

Menu Name:

ELEMENTARY LUNCH 6-8

Include Cost:

Yes

Site:

Use Alternate Menu Name:

No

Monday - 11/03/2025

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars 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
003074 Homestyle Chicken Nugget (GK)	5 Each	1000	182	1.62	328	0.00	*N/A*	9.90	0.00	34	9.50	0.00	13.50	*N/A*	22.0	87.00	1.00	\$0.000
003113 CHEESE BITES WILD MIKES	SERVINGS	1000	247	3.53	476	0.00	0.00	10.58	0.00	18	24.70	3.53	14.11	*N/A*	21.2	0.00	7.06	\$0.000
003202 WRAP SPINACH, CHICKEN HONEY MUSTARD	EACH	1000	684	14.26	1403	*11.00	*2.00	40.54	*0.00	100	48.79	3.40	36.39	*0	331.0	4.80	3.93	\$0.000
002676 POTATO, TATER BARRELS SYSCO	10 BARRELS	3000	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
002212 BEAN, VEGETARIAN BAKED LS	1/2 CUP	1500	110	0.00	140	*N/A*	*N/A*	1.00	0.00	0	20.00	5.00	7.00	*N/A*	0.0	0.00	0.00	\$0.000
003064 LETTUCE GREEN LEAF	1/2 cup	1500	4	0.00	7	0.19	0.00	0.04	0.00	0	0.69	0.31	0.33	89	8.6	2.21	0.21	\$0.000
002408 VEG, CARROTS RANCH	BAG	1500	25	0.00	200	4.00	*N/A*	0.00	0.00	0	7.00	2.00	1.00	*N/A*	20.0	4.80	0.36	\$0.000
002407 VEG, CARROTS CHILI LIME	BAG	1500	25	0.00	200	4.00	*N/A*	0.00	0.00	0	6.00	2.00	1.00	*N/A*	20.0	4.80	0.36	\$0.000
000097 FRUIT, RAISINS	BOX	1500	129	0.04	11	28.03	0.00	0.11	0.00	0	34.11	1.94	1.42	0	26.7	0.99	0.77	\$0.000
002587 FRUIT, DRIED CRANBERRIES	SERVING	1500	92	0.00	2	22.00	*N/A*	0.00	0.00	0	25.00	2.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
002669 FRUIT, APPLESAUCE USDA	#8 SCOOP	1000	58	0.00	2	12.44	*N/A*	0.00	0.00	0	15.84	1.13	0.00	*N/A*	0.0	2.71	2.04	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	1000	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
000068 FRUIT, BANANAS FRESH	EACH	1000	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
000064 FRUIT, APPLE FRESH	1/2 APPLE	1000	50	0.00	1	9.54	*N/A*	0.00	0.00	0	12.65	2.02	0.01	*N/A*	10.2	4.58	0.18	\$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
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	109	1.75	1	*0.02	*0.00	12.25	*0.00	0	0.28	0.05	0.05	*0	1.6	0.16	0.03	\$0.000
001975 DRESSING, RANCH PACKET 12GRAMS	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
002952 DRESSING 1000 ISLAND	TABLESPOONS	500	50	0.75	100	2.00	*N/A*	4.00	0.00	5	4.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	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
000230 MILK,1% WHITE	CARTON	900	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
000129 MILK, SOYMILK KIKKOMAN	SERVING	100	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			980	9.00	1566	*62.22	*0.67	34.38	*0.00	*59	137.10	13.07	38.92	*45	517.5	74.00	6.36	\$0.000
% of Calories				8.27%		*25.40 %	*N/A*	31.6%	*0.0%		56.0%		15.9%					
Weekly Nutrient Guideline			600 - 700	<10	1225		<10	<=0										

Tuesday - 11/04/2025

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars 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
003153 SANDWICH SWISS DUNKER	1/2 SANDWICHES	1000	361	11.01	1360	*1.42	*1.21	22.54	*1.99	82	15.08	2.55	22.24	*0	227.4	*10.49	1.62	\$0.000
002704 SPAGHETTI W/ CHEESE ST SCRATCH	HEAPING # 6 SCP	1000	200	2.01	843	*2.28	*N/A*	3.42	*0.00	10	31.58	3.18	13.05	*N/A*	219.0	10.17	2.23	\$0.000
000929 POCKET, TURKEY PIZZA 4 OZ	EACH	1000	240	1.50	340	2.00	*N/A*	7.00	0.00	20	32.00	4.00	12.00	*N/A*	40.0	2.40	2.70	\$0.000
000424 VEG, GREEN BEANS	#8 SCOOP	3000	16	0.00	140	1.00	*N/A*	0.00	0.00	0	3.00	2.00	1.00	*N/A*	0.0	0.00	0.00	\$0.000
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	2000	7	0.01	14	*N/A*	*N/A*	0.07	*0.00	0	1.30	0.77	0.68	*N/A*	22.0	9.87	0.62	\$0.000
000941 NOODLE, CHOW MEIN	SERVING	2000	105	0.00	35	*N/A*	*N/A*	1.51	0.00	0	20.57	2.01	4.01	*N/A*	10.0	0.00	1.36	\$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)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
002197 VEG, KIDNEY BEANS	1/2 CUP#8 SCOOP	2000	104	0.00	140	2.00	*N/A*	0.00	0.00	0	19.00	7.00	7.00	*N/A*	0.0	0.00	0.00	\$0.000
001358 VEG, BROC CHERRY TOM	.5 CUP	2000	28	0.00	12	*N/A*	*N/A*	0.50	*N/A*	0	5.52	0.50	1.50	*N/A*	15.0	43.56	0.45	\$0.000
000438 FRUIT, PEAR CANNED USDA	#8 SCOOP	500	60	0.00	5	12.00	*N/A*	0.00	0.00	0	15.00	2.00	0.00	*N/A*	8.0	2.50	0.24	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	500	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	500	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	500	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
003163 BAR, MANGO (FRESH 4OZ PK)	cup	1000	136	0.21	2	30.87	0.00	0.86	0.00	0	33.85	3.62	1.85	122	24.9	82.26	0.36	\$0.000
001975 DRESSING, RANCH PACKET 12GRAMS	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
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	109	1.75	1	*0.02	*0.00	12.25	*0.00	0	0.28	0.05	0.05	*0	1.6	0.16	0.03	\$0.000
002952 DRESSING 1000 ISLAND	TABLESPOONS	500	50	0.75	100	2.00	*N/A*	4.00	0.00	5	4.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000230 MILK,1% WHITE	CARTON	900	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	2000	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
000129 MILK, SOYMILK KIKKOMAN	SERVING	100	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			702	5.90	1312	*39.75	*0.40	17.07	*0.66	*46	105.83	15.38	35.93	*41	547.5	*88.23	4.37	\$0.000
% of Calories				7.56%		*22.65 %	*0.69%	21.9%	*0.8%		60.3%		20.5%					
Weekly Nutrient Guideline			600 - 700	<10	1225		<10	<=0										

