# Base Menu Spreadsheet

Yuba City USD

Weighted Values

Nov 1, 2026 thru Nov 30, 2026

**Menu Name:** PRE-SCHOOL LUNCH

**Include Cost:** Yes

**Site:**

**Use Alternate Menu Name:** No

## Monday - 11/02/2026 Reimbursable Meal Total 300

| | 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) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 003393 POCKET PEPPERONI STUFFED SANDWICH (SCHWANS) 4.46OZ | EACH | 300 | 300 | 5.00 | 590 | 5.00 | 1.00 | 12.00 | 0.00 | 30 | 31.00 | 3.00 | 19.00 | 70 | 240.0 | 0.00 | 2.70 | $164.178 |
| 003486 VEGETABLE FROZEN MIX 4 WAY (30#) | #8 SCOOP | 300 | 39 | 0.00 | 31 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 8.47 | 1.54 | 1.54 | *N/A* | 16.9 | *N/A* | 0.77 | $61.589 |
| 003411 APPLESAUCE FANCY (SYSCO) | #8 SCOOP | 300 | 90 | 0.00 | 0 | 5.00 | 5.00 | 0.00 | 0.00 | 0 | 24.00 | 3.00 | 0.00 | *N/A* | 7.0 | *N/A* | 0.00 | $270.115 |
| 002441 CC,MILK GALLON 1% | CUP | 290 | 126 | 1.45 | 155 | 14.50 | *N/A* | 2.42 | 0.00 | 14 | 15.47 | 0.00 | 9.67 | *N/A* | 386.7 | 1.16 | 0.00 | $0.000 |
| 000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ) | SERVING | 10 | 5 | 0.02 | 4 | 0.39 | 0.35 | 0.16 | 0.00 | 0 | 0.46 | 0.07 | 0.28 | *N/A* | *N/A* | *N/A* | *N/A* | $6.739 |
| Weighted Daily Average | | | 559 | 6.47 | 779 | 24.89 | *6.35 | 14.58 | 0.00 | 44 | 79.40 | 7.61 | 30.49 | *70 | *650.6 | *1.16 | *3.47 | $502.621 |
| % of Calories | | | | 10.42 % | | 17.81% | *4.54% | 23.5% | 0.0% | | 56.8% | | 21.8% | | | | | |
| Weekly Nutrient Guideline | | | 739 - 0 | <10 | <=0 | | <0 | <=30 | | | | | 12.74 | | 338.62 | 16.68 | 3.95 | |

## Tuesday - 11/03/2026 Reimbursable Meal Total 300

| | 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) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 001488 CHICKEN, ORANGE MANDARIN NOODLE | SERVING | 300 | 353 | 0.33 | 515 | *11.23 | *11.23 | 7.94 | *0.00 | 41 | 55.57 | 3.45 | 18.22 | *N/A* | 28.2 | *0.08 | 3.07 | $702.628 |
| 002476 VEG, BROCCOLI STEAMED | .5 CUP | 300 | 26 | 0.00 | 22 | 1.00 | *N/A* | 0.00 | 0.00 | 0 | 5.00 | 3.00 | 3.00 | *N/A* | 0.0 | 0.00 | 0.00 | $0.000 |

| | 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) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 003163 BAR, MANGO (FRESH 3OZ PK) | cup | 300 | 94 | 0.00 | 0 | 22.60 | 0.00 | 0.00 | 0.00 | 0 | 25.40 | 2.60 | 1.40 | 90 | 18.0 | 60.00 | 0.26 | $0.000 |
| 000607 COOKIE, FORTUNE | COOKIE | 300 | 18 | 0.00 | 2 | 1.64 | *N/A* | 0.00 | *N/A* | 0 | 4.11 | 0.00 | 0.33 | *N/A* | 0.0 | 0.00 | 0.00 | $0.371 |
| 002441 CC,MILK GALLON 1% | CUP | 290 | 126 | 1.45 | 155 | 14.50 | *N/A* | 2.42 | 0.00 | 14 | 15.47 | 0.00 | 9.67 | *N/A* | 386.7 | 1.16 | 0.00 | $0.000 |
| 000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ) | SERVING | 10 | 5 | 0.02 | 4 | 0.39 | 0.35 | 0.16 | 0.00 | 0 | 0.46 | 0.07 | 0.28 | *N/A* | *N/A* | *N/A* | *N/A* | $6.739 |
| Weighted Daily Average | | | 622 | 1.80 | 697 | *51.36 | *11.58 | 10.51 | *0.00 | 55 | 106.00 | 9.12 | 32.90 | *90 | *432.8 | *61.24 | *3.33 | $709.738 |
| % of Calories | | | | 2.60% | | *33.03 % | *7.45% | 15.2% | *0.0% | | 68.2% | | 21.2% | | | | | |
| Weekly Nutrient Guideline | | | 739 - 0 | <10 | <=0 | | <0 | <=30 | | | | | 12.74 | | 338.62 | 16.68 | 3.95 | |

**Wednesday - 11/04/2026** **Reimbursable Meal Total 300**

| | 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) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 003500 SMASHED BACON CHEESE BURGER | EACH | 300 | 435 | 9.50 | 860 | 3.00 | *0.00 | 153.50 | *0.00 | 82 | 28.00 | 4.00 | 28.50 | *N/A* | 114.0 | *0.00 | *2.65 | $88.700 |
| 002987 POTATO MCCAIN REG CRINKLE FRY | SERVINGS | 300 | 120 | 0.50 | 35 | 0.00 | *N/A* | 5.00 | 0.00 | 0 | 20.01 | 1.00 | 1.00 | *N/A* | 10.0 | 0.00 | 0.30 | $0.000 |
| 002058 FRUIT, APPLE FRESH WHOLE | 1 EACH | 100 | 33 | 0.00 | 0 | 6.33 | *N/A* | 0.00 | 0.00 | 0 | 8.33 | 1.33 | 0.00 | *N/A* | 6.7 | 2.80 | 0.12 | $0.000 |
| 000086 FRUIT, ORANGES FRESH | EACH | 100 | 23 | 0.00 | 1 | *N/A* | *N/A* | 0.00 | 0.00 | 0 | 5.94 | 1.13 | 0.57 | *N/A* | 19.8 | 27.66 | 0.05 | $0.000 |
| 000068 FRUIT, BANANAS FRESH | EACH | 100 | 30 | 0.04 | 0 | 4.12 | 0.00 | 0.11 | 0.00 | 0 | 7.69 | 0.88 | 0.37 | 1 | 1.7 | 2.93 | 0.09 | $0.000 |
| 002441 CC,MILK GALLON 1% | CUP | 290 | 126 | 1.45 | 155 | 14.50 | *N/A* | 2.42 | 0.00 | 14 | 15.47 | 0.00 | 9.67 | *N/A* | 386.7 | 1.16 | 0.00 | $0.000 |

