

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

Menu Name:

HIGH SCHOOL LUNCH RVHS

Include Cost:

Yes

Site:

Use Alternate Menu Name:

No

Monday - 11/03/2025Reimbursable Meal Total 800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003150 Country Butcher Hamburger Sandwich	I Hamburger	75	450	9.00	285	*0.00	*0.00	25.00	0.00	80	31.00	3.00	26.00	*N/A*	150.0	0.00	11.80	\$0.000
002283 BURRITO, BEAN&CHSEIW WG 5.95OZ	EACH	75	312	4.71	447	*N/A*	*N/A*	10.64	0.00	0	41.28	7.62	15.30	*N/A*	195.1	8.54	3.06	\$0.000
002592 CHICKEN PATTY ON BUN RC	EACH	40	182	2.00	423	0.03	*N/A*	9.02	0.00	20	12.27	3.04	12.07	*N/A*	0.5	0.00	1.81	\$0.000
002881 HS-CHICKEN, NUGGETS 10EA	SERVING 10 EACH	40	360	4.00	840	0.00	*N/A*	18.00	0.00	40	24.00	6.00	24.00	*N/A*	80.0	0.00	3.60	\$0.000
002882 HS-CHICKEN, POPCORN WG	SERVING (15)	40	270	3.00	630	0.00	*N/A*	13.50	0.00	30	18.00	4.50	18.00	*N/A*	60.0	0.00	2.70	\$0.000
001757 HS CORN DOG, TURKEY 4 OZ 2	SERVING	40	480	5.00	780	*N/A*	*N/A*	16.00	0.00	80	60.00	10.00	18.00	*N/A*	160.0	0.00	3.60	\$0.000
002892 HS-PBJ GRAPE LUNCH	EACH	50	856	7.00	817	*48.00	*N/A*	39.00	*0.00	0	113.90	14.48	20.74	*N/A*	140.1	14.59	4.38	\$0.000
002893 HS-PBJ STRAWBERRY LUNCH	EACH	25	846	8.00	817	*49.00	*27.00	37.00	*0.00	0	113.90	14.47	20.74	*N/A*	146.1	14.59	3.38	\$0.000
002687 HS SANDWICH, VEGGIE WG W/CHIPS	SUB	10	700	17.00	1213	*6.00	*N/A*	35.02	*0.00	80	63.34	8.52	30.47	*N/A*	95.8	13.53	2.66	\$0.000
002686 HS SAND, TURK HAM CHEE W/CHIP	SANDWICH	10	681	13.91	1541	*8.24	*N/A*	30.15	*0.00	114	63.66	8.46	39.49	*N/A*	97.3	3.70	*2.68	\$0.000
002685 HS SAND, TURK SLICE WG W/CHIP	SANDWICH	4	537	6.87	1179	*6.00	*N/A*	17.75	*0.00	72	62.54	8.64	32.52	*N/A*	114.2	11.45	3.65	\$0.000
001374 SALAD ADULT, CHEF	SERVINGS	10	455	6.74	882	*3.02	*0.00	23.62	*0.00	57	42.32	6.89	20.19	*0	106.3	32.81	*1.79	\$0.000
001376 SALAD, TACO HS	EACH	10	1009	15.73	1351	*1.39	*0.00	70.11	*2.39	106	61.88	10.91	29.95	*0	108.0	65.17	2.34	\$0.000
000596 SALAD ADULT, VEGGIE	SERVING	10	734	16.98	1014	*2.73	*0.00	50.66	*0.00	74	50.04	7.78	20.55	*0	133.4	72.31	1.86	\$0.000

Base Menu Spreadsheet

Yuba City USD

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
002004 PIZZA, PEPPERONI WG 14" YCUSD	SLICE	48	456	8.27	993	*2.27	*0.00	17.72	*0.00	46	54.25	1.51	20.99	*0	320.8	0.00	3.75	\$0.000
002002 PIZZA, CHEESE WG 14" YCUSD	SLICE	48	435	7.86	890	*2.27	*0.00	15.31	*0.00	43	54.59	1.51	21.10	*0	389.4	0.00	3.41	\$0.000
001581 PIZZA, VEGGIE WG 14" YCUSD	SLICE	12	453	8.11	979	*2.27	*0.00	16.41	*0.00	44	55.81	1.91	21.49	*0	369.2	8.02	3.45	\$0.000
002800 CHICKEN ORANGE NOODLE BOWL	SERVINGS	50	294	2.33	422	*1.20	*N/A*	8.87	*0.00	46	37.56	3.45	19.00	*N/A*	19.0	1.48	2.36	\$0.000
002025 HS-STIR FRY VEGETABLE MIX	#8 SCOOP	50	20	0.00	29	*0.00	*0.00	0.01	*0.00	0	4.41	1.40	1.19	*0	29.7	29.90	0.41	\$0.000
002339 HS-HUNAN ORANGE TOFU S/F YCUSD	4OZ. HEAP SPOOD	25	110	0.20	89	*1.20	*N/A*	5.79	0.00	0	5.91	0.00	10.53	*N/A*	48.4	1.40	1.53	\$0.000
002229 HS-FRESH MEX	SERVING	50	559	3.54	755	*2.08	*0.18	15.95	*0.79	67	73.97	11.10	30.36	*0	65.3	16.82	3.25	\$0.000
003151 Bratwurst on a Bun	1 Brat w/bun	55	660	12.00	1780	6.00	0.00	36.00	0.00	70	63.00	0.00	22.00	*N/A*	112.0	0.00	3.92	\$0.000
003014 CHICKEN BNLS WINGS HOT N SPICY	5ea	25	201	2.01	342	1.00	*N/A*	10.05	0.00	45	10.05	1.00	19.10	*N/A*	0.0	0.00	1.00	\$0.000
001123 HS-CONDO BAR, HAM-HOT DOG	SERVING	55	71	0.97	189	*2.06	*0.00	6.46	*0.00	3	3.97	0.31	0.36	*2	7.4	3.50	0.14	\$0.000
002676 POTATO, TATER BARRELS SYSCO	10 BARRELS	200	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	\$0.000
000643 POTATO, FRIES SPICY TWISTER	1/2 CUP	200	273	5.97	546	*N/A*	*N/A*	13.65	0.00	2	34.13	3.41	3.41	*N/A*	0.0	10.24	1.84	\$0.000
002903 POTATO, FRIES PLAIN TWISTER	1/2 CUP	200	130	1.00	40	0.00	*N/A*	5.00	0.00	0	20.00	1.00	2.00	*N/A*	0.0	0.00	0.36	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	300	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	200	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	300	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000222 KETCHUP, PACKET	PACKET	500	9	0.00	82	1.91	*N/A*	0.01	0.00	0	2.47	0.03	0.09	2	1.4	0.37	0.03	\$0.000
001050 MAYONNAISE, PACKET	Pkt	500	58	0.96	48	*N/A*	*N/A*	6.43	0.00	3	0.64	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 ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000223 MUSTARD, PACKET	Pkt	500	4	0.01	62	*N/A*	*N/A*	0.17	0.00	0	0.43	0.18	0.22	*N/A*	4.4	0.16	0.10	\$0.000
000902 SAUCE, BBQ PACKET	PACKET	500	10	0.00	160	*N/A*	*N/A*	0.00	*N/A*	0	3.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000332 DRESSING, RANCH PACKET 12 GRAM	PACKET	500	45	0.50	120	*N/A*	*N/A*	4.50	0.00	*N/A*	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
001051 SALSA, COMMODITY	#8 SCOOP	120	35	0.00	124	*N/A*	*N/A*	0.00	0.00	0	7.09	3.54	0.00	*N/A*	0.0	0.00	0.00	\$0.000
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
003158 SALAD, SIDE VEGGIE	1 CUP	50	74	0.02	144	*3.21	*N/A*	0.41	*0.00	0	14.70	4.31	3.16	*N/A*	29.0	13.30	0.54	\$0.000
000230 MILK,1% WHITE	CARTON	300	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
Weighted Daily Average			889	9.64	1447	*35.07	*0.85	34.57	*0.08	*52	115.47	11.63	32.62	*2	515.3	51.84	*5.22	\$0.000
% of Calories				9.76%		*15.78 %	*0.00%	35.0%	*0.1%		52.0%		14.7%					
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0										

Tuesday - 11/04/2025

Reimbursable Meal Total 800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003150 Country Butcher Hamburger Sandwich	1 Hamburger	95	450	9.00	285	*0.00	*0.00	25.00	0.00	80	31.00	3.00	26.00	*N/A*	150.0	0.00	11.80	\$0.000
002283 BURRITO, BEAN&CHSEIW WG 5.95OZ	EACH	75	312	4.71	447	*N/A*	*N/A*	10.64	0.00	0	41.28	7.62	15.30	*N/A*	195.1	8.54	3.06	\$0.000
002592 CHICKEN PATTY ON BUN RC	EACH	90	182	2.00	423	0.03	*N/A*	9.02	0.00	20	12.27	3.04	12.07	*N/A*	0.5	0.00	1.81	\$0.000
002881 HS-CHICKEN, NUGGETS 10EA	SERVING 10 EACH	75	360	4.00	840	0.00	*N/A*	18.00	0.00	40	24.00	6.00	24.00	*N/A*	80.0	0.00	3.60	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
002882 HS-CHICKEN, POPCORN WG	SERVING (15)	75	270	3.00	630	0.00	*N/A*	13.50	0.00	30	18.00	4.50	18.00	*N/A*	60.0	0.00	2.70	\$0.000
002892 HS-PBJ GRAPE LUNCH	EACH	30	856	7.00	817	*48.00	*N/A*	39.00	*0.00	0	113.90	14.48	20.74	*N/A*	140.1	14.59	4.38	\$0.000
002893 HS-PBJ STRAWBERRY LUNCH	EACH	25	846	8.00	817	*49.00	*27.00	37.00	*0.00	0	113.90	14.47	20.74	*N/A*	146.1	14.59	3.38	\$0.000
002687 HS SANDWICH, VEGGIE WG W/CHIPS	SUB	10	700	17.00	1213	*6.00	*N/A*	35.02	*0.00	80	63.34	8.52	30.47	*N/A*	95.8	13.53	2.66	\$0.000
002686 HS SAND, TURK HAM CHEE W/CHIP	SANDWICH	10	681	13.91	1541	*8.24	*N/A*	30.15	*0.00	114	63.66	8.46	39.49	*N/A*	97.3	3.70	*2.68	\$0.000
002685 HS SAND, TURK SLICE WG W/CHIP	SANDWICH	10	537	6.87	1179	*6.00	*N/A*	17.75	*0.00	72	62.54	8.64	32.52	*N/A*	114.2	11.45	3.65	\$0.000
001374 SALAD ADULT, CHEF	SERVINGS	10	455	6.74	882	*3.02	*0.00	23.62	*0.00	57	42.32	6.89	20.19	*0	106.3	32.81	*1.79	\$0.000
001376 SALAD, TACO HS	EACH	10	1009	15.73	1351	*1.39	*0.00	70.11	*2.39	106	61.88	10.91	29.95	*0	108.0	65.17	2.34	\$0.000
000596 SALAD ADULT, VEGGIE	SERVING	10	734	16.98	1014	*2.73	*0.00	50.66	*0.00	74	50.04	7.78	20.55	*0	133.4	72.31	1.86	\$0.000
002004 PIZZA, PEPPERONI WG 14" YCUSD	SLICE	30	456	8.27	993	*2.27	*0.00	17.72	*0.00	46	54.25	1.51	20.99	*0	320.8	0.00	3.75	\$0.000
002002 PIZZA, CHEESE WG 14" YCUSD	SLICE	30	435	7.86	890	*2.27	*0.00	15.31	*0.00	43	54.59	1.51	21.10	*0	389.4	0.00	3.41	\$0.000
001581 PIZZA, VEGGIE WG 14" YCUSD	SLICE	15	453	8.11	979	*2.27	*0.00	16.41	*0.00	44	55.81	1.91	21.49	*0	369.2	8.02	3.45	\$0.000
002131 HS-J LEE ROYS TRI-TIP	EACH	20	226	3.63	461	*0.50	*N/A*	9.78	*0.00	73	11.01	1.20	23.43	*N/A*	33.2	1.63	1.99	\$0.000
002129 HS-J LEE ROYS PULLED PORK	3OZ SERVING	20	202	0.01	199	*0.20	*N/A*	4.11	*0.00	96	3.43	0.40	32.23	*N/A*	2.5	0.41	0.12	\$0.000
002130 HS-J LEE ROYS BRISKET	EACH	10	277	5.13	219	*0.13	*0.13	12.60	*0.50	129	2.75	0.30	38.34	*3	20.3	0.41	4.37	\$0.000
000075 HS-BEEF SOFT TACO	SERVINGS	50	445	7.54	796	*0.65	*0.00	20.43	*0.00	67	34.64	4.60	28.60	*0	132.1	3.81	4.41	\$0.000
002951 BEEF TAQUITO	SERVINGS	50	200	1.00	410	0.00	*N/A*	4.00	0.00	15	33.00	5.00	9.00	*N/A*	80.0	0.00	7.20	\$0.000
003078 TAMALE CHICKEN SALSA VERDE CHEESE LOS CABOS	1 TAMALE	25	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	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003077 TAMALES TWO CHEESE & GREEN CHILI LOS CABOS	1 TAMALES	25	345	9.47	712	1.58	0.00	18.01	0.00	36	29.67	2.56	15.95	*N/A*	418.6	2.45	0.87	\$0.000
001123 HS-CONDO BAR, HAM-HOT DOG	SERVING	55	71	0.97	189	*2.06	*0.00	6.46	*0.00	3	3.97	0.31	0.36	*2	7.4	3.50	0.14	\$0.000
002676 POTATO, TATER BARRELS SYSCO	10 BARRELS	200	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	\$0.000
000643 POTATO, FRIES SPICY TWISTER	1/2 CUP	200	273	5.97	546	*N/A*	*N/A*	13.65	0.00	2	34.13	3.41	3.41	*N/A*	0.0	10.24	1.84	\$0.000
002903 POTATO, FRIES PLAIN TWISTER	1/2 CUP	200	130	1.00	40	0.00	*N/A*	5.00	0.00	0	20.00	1.00	2.00	*N/A*	0.0	0.00	0.36	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	300	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	200	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	300	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000222 KETCHUP, PACKET	PACKET	500	9	0.00	82	1.91	*N/A*	0.01	0.00	0	2.47	0.03	0.09	2	1.4	0.37	0.03	\$0.000
001050 MAYONNAISE, PACKET	Pkt	500	58	0.96	48	*N/A*	*N/A*	6.43	0.00	3	0.64	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000223 MUSTARD, PACKET	Pkt	500	4	0.01	62	*N/A*	*N/A*	0.17	0.00	0	0.43	0.18	0.22	*N/A*	4.4	0.16	0.10	\$0.000
000902 SAUCE, BBQ PACKET	PACKET	500	10	0.00	160	*N/A*	*N/A*	0.00	*N/A*	0	3.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000332 DRESSING, RANCH PACKET 12 GRAM	PACKET	500	45	0.50	120	*N/A*	*N/A*	4.50	0.00	*N/A*	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
001051 SALSA, COMMODITY	#8 SCOOP	120	35	0.00	124	*N/A*	*N/A*	0.00	0.00	0	7.09	3.54	0.00	*N/A*	0.0	0.00	0.00	\$0.000
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
003158 SALAD, SIDE VEGGIE	1 CUP	50	74	0.02	144	*3.21	*N/A*	0.41	*0.00	0	14.70	4.31	3.16	*N/A*	29.0	13.30	0.54	\$0.000
000230 MILK,1% WHITE	CARTON	300	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000228 MILK, NONFAT CHOCOLATE	CARTON	500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
Weighted Daily Average			845	9.51	1380	*33.28	*0.85	33.31	*0.04	*54	105.59	11.27	33.48	*2	517.4	49.02	*5.68	\$0.000
% of Calories				10.13 %		*15.75 %	*0.00%	35.5%	*0.0%		50.0%		15.8%					
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0										