Wednesday - 11/05/2025 Reimbursable Meal Total 3000

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
003204 POTATO BBQ CHICKEN BOMB	EACH	1000	415	7.80	1340	*0.00	*N/A*	15.40	*0.00	114	38.92	2.51	29.29	*N/A*	82.0	20.68	2.82	\$0.000
003235 ONION RING, BREADED (4 PER SERV)	SERVING	3000	180	1.00	135	3.00	0.00	7.00	*N/A*	*N/A*	26.00	3.00	3.00	*N/A*	20.0	*N/A*	1.20	\$0.000
002071 WRAP, VEGETARIAN 2/2	EACH	1000	612	17.51	1165	*0.00	*0.00	35.57	*0.00	80	42.58	6.74	28.70	*0	63.8	113.45	3.93	\$0.000
003152 1/4# Hot Dog on a bun	1 Hot Dog w/bun	1000	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
002090 VEG, CARROTS STEAMED	#8 SCOOP	3000	27	0.00	43	3.00	*N/A*	1.00	0.00	24	6.00	2.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	2000	7	0.01	14	*N/A*	*N/A*	0.07	*0.00	0	1.30	0.77	0.68	*N/A*	22.0	9.87	0.62	\$0.000
001800 VEG, CARROT & CELERY STICKS	SERVING	2000	33	0.00	68	*0.00	*N/A*	0.00	*0.00	0	5.67	1.70	0.57	*N/A*	17.0	3.40	0.20	\$0.000
003165 BAR VEG, PEAS FROZEN SYSCO	.5 CUP	2000	46	0.00	0	0.00	0.00	0.00	0.00	0	7.92	2.64	3.30	*N/A*	9.2	0.00	0.66	\$0.000
002009 VEG, BELL PEPPER STICKS	CUP	2000	24	0.00	2	*N/A*	*N/A*	0.17	*N/A*	0	6.01	1.61	1.20	*N/A*	0.0	80.76	0.00	\$0.000
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	2000	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	6.0	3.80	0.00	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	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	500	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	500	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
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	109	1.75	1	*0.02	*0.00	12.25	*0.00	0	0.28	0.05	0.05	*0	1.6	0.16	0.03	\$0.000
002952 DRESSING 1000 ISLAND	TABLESPOONS	500	50	0.75	100	2.00	*N/A*	4.00	0.00	5	4.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
001975 DRESSING, RANCH PACKET 12GRAMS	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
000230 MILK,1% WHITE	CARTON	500	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	2000	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

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
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			1051	14.60	1677	*42.06	*0.00	40.73	*0.00	*116	130.04	16.91	41.73	*1	509.3	*128.26	11.57	\$0.000
% of Calories				12.50 %		*16.01 %	*N/A*	34.9%	*0.0%		49.5%		15.9%					
Weekly Nutrient Guideline			600 - 700	<10	1225		<10	<=0										

Thursday - 11/06/2025 Reimbursable Meal Total 3000

	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
003211 TURKEY & GRAVY W/ MASHED POTATOES	EACH	500	200	0.82	1152	*0.00	*0.00	4.02	*0.00	45	26.21	1.37	16.78	*0	16.3	27.52	2.07	\$0.000
003228 BREAD DINNER ROLL WG FRANZ (1 SVG = 2 ROLLS)	2 PIECES	500	140	0.00	180	2.00	*N/A*	1.00	0.00	0	26.00	2.00	6.00	*N/A*	28.0	0.00	2.00	\$0.000
002777 SANDWICH, PB & GRAPE WG 2.6OZ	EACH	250	300	3.00	280	14.00	*N/A*	17.00	0.00	0	32.00	4.00	8.00	*N/A*	20.0	0.00	1.44	\$0.000
002778 SANDWICH, PB & STRAWWG 2.6OZ	EACH	250	300	3.50	370	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	44.0	0.00	1.00	\$0.000
003176 SANDWICH, PB & CHOCOLATE WG 2.6 OZ	EACH	500	298	3.45	273	10.99	9.53	16.24	0.01	0	32.04	3.74	9.30	*N/A*	46.3	0.00	1.08	\$0.000
003177 SANDWICH, PB & RASPBERRY JAM WG 2.6 OZ	EACH	500	300	3.50	270	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	40.0	0.00	1.10	\$0.000
002277 SANDWICH, SB & GRAPE WG 2.8OZ	EACH	500	310	2.00	250	*N/A*	*N/A*	17.00	0.00	0	33.00	5.00	10.00	*N/A*	40.0	0.00	2.70	\$0.000
001917 CHEESE, MOZZARELLA STRING	EACH	2000	60	2.00	210	*N/A*	*N/A*	2.50	0.00	10	1.00	0.00	8.00	*N/A*	200.0	0.00	0.00	\$0.000
001583 CHICK ON BUN SPICY TYSON	EACH	500	232	2.50	343	1.03	*1.00	13.02	0.00	20	15.27	2.04	13.07	*N/A*	30.5	0.00	2.01	\$0.000
000433 VEG, MIXED FROZEN	.5 CUP	3000	60	0.00	39	3.00	*N/A*	0.00	0.00	0	12.00	3.00	2.00	*N/A*	0.0	0.00	0.00	\$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)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003064 LETTUCE GREEN LEAF	1/2 cup	2000	4	0.00	7	0.19	0.00	0.04	0.00	0	0.69	0.31	0.33	89	8.6	2.21	0.21	\$0.000
000042 VEG, PICKLES DILL	8 each	1500	5	0.00	390	*N/A*	*N/A*	0.00	*N/A*	*N/A*	1.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
002957 PEPPERONCINI WHOLE	SERVING (3)	1500	5	0.00	620	0.00	*N/A*	0.00	0.00	0	0.00	1.00	*N/A*	*N/A*	250.0	0.00	0.00	\$0.000
000776 VEG, TOMATO FRESH	4 SLICES	1500	16	0.00	4	*N/A*	*N/A*	0.00	*N/A*	0	3.69	0.74	0.74	*N/A*	7.4	11.51	0.27	\$0.000
000450 VEG, CARROTS BABY	BAG	1000	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
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	500	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	6.0	3.80	0.00	\$0.000
000438 FRUIT, PEAR CANNED USDA	#8 SCOOP	500	60	0.00	5	12.00	*N/A*	0.00	0.00	0	15.00	2.00	0.00	*N/A*	8.0	2.50	0.24	\$0.000
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	1500	109	1.75	1	*0.02	*0.00	12.25	*0.00	0	0.28	0.05	0.05	*0	1.6	0.16	0.03	\$0.000
001975 DRESSING, RANCH PACKET 12GRAMS	PACKET	1500	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
002952 DRESSING 1000 ISLAND	TABLESPOONS	1500	50	0.75	100	2.00	*N/A*	4.00	0.00	5	4.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000230 MILK,1% WHITE	CARTON	500	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	2000	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
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			668	5.76	1432	*33.22	*5.00	27.20	*0.00	*26	77.83	9.12	*29.30	*59	*633.8	*15.21	*3.00	\$0.000
% of Calories				7.76%		*19.89 %	*0.00%	36.6%	*0.0%		46.6%		*17.5%					
Weekly Nutrient Guideline			600 - 700	<10	1225		<10	<=0										

