

East Side Union High School District

Oct 14, 2025 thru Oct 31, 2025

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

Tuesday - 10/14/2025 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
001805 2-Chicken Chili Verde	1 serving	1	76.70
990551 2-Chicken Chili Verde-only	1 serving	1	5.00
990606 2-Tortilla 8" whole grain	1 serving	1	17.14
000241 2-Rice, Spanish	cup	1	49.54
990333 2-Chicken Nuggets w/ Fries & Dinner Roll	serving	1	65.85
990283 2-Chicken Nuggets-only	5 each	1	13.89
000763 2-Potatoes,French Fries- only	3/4 cup	1	26.67
990218 2-Roll, Dough, Dinner WG Proof & Bake	ea	1	25.32
990377 2-Yogurt Fruit Cup-strawberries	servings	1	75.62
990383 2-Yogurt Fruit Cup-only	servings	1	50.30
990218 2-Roll, Dough, Dinner WG Proof & Bake	ea	1	25.32
990530 2-Pizza, Cheese - Homemade	each	1	32.22
000477 2-Peaches, sliced, canned	1/2 cup	1	13.09
004515 2-Juice, Apple (4oz.)	1/2 cup	1	13.00
990305 2-Beans, Refried, seasoned	1/2 cup	1	21.73

Base Menu Spreadsheet

Portion Values

Oct 14, 2025 thru Oct 31, 2025

003505 2-Carrots, Baby	1/2 cup	1	6.07
001876 2-Milk, White, Crystal Creamery	8 oz	1	16.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	22.00
000802 2-Mayo, packet, 9g	each	1	0.00
001661 2-Ketchup, packet, 9 gram	1 each	1	2.00
000804 2-Mustard, packet, 1/5 oz	1 each	1	0.00
Weighted Daily Average			557.46
% of Calories			60.0%
Weekly Nutrient Guideline			

Wednesday - 10/15/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
003280 2-Penne Pasta w/MeatSauce	servings	1	45.53
990388 2-Cheeseburger on a bun (Steak Burger Patty) Delux	1 each	1	33.69
000733 2-Sesame Chicken Salad w/ roll	serving	1	39.22
003659 2-Salad, Sesame Chick-only	serving	1	13.89
990218 2-Roll, Dough, Dinner WG Proof & Bake	ea	1	25.32
990578 2-Penne Pasta, Meatless	servings	1	46.03
003187 2-Applesauce, cup	1/2 cup	1	13.95
001411 2-Juice, Orange	1/2 cup	1	13.00

Base Menu Spreadsheet

Portion Values

Oct 14, 2025 thru Oct 31, 2025

Tangerine, 100% (4oz.)			
990452 2-Celery & Carrot Sticks	1/2 cup	1	4.98
001676 2-Beans, Green, canned	1/2 cup	1	4.18
001876 2-Milk, White, Crystal Creamery	8 oz	1	16.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	22.00
000802 2-Mayo, packet, 9g	each	1	0.00
001661 2-Ketchup, packet, 9 gram	1 each	1	2.00
001870 2-Ranch packet, 12 gram	ea	1	1.00
Weighted Daily Average			280.80
% of Calories			46.1%
Weekly Nutrient Guideline			

Thursday - 10/16/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990154 2-Beef Dunkers, Teriyaki w/brown rice & Broccoli	serving	1	54.67
003544 2-Beef Dunker only	4 each	1	6.11
003636 2-Rice,Brown Cooked w/ broth	cups	1	43.43
990155 2-Broccoli Steamed	1/2 cup	1	5.14
002525 2-Chicken, Spicy Sandwich Deluxe	each	1	50.69
009538 2-Salad, Taco, beef	Servings	1	50.25