Wednesday - 11/05/2025 Reimbursable Meal Total 800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003150 Country Butcher Hamburger Sandwich	I Hamburger	75	450	9.00	285	*0.00	*0.00	25.00	0.00	80	31.00	3.00	26.00	*N/A*	150.0	0.00	11.80	\$0.000
002283 BURRITO, BEAN&CHSEIW WG 5.95OZ	EACH	50	312	4.71	447	*N/A*	*N/A*	10.64	0.00	0	41.28	7.62	15.30	*N/A*	195.1	8.54	3.06	\$0.000
002881 HS-CHICKEN, NUGGETS 10EA	SERVING 10 EACH	50	360	4.00	840	0.00	*N/A*	18.00	0.00	40	24.00	6.00	24.00	*N/A*	80.0	0.00	3.60	\$0.000
002882 HS-CHICKEN, POPCORN WG	SERVING (15)	47	270	3.00	630	0.00	*N/A*	13.50	0.00	30	18.00	4.50	18.00	*N/A*	60.0	0.00	2.70	\$0.000
002892 HS-PBJ GRAPE LUNCH	EACH	50	856	7.00	817	*48.00	*N/A*	39.00	*0.00	0	113.90	14.48	20.74	*N/A*	140.1	14.59	4.38	\$0.000
002893 HS-PBJ STRAWBERRY LUNCH	EACH	25	846	8.00	817	*49.00	*27.00	37.00	*0.00	0	113.90	14.47	20.74	*N/A*	146.1	14.59	3.38	\$0.000
002687 HS SANDWICH, VEGGIE WG W/CHIPS	SUB	10	700	17.00	1213	*6.00	*N/A*	35.02	*0.00	80	63.34	8.52	30.47	*N/A*	95.8	13.53	2.66	\$0.000
002686 HS SAND, TURK HAM CHEE W/CHIP	SANDWICH	10	681	13.91	1541	*8.24	*N/A*	30.15	*0.00	114	63.66	8.46	39.49	*N/A*	97.3	3.70	*2.68	\$0.000
002685 HS SAND, TURK SLICE WG W/CHIP	SANDWICH	5	537	6.87	1179	*6.00	*N/A*	17.75	*0.00	72	62.54	8.64	32.52	*N/A*	114.2	11.45	3.65	\$0.000
001374 SALAD ADULT, CHEF	SERVINGS	10	455	6.74	882	*3.02	*0.00	23.62	*0.00	57	42.32	6.89	20.19	*0	106.3	32.81	*1.79	\$0.000
001376 SALAD, TACO HS	EACH	10	1009	15.73	1351	*1.39	*0.00	70.11	*2.39	106	61.88	10.91	29.95	*0	108.0	65.17	2.34	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000596 SALAD ADULT, VEGGIE	SERVING	10	734	16.98	1014	*2.73	*0.00	50.66	*0.00	74	50.04	7.78	20.55	*0	133.4	72.31	1.86	\$0.000
002004 PIZZA, PEPPERONI WG 14" YCUSD	SLICE	48	456	8.27	993	*2.27	*0.00	17.72	*0.00	46	54.25	1.51	20.99	*0	320.8	0.00	3.75	\$0.000
002002 PIZZA, CHEESE WG 14" YCUSD	SLICE	48	435	7.86	890	*2.27	*0.00	15.31	*0.00	43	54.59	1.51	21.10	*0	389.4	0.00	3.41	\$0.000
001581 PIZZA, VEGGIE WG 14" YCUSD	SLICE	12	453	8.11	979	*2.27	*0.00	16.41	*0.00	44	55.81	1.91	21.49	*0	369.2	8.02	3.45	\$0.000
002891 CHICKEN TERIYAKI BOWL NOODLE	SERVINGS H #16	75	312	2.33	834	*5.50	*5.50	8.88	*0.00	46	41.76	3.52	19.50	*0	19.7	0.08	2.52	\$0.000
002025 HS-STIR FRY VEGETABLE MIX	#8 SCOOP	75	20	0.00	29	*0.00	*0.00	0.01	*0.00	0	4.41	1.40	1.19	*0	29.7	29.90	0.41	\$0.000
002343 HS-TERIYAKI TOFU S/F YCUSD	1/4 CUP	25	62	0.20	60	*2.00	*N/A*	3.26	0.00	0	4.67	0.00	4.46	*N/A*	20.9	0.20	0.65	\$0.000
002131 HS-J LEE ROYS TRI-TIP	EACH	25	226	3.63	461	*0.50	*N/A*	9.78	*0.00	73	11.01	1.20	23.43	*N/A*	33.2	1.63	1.99	\$0.000
002129 HS-J LEE ROYS PULLED PORK	3OZ SERVING	25	202	0.01	199	*0.20	*N/A*	4.11	*0.00	96	3.43	0.40	32.23	*N/A*	2.5	0.41	0.12	\$0.000
002130 HS-J LEE ROYS BRISKET	EACH	25	277	5.13	219	*0.13	*0.13	12.60	*0.50	129	2.75	0.30	38.34	*3	20.3	0.41	4.37	\$0.000
003152 1/4# Hot Dog on a bun	1 Hot Dog w/bun	40	507	12.93	1269	*3.00	*N/A*	32.68	0.00	64	34.24	3.00	18.25	*N/A*	210.4	0.01	19.55	\$0.000
002949 HOT POCKET SANDWICH PEPPERONI	EACH	50	291	6.02	572	3.01	*N/A*	12.04	0.00	25	36.13	1.00	9.03	*N/A*	100.4	0.00	2.71	\$0.000
001123 HS-CONDO BAR, HAM-HOT DOG	SERVING	55	71	0.97	189	*2.06	*0.00	6.46	*0.00	3	3.97	0.31	0.36	*2	7.4	3.50	0.14	\$0.000
002676 POTATO, TATER BARRELS SYSCO	10 BARRELS	200	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	\$0.000
000643 POTATO, FRIES SPICY TWISTER	1/2 CUP	200	273	5.97	546	*N/A*	*N/A*	13.65	0.00	2	34.13	3.41	3.41	*N/A*	0.0	10.24	1.84	\$0.000
002903 POTATO, FRIES PLAIN TWISTER	1/2 CUP	200	130	1.00	40	0.00	*N/A*	5.00	0.00	0	20.00	1.00	2.00	*N/A*	0.0	0.00	0.36	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	300	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	200	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000086 FRUIT, ORANGES FRESH	EACH	300	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000222 KETCHUP, PACKET	PACKET	500	9	0.00	82	1.91	*N/A*	0.01	0.00	0	2.47	0.03	0.09	2	1.4	0.37	0.03	\$0.000
001050 MAYONNAISE, PACKET	Pkt	500	58	0.96	48	*N/A*	*N/A*	6.43	0.00	3	0.64	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000223 MUSTARD, PACKET	Pkt	500	4	0.01	62	*N/A*	*N/A*	0.17	0.00	0	0.43	0.18	0.22	*N/A*	4.4	0.16	0.10	\$0.000
000902 SAUCE, BBQ PACKET	PACKET	500	10	0.00	160	*N/A*	*N/A*	0.00	*N/A*	0	3.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000332 DRESSING, RANCH PACKET 12 GRAM	PACKET	500	45	0.50	120	*N/A*	*N/A*	4.50	0.00	*N/A*	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
001051 SALSA, COMMODITY	#8 SCOOP	120	35	0.00	124	*N/A*	*N/A*	0.00	0.00	0	7.09	3.54	0.00	*N/A*	0.0	0.00	0.00	\$0.000
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
003158 SALAD, SIDE VEGGIE	1 CUP	50	74	0.02	144	*3.21	*N/A*	0.41	*0.00	0	14.70	4.31	3.16	*N/A*	29.0	13.30	0.54	\$0.000
000230 MILK,1% WHITE	CARTON	300	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
Weighted Daily Average			843	9.48	1388	*35.34	*1.36	32.97	*0.05	*53	108.01	10.57	32.03	*2	510.3	51.43	*5.85	\$0.000
% of Calories				10.12 %		*16.77 %	*0.00%	35.2%	*0.1%		51.3%		15.2%					
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0										