Friday - 11/07/2025

Reimbursable Meal Total 3000

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
003071 BURRITO SUPER BEEF BEAN CHEESE	SERVINGS	500	454	9.67	818	*1.35	*0.02	20.24	0.00	51	44.24	7.52	23.70	*N/A*	209.8	7.95	20.09	\$0.000
003075 BURRITO BEAN AND CHEESE LOS CABOS	1 BURRITO	1000	321	3.54	475	1.75	0.00	8.79	0.00	15	44.17	8.17	16.71	*N/A*	171.1	1.64	3.85	\$0.000
003073 QUESADILLA TWO CHEESE & GREEN CHILI LOS CACOS	SERVINGS	1000	323	6.94	405	1.07	0.00	14.03	0.00	40	32.31	4.45	16.89	*N/A*	25.1	2.01	10.04	\$0.000
002951 BEEF TAQUITO	SERVINGS	1000	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
000270 VEG, CORN CANNED - USDA	#8 SCOOP	3000	65	0.00	15	*N/A*	*N/A*	1.00	0.00	0	15.00	2.00	2.00	*N/A*	0.0	0.00	0.00	\$0.000
002217 HS RICE CILANTRO LIME	1 cup	1500	360	0.64	294	*0.00	*0.00	7.49	0.00	0	66.28	4.06	8.08	*0	10.7	0.29	1.52	\$0.000
002462 VEG, LETT SHREDDED	.5	2000	5	0.00	3	*N/A*	*N/A*	0.00	*N/A*	0	1.00	0.33	0.33	*N/A*	6.7	1.00	0.12	\$0.000
001051 SALSA, COMMODITY	#8 SCOOP	2000	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
000630 VEG, JALAPENO PEPPERS	#30 SCOOP	2000	5	0.00	290	*N/A*	*N/A*	0.00	0.00	0	1.00	1.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000777 VEG, OLIVES SLICE	.25 CUP	2000	60	0.00	280	*N/A*	*N/A*	5.01	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
003160 BAR, PINTO BEAN (COLD)	#8 SCOOP	2000	148	0.00	404	*0.18	*0.18	1.50	*0.00	0	27.27	9.03	9.02	*0	0.4	0.02	0.02	\$0.000
003137 CUCUMBER RAW	1/2C SERVING	2000	8	0.00	1	0.90	0.00	0.10	0.00	0	1.90	0.30	0.30	*N/A*	0.0	0.00	0.00	\$0.000
000986 CHEESE, CHEDDAR	OZ	3000	81	4.05	202	*N/A*	*N/A*	6.07	0.00	20	0.00	0.00	7.09	*N/A*	0.0	0.00	0.00	\$0.000
002639 FRUIT, FRESH PINEAPPLE TAJIN	#8 SCOOP	1500	69	0.00	76	*0.00	*N/A*	0.00	*0.00	0	17.72	2.53	0.00	*N/A*	25.3	54.52	0.46	\$0.000
003138 PINEAPPLE RAW	1/2C SERVING	1500	60	0.00	1	11.40	0.00	0.00	0.00	0	9.69	1.38	0.46	*N/A*	12.0	5806.00	0.05	\$0.000
000230 MILK,1% WHITE	CARTON	500	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	2000	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

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
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			1047	10.14	1849	*25.25	*0.12	28.70	*0.00	58	152.72	22.91	46.94	*0	472.4	2933.83	11.90	\$0.000
% of Calories				8.72%		*9.65%	*0.01%	24.7%	*0.0%		58.3%		17.9%					
Weekly Nutrient Guideline			600 - 700	<10	1225		<10	<=0										