| | 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) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ) | SERVING | 10 | 5 | 0.02 | 4 | 0.39 | 0.35 | 0.16 | 0.00 | 0 | 0.46 | 0.07 | 0.28 | *N/A* | *N/A* | *N/A* | *N/A* | $6.739 |
| Weighted Daily Average | | | 772 | 11.51 | 1054 | *28.34 | *0.35 | 161.19 | *0.00 | 97 | 85.90 | 8.41 | 40.38 | *1 | *538.8 | *34.55 | *3.21 | $95.439 |
| % of Calories | | | | 13.42 % | | *14.68 % | *0.18% | 187.9% | *0.0% | | 44.5% | | 20.9% | | | | | |
| Weekly Nutrient Guideline | | | 739 - 0 | <10 | <=0 | | <0 | <=30 | | | | | 12.74 | | 338.62 | 16.68 | 3.95 | |

**Thursday - 11/05/2026** **Reimbursable Meal Total 300**

| | 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) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 003220 MAC & CHEESE JTM (W/MILK) | 6 OZ SERVING | 300 | 327 | 9.02 | 793 | 4.13 | *N/A* | 16.19 | 0.00 | 47 | 29.21 | 2.00 | 15.75 | *N/A* | 398.1 | 0.09 | 1.00 | $309.917 |
| 003260 BREAD DINNER ROLL WG FRANZ (1 ROLL) | 1 EACH | 300 | 70 | 0.00 | 90 | 1.00 | *N/A* | 0.50 | 0.00 | 0 | 13.00 | 1.00 | 3.00 | *N/A* | 14.0 | 0.00 | 1.00 | $0.000 |
| 003410 VEGETABLE, FZN CARROTS DICED NO SALT ADDED | #8 SCOOP | 300 | 27 | 0.00 | 43 | 3.00 | *N/A* | 0.00 | 0.00 | 0 | 6.00 | 2.00 | 0.00 | *N/A* | *N/A* | *N/A* | *N/A* | $7.339 |
| 002058 FRUIT, APPLE FRESH WHOLE | 1 EACH | 100 | 33 | 0.00 | 0 | 6.33 | *N/A* | 0.00 | 0.00 | 0 | 8.33 | 1.33 | 0.00 | *N/A* | 6.7 | 2.80 | 0.12 | $0.000 |
| 000068 FRUIT, BANANAS FRESH | EACH | 100 | 30 | 0.04 | 0 | 4.12 | 0.00 | 0.11 | 0.00 | 0 | 7.69 | 0.88 | 0.37 | 1 | 1.7 | 2.93 | 0.09 | $0.000 |
| 000086 FRUIT, ORANGES FRESH | EACH | 100 | 23 | 0.00 | 1 | *N/A* | *N/A* | 0.00 | 0.00 | 0 | 5.94 | 1.13 | 0.57 | *N/A* | 19.8 | 27.66 | 0.05 | $0.000 |
| 002441 CC,MILK GALLON 1% | CUP | 290 | 126 | 1.45 | 155 | 14.50 | *N/A* | 2.42 | 0.00 | 14 | 15.47 | 0.00 | 9.67 | *N/A* | 386.7 | 1.16 | 0.00 | $0.000 |

| | 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) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ) | SERVING | 10 | 5 | 0.02 | 4 | 0.39 | 0.35 | 0.16 | 0.00 | 0 | 0.46 | 0.07 | 0.28 | *N/A* | *N/A* | *N/A* | *N/A* | $6.739 |
| Weighted Daily Average | | | 640 | 10.52 | 1086 | *33.46 | *0.35 | 19.38 | 0.00 | 62 | 86.09 | 8.41 | 29.64 | *1 | *826.9 | *34.64 | *2.26 | $323.995 |
| % of Calories | | | | 14.79 % | | *20.91 % | *0.22% | 27.3% | 0.0% | | 53.8% | | 18.5% | | | | | |
| Weekly Nutrient Guideline | | | 739 - 0 | <10 | <=0 | | <0 | <=30 | | | | | 12.74 | | 338.62 | 16.68 | 3.95 | |

**Friday - 11/06/2026** **Reimbursable Meal Total 300**

| | 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) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 003078 TAMALE CHICKEN SALSA VERDE CHEESE LOS CABOS | 1 TAMALE | 300 | 309 | 6.53 | 622 | 1.06 | 0.00 | 13.76 | 0.00 | 56 | 28.40 | 2.70 | 17.27 | *N/A* | 202.6 | 3.59 | 1.37 | $26.052 |
| 002673 VEG, CORN CANNED - SYSCO | #8 SCOOP | 300 | 54 | 0.00 | 152 | 5.42 | *N/A* | 0.54 | 0.00 | 0 | 10.83 | 1.08 | 1.08 | *N/A* | 3.2 | 0.00 | 0.00 | $136.438 |
| 003138 PINEAPPLE RAW | 1/2C SERVING | 300 | 60 | 0.00 | 1 | 11.40 | 0.00 | 0.00 | 0.00 | 0 | 9.69 | 1.38 | 0.46 | *N/A* | 12.0 | 5806.00 | 0.05 | $0.000 |
| 002441 CC,MILK GALLON 1% | CUP | 290 | 126 | 1.45 | 155 | 14.50 | *N/A* | 2.42 | 0.00 | 14 | 15.47 | 0.00 | 9.67 | *N/A* | 386.7 | 1.16 | 0.00 | $0.000 |
| 000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ) | SERVING | 10 | 5 | 0.02 | 4 | 0.39 | 0.35 | 0.16 | 0.00 | 0 | 0.46 | 0.07 | 0.28 | *N/A* | *N/A* | *N/A* | *N/A* | $6.739 |
| Weighted Daily Average | | | 553 | 8.00 | 933 | 32.76 | *0.35 | 16.88 | 0.00 | 70 | 64.85 | 5.23 | 28.76 | *N/A* | *604.6 | *5810.75 | *1.42 | $169.228 |
| % of Calories | | | | 13.02 % | | 23.70% | *0.25% | 27.5% | 0.0% | | 46.9% | | 20.8% | | | | | |
| Weekly Nutrient Guideline | | | 739 - 0 | <10 | <=0 | | <0 | <=30 | | | | | 12.74 | | 338.62 | 16.68 | 3.95 | |