Thursday - 11/06/2025

Reimbursable Meal Total 800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003150 Country Butcher Hamburger Sandwich	I Hamburger	100	450	9.00	285	*0.00	*0.00	25.00	0.00	80	31.00	3.00	26.00	*N/A*	150.0	0.00	11.80	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002283 BURRITO, BEAN&CHSEIW WG 5.95OZ	EACH	100	312	4.71	447	*N/A*	*N/A*	10.64	0.00	0	41.28	7.62	15.30	*N/A*	195.1	8.54	3.06	\$0.000
002592 CHICKEN PATTY ON BUN RC	EACH	75	182	2.00	423	0.03	*N/A*	9.02	0.00	20	12.27	3.04	12.07	*N/A*	0.5	0.00	1.81	\$0.000
002881 HS-CHICKEN, NUGGETS 10EA	SERVING 10 EACH	50	360	4.00	840	0.00	*N/A*	18.00	0.00	40	24.00	6.00	24.00	*N/A*	80.0	0.00	3.60	\$0.000
002882 HS-CHICKEN, POPCORN WG	SERVING (15)	50	270	3.00	630	0.00	*N/A*	13.50	0.00	30	18.00	4.50	18.00	*N/A*	60.0	0.00	2.70	\$0.000
001757 HS CORN DOG, TURKEY 4 OZ 2	SERVING	50	480	5.00	780	*N/A*	*N/A*	16.00	0.00	80	60.00	10.00	18.00	*N/A*	160.0	0.00	3.60	\$0.000
002892 HS-PBJ GRAPE LUNCH	EACH	50	856	7.00	817	*48.00	*N/A*	39.00	*0.00	0	113.90	14.48	20.74	*N/A*	140.1	14.59	4.38	\$0.000
002893 HS-PBJ STRAWBERRY LUNCH	EACH	25	846	8.00	817	*49.00	*27.00	37.00	*0.00	0	113.90	14.47	20.74	*N/A*	146.1	14.59	3.38	\$0.000
002687 HS SANDWICH, VEGGIE WG W/CHIPS	SUB	10	700	17.00	1213	*6.00	*N/A*	35.02	*0.00	80	63.34	8.52	30.47	*N/A*	95.8	13.53	2.66	\$0.000
002686 HS SAND, TURK HAM CHEE W/CHIP	SANDWICH	10	681	13.91	1541	*8.24	*N/A*	30.15	*0.00	114	63.66	8.46	39.49	*N/A*	97.3	3.70	*2.68	\$0.000
002685 HS SAND, TURK SLICE WG W/CHIP	SANDWICH	5	537	6.87	1179	*6.00	*N/A*	17.75	*0.00	72	62.54	8.64	32.52	*N/A*	114.2	11.45	3.65	\$0.000
001374 SALAD ADULT, CHEF	SERVINGS	10	455	6.74	882	*3.02	*0.00	23.62	*0.00	57	42.32	6.89	20.19	*0	106.3	32.81	*1.79	\$0.000
001376 SALAD, TACO HS	EACH	10	1009	15.73	1351	*1.39	*0.00	70.11	*2.39	106	61.88	10.91	29.95	*0	108.0	65.17	2.34	\$0.000
000596 SALAD ADULT, VEGGIE	SERVING	10	734	16.98	1014	*2.73	*0.00	50.66	*0.00	74	50.04	7.78	20.55	*0	133.4	72.31	1.86	\$0.000
002004 PIZZA, PEPPERONI WG 14" YCUSD	SLICE	48	456	8.27	993	*2.27	*0.00	17.72	*0.00	46	54.25	1.51	20.99	*0	320.8	0.00	3.75	\$0.000
002002 PIZZA, CHEESE WG 14" YCUSD	SLICE	48	435	7.86	890	*2.27	*0.00	15.31	*0.00	43	54.59	1.51	21.10	*0	389.4	0.00	3.41	\$0.000
001581 PIZZA, VEGGIE WG 14" YCUSD	SLICE	12	453	8.11	979	*2.27	*0.00	16.41	*0.00	44	55.81	1.91	21.49	*0	369.2	8.02	3.45	\$0.000
003106 CHICKEN WINGS BONE IN RAW COUNTRY BUTCHER	SERVINGS	75	210	4.00	125	*0.00	*0.00	14.00	*0.00	125	0.09	0.01	20.01	*N/A*	26.5	0.01	0.55	\$0.000
002131 HS-J LEE ROYS TRI-TIP	EACH	20	226	3.63	461	*0.50	*N/A*	9.78	*0.00	73	11.01	1.20	23.43	*N/A*	33.2	1.63	1.99	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
002129 HS-J LEE ROYS PULLED PORK	3OZ SERVING	20	202	0.01	199	*0.20	*N/A*	4.11	*0.00	96	3.43	0.40	32.23	*N/A*	2.5	0.41	0.12	\$0.000
002130 HS-J LEE ROYS BRISKET	EACH	22	277	5.13	219	*0.13	*0.13	12.60	*0.50	129	2.75	0.30	38.34	*3	20.3	0.41	4.37	\$0.000
001123 HS-CONDO BAR, HAM-HOT DOG	SERVING	55	71	0.97	189	*2.06	*0.00	6.46	*0.00	3	3.97	0.31	0.36	*2	7.4	3.50	0.14	\$0.000
002676 POTATO, TATER BARRELS SYSCO	10 BARRELS	200	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	\$0.000
003009 POTATO FRY SIDEWINDER JR SMPLT	1/2 CUP	100	166	0.83	465	0.00	*N/A*	6.64	0.00	0	26.54	1.66	1.66	*N/A*	0.0	0.00	0.83	\$0.000
000643 POTATO, FRIES SPICY TWISTER	1/2 CUP	200	273	5.97	546	*N/A*	*N/A*	13.65	0.00	2	34.13	3.41	3.41	*N/A*	0.0	10.24	1.84	\$0.000
002903 POTATO, FRIES PLAIN TWISTER	1/2 CUP	200	130	1.00	40	0.00	*N/A*	5.00	0.00	0	20.00	1.00	2.00	*N/A*	0.0	0.00	0.36	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	300	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	200	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	300	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000222 KETCHUP, PACKET	PACKET	500	9	0.00	82	1.91	*N/A*	0.01	0.00	0	2.47	0.03	0.09	2	1.4	0.37	0.03	\$0.000
001050 MAYONNAISE, PACKET	Pkt	500	58	0.96	48	*N/A*	*N/A*	6.43	0.00	3	0.64	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000223 MUSTARD, PACKET	Pkt	500	4	0.01	62	*N/A*	*N/A*	0.17	0.00	0	0.43	0.18	0.22	*N/A*	4.4	0.16	0.10	\$0.000
000902 SAUCE, BBQ PACKET	PACKET	500	10	0.00	160	*N/A*	*N/A*	0.00	*N/A*	0	3.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000332 DRESSING, RANCH PACKET 12 GRAM	PACKET	500	45	0.50	120	*N/A*	*N/A*	4.50	0.00	*N/A*	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
001051 SALSA, COMMODITY	#8 SCOOP	120	35	0.00	124	*N/A*	*N/A*	0.00	0.00	0	7.09	3.54	0.00	*N/A*	0.0	0.00	0.00	\$0.000
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
003158 SALAD, SIDE VEGGIE	1 CUP	50	74	0.02	144	*3.21	*N/A*	0.41	*0.00	0	14.70	4.31	3.16	*N/A*	29.0	13.30	0.54	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000230 MILK,1% WHITE	CARTON	300	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
Weighted Daily Average			884	9.76	1399	*34.42	*0.85	35.00	*0.04	*64	111.31	11.59	34.16	*2	517.6	49.13	*5.50	\$0.000
% of Calories				9.94%		*15.57 %	*0.00%	35.6%	*0.0%		50.4%		15.5%					
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0										

Friday - 11/07/2025

Reimbursable Meal Total 800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003150 Country Butcher Hamburger Sandwich	I Hamburger	75	450	9.00	285	*0.00	*0.00	25.00	0.00	80	31.00	3.00	26.00	*N/A*	150.0	0.00	11.80	\$0.000
002283 BURRITO, BEAN&CHSEIW WG 5.95OZ	EACH	75	312	4.71	447	*N/A*	*N/A*	10.64	0.00	0	41.28	7.62	15.30	*N/A*	195.1	8.54	3.06	\$0.000
003152 1/4# Hot Dog on a bun	1 Hot Dog w/bun	50	507	12.93	1269	*3.00	*N/A*	32.68	0.00	64	34.24	3.00	18.25	*N/A*	210.4	0.01	19.55	\$0.000
002881 HS-CHICKEN, NUGGETS 10EA	SERVING 10 EACH	50	360	4.00	840	0.00	*N/A*	18.00	0.00	40	24.00	6.00	24.00	*N/A*	80.0	0.00	3.60	\$0.000
002882 HS-CHICKEN, POPCORN WG	SERVING (15)	50	270	3.00	630	0.00	*N/A*	13.50	0.00	30	18.00	4.50	18.00	*N/A*	60.0	0.00	2.70	\$0.000
002892 HS-PBJ GRAPE LUNCH	EACH	50	856	7.00	817	*48.00	*N/A*	39.00	*0.00	0	113.90	14.48	20.74	*N/A*	140.1	14.59	4.38	\$0.000
002893 HS-PBJ STRAWBERRY LUNCH	EACH	25	846	8.00	817	*49.00	*27.00	37.00	*0.00	0	113.90	14.47	20.74	*N/A*	146.1	14.59	3.38	\$0.000
002687 HS SANDWICH, VEGGIE WG W/CHIPS	SUB	10	700	17.00	1213	*6.00	*N/A*	35.02	*0.00	80	63.34	8.52	30.47	*N/A*	95.8	13.53	2.66	\$0.000
002686 HS SAND, TURK HAM CHEE W/CHIP	SANDWICH	10	681	13.91	1541	*8.24	*N/A*	30.15	*0.00	114	63.66	8.46	39.49	*N/A*	97.3	3.70	*2.68	\$0.000
002685 HS SAND, TURK SLICE WG W/CHIP	SANDWICH	5	537	6.87	1179	*6.00	*N/A*	17.75	*0.00	72	62.54	8.64	32.52	*N/A*	114.2	11.45	3.65	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001374 SALAD ADULT, CHEF	SERVINGS	10	455	6.74	882	*3.02	*0.00	23.62	*0.00	57	42.32	6.89	20.19	*0	106.3	32.81	*1.79	\$0.000
001376 SALAD, TACO HS	EACH	10	1009	15.73	1351	*1.39	*0.00	70.11	*2.39	106	61.88	10.91	29.95	*0	108.0	65.17	2.34	\$0.000
000596 SALAD ADULT, VEGGIE	SERVING	10	734	16.98	1014	*2.73	*0.00	50.66	*0.00	74	50.04	7.78	20.55	*0	133.4	72.31	1.86	\$0.000
002004 PIZZA, PEPPERONI WG 14" YCUSD	SLICE	48	456	8.27	993	*2.27	*0.00	17.72	*0.00	46	54.25	1.51	20.99	*0	320.8	0.00	3.75	\$0.000
002002 PIZZA, CHEESE WG 14" YCUSD	SLICE	48	435	7.86	890	*2.27	*0.00	15.31	*0.00	43	54.59	1.51	21.10	*0	389.4	0.00	3.41	\$0.000
001581 PIZZA, VEGGIE WG 14" YCUSD	SLICE	12	453	8.11	979	*2.27	*0.00	16.41	*0.00	44	55.81	1.91	21.49	*0	369.2	8.02	3.45	\$0.000
003004 HS-NACHO BAR	SERVING	60	501	7.42	1004	*3.55	*0.18	20.66	*0.79	93	46.16	8.53	32.28	*0	272.8	14.33	1.85	\$0.000
003127 HS CHICKEN GENERAL BOWL NOODLE	SERVINGS H #16	60	391	2.50	612	*13.98	*N/A*	10.81	*0.00	46	57.70	4.10	20.31	*N/A*	24.3	0.09	2.80	\$0.000
002025 HS-STIR FRY VEGETABLE MIX	#8 SCOOP	75	20	0.00	29	*0.00	*0.00	0.01	*0.00	0	4.41	1.40	1.19	*0	29.7	29.90	0.41	\$0.000
003059 TOFU NOODLE BOWL GENERAL TSO	4OZ. HEAP SPOOD	25	219	0.22	125	*2.80	*N/A*	7.49	0.00	0	27.28	2.01	14.54	*N/A*	58.0	0.00	2.88	\$0.000
001123 HS-CONDO BAR, HAM-HOT DOG	SERVING	55	71	0.97	189	*2.06	*0.00	6.46	*0.00	3	3.97	0.31	0.36	*2	7.4	3.50	0.14	\$0.000
002676 POTATO, TATER BARRELS SYSCO	10 BARRELS	200	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	\$0.000
000643 POTATO, FRIES SPICY TWISTER	1/2 CUP	200	273	5.97	546	*N/A*	*N/A*	13.65	0.00	2	34.13	3.41	3.41	*N/A*	0.0	10.24	1.84	\$0.000
002903 POTATO, FRIES PLAIN TWISTER	1/2 CUP	200	130	1.00	40	0.00	*N/A*	5.00	0.00	0	20.00	1.00	2.00	*N/A*	0.0	0.00	0.36	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	300	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	200	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	300	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000222 KETCHUP, PACKET	PACKET	500	9	0.00	82	1.91	*N/A*	0.01	0.00	0	2.47	0.03	0.09	2	1.4	0.37	0.03	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001050 MAYONNAISE, PACKET	Pkt	500	58	0.96	48	*N/A*	*N/A*	6.43	0.00	3	0.64	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000223 MUSTARD, PACKET	Pkt	500	4	0.01	62	*N/A*	*N/A*	0.17	0.00	0	0.43	0.18	0.22	*N/A*	4.4	0.16	0.10	\$0.000
000902 SAUCE, BBQ PACKET	PACKET	500	10	0.00	160	*N/A*	*N/A*	0.00	*N/A*	0	3.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000332 DRESSING, RANCH PACKET 12 GRAM	PACKET	500	45	0.50	120	*N/A*	*N/A*	4.50	0.00	*N/A*	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
001051 SALSA, COMMODITY	#8 SCOOP	120	35	0.00	124	*N/A*	*N/A*	0.00	0.00	0	7.09	3.54	0.00	*N/A*	0.0	0.00	0.00	\$0.000
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
003158 SALAD, SIDE VEGGIE	1 CUP	50	74	0.02	144	*3.21	*N/A*	0.41	*0.00	0	14.70	4.31	3.16	*N/A*	29.0	13.30	0.54	\$0.000
000230 MILK,1% WHITE	CARTON	300	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
001725 HS-CHEESE QUESADILLA	EACH	30	315	6.52	1000	*N/A*	*N/A*	12.04	0.00	25	31.44	3.94	19.04	*N/A*	100.0	0.00	1.44	\$0.000
001120 HS-QUESADILLA JUMBO	EACH	12	353	4.74	1172	*0.00	*N/A*	13.40	0.00	91	31.26	6.94	26.84	*N/A*	121.0	18.48	3.85	\$0.000
Weighted Daily Average			879	10.00	1457	*35.98	*0.86	34.50	*0.09	*51	113.23	11.67	32.85	*2	538.4	52.97	*6.12	\$0.000
% of Calories				10.24 %		*16.37 %	*0.00%	35.3%	*0.1%		51.5%		14.9%					
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0										