Monday - 11/10/2025

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars 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
002678 BURGER, CHEESE	EACH	1000	339	6.50	559	3.00	*N/A*	15.50	0.00	47	29.00	5.00	22.00	*N/A*	63.0	0.00	2.00	\$0.000
001036 BURGER, VEGGIE CHEESE	EACH	1000	420	5.00	840	5.00	*0.00	16.50	0.00	20	42.00	10.00	26.00	*N/A*	52.0	0.00	9.00	\$0.000
001885 CHICK ON BUN	EACH	1000	404	3.00	591	*3.00	*N/A*	16.50	0.00	59	42.00	7.00	24.00	*N/A*	63.0	0.00	2.00	\$0.000
000391 POTATO, SMILES	SERVINGS (6)	3000	130	0.50	180	0.00	*N/A*	4.50	0.00	0	20.00	2.00	2.00	*N/A*	0.0	2.40	0.36	\$0.000
002212 BEAN, VEGETARIAN BAKED LS	1/2 CUP	1500	110	0.00	140	*N/A*	*N/A*	1.00	0.00	0	20.00	5.00	7.00	*N/A*	0.0	0.00	0.00	\$0.000
003064 LETTUCE GREEN LEAF	1/2 cup	1500	4	0.00	7	0.19	0.00	0.04	0.00	0	0.69	0.31	0.33	89	8.6	2.21	0.21	\$0.000
002408 VEG, CARROTS RANCH	BAG	1500	25	0.00	200	4.00	*N/A*	0.00	0.00	0	7.00	2.00	1.00	*N/A*	20.0	4.80	0.36	\$0.000
002407 VEG, CARROTS CHILI LIME	BAG	1500	25	0.00	200	4.00	*N/A*	0.00	0.00	0	6.00	2.00	1.00	*N/A*	20.0	4.80	0.36	\$0.000
000097 FRUIT, RAISINS	BOX	1500	129	0.04	11	28.03	0.00	0.11	0.00	0	34.11	1.94	1.42	0	26.7	0.99	0.77	\$0.000
002587 FRUIT, DRIED CRANBERRIES	SERVING	1500	92	0.00	2	22.00	*N/A*	0.00	0.00	0	25.00	2.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
002669 FRUIT, APPLESAUCE USDA	#8 SCOOP	1000	58	0.00	2	12.44	*N/A*	0.00	0.00	0	15.84	1.13	0.00	*N/A*	0.0	2.71	2.04	\$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
000086 FRUIT, ORANGES FRESH	EACH	1000	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
000068 FRUIT, BANANAS FRESH	EACH	1000	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
000064 FRUIT, APPLE FRESH	1/2 APPLE	1000	50	0.00	1	9.54	*N/A*	0.00	0.00	0	12.65	2.02	0.01	*N/A*	10.2	4.58	0.18	\$0.000
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	109	1.75	1	*0.02	*0.00	12.25	*0.00	0	0.28	0.05	0.05	*0	1.6	0.16	0.03	\$0.000
001975 DRESSING, RANCH PACKET 12GRAMS	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
002952 DRESSING 1000 ISLAND	TABLESPOONS	500	50	0.75	100	2.00	*N/A*	4.00	0.00	5	4.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000230 MILK,1% WHITE	CARTON	900	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	2000	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
000129 MILK, SOYMILK KIKKOMAN	SERVING	100	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			956	6.36	1314	*62.22	*0.00	25.71	*0.00	*51	148.10	19.09	41.58	*45	452.1	42.20	6.70	\$0.000
% of Calories				5.99%		*26.03 %	*N/A*	24.2%	*0.0%		62.0%		17.4%					
Weekly Nutrient Guideline			600 - 700	<10	1225		<10	<=0										

Wednesday - 11/12/2025

Reimbursable Meal Total 3000

	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
002949 HOT POCKET SANDWICH PEPPERONI	EACH	1000	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
002049 PIZZA, CHEESE WEDGE WG 4.6 OZ	EACH	1000	290	4.00	540	15.00	*N/A*	11.00	0.00	15	34.00	4.00	15.00	*N/A*	300.0	0.00	2.70	\$269.818
000929 POCKET, TURKEY PIZZA 4 OZ	EACH	1000	240	1.50	340	2.00	*N/A*	7.00	0.00	20	32.00	4.00	12.00	*N/A*	40.0	2.40	2.70	\$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
002985 POTATO MCCAIN 8 CUT WEDGES	Servings	3000	130	1.00	560	0.00	*N/A*	6.00	0.00	0	19.01	1.00	2.00	*N/A*	10.0	0.00	10.01	\$0.000
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	2000	7	0.01	14	*N/A*	*N/A*	0.07	*0.00	0	1.30	0.77	0.68	*N/A*	22.0	9.87	0.62	\$0.000
001800 VEG, CARROT & CELERY STICKS	SERVING	2000	33	0.00	68	*0.00	*N/A*	0.00	*0.00	0	5.67	1.70	0.57	*N/A*	17.0	3.40	0.20	\$0.000
003165 BAR VEG, PEAS FROZEN SYSCO	.5 CUP	2000	46	0.00	0	0.00	0.00	0.00	0.00	0	7.92	2.64	3.30	*N/A*	9.2	0.00	0.66	\$0.000
002009 VEG, BELL PEPPER STICKS	CUP	2000	24	0.00	2	*N/A*	*N/A*	0.17	*N/A*	0	6.01	1.61	1.20	*N/A*	0.0	80.76	0.00	\$0.000
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	2000	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	6.0	3.80	0.00	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	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	500	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	500	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
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	109	1.75	1	*0.02	*0.00	12.25	*0.00	0	0.28	0.05	0.05	*0	1.6	0.16	0.03	\$0.000
002952 DRESSING 1000 ISLAND	TABLESPOONS	500	50	0.75	100	2.00	*N/A*	4.00	0.00	5	4.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
001975 DRESSING, RANCH PACKET 12GRAMS	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
000230 MILK,1% WHITE	CARTON	900	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	2000	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
000129 MILK, SOYMILK KIKKOMAN	SERVING	100	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			735	5.83	1292	*41.73	*0.00	20.59	*0.00	*29	112.38	11.56	27.59	*1	540.7	84.50	14.17	\$89.939
% of Calories				7.14%		*22.71 %	*N/A*	25.2%	*0.0%		61.2%		15.0%					
Weekly Nutrient Guideline			600 - 700	<10	1225		<10	<=0										

