

Base Menu Spreadsheet

Weighted Values

Sep 1, 2025 thru Sep 30, 2025

Menu Name:

ELEMENTARY LUNCH K-5

Include Cost:

Yes

Site:

Use Alternate Menu Name:

No

Tuesday - 09/02/2025Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
002706 NACHOS, BEEF&CHEESE (K-8)	SERVING	1500	226	4.88	367	*1	*N/A*	11.60	*0.00	34	18.89	2.80	10.88	*N/A*	125.3	2.03	0.64	\$0.000
002304 NACHOS, BEAN & CHEESE (K-8)	SERVING	1500	187	3.06	304	*1	*N/A*	7.82	*0.00	14	21.10	3.05	6.82	*N/A*	118.0	1.24	0.43	\$0.000
000270 VEG, CORN CANNED - USDA	#8 SCOOP	3000	65	0.00	15	*N/A*	*N/A*	1.00	0.00	0	15.00	2.00	2.00	*N/A*	0.0	0.00	0.00	\$0.000
002462 VEG, LETT SHREDDED	.5	2000	3	0.00	2	*N/A*	*N/A*	0.00	*N/A*	0	0.67	0.22	0.22	*N/A*	4.4	0.67	0.08	\$0.000
001051 SALSA, COMMODITY	#8 SCOOP	2000	24	0.00	83	*N/A*	*N/A*	0.00	0.00	0	4.72	2.36	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000777 VEG, OLIVES SLICE	.25 CUP	2000	40	0.00	187	*N/A*	*N/A*	3.34	0.00	0	1.33	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
003159 BAR, BLACK BEAN SPICY (COLD)	#8 SCOOP	2000	74	0.00	223	*0	*N/A*	0.00	*0.00	0	13.74	5.35	4.68	*N/A*	23.6	1.79	1.28	\$0.000
003137 CUCUMBER RAW	1/2C SERVING	2000	5	0.00	1	1	0	0.07	0.00	0	1.27	0.20	0.20	*N/A*	0.0	0.00	0.00	\$0.000
000986 CHEESE, CHEDDAR	OZ	3000	81	4.05	202	*N/A*	*N/A*	6.07	0.00	20	0.00	0.00	7.09	*N/A*	0.0	0.00	0.00	\$0.000
002639 FRUIT, FRESH PINEAPPLE TAJIN	#8 SCOOP	1500	35	0.00	38	*0	*N/A*	0.00	*0.00	0	8.86	1.27	0.00	*N/A*	12.7	27.26	0.23	\$0.000
003138 PINEAPPLE RAW	1/2C SERVING	1500	30	0.00	0	6	0	0.00	0.00	0	4.84	0.69	0.23	*N/A*	6.0	2903.00	0.02	\$0.000
000230 MILK,1% WHITE	CARTON	500	22	0.25	27	2	*N/A*	0.42	0.00	2	2.67	0.00	1.67	*N/A*	66.7	0.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	80	0.00	100	13	*N/A*	0.00	0.00	3	14.67	0.00	6.00	*N/A*	200.0	0.00	0.24	\$0.000

Base Menu Spreadsheet

Weighted Values

Sep 1, 2025 thru Sep 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	23	0.08	18	2	*N/A*	0.75	0.00	0	2.83	0.33	1.33	*N/A*	50.0	0.00	0.18	\$0.000
Weighted Daily Average			895	12.32	1567	*26	*0	31.07	*0.00	74	110.59	18.27	41.13	*0	606.7	2936.20	3.10	\$0.000
% of Calories				12.39 %		*11.6%	*0%	31.2%	*0.0%		49.4%		18.4%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Wednesday - 09/03/2025 Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
001862 PIZZA, WG PEP 5"	EACH	1500	180	3.50	285	2	*N/A*	8.00	0.00	18	17.00	1.50	10.00	*N/A*	200.0	4.50	0.90	\$0.000
001861 PIZZA, WG CHEESE 5"	EACH	1500	180	4.00	255	2	*N/A*	8.50	0.00	18	17.00	1.50	10.00	*N/A*	225.0	3.00	1.35	\$0.000
000433 VEG, MIXED FROZEN	.5 CUP	3000	60	0.00	39	3	*N/A*	0.00	0.00	0	12.00	3.00	2.00	*N/A*	0.0	0.00	0.00	\$0.000
000943 ICE CREAM, RASPBERRY SHERBET	SERVING	3000	80	0.50	12	*N/A*	*N/A*	1.00	0.00	0	18.00	0.00	0.00	*N/A*	20.0	0.00	0.00	\$0.000
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	2000	2	0.00	5	*N/A*	*N/A*	0.02	*0.00	0	0.43	0.26	0.23	*N/A*	7.3	3.29	0.21	\$0.000
000941 NOODLE, CHOW MEIN	SERVING	2000	70	0.00	23	*N/A*	*N/A*	1.00	0.00	0	13.71	1.34	2.68	*N/A*	6.7	0.00	0.90	\$0.000
002197 VEG, KIDNEY BEANS	1/2 CUP#8 SCOOP	2000	69	0.00	93	1	*N/A*	0.00	0.00	0	12.67	4.67	4.67	*N/A*	0.0	0.00	0.00	\$0.000
001358 VEG, BROCC COLICHERY TOM	.5 CUP	2000	18	0.00	8	*N/A*	*N/A*	0.34	*N/A*	0	3.68	0.34	1.00	*N/A*	10.0	29.04	0.30	\$0.000
000438 FRUIT, PEAR CANNED USDA	#8 SCOOP	1000	20	0.00	2	4	*N/A*	0.00	0.00	0	5.00	0.67	0.00	*N/A*	2.7	0.83	0.08	\$0.000
001355 FRUIT, STRAWBERRY	1/2 cup	1000	8	0.00	0	1	*N/A*	0.07	0.00	0	1.84	0.48	0.16	*N/A*	3.8	14.11	0.10	\$0.000
003163 BAR, MANGO (FRESH 4OZ PK)	cup	1000	90	0.14	2	21	*N/A*	0.57	0.00	0	22.57	2.41	1.24	*N/A*	16.6	54.84	0.24	\$0.000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
001975 DRESSING, RANCH PACKET 12GRAMS	PACKET	500	8	0.08	20	*N/A*	*N/A*	0.75	0.00	*N/A*	0.17	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	18	0.29	0	*0	*N/A*	2.04	*0.00	0	0.05	0.01	0.01	*N/A*	0.3	0.03	0.01	\$0.000
002952 DRESSING 1000 ISLAND	TABLESPOONS	500	8	0.12	17	0	*N/A*	0.67	0.00	1	0.67	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000230 MILK,1% WHITE	CARTON	900	39	0.45	48	4	*N/A*	0.75	0.00	4	4.80	0.00	3.00	*N/A*	120.0	0.36	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	80	0.00	100	13	*N/A*	0.00	0.00	3	14.67	0.00	6.00	*N/A*	200.0	0.00	0.24	\$0.000
000129 MILK, SOYMILK KIKKOMAN	SERVING	100	5	0.02	4	0	*N/A*	0.15	0.00	0	0.57	0.07	0.27	*N/A*	10.0	0.00	0.04	\$0.000
Weighted Daily Average			936	9.11	912	*52	*N/A*	23.87	*0.00	*44	144.83	16.23	41.24	*0	822.4	110.01	4.36	\$0.000
% of Calories				8.76%		*22.2%	*N/A*	23.0%	*0.0%		61.9%		17.6%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Thursday - 09/04/2025

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
002678 BURGER, CHEESE	EACH	1500	170	3.25	280	2	*N/A*	7.75	0.00	24	14.50	2.50	11.00	*N/A*	31.5	0.00	1.00	\$0.000
001036 BURGER, VEGGIE CHEESE	EACH	1500	210	2.50	420	2	*0	8.25	0.00	10	21.00	5.00	13.00	*N/A*	26.0	0.00	4.50	\$0.000
002987 POTATO MCCAIN REG CRINKLE FRY	SERVINGS	3000	120	0.50	35	0	*N/A*	5.00	0.00	0	20.01	1.00	1.00	*N/A*	10.0	0.00	0.30	\$0.000
003064 LETTUCE GREEN LEAF	1/2 cup	2000	2	0.00	4	0	*N/A*	0.02	0.00	0	0.46	0.21	0.22	*N/A*	5.8	1.47	0.14	\$0.000
000042 VEG, PICKLES DILL	8 each	1500	2	0.00	195	*N/A*	*N/A*	0.00	*N/A*	*N/A*	0.50	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000776 VEG, TOMATO FRESH	4 SLICES	1500	8	0.00	2	*N/A*	*N/A*	0.00	*N/A*	0	1.84	0.37	0.37	*N/A*	3.7	5.75	0.13	\$0.000