Base Menu Spreadsheet

Portion Values

Oct 14, 2025 thru Oct 31, 2025

001806 2-Pizza, Veggie	Slice	1	33.83
000493 2-Pear, diced, canned	1/2 cup	1	17.12
002590 2-Juice,Fruit Punch,4oz	1/2 cup	1	14.00
001589 2-Broccoli,Fresh,Raw	1/2 cup	1	2.09
001681 2-Corn	1/2 cup	1	16.61
001876 2-Milk, White, Crystal Creamery	8 oz	1	16.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	22.00
001870 2-Ranch packet, 12 gram	ea	1	1.00
001661 2-Ketchup, packet, 9 gram	1 each	1	2.00
000470 2-Soy Sauce packet	.5 oz	1	0.01
000802 2-Mayo, packet, 9g	each	1	0.00
001666 2-Sauce, Taco, packet, 9 gram	1 each	1	1.00
Weighted Daily Average			335.95
% of Calories			45.6%
Weekly Nutrient Guideline			

Friday - 10/17/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990393 2-Chicken and Waffle (Maple)	serving	1	46.89
990385 2-Waffle Buttery Maple	Each	1	37.00

Base Menu Spreadsheet

Portion Values

Oct 14, 2025 thru Oct 31, 2025

990283 2-Chicken Nuggets-only	5 each	1	13.89
990426 2-Fish Filet on Bun w/Tarter Sauce	Each	1	46.28
002801 2-Fish Filet on Bun-only	Each	1	45.01
001952 2-Sauce, Tartar	1 Tablespoon	1	1.27
990574 2-Wrap, Chicken Caesar	each	1	62.00
990546 2-Garlic Noodles w/ Tofu	servings	1	79.44
002424 2-Mixed Fruit Cup	1/2 cup	1	16.94
004515 2-Juice, Apple (4oz.)	1/2 cup	1	13.00
990165 2-Mixed Vegetables, Bulk	1/2 cup	1	11.73
990576 2-Carrots, Spicy Jalapeno	1/2 cup	1	5.71
001876 2-Milk, White, Crystal Creamery	8 oz	1	16.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	22.00
001661 2-Ketchup, packet, 9 gram	1 each	1	2.00
000802 2-Mayo, packet, 9g	each	1	0.00
Weighted Daily Average			419.14
% of Calories			47.0%
Weekly Nutrient Guideline			

Monday - 10/20/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Oct 14, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Carb (g)
002967 2-Chicken,Mand Orange w/Rice	servings	1	65.43
003556 2-Chicken,Mandarin Orange-only	servings	1	17.04
990093 2-Rice,White Cooked	cups	1	48.38
002623 2-Beef Rib Grill Honey BBQ Sandwich-only	1 each	1	44.00
990333 2-Chicken Nuggets w/ Fries & Dinner Roll	serving	1	65.85
990283 2-Chicken Nuggets-only	5 each	1	13.89
000763 2-Potatoes,French Fries- only	3/4 cup	1	26.67
990218 2-Roll, Dough, Dinner WG Proof & Bake	ea	1	25.32
990346 2-Breaded Cheese Pocket	serving	1	28.99
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	1	13.98
002590 2-Juice,Fruit Punch,4oz	1/2 cup	1	14.00
003505 2-Carrots, Baby	1/2 cup	1	6.07
990116 2-Beans, Black seasoned	1/2 cup	1	24.48
001876 2-Milk, White, Crystal Creamery	8 oz	1	16.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	22.00
000470 2-Soy Sauce packet	.5 oz	1	0.01
001661 2-Ketchup, packet, 9 gram	1 each	1	2.00
000804 2-Mustard, packet, 1/5 oz	1 each	1	0.00
000802 2-Mayo, packet, 9g	each	1	0.00

Base Menu Spreadsheet

Portion Values

Oct 14, 2025 thru Oct 31, 2025

001870 2-Ranch packet, 12 gram	ea	1	1.00
Weighted Daily Average			435.11
% of Calories			56.4%
Weekly Nutrient Guideline			

Tuesday - 10/21/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
001210 2-Chicken w/Mashed Potato Bowl	Serving	1	60.62
003551 2-Chicken, popcorn-only	3.4 oz serving	1	13.29
000164 2-Potatoes,Mashed-only	1/2 cup	1	13.67
000092 2-Gravy,Brown Trio	2 oz serving	1	3.84
990073 2-Corn (1/4 cup)	.25 cup	1	4.49
990218 2-Roll, Dough, Dinner WG Proof & Bake	ea	1	25.32
002524 2-Corn Dog-only	1 each	1	30.00
002174 2-Turkey & Cheese Sandwich	1 each	1	36.84
001231 2-Vegetarian Wrap	1 each	1	43.28
000477 2-Peaches, sliced, canned	1/2 cup	1	13.09
004515 2-Juice, Apple (4oz.)	1/2 cup	1	13.00
990305 2-Beans, Refried, seasoned	1/2 cup	1	21.73
003505 2-Carrots, Baby	1/2 cup	1	6.07