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

Thursday - 11/13/2025 Reimbursable Meal Total 3000

	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
002018 CHICKEN FRIED CHICKEN W/ MASHED POTATOES	EACH	1000	515	10.77	2067	*0.00	*0.00	24.06	*0.00	20	62.92	4.36	13.78	*0	61.0	27.52	2.08	\$0.000
003228 BREAD DINNER ROLL WG FRANZ (1 SVG = 2 ROLLS)	2 PIECES	1000	140	0.00	180	2.00	*N/A*	1.00	0.00	0	26.00	2.00	6.00	*N/A*	28.0	0.00	2.00	\$0.000
000392 SANDWICH, GRILLED CHEESE	EACH	1000	537	16.33	1038	*4.00	*N/A*	31.83	*0.00	80	36.00	4.00	28.00	*N/A*	70.0	0.00	1.80	\$0.000
003182 CHICKEN, TENDERS BREADED GOLDEN FLAT LARGE	SERVING 2 EACH	1000	200	1.00	710	*N/A*	*N/A*	7.00	0.00	35	16.00	0.00	17.00	*N/A*	0.0	0.00	1.08	\$0.000
000433 VEG, MIXED FROZEN	.5 CUP	3000	60	0.00	39	3.00	*N/A*	0.00	0.00	0	12.00	3.00	2.00	*N/A*	0.0	0.00	0.00	\$0.000
003064 LETTUCE GREEN LEAF	1/2 cup	2000	4	0.00	7	0.19	0.00	0.04	0.00	0	0.69	0.31	0.33	89	8.6	2.21	0.21	\$0.000
000042 VEG, PICKLES DILL	8 each	1500	5	0.00	390	*N/A*	*N/A*	0.00	*N/A*	*N/A*	1.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
002957 PEPPERONCINI WHOLE	SERVING (3)	1500	5	0.00	620	0.00	*N/A*	0.00	0.00	0	0.00	1.00	*N/A*	*N/A*	250.0	0.00	0.00	\$0.000
000776 VEG, TOMATO FRESH	4 SLICES	1500	16	0.00	4	*N/A*	*N/A*	0.00	*N/A*	0	3.69	0.74	0.74	*N/A*	7.4	11.51	0.27	\$0.000
000450 VEG, CARROTS BABY	BAG	1000	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
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	500	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	6.0	3.80	0.00	\$0.000
000438 FRUIT, PEAR CANNED USDA	#8 SCOOP	500	60	0.00	5	12.00	*N/A*	0.00	0.00	0	15.00	2.00	0.00	*N/A*	8.0	2.50	0.24	\$0.000
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	1500	109	1.75	1	*0.02	*0.00	12.25	*0.00	0	0.28	0.05	0.05	*0	1.6	0.16	0.03	\$0.000
001975 DRESSING, RANCH PACKET 12GRAMS	PACKET	1500	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
002952 DRESSING 1000 ISLAND	TABLESPOONS	1500	50	0.75	100	2.00	*N/A*	4.00	0.00	5	4.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000230 MILK,1% WHITE	CARTON	900	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	2000	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
000129 MILK, SOYMILK KIKKOMAN	SERVING	100	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			794	11.34	2165	*27.97	*0.00	32.60	*0.00	*55	91.25	8.61	*33.72	*59	*527.9	*19.95	*3.14	\$0.000
% of Calories				12.85 %		*14.09 %	*0.00%	37.0%	*0.0%		46.0%		*17.0%					
Weekly Nutrient Guideline			600 - 700	<10	1225		<10	<=0										

Friday - 11/14/2025

Reimbursable Meal Total 3000

	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
003078 TAMALE CHICKEN SALSA VERDE CHEESE LOS CABOS	1 TAMALE	1000	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	1000	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
002797 CHICKEN FIESTA BOWL	BOWL	1000	432	2.12	1064	*0.52	*0.52	9.87	*0.00	84	54.82	10.05	31.21	*0	112.8	20.12	3.78	\$0.000
000270 VEG, CORN CANNED - USDA	#8 SCOOP	3000	65	0.00	15	*N/A*	*N/A*	1.00	0.00	0	15.00	2.00	2.00	*N/A*	0.0	0.00	0.00	\$0.000
002217 HS RICE CILANTRO LIME	1 cup	1500	360	0.64	294	*0.00	*0.00	7.49	0.00	0	66.28	4.06	8.08	*0	10.7	0.29	1.52	\$0.000
002462 VEG, LETT SHREDDED	.5	2000	5	0.00	3	*N/A*	*N/A*	0.00	*N/A*	0	1.00	0.33	0.33	*N/A*	6.7	1.00	0.12	\$0.000
001051 SALSA, COMMODITY	#8 SCOOP	2000	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
000630 VEG, JALAPENO PEPPERS	#30 SCOOP	2000	5	0.00	290	*N/A*	*N/A*	0.00	0.00	0	1.00	1.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000777 VEG, OLIVES SLICE	.25 CUP	2000	60	0.00	280	*N/A*	*N/A*	5.01	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
003160 BAR, PINTO BEAN (COLD)	#8 SCOOP	2000	148	0.00	404	*0.18	*0.18	1.50	*0.00	0	27.27	9.03	9.02	*0	0.4	0.02	0.02	\$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
003137 CUCUMBER RAW	1/2C SERVING	2000	8	0.00	1	0.90	0.00	0.10	0.00	0	1.90	0.30	0.30	*N/A*	0.0	0.00	0.00	\$0.000
000986 CHEESE, CHEDDAR	OZ	3000	81	4.05	202	*N/A*	*N/A*	6.07	0.00	20	0.00	0.00	7.09	*N/A*	0.0	0.00	0.00	\$0.000
002639 FRUIT, FRESH PINEAPPLE TAJIN	#8 SCOOP	1500	69	0.00	76	*0.00	*N/A*	0.00	*0.00	0	17.72	2.53	0.00	*N/A*	25.3	54.52	0.46	\$0.000
003138 PINEAPPLE RAW	1/2C SERVING	1500	60	0.00	1	11.40	0.00	0.00	0.00	0	9.69	1.38	0.46	*N/A*	12.0	5806.00	0.05	\$0.000
000230 MILK,1% WHITE	CARTON	900	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	2000	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
000129 MILK, SOYMILK KIKKOMAN	SERVING	100	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			1050	10.88	2089	*25.14	*0.29	30.00	*0.00	86	146.34	20.62	50.54	*0	603.4	2940.17	3.39	\$0.000
% of Calories				9.33%		*9.58%	*0.00%	25.7%	*0.0%		55.7%		19.3%					
Weekly Nutrient Guideline			600 - 700	<10	1225		<10	<=0										