Monday - 11/10/2025

Reimbursable Meal Total 800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003150 Country Butcher Hamburger Sandwich	I Hamburger	75	450	9.00	285	*0.00	*0.00	25.00	0.00	80	31.00	3.00	26.00	*N/A*	150.0	0.00	11.80	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002283 BURRITO, BEAN&CHSEIW WG 5.95OZ	EACH	75	312	4.71	447	*N/A*	*N/A*	10.64	0.00	0	41.28	7.62	15.30	*N/A*	195.1	8.54	3.06	\$0.000
002592 CHICKEN PATTY ON BUN RC	EACH	40	182	2.00	423	0.03	*N/A*	9.02	0.00	20	12.27	3.04	12.07	*N/A*	0.5	0.00	1.81	\$0.000
002881 HS-CHICKEN, NUGGETS 10EA	SERVING 10 EACH	40	360	4.00	840	0.00	*N/A*	18.00	0.00	40	24.00	6.00	24.00	*N/A*	80.0	0.00	3.60	\$0.000
002882 HS-CHICKEN, POPCORN WG	SERVING (15)	40	270	3.00	630	0.00	*N/A*	13.50	0.00	30	18.00	4.50	18.00	*N/A*	60.0	0.00	2.70	\$0.000
001757 HS CORN DOG, TURKEY 4 OZ 2	SERVING	40	480	5.00	780	*N/A*	*N/A*	16.00	0.00	80	60.00	10.00	18.00	*N/A*	160.0	0.00	3.60	\$0.000
002892 HS-PBJ GRAPE LUNCH	EACH	50	856	7.00	817	*48.00	*N/A*	39.00	*0.00	0	113.90	14.48	20.74	*N/A*	140.1	14.59	4.38	\$0.000
002893 HS-PBJ STRAWBERRY LUNCH	EACH	25	846	8.00	817	*49.00	*27.00	37.00	*0.00	0	113.90	14.47	20.74	*N/A*	146.1	14.59	3.38	\$0.000
002687 HS SANDWICH, VEGGIE WG W/CHIPS	SUB	10	700	17.00	1213	*6.00	*N/A*	35.02	*0.00	80	63.34	8.52	30.47	*N/A*	95.8	13.53	2.66	\$0.000
002686 HS SAND, TURK HAM CHEE W/CHIP	SANDWICH	10	681	13.91	1541	*8.24	*N/A*	30.15	*0.00	114	63.66	8.46	39.49	*N/A*	97.3	3.70	*2.68	\$0.000
002685 HS SAND, TURK SLICE WG W/CHIP	SANDWICH	4	537	6.87	1179	*6.00	*N/A*	17.75	*0.00	72	62.54	8.64	32.52	*N/A*	114.2	11.45	3.65	\$0.000
001374 SALAD ADULT, CHEF	SERVINGS	10	455	6.74	882	*3.02	*0.00	23.62	*0.00	57	42.32	6.89	20.19	*0	106.3	32.81	*1.79	\$0.000
001376 SALAD, TACO HS	EACH	10	1009	15.73	1351	*1.39	*0.00	70.11	*2.39	106	61.88	10.91	29.95	*0	108.0	65.17	2.34	\$0.000
000596 SALAD ADULT, VEGGIE	SERVING	10	734	16.98	1014	*2.73	*0.00	50.66	*0.00	74	50.04	7.78	20.55	*0	133.4	72.31	1.86	\$0.000
002004 PIZZA, PEPPERONI WG 14" YCUSD	SLICE	48	456	8.27	993	*2.27	*0.00	17.72	*0.00	46	54.25	1.51	20.99	*0	320.8	0.00	3.75	\$0.000
002002 PIZZA, CHEESE WG 14" YCUSD	SLICE	48	435	7.86	890	*2.27	*0.00	15.31	*0.00	43	54.59	1.51	21.10	*0	389.4	0.00	3.41	\$0.000
001581 PIZZA, VEGGIE WG 14" YCUSD	SLICE	12	453	8.11	979	*2.27	*0.00	16.41	*0.00	44	55.81	1.91	21.49	*0	369.2	8.02	3.45	\$0.000
002800 CHICKEN ORANGE NOODLE BOWL	SERVINGS	50	294	2.33	422	*1.20	*N/A*	8.87	*0.00	46	37.56	3.45	19.00	*N/A*	19.0	1.48	2.36	\$0.000
002025 HS-STIR FRY VEGETABLE MIX	#8 SCOOP	50	20	0.00	29	*0.00	*0.00	0.01	*0.00	0	4.41	1.40	1.19	*0	29.7	29.90	0.41	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002339 HS-HUNAN ORANGE TOFU S/F YCUSD	4OZ. HEAP SPOOD	25	110	0.20	89	*1.20	*N/A*	5.79	0.00	0	5.91	0.00	10.53	*N/A*	48.4	1.40	1.53	\$0.000
002229 HS-FRESH MEX	SERVING	50	559	3.54	755	*2.08	*0.18	15.95	*0.79	67	73.97	11.10	30.36	*0	65.3	16.82	3.25	\$0.000
003151 Bratwurst on a Bun	1 Brat w/bun	55	660	12.00	1780	6.00	0.00	36.00	0.00	70	63.00	0.00	22.00	*N/A*	112.0	0.00	3.92	\$0.000
003014 CHICKEN BNLS WINGS HOT N SPICY	5ea	25	201	2.01	342	1.00	*N/A*	10.05	0.00	45	10.05	1.00	19.10	*N/A*	0.0	0.00	1.00	\$0.000
001123 HS-CONDO BAR, HAM-HOT DOG	SERVING	55	71	0.97	189	*2.06	*0.00	6.46	*0.00	3	3.97	0.31	0.36	*2	7.4	3.50	0.14	\$0.000
002676 POTATO, TATER BARRELS SYSCO	10 BARRELS	200	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	\$0.000
000643 POTATO, FRIES SPICY TWISTER	1/2 CUP	200	273	5.97	546	*N/A*	*N/A*	13.65	0.00	2	34.13	3.41	3.41	*N/A*	0.0	10.24	1.84	\$0.000
002903 POTATO, FRIES PLAIN TWISTER	1/2 CUP	200	130	1.00	40	0.00	*N/A*	5.00	0.00	0	20.00	1.00	2.00	*N/A*	0.0	0.00	0.36	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	300	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	200	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	300	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000222 KETCHUP, PACKET	PACKET	500	9	0.00	82	1.91	*N/A*	0.01	0.00	0	2.47	0.03	0.09	2	1.4	0.37	0.03	\$0.000
001050 MAYONNAISE, PACKET	Pkt	500	58	0.96	48	*N/A*	*N/A*	6.43	0.00	3	0.64	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000223 MUSTARD, PACKET	Pkt	500	4	0.01	62	*N/A*	*N/A*	0.17	0.00	0	0.43	0.18	0.22	*N/A*	4.4	0.16	0.10	\$0.000
000902 SAUCE, BBQ PACKET	PACKET	500	10	0.00	160	*N/A*	*N/A*	0.00	*N/A*	0	3.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000332 DRESSING, RANCH PACKET 12 GRAM	PACKET	500	45	0.50	120	*N/A*	*N/A*	4.50	0.00	*N/A*	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
001051 SALSA, COMMODITY	#8 SCOOP	120	35	0.00	124	*N/A*	*N/A*	0.00	0.00	0	7.09	3.54	0.00	*N/A*	0.0	0.00	0.00	\$0.000
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

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003158 SALAD, SIDE VEGGIE	1 CUP	50	74	0.02	144	*3.21	*N/A*	0.41	*0.00	0	14.70	4.31	3.16	*N/A*	29.0	13.30	0.54	\$0.000
000230 MILK,1% WHITE	CARTON	300	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
Weighted Daily Average			889	9.64	1447	*35.07	*0.85	34.57	*0.08	*52	115.47	11.63	32.62	*2	515.3	51.84	*5.22	\$0.000
% of Calories				9.76%		*15.78 %	*0.00%	35.0%	*0.1%		52.0%		14.7%					
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0										

Wednesday - 11/12/2025

Reimbursable Meal Total 800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003150 Country Butcher Hamburger Sandwich	1 Hamburger	75	450	9.00	285	*0.00	*0.00	25.00	0.00	80	31.00	3.00	26.00	*N/A*	150.0	0.00	11.80	\$0.000
002283 BURRITO, BEAN&CHSEIW WG 5.95OZ	EACH	50	312	4.71	447	*N/A*	*N/A*	10.64	0.00	0	41.28	7.62	15.30	*N/A*	195.1	8.54	3.06	\$0.000
002881 HS-CHICKEN, NUGGETS 10EA	SERVING 10 EACH	50	360	4.00	840	0.00	*N/A*	18.00	0.00	40	24.00	6.00	24.00	*N/A*	80.0	0.00	3.60	\$0.000
002882 HS-CHICKEN, POPCORN WG	SERVING (15)	47	270	3.00	630	0.00	*N/A*	13.50	0.00	30	18.00	4.50	18.00	*N/A*	60.0	0.00	2.70	\$0.000
002892 HS-PBJ GRAPE LUNCH	EACH	50	856	7.00	817	*48.00	*N/A*	39.00	*0.00	0	113.90	14.48	20.74	*N/A*	140.1	14.59	4.38	\$0.000
002893 HS-PBJ STRAWBERRY LUNCH	EACH	25	846	8.00	817	*49.00	*27.00	37.00	*0.00	0	113.90	14.47	20.74	*N/A*	146.1	14.59	3.38	\$0.000
002687 HS SANDWICH, VEGGIE WG W/CHIPS	SUB	10	700	17.00	1213	*6.00	*N/A*	35.02	*0.00	80	63.34	8.52	30.47	*N/A*	95.8	13.53	2.66	\$0.000
002686 HS SAND, TURK HAM CHEE W/CHIP	SANDWICH	10	681	13.91	1541	*8.24	*N/A*	30.15	*0.00	114	63.66	8.46	39.49	*N/A*	97.3	3.70	*2.68	\$0.000
002685 HS SAND, TURK SLICE WG W/CHIP	SANDWICH	5	537	6.87	1179	*6.00	*N/A*	17.75	*0.00	72	62.54	8.64	32.52	*N/A*	114.2	11.45	3.65	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001374 SALAD ADULT, CHEF	SERVINGS	10	455	6.74	882	*3.02	*0.00	23.62	*0.00	57	42.32	6.89	20.19	*0	106.3	32.81	*1.79	\$0.000
001376 SALAD, TACO HS	EACH	10	1009	15.73	1351	*1.39	*0.00	70.11	*2.39	106	61.88	10.91	29.95	*0	108.0	65.17	2.34	\$0.000
000596 SALAD ADULT, VEGGIE	SERVING	10	734	16.98	1014	*2.73	*0.00	50.66	*0.00	74	50.04	7.78	20.55	*0	133.4	72.31	1.86	\$0.000
002004 PIZZA, PEPPERONI WG 14" YCUSD	SLICE	48	456	8.27	993	*2.27	*0.00	17.72	*0.00	46	54.25	1.51	20.99	*0	320.8	0.00	3.75	\$0.000
002002 PIZZA, CHEESE WG 14" YCUSD	SLICE	48	435	7.86	890	*2.27	*0.00	15.31	*0.00	43	54.59	1.51	21.10	*0	389.4	0.00	3.41	\$0.000
001581 PIZZA, VEGGIE WG 14" YCUSD	SLICE	12	453	8.11	979	*2.27	*0.00	16.41	*0.00	44	55.81	1.91	21.49	*0	369.2	8.02	3.45	\$0.000
002891 CHICKEN TERIYAKI BOWL NOODLE	SERVINGS H #16	75	312	2.33	834	*5.50	*5.50	8.88	*0.00	46	41.76	3.52	19.50	*0	19.7	0.08	2.52	\$0.000
002025 HS-STIR FRY VEGETABLE MIX	#8 SCOOP	75	20	0.00	29	*0.00	*0.00	0.01	*0.00	0	4.41	1.40	1.19	*0	29.7	29.90	0.41	\$0.000
002343 HS-TERIYAKI TOFU S/F YCUSD	1/4 CUP	25	62	0.20	60	*2.00	*N/A*	3.26	0.00	0	4.67	0.00	4.46	*N/A*	20.9	0.20	0.65	\$0.000
002131 HS-J LEE ROYS TRI-TIP	EACH	25	226	3.63	461	*0.50	*N/A*	9.78	*0.00	73	11.01	1.20	23.43	*N/A*	33.2	1.63	1.99	\$0.000
002129 HS-J LEE ROYS PULLED PORK	3OZ SERVING	25	202	0.01	199	*0.20	*N/A*	4.11	*0.00	96	3.43	0.40	32.23	*N/A*	2.5	0.41	0.12	\$0.000
002130 HS-J LEE ROYS BRISKET	EACH	25	277	5.13	219	*0.13	*0.13	12.60	*0.50	129	2.75	0.30	38.34	*3	20.3	0.41	4.37	\$0.000
003152 1/4# Hot Dog on a bun	1 Hot Dog w/bun	40	507	12.93	1269	*3.00	*N/A*	32.68	0.00	64	34.24	3.00	18.25	*N/A*	210.4	0.01	19.55	\$0.000
002949 HOT POCKET SANDWICH PEPPERONI	EACH	50	291	6.02	572	3.01	*N/A*	12.04	0.00	25	36.13	1.00	9.03	*N/A*	100.4	0.00	2.71	\$0.000
001123 HS-CONDO BAR, HAM-HOT DOG	SERVING	55	71	0.97	189	*2.06	*0.00	6.46	*0.00	3	3.97	0.31	0.36	*2	7.4	3.50	0.14	\$0.000
002676 POTATO, TATER BARRELS SYSCO	10 BARRELS	200	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	\$0.000
000643 POTATO, FRIES SPICY TWISTER	1/2 CUP	200	273	5.97	546	*N/A*	*N/A*	13.65	0.00	2	34.13	3.41	3.41	*N/A*	0.0	10.24	1.84	\$0.000
002903 POTATO, FRIES PLAIN TWISTER	1/2 CUP	200	130	1.00	40	0.00	*N/A*	5.00	0.00	0	20.00	1.00	2.00	*N/A*	0.0	0.00	0.36	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	300	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	200	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	300	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000222 KETCHUP, PACKET	PACKET	500	9	0.00	82	1.91	*N/A*	0.01	0.00	0	2.47	0.03	0.09	2	1.4	0.37	0.03	\$0.000
001050 MAYONNAISE, PACKET	Pkt	500	58	0.96	48	*N/A*	*N/A*	6.43	0.00	3	0.64	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000223 MUSTARD, PACKET	Pkt	500	4	0.01	62	*N/A*	*N/A*	0.17	0.00	0	0.43	0.18	0.22	*N/A*	4.4	0.16	0.10	\$0.000
000902 SAUCE, BBQ PACKET	PACKET	500	10	0.00	160	*N/A*	*N/A*	0.00	*N/A*	0	3.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000332 DRESSING, RANCH PACKET 12 GRAM	PACKET	500	45	0.50	120	*N/A*	*N/A*	4.50	0.00	*N/A*	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
001051 SALSA, COMMODITY	#8 SCOOP	120	35	0.00	124	*N/A*	*N/A*	0.00	0.00	0	7.09	3.54	0.00	*N/A*	0.0	0.00	0.00	\$0.000
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
003158 SALAD, SIDE VEGGIE	1 CUP	50	74	0.02	144	*3.21	*N/A*	0.41	*0.00	0	14.70	4.31	3.16	*N/A*	29.0	13.30	0.54	\$0.000
000230 MILK,1% WHITE	CARTON	300	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
Weighted Daily Average			843	9.48	1388	*35.34	*1.36	32.97	*0.05	*53	108.01	10.57	32.03	*2	510.3	51.43	*5.85	\$0.000
% of Calories				10.12 %		*16.77 %	*0.00%	35.2%	*0.1%		51.3%		15.2%					
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0										

