	0.00	0	19.85	6.12	6.12	*N/A*	48.9	0.00	1.81
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

Jan 9, 2026 thru Jan 31, 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 (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			910	8.78	1123	42.97	0.40	32.99	0.00	170	114.01	14.05	40.20	*0	653.3	77.41	4.88
% of Calories				8.68%		18.89%	0.00%	32.6%	0.0%		50.1%		17.7%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Thursday - 01/22/2026 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 (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990167 Week 1																	
990154 2-Beef Dunkers, Teriyaki w/brown rice & Broccoli	serving	1	433	4.64	600	80.70	0.76	13.66	0.51	44	56.18	6.51	22.91	*0	68.9	0.24	3.38
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
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	6.23	0.00	9.67	0.00	25	33.85	3.72	24.40	*N/A*	13.7	8.63	1.58
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	*N/A*	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

Base Menu Spreadsheet

Portion Values

Jan 9, 2026 thru Jan 31, 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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
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			1004	8.82	1170	65.38	0.19	35.83	0.13	48	124.26	10.45	42.45	*0	515.7	36.09	4.27
% of Calories				7.91%		26.05%	0.00%	32.1%	0.1%		49.5%		16.9%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Friday - 01/23/2026

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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990167 Week 1																	
990631 Chili Cheese Fries w/Roll	servings	1	410	11.81	605	18.68	0.00	25.23	0.84	83	22.70	2.13	20.78	*N/A*	442.1	20.29	2.56
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
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

Base Menu Spreadsheet

Portion Values

Jan 9, 2026 thru Jan 31, 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 (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	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
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	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
000275 2-Peas	1/2 cup	1	91	0.00	112	5.96	0.00	0.00	0.00	0	16.38	5.96	5.96	*N/A*	6.1	0.00	0.33
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			853	8.98	1259	46.29	0.26	32.64	0.21	64	100.48	7.44	39.68	*0	745.3	8.88	4.44
% of Calories				9.47%		21.71%	0.00%	34.4%	0.2%		47.1%		18.6%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Jan 9, 2026 thru Jan 31, 2026

Monday - 01/26/2026

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 (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990168 Week 2																	
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
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
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	*N/A*	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
990136 2-Beans, Seasoned Pinto	1/2 cup	1	147	0.00	207	0.00	0.00	0.84	0.00	0	24.99	12.98	7.26	*N/A*	91.6	0.04	2.42
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

Base Menu Spreadsheet

Portion Values

Jan 9, 2026 thru Jan 31, 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 (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
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			902	6.93	1068	58.94	0.00	27.01	0.00	45	130.82	15.46	37.51	*0	530.3	8.54	5.06
% of Calories				6.91%		26.14%	0.00%	27.0%	0.0%		58.0%		16.6%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Tuesday - 01/27/2026

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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990168 Week 2																	
001210 2-Chicken w/Mashed Potato Bowl	Serving	1	470	2.71	617	4.49	0.00	16.39	0.00	28	57.18	5.67	25.78	*0	43.7	38.20	2.67
002174 2-Turkey & Cheese Sandwich	1 each	1	303	2.50	1276	4.08	0.00	6.52	0.00	50	37.84	4.13	25.82	*0	157.7	0.92	1.54
001965 Sloppy Joe on Ham Bun	Servings	1	385	4.19	420	*9.54	*0.00	12.68	*0.00	61	44.49	3.63	24.77	*4	217.0	1.14	3.41
990117 2-Pizza, Pepperoni-homemade	each	1	347	6.32	742	5.36	0.00	12.50	0.00	32	32.22	3.28	25.32	*N/A*	9.8	0.02	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	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	

Base Menu Spreadsheet

Portion Values

Jan 9, 2026 thru Jan 31, 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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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	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			810	7.45	1241	*47.18	*0.00	27.68	*0.00	54	102.31	9.12	41.96	*1	487.7	11.63	3.35
% of Calories				8.28%		*23.30 %	*0.00%	30.8%	*0.0%		50.5%		20.7%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Wednesday - 01/28/2026 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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990168 Week 2																	
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

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Jan 9, 2026 thru Jan 31, 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 (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
990388 2-Cheeseburger on a bun (Steak Burger Patty) Delux	1 each	1	384	7.00	883	5.30	0.00	18.30	0.00	66	34.44	3.69	25.30	*0	276.3	4.69	3.83
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	*N/A*	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
990350 2-Chickpeas Roasted, Italian Seasoning	Serving-1/2 cup	1	186	1.25	171	1.22	0.00	9.33	0.00	0	19.85	6.12	6.12	*N/A*	48.9	0.00	1.81
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

East Side Union High School District

Portion Values

Jan 9, 2026 thru Jan 31, 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 (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			1050	13.69	1699	39.98	0.40	44.53	0.12	72	124.00	13.14	43.39	*0	726.5	87.42	6.72
% of Calories				11.73 %		15.23%	0.00%	38.2%	0.1%		47.2%		16.5%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Thursday - 01/29/2026

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)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990168 Week 2																	
990482 2-Tri Tip Sandwich	Sandwich	1	356	0.07	2783	6.84	0.00	11.73	0.00	59	36.74	3.00	25.33	*N/A*	209.6	0.00	1.86
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
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
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
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	*N/A*	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

Base Menu Spreadsheet

Portion Values

Jan 9, 2026 thru Jan 31, 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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
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			944	6.69	1761	48.64	0.00	32.81	0.00	56	113.88	9.73	42.64	*0	576.8	33.09	3.65
% of Calories				6.38%		20.61%	0.00%	31.3%	0.0%		48.3%		18.1%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Friday - 01/30/2026

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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990168 Week 2																	
990622 2-Pozole Chicken Verde	servings	1	575	2.48	1347	96.68	0.91	17.74	0.00	57	85.96	9.04	21.00	*0	165.5	63.24	4.01
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

Base Menu Spreadsheet

Portion Values

Jan 9, 2026 thru Jan 31, 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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990625 2-Wrap, Mac Burger	1 each	1	450	7.04	950	4.09	0.00	21.89	0.83	39	44.78	3.33	14.36	*0	119.0	6.38	3.09
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	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
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	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
000275 2-Peas	1/2 cup	1	91	0.00	112	5.96	0.00	0.00	0.00	0	16.38	5.96	5.96	*N/A*	6.1	0.00	0.33
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			788	6.68	1205	64.15	0.49	24.57	0.21	48	108.74	9.57	34.68	*0	616.6	18.60	3.93
% of Calories				7.63%		32.56%	0.00%	28.1%	0.2%		55.2%		17.6%				
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)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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Base Menu Spreadsheet

Portion Values

Jan 9, 2026 thru Jan 31, 2026

Weighted Averages		1011	10	1499	*55.32	*0.18	36.55	*0.09	68	127.16	13.04	44.85	*0	659	30.05	5.14
% of Calories			8.66%		*21.89 %	*0.00%	32.5%	*0.1%		50.3%		17.7%				

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*
** - denotes combined nutrient totals with either missing or incomplete nutrient data*
¹ - denotes required nutrient values
Added Sugars target is informational only, with an effective date of July 1, 2027.

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