Monday - 11/17/2025 Reimbursable Meal Total 3000

	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
000912 CORN DOG, CHICKEN WG 4 OZ (SYSCO CLASSIC)	SERVING	1000	240	2.50	390	*N/A*	*N/A*	8.00	0.00	40	30.00	5.00	9.00	*N/A*	80.0	0.00	1.80	\$0.000
003203 POTATO CHEESE BOMB	EACH	1000	477	9.01	883	5.13	*N/A*	16.69	0.00	47	60.21	5.00	20.75	*N/A*	422.1	0.09	2.90	\$0.000
003095 CHICKEN BONELESS WING H&S W/G TYSON	SERVINGS	1000	201	2.01	342	1.00	0.00	10.05	0.00	45	10.05	1.00	19.10	*N/A*	0.0	0.00	1.00	\$0.000
003009 POTATO FRY SIDEWINDER JR SMPLT	1/2 CUP	3000	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
002212 BEAN, VEGETARIAN BAKED LS	1/2 CUP	1500	110	0.00	140	*N/A*	*N/A*	1.00	0.00	0	20.00	5.00	7.00	*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)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003064 LETTUCE GREEN LEAF	1/2 cup	1500	4	0.00	7	0.19	0.00	0.04	0.00	0	0.69	0.31	0.33	89	8.6	2.21	0.21	\$0.000
002408 VEG, CARROTS RANCH	BAG	1500	25	0.00	200	4.00	*N/A*	0.00	0.00	0	7.00	2.00	1.00	*N/A*	20.0	4.80	0.36	\$0.000
002407 VEG, CARROTS CHILI LIME	BAG	1500	25	0.00	200	4.00	*N/A*	0.00	0.00	0	6.00	2.00	1.00	*N/A*	20.0	4.80	0.36	\$0.000
000097 FRUIT, RAISINS	BOX	1500	129	0.04	11	28.03	0.00	0.11	0.00	0	34.11	1.94	1.42	0	26.7	0.99	0.77	\$0.000
002587 FRUIT, DRIED CRANBERRIES	SERVING	1500	92	0.00	2	22.00	*N/A*	0.00	0.00	0	25.00	2.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
002669 FRUIT, APPLESAUCE USDA	#8 SCOOP	1000	58	0.00	2	12.44	*N/A*	0.00	0.00	0	15.84	1.13	0.00	*N/A*	0.0	2.71	2.04	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	1000	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
000068 FRUIT, BANANAS FRESH	EACH	1000	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
000064 FRUIT, APPLE FRESH	1/2 APPLE	1000	50	0.00	1	9.54	*N/A*	0.00	0.00	0	12.65	2.02	0.01	*N/A*	10.2	4.58	0.18	\$0.000
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	109	1.75	1	*0.02	*0.00	12.25	*0.00	0	0.28	0.05	0.05	*0	1.6	0.16	0.03	\$0.000
001975 DRESSING, RANCH PACKET 12GRAMS	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
002952 DRESSING 1000 ISLAND	TABLESPOONS	500	50	0.75	100	2.00	*N/A*	4.00	0.00	5	4.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000230 MILK,1% WHITE	CARTON	900	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	2000	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
000129 MILK, SOYMILK KIKKOMAN	SERVING	100	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			911	6.37	1473	*60.60	*0.00	23.26	*0.00	*53	150.40	15.08	33.53	*45	560.2	39.83	4.74	\$0.000
% of Calories				6.29%		*26.61 %	*N/A*	23.0%	*0.0%		66.0%		14.7%					
Weekly Nutrient Guideline			600 - 700	<10	1225		<10	<=0										

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

Tuesday - 11/18/2025 Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars 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
001862 PIZZA, WG PEP 5"	EACH	1000	360	7.00	570	4.00	*N/A*	16.00	0.00	35	34.00	3.00	20.00	*N/A*	400.0	9.00	1.80	\$0.000
001861 PIZZA, WG CHEESE 5"	EACH	1000	360	8.00	510	4.00	*N/A*	17.00	0.00	35	34.00	3.00	20.00	*N/A*	450.0	6.00	2.70	\$0.000
003212 HAWAIIAN PIZZA 5" WG	SERVINGS	1000	401	8.66	677	5.51	*N/A*	18.32	0.00	53	37.22	3.12	24.74	*N/A*	*450.0	*6.00	*2.70	\$0.178
000424 VEG, GREEN BEANS	#8 SCOOP	3000	16	0.00	140	1.00	*N/A*	0.00	0.00	0	3.00	2.00	1.00	*N/A*	0.0	0.00	0.00	\$0.000
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	2000	7	0.01	14	*N/A*	*N/A*	0.07	*0.00	0	1.30	0.77	0.68	*N/A*	22.0	9.87	0.62	\$0.000
000941 NOODLE, CHOW MEIN	SERVING	2000	105	0.00	35	*N/A*	*N/A*	1.51	0.00	0	20.57	2.01	4.01	*N/A*	10.0	0.00	1.36	\$0.000
002197 VEG, KIDNEY BEANS	1/2 CUP#8 SCOOP	2000	104	0.00	140	2.00	*N/A*	0.00	0.00	0	19.00	7.00	7.00	*N/A*	0.0	0.00	0.00	\$0.000
001358 VEG, BROC CHERRY TOM	.5 CUP	2000	28	0.00	12	*N/A*	*N/A*	0.50	*N/A*	0	5.52	0.50	1.50	*N/A*	15.0	43.56	0.45	\$0.000
000438 FRUIT, PEAR CANNED USDA	#8 SCOOP	1000	60	0.00	5	12.00	*N/A*	0.00	0.00	0	15.00	2.00	0.00	*N/A*	8.0	2.50	0.24	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	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	500	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	500	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
003163 BAR, MANGO (FRESH 4OZ PK)	cup	1000	136	0.21	2	30.87	0.00	0.86	0.00	0	33.85	3.62	1.85	122	24.9	82.26	0.36	\$0.000
001975 DRESSING, RANCH PACKET 12GRAMS	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
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	109	1.75	1	*0.02	*0.00	12.25	*0.00	0	0.28	0.05	0.05	*0	1.6	0.16	0.03	\$0.000
002952 DRESSING 1000 ISLAND	TABLESPOONS	500	50	0.75	100	2.00	*N/A*	4.00	0.00	5	4.00	0.00	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)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000230 MILK,1% WHITE	CARTON	900	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	2000	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
000129 MILK, SOYMILK KIKKOMAN	SERVING	100	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			835	8.95	1051	*47.52	*0.00	23.19	*0.00	*50	121.35	16.18	41.74	*41	*823.3	*89.36	*4.69	\$0.059
% of Calories				9.65%		*22.76 %	*N/A*	25.0%	*0.0%		58.1%		20.0%					
Weekly Nutrient Guideline			600 - 700	<10	1225		<10	<=0										