**Monday - 11/09/2026** **Reimbursable Meal Total 300**

| | 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) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 001862 PIZZA PEPPERONI 5" WG (WILD MIKES) | EACH | 150 | 208 | 4.07 | 320 | 2.54 | 0.00 | 8.64 | 0.00 | 20 | 18.30 | 0.51 | 9.66 | *N/A* | 187.1 | 3.05 | 1.02 | $203.694 |
| 001861 PIZZA CHEESE 5" WG (WILD MIKES) | EACH | 150 | 180 | 4.00 | 255 | 2.00 | *N/A* | 8.50 | 0.00 | 18 | 17.00 | 1.50 | 10.00 | *N/A* | 225.0 | 3.00 | 1.35 | $172.222 |
| 003486 VEGETABLE FROZEN MIX 4 WAY (30#) | #8 SCOOP | 300 | 39 | 0.00 | 31 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 8.47 | 1.54 | 1.54 | *N/A* | 16.9 | *N/A* | 0.77 | $61.589 |
| 003411 APPLESAUCE FANCY (SYSCO) | #8 SCOOP | 300 | 90 | 0.00 | 0 | 5.00 | 5.00 | 0.00 | 0.00 | 0 | 24.00 | 3.00 | 0.00 | *N/A* | 7.0 | *N/A* | 0.00 | $270.115 |
| 002441 CC,MILK GALLON 1% | CUP | 290 | 126 | 1.45 | 155 | 14.50 | *N/A* | 2.42 | 0.00 | 14 | 15.47 | 0.00 | 9.67 | *N/A* | 386.7 | 1.16 | 0.00 | $0.000 |
| 000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ) | SERVING | 10 | 5 | 0.02 | 4 | 0.39 | 0.35 | 0.16 | 0.00 | 0 | 0.46 | 0.07 | 0.28 | *N/A* | *N/A* | *N/A* | *N/A* | $6.739 |
| Weighted Daily Average | | | 647 | 9.53 | 765 | 24.43 | *5.35 | 19.72 | 0.00 | 52 | 83.70 | 6.62 | 31.15 | *N/A* | *822.7 | *7.21 | *3.14 | $714.358 |
| % of Calories | | | | 13.26 % | | 15.10% | *3.31% | 27.4% | 0.0% | | 51.7% | | 19.3% | | | | | |
| Weekly Nutrient Guideline | | | 739 - 0 | <10 | <=0 | | <0 | <=30 | | | | | 12.74 | | 338.62 | 16.68 | 3.95 | |

**Tuesday - 11/10/2026** **Reimbursable Meal Total 300**

| | 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) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 003352 CHICKEN, TERIYAKI SMOKED NOODLE BOWL YANGS | SERVINGS | 300 | 330 | 1.33 | 689 | *9.00 | *9.00 | 8.38 | *0.00 | 70 | 45.16 | 3.45 | 22.00 | *N/A* | 28.0 | *0.08 | 3.06 | $118.206 |
| 002476 VEG, BROCCOLI STEAMED | .5 CUP | 300 | 26 | 0.00 | 22 | 1.00 | *N/A* | 0.00 | 0.00 | 0 | 5.00 | 3.00 | 3.00 | *N/A* | 0.0 | 0.00 | 0.00 | $0.000 |
| 003163 BAR, MANGO (FRESH 3OZ PK) | cup | 300 | 94 | 0.00 | 0 | 22.60 | 0.00 | 0.00 | 0.00 | 0 | 25.40 | 2.60 | 1.40 | 90 | 18.0 | 60.00 | 0.26 | $0.000 |
| 000607 COOKIE, FORTUNE | COOKIE | 300 | 18 | 0.00 | 2 | 1.64 | *N/A* | 0.00 | *N/A* | 0 | 4.11 | 0.00 | 0.33 | *N/A* | 0.0 | 0.00 | 0.00 | $0.371 |
| 002441 CC,MILK GALLON 1% | CUP | 290 | 126 | 1.45 | 155 | 14.50 | *N/A* | 2.42 | 0.00 | 14 | 15.47 | 0.00 | 9.67 | *N/A* | 386.7 | 1.16 | 0.00 | $0.000 |

| | 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) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ) | SERVING | 10 | 5 | 0.02 | 4 | 0.39 | 0.35 | 0.16 | 0.00 | 0 | 0.46 | 0.07 | 0.28 | *N/A* | *N/A* | *N/A* | *N/A* | $6.739 |
| Weighted Daily Average | | | 599 | 2.80 | 871 | *49.13 | *9.35 | 10.95 | *0.00 | 84 | 95.59 | 9.12 | 36.67 | *90 | *432.6 | *61.24 | *3.32 | $125.316 |
| % of Calories | | | | 4.21% | | *32.81 % | *6.24% | 16.5% | *0.0% | | 63.8% | | 24.5% | | | | | |
| Weekly Nutrient Guideline | | | 739 - 0 | <10 | <=0 | | <0 | <=30 | | | | | 12.74 | | 338.62 | 16.68 | 3.95 | |