Base Menu Spreadsheet

Weighted Values

Sep 1, 2025 thru Sep 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
000450 VEG, CARROTS BABY	BAG	1000	9	0.00	19	*N/A*	*N/A*	0.00	*N/A*	0	1.97	0.49	0.25	*N/A*	7.4	2.06	0.22	\$0.000
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	1000	20	0.00	2	4	*N/A*	0.00	0.00	0	4.67	0.33	0.00	*N/A*	2.0	1.27	0.00	\$0.000
001360 FRUIT, MELON CHUNKS	#8 SCOOP	1000	9	0.00	3	*1	*N/A*	0.02	*0.00	0	2.15	0.19	0.18	*N/A*	1.9	5.58	0.06	\$0.000
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	1500	55	0.88	0	*0	*N/A*	6.13	*0.00	0	0.14	0.02	0.03	*N/A*	0.8	0.08	0.02	\$0.000
001975 DRESSING, RANCH PACKET 12GRAMS	PACKET	1500	22	0.25	60	*N/A*	*N/A*	2.25	0.00	*N/A*	0.50	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
002952 DRESSING 1000 ISLAND	TABLESPOONS	1500	25	0.38	50	1	*N/A*	2.00	0.00	2	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000230 MILK,1% WHITE	CARTON	500	22	0.25	27	2	*N/A*	0.42	0.00	2	2.67	0.00	1.67	*N/A*	66.7	0.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	80	0.00	100	13	*N/A*	0.00	0.00	3	14.67	0.00	6.00	*N/A*	200.0	0.00	0.24	\$0.000
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	23	0.08	18	2	*N/A*	0.75	0.00	0	2.83	0.33	1.33	*N/A*	50.0	0.00	0.18	\$0.000
Weighted Daily Average			777	8.09	1216	*28	*0	32.59	*0.00	*42	89.90	10.45	35.04	*0	*405.7	*16.42	*6.79	\$0.000
% of Calories				9.37%		*14.4%	*0%	37.7%	*0.0%		46.3%		18.0%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Friday - 09/05/2025

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
002856 CORN DOG, MINI CHICK TYSON	SERVING (6)	1500	158	1.82	285	3	*N/A*	8.49	*N/A*	24	13.95	1.21	7.28	*N/A*	12.1	0.00	0.87	\$0.000
002993 MAC & CHEESE PREMIUM JTM	6oz	1500	158	4.45	390	2	*N/A*	8.00	0.00	23	14.00	1.00	7.50	*N/A*	184.0	0.00	0.50	\$0.000
000597 BREAD, ROLL DINNER 1 OZ	EACH	1500	42	0.00	12	*N/A*	*N/A*	0.75	*N/A*	4	7.50	0.30	1.55	*N/A*	9.5	0.00	0.40	\$0.000

Base Menu Spreadsheet

Weighted Values

Sep 1, 2025 thru Sep 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
000424 VEG, GREEN BEANS	#8 SCOOP	3000	16	0.00	140	1	*N/A*	0.00	0.00	0	3.00	2.00	1.00	*N/A*	0.0	0.00	0.00	\$0.000
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	2000	2	0.00	5	*N/A*	*N/A*	0.02	*0.00	0	0.43	0.26	0.23	*N/A*	7.3	3.29	0.21	\$0.000
001800 VEG, CARROT & CELERY STICKS	SERVING	2000	22	0.00	45	*0	*N/A*	0.00	*0.00	0	3.78	1.13	0.38	*N/A*	11.3	2.27	0.14	\$0.000
003165 BAR VEG, PEAS FROZEN SYSCO	.5 CUP	1000	15	0.00	0	0	0	0.00	0.00	0	2.64	0.88	1.10	*N/A*	3.1	0.00	0.22	\$0.000
002009 VEG, BELL PEPPER STICKS	CUP	2000	16	0.00	1	*N/A*	*N/A*	0.11	*N/A*	0	4.01	1.07	0.80	*N/A*	0.0	53.84	0.00	\$0.000
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	2000	40	0.00	3	9	*N/A*	0.00	0.00	0	9.33	0.67	0.00	*N/A*	4.0	2.53	0.00	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	33	0.00	0	6	*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	500	15	0.02	0	2	*N/A*	0.06	0.00	0	3.84	0.44	0.18	*N/A*	0.8	1.46	0.04	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	500	11	0.00	0	*N/A*	*N/A*	0.00	0.00	0	2.97	0.57	0.28	*N/A*	9.9	13.83	0.03	\$0.000
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	18	0.29	0	*0	*N/A*	2.04	*0.00	0	0.05	0.01	0.01	*N/A*	0.3	0.03	0.01	\$0.000
002952 DRESSING 1000 ISLAND	TABLESPOONS	500	8	0.12	17	0	*N/A*	0.67	0.00	1	0.67	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
001975 DRESSING, RANCH PACKET 12GRAMS	PACKET	500	8	0.08	20	*N/A*	*N/A*	0.75	0.00	*N/A*	0.17	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000230 MILK,1% WHITE	CARTON	500	22	0.25	27	2	*N/A*	0.42	0.00	2	2.67	0.00	1.67	*N/A*	66.7	0.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	80	0.00	100	13	*N/A*	0.00	0.00	3	14.67	0.00	6.00	*N/A*	200.0	0.00	0.24	\$0.000
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	23	0.08	18	2	*N/A*	0.75	0.00	0	2.83	0.33	1.33	*N/A*	50.0	0.00	0.18	\$0.000
Weighted Daily Average			689	7.12	1064	*41	*0	22.06	*0.00	*58	94.83	11.20	29.31	*0	565.7	80.26	2.95	\$0.000
% of Calories				9.30%		*23.8%	*0%	28.8%	*0.0%		55.1%		17.0%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Base Menu Spreadsheet

Weighted Values

Sep 1, 2025 thru Sep 30, 2025

Monday - 09/08/2025 Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
003074 Homestyle Chicken Nugget (GK)	5 Each	1500	91	0.81	164	0	*N/A*	4.95	0.00	17	4.75	0.00	6.75	*N/A*	11.0	43.50	0.50	\$0.000
000392 SANDWICH, GRILLED CHEESE	EACH	1500	268	8.17	519	*2	*N/A*	15.92	*0.00	40	18.00	2.00	14.00	*N/A*	35.0	0.00	0.90	\$0.000
002676 POTATO, TATER BARRELS SYSCO	10 BARRELS	3000	170	1.50	360	0	*N/A*	9.00	0.00	0	19.00	1.00	2.00	*N/A*	0.0	3.60	0.36	\$0.000
002212 BEAN, VEGETARIAN BAKED LS	1/2 CUP	1500	55	0.00	70	*N/A*	*N/A*	0.50	0.00	0	10.00	2.50	3.50	*N/A*	0.0	0.00	0.00	\$0.000
003064 LETTUCE GREEN LEAF	1/2 cup	1500	2	0.00	3	0	*N/A*	0.02	0.00	0	0.34	0.16	0.16	*N/A*	4.3	1.10	0.10	\$0.000
002408 VEG, CARROTS RANCH	BAG	1500	12	0.00	100	2	*N/A*	0.00	0.00	0	3.50	1.00	0.50	*N/A*	10.0	2.40	0.18	\$0.000
002407 VEG, CARROTS CHILI LIME	BAG	1500	12	0.00	100	2	*N/A*	0.00	0.00	0	3.00	1.00	0.50	*N/A*	10.0	2.40	0.18	\$0.000
000097 FRUIT, RAISINS	BOX	1500	64	0.02	6	14	*N/A*	0.05	0.00	0	17.05	0.97	0.71	*N/A*	13.3	0.49	0.38	\$0.000
002587 FRUIT, DRIED CRANBERRIES	SERVING	1500	46	0.00	1	11	*N/A*	0.00	0.00	0	12.50	1.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
002669 FRUIT, APPLESAUCE USDA	#8 SCOOP	1000	19	0.00	1	4	*N/A*	0.00	0.00	0	5.28	0.38	0.00	*N/A*	0.0	0.90	0.68	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	1000	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	1000	30	0.04	0	4	*N/A*	0.11	0.00	0	7.69	0.88	0.37	*N/A*	1.7	2.93	0.09	\$0.000
000064 FRUIT, APPLE FRESH	1/2 APPLE	1000	17	0.00	0	3	*N/A*	0.00	0.00	0	4.22	0.67	0.00	*N/A*	3.4	1.52	0.06	\$0.000
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	18	0.29	0	*0	*N/A*	2.04	*0.00	0	0.05	0.01	0.01	*N/A*	0.3	0.03	0.01	\$0.000
001975 DRESSING, RANCH PACKET 12GRAMS	PACKET	500	8	0.08	20	*N/A*	*N/A*	0.75	0.00	*N/A*	0.17	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
002952 DRESSING 1000 ISLAND	TABLESPOONS	500	8	0.12	17	0	*N/A*	0.67	0.00	1	0.67	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	80	0.00	100	13	*N/A*	0.00	0.00	3	14.67	0.00	6.00	*N/A*	200.0	0.00	0.24	\$0.000
000230 MILK,1% WHITE	CARTON	900	39	0.45	48	4	*N/A*	0.75	0.00	4	4.80	0.00	3.00	*N/A*	120.0	0.36	0.00	\$0.000
000129 MILK, SOYMILK KIKKOMAN	SERVING	100	5	0.02	4	0	*N/A*	0.15	0.00	0	0.57	0.07	0.27	*N/A*	10.0	0.00	0.04	\$0.000
Weighted Daily Average			968	11.50	1513	*61	*N/A*	34.91	*0.00	*66	132.18	12.76	38.33	*0	438.8	86.90	3.77	\$0.000
% of Calories				10.69 %		*25.2%	*N/A*	32.5%	*0.0%		54.6%		15.8%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Tuesday - 09/09/2025

