

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

Menu Name:	ELEMENTARY LUNCH K-5	Include Cost:	Yes
Site:			
Use Alternate Menu Name:	No		

Thursday - 10/01/2026 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)	Protrn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001488 CHICKEN, ORANGE MANDARIN NOODLE	SERVING	1500	353	0.33	515	*11.23	*11.23	7.94	*0.00	41	55.57	3.45	18.22	*N/A*	28.2	*0.08	3.07	\$702.628
001035 EGG ROLL, VEGETABLE	SERVING 2 EACH	1500	260	1.00	400	6.00	2.00	8.00	0.00	0	42.00	6.00	8.00	0	60.0	0.00	2.00	\$19.820
000687 RICE, WHITE STEAMED	.5 CUP	1500	102	0.05	8	0.04	*0.00	0.20	*0.00	0	22.26	0.32	2.12	*0	15.1	*0.00	0.95	\$0.000
003410 VEGETABLE, FZN CARROTS DICED NO SALT ADDED	#8 SCOOP	3000	27	0.00	43	3.00	*N/A*	0.00	0.00	0	6.00	2.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	\$7.339
000607 COOKIE, FORTUNE	COOKIE	3000	18	0.00	2	1.64	*N/A*	0.00	*N/A*	0	4.11	0.00	0.33	*N/A*	0.0	0.00	0.00	\$0.371
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
003309 NOODLE, CHOW MEIN LA CHOY - DRY	#8 SCOOP	2000	130	1.50	250	0.00	0.00	5.00	*N/A*	0	19.01	2.00	3.00	*N/A*	0.0	0.00	1.60	\$0.000
003435 BEANS, KIDNEY (SYSCO)	#8 SCOOP	2000	120	0.00	140	1.00	1.00	0.00	0.00	0	21.00	8.00	8.00	*N/A*	90.0	0.00	2.80	\$0.000
001358 VEG, BROCC 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
002672 FRUIT, PEAR CANNED DICED SYSCO	#8 SCOOP	2000	60	0.00	0	0.00	0.00	0.00	0.00	0	15.00	2.00	0.00	*N/A*	13.0	0.00	0.00	\$216.731
001355 FRUIT, STRAWBERRY	1/2 cup	2000	23	0.01	1	3.52	0.00	0.22	0.00	0	5.53	1.44	0.48	1	11.5	42.34	0.30	\$0.000
003163 BAR, MANGO (FRESH 4OZ PK)	cup	2000	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
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	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

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg 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
000230 MILK,1% WHITE	CARTON	800	130	0.00	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	1500	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
003320 MILK, NONFAT STRAWBERRY	CARTON	500	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			949	1.93	927	*64.78	*9.20	13.59	*0.00	28	179.29	22.65	35.00	*83	*510.7	*152.44	*7.53	\$520.558
% of Calories				1.83%		*27.30 %	*3.88%	12.9%	*0.0%		75.6%		14.8%					
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10											

Friday - 10/02/2026

Reimbursable Meal Total 3000

	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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003415 BACON CHEESE BURGER	EACH	1500	334	6.00	719	3.00	*0.00	15.50	0.00	50	29.00	5.00	22.50	*N/A*	129.0	*0.00	*2.05	\$42.945
003391 VEGGIE BURGER, BLACK BEAN	EACH	1500	340	1.00	720	6.00	*1.00	9.50	0.00	0	52.00	10.00	17.00	*N/A*	*48.0	*0.00	*1.00	\$0.622
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
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	\$108.136

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
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	\$12.667
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
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
000230 MILK,1% WHITE	CARTON	800	130	0.00	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	1500	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
003320 MILK, NONFAT STRAWBERRY	CARTON	500	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			841	4.59	1055	*44.07	*2.42	20.75	*0.00	*32	131.56	19.19	36.73	*1	*486.2	*98.93	*4.15	\$109.456
% of Calories				4.91%		*20.96 %	*1.15%	22.2%	*0.0%		62.6%		17.5%					
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10											

Monday - 10/05/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
003206 CHICKEN, TENDERS FULLY COOKED BREADED-2 PER SVG	2 PIECES	1500	220	2.00	400	2.00	2.00	12.00	0.00	40	12.00	2.00	20.00	*N/A*	0.0	0.00	2.00	\$7.925

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Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
002847 PULL-APART ITALIAN GARLIC	PACKAGES	1500	304	6.08	527	5.06	*N/A*	13.16	0.00	30	32.40	2.02	14.18	*N/A*	344.3	0.00	1.82	\$268.290
000866 POTATO, WEDGES	.5 CUP	3000	84	0.00	100	1.00	*N/A*	0.00	0.00	0	19.00	2.00	2.00	*N/A*	0.0	0.00	0.00	\$0.000
001983 VEG, GARBANZO BEANS	#8 SCOOP	2000	130	0.00	110	0.00	0.00	0.00	0.00	0	21.00	4.00	7.00	*N/A*	20.0	*N/A*	1.40	\$182.370
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
000450 VEG, CARROTS BABY	BAG	2000	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
002587 FRUIT, DRIED CRANBERRIES	SERVING	1000	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
002752 FRUIT, RAISINS UNSWEETENED	BOX	1000	114	0.00	4	23.00	*N/A*	0.00	0.00	0	30.00	1.00	1.00	*N/A*	0.0	0.00	0.00	\$0.000
003411 APPLESAUCE FANCY (SYSCO)	#8 SCOOP	2000	90	0.00	0	5.00	5.00	0.00	0.00	0	24.00	3.00	0.00	*N/A*	7.0	*N/A*	0.00	\$270.115
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
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
000230 MILK,1% WHITE	CARTON	800	130	0.00	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
003320 MILK, NONFAT STRAWBERRY	CARTON	2000	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			874	4.13	908	*63.44	*9.75	13.72	*0.00	46	150.29	14.72	41.18	*1	*781.1	*44.42	*4.20	\$446.901
% of Calories				4.25%		*29.03 %	*4.46%	14.1%	*0.0%		68.8%		18.8%					
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10											