Thursday - 11/13/2025

Reimbursable Meal Total 800

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003150 Country Butcher Hamburger Sandwich	I Hamburger	100	450	9.00	285	*0.00	*0.00	25.00	0.00	80	31.00	3.00	26.00	*N/A*	150.0	0.00	11.80	\$0.000
002283 BURRITO, BEAN&CHSEIW WG 5.95OZ	EACH	100	312	4.71	447	*N/A*	*N/A*	10.64	0.00	0	41.28	7.62	15.30	*N/A*	195.1	8.54	3.06	\$0.000
002592 CHICKEN PATTY ON BUN RC	EACH	75	182	2.00	423	0.03	*N/A*	9.02	0.00	20	12.27	3.04	12.07	*N/A*	0.5	0.00	1.81	\$0.000
002881 HS-CHICKEN, NUGGETS 10EA	SERVING 10 EACH	50	360	4.00	840	0.00	*N/A*	18.00	0.00	40	24.00	6.00	24.00	*N/A*	80.0	0.00	3.60	\$0.000
002882 HS-CHICKEN, POPCORN WG	SERVING (15)	50	270	3.00	630	0.00	*N/A*	13.50	0.00	30	18.00	4.50	18.00	*N/A*	60.0	0.00	2.70	\$0.000
001757 HS CORN DOG, TURKEY 4 OZ 2	SERVING	50	480	5.00	780	*N/A*	*N/A*	16.00	0.00	80	60.00	10.00	18.00	*N/A*	160.0	0.00	3.60	\$0.000
002892 HS-PBJ GRAPE LUNCH	EACH	50	856	7.00	817	*48.00	*N/A*	39.00	*0.00	0	113.90	14.48	20.74	*N/A*	140.1	14.59	4.38	\$0.000
002893 HS-PBJ STRAWBERRY LUNCH	EACH	25	846	8.00	817	*49.00	*27.00	37.00	*0.00	0	113.90	14.47	20.74	*N/A*	146.1	14.59	3.38	\$0.000
002687 HS SANDWICH, VEGGIE WG W/CHIPS	SUB	10	700	17.00	1213	*6.00	*N/A*	35.02	*0.00	80	63.34	8.52	30.47	*N/A*	95.8	13.53	2.66	\$0.000
002686 HS SAND, TURK HAM CHEE W/CHIP	SANDWICH	10	681	13.91	1541	*8.24	*N/A*	30.15	*0.00	114	63.66	8.46	39.49	*N/A*	97.3	3.70	*2.68	\$0.000
002685 HS SAND, TURK SLICE WG W/CHIP	SANDWICH	5	537	6.87	1179	*6.00	*N/A*	17.75	*0.00	72	62.54	8.64	32.52	*N/A*	114.2	11.45	3.65	\$0.000
001374 SALAD ADULT, CHEF	SERVINGS	10	455	6.74	882	*3.02	*0.00	23.62	*0.00	57	42.32	6.89	20.19	*0	106.3	32.81	*1.79	\$0.000
001376 SALAD, TACO HS	EACH	10	1009	15.73	1351	*1.39	*0.00	70.11	*2.39	106	61.88	10.91	29.95	*0	108.0	65.17	2.34	\$0.000
000596 SALAD ADULT, VEGGIE	SERVING	10	734	16.98	1014	*2.73	*0.00	50.66	*0.00	74	50.04	7.78	20.55	*0	133.4	72.31	1.86	\$0.000
002004 PIZZA, PEPPERONI WG 14" YCUSD	SLICE	48	456	8.27	993	*2.27	*0.00	17.72	*0.00	46	54.25	1.51	20.99	*0	320.8	0.00	3.75	\$0.000
002002 PIZZA, CHEESE WG 14" YCUSD	SLICE	48	435	7.86	890	*2.27	*0.00	15.31	*0.00	43	54.59	1.51	21.10	*0	389.4	0.00	3.41	\$0.000
001581 PIZZA, VEGGIE WG 14" YCUSD	SLICE	12	453	8.11	979	*2.27	*0.00	16.41	*0.00	44	55.81	1.91	21.49	*0	369.2	8.02	3.45	\$0.000
003106 CHICKEN WINGS BONE IN RAW COUNTRY BUTCHER	SERVINGS	75	210	4.00	125	*0.00	*0.00	14.00	*0.00	125	0.09	0.01	20.01	*N/A*	26.5	0.01	0.55	\$0.000

Base Menu Spreadsheet

Yuba City USD

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002131 HS-J LEE ROYS TRI-TIP	EACH	20	226	3.63	461	*0.50	*N/A*	9.78	*0.00	73	11.01	1.20	23.43	*N/A*	33.2	1.63	1.99	\$0.000
002129 HS-J LEE ROYS PULLED PORK	3OZ SERVING	20	202	0.01	199	*0.20	*N/A*	4.11	*0.00	96	3.43	0.40	32.23	*N/A*	2.5	0.41	0.12	\$0.000
002130 HS-J LEE ROYS BRISKET	EACH	22	277	5.13	219	*0.13	*0.13	12.60	*0.50	129	2.75	0.30	38.34	*3	20.3	0.41	4.37	\$0.000
001123 HS-CONDO BAR, HAM-HOT DOG	SERVING	55	71	0.97	189	*2.06	*0.00	6.46	*0.00	3	3.97	0.31	0.36	*2	7.4	3.50	0.14	\$0.000
002676 POTATO, TATER BARRELS SYSCO	10 BARRELS	200	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	\$0.000
003009 POTATO FRY SIDEWINDER JR SMPLT	1/2 CUP	100	166	0.83	465	0.00	*N/A*	6.64	0.00	0	26.54	1.66	1.66	*N/A*	0.0	0.00	0.83	\$0.000
000643 POTATO, FRIES SPICY TWISTER	1/2 CUP	200	273	5.97	546	*N/A*	*N/A*	13.65	0.00	2	34.13	3.41	3.41	*N/A*	0.0	10.24	1.84	\$0.000
002903 POTATO, FRIES PLAIN TWISTER	1/2 CUP	200	130	1.00	40	0.00	*N/A*	5.00	0.00	0	20.00	1.00	2.00	*N/A*	0.0	0.00	0.36	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	300	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	200	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	300	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000222 KETCHUP, PACKET	PACKET	500	9	0.00	82	1.91	*N/A*	0.01	0.00	0	2.47	0.03	0.09	2	1.4	0.37	0.03	\$0.000
001050 MAYONNAISE, PACKET	Pkt	500	58	0.96	48	*N/A*	*N/A*	6.43	0.00	3	0.64	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000223 MUSTARD, PACKET	Pkt	500	4	0.01	62	*N/A*	*N/A*	0.17	0.00	0	0.43	0.18	0.22	*N/A*	4.4	0.16	0.10	\$0.000
000902 SAUCE, BBQ PACKET	PACKET	500	10	0.00	160	*N/A*	*N/A*	0.00	*N/A*	0	3.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000332 DRESSING, RANCH PACKET 12 GRAM	PACKET	500	45	0.50	120	*N/A*	*N/A*	4.50	0.00	*N/A*	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
001051 SALSA, COMMODITY	#8 SCOOP	120	35	0.00	124	*N/A*	*N/A*	0.00	0.00	0	7.09	3.54	0.00	*N/A*	0.0	0.00	0.00	\$0.000
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

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003158 SALAD, SIDE VEGGIE	1 CUP	50	74	0.02	144	*3.21	*N/A*	0.41	*0.00	0	14.70	4.31	3.16	*N/A*	29.0	13.30	0.54	\$0.000
000230 MILK,1% WHITE	CARTON	300	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
Weighted Daily Average			884	9.76	1399	*34.42	*0.85	35.00	*0.04	*64	111.31	11.59	34.16	*2	517.6	49.13	*5.50	\$0.000
% of Calories				9.94%		*15.57 %	*0.00%	35.6%	*0.0%		50.4%		15.5%					
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0										

Friday - 11/14/2025

Reimbursable Meal Total 800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003150 Country Butcher Hamburger Sandwich	1 Hamburger	75	450	9.00	285	*0.00	*0.00	25.00	0.00	80	31.00	3.00	26.00	*N/A*	150.0	0.00	11.80	\$0.000
002283 BURRITO, BEAN&CHSEIW WG 5.95OZ	EACH	75	312	4.71	447	*N/A*	*N/A*	10.64	0.00	0	41.28	7.62	15.30	*N/A*	195.1	8.54	3.06	\$0.000
003152 1/4# Hot Dog on a bun	1 Hot Dog w/bun	50	507	12.93	1269	*3.00	*N/A*	32.68	0.00	64	34.24	3.00	18.25	*N/A*	210.4	0.01	19.55	\$0.000
002881 HS-CHICKEN, NUGGETS 10EA	SERVING 10 EACH	50	360	4.00	840	0.00	*N/A*	18.00	0.00	40	24.00	6.00	24.00	*N/A*	80.0	0.00	3.60	\$0.000
002882 HS-CHICKEN, POPCORN WG	SERVING (15)	50	270	3.00	630	0.00	*N/A*	13.50	0.00	30	18.00	4.50	18.00	*N/A*	60.0	0.00	2.70	\$0.000
002892 HS-PBJ GRAPE LUNCH	EACH	50	856	7.00	817	*48.00	*N/A*	39.00	*0.00	0	113.90	14.48	20.74	*N/A*	140.1	14.59	4.38	\$0.000
002893 HS-PBJ STRAWBERRY LUNCH	EACH	25	846	8.00	817	*49.00	*27.00	37.00	*0.00	0	113.90	14.47	20.74	*N/A*	146.1	14.59	3.38	\$0.000
002687 HS SANDWICH, VEGGIE WG W/CHIPS	SUB	10	700	17.00	1213	*6.00	*N/A*	35.02	*0.00	80	63.34	8.52	30.47	*N/A*	95.8	13.53	2.66	\$0.000
002686 HS SAND, TURK HAM CHEE W/CHIP	SANDWICH	10	681	13.91	1541	*8.24	*N/A*	30.15	*0.00	114	63.66	8.46	39.49	*N/A*	97.3	3.70	*2.68	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002685 HS SAND, TURK SLICE WG W/CHIP	SANDWICH	5	537	6.87	1179	*6.00	*N/A*	17.75	*0.00	72	62.54	8.64	32.52	*N/A*	114.2	11.45	3.65	\$0.000
001374 SALAD ADULT, CHEF	SERVINGS	10	455	6.74	882	*3.02	*0.00	23.62	*0.00	57	42.32	6.89	20.19	*0	106.3	32.81	*1.79	\$0.000
001376 SALAD, TACO HS	EACH	10	1009	15.73	1351	*1.39	*0.00	70.11	*2.39	106	61.88	10.91	29.95	*0	108.0	65.17	2.34	\$0.000
000596 SALAD ADULT, VEGGIE	SERVING	10	734	16.98	1014	*2.73	*0.00	50.66	*0.00	74	50.04	7.78	20.55	*0	133.4	72.31	1.86	\$0.000
002004 PIZZA, PEPPERONI WG 14" YCUSD	SLICE	48	456	8.27	993	*2.27	*0.00	17.72	*0.00	46	54.25	1.51	20.99	*0	320.8	0.00	3.75	\$0.000
002002 PIZZA, CHEESE WG 14" YCUSD	SLICE	48	435	7.86	890	*2.27	*0.00	15.31	*0.00	43	54.59	1.51	21.10	*0	389.4	0.00	3.41	\$0.000
001581 PIZZA, VEGGIE WG 14" YCUSD	SLICE	12	453	8.11	979	*2.27	*0.00	16.41	*0.00	44	55.81	1.91	21.49	*0	369.2	8.02	3.45	\$0.000
003004 HS-NACHO BAR	SERVING	60	501	7.42	1004	*3.55	*0.18	20.66	*0.79	93	46.16	8.53	32.28	*0	272.8	14.33	1.85	\$0.000
003127 HS CHICKEN GENERAL BOWL NOODLE	SERVINGS H #16	60	391	2.50	612	*13.98	*N/A*	10.81	*0.00	46	57.70	4.10	20.31	*N/A*	24.3	0.09	2.80	\$0.000
002025 HS-STIR FRY VEGETABLE MIX	#8 SCOOP	75	20	0.00	29	*0.00	*0.00	0.01	*0.00	0	4.41	1.40	1.19	*0	29.7	29.90	0.41	\$0.000
003059 TOFU NOODLE BOWL GENERAL TSO	4OZ. HEAP SPOOD	25	219	0.22	125	*2.80	*N/A*	7.49	0.00	0	27.28	2.01	14.54	*N/A*	58.0	0.00	2.88	\$0.000
001123 HS-CONDO BAR, HAM-HOT DOG	SERVING	55	71	0.97	189	*2.06	*0.00	6.46	*0.00	3	3.97	0.31	0.36	*2	7.4	3.50	0.14	\$0.000
002676 POTATO, TATER BARRELS SYSCO	10 BARRELS	200	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	\$0.000
000643 POTATO, FRIES SPICY TWISTER	1/2 CUP	200	273	5.97	546	*N/A*	*N/A*	13.65	0.00	2	34.13	3.41	3.41	*N/A*	0.0	10.24	1.84	\$0.000
002903 POTATO, FRIES PLAIN TWISTER	1/2 CUP	200	130	1.00	40	0.00	*N/A*	5.00	0.00	0	20.00	1.00	2.00	*N/A*	0.0	0.00	0.36	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	300	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	200	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	300	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000