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
000385 TACO, CHICKEN SOFT (6.25" TORTILLA/2 EA)	SERVINGS	1500	114	1.76	167	*0	*N/A*	3.87	*0.00	27	8.25	1.06	11.18	*N/A*	32.5	0.50	0.77	\$0.000
003075 BURRITO BEAN AND CHEESE LOS CABOS	1 BURRITO	1500	160	1.77	238	1	0	4.39	0.00	7	22.08	4.08	8.36	*N/A*	85.5	0.82	1.92	\$0.000
000270 VEG, CORN CANNED - USDA	#8 SCOOP	3000	65	0.00	15	*N/A*	*N/A*	1.00	0.00	0	15.00	2.00	2.00	*N/A*	0.0	0.00	0.00	\$0.000
002462 VEG, LETT SHREDDED	.5	2000	3	0.00	2	*N/A*	*N/A*	0.00	*N/A*	0	0.67	0.22	0.22	*N/A*	4.4	0.67	0.08	\$0.000
001051 SALSA, COMMODITY	#8 SCOOP	2000	24	0.00	83	*N/A*	*N/A*	0.00	0.00	0	4.72	2.36	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000777 VEG, OLIVES SLICE	.25 CUP	2000	40	0.00	187	*N/A*	*N/A*	3.34	0.00	0	1.33	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
003159 BAR, BLACK BEAN SPICY (COLD)	#8 SCOOP	2000	74	0.00	223	*0	*N/A*	0.00	*0.00	0	13.74	5.35	4.68	*N/A*	23.6	1.79	1.28	\$0.000
003137 CUCUMBER RAW	1/2C SERVING	2000	5	0.00	1	1	0	0.07	0.00	0	1.27	0.20	0.20	*N/A*	0.0	0.00	0.00	\$0.000
000986 CHEESE, CHEDDAR	OZ	3000	81	4.05	202	*N/A*	*N/A*	6.07	0.00	20	0.00	0.00	7.09	*N/A*	0.0	0.00	0.00	\$0.000

Base Menu Spreadsheet

Weighted Values

Sep 1, 2025 thru Sep 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
002639 FRUIT, FRESH PINEAPPLE TAJIN	#8 SCOOP	1500	35	0.00	38	*0	*N/A*	0.00	*0.00	0	8.86	1.27	0.00	*N/A*	12.7	27.26	0.23	\$0.000
003138 PINEAPPLE RAW	1/2C SERVING	1500	30	0.00	0	6	0	0.00	0.00	0	4.84	0.69	0.23	*N/A*	6.0	2903.00	0.02	\$0.000
000230 MILK,1% WHITE	CARTON	500	22	0.25	27	2	*N/A*	0.42	0.00	2	2.67	0.00	1.67	*N/A*	66.7	0.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	80	0.00	100	13	*N/A*	0.00	0.00	3	14.67	0.00	6.00	*N/A*	200.0	0.00	0.24	\$0.000
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	23	0.08	18	2	*N/A*	0.75	0.00	0	2.83	0.33	1.33	*N/A*	50.0	0.00	0.18	\$0.000
Weighted Daily Average			757	7.92	1301	*25	*0	19.91	*0.00	60	100.93	17.57	42.95	*0	481.5	2934.24	4.72	\$0.000
% of Calories				9.42%		*13.2%	*0%	23.7%	*0.0%		53.3%		22.7%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Wednesday - 09/10/2025

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
002917 SPAGHETTI W/BEEF CRUMBLES	1 CUP	1500	165	1.74	461	*2	*N/A*	4.34	*0.00	19	23.89	2.84	9.22	*N/A*	19.3	5.35	1.44	\$0.000
002497 SPAGHETTI W/ CHEESE SCRATCH CC	HEAPING # 6 SCP	1500	118	1.52	465	*1	*N/A*	2.70	*0.00	8	16.05	2.04	8.09	*N/A*	109.5	5.08	0.71	\$0.000
000433 VEG, MIXED FROZEN	.5 CUP	3000	60	0.00	39	3	*N/A*	0.00	0.00	0	12.00	3.00	2.00	*N/A*	0.0	0.00	0.00	\$0.000
002886 FRUIT SNACK BY THE FOOT	EA	3000	80	0.50	50	10	*N/A*	1.00	0.00	0	17.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	2000	2	0.00	5	*N/A*	*N/A*	0.02	*0.00	0	0.43	0.26	0.23	*N/A*	7.3	3.29	0.21	\$0.000
000941 NOODLE, CHOW MEIN	SERVING	2000	70	0.00	23	*N/A*	*N/A*	1.00	0.00	0	13.71	1.34	2.68	*N/A*	6.7	0.00	0.90	\$0.000
002197 VEG, KIDNEY BEANS	1/2 CUP#8 SCOOP	2000	69	0.00	93	1	*N/A*	0.00	0.00	0	12.67	4.67	4.67	*N/A*	0.0	0.00	0.00	\$0.000

Base Menu Spreadsheet

Weighted Values

Sep 1, 2025 thru Sep 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
001358 VEG, BROC CHERRY TOM	.5 CUP	2000	18	0.00	8	*N/A*	*N/A*	0.34	*N/A*	0	3.68	0.34	1.00	*N/A*	10.0	29.04	0.30	\$0.000
000438 FRUIT, PEAR CANNED USDA	#8 SCOOP	1000	20	0.00	2	4	*N/A*	0.00	0.00	0	5.00	0.67	0.00	*N/A*	2.7	0.83	0.08	\$0.000
003164 BAR, MANGO (FRESH 4OZ PK)	cup	2000	66	0.10	1	15	*N/A*	0.42	0.00	0	16.48	1.76	0.90	*N/A*	12.1	40.04	0.18	\$0.000
001355 FRUIT, STRAWBERRY	1/2 cup	2000	15	0.01	0	2	*N/A*	0.14	0.00	0	3.69	0.96	0.32	*N/A*	7.7	28.22	0.20	\$0.000
001975 DRESSING, RANCH PACKET 12GRAMS	PACKET	500	8	0.08	20	*N/A*	*N/A*	0.75	0.00	*N/A*	0.17	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	18	0.29	0	*0	*N/A*	2.04	*0.00	0	0.05	0.01	0.01	*N/A*	0.3	0.03	0.01	\$0.000
002952 DRESSING 1000 ISLAND	TABLESPOONS	500	8	0.12	17	0	*N/A*	0.67	0.00	1	0.67	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000230 MILK,1% WHITE	CARTON	900	39	0.45	48	4	*N/A*	0.75	0.00	4	4.80	0.00	3.00	*N/A*	120.0	0.36	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	80	0.00	100	13	*N/A*	0.00	0.00	3	14.67	0.00	6.00	*N/A*	200.0	0.00	0.24	\$0.000
000129 MILK, SOYMILK KIKKOMAN	SERVING	100	5	0.02	4	0	*N/A*	0.15	0.00	0	0.57	0.07	0.27	*N/A*	10.0	0.00	0.04	\$0.000
Weighted Daily Average			842	4.84	1336	*56	*N/A*	14.33	*0.00	*35	145.52	17.93	38.39	*0	505.5	112.26	4.30	\$0.000
% of Calories				5.17%		*26.6%	*N/A*	15.3%	*0.0%		69.1%		18.2%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Thursday - 09/11/2025

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
000162 TURKEY, HOT DOG ON A BUN	EACH	1500	140	1.50	365	2	*N/A*	6.75	0.00	28	16.00	1.50	6.50	*N/A*	32.0	0.00	1.54	\$0.000
002189 BREADSTICK, CHEESE 4 BITES	4 EACH	1500	140	2.00	270	0	*N/A*	6.00	0.00	10	14.00	2.00	8.00	*N/A*	120.0	0.00	0.72	\$0.000

Base Menu Spreadsheet

Yuba City USD

Weighted Values

Sep 1, 2025 thru Sep 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
002984 POTATO MCCAIN SPIRAL FRIES	1/2 cup	3000	188	1.25	450	0	*N/A*	10.01	0.00	0	25.01	1.25	2.50	*N/A*	12.5	0.00	0.50	\$0.000
003064 LETTUCE GREEN LEAF	1/2 cup	2000	2	0.00	4	0	*N/A*	0.02	0.00	0	0.46	0.21	0.22	*N/A*	5.8	1.47	0.14	\$0.000
000042 VEG, PICKLES DILL	8 each	1500	2	0.00	195	*N/A*	*N/A*	0.00	*N/A*	*N/A*	0.50	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000776 VEG, TOMATO FRESH	4 SLICES	1500	8	0.00	2	*N/A*	*N/A*	0.00	*N/A*	0	1.84	0.37	0.37	*N/A*	3.7	5.75	0.13	\$0.000
000450 VEG, CARROTS BABY	BAG	1000	9	0.00	19	*N/A*	*N/A*	0.00	*N/A*	0	1.97	0.49	0.25	*N/A*	7.4	2.06	0.22	\$0.000
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	1000	20	0.00	2	4	*N/A*	0.00	0.00	0	4.67	0.33	0.00	*N/A*	2.0	1.27	0.00	\$0.000
001360 FRUIT, MELON CHUNKS	#8 SCOOP	1000	9	0.00	3	*1	*N/A*	0.02	*0.00	0	2.15	0.19	0.18	*N/A*	1.9	5.58	0.06	\$0.000
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	1500	55	0.88	0	*0	*N/A*	6.13	*0.00	0	0.14	0.02	0.03	*N/A*	0.8	0.08	0.02	\$0.000
001975 DRESSING, RANCH PACKET 12GRAMS	PACKET	1500	22	0.25	60	*N/A*	*N/A*	2.25	0.00	*N/A*	0.50	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
002952 DRESSING 1000 ISLAND	TABLESPOONS	1500	25	0.38	50	1	*N/A*	2.00	0.00	2	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000230 MILK,1% WHITE	CARTON	500	22	0.25	27	2	*N/A*	0.42	0.00	2	2.67	0.00	1.67	*N/A*	66.7	0.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	80	0.00	100	13	*N/A*	0.00	0.00	3	14.67	0.00	6.00	*N/A*	200.0	0.00	0.24	\$0.000
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	23	0.08	18	2	*N/A*	0.75	0.00	0	2.83	0.33	1.33	*N/A*	50.0	0.00	0.18	\$0.000
Weighted Daily Average			745	6.59	1566	*26	*N/A*	34.34	*0.00	*46	89.41	6.70	27.04	*0	*502.7	*16.42	*3.75	\$0.000
% of Calories				7.96%		*14.0%	*N/A*	41.5%	*0.0%		48.0%		14.5%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Friday - 09/12/2025