Base Menu Spreadsheet

Portion Values

Oct 14, 2025 thru Oct 31, 2025

001876 2-Milk, White, Crystal Creamery	8 oz	1	16.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	22.00
001661 2-Ketchup, packet, 9 gram	1 each	1	2.00
000804 2-Mustard, packet, 1/5 oz	1 each	1	0.00
000802 2-Mayo, packet, 9g	each	1	0.00
001870 2-Ranch packet, 12 gram	ea	1	1.00
Weighted Daily Average			326.25
% of Calories			47.1%
Weekly Nutrient Guideline			

Wednesday - 10/22/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990425 2-Spaghetti w/Meatballs (All Natural)	servings	1	75.21
002525 2-Chicken, Spicy Sandwich Deluxe	each	1	50.69
990182 2-Pizza, Pepperoni & Jalapeno	each	1	32.98
990376 2-Meatless Pasta-spaghetti	servings	1	71.71
003187 2-Applesauce, cup	1/2 cup	1	13.95
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	13.00
990452 2-Celery & Carrot Sticks	1/2 cup	1	4.98

Base Menu Spreadsheet

Portion Values

Oct 14, 2025 thru Oct 31, 2025

001676 2-Beans, Green, canned	1/2 cup	1	4.18
001876 2-Milk, White, Crystal Creamery	8 oz	1	16.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	22.00
001661 2-Ketchup, packet, 9 gram	1 each	1	2.00
000804 2-Mustard, packet, 1/5 oz	1 each	1	0.00
000802 2-Mayo, packet, 9g	each	1	0.00
001870 2-Ranch packet, 12 gram	ea	1	1.00
Weighted Daily Average			307.70
% of Calories			47.9%
Weekly Nutrient Guideline			

Thursday - 10/23/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990579 2-Tri Tip w/ Cilantro Rice	serving	1	9.28
990483 2-Tri Tip	#	1	0.67
990575 2-Rice, Cilantro Lime	Servings	1	48.82
990388 2-Cheeseburger on a bun (Steak Burger Patty) Delux	1 each	1	33.69
001828 2-Salad, Chicken Caesar w/ roll	each	1	39.77
990234 2-Salad, Chicken Caesar-only	EACH	1	14.44
990218 2-Roll, Dough,	ea	1	25.32

Base Menu Spreadsheet

Portion Values

Oct 14, 2025 thru Oct 31, 2025

Dinner WG Proof & Bake			
990530 2-Pizza, Cheese - Homemade	each	1	32.22
000493 2-Pear, diced, canned	1/2 cup	1	17.12
002590 2-Juice,Fruit Punch,4oz	1/2 cup	1	14.00
001589 2-Broccoli,Fresh,Raw	1/2 cup	1	2.09
001681 2-Corn	1/2 cup	1	16.61
001876 2-Milk, White, Crystal Creamery	8 oz	1	16.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	22.00
001661 2-Ketchup, packet, 9 gram	1 each	1	2.00
000802 2-Mayo, packet, 9g	each	1	0.00
001870 2-Ranch packet, 12 gram	ea	1	1.00
Weighted Daily Average			295.04
% of Calories			27.3%
Weekly Nutrient Guideline			

Friday - 10/24/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
001736 2-Meatloafw/Mashed Potato&roll	1 each	1	65.73
990518 2-Meatloaf-only	1 each	1	22.85
000164 2-Potatoes,Mashed-only	1/2 cup	1	13.67