Base Menu Spreadsheet

Yuba City USD

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000222 KETCHUP, PACKET	PACKET	500	9	0.00	82	1.91	*N/A*	0.01	0.00	0	2.47	0.03	0.09	2	1.4	0.37	0.03	\$0.000
001050 MAYONNAISE, PACKET	Pkt	500	58	0.96	48	*N/A*	*N/A*	6.43	0.00	3	0.64	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000223 MUSTARD, PACKET	Pkt	500	4	0.01	62	*N/A*	*N/A*	0.17	0.00	0	0.43	0.18	0.22	*N/A*	4.4	0.16	0.10	\$0.000
000902 SAUCE, BBQ PACKET	PACKET	500	10	0.00	160	*N/A*	*N/A*	0.00	*N/A*	0	3.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000332 DRESSING, RANCH PACKET 12 GRAM	PACKET	500	45	0.50	120	*N/A*	*N/A*	4.50	0.00	*N/A*	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
001051 SALSA, COMMODITY	#8 SCOOP	120	35	0.00	124	*N/A*	*N/A*	0.00	0.00	0	7.09	3.54	0.00	*N/A*	0.0	0.00	0.00	\$0.000
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
003158 SALAD, SIDE VEGGIE	1 CUP	50	74	0.02	144	*3.21	*N/A*	0.41	*0.00	0	14.70	4.31	3.16	*N/A*	29.0	13.30	0.54	\$0.000
000230 MILK,1% WHITE	CARTON	300	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
001725 HS-CHEESE QUESADILLA	EACH	30	315	6.52	1000	*N/A*	*N/A*	12.04	0.00	25	31.44	3.94	19.04	*N/A*	100.0	0.00	1.44	\$0.000
001120 HS-QUESADILLA JUMBO	EACH	12	353	4.74	1172	*0.00	*N/A*	13.40	0.00	91	31.26	6.94	26.84	*N/A*	121.0	18.48	3.85	\$0.000
Weighted Daily Average			879	10.00	1457	*35.98	*0.86	34.50	*0.09	*51	113.23	11.67	32.85	*2	538.4	52.97	*6.12	\$0.000
% of Calories				10.24 %		*16.37 %	*0.00%	35.3%	*0.1%		51.5%		14.9%					
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0										

Monday - 11/17/2025

Reimbursable Meal Total 800

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003150 Country Butcher Hamburger Sandwich	I Hamburger	75	450	9.00	285	*0.00	*0.00	25.00	0.00	80	31.00	3.00	26.00	*N/A*	150.0	0.00	11.80	\$0.000
002283 BURRITO, BEAN&CHSEIW WG 5.95OZ	EACH	75	312	4.71	447	*N/A*	*N/A*	10.64	0.00	0	41.28	7.62	15.30	*N/A*	195.1	8.54	3.06	\$0.000
002592 CHICKEN PATTY ON BUN RC	EACH	40	182	2.00	423	0.03	*N/A*	9.02	0.00	20	12.27	3.04	12.07	*N/A*	0.5	0.00	1.81	\$0.000
002881 HS-CHICKEN, NUGGETS 10EA	SERVING 10 EACH	40	360	4.00	840	0.00	*N/A*	18.00	0.00	40	24.00	6.00	24.00	*N/A*	80.0	0.00	3.60	\$0.000
002882 HS-CHICKEN, POPCORN WG	SERVING (15)	40	270	3.00	630	0.00	*N/A*	13.50	0.00	30	18.00	4.50	18.00	*N/A*	60.0	0.00	2.70	\$0.000
001757 HS CORN DOG, TURKEY 4 OZ 2	SERVING	40	480	5.00	780	*N/A*	*N/A*	16.00	0.00	80	60.00	10.00	18.00	*N/A*	160.0	0.00	3.60	\$0.000
002892 HS-PBJ GRAPE LUNCH	EACH	50	856	7.00	817	*48.00	*N/A*	39.00	*0.00	0	113.90	14.48	20.74	*N/A*	140.1	14.59	4.38	\$0.000
002893 HS-PBJ STRAWBERRY LUNCH	EACH	25	846	8.00	817	*49.00	*27.00	37.00	*0.00	0	113.90	14.47	20.74	*N/A*	146.1	14.59	3.38	\$0.000
002687 HS SANDWICH, VEGGIE WG W/CHIPS	SUB	10	700	17.00	1213	*6.00	*N/A*	35.02	*0.00	80	63.34	8.52	30.47	*N/A*	95.8	13.53	2.66	\$0.000
002686 HS SAND, TURK HAM CHEE W/CHIP	SANDWICH	10	681	13.91	1541	*8.24	*N/A*	30.15	*0.00	114	63.66	8.46	39.49	*N/A*	97.3	3.70	*2.68	\$0.000
002685 HS SAND, TURK SLICE WG W/CHIP	SANDWICH	4	537	6.87	1179	*6.00	*N/A*	17.75	*0.00	72	62.54	8.64	32.52	*N/A*	114.2	11.45	3.65	\$0.000
001374 SALAD ADULT, CHEF	SERVINGS	10	455	6.74	882	*3.02	*0.00	23.62	*0.00	57	42.32	6.89	20.19	*0	106.3	32.81	*1.79	\$0.000
001376 SALAD, TACO HS	EACH	10	1009	15.73	1351	*1.39	*0.00	70.11	*2.39	106	61.88	10.91	29.95	*0	108.0	65.17	2.34	\$0.000
000596 SALAD ADULT, VEGGIE	SERVING	10	734	16.98	1014	*2.73	*0.00	50.66	*0.00	74	50.04	7.78	20.55	*0	133.4	72.31	1.86	\$0.000
002004 PIZZA, PEPPERONI WG 14" YCUSD	SLICE	48	456	8.27	993	*2.27	*0.00	17.72	*0.00	46	54.25	1.51	20.99	*0	320.8	0.00	3.75	\$0.000
002002 PIZZA, CHEESE WG 14" YCUSD	SLICE	48	435	7.86	890	*2.27	*0.00	15.31	*0.00	43	54.59	1.51	21.10	*0	389.4	0.00	3.41	\$0.000
001581 PIZZA, VEGGIE WG 14" YCUSD	SLICE	12	453	8.11	979	*2.27	*0.00	16.41	*0.00	44	55.81	1.91	21.49	*0	369.2	8.02	3.45	\$0.000
002800 CHICKEN ORANGE NOODLE BOWL	SERVINGS	50	294	2.33	422	*1.20	*N/A*	8.87	*0.00	46	37.56	3.45	19.00	*N/A*	19.0	1.48	2.36	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002025 HS-STIR FRY VEGETABLE MIX	#8 SCOOP	50	20	0.00	29	*0.00	*0.00	0.01	*0.00	0	4.41	1.40	1.19	*0	29.7	29.90	0.41	\$0.000
002339 HS-HUNAN ORANGE TOFU S/F YCUSD	4OZ. HEAP SPOOD	25	110	0.20	89	*1.20	*N/A*	5.79	0.00	0	5.91	0.00	10.53	*N/A*	48.4	1.40	1.53	\$0.000
002229 HS-FRESH MEX	SERVING	50	559	3.54	755	*2.08	*0.18	15.95	*0.79	67	73.97	11.10	30.36	*0	65.3	16.82	3.25	\$0.000
003151 Bratwurst on a Bun	1 Brat w/bun	55	660	12.00	1780	6.00	0.00	36.00	0.00	70	63.00	0.00	22.00	*N/A*	112.0	0.00	3.92	\$0.000
003014 CHICKEN BNLS WINGS HOT N SPICY	5ea	25	201	2.01	342	1.00	*N/A*	10.05	0.00	45	10.05	1.00	19.10	*N/A*	0.0	0.00	1.00	\$0.000
001123 HS-CONDO BAR, HAM-HOT DOG	SERVING	55	71	0.97	189	*2.06	*0.00	6.46	*0.00	3	3.97	0.31	0.36	*2	7.4	3.50	0.14	\$0.000
002676 POTATO, TATER BARRELS SYSCO	10 BARRELS	200	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	\$0.000
000643 POTATO, FRIES SPICY TWISTER	1/2 CUP	200	273	5.97	546	*N/A*	*N/A*	13.65	0.00	2	34.13	3.41	3.41	*N/A*	0.0	10.24	1.84	\$0.000
002903 POTATO, FRIES PLAIN TWISTER	1/2 CUP	200	130	1.00	40	0.00	*N/A*	5.00	0.00	0	20.00	1.00	2.00	*N/A*	0.0	0.00	0.36	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	300	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	200	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	300	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000222 KETCHUP, PACKET	PACKET	500	9	0.00	82	1.91	*N/A*	0.01	0.00	0	2.47	0.03	0.09	2	1.4	0.37	0.03	\$0.000
001050 MAYONNAISE, PACKET	Pkt	500	58	0.96	48	*N/A*	*N/A*	6.43	0.00	3	0.64	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000223 MUSTARD, PACKET	Pkt	500	4	0.01	62	*N/A*	*N/A*	0.17	0.00	0	0.43	0.18	0.22	*N/A*	4.4	0.16	0.10	\$0.000
000902 SAUCE, BBQ PACKET	PACKET	500	10	0.00	160	*N/A*	*N/A*	0.00	*N/A*	0	3.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000332 DRESSING, RANCH PACKET 12 GRAM	PACKET	500	45	0.50	120	*N/A*	*N/A*	4.50	0.00	*N/A*	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
001051 SALSA, COMMODITY	#8 SCOOP	120	35	0.00	124	*N/A*	*N/A*	0.00	0.00	0	7.09	3.54	0.00	*N/A*	0.0	0.00	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
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
003158 SALAD, SIDE VEGGIE	1 CUP	50	74	0.02	144	*3.21	*N/A*	0.41	*0.00	0	14.70	4.31	3.16	*N/A*	29.0	13.30	0.54	\$0.000
000230 MILK,1% WHITE	CARTON	300	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
Weighted Daily Average			889	9.64	1447	*35.07	*0.85	34.57	*0.08	*52	115.47	11.63	32.62	*2	515.3	51.84	*5.22	\$0.000
% of Calories				9.76%		*15.78 %	*0.00%	35.0%	*0.1%		52.0%		14.7%					
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0										

Tuesday - 11/18/2025

Reimbursable Meal Total 800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003150 Country Butcher Hamburger Sandwich	1 Hamburger	95	450	9.00	285	*0.00	*0.00	25.00	0.00	80	31.00	3.00	26.00	*N/A*	150.0	0.00	11.80	\$0.000
002283 BURRITO, BEAN&CHSEIW WG 5.95OZ	EACH	75	312	4.71	447	*N/A*	*N/A*	10.64	0.00	0	41.28	7.62	15.30	*N/A*	195.1	8.54	3.06	\$0.000
002592 CHICKEN PATTY ON BUN RC	EACH	90	182	2.00	423	0.03	*N/A*	9.02	0.00	20	12.27	3.04	12.07	*N/A*	0.5	0.00	1.81	\$0.000
002881 HS-CHICKEN, NUGGETS 10EA	SERVING 10 EACH	75	360	4.00	840	0.00	*N/A*	18.00	0.00	40	24.00	6.00	24.00	*N/A*	80.0	0.00	3.60	\$0.000
002882 HS-CHICKEN, POPCORN WG	SERVING (15)	75	270	3.00	630	0.00	*N/A*	13.50	0.00	30	18.00	4.50	18.00	*N/A*	60.0	0.00	2.70	\$0.000
002892 HS-PBJ GRAPE LUNCH	EACH	30	856	7.00	817	*48.00	*N/A*	39.00	*0.00	0	113.90	14.48	20.74	*N/A*	140.1	14.59	4.38	\$0.000
002893 HS-PBJ STRAWBERRY LUNCH	EACH	25	846	8.00	817	*49.00	*27.00	37.00	*0.00	0	113.90	14.47	20.74	*N/A*	146.1	14.59	3.38	\$0.000
002687 HS SANDWICH, VEGGIE WG W/CHIPS	SUB	10	700	17.00	1213	*6.00	*N/A*	35.02	*0.00	80	63.34	8.52	30.47	*N/A*	95.8	13.53	2.66	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002686 HS SAND, TURK HAM CHEE W/CHIP	SANDWICH	10	681	13.91	1541	*8.24	*N/A*	30.15	*0.00	114	63.66	8.46	39.49	*N/A*	97.3	3.70	*2.68	\$0.000
002685 HS SAND, TURK SLICE WG W/CHIP	SANDWICH	10	537	6.87	1179	*6.00	*N/A*	17.75	*0.00	72	62.54	8.64	32.52	*N/A*	114.2	11.45	3.65	\$0.000
001374 SALAD ADULT, CHEF	SERVINGS	10	455	6.74	882	*3.02	*0.00	23.62	*0.00	57	42.32	6.89	20.19	*0	106.3	32.81	*1.79	\$0.000
001376 SALAD, TACO HS	EACH	10	1009	15.73	1351	*1.39	*0.00	70.11	*2.39	106	61.88	10.91	29.95	*0	108.0	65.17	2.34	\$0.000
000596 SALAD ADULT, VEGGIE	SERVING	10	734	16.98	1014	*2.73	*0.00	50.66	*0.00	74	50.04	7.78	20.55	*0	133.4	72.31	1.86	\$0.000
002004 PIZZA, PEPPERONI WG 14" YCUSD	SLICE	30	456	8.27	993	*2.27	*0.00	17.72	*0.00	46	54.25	1.51	20.99	*0	320.8	0.00	3.75	\$0.000
002002 PIZZA, CHEESE WG 14" YCUSD	SLICE	30	435	7.86	890	*2.27	*0.00	15.31	*0.00	43	54.59	1.51	21.10	*0	389.4	0.00	3.41	\$0.000
001581 PIZZA, VEGGIE WG 14" YCUSD	SLICE	15	453	8.11	979	*2.27	*0.00	16.41	*0.00	44	55.81	1.91	21.49	*0	369.2	8.02	3.45	\$0.000
002131 HS-J LEE ROYS TRI-TIP	EACH	20	226	3.63	461	*0.50	*N/A*	9.78	*0.00	73	11.01	1.20	23.43	*N/A*	33.2	1.63	1.99	\$0.000
002129 HS-J LEE ROYS PULLED PORK	3OZ SERVING	20	202	0.01	199	*0.20	*N/A*	4.11	*0.00	96	3.43	0.40	32.23	*N/A*	2.5	0.41	0.12	\$0.000
002130 HS-J LEE ROYS BRISKET	EACH	10	277	5.13	219	*0.13	*0.13	12.60	*0.50	129	2.75	0.30	38.34	*3	20.3	0.41	4.37	\$0.000
000075 HS-BEEF SOFT TACO	SERVINGS	50	445	7.54	796	*0.65	*0.00	20.43	*0.00	67	34.64	4.60	28.60	*0	132.1	3.81	4.41	\$0.000
002951 BEEF TAQUITO	SERVINGS	50	200	1.00	410	0.00	*N/A*	4.00	0.00	15	33.00	5.00	9.00	*N/A*	80.0	0.00	7.20	\$0.000
003078 TAMALE CHICKEN SALSA VERDE CHEESE LOS CABOS	1 TAMALE	25	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	\$0.000
003077 TAMALE TWO CHEESE & GREEN CHILI LOS CABOS	1 TAMALE	25	345	9.47	712	1.58	0.00	18.01	0.00	36	29.67	2.56	15.95	*N/A*	418.6	2.45	0.87	\$0.000
001123 HS-CONDO BAR, HAM-HOT DOG	SERVING	55	71	0.97	189	*2.06	*0.00	6.46	*0.00	3	3.97	0.31	0.36	*2	7.4	3.50	0.14	\$0.000
002676 POTATO, TATER BARRELS SYSCO	10 BARRELS	200	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	\$0.000
000643 POTATO, FRIES SPICY TWISTER	1/2 CUP	200	273	5.97	546	*N/A*	*N/A*	13.65	0.00	2	34.13	3.41	3.41	*N/A*	0.0	10.24	1.84	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
002903 POTATO, FRIES PLAIN TWISTER	1/2 CUP	200	130	1.00	40	0.00	*N/A*	5.00	0.00	0	20.00	1.00	2.00	*N/A*	0.0	0.00	0.36	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	300	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	200	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	300	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000222 KETCHUP, PACKET	PACKET	500	9	0.00	82	1.91	*N/A*	0.01	0.00	0	2.47	0.03	0.09	2	1.4	0.37	0.03	\$0.000
001050 MAYONNAISE, PACKET	Pkt	500	58	0.96	48	*N/A*	*N/A*	6.43	0.00	3	0.64	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000223 MUSTARD, PACKET	Pkt	500	4	0.01	62	*N/A*	*N/A*	0.17	0.00	0	0.43	0.18	0.22	*N/A*	4.4	0.16	0.10	\$0.000
000902 SAUCE, BBQ PACKET	PACKET	500	10	0.00	160	*N/A*	*N/A*	0.00	*N/A*	0	3.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000332 DRESSING, RANCH PACKET 12 GRAM	PACKET	500	45	0.50	120	*N/A*	*N/A*	4.50	0.00	*N/A*	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
001051 SALSA, COMMODITY	#8 SCOOP	120	35	0.00	124	*N/A*	*N/A*	0.00	0.00	0	7.09	3.54	0.00	*N/A*	0.0	0.00	0.00	\$0.000
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
003158 SALAD, SIDE VEGGIE	1 CUP	50	74	0.02	144	*3.21	*N/A*	0.41	*0.00	0	14.70	4.31	3.16	*N/A*	29.0	13.30	0.54	\$0.000
000230 MILK,1% WHITE	CARTON	300	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
Weighted Daily Average			845	9.51	1380	*33.28	*0.85	33.31	*0.04	*54	105.59	11.27	33.48	*2	517.4	49.02	*5.68	\$0.000
% of Calories				10.13 %		*15.75 %	*0.00%	35.5%	*0.0%		50.0%		15.8%					
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0										