Reimbursable Meal Total 3000

Base Menu Spreadsheet

Yuba City USD

Weighted Values

Sep 1, 2025 thru Sep 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
002928 SANDWICH CHICKEN BBQ GRILLED	EA	1500	140	0.00	345	*2	*N/A*	2.55	*0.00	32	17.00	2.09	13.70	*N/A*	*24.0	*0.60	*0.64	\$0.000
002763 SANDWICH, VEGGIE STACKER	SANDWICH	1500	259	8.00	497	*2	*N/A*	15.25	*0.00	40	16.37	2.23	13.73	*N/A*	27.7	1.85	0.58	\$0.000
000424 VEG, GREEN BEANS	#8 SCOOP	3000	16	0.00	140	1	*N/A*	0.00	0.00	0	3.00	2.00	1.00	*N/A*	0.0	0.00	0.00	\$0.000
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	2000	2	0.00	5	*N/A*	*N/A*	0.02	*0.00	0	0.43	0.26	0.23	*N/A*	7.3	3.29	0.21	\$0.000
001800 VEG, CARROT & CELERY STICKS	SERVING	2000	22	0.00	45	*0	*N/A*	0.00	*0.00	0	3.78	1.13	0.38	*N/A*	11.3	2.27	0.14	\$0.000
003165 BAR VEG, PEAS FROZEN SYSCO	.5 CUP	2000	31	0.00	0	0	0	0.00	0.00	0	5.28	1.76	2.20	*N/A*	6.2	0.00	0.44	\$0.000
002009 VEG, BELL PEPPER STICKS	CUP	2000	16	0.00	1	*N/A*	*N/A*	0.11	*N/A*	0	4.01	1.07	0.80	*N/A*	0.0	53.84	0.00	\$0.000
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	2000	40	0.00	3	9	*N/A*	0.00	0.00	0	9.33	0.67	0.00	*N/A*	4.0	2.53	0.00	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	33	0.00	0	6	*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	500	15	0.02	0	2	*N/A*	0.06	0.00	0	3.84	0.44	0.18	*N/A*	0.8	1.46	0.04	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	500	11	0.00	0	*N/A*	*N/A*	0.00	0.00	0	2.97	0.57	0.28	*N/A*	9.9	13.83	0.03	\$0.000
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	18	0.29	0	*0	*N/A*	2.04	*0.00	0	0.05	0.01	0.01	*N/A*	0.3	0.03	0.01	\$0.000
002952 DRESSING 1000 ISLAND	TABLESPOONS	500	8	0.12	17	0	*N/A*	0.67	0.00	1	0.67	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
001975 DRESSING, RANCH PACKET 12GRAMS	PACKET	500	8	0.08	20	*N/A*	*N/A*	0.75	0.00	*N/A*	0.17	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000230 MILK,1% WHITE	CARTON	500	22	0.25	27	2	*N/A*	0.42	0.00	2	2.67	0.00	1.67	*N/A*	66.7	0.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	80	0.00	100	13	*N/A*	0.00	0.00	3	14.67	0.00	6.00	*N/A*	200.0	0.00	0.24	\$0.000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	23	0.08	18	2	*N/A*	0.75	0.00	0	2.83	0.33	1.33	*N/A*	50.0	0.00	0.18	\$0.000
Weighted Daily Average			745	8.86	1218	*39	*0	22.62	*0.00	*79	95.40	13.89	41.51	*0	*414.9	*82.71	*2.62	\$0.000
% of Calories				10.70 %		*20.9%	*0%	27.3%	*0.0%		51.2%		22.3%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Monday - 09/15/2025

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
001137 SANDWICH, HAM & CHEESE	SERVING	1500	192	5.12	559	2	*N/A*	9.99	0.00	50	11.62	1.50	15.35	*N/A*	18.0	0.00	*0.50	\$0.000
002777 SANDWICH, PB & GRAPE WG 2.6OZ	EACH	500	50	0.50	47	2	*N/A*	2.83	0.00	0	5.33	0.67	1.33	*N/A*	3.3	0.00	0.24	\$0.000
002778 SANDWICH, PB & STRAWWG 2.6OZ	EACH	500	50	0.58	62	2	2	2.67	0.00	0	5.33	0.67	1.50	*N/A*	7.3	0.00	0.17	\$0.000
002277 SANDWICH, SB & GRAPE WG 2.8OZ	EACH	500	52	0.33	42	*N/A*	*N/A*	2.83	0.00	0	5.50	0.83	1.67	*N/A*	6.7	0.00	0.45	\$0.000
001917 CHEESE, MOZZARELLA STRING	EACH	1500	30	1.00	105	*N/A*	*N/A*	1.25	0.00	5	0.50	0.00	4.00	*N/A*	100.0	0.00	0.00	\$0.000
002676 POTATO, TATER BARRELS SYSCO	10 BARRELS	3000	170	1.50	360	0	*N/A*	9.00	0.00	0	19.00	1.00	2.00	*N/A*	0.0	3.60	0.36	\$0.000
000598 POTATO, CHIP .5 OZ LAYS	BAG	3000	75	0.48	75	0	*N/A*	4.82	0.01	0	7.63	0.44	0.91	*N/A*	3.0	3.06	0.18	\$0.000
002212 BEAN, VEGETARIAN BAKED LS	1/2 CUP	1500	55	0.00	70	*N/A*	*N/A*	0.50	0.00	0	10.00	2.50	3.50	*N/A*	0.0	0.00	0.00	\$0.000
003064 LETTUCE GREEN LEAF	1/2 cup	1500	2	0.00	3	0	*N/A*	0.02	0.00	0	0.34	0.16	0.16	*N/A*	4.3	1.10	0.10	\$0.000
002408 VEG, CARROTS RANCH	BAG	1500	12	0.00	100	2	*N/A*	0.00	0.00	0	3.50	1.00	0.50	*N/A*	10.0	2.40	0.18	\$0.000
002407 VEG, CARROTS CHILI LIME	BAG	1500	12	0.00	100	2	*N/A*	0.00	0.00	0	3.00	1.00	0.50	*N/A*	10.0	2.40	0.18	\$0.000

Base Menu Spreadsheet

Yuba City USD

Weighted Values

Sep 1, 2025 thru Sep 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
000097 FRUIT, RAISINS	BOX	1500	64	0.02	6	14	*N/A*	0.05	0.00	0	17.05	0.97	0.71	*N/A*	13.3	0.49	0.38	\$0.000
002587 FRUIT, DRIED CRANBERRIES	SERVING	1500	46	0.00	1	11	*N/A*	0.00	0.00	0	12.50	1.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
002669 FRUIT, APPLESAUCE USDA	#8 SCOOP	1000	19	0.00	1	4	*N/A*	0.00	0.00	0	5.28	0.38	0.00	*N/A*	0.0	0.90	0.68	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	1000	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	1000	30	0.04	0	4	*N/A*	0.11	0.00	0	7.69	0.88	0.37	*N/A*	1.7	2.93	0.09	\$0.000
000064 FRUIT, APPLE FRESH	1/2 APPLE	1000	17	0.00	0	3	*N/A*	0.00	0.00	0	4.22	0.67	0.00	*N/A*	3.4	1.52	0.06	\$0.000
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	18	0.29	0	*0	*N/A*	2.04	*0.00	0	0.05	0.01	0.01	*N/A*	0.3	0.03	0.01	\$0.000
001975 DRESSING, RANCH PACKET 12GRAMS	PACKET	500	8	0.08	20	*N/A*	*N/A*	0.75	0.00	*N/A*	0.17	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
002952 DRESSING 1000 ISLAND	TABLESPOONS	500	8	0.12	17	0	*N/A*	0.67	0.00	1	0.67	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000230 MILK,1% WHITE	CARTON	900	39	0.45	48	4	*N/A*	0.75	0.00	4	4.80	0.00	3.00	*N/A*	120.0	0.36	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	80	0.00	100	13	*N/A*	0.00	0.00	3	14.67	0.00	6.00	*N/A*	200.0	0.00	0.24	\$0.000
000129 MILK, SOYMILK KIKKOMAN	SERVING	100	5	0.02	4	0	*N/A*	0.15	0.00	0	0.57	0.07	0.27	*N/A*	10.0	0.00	0.04	\$0.000
Weighted Daily Average			1057	10.55	1719	*66	*2	38.43	*0.01	*64	145.35	14.86	42.34	*0	531.1	46.47	*3.90	\$0.000
% of Calories				8.98%		*25.0%	*0.8%	32.7%	*0.0%		55.0%		16.0%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Tuesday - 09/16/2025 Reimbursable Meal Total 3000