**Thursday - 11/12/2026** **Reimbursable Meal Total 300**

| | 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) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 003303 STEAK SALISBURY WITH BROWN GRAVY | STEAK PATTIES | 300 | 200 | 5.00 | 928 | *1.00 | *1.00 | 13.93 | *0.00 | 40 | 8.72 | 1.00 | 12.13 | *N/A* | 33.2 | *0.00 | 1.40 | $17.368 |
| 000687 RICE, WHITE STEAMED | .5 CUP | 300 | 102 | 0.05 | 8 | 0.04 | *0.00 | 0.20 | *0.00 | 0 | 22.26 | 0.32 | 2.12 | *0 | 15.1 | *0.00 | 0.95 | $58.743 |
| 003434 VEG, GREEN BEANS (SYSCO) | #8 SCOOP | 300 | 20 | 0.00 | 290 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 3.00 | 1.00 | 1.00 | *N/A* | 30.0 | *N/A* | 0.80 | $167.156 |
| 002058 FRUIT, APPLE FRESH WHOLE | 1 EACH | 100 | 33 | 0.00 | 0 | 6.33 | *N/A* | 0.00 | 0.00 | 0 | 8.33 | 1.33 | 0.00 | *N/A* | 6.7 | 2.80 | 0.12 | $0.000 |
| 000068 FRUIT, BANANAS FRESH | EACH | 100 | 30 | 0.04 | 0 | 4.12 | 0.00 | 0.11 | 0.00 | 0 | 7.69 | 0.88 | 0.37 | 1 | 1.7 | 2.93 | 0.09 | $0.000 |
| 000086 FRUIT, ORANGES FRESH | EACH | 100 | 23 | 0.00 | 1 | *N/A* | *N/A* | 0.00 | 0.00 | 0 | 5.94 | 1.13 | 0.57 | *N/A* | 19.8 | 27.66 | 0.05 | $0.000 |
| 002441 CC,MILK GALLON 1% | CUP | 290 | 126 | 1.45 | 155 | 14.50 | *N/A* | 2.42 | 0.00 | 14 | 15.47 | 0.00 | 9.67 | *N/A* | 386.7 | 1.16 | 0.00 | $0.000 |

| | 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) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ) | SERVING | 10 | 5 | 0.02 | 4 | 0.39 | 0.35 | 0.16 | 0.00 | 0 | 0.46 | 0.07 | 0.28 | *N/A* | *N/A* | *N/A* | *N/A* | $6.739 |
| Weighted Daily Average | | | 539 | 6.56 | 1386 | *26.38 | *1.35 | 16.81 | *0.00 | 54 | 71.86 | 5.73 | 26.13 | *1 | *493.1 | *34.55 | *3.41 | $250.006 |
| % of Calories | | | | 10.95 % | | *19.58 % | *1.00% | 28.1% | *0.0% | | 53.3% | | 19.4% | | | | | |
| Weekly Nutrient Guideline | | | 739 - 0 | <10 | <=0 | | <0 | <=30 | | | | | 12.74 | | 338.62 | 16.68 | 3.95 | |

**Friday - 11/13/2026** **Reimbursable Meal Total 300**

| | 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) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 002730 QUESADILLA CHICKEN 10" WG | EACH | 300 | 380 | 7.40 | 1232 | *0.00 | *0.00 | 16.56 | *0.00 | 67 | 38.54 | 1.00 | 20.08 | *N/A* | 326.0 | *8.64 | 2.95 | $155.420 |
| 002673 VEG, CORN CANNED - SYSCO | #8 SCOOP | 300 | 54 | 0.00 | 152 | 5.42 | *N/A* | 0.54 | 0.00 | 0 | 10.83 | 1.08 | 1.08 | *N/A* | 3.2 | 0.00 | 0.00 | $136.438 |
| 003138 PINEAPPLE RAW | 1/2C SERVING | 300 | 60 | 0.00 | 1 | 11.40 | 0.00 | 0.00 | 0.00 | 0 | 9.69 | 1.38 | 0.46 | *N/A* | 12.0 | 5806.00 | 0.05 | $0.000 |
| 002441 CC,MILK GALLON 1% | CUP | 290 | 126 | 1.45 | 155 | 14.50 | *N/A* | 2.42 | 0.00 | 14 | 15.47 | 0.00 | 9.67 | *N/A* | 386.7 | 1.16 | 0.00 | $0.000 |
| 000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ) | SERVING | 10 | 5 | 0.02 | 4 | 0.39 | 0.35 | 0.16 | 0.00 | 0 | 0.46 | 0.07 | 0.28 | *N/A* | *N/A* | *N/A* | *N/A* | $6.739 |
| Weighted Daily Average | | | 625 | 8.87 | 1543 | *31.70 | *0.35 | 19.68 | *0.00 | 81 | 74.99 | 3.53 | 31.57 | *N/A* | *727.9 | *5815.80 | *3.00 | $298.597 |
| % of Calories | | | | 12.77 % | | *20.29 % | *0.22% | 28.3% | *0.0% | | 48.0% | | 20.2% | | | | | |
| Weekly Nutrient Guideline | | | 739 - 0 | <10 | <=0 | | <0 | <=30 | | | | | 12.74 | | 338.62 | 16.68 | 3.95 | |

**Monday - 11/16/2026** **Reimbursable Meal Total 300**

| | 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) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 003206 CHICKEN, TENDERS FULLY COOKED BREADED-2 PER SVG | 2 PIECES | 300 | 220 | 2.00 | 400 | 2.00 | 2.00 | 12.00 | 0.00 | 40 | 12.00 | 2.00 | 20.00 | *N/A* | 0.0 | 0.00 | 2.00 | $7.925 |
| 000866 POTATO, WEDGES | .5 CUP | 300 | 84 | 0.00 | 100 | 1.00 | *N/A* | 0.00 | 0.00 | 0 | 19.00 | 2.00 | 2.00 | *N/A* | 0.0 | 0.00 | 0.00 | $0.000 |
| 003411 APPLESAUCE FANCY (SYSCO) | #8 SCOOP | 300 | 90 | 0.00 | 0 | 5.00 | 5.00 | 0.00 | 0.00 | 0 | 24.00 | 3.00 | 0.00 | *N/A* | 7.0 | *N/A* | 0.00 | $270.115 |
| 002441 CC,MILK GALLON 1% | CUP | 290 | 126 | 1.45 | 155 | 14.50 | *N/A* | 2.42 | 0.00 | 14 | 15.47 | 0.00 | 9.67 | *N/A* | 386.7 | 1.16 | 0.00 | $0.000 |
| 000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ) | SERVING | 10 | 5 | 0.02 | 4 | 0.39 | 0.35 | 0.16 | 0.00 | 0 | 0.46 | 0.07 | 0.28 | *N/A* | *N/A* | *N/A* | *N/A* | $6.739 |
| Weighted Daily Average | | | 524 | 3.47 | 659 | 22.89 | *7.35 | 14.58 | 0.00 | 54 | 70.93 | 7.07 | 31.95 | *0 | *393.7 | *1.16 | *2.00 | $284.779 |
| % of Calories | | | | 5.96% | | 17.47% | *5.61% | 25.0% | 0.0% | | 54.1% | | 24.4% | | | | | |
| Weekly Nutrient Guideline | | | 739 - 0 | <10 | <=0 | | <0 | <=30 | | | | | 12.74 | | 338.62 | 16.68 | 3.95 | |