Wednesday - 11/19/2025

Reimbursable Meal Total 800

Base Menu Spreadsheet

Yuba City USD

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003150 Country Butcher Hamburger Sandwich	I Hamburger	75	450	9.00	285	*0.00	*0.00	25.00	0.00	80	31.00	3.00	26.00	*N/A*	150.0	0.00	11.80	\$0.000
002283 BURRITO, BEAN&CHSEIW WG 5.95OZ	EACH	50	312	4.71	447	*N/A*	*N/A*	10.64	0.00	0	41.28	7.62	15.30	*N/A*	195.1	8.54	3.06	\$0.000
002881 HS-CHICKEN, NUGGETS 10EA	SERVING 10 EACH	50	360	4.00	840	0.00	*N/A*	18.00	0.00	40	24.00	6.00	24.00	*N/A*	80.0	0.00	3.60	\$0.000
002882 HS-CHICKEN, POPCORN WG	SERVING (15)	47	270	3.00	630	0.00	*N/A*	13.50	0.00	30	18.00	4.50	18.00	*N/A*	60.0	0.00	2.70	\$0.000
002892 HS-PBJ GRAPE LUNCH	EACH	50	856	7.00	817	*48.00	*N/A*	39.00	*0.00	0	113.90	14.48	20.74	*N/A*	140.1	14.59	4.38	\$0.000
002893 HS-PBJ STRAWBERRY LUNCH	EACH	25	846	8.00	817	*49.00	*27.00	37.00	*0.00	0	113.90	14.47	20.74	*N/A*	146.1	14.59	3.38	\$0.000
002687 HS SANDWICH, VEGGIE WG W/CHIPS	SUB	10	700	17.00	1213	*6.00	*N/A*	35.02	*0.00	80	63.34	8.52	30.47	*N/A*	95.8	13.53	2.66	\$0.000
002686 HS SAND, TURK HAM CHEE W/CHIP	SANDWICH	10	681	13.91	1541	*8.24	*N/A*	30.15	*0.00	114	63.66	8.46	39.49	*N/A*	97.3	3.70	*2.68	\$0.000
002685 HS SAND, TURK SLICE WG W/CHIP	SANDWICH	5	537	6.87	1179	*6.00	*N/A*	17.75	*0.00	72	62.54	8.64	32.52	*N/A*	114.2	11.45	3.65	\$0.000
001374 SALAD ADULT, CHEF	SERVINGS	10	455	6.74	882	*3.02	*0.00	23.62	*0.00	57	42.32	6.89	20.19	*0	106.3	32.81	*1.79	\$0.000
001376 SALAD, TACO HS	EACH	10	1009	15.73	1351	*1.39	*0.00	70.11	*2.39	106	61.88	10.91	29.95	*0	108.0	65.17	2.34	\$0.000
000596 SALAD ADULT, VEGGIE	SERVING	10	734	16.98	1014	*2.73	*0.00	50.66	*0.00	74	50.04	7.78	20.55	*0	133.4	72.31	1.86	\$0.000
002004 PIZZA, PEPPERONI WG 14" YCUSD	SLICE	48	456	8.27	993	*2.27	*0.00	17.72	*0.00	46	54.25	1.51	20.99	*0	320.8	0.00	3.75	\$0.000
002002 PIZZA, CHEESE WG 14" YCUSD	SLICE	48	435	7.86	890	*2.27	*0.00	15.31	*0.00	43	54.59	1.51	21.10	*0	389.4	0.00	3.41	\$0.000
001581 PIZZA, VEGGIE WG 14" YCUSD	SLICE	12	453	8.11	979	*2.27	*0.00	16.41	*0.00	44	55.81	1.91	21.49	*0	369.2	8.02	3.45	\$0.000
002891 CHICKEN TERIYAKI BOWL NOODLE	SERVINGS H #16	75	312	2.33	834	*5.50	*5.50	8.88	*0.00	46	41.76	3.52	19.50	*0	19.7	0.08	2.52	\$0.000
002025 HS-STIR FRY VEGETABLE MIX	#8 SCOOP	75	20	0.00	29	*0.00	*0.00	0.01	*0.00	0	4.41	1.40	1.19	*0	29.7	29.90	0.41	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
002343 HS-TERIYAKI TOFU S/F YCUSD	1/4 CUP	25	62	0.20	60	*2.00	*N/A*	3.26	0.00	0	4.67	0.00	4.46	*N/A*	20.9	0.20	0.65	\$0.000
002131 HS-J LEE ROYS TRI-TIP	EACH	25	226	3.63	461	*0.50	*N/A*	9.78	*0.00	73	11.01	1.20	23.43	*N/A*	33.2	1.63	1.99	\$0.000
002129 HS-J LEE ROYS PULLED PORK	3OZ SERVING	25	202	0.01	199	*0.20	*N/A*	4.11	*0.00	96	3.43	0.40	32.23	*N/A*	2.5	0.41	0.12	\$0.000
002130 HS-J LEE ROYS BRISKET	EACH	25	277	5.13	219	*0.13	*0.13	12.60	*0.50	129	2.75	0.30	38.34	*3	20.3	0.41	4.37	\$0.000
003152 1/4# Hot Dog on a bun	1 Hot Dog w/bun	40	507	12.93	1269	*3.00	*N/A*	32.68	0.00	64	34.24	3.00	18.25	*N/A*	210.4	0.01	19.55	\$0.000
002949 HOT POCKET SANDWICH PEPPERONI	EACH	50	291	6.02	572	3.01	*N/A*	12.04	0.00	25	36.13	1.00	9.03	*N/A*	100.4	0.00	2.71	\$0.000
001123 HS-CONDO BAR, HAM-HOT DOG	SERVING	55	71	0.97	189	*2.06	*0.00	6.46	*0.00	3	3.97	0.31	0.36	*2	7.4	3.50	0.14	\$0.000
002676 POTATO, TATER BARRELS SYSCO	10 BARRELS	200	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	\$0.000
000643 POTATO, FRIES SPICY TWISTER	1/2 CUP	200	273	5.97	546	*N/A*	*N/A*	13.65	0.00	2	34.13	3.41	3.41	*N/A*	0.0	10.24	1.84	\$0.000
002903 POTATO, FRIES PLAIN TWISTER	1/2 CUP	200	130	1.00	40	0.00	*N/A*	5.00	0.00	0	20.00	1.00	2.00	*N/A*	0.0	0.00	0.36	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	300	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	200	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	300	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000222 KETCHUP, PACKET	PACKET	500	9	0.00	82	1.91	*N/A*	0.01	0.00	0	2.47	0.03	0.09	2	1.4	0.37	0.03	\$0.000
001050 MAYONNAISE, PACKET	Pkt	500	58	0.96	48	*N/A*	*N/A*	6.43	0.00	3	0.64	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000223 MUSTARD, PACKET	Pkt	500	4	0.01	62	*N/A*	*N/A*	0.17	0.00	0	0.43	0.18	0.22	*N/A*	4.4	0.16	0.10	\$0.000
000902 SAUCE, BBQ PACKET	PACKET	500	10	0.00	160	*N/A*	*N/A*	0.00	*N/A*	0	3.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000332 DRESSING, RANCH PACKET 12 GRAM	PACKET	500	45	0.50	120	*N/A*	*N/A*	4.50	0.00	*N/A*	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001051 SALSA, COMMODITY	#8 SCOOP	120	35	0.00	124	*N/A*	*N/A*	0.00	0.00	0	7.09	3.54	0.00	*N/A*	0.0	0.00	0.00	\$0.000
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
003158 SALAD, SIDE VEGGIE	1 CUP	50	74	0.02	144	*3.21	*N/A*	0.41	*0.00	0	14.70	4.31	3.16	*N/A*	29.0	13.30	0.54	\$0.000
000230 MILK,1% WHITE	CARTON	300	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
Weighted Daily Average			843	9.48	1388	*35.34	*1.36	32.97	*0.05	*53	108.01	10.57	32.03	*2	510.3	51.43	*5.85	\$0.000
% of Calories				10.12 %		*16.77 %	*0.00%	35.2%	*0.1%		51.3%		15.2%					
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0										