Base Menu Spreadsheet

Weighted Values

Sep 1, 2025 thru Sep 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
003079 TAMALES SHREDDED BEEF SALSA ROJA & CHEESE LOS CABOS	1 TAMALES	1500	171	3.84	320	1	0	8.14	0.00	23	14.98	1.58	9.46	*N/A*	105.1	0.68	1.14	\$0.000
003055 TAMALES CHEESE WHOLE GRAIN	SERVINGS	1500	190	3.99	235	0	0	13.48	0.00	17	14.47	0.00	5.99	*N/A*	132.8	0.00	0.50	\$0.000
000270 VEG, CORN CANNED - USDA	#8 SCOOP	3000	65	0.00	15	*N/A*	*N/A*	1.00	0.00	0	15.00	2.00	2.00	*N/A*	0.0	0.00	0.00	\$0.000
002462 VEG, LETT SHREDDED	.5	2000	3	0.00	2	*N/A*	*N/A*	0.00	*N/A*	0	0.67	0.22	0.22	*N/A*	4.4	0.67	0.08	\$0.000
001051 SALSA, COMMODITY	#8 SCOOP	2000	24	0.00	83	*N/A*	*N/A*	0.00	0.00	0	4.72	2.36	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000777 VEG, OLIVES SLICE	.25 CUP	2000	40	0.00	187	*N/A*	*N/A*	3.34	0.00	0	1.33	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
003159 BAR, BLACK BEAN SPICY (COLD)	#8 SCOOP	2000	74	0.00	223	*0	*N/A*	0.00	*0.00	0	13.74	5.35	4.68	*N/A*	23.6	1.79	1.28	\$0.000
003137 CUCUMBER RAW	1/2C SERVING	2000	5	0.00	1	1	0	0.07	0.00	0	1.27	0.20	0.20	*N/A*	0.0	0.00	0.00	\$0.000
000986 CHEESE, CHEDDAR	OZ	3000	81	4.05	202	*N/A*	*N/A*	6.07	0.00	20	0.00	0.00	7.09	*N/A*	0.0	0.00	0.00	\$0.000
002639 FRUIT, FRESH PINEAPPLE TAJIN	#8 SCOOP	1500	35	0.00	38	*0	*N/A*	0.00	*0.00	0	8.86	1.27	0.00	*N/A*	12.7	27.26	0.23	\$0.000
003138 PINEAPPLE RAW	1/2C SERVING	1500	30	0.00	0	6	0	0.00	0.00	0	4.84	0.69	0.23	*N/A*	6.0	2903.00	0.02	\$0.000
000230 MILK,1% WHITE	CARTON	500	22	0.25	27	2	*N/A*	0.42	0.00	2	2.67	0.00	1.67	*N/A*	66.7	0.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	80	0.00	100	13	*N/A*	0.00	0.00	3	14.67	0.00	6.00	*N/A*	200.0	0.00	0.24	\$0.000
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	23	0.08	18	2	*N/A*	0.75	0.00	0	2.83	0.33	1.33	*N/A*	50.0	0.00	0.18	\$0.000
Weighted Daily Average			843	12.22	1450	*25	*0	33.27	*0.00	66	100.05	14.01	38.87	*0	601.2	2933.60	3.67	\$0.000
% of Calories				13.05 %		*11.9%	*0%	35.5%	*0.0%		47.5%		18.4%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Wednesday - 09/17/2025

Reimbursable Meal Total 3000

Base Menu Spreadsheet

Weighted Values

Sep 1, 2025 thru Sep 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
001488 CHICKEN, ORANGE MANDARIN nood	SERVING	1500	174	0.42	244	*N/A*	*N/A*	3.92	*0.00	20	26.89	1.71	8.96	*N/A*	8.9	0.64	1.53	\$0.000
002979 TOFU TERI WITH NOODLES	HEAPING #16	1500	108	0.22	194	*1	*N/A*	2.77	*0.00	0	18.71	1.72	3.56	*N/A*	9.2	0.04	1.20	\$0.000
000433 VEG, MIXED FROZEN	.5 CUP	3000	60	0.00	39	3	*N/A*	0.00	0.00	0	12.00	3.00	2.00	*N/A*	0.0	0.00	0.00	\$0.000
000607 COOKIE, FORTUNE	COOKIE	3000	30	0.06	7	*N/A*	*N/A*	0.20	*N/A*	1	6.67	0.18	0.42	*N/A*	1.5	0.12	0.18	\$0.000
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	2000	2	0.00	5	*N/A*	*N/A*	0.02	*0.00	0	0.43	0.26	0.23	*N/A*	7.3	3.29	0.21	\$0.000
000941 NOODLE, CHOW MEIN	SERVING	2000	70	0.00	23	*N/A*	*N/A*	1.00	0.00	0	13.71	1.34	2.68	*N/A*	6.7	0.00	0.90	\$0.000
002197 VEG, KIDNEY BEANS	1/2 CUP#8 SCOOP	2000	69	0.00	93	1	*N/A*	0.00	0.00	0	12.67	4.67	4.67	*N/A*	0.0	0.00	0.00	\$0.000
001358 VEG, BROC CHERRY TOM	.5 CUP	2000	18	0.00	8	*N/A*	*N/A*	0.34	*N/A*	0	3.68	0.34	1.00	*N/A*	10.0	29.04	0.30	\$0.000
000438 FRUIT, PEAR CANNED USDA	#8 SCOOP	1000	20	0.00	2	4	*N/A*	0.00	0.00	0	5.00	0.67	0.00	*N/A*	2.7	0.83	0.08	\$0.000
001355 FRUIT, STRAWBERRY	1/2 cup	2000	15	0.01	0	2	*N/A*	0.14	0.00	0	3.69	0.96	0.32	*N/A*	7.7	28.22	0.20	\$0.000
001975 DRESSING, RANCH PACKET 12GRAMS	PACKET	500	8	0.08	20	*N/A*	*N/A*	0.75	0.00	*N/A*	0.17	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	18	0.29	0	*0	*N/A*	2.04	*0.00	0	0.05	0.01	0.01	*N/A*	0.3	0.03	0.01	\$0.000
002952 DRESSING 1000 ISLAND	TABLESPOONS	500	8	0.12	17	0	*N/A*	0.67	0.00	1	0.67	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000230 MILK,1% WHITE	CARTON	900	39	0.45	48	4	*N/A*	0.75	0.00	4	4.80	0.00	3.00	*N/A*	120.0	0.36	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	80	0.00	100	13	*N/A*	0.00	0.00	3	14.67	0.00	6.00	*N/A*	200.0	0.00	0.24	\$0.000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
000129 MILK, SOYMILK KIKKOMAN	SERVING	100	5	0.02	4	0	*N/A*	0.15	0.00	0	0.57	0.07	0.27	*N/A*	10.0	0.00	0.04	\$0.000
Weighted Daily Average			725	1.67	805	*30	*N/A*	12.76	*0.00	*30	124.36	14.90	33.11	0	384.3	62.58	4.87	\$0.000
% of Calories				2.07%		*16.6%	*N/A*	15.8%	*0.0%		68.6%		18.3%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Thursday - 09/18/2025

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
001583 CHICK ON BUN SPICY TYSON	EACH	1500	116	1.25	171	1	*0	6.51	0.00	10	7.64	1.02	6.54	*N/A*	15.2	0.00	1.00	\$0.000
002071 WRAP, VEGETARIAN 2/2	EACH	1500	306	8.75	583	*0	*N/A*	17.79	*0.00	40	21.29	3.37	14.35	*N/A*	31.9	56.72	1.97	\$0.000
003009 POTATO FRY SIDEWINDER JR SMPLT	1/2 CUP	3000	166	0.83	465	0	*N/A*	6.64	0.00	0	26.54	1.66	1.66	*N/A*	0.0	0.00	0.83	\$0.000
003064 LETTUCE GREEN LEAF	1/2 cup	2000	2	0.00	4	0	*N/A*	0.02	0.00	0	0.46	0.21	0.22	*N/A*	5.8	1.47	0.14	\$0.000
000042 VEG, PICKLES DILL	8 each	1500	2	0.00	195	*N/A*	*N/A*	0.00	*N/A*	*N/A*	0.50	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000776 VEG, TOMATO FRESH	4 SLICES	1500	8	0.00	2	*N/A*	*N/A*	0.00	*N/A*	0	1.84	0.37	0.37	*N/A*	3.7	5.75	0.13	\$0.000
000450 VEG, CARROTS BABY	BAG	1000	9	0.00	19	*N/A*	*N/A*	0.00	*N/A*	0	1.97	0.49	0.25	*N/A*	7.4	2.06	0.22	\$0.000
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	1000	20	0.00	2	4	*N/A*	0.00	0.00	0	4.67	0.33	0.00	*N/A*	2.0	1.27	0.00	\$0.000
001360 FRUIT, MELON CHUNKS	#8 SCOOP	1000	9	0.00	3	*1	*N/A*	0.02	*0.00	0	2.15	0.19	0.18	*N/A*	1.9	5.58	0.06	\$0.000
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	1500	55	0.88	0	*0	*N/A*	6.13	*0.00	0	0.14	0.02	0.03	*N/A*	0.8	0.08	0.02	\$0.000
001975 DRESSING, RANCH PACKET 12GRAMS	PACKET	1500	22	0.25	60	*N/A*	*N/A*	2.25	0.00	*N/A*	0.50	0.00	0.00	*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 Sugars (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)	Cost
002952 DRESSING 1000 ISLAND	TABLESPOONS	1500	25	0.38	50	1	*N/A*	2.00	0.00	2	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000230 MILK,1% WHITE	CARTON	500	22	0.25	27	2	*N/A*	0.42	0.00	2	2.67	0.00	1.67	*N/A*	66.7	0.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	80	0.00	100	13	*N/A*	0.00	0.00	3	14.67	0.00	6.00	*N/A*	200.0	0.00	0.24	\$0.000
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	23	0.08	18	2	*N/A*	0.75	0.00	0	2.83	0.33	1.33	*N/A*	50.0	0.00	0.18	\$0.000
Weighted Daily Average			865	12.68	1700	*24	*0	42.52	*0.00	*58	89.86	8.00	32.59	*0	*385.3	*73.14	*4.79	\$0.000
% of Calories				13.19 %		*11.1%	*0%	44.2%	*0.0%		41.6%		15.1%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Friday - 09/19/2025