**Tuesday - 11/17/2026** **Reimbursable Meal Total 300**

| | 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) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 003339 RICE CHICKEN FRIED | 3/4 Cup | 300 | 248 | 0.38 | 351 | *0.88 | *0.38 | 2.67 | *0.00 | 17 | 47.24 | 2.91 | 9.36 | *N/A* | 17.4 | 3.60 | 1.11 | $15.396 |
| 003418 EGGROLL, CHICKEN | EACH | 300 | 150 | 1.00 | 500 | 1.00 | 1.00 | 5.00 | 0.00 | 10 | 20.00 | 2.00 | 6.00 | *N/A* | *N/A* | *N/A* | 1.20 | $10.106 |
| 002476 VEG, BROCCOLI STEAMED | .5 CUP | 300 | 26 | 0.00 | 22 | 1.00 | *N/A* | 0.00 | 0.00 | 0 | 5.00 | 3.00 | 3.00 | *N/A* | 0.0 | 0.00 | 0.00 | $0.000 |
| 003163 BAR, MANGO (FRESH 3OZ PK) | cup | 300 | 94 | 0.00 | 0 | 22.60 | 0.00 | 0.00 | 0.00 | 0 | 25.40 | 2.60 | 1.40 | 90 | 18.0 | 60.00 | 0.26 | $0.000 |
| 000607 COOKIE, FORTUNE | COOKIE | 300 | 18 | 0.00 | 2 | 1.64 | *N/A* | 0.00 | *N/A* | 0 | 4.11 | 0.00 | 0.33 | *N/A* | 0.0 | 0.00 | 0.00 | $0.371 |
| 002441 CC,MILK GALLON 1% | CUP | 290 | 126 | 1.45 | 155 | 14.50 | *N/A* | 2.42 | 0.00 | 14 | 15.47 | 0.00 | 9.67 | *N/A* | 386.7 | 1.16 | 0.00 | $0.000 |

| | 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) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ) | SERVING | 10 | 5 | 0.02 | 4 | 0.39 | 0.35 | 0.16 | 0.00 | 0 | 0.46 | 0.07 | 0.28 | *N/A* | *N/A* | *N/A* | *N/A* | $6.739 |
| Weighted Daily Average | | | 666 | 2.84 | 1033 | *42.01 | *1.73 | 10.24 | *0.00 | 42 | 117.67 | 10.58 | 30.04 | *90 | *422.0 | *64.76 | *2.57 | $32.611 |
| % of Calories | | | | 3.84% | | *25.23 % | *1.04% | 13.8% | *0.0% | | 70.7% | | 18.0% | | | | | |
| Weekly Nutrient Guideline | | | 739 - 0 | <10 | <=0 | | <0 | <=30 | | | | | 12.74 | | 338.62 | 16.68 | 3.95 | |

**Wednesday - 11/18/2026** **Reimbursable Meal Total 300**

| | 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) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 002856 CORN DOG, MINI CHICK TYSON | SERVING (6) | 300 | 315 | 3.64 | 570 | 6.06 | *N/A* | 16.98 | *N/A* | 49 | 27.89 | 2.42 | 14.55 | *N/A* | 24.3 | 0.00 | 1.75 | $228.916 |
| 002987 POTATO MCCAIN REG CRINKLE FRY | SERVINGS | 300 | 120 | 0.50 | 35 | 0.00 | *N/A* | 5.00 | 0.00 | 0 | 20.01 | 1.00 | 1.00 | *N/A* | 10.0 | 0.00 | 0.30 | $0.000 |
| 002058 FRUIT, APPLE FRESH WHOLE | 1 EACH | 100 | 33 | 0.00 | 0 | 6.33 | *N/A* | 0.00 | 0.00 | 0 | 8.33 | 1.33 | 0.00 | *N/A* | 6.7 | 2.80 | 0.12 | $0.000 |
| 000086 FRUIT, ORANGES FRESH | EACH | 100 | 23 | 0.00 | 1 | *N/A* | *N/A* | 0.00 | 0.00 | 0 | 5.94 | 1.13 | 0.57 | *N/A* | 19.8 | 27.66 | 0.05 | $0.000 |
| 000068 FRUIT, BANANAS FRESH | EACH | 100 | 30 | 0.04 | 0 | 4.12 | 0.00 | 0.11 | 0.00 | 0 | 7.69 | 0.88 | 0.37 | 1 | 1.7 | 2.93 | 0.09 | $0.000 |
| 002441 CC,MILK GALLON 1% | CUP | 290 | 126 | 1.45 | 155 | 14.50 | *N/A* | 2.42 | 0.00 | 14 | 15.47 | 0.00 | 9.67 | *N/A* | 386.7 | 1.16 | 0.00 | $0.000 |
| 000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ) | SERVING | 10 | 5 | 0.02 | 4 | 0.39 | 0.35 | 0.16 | 0.00 | 0 | 0.46 | 0.07 | 0.28 | *N/A* | *N/A* | *N/A* | *N/A* | $6.739 |
| Weighted Daily Average | | | 652 | 5.64 | 764 | *31.40 | *0.35 | 24.67 | *0.00 | 63 | 85.79 | 6.84 | 26.43 | *1 | *449.1 | *34.55 | *2.30 | $235.655 |
| % of Calories | | | | 7.79% | | *19.26 % | *0.21% | 34.1% | *0.0% | | 52.6% | | 16.2% | | | | | |
| Weekly Nutrient Guideline | | | 739 - 0 | <10 | <=0 | | <0 | <=30 | | | | | 12.74 | | 338.62 | 16.68 | 3.95 | |