Wednesday - 11/19/2025 Reimbursable Meal Total 3000

	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
002533 PANCAKES, BUTTERMILK WG	SERVING 2 EACH	2000	140	0.00	200	6.00	*N/A*	3.00	0.00	0	28.00	2.00	4.00	*N/A*	0.0	0.00	1.44	\$0.000
003214 SAUSAGE PATTY, CHICKEN FULLY COOKED 1.43OZ (TYSON)	EACH	1000	100	2.00	180	*N/A*	*N/A*	7.00	*N/A*	45	1.00	*N/A*	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
001917 CHEESE, MOZZARELLA STRING	EACH	1000	60	2.00	210	*N/A*	*N/A*	2.50	0.00	10	1.00	0.00	8.00	*N/A*	200.0	0.00	0.00	\$0.000
003084 BREAKFAST BURGER	SANWICHES	1000	394	10.49	786	*2.00	*0.00	26.71	*0.00	196	16.77	1.00	25.29	*N/A*	179.6	0.00	2.80	\$0.000
001501 POTATO, HASHBROWN OVAL PATTY	SERVING	3000	140	1.50	290	*N/A*	*N/A*	8.00	0.00	0	15.00	2.00	3.00	*N/A*	0.0	1.20	0.00	\$0.000
000837 YOGURT, RASP/PEACH 4 OZ	SERVING	3000	110	0.50	55	*N/A*	*N/A*	1.00	*N/A*	4	22.00	0.00	4.00	*N/A*	100.0	0.00	0.00	\$0.000
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	500	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$0.000
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	500	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$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)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	500	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$0.000
002180 JUICE, GRAPE 4.23 OZ SUNCUP	EACH	500	80	0.00	10	19.00	*N/A*	0.00	0.00	0	20.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$0.000
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	2000	7	0.01	14	*N/A*	*N/A*	0.07	*0.00	0	1.30	0.77	0.68	*N/A*	22.0	9.87	0.62	\$0.000
001800 VEG, CARROT & CELERY STICKS	SERVING	1500	33	0.00	68	*0.00	*N/A*	0.00	*0.00	0	5.67	1.70	0.57	*N/A*	17.0	3.40	0.20	\$0.000
003165 BAR VEG, PEAS FROZEN SYSCO	.5 CUP	1500	46	0.00	0	0.00	0.00	0.00	0.00	0	7.92	2.64	3.30	*N/A*	9.2	0.00	0.66	\$0.000
002009 VEG, BELL PEPPER STICKS	CUP	1500	24	0.00	2	*N/A*	*N/A*	0.17	*N/A*	0	6.01	1.61	1.20	*N/A*	0.0	80.76	0.00	\$0.000
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	750	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	6.0	3.80	0.00	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	750	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	750	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	750	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
001975 DRESSING, RANCH PACKET 12GRAMS	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
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	109	1.75	1	*0.02	*0.00	12.25	*0.00	0	0.28	0.05	0.05	*0	1.6	0.16	0.03	\$0.000
002952 DRESSING 1000 ISLAND	TABLESPOONS	500	50	0.75	100	2.00	*N/A*	4.00	0.00	5	4.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000230 MILK,1% WHITE	CARTON	900	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	2000	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

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
000129 MILK, SOYMILK KIKKOMAN	SERVING	100	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			865	7.83	1111	*43.26	*0.00	27.64	*0.00	*96	123.98	*9.99	36.39	*1	*672.2	*76.24	*3.21	\$0.000
% of Calories				8.15%		*20.00 %	*N/A*	28.8%	*0.0%		57.3%		16.8%					
Weekly Nutrient Guideline			600 - 700	<10	1225		<10	<=0										