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
000912 CORN DOG, CHICKEN WG 4 OZ	SERVING	1500	120	1.25	195	*N/A*	*N/A*	4.00	0.00	20	15.00	2.50	4.50	*N/A*	40.0	0.00	0.90	\$0.000
003073 QUESADILLA TWO CHEESE & GREEN CHILI LOS CACOS	SERVINGS	1500	162	3.47	202	1	0	7.02	0.00	20	16.16	2.22	8.45	*N/A*	12.5	1.00	5.02	\$0.000
000424 VEG, GREEN BEANS	#8 SCOOP	3000	16	0.00	140	1	*N/A*	0.00	0.00	0	3.00	2.00	1.00	*N/A*	0.0	0.00	0.00	\$0.000
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	2000	2	0.00	5	*N/A*	*N/A*	0.02	*0.00	0	0.43	0.26	0.23	*N/A*	7.3	3.29	0.21	\$0.000
001800 VEG, CARROT & CELERY STICKS	SERVING	2000	22	0.00	45	*0	*N/A*	0.00	*0.00	0	3.78	1.13	0.38	*N/A*	11.3	2.27	0.14	\$0.000
003165 BAR VEG, PEAS FROZEN SYSCO	.5 CUP	2000	31	0.00	0	0	0	0.00	0.00	0	5.28	1.76	2.20	*N/A*	6.2	0.00	0.44	\$0.000
002009 VEG, BELL PEPPER STICKS	CUP	2000	16	0.00	1	*N/A*	*N/A*	0.11	*N/A*	0	4.01	1.07	0.80	*N/A*	0.0	53.84	0.00	\$0.000
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	2000	40	0.00	3	9	*N/A*	0.00	0.00	0	9.33	0.67	0.00	*N/A*	4.0	2.53	0.00	\$0.000

Base Menu Spreadsheet

Weighted Values

Sep 1, 2025 thru Sep 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	33	0.00	0	6	*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	500	15	0.02	0	2	*N/A*	0.06	0.00	0	3.84	0.44	0.18	*N/A*	0.8	1.46	0.04	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	500	11	0.00	0	*N/A*	*N/A*	0.00	0.00	0	2.97	0.57	0.28	*N/A*	9.9	13.83	0.03	\$0.000
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	18	0.29	0	*0	*N/A*	2.04	*0.00	0	0.05	0.01	0.01	*N/A*	0.3	0.03	0.01	\$0.000
002952 DRESSING 1000 ISLAND	TABLESPOONS	500	8	0.12	17	0	*N/A*	0.67	0.00	1	0.67	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
001975 DRESSING, RANCH PACKET 12GRAMS	PACKET	500	8	0.08	20	*N/A*	*N/A*	0.75	0.00	*N/A*	0.17	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000230 MILK,1% WHITE	CARTON	500	22	0.25	27	2	*N/A*	0.42	0.00	2	2.67	0.00	1.67	*N/A*	66.7	0.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	80	0.00	100	13	*N/A*	0.00	0.00	3	14.67	0.00	6.00	*N/A*	200.0	0.00	0.24	\$0.000
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	23	0.08	18	2	*N/A*	0.75	0.00	0	2.83	0.33	1.33	*N/A*	50.0	0.00	0.18	\$0.000
Weighted Daily Average			628	5.57	774	*37	*0	15.83	*0.00	*47	93.18	14.29	27.03	*0	415.7	81.26	7.31	\$0.000
% of Calories				7.98%		*23.6%	*0%	22.7%	*0.0%		59.4%		17.2%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Monday - 09/22/2025

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
002475 CHICKEN, POPCORN WG 10 EACH RC	SERVING (10)	1500	90	1.00	210	0	*N/A*	4.50	0.00	10	6.00	1.50	6.00	*N/A*	20.0	0.00	0.90	\$0.000
002763 SANDWICH, VEGGIE STACKER	SANDWICH	1500	259	8.00	497	*2	*N/A*	15.25	*0.00	40	16.37	2.23	13.73	*N/A*	27.7	1.85	0.58	\$0.000
002676 POTATO, TATER BARRELS SYSCO	10 BARRELS	3000	170	1.50	360	0	*N/A*	9.00	0.00	0	19.00	1.00	2.00	*N/A*	0.0	3.60	0.36	\$0.000

Base Menu Spreadsheet

Weighted Values

Sep 1, 2025 thru Sep 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
002212 BEAN, VEGETARIAN BAKED LS	1/2 CUP	1500	55	0.00	70	*N/A*	*N/A*	0.50	0.00	0	10.00	2.50	3.50	*N/A*	0.0	0.00	0.00	\$0.000
003064 LETTUCE GREEN LEAF	1/2 cup	1500	2	0.00	3	0	*N/A*	0.02	0.00	0	0.34	0.16	0.16	*N/A*	4.3	1.10	0.10	\$0.000
002408 VEG, CARROTS RANCH	BAG	1500	12	0.00	100	2	*N/A*	0.00	0.00	0	3.50	1.00	0.50	*N/A*	10.0	2.40	0.18	\$0.000
002407 VEG, CARROTS CHILI LIME	BAG	1500	12	0.00	100	2	*N/A*	0.00	0.00	0	3.00	1.00	0.50	*N/A*	10.0	2.40	0.18	\$0.000
000097 FRUIT, RAISINS	BOX	1500	64	0.02	6	14	*N/A*	0.05	0.00	0	17.05	0.97	0.71	*N/A*	13.3	0.49	0.38	\$0.000
002587 FRUIT, DRIED CRANBERRIES	SERVING	1500	46	0.00	1	11	*N/A*	0.00	0.00	0	12.50	1.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
002669 FRUIT, APPLESAUCE USDA	#8 SCOOP	1000	19	0.00	1	4	*N/A*	0.00	0.00	0	5.28	0.38	0.00	*N/A*	0.0	0.90	0.68	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	1000	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	1000	30	0.04	0	4	*N/A*	0.11	0.00	0	7.69	0.88	0.37	*N/A*	1.7	2.93	0.09	\$0.000
000064 FRUIT, APPLE FRESH	1/2 APPLE	1000	17	0.00	0	3	*N/A*	0.00	0.00	0	4.22	0.67	0.00	*N/A*	3.4	1.52	0.06	\$0.000
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	18	0.29	0	*0	*N/A*	2.04	*0.00	0	0.05	0.01	0.01	*N/A*	0.3	0.03	0.01	\$0.000
001975 DRESSING, RANCH PACKET 12GRAMS	PACKET	500	8	0.08	20	*N/A*	*N/A*	0.75	0.00	*N/A*	0.17	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
002952 DRESSING 1000 ISLAND	TABLESPOONS	500	8	0.12	17	0	*N/A*	0.67	0.00	1	0.67	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	80	0.00	100	13	*N/A*	0.00	0.00	3	14.67	0.00	6.00	*N/A*	200.0	0.00	0.24	\$0.000
000230 MILK,1% WHITE	CARTON	900	39	0.45	48	4	*N/A*	0.75	0.00	4	4.80	0.00	3.00	*N/A*	120.0	0.36	0.00	\$0.000

Base Menu Spreadsheet

Weighted Values

Sep 1, 2025 thru Sep 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
000129 MILK, SOYMILK KIKKOMAN	SERVING	100	5	0.02	4	0	*N/A*	0.15	0.00	0	0.57	0.07	0.27	*N/A*	10.0	0.00	0.04	\$0.000
Weighted Daily Average			958	11.53	1537	*60	*N/A*	33.79	*0.00	*59	131.81	14.49	37.31	*0	440.5	45.26	3.85	\$0.000
% of Calories				10.83 %		*25.1%	*N/A*	31.7%	*0.0%		55.0%		15.6%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Tuesday - 09/23/2025 Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
002706 NACHOS, BEEF&CHEESE (K-8)	SERVING	1500	226	4.88	367	*1	*N/A*	11.60	*0.00	34	18.89	2.80	10.88	*N/A*	125.3	2.03	0.64	\$0.000
002304 NACHOS, BEAN & CHEESE (K-8)	SERVING	1500	187	3.06	304	*1	*N/A*	7.82	*0.00	14	21.10	3.05	6.82	*N/A*	118.0	1.24	0.43	\$0.000
000270 VEG, CORN CANNED - USDA	#8 SCOOP	3000	65	0.00	15	*N/A*	*N/A*	1.00	0.00	0	15.00	2.00	2.00	*N/A*	0.0	0.00	0.00	\$0.000
002462 VEG, LETT SHREDDED	.5	2000	3	0.00	2	*N/A*	*N/A*	0.00	*N/A*	0	0.67	0.22	0.22	*N/A*	4.4	0.67	0.08	\$0.000
001051 SALSA, COMMODITY	#8 SCOOP	2000	24	0.00	83	*N/A*	*N/A*	0.00	0.00	0	4.72	2.36	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000777 VEG, OLIVES SLICE	.25 CUP	2000	40	0.00	187	*N/A*	*N/A*	3.34	0.00	0	1.33	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
003159 BAR, BLACK BEAN SPICY (COLD)	#8 SCOOP	2000	74	0.00	223	*0	*N/A*	0.00	*0.00	0	13.74	5.35	4.68	*N/A*	23.6	1.79	1.28	\$0.000
003137 CUCUMBER RAW	1/2C SERVING	2000	5	0.00	1	1	0	0.07	0.00	0	1.27	0.20	0.20	*N/A*	0.0	0.00	0.00	\$0.000
000986 CHEESE, CHEDDAR	OZ	3000	81	4.05	202	*N/A*	*N/A*	6.07	0.00	20	0.00	0.00	7.09	*N/A*	0.0	0.00	0.00	\$0.000
002639 FRUIT, FRESH PINEAPPLE TAJIN	#8 SCOOP	1500	35	0.00	38	*0	*N/A*	0.00	*0.00	0	8.86	1.27	0.00	*N/A*	12.7	27.26	0.23	\$0.000
003138 PINEAPPLE RAW	1/2C SERVING	1500	30	0.00	0	6	0	0.00	0.00	0	4.84	0.69	0.23	*N/A*	6.0	2903.00	0.02	\$0.000