**Thursday - 11/19/2026** **Reimbursable Meal Total 300**

| | 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) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 002010 TURKEY AND GRAVY SM BATCH | #8 SCOOP | 300 | 122 | 0.60 | 1045 | *0.00 | *0.00 | 3.20 | *0.00 | 45 | 9.48 | 0.01 | 15.00 | *N/A* | 0.9 | *0.01 | 1.79 | $0.558 |
| 002252 POTATO, MASHED (IDAHO) LS W/GR | 1/2 CUP | 300 | 78 | 0.22 | 108 | *0.00 | *0.00 | 0.81 | *0.00 | 0 | 16.72 | 1.36 | 1.78 | *0 | 15.4 | 27.52 | 0.28 | $37.656 |
| 003123 BREAD GARLIC KNOT WG 2OZ | SERVINGS | 300 | 180 | 1.50 | 190 | 4.00 | 3.00 | 5.00 | 0.00 | 0 | 27.00 | 3.00 | 5.00 | *N/A* | 20.0 | 0.00 | 1.60 | $9.622 |
| 003434 VEG, GREEN BEANS (SYSCO) | #8 SCOOP | 300 | 20 | 0.00 | 290 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 3.00 | 1.00 | 1.00 | *N/A* | 30.0 | *N/A* | 0.80 | $167.156 |
| 002058 FRUIT, APPLE FRESH WHOLE | 1 EACH | 100 | 33 | 0.00 | 0 | 6.33 | *N/A* | 0.00 | 0.00 | 0 | 8.33 | 1.33 | 0.00 | *N/A* | 6.7 | 2.80 | 0.12 | $0.000 |
| 000068 FRUIT, BANANAS FRESH | EACH | 100 | 30 | 0.04 | 0 | 4.12 | 0.00 | 0.11 | 0.00 | 0 | 7.69 | 0.88 | 0.37 | 1 | 1.7 | 2.93 | 0.09 | $0.000 |
| 000086 FRUIT, ORANGES FRESH | EACH | 100 | 23 | 0.00 | 1 | *N/A* | *N/A* | 0.00 | 0.00 | 0 | 5.94 | 1.13 | 0.57 | *N/A* | 19.8 | 27.66 | 0.05 | $0.000 |
| 002441 CC,MILK GALLON 1% | CUP | 290 | 126 | 1.45 | 155 | 14.50 | *N/A* | 2.42 | 0.00 | 14 | 15.47 | 0.00 | 9.67 | *N/A* | 386.7 | 1.16 | 0.00 | $0.000 |
| 000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ) | SERVING | 10 | 5 | 0.02 | 4 | 0.39 | 0.35 | 0.16 | 0.00 | 0 | 0.46 | 0.07 | 0.28 | *N/A* | *N/A* | *N/A* | *N/A* | $6.739 |
| Weighted Daily Average | | | 617 | 3.83 | 1792 | *29.34 | *3.35 | 11.71 | *0.00 | 60 | 94.09 | 8.78 | 33.66 | *1 | *481.1 | *62.07 | *4.73 | $221.731 |
| % of Calories | | | | 5.59% | | *19.02 % | *2.17% | 17.1% | *0.0% | | 61.0% | | 21.8% | | | | | |
| Weekly Nutrient Guideline | | | 739 - 0 | <10 | <=0 | | <0 | <=30 | | | | | 12.74 | | 338.62 | 16.68 | 3.95 | |

**Friday - 11/20/2026** **Reimbursable Meal Total 300**

| | 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) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 003078 TAMALE CHICKEN SALSA VERDE CHEESE LOS CABOS | 1 TAMALE | 300 | 309 | 6.53 | 622 | 1.06 | 0.00 | 13.76 | 0.00 | 56 | 28.40 | 2.70 | 17.27 | *N/A* | 202.6 | 3.59 | 1.37 | $26.052 |
| 002673 VEG, CORN CANNED - SYSCO | #8 SCOOP | 300 | 54 | 0.00 | 152 | 5.42 | *N/A* | 0.54 | 0.00 | 0 | 10.83 | 1.08 | 1.08 | *N/A* | 3.2 | 0.00 | 0.00 | $136.438 |

| | 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) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 003138 PINEAPPLE RAW | 1/2C SERVING | 300 | 60 | 0.00 | 1 | 11.40 | 0.00 | 0.00 | 0.00 | 0 | 9.69 | 1.38 | 0.46 | *N/A* | 12.0 | 5806.00 | 0.05 | $0.000 |
| 002441 CC,MILK GALLON 1% | CUP | 290 | 126 | 1.45 | 155 | 14.50 | *N/A* | 2.42 | 0.00 | 14 | 15.47 | 0.00 | 9.67 | *N/A* | 386.7 | 1.16 | 0.00 | $0.000 |
| 000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ) | SERVING | 10 | 5 | 0.02 | 4 | 0.39 | 0.35 | 0.16 | 0.00 | 0 | 0.46 | 0.07 | 0.28 | *N/A* | *N/A* | *N/A* | *N/A* | $6.739 |
| Weighted Daily Average | | | 553 | 8.00 | 933 | 32.76 | *0.35 | 16.88 | 0.00 | 70 | 64.85 | 5.23 | 28.76 | *N/A* | *604.6 | *5810.75 | *1.42 | $169.228 |
| % of Calories | | | | 13.02 % | | 23.70% | *0.25% | 27.5% | 0.0% | | 46.9% | | 20.8% | | | | | |
| Weekly Nutrient Guideline | | | 739 - 0 | <10 | <=0 | | <0 | <=30 | | | | | 12.74 | | 338.62 | 16.68 | 3.95 | |