Thursday - 11/20/2025

Reimbursable Meal Total 800

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003150 Country Butcher Hamburger Sandwich	I Hamburger	100	450	9.00	285	*0.00	*0.00	25.00	0.00	80	31.00	3.00	26.00	*N/A*	150.0	0.00	11.80	\$0.000
002283 BURRITO, BEAN&CHSEIW WG 5.95OZ	EACH	100	312	4.71	447	*N/A*	*N/A*	10.64	0.00	0	41.28	7.62	15.30	*N/A*	195.1	8.54	3.06	\$0.000
002592 CHICKEN PATTY ON BUN RC	EACH	75	182	2.00	423	0.03	*N/A*	9.02	0.00	20	12.27	3.04	12.07	*N/A*	0.5	0.00	1.81	\$0.000
002881 HS-CHICKEN, NUGGETS 10EA	SERVING 10 EACH	50	360	4.00	840	0.00	*N/A*	18.00	0.00	40	24.00	6.00	24.00	*N/A*	80.0	0.00	3.60	\$0.000
002882 HS-CHICKEN, POPCORN WG	SERVING (15)	50	270	3.00	630	0.00	*N/A*	13.50	0.00	30	18.00	4.50	18.00	*N/A*	60.0	0.00	2.70	\$0.000
001757 HS CORN DOG, TURKEY 4 OZ 2	SERVING	50	480	5.00	780	*N/A*	*N/A*	16.00	0.00	80	60.00	10.00	18.00	*N/A*	160.0	0.00	3.60	\$0.000
002892 HS-PBJ GRAPE LUNCH	EACH	50	856	7.00	817	*48.00	*N/A*	39.00	*0.00	0	113.90	14.48	20.74	*N/A*	140.1	14.59	4.38	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002893 HS-PBJ STRAWBERRY LUNCH	EACH	25	846	8.00	817	*49.00	*27.00	37.00	*0.00	0	113.90	14.47	20.74	*N/A*	146.1	14.59	3.38	\$0.000
002687 HS SANDWICH, VEGGIE WG W/CHIPS	SUB	10	700	17.00	1213	*6.00	*N/A*	35.02	*0.00	80	63.34	8.52	30.47	*N/A*	95.8	13.53	2.66	\$0.000
002686 HS SAND, TURK HAM CHEE W/CHIP	SANDWICH	10	681	13.91	1541	*8.24	*N/A*	30.15	*0.00	114	63.66	8.46	39.49	*N/A*	97.3	3.70	*2.68	\$0.000
002685 HS SAND, TURK SLICE WG W/CHIP	SANDWICH	5	537	6.87	1179	*6.00	*N/A*	17.75	*0.00	72	62.54	8.64	32.52	*N/A*	114.2	11.45	3.65	\$0.000
001374 SALAD ADULT, CHEF	SERVINGS	10	455	6.74	882	*3.02	*0.00	23.62	*0.00	57	42.32	6.89	20.19	*0	106.3	32.81	*1.79	\$0.000
001376 SALAD, TACO HS	EACH	10	1009	15.73	1351	*1.39	*0.00	70.11	*2.39	106	61.88	10.91	29.95	*0	108.0	65.17	2.34	\$0.000
000596 SALAD ADULT, VEGGIE	SERVING	10	734	16.98	1014	*2.73	*0.00	50.66	*0.00	74	50.04	7.78	20.55	*0	133.4	72.31	1.86	\$0.000
002004 PIZZA, PEPPERONI WG 14" YCUSD	SLICE	48	456	8.27	993	*2.27	*0.00	17.72	*0.00	46	54.25	1.51	20.99	*0	320.8	0.00	3.75	\$0.000
002002 PIZZA, CHEESE WG 14" YCUSD	SLICE	48	435	7.86	890	*2.27	*0.00	15.31	*0.00	43	54.59	1.51	21.10	*0	389.4	0.00	3.41	\$0.000
001581 PIZZA, VEGGIE WG 14" YCUSD	SLICE	12	453	8.11	979	*2.27	*0.00	16.41	*0.00	44	55.81	1.91	21.49	*0	369.2	8.02	3.45	\$0.000
003106 CHICKEN WINGS BONE IN RAW COUNTRY BUTCHER	SERVINGS	75	210	4.00	125	*0.00	*0.00	14.00	*0.00	125	0.09	0.01	20.01	*N/A*	26.5	0.01	0.55	\$0.000
002131 HS-J LEE ROYS TRI-TIP	EACH	20	226	3.63	461	*0.50	*N/A*	9.78	*0.00	73	11.01	1.20	23.43	*N/A*	33.2	1.63	1.99	\$0.000
002129 HS-J LEE ROYS PULLED PORK	3OZ SERVING	20	202	0.01	199	*0.20	*N/A*	4.11	*0.00	96	3.43	0.40	32.23	*N/A*	2.5	0.41	0.12	\$0.000
002130 HS-J LEE ROYS BRISKET	EACH	22	277	5.13	219	*0.13	*0.13	12.60	*0.50	129	2.75	0.30	38.34	*3	20.3	0.41	4.37	\$0.000
001123 HS-CONDO BAR, HAM-HOT DOG	SERVING	55	71	0.97	189	*2.06	*0.00	6.46	*0.00	3	3.97	0.31	0.36	*2	7.4	3.50	0.14	\$0.000
002676 POTATO, TATER BARRELS SYSCO	10 BARRELS	200	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	\$0.000
003009 POTATO FRY SIDEWINDER JR SMPLT	1/2 CUP	100	166	0.83	465	0.00	*N/A*	6.64	0.00	0	26.54	1.66	1.66	*N/A*	0.0	0.00	0.83	\$0.000
000643 POTATO, FRIES SPICY TWISTER	1/2 CUP	200	273	5.97	546	*N/A*	*N/A*	13.65	0.00	2	34.13	3.41	3.41	*N/A*	0.0	10.24	1.84	\$0.000

Base Menu Spreadsheet

Yuba City USD

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002903 POTATO, FRIES PLAIN TWISTER	1/2 CUP	200	130	1.00	40	0.00	*N/A*	5.00	0.00	0	20.00	1.00	2.00	*N/A*	0.0	0.00	0.36	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	300	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	200	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	300	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000222 KETCHUP, PACKET	PACKET	500	9	0.00	82	1.91	*N/A*	0.01	0.00	0	2.47	0.03	0.09	2	1.4	0.37	0.03	\$0.000
001050 MAYONNAISE, PACKET	Pkt	500	58	0.96	48	*N/A*	*N/A*	6.43	0.00	3	0.64	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000223 MUSTARD, PACKET	Pkt	500	4	0.01	62	*N/A*	*N/A*	0.17	0.00	0	0.43	0.18	0.22	*N/A*	4.4	0.16	0.10	\$0.000
000902 SAUCE, BBQ PACKET	PACKET	500	10	0.00	160	*N/A*	*N/A*	0.00	*N/A*	0	3.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000332 DRESSING, RANCH PACKET 12 GRAM	PACKET	500	45	0.50	120	*N/A*	*N/A*	4.50	0.00	*N/A*	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
001051 SALSA, COMMODITY	#8 SCOOP	120	35	0.00	124	*N/A*	*N/A*	0.00	0.00	0	7.09	3.54	0.00	*N/A*	0.0	0.00	0.00	\$0.000
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
003158 SALAD, SIDE VEGGIE	1 CUP	50	74	0.02	144	*3.21	*N/A*	0.41	*0.00	0	14.70	4.31	3.16	*N/A*	29.0	13.30	0.54	\$0.000
000230 MILK,1% WHITE	CARTON	300	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
Weighted Daily Average			884	9.76	1399	*34.42	*0.85	35.00	*0.04	*64	111.31	11.59	34.16	*2	517.6	49.13	*5.50	\$0.000
% of Calories				9.94%		*15.57 %	*0.00%	35.6%	*0.0%		50.4%		15.5%					
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0										

Friday - 11/21/2025

Reimbursable Meal Total 800

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003150 Country Butcher Hamburger Sandwich	I Hamburger	75	450	9.00	285	*0.00	*0.00	25.00	0.00	80	31.00	3.00	26.00	*N/A*	150.0	0.00	11.80	\$0.000
002283 BURRITO, BEAN&CHSEIW WG 5.95OZ	EACH	75	312	4.71	447	*N/A*	*N/A*	10.64	0.00	0	41.28	7.62	15.30	*N/A*	195.1	8.54	3.06	\$0.000
003152 1/4# Hot Dog on a bun	1 Hot Dog w/bun	50	507	12.93	1269	*3.00	*N/A*	32.68	0.00	64	34.24	3.00	18.25	*N/A*	210.4	0.01	19.55	\$0.000
002881 HS-CHICKEN, NUGGETS 10EA	SERVING 10 EACH	50	360	4.00	840	0.00	*N/A*	18.00	0.00	40	24.00	6.00	24.00	*N/A*	80.0	0.00	3.60	\$0.000
002882 HS-CHICKEN, POPCORN WG	SERVING (15)	50	270	3.00	630	0.00	*N/A*	13.50	0.00	30	18.00	4.50	18.00	*N/A*	60.0	0.00	2.70	\$0.000
002892 HS-PBJ GRAPE LUNCH	EACH	50	856	7.00	817	*48.00	*N/A*	39.00	*0.00	0	113.90	14.48	20.74	*N/A*	140.1	14.59	4.38	\$0.000
002893 HS-PBJ STRAWBERRY LUNCH	EACH	25	846	8.00	817	*49.00	*27.00	37.00	*0.00	0	113.90	14.47	20.74	*N/A*	146.1	14.59	3.38	\$0.000
002687 HS SANDWICH, VEGGIE WG W/CHIPS	SUB	10	700	17.00	1213	*6.00	*N/A*	35.02	*0.00	80	63.34	8.52	30.47	*N/A*	95.8	13.53	2.66	\$0.000
002686 HS SAND, TURK HAM CHEE W/CHIP	SANDWICH	10	681	13.91	1541	*8.24	*N/A*	30.15	*0.00	114	63.66	8.46	39.49	*N/A*	97.3	3.70	*2.68	\$0.000
002685 HS SAND, TURK SLICE WG W/CHIP	SANDWICH	5	537	6.87	1179	*6.00	*N/A*	17.75	*0.00	72	62.54	8.64	32.52	*N/A*	114.2	11.45	3.65	\$0.000
001374 SALAD ADULT, CHEF	SERVINGS	10	455	6.74	882	*3.02	*0.00	23.62	*0.00	57	42.32	6.89	20.19	*0	106.3	32.81	*1.79	\$0.000
001376 SALAD, TACO HS	EACH	10	1009	15.73	1351	*1.39	*0.00	70.11	*2.39	106	61.88	10.91	29.95	*0	108.0	65.17	2.34	\$0.000
000596 SALAD ADULT, VEGGIE	SERVING	10	734	16.98	1014	*2.73	*0.00	50.66	*0.00	74	50.04	7.78	20.55	*0	133.4	72.31	1.86	\$0.000
002004 PIZZA, PEPPERONI WG 14" YCUSD	SLICE	48	456	8.27	993	*2.27	*0.00	17.72	*0.00	46	54.25	1.51	20.99	*0	320.8	0.00	3.75	\$0.000
002002 PIZZA, CHEESE WG 14" YCUSD	SLICE	48	435	7.86	890	*2.27	*0.00	15.31	*0.00	43	54.59	1.51	21.10	*0	389.4	0.00	3.41	\$0.000
001581 PIZZA, VEGGIE WG 14" YCUSD	SLICE	12	453	8.11	979	*2.27	*0.00	16.41	*0.00	44	55.81	1.91	21.49	*0	369.2	8.02	3.45	\$0.000
003004 HS-NACHO BAR	SERVING	60	501	7.42	1004	*3.55	*0.18	20.66	*0.79	93	46.16	8.53	32.28	*0	272.8	14.33	1.85	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003127 HS CHICKEN GENERAL BOWL NOODLE	SERVINGS H #16	60	391	2.50	612	*13.98	*N/A*	10.81	*0.00	46	57.70	4.10	20.31	*N/A*	24.3	0.09	2.80	\$0.000
002025 HS-STIR FRY VEGETABLE MIX	#8 SCOOP	75	20	0.00	29	*0.00	*0.00	0.01	*0.00	0	4.41	1.40	1.19	*0	29.7	29.90	0.41	\$0.000
003059 TOFU NOODLE BOWL GENERAL TSO	4OZ. HEAP SPOOD	25	219	0.22	125	*2.80	*N/A*	7.49	0.00	0	27.28	2.01	14.54	*N/A*	58.0	0.00	2.88	\$0.000
001123 HS-CONDO BAR, HAM-HOT DOG	SERVING	55	71	0.97	189	*2.06	*0.00	6.46	*0.00	3	3.97	0.31	0.36	*2	7.4	3.50	0.14	\$0.000
002676 POTATO, TATER BARRELS SYSCO	10 BARRELS	200	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	\$0.000
000643 POTATO, FRIES SPICY TWISTER	1/2 CUP	200	273	5.97	546	*N/A*	*N/A*	13.65	0.00	2	34.13	3.41	3.41	*N/A*	0.0	10.24	1.84	\$0.000
002903 POTATO, FRIES PLAIN TWISTER	1/2 CUP	200	130	1.00	40	0.00	*N/A*	5.00	0.00	0	20.00	1.00	2.00	*N/A*	0.0	0.00	0.36	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	300	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	200	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	300	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000222 KETCHUP, PACKET	PACKET	500	9	0.00	82	1.91	*N/A*	0.01	0.00	0	2.47	0.03	0.09	2	1.4	0.37	0.03	\$0.000
001050 MAYONNAISE, PACKET	Pkt	500	58	0.96	48	*N/A*	*N/A*	6.43	0.00	3	0.64	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000223 MUSTARD, PACKET	Pkt	500	4	0.01	62	*N/A*	*N/A*	0.17	0.00	0	0.43	0.18	0.22	*N/A*	4.4	0.16	0.10	\$0.000
000902 SAUCE, BBQ PACKET	PACKET	500	10	0.00	160	*N/A*	*N/A*	0.00	*N/A*	0	3.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000332 DRESSING, RANCH PACKET 12 GRAM	PACKET	500	45	0.50	120	*N/A*	*N/A*	4.50	0.00	*N/A*	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
001051 SALSA, COMMODITY	#8 SCOOP	120	35	0.00	124	*N/A*	*N/A*	0.00	0.00	0	7.09	3.54	0.00	*N/A*	0.0	0.00	0.00	\$0.000
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
003158 SALAD, SIDE VEGGIE	1 CUP	50	74	0.02	144	*3.21	*N/A*	0.41	*0.00	0	14.70	4.31	3.16	*N/A*	29.0	13.30	0.54	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000230 MILK,1% WHITE	CARTON	300	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
001725 HS-CHEESE QUESADILLA	EACH	30	315	6.52	1000	*N/A*	*N/A*	12.04	0.00	25	31.44	3.94	19.04	*N/A*	100.0	0.00	1.44	\$0.000
001120 HS-QUESADILLA JUMBO	EACH	12	353	4.74	1172	*0.00	*N/A*	13.40	0.00	91	31.26	6.94	26.84	*N/A*	121.0	18.48	3.85	\$0.000
Weighted Daily Average			879	10.00	1457	*35.98	*0.86	34.50	*0.09	*51	113.23	11.67	32.85	*2	538.4	52.97	*6.12	\$0.000
% of Calories				10.24 %		*16.37 %	*0.00%	35.3%	*0.1%		51.5%		14.9%					
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0										

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages		870	10	1417	*34.93	*0.96	34.12	*0.06	*55	111.09	11.35	33.00	*2	520	51.01	*5.67	\$0.000
% of Calories			10.02%		*16.06 %	*0.00%	35.3%	*0.1%		51.1%		15.2%					

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

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