Base Menu Spreadsheet

Weighted Values

Sep 1, 2025 thru Sep 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
000230 MILK,1% WHITE	CARTON	500	22	0.25	27	2	*N/A*	0.42	0.00	2	2.67	0.00	1.67	*N/A*	66.7	0.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	80	0.00	100	13	*N/A*	0.00	0.00	3	14.67	0.00	6.00	*N/A*	200.0	0.00	0.24	\$0.000
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	23	0.08	18	2	*N/A*	0.75	0.00	0	2.83	0.33	1.33	*N/A*	50.0	0.00	0.18	\$0.000
Weighted Daily Average			895	12.32	1567	*26	*0	31.07	*0.00	74	110.59	18.27	41.13	*0	606.7	2936.20	3.10	\$0.000
% of Calories				12.39 %		*11.6%	*0%	31.2%	*0.0%		49.4%		18.4%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Wednesday - 09/24/2025

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
001862 PIZZA, WG PEP 5"	EACH	1500	180	3.50	285	2	*N/A*	8.00	0.00	18	17.00	1.50	10.00	*N/A*	200.0	4.50	0.90	\$0.000
001861 PIZZA, WG CHEESE 5"	EACH	1500	180	4.00	255	2	*N/A*	8.50	0.00	18	17.00	1.50	10.00	*N/A*	225.0	3.00	1.35	\$0.000
000433 VEG, MIXED FROZEN	.5 CUP	3000	60	0.00	39	3	*N/A*	0.00	0.00	0	12.00	3.00	2.00	*N/A*	0.0	0.00	0.00	\$0.000
000943 ICE CREAM, RASPBERRY SHERBET	SERVING	3000	80	0.50	12	*N/A*	*N/A*	1.00	0.00	0	18.00	0.00	0.00	*N/A*	20.0	0.00	0.00	\$0.000
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	2000	2	0.00	5	*N/A*	*N/A*	0.02	*0.00	0	0.43	0.26	0.23	*N/A*	7.3	3.29	0.21	\$0.000
000941 NOODLE, CHOW MEIN	SERVING	2000	70	0.00	23	*N/A*	*N/A*	1.00	0.00	0	13.71	1.34	2.68	*N/A*	6.7	0.00	0.90	\$0.000
002197 VEG, KIDNEY BEANS	1/2 CUP#8 SCOOP	2000	69	0.00	93	1	*N/A*	0.00	0.00	0	12.67	4.67	4.67	*N/A*	0.0	0.00	0.00	\$0.000
001358 VEG, BROCC COL CHERRY TOM	.5 CUP	2000	18	0.00	8	*N/A*	*N/A*	0.34	*N/A*	0	3.68	0.34	1.00	*N/A*	10.0	29.04	0.30	\$0.000
000438 FRUIT, PEAR CANNED USDA	#8 SCOOP	1000	20	0.00	2	4	*N/A*	0.00	0.00	0	5.00	0.67	0.00	*N/A*	2.7	0.83	0.08	\$0.000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
001355 FRUIT, STRAWBERRY	1/2 cup	1000	8	0.00	0	1	*N/A*	0.07	0.00	0	1.84	0.48	0.16	*N/A*	3.8	14.11	0.10	\$0.000
002909 FFVP MANGO	cup	1000	33	0.05	1	8	*N/A*	0.21	0.00	0	8.24	0.88	0.45	*N/A*	6.0	20.02	0.09	\$0.000
001975 DRESSING, RANCH PACKET 12GRAMS	PACKET	500	8	0.08	20	*N/A*	*N/A*	0.75	0.00	*N/A*	0.17	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	18	0.29	0	*0	*N/A*	2.04	*0.00	0	0.05	0.01	0.01	*N/A*	0.3	0.03	0.01	\$0.000
002952 DRESSING 1000 ISLAND	TABLESPOONS	500	8	0.12	17	0	*N/A*	0.67	0.00	1	0.67	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000230 MILK,1% WHITE	CARTON	900	39	0.45	48	4	*N/A*	0.75	0.00	4	4.80	0.00	3.00	*N/A*	120.0	0.36	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	80	0.00	100	13	*N/A*	0.00	0.00	3	14.67	0.00	6.00	*N/A*	200.0	0.00	0.24	\$0.000
000129 MILK, SOYMILK KIKKOMAN	SERVING	100	5	0.02	4	0	*N/A*	0.15	0.00	0	0.57	0.07	0.27	*N/A*	10.0	0.00	0.04	\$0.000
Weighted Daily Average			879	9.02	911	*39	*N/A*	23.50	*0.00	*44	130.49	14.70	40.46	*0	811.9	75.19	4.21	\$0.000
% of Calories				9.24%		*17.7%	*N/A*	24.1%	*0.0%		59.4%		18.4%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Thursday - 09/25/2025

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
002678 BURGER, CHEESE	EACH	1500	170	3.25	280	2	*N/A*	7.75	0.00	24	14.50	2.50	11.00	*N/A*	31.5	0.00	1.00	\$0.000
001036 BURGER, VEGGIE CHEESE	EACH	1500	210	2.50	420	2	*0	8.25	0.00	10	21.00	5.00	13.00	*N/A*	26.0	0.00	4.50	\$0.000
002987 POTATO MCCAIN REG CRINKLE FRY	SERVINGS	3000	120	0.50	35	0	*N/A*	5.00	0.00	0	20.01	1.00	1.00	*N/A*	10.0	0.00	0.30	\$0.000
003064 LETTUCE GREEN LEAF	1/2 cup	2000	2	0.00	4	0	*N/A*	0.02	0.00	0	0.46	0.21	0.22	*N/A*	5.8	1.47	0.14	\$0.000

Base Menu Spreadsheet

Weighted Values

Sep 1, 2025 thru Sep 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
000042 VEG, PICKLES DILL	8 each	1500	2	0.00	195	*N/A*	*N/A*	0.00	*N/A*	*N/A*	0.50	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000776 VEG, TOMATO FRESH	4 SLICES	1500	8	0.00	2	*N/A*	*N/A*	0.00	*N/A*	0	1.84	0.37	0.37	*N/A*	3.7	5.75	0.13	\$0.000
000450 VEG, CARROTS BABY	BAG	1000	9	0.00	19	*N/A*	*N/A*	0.00	*N/A*	0	1.97	0.49	0.25	*N/A*	7.4	2.06	0.22	\$0.000
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	1000	20	0.00	2	4	*N/A*	0.00	0.00	0	4.67	0.33	0.00	*N/A*	2.0	1.27	0.00	\$0.000
001360 FRUIT, MELON CHUNKS	#8 SCOOP	1000	9	0.00	3	*1	*N/A*	0.02	*0.00	0	2.15	0.19	0.18	*N/A*	1.9	5.58	0.06	\$0.000
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	1500	55	0.88	0	*0	*N/A*	6.13	*0.00	0	0.14	0.02	0.03	*N/A*	0.8	0.08	0.02	\$0.000
001975 DRESSING, RANCH PACKET 12GRAMS	PACKET	1500	22	0.25	60	*N/A*	*N/A*	2.25	0.00	*N/A*	0.50	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
002952 DRESSING 1000 ISLAND	TABLESPOONS	1500	25	0.38	50	1	*N/A*	2.00	0.00	2	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000230 MILK,1% WHITE	CARTON	500	22	0.25	27	2	*N/A*	0.42	0.00	2	2.67	0.00	1.67	*N/A*	66.7	0.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	80	0.00	100	13	*N/A*	0.00	0.00	3	14.67	0.00	6.00	*N/A*	200.0	0.00	0.24	\$0.000
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	23	0.08	18	2	*N/A*	0.75	0.00	0	2.83	0.33	1.33	*N/A*	50.0	0.00	0.18	\$0.000
Weighted Daily Average			777	8.09	1216	*28	*0	32.59	*0.00	*42	89.90	10.45	35.04	*0	*405.7	*16.42	*6.79	\$0.000
% of Calories				9.37%		*14.4%	*0%	37.7%	*0.0%		46.3%		18.0%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Friday - 09/26/2025

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
002856 CORN DOG, MINI CHICK TYSON	SERVING (6)	1500	158	1.82	285	3	*N/A*	8.49	*N/A*	24	13.95	1.21	7.28	*N/A*	12.1	0.00	0.87	\$0.000