Base Menu Spreadsheet

Portion Values

Oct 14, 2025 thru Oct 31, 2025

000092 2-Gravy,Brown Trio	2 oz serving	1	3.84
990218 2-Roll, Dough, Dinner WG Proof & Bake	ea	1	25.32
990095 2-Burrito, Los Cabos-Lunch	each	1	40.86
001104 2-Wrap,Spicy Chicken	1 each	1	54.32
990346 2-Breaded Cheese Pocket	serving	1	28.99
002424 2-Mixed Fruit Cup	1/2 cup	1	16.94
004515 2-Juice, Apple (4oz.)	1/2 cup	1	13.00
990165 2-Mixed Vegetables, Bulk	1/2 cup	1	11.73
990576 2-Carrots, Spicy Jalapeno	1/2 cup	1	5.71
001876 2-Milk, White, Crystal Creamery	8 oz	1	16.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	22.00
000804 2-Mustard, packet, 1/5 oz	1 each	1	0.00
000802 2-Mayo, packet, 9g	each	1	0.00
001666 2-Sauce, Taco, packet, 9 gram	1 each	1	1.00
Weighted Daily Average			341.97
% of Calories			47.3%
Weekly Nutrient Guideline			

Monday - 10/27/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Oct 14, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Carb (g)
990431 2-Teriyaki Chicken w/rice Kit	Servings	1	56.38
990602 2-Teriyaki Chicken-Kit-only	Servings	1	8.00
990093 2-Rice, White Cooked	cups	1	48.38
002524 2-Corn Dog-only	1 each	1	30.00
002018 2-Honey BBQ Pork Rib Sandwich	each	1	42.14
990095 2-Burrito, Los Cabos-Lunch	each	1	40.86
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	1	13.98
002590 2-Juice, Fruit Punch, 4oz	1/2 cup	1	14.00
003505 2-Carrots, Baby	1/2 cup	1	6.07
990116 2-Beans, Black seasoned	1/2 cup	1	24.48
001876 2-Milk, White, Crystal Creamery	8 oz	1	16.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	22.00
000470 2-Soy Sauce packet	.5 oz	1	0.01
000802 2-Mayo, packet, 9g	each	1	0.00
000802 2-Mayo, packet, 9g	each	1	0.00
001661 2-Ketchup, packet, 9 gram	1 each	1	2.00
000804 2-Mustard, packet, 1/5 oz	1 each	1	0.00
001870 2-Ranch packet, 12 gram	ea	1	1.00
001666 2-Sauce, Taco, packet, 9 gram	1 each	1	1.00

Base Menu Spreadsheet

Portion Values

Oct 14, 2025 thru Oct 31, 2025

Weighted Daily Average			326.30
% of Calories			55.0%
Weekly Nutrient Guideline			

Tuesday - 10/28/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
001805 2-Chicken Chili Verde	1 serving	1	76.70
990551 2-Chicken Chili Verde-only	1 serving	1	5.00
990606 2-Tortilla 8" whole grain	1 serving	1	17.14
000241 2-Rice, Spanish	cup	1	49.54
990333 2-Chicken Nuggets w/ Fries & Dinner Roll	serving	1	65.85
990283 2-Chicken Nuggets-only	5 each	1	13.89
000763 2-Potatoes,French Fries- only	3/4 cup	1	26.67
990218 2-Roll, Dough, Dinner WG Proof & Bake	ea	1	25.32
990377 2-Yogurt Fruit Cup-strawberries	servings	1	75.62
990383 2-Yogurt Fruit Cup-only	servings	1	50.30
990218 2-Roll, Dough, Dinner WG Proof & Bake	ea	1	25.32
990530 2-Pizza, Cheese - Homemade	each	1	32.22
000477 2-Peaches, sliced, canned	1/2 cup	1	13.09
004515 2-Juice, Apple	1/2 cup	1	13.00

Base Menu Spreadsheet

Portion Values

Oct 14, 2025 thru Oct 31, 2025

(4oz.)			
990305 2-Beans, Refried, seasoned	1/2 cup	1	21.73
003505 2-Carrots, Baby	1/2 cup	1	6.07
001876 2-Milk, White, Crystal Creamery	8 oz	1	16.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	22.00
000802 2-Mayo, packet, 9g	each	1	0.00
001661 2-Ketchup, packet, 9 gram	1 each	1	2.00
000804 2-Mustard, packet, 1/5 oz	1 each	1	0.00
Weighted Daily Average			557.46
% of Calories			60.0%
Weekly Nutrient Guideline			