Thursday - 11/20/2025 Reimbursable Meal Total 3000

	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
003213 OVEN ROASTED CHICKEN W/ MASHED POTATOES	EACH	1000	491	11.21	1865	*0.65	*0.61	24.01	*0.00	52	54.21	2.19	16.94	*112	78.5	28.33	1.75	\$5.700
003228 BREAD DINNER ROLL WG FRANZ (1 SVG = 2 ROLLS)	2 PIECES	1000	140	0.00	180	2.00	*N/A*	1.00	0.00	0	26.00	2.00	6.00	*N/A*	28.0	0.00	2.00	\$0.000
002763 SANDWICH, VEGGIE STACKER	SANDWICH	1000	518	16.00	994	*3.00	*N/A*	30.50	*0.00	80	32.75	4.46	27.46	*N/A*	55.3	3.70	1.16	\$0.000
002475 CHICKEN, POPCORN WG 10 EACH RC	SERVING (10)	1000	180	2.00	420	0.00	*N/A*	9.00	0.00	20	12.00	3.00	12.00	*N/A*	40.0	0.00	1.80	\$0.000
000433 VEG, MIXED FROZEN	.5 CUP	3000	60	0.00	39	3.00	*N/A*	0.00	0.00	0	12.00	3.00	2.00	*N/A*	0.0	0.00	0.00	\$0.000
003064 LETTUCE GREEN LEAF	1/2 cup	2000	4	0.00	7	0.19	0.00	0.04	0.00	0	0.69	0.31	0.33	89	8.6	2.21	0.21	\$0.000
000042 VEG, PICKLES DILL	8 each	1500	5	0.00	390	*N/A*	*N/A*	0.00	*N/A*	*N/A*	1.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
002957 PEPPERONCINI WHOLE	SERVING (3)	1500	5	0.00	620	0.00	*N/A*	0.00	0.00	0	0.00	1.00	*N/A*	*N/A*	250.0	0.00	0.00	\$0.000
000776 VEG, TOMATO FRESH	4 SLICES	1500	16	0.00	4	*N/A*	*N/A*	0.00	*N/A*	0	3.69	0.74	0.74	*N/A*	7.4	11.51	0.27	\$0.000
000450 VEG, CARROTS BABY	BAG	1000	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

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
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	500	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	6.0	3.80	0.00	\$0.000
000438 FRUIT, PEAR CANNED USDA	#8 SCOOP	500	60	0.00	5	12.00	*N/A*	0.00	0.00	0	15.00	2.00	0.00	*N/A*	8.0	2.50	0.24	\$0.000
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	1500	109	1.75	1	*0.02	*0.00	12.25	*0.00	0	0.28	0.05	0.05	*0	1.6	0.16	0.03	\$0.000
001975 DRESSING, RANCH PACKET 12GRAMS	PACKET	1500	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
002952 DRESSING 1000 ISLAND	TABLESPOONS	1500	50	0.75	100	2.00	*N/A*	4.00	0.00	5	4.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000230 MILK,1% WHITE	CARTON	900	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	2000	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
000129 MILK, SOYMILK KIKKOMAN	SERVING	100	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			773	11.71	1987	*27.85	*0.20	32.80	*0.00	*61	85.93	9.04	*32.93	*97	*542.2	*21.46	*3.06	\$1.900
% of Calories				13.63 %		*14.41 %	*0.31%	38.2%	*0.0%		44.5%		*17.0%					
Weekly Nutrient Guideline			600 - 700	<10	1225		<10	<=0										

Friday - 11/21/2025

Reimbursable Meal Total 3000

	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
003215 BEEF, TACO (2 PER SERVING)	EACH	1000	396	4.31	511	*0.58	*0.00	19.23	*2.13	55	39.32	2.73	19.77	*0	298.5	2.36	2.78	\$0.000
003075 BURRITO BEAN AND CHEESE LOS CABOS	1 BURRITO	1000	321	3.54	475	1.75	0.00	8.79	0.00	15	44.17	8.17	16.71	*N/A*	171.1	1.64	3.85	\$0.000
000343 TACO, POCKET TURKEY	EACH	1000	260	2.50	390	1.00	*N/A*	8.00	0.00	35	31.00	4.00	17.00	*N/A*	80.0	1.20	2.70	\$0.000
000270 VEG, CORN CANNED - USDA	#8 SCOOP	3000	65	0.00	15	*N/A*	*N/A*	1.00	0.00	0	15.00	2.00	2.00	*N/A*	0.0	0.00	0.00	\$0.000

Base Menu Spreadsheet

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
002462 VEG, LETT SHREDDED	.5	2000	5	0.00	3	*N/A*	*N/A*	0.00	*N/A*	0	1.00	0.33	0.33	*N/A*	6.7	1.00	0.12	\$0.000
001051 SALSA, COMMODITY	#8 SCOOP	2000	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
000630 VEG, JALAPENO PEPPERS	#30 SCOOP	2000	5	0.00	290	*N/A*	*N/A*	0.00	0.00	0	1.00	1.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000777 VEG, OLIVES SLICE	.25 CUP	2000	60	0.00	280	*N/A*	*N/A*	5.01	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
003160 BAR, PINTO BEAN (COLD)	#8 SCOOP	2000	148	0.00	404	*0.18	*0.18	1.50	*0.00	0	27.27	9.03	9.02	*0	0.4	0.02	0.02	\$0.000
003137 CUCUMBER RAW	1/2C SERVING	2000	8	0.00	1	0.90	0.00	0.10	0.00	0	1.90	0.30	0.30	*N/A*	0.0	0.00	0.00	\$0.000
000986 CHEESE, CHEDDAR	OZ	3000	81	4.05	202	*N/A*	*N/A*	6.07	0.00	20	0.00	0.00	7.09	*N/A*	0.0	0.00	0.00	\$0.000
002639 FRUIT, FRESH PINEAPPLE TAJIN	#8 SCOOP	1500	69	0.00	76	*0.00	*N/A*	0.00	*0.00	0	17.72	2.53	0.00	*N/A*	25.3	54.52	0.46	\$0.000
003138 PINEAPPLE RAW	1/2C SERVING	1500	60	0.00	1	11.40	0.00	0.00	0.00	0	9.69	1.38	0.46	*N/A*	12.0	5806.00	0.05	\$0.000
000230 MILK,1% WHITE	CARTON	900	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	2000	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
000129 MILK, SOYMILK KIKKOMAN	SERVING	100	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			834	7.97	1601	*25.19	*0.12	24.39	*0.71	63	113.74	18.46	42.85	*0	536.6	2933.04	3.73	\$0.000
% of Calories				8.60%		*12.08 %	*0.00%	26.3%	*0.8%		54.6%		20.6%					
Weekly Nutrient Guideline			600 - 700	<10	1225		<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		872	9	1566	*40.28	*0.49	27.73	*0.10	*61	121.21	*14.72	*38.12	*31	*567.1	*677.59	*6.00	\$6.564
% of Calories			9.04%		*18.48 %	*N/A*	28.6%	*0.1%		55.6%		*17.5%					

**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.