Base Menu Spreadsheet

Weighted Values

Sep 1, 2025 thru Sep 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
002993 MAC & CHEESE PREMIUM JTM	6oz	1500	158	4.45	390	2	*N/A*	8.00	0.00	23	14.00	1.00	7.50	*N/A*	184.0	0.00	0.50	\$0.000
000597 BREAD, ROLL DINNER 1 OZ	EACH	1500	42	0.00	12	*N/A*	*N/A*	0.75	*N/A*	4	7.50	0.30	1.55	*N/A*	9.5	0.00	0.40	\$0.000
000424 VEG, GREEN BEANS	#8 SCOOP	3000	16	0.00	140	1	*N/A*	0.00	0.00	0	3.00	2.00	1.00	*N/A*	0.0	0.00	0.00	\$0.000
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	2000	2	0.00	5	*N/A*	*N/A*	0.02	*0.00	0	0.43	0.26	0.23	*N/A*	7.3	3.29	0.21	\$0.000
001800 VEG, CARROT & CELERY STICKS	SERVING	2000	22	0.00	45	*0	*N/A*	0.00	*0.00	0	3.78	1.13	0.38	*N/A*	11.3	2.27	0.14	\$0.000
003165 BAR VEG, PEAS FROZEN SYSCO	.5 CUP	1000	15	0.00	0	0	0	0.00	0.00	0	2.64	0.88	1.10	*N/A*	3.1	0.00	0.22	\$0.000
002009 VEG, BELL PEPPER STICKS	CUP	2000	16	0.00	1	*N/A*	*N/A*	0.11	*N/A*	0	4.01	1.07	0.80	*N/A*	0.0	53.84	0.00	\$0.000
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	2000	40	0.00	3	9	*N/A*	0.00	0.00	0	9.33	0.67	0.00	*N/A*	4.0	2.53	0.00	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	33	0.00	0	6	*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	500	15	0.02	0	2	*N/A*	0.06	0.00	0	3.84	0.44	0.18	*N/A*	0.8	1.46	0.04	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	500	11	0.00	0	*N/A*	*N/A*	0.00	0.00	0	2.97	0.57	0.28	*N/A*	9.9	13.83	0.03	\$0.000
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	18	0.29	0	*0	*N/A*	2.04	*0.00	0	0.05	0.01	0.01	*N/A*	0.3	0.03	0.01	\$0.000
002952 DRESSING 1000 ISLAND	TABLESPOONS	500	8	0.12	17	0	*N/A*	0.67	0.00	1	0.67	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
001975 DRESSING, RANCH PACKET 12GRAMS	PACKET	500	8	0.08	20	*N/A*	*N/A*	0.75	0.00	*N/A*	0.17	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000230 MILK,1% WHITE	CARTON	500	22	0.25	27	2	*N/A*	0.42	0.00	2	2.67	0.00	1.67	*N/A*	66.7	0.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	80	0.00	100	13	*N/A*	0.00	0.00	3	14.67	0.00	6.00	*N/A*	200.0	0.00	0.24	\$0.000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	23	0.08	18	2	*N/A*	0.75	0.00	0	2.83	0.33	1.33	*N/A*	50.0	0.00	0.18	\$0.000
Weighted Daily Average			689	7.12	1064	*41	*0	22.06	*0.00	*58	94.83	11.20	29.31	*0	565.7	80.26	2.95	\$0.000
% of Calories				9.30%		*23.8%	*0%	28.8%	*0.0%		55.1%		17.0%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Monday - 09/29/2025

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
003074 Homestyle Chicken Nugget (GK)	5 Each	1500	91	0.81	164	0	*N/A*	4.95	0.00	17	4.75	0.00	6.75	*N/A*	11.0	43.50	0.50	\$0.000
000392 SANDWICH, GRILLED CHEESE	EACH	1500	268	8.17	519	*2	*N/A*	15.92	*0.00	40	18.00	2.00	14.00	*N/A*	35.0	0.00	0.90	\$0.000
002676 POTATO, TATER BARRELS SYSCO	10 BARRELS	3000	170	1.50	360	0	*N/A*	9.00	0.00	0	19.00	1.00	2.00	*N/A*	0.0	3.60	0.36	\$0.000
002212 BEAN, VEGETARIAN BAKED LS	1/2 CUP	1500	55	0.00	70	*N/A*	*N/A*	0.50	0.00	0	10.00	2.50	3.50	*N/A*	0.0	0.00	0.00	\$0.000
003064 LETTUCE GREEN LEAF	1/2 cup	1500	2	0.00	3	0	*N/A*	0.02	0.00	0	0.34	0.16	0.16	*N/A*	4.3	1.10	0.10	\$0.000
002408 VEG, CARROTS RANCH	BAG	1500	12	0.00	100	2	*N/A*	0.00	0.00	0	3.50	1.00	0.50	*N/A*	10.0	2.40	0.18	\$0.000
002407 VEG, CARROTS CHILI LIME	BAG	1500	12	0.00	100	2	*N/A*	0.00	0.00	0	3.00	1.00	0.50	*N/A*	10.0	2.40	0.18	\$0.000
000097 FRUIT, RAISINS	BOX	1500	64	0.02	6	14	*N/A*	0.05	0.00	0	17.05	0.97	0.71	*N/A*	13.3	0.49	0.38	\$0.000
002587 FRUIT, DRIED CRANBERRIES	SERVING	1500	46	0.00	1	11	*N/A*	0.00	0.00	0	12.50	1.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
002669 FRUIT, APPLESAUCE USDA	#8 SCOOP	1000	19	0.00	1	4	*N/A*	0.00	0.00	0	5.28	0.38	0.00	*N/A*	0.0	0.90	0.68	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	1000	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

Base Menu Spreadsheet

Weighted Values

Sep 1, 2025 thru Sep 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
000068 FRUIT, BANANAS FRESH	EACH	1000	30	0.04	0	4	*N/A*	0.11	0.00	0	7.69	0.88	0.37	*N/A*	1.7	2.93	0.09	\$0.000
000064 FRUIT, APPLE FRESH	1/2 APPLE	1000	17	0.00	0	3	*N/A*	0.00	0.00	0	4.22	0.67	0.00	*N/A*	3.4	1.52	0.06	\$0.000
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	18	0.29	0	*0	*N/A*	2.04	*0.00	0	0.05	0.01	0.01	*N/A*	0.3	0.03	0.01	\$0.000
001975 DRESSING, RANCH PACKET 12GRAMS	PACKET	500	8	0.08	20	*N/A*	*N/A*	0.75	0.00	*N/A*	0.17	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
002952 DRESSING 1000 ISLAND	TABLESPOONS	500	8	0.12	17	0	*N/A*	0.67	0.00	1	0.67	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	80	0.00	100	13	*N/A*	0.00	0.00	3	14.67	0.00	6.00	*N/A*	200.0	0.00	0.24	\$0.000
000230 MILK,1% WHITE	CARTON	900	39	0.45	48	4	*N/A*	0.75	0.00	4	4.80	0.00	3.00	*N/A*	120.0	0.36	0.00	\$0.000
000129 MILK, SOYMILK KIKKOMAN	SERVING	100	5	0.02	4	0	*N/A*	0.15	0.00	0	0.57	0.07	0.27	*N/A*	10.0	0.00	0.04	\$0.000
Weighted Daily Average			968	11.50	1513	*61	*N/A*	34.91	*0.00	*66	132.18	12.76	38.33	*0	438.8	86.90	3.77	\$0.000
% of Calories				10.69 %		*25.2%	*N/A*	32.5%	*0.0%		54.6%		15.8%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Tuesday - 09/30/2025

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
000385 TACO, CHICKEN SOFT (6.25" TORTILLA/2 EA)	SERVINGS	1500	114	1.76	167	*0	*N/A*	3.87	*0.00	27	8.25	1.06	11.18	*N/A*	32.5	0.50	0.77	\$0.000
003075 BURRITO BEAN AND CHEESE LOS CABOS	1 BURRITO	1500	160	1.77	238	1	0	4.39	0.00	7	22.08	4.08	8.36	*N/A*	85.5	0.82	1.92	\$0.000
000270 VEG, CORN CANNED - USDA	#8 SCOOP	3000	65	0.00	15	*N/A*	*N/A*	1.00	0.00	0	15.00	2.00	2.00	*N/A*	0.0	0.00	0.00	\$0.000

Base Menu Spreadsheet

Weighted Values

Sep 1, 2025 thru Sep 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
002462 VEG, LETT SHREDDED	.5	2000	3	0.00	2	*N/A*	*N/A*	0.00	*N/A*	0	0.67	0.22	0.22	*N/A*	4.4	0.67	0.08	\$0.000
001051 SALSA, COMMODITY	#8 SCOOP	2000	24	0.00	83	*N/A*	*N/A*	0.00	0.00	0	4.72	2.36	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000777 VEG, OLIVES SLICE	.25 CUP	2000	40	0.00	187	*N/A*	*N/A*	3.34	0.00	0	1.33	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
003159 BAR, BLACK BEAN SPICY (COLD)	#8 SCOOP	2000	74	0.00	223	*0	*N/A*	0.00	*0.00	0	13.74	5.35	4.68	*N/A*	23.6	1.79	1.28	\$0.000
003137 CUCUMBER RAW	1/2C SERVING	2000	5	0.00	1	1	0	0.07	0.00	0	1.27	0.20	0.20	*N/A*	0.0	0.00	0.00	\$0.000
000986 CHEESE, CHEDDAR	OZ	3000	81	4.05	202	*N/A*	*N/A*	6.07	0.00	20	0.00	0.00	7.09	*N/A*	0.0	0.00	0.00	\$0.000
002639 FRUIT, FRESH PINEAPPLE TAJIN	#8 SCOOP	1500	35	0.00	38	*0	*N/A*	0.00	*0.00	0	8.86	1.27	0.00	*N/A*	12.7	27.26	0.23	\$0.000
003138 PINEAPPLE RAW	1/2C SERVING	1500	30	0.00	0	6	0	0.00	0.00	0	4.84	0.69	0.23	*N/A*	6.0	2903.00	0.02	\$0.000
000230 MILK,1% WHITE	CARTON	500	22	0.25	27	2	*N/A*	0.42	0.00	2	2.67	0.00	1.67	*N/A*	66.7	0.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	80	0.00	100	13	*N/A*	0.00	0.00	3	14.67	0.00	6.00	*N/A*	200.0	0.00	0.24	\$0.000
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	23	0.08	18	2	*N/A*	0.75	0.00	0	2.83	0.33	1.33	*N/A*	50.0	0.00	0.18	\$0.000
Weighted Daily Average			757	7.92	1301	*25	*0	19.91	*0.00	60	100.93	17.57	42.95	*0	481.5	2934.24	4.72	\$0.000
% of Calories				9.42%		*13.2%	*0%	23.7%	*0.0%		53.3%		22.7%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)	Cost
Weighted Averages		828	9	1298	*39	*0	27.44	*0.00	*56	111.77	13.83	36.83	*0	*514.9	*749.85	*4.30	\$0.000
% of Calories			9.65%		*18.8%	*0%	29.8%	*0.0%		54.0%		17.8%					

**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

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.