**Monday - 11/23/2026** **Reimbursable Meal Total 300**

| | 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) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 003492 CHEESE BITES MOZZARELLA (WILD MIKES FROM SYSCO) | SERVING (4 EA) | 300 | 280 | 6.00 | 460 | 1.00 | 1.00 | 10.00 | 0.00 | 35 | 28.00 | 2.00 | 19.00 | *N/A* | 453.0 | *N/A* | 2.00 | $19.227 |
| 002987 POTATO MCCAIN REG CRINKLE FRY | SERVINGS | 300 | 120 | 0.50 | 35 | 0.00 | *N/A* | 5.00 | 0.00 | 0 | 20.01 | 1.00 | 1.00 | *N/A* | 10.0 | 0.00 | 0.30 | $0.000 |
| 002058 FRUIT, APPLE FRESH WHOLE | 1 EACH | 100 | 33 | 0.00 | 0 | 6.33 | *N/A* | 0.00 | 0.00 | 0 | 8.33 | 1.33 | 0.00 | *N/A* | 6.7 | 2.80 | 0.12 | $0.000 |
| 000068 FRUIT, BANANAS FRESH | EACH | 100 | 30 | 0.04 | 0 | 4.12 | 0.00 | 0.11 | 0.00 | 0 | 7.69 | 0.88 | 0.37 | 1 | 1.7 | 2.93 | 0.09 | $0.000 |
| 000086 FRUIT, ORANGES FRESH | EACH | 100 | 23 | 0.00 | 1 | *N/A* | *N/A* | 0.00 | 0.00 | 0 | 5.94 | 1.13 | 0.57 | *N/A* | 19.8 | 27.66 | 0.05 | $0.000 |
| 002441 CC,MILK GALLON 1% | CUP | 290 | 126 | 1.45 | 155 | 14.50 | *N/A* | 2.42 | 0.00 | 14 | 15.47 | 0.00 | 9.67 | *N/A* | 386.7 | 1.16 | 0.00 | $0.000 |

| | 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) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ) | SERVING | 10 | 5 | 0.02 | 4 | 0.39 | 0.35 | 0.16 | 0.00 | 0 | 0.46 | 0.07 | 0.28 | *N/A* | *N/A* | *N/A* | *N/A* | $6.739 |
| Weighted Daily Average | | | 617 | 8.01 | 654 | *26.34 | *1.35 | 17.69 | 0.00 | 50 | 85.90 | 6.41 | 30.88 | *1 | *877.8 | *34.55 | *2.56 | $25.966 |
| % of Calories | | | | 11.68 % | | *17.08 % | *0.88% | 25.8% | 0.0% | | 55.7% | | 20.0% | | | | | |
| Weekly Nutrient Guideline | | | 739 - 0 | <10 | <=0 | | <0 | <=30 | | | | | 12.74 | | 338.62 | 16.68 | 3.95 | |

**Tuesday - 11/24/2026** **Reimbursable Meal Total 300**

| | 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) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 002033 CHICKEN, NUGGETS 5 EACH | SERVING 6 EACH | 300 | 200 | 2.00 | 401 | *N/A* | *N/A* | 10.02 | 0.00 | 35 | 13.03 | 2.00 | 15.03 | *N/A* | 0.0 | 0.00 | 0.00 | $11.062 |
| 002676 POTATO, TATER BARRELS SYSCO | 10 BARRELS | 300 | 170 | 1.50 | 360 | 0.00 | *N/A* | 9.00 | 0.00 | 0 | 19.00 | 1.00 | 2.00 | *N/A* | 0.0 | 3.60 | 0.36 | $129.484 |
| 002058 FRUIT, APPLE FRESH WHOLE | 1 EACH | 100 | 33 | 0.00 | 0 | 6.33 | *N/A* | 0.00 | 0.00 | 0 | 8.33 | 1.33 | 0.00 | *N/A* | 6.7 | 2.80 | 0.12 | $0.000 |
| 000086 FRUIT, ORANGES FRESH | EACH | 100 | 23 | 0.00 | 1 | *N/A* | *N/A* | 0.00 | 0.00 | 0 | 5.94 | 1.13 | 0.57 | *N/A* | 19.8 | 27.66 | 0.05 | $0.000 |
| 000068 FRUIT, BANANAS FRESH | EACH | 100 | 30 | 0.04 | 0 | 4.12 | 0.00 | 0.11 | 0.00 | 0 | 7.69 | 0.88 | 0.37 | 1 | 1.7 | 2.93 | 0.09 | $0.000 |
| 002441 CC,MILK GALLON 1% | CUP | 290 | 126 | 1.45 | 155 | 14.50 | *N/A* | 2.42 | 0.00 | 14 | 15.47 | 0.00 | 9.67 | *N/A* | 386.7 | 1.16 | 0.00 | $0.000 |
| 000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ) | SERVING | 10 | 5 | 0.02 | 4 | 0.39 | 0.35 | 0.16 | 0.00 | 0 | 0.46 | 0.07 | 0.28 | *N/A* | *N/A* | *N/A* | *N/A* | $6.739 |
| Weighted Daily Average | | | 587 | 5.01 | 920 | *25.34 | *0.35 | 21.71 | 0.00 | 50 | 69.92 | 6.41 | 27.91 | *1 | *414.8 | *38.15 | *0.62 | $147.285 |
| % of Calories | | | | 7.68% | | *17.27 % | *0.24% | 33.3% | 0.0% | | 47.6% | | 19.0% | | | | | |
| Weekly Nutrient Guideline | | | 739 - 0 | <10 | <=0 | | <0 | <=30 | | | | | 12.74 | | 338.62 | 16.68 | 3.95 | |