Wednesday - 10/29/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
003280 2-Penne Pasta w/MeatSauce	servings	1	45.53
990388 2-Cheeseburger on a bun (Steak Burger Patty) Delux	1 each	1	33.69
000733 2-Sesame Chicken Salad w/ roll	serving	1	39.22
003659 2-Salad, Sesame Chick-only	serving	1	13.89
990218 2-Roll, Dough, Dinner WG Proof & Bake	ea	1	25.32
990578 2-Penne Pasta, Meatless	servings	1	46.03

Base Menu Spreadsheet

Portion Values

Oct 14, 2025 thru Oct 31, 2025

003187 2-Applesauce, cup	1/2 cup	1	13.95
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	13.00
990452 2-Celery & Carrot Sticks	1/2 cup	1	4.98
001676 2-Beans, Green, canned	1/2 cup	1	4.18
001876 2-Milk, White, Crystal Creamery	8 oz	1	16.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	22.00
000802 2-Mayo, packet, 9g	each	1	0.00
001661 2-Ketchup, packet, 9 gram	1 each	1	2.00
001870 2-Ranch packet, 12 gram	ea	1	1.00
Weighted Daily Average			280.80
% of Calories			46.1%
Weekly Nutrient Guideline			

Thursday - 10/30/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990154 2-Beef Dunkers, Teriyaki w/brown rice & Broccoli	serving	1	54.67
003544 2-Beef Dunker only	4 each	1	6.11
003636 2-Rice,Brown Cooked w/ broth	cups	1	43.43
990155 2-Broccoli Steamed	1/2 cup	1	5.14
002525 2-Chicken, Spicy	each	1	50.69

Base Menu Spreadsheet

Portion Values

Oct 14, 2025 thru Oct 31, 2025

Sandwich Deluxe			
009538 2-Salad, Taco, beef	Servings	1	50.25
001806 2-Pizza, Veggie	Slice	1	33.83
000493 2-Pear, diced, canned	1/2 cup	1	17.12
002590 2-Juice,Fruit Punch,4oz	1/2 cup	1	14.00
001589 2-Broccoli,Fresh,Raw	1/2 cup	1	2.09
001681 2-Corn	1/2 cup	1	16.61
001876 2-Milk, White, Crystal Creamery	8 oz	1	16.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	22.00
001870 2-Ranch packet, 12 gram	ea	1	1.00
001661 2-Ketchup, packet, 9 gram	1 each	1	2.00
000470 2-Soy Sauce packet	.5 oz	1	0.01
000802 2-Mayo, packet, 9g	each	1	0.00
001666 2-Sauce, Taco, packet, 9 gram	1 each	1	1.00
Weighted Daily Average			335.95
% of Calories			45.6%
Weekly Nutrient Guideline			

Friday - 10/31/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Oct 14, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Carb (g)
990393 2-Chicken and Waffle (Maple)	serving	1	46.89
990385 2-Waffle Buttery Maple	Each	1	37.00
990283 2-Chicken Nuggets-only	5 each	1	13.89
990426 2-Fish Filet on Bun w/Tarter Sauce	Each	1	46.28
002801 2-Fish Filet on Bun-only	Each	1	45.01
001952 2-Sauce, Tartar	1 Tablespoon	1	1.27
990574 2-Wrap, Chicken Caesar	each	1	62.00
990546 2-Garlic Noodles w/ Tofu	servings	1	79.44
002424 2-Mixed Fruit Cup	1/2 cup	1	16.94
004515 2-Juice, Apple (4oz.)	1/2 cup	1	13.00
990165 2-Mixed Vegetables, Bulk	1/2 cup	1	11.73
990576 2-Carrots, Spicy Jalapeno	1/2 cup	1	5.71
001876 2-Milk, White, Crystal Creamery	8 oz	1	16.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	22.00
001661 2-Ketchup, packet, 9 gram	1 each	1	2.00

Portion Values

Oct 14, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Carb (g)
000802 2-Mayo, packet, 9g	each	1	0.00
Weighted Daily Average			419.14
% of Calories			47.0%
Weekly Nutrient Guideline			

		Carb (g)
Weighted Averages		372.79
% of Calories		48.2%

**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.