**Wednesday - 11/25/2026** **Reimbursable Meal Total 300**

| | 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) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 002777 SANDWICH, PB & GRAPE WG 2.6OZ | EACH | 73 | 73 | 0.73 | 68 | 3.41 | *N/A* | 4.14 | 0.00 | 0 | 7.79 | 0.97 | 1.95 | *N/A* | 4.9 | 0.00 | 0.35 | $27.186 |
| 002778 SANDWICH, PB & STRAWWG 2.6OZ | EACH | 73 | 73 | 0.85 | 90 | 3.65 | 3.16 | 3.89 | 0.00 | 0 | 7.79 | 0.97 | 2.19 | *N/A* | 10.7 | 0.00 | 0.24 | $28.457 |
| 003176 SANDWICH, PB & CHOCOLATE WG 2.6 OZ | EACH | 73 | 72 | 0.84 | 66 | 2.67 | 2.32 | 3.95 | 0.00 | 0 | 7.80 | 0.91 | 2.26 | *N/A* | 11.3 | 0.00 | 0.26 | $1.776 |
| 003177 SANDWICH, PB & RASPBERRY JAM WG 2.6 OZ | EACH | 73 | 73 | 0.85 | 66 | 3.65 | 3.16 | 3.89 | 0.00 | 0 | 7.79 | 0.97 | 2.19 | *N/A* | 9.7 | 0.00 | 0.27 | $1.824 |
| 003241 WOWBUTTER & STRAWBERRY JAM WG (PEANUT FREE) | EACH | 8 | 15 | 0.19 | 11 | 0.35 | 0.29 | 0.88 | *N/A* | *N/A* | 1.31 | 0.24 | 0.53 | *N/A* | 7.0 | *N/A* | 0.11 | $0.378 |
| 001917 CHEESE, MOZZARELLA STRING LAND O LAKES | EACH | 300 | 80 | 3.00 | 200 | 0.00 | 0.00 | 6.00 | *N/A* | 20 | 1.00 | 0.00 | 6.00 | *N/A* | 220.0 | *N/A* | *N/A* | $28.316 |
| 000450 VEG, CARROTS BABY | BAG | 300 | 26 | 0.00 | 57 | *N/A* | *N/A* | 0.00 | *N/A* | 0 | 5.90 | 1.47 | 0.74 | *N/A* | 22.1 | 6.19 | 0.66 | $0.000 |
| 002058 FRUIT, APPLE FRESH WHOLE | 1 EACH | 100 | 33 | 0.00 | 0 | 6.33 | *N/A* | 0.00 | 0.00 | 0 | 8.33 | 1.33 | 0.00 | *N/A* | 6.7 | 2.80 | 0.12 | $0.000 |
| 000086 FRUIT, ORANGES FRESH | EACH | 100 | 23 | 0.00 | 1 | *N/A* | *N/A* | 0.00 | 0.00 | 0 | 5.94 | 1.13 | 0.57 | *N/A* | 19.8 | 27.66 | 0.05 | $0.000 |
| 000068 FRUIT, BANANAS FRESH | EACH | 100 | 30 | 0.04 | 0 | 4.12 | 0.00 | 0.11 | 0.00 | 0 | 7.69 | 0.88 | 0.37 | 1 | 1.7 | 2.93 | 0.09 | $0.000 |
| 002441 CC,MILK GALLON 1% | CUP | 290 | 126 | 1.45 | 155 | 14.50 | *N/A* | 2.42 | 0.00 | 14 | 15.47 | 0.00 | 9.67 | *N/A* | 386.7 | 1.16 | 0.00 | $0.000 |
| 000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ) | SERVING | 10 | 5 | 0.02 | 4 | 0.39 | 0.35 | 0.16 | 0.00 | 0 | 0.46 | 0.07 | 0.28 | *N/A* | *N/A* | *N/A* | *N/A* | $6.739 |
| Weighted Daily Average | | | 629 | 7.96 | 719 | *39.07 | *9.29 | 25.44 | *0.00 | *34 | 77.25 | 8.95 | 26.74 | *1 | *700.5 | *40.74 | *2.15 | $94.676 |
| % of Calories | | | | 11.39 % | | *24.85 % | *5.91% | 36.4% | *0.0% | | 49.1% | | 17.0% | | | | | |
| Weekly Nutrient Guideline | | | 739 - 0 | <10 | <=0 | | <0 | <=30 | | | | | 12.74 | | 338.62 | 16.68 | 3.95 | |

**Monday - 11/30/2026** **Reimbursable Meal Total 300**

# Base Menu Spreadsheet

Yuba City USD

Weighted Values

Nov 1, 2026 thru Nov 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) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 001862 PIZZA PEPPERONI 5" WG (WILD MIKES) | EACH | 150 | 208 | 4.07 | 320 | 2.54 | 0.00 | 8.64 | 0.00 | 20 | 18.30 | 0.51 | 9.66 | *N/A* | 187.1 | 3.05 | 1.02 | $203.694 |
| 001861 PIZZA CHEESE 5" WG (WILD MIKES) | EACH | 150 | 180 | 4.00 | 255 | 2.00 | *N/A* | 8.50 | 0.00 | 18 | 17.00 | 1.50 | 10.00 | *N/A* | 225.0 | 3.00 | 1.35 | $172.222 |
| 003486 VEGETABLE FROZEN MIX 4 WAY (30#) | #8 SCOOP | 300 | 39 | 0.00 | 31 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 8.47 | 1.54 | 1.54 | *N/A* | 16.9 | *N/A* | 0.77 | $61.589 |
| 003411 APPLESAUCE FANCY (SYSCO) | #8 SCOOP | 300 | 90 | 0.00 | 0 | 5.00 | 5.00 | 0.00 | 0.00 | 0 | 24.00 | 3.00 | 0.00 | *N/A* | 7.0 | *N/A* | 0.00 | $270.115 |
| 002441 CC,MILK GALLON 1% | CUP | 290 | 126 | 1.45 | 155 | 14.50 | *N/A* | 2.42 | 0.00 | 14 | 15.47 | 0.00 | 9.67 | *N/A* | 386.7 | 1.16 | 0.00 | $0.000 |
| 000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ) | SERVING | 10 | 5 | 0.02 | 4 | 0.39 | 0.35 | 0.16 | 0.00 | 0 | 0.46 | 0.07 | 0.28 | *N/A* | *N/A* | *N/A* | *N/A* | $6.739 |
| Weighted Daily Average | | | 647 | 9.53 | 765 | 24.43 | *5.35 | 19.72 | 0.00 | 52 | 83.70 | 6.62 | 31.15 | *N/A* | *822.7 | *7.21 | *3.14 | $714.358 |
| % of Calories | | | | 13.26 % | | 15.10% | *3.31% | 27.4% | 0.0% | | 51.7% | | 19.3% | | | | | |
| Weekly Nutrient Guideline | | | 739 - 0 | <10 | <=0 | | <0 | <=30 | | | | | 12.74 | | 338.62 | 16.68 | 3.95 | |

| | | 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) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Weighted Averages | | 614 | 6.69 | 964 | *32.00 | *3.60 | 25.13 | *0.00 | *60 | 83.25 | 7.26 | 30.84 | *19 | *594.2 | *997.50 | *2.67 | $284.199 |
| % of Calories | | | 9.81% | | *20.85 % | *2.35% | 36.8% | *0.0% | | 54.2% | | 20.1% | | | | | |

***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.***