Tuesday - 10/06/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
003339 RICE CHICKEN FRIED	3/4 Cup	1500	248	0.38	351	*0.88	*0.38	2.67	*0.00	17	47.24	2.91	9.36	*N/A*	17.4	3.60	1.11	\$15.090
003418 EGGROLL, CHICKEN	EACH	1500	150	1.00	500	1.00	1.00	5.00	0.00	10	20.00	2.00	6.00	*N/A*	*N/A*	*N/A*	1.20	\$10.106
003341 ASIAN TOFU WRAP	SERVINGS	1500	527	4.50	1751	*12.62	*12.62	22.37	*0.00	0	66.70	5.00	18.10	*N/A*	318.4	0.00	5.39	\$151.543
002476 VEG, BROCCOLI STEAMED	.5 CUP	3000	26	0.00	22	1.00	*N/A*	0.00	0.00	0	5.00	3.00	3.00	*N/A*	0.0	0.00	0.00	\$0.000
000607 COOKIE, FORTUNE	COOKIE	3000	18	0.00	2	1.64	*N/A*	0.00	*N/A*	0	4.11	0.00	0.33	*N/A*	0.0	0.00	0.00	\$0.371
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
003309 NOODLE, CHOW MEIN LA CHOY - DRY	#8 SCOOP	2000	130	1.50	250	0.00	0.00	5.00	*N/A*	0	19.01	2.00	3.00	*N/A*	0.0	0.00	1.60	\$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	\$12.868
001358 VEG, BROCC 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
002672 FRUIT, PEAR CANNED DICED SYSCO	#8 SCOOP	2000	60	0.00	0	0.00	0.00	0.00	0.00	0	15.00	2.00	0.00	*N/A*	13.0	0.00	0.00	\$216.731
001355 FRUIT, STRAWBERRY	1/2 cup	1000	23	0.01	1	3.52	0.00	0.22	0.00	0	5.53	1.44	0.48	1	11.5	42.34	0.30	\$0.000

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	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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003163 BAR, MANGO (FRESH 4OZ PK)	cup	500	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
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	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
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
000230 MILK,1% WHITE	CARTON	800	130	0.00	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	1500	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
003320 MILK, NONFAT STRAWBERRY	CARTON	500	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			967	4.07	1744	*45.45	*8.91	20.04	*0.00	21	165.24	20.77	38.80	*22	*550.7	*98.95	*6.23	\$248.943
% of Calories				3.79%		*18.80 %	*3.69%	18.7%	*0.0%		68.4%		16.0%					
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10											

Wednesday - 10/07/2026 Reimbursable Meal Total 3000

	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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002856 CORN DOG, MINI CHICK TYSON	SERVING (6)	1500	315	3.64	570	6.06	*N/A*	16.98	*N/A*	49	27.89	2.42	14.55	*N/A*	24.3	0.00	1.75	\$228.916
003492 CHEESE BITES MOZZARELLA (WILD MIKES FROM SYSCO)	SERVING (4 EA)	1500	280	6.00	460	1.00	1.00	10.00	0.00	35	28.00	2.00	19.00	*N/A*	453.0	*N/A*	2.00	\$19.227

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
002987 POTATO MCCAIN REG CRINKLE FRY	SERVINGS	3000	120	0.50	35	0.00	*N/A*	5.00	0.00	0	20.01	1.00	1.00	*N/A*	10.0	0.00	0.30	\$0.000
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	2000	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*	\$27.112
000776 VEG, TOMATO FRESH	4 SLICES	2000	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
002279 VEG, ONION SLICED (PURPLE)	2 SLICES	2000	36	0.00	9	*N/A*	*N/A*	0.09	0.00	0	8.56	1.02	0.91	*N/A*	22.7	5.44	0.30	\$0.000
000419 FRUIT, MIXED USDA	#8 SCOOP	2000	60	0.00	10	*N/A*	*N/A*	0.00	0.00	0	17.00	0.00	0.00	*N/A*	0.0	0.80	0.00	\$12.667
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	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
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
000230 MILK,1% WHITE	CARTON	800	130	0.00	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	1500	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
003320 MILK, NONFAT STRAWBERRY	CARTON	500	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			709	5.41	972	*31.56	*2.42	19.66	*0.00	*49	110.37	8.14	29.24	*60	*615.9	*47.01	*3.12	\$157.728
% of Calories				6.87%		*17.81 %	*1.37%	25.0%	*0.0%		62.3%		16.5%					
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10											

Thursday - 10/08/2026

Reimbursable Meal Total 3000

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002010 TURKEY AND GRAVY SM BATCHW/ROL	#8 SCOOP	1500	133	0.60	1058	*0.15	*0.00	3.28	*0.00	45	11.43	0.16	15.45	*N/A*	3.0	*0.01	1.94	\$0.558
002252 POTATO, MASHED (IDAHO) LS W/GR	1/2 CUP	1500	78	0.22	108	*0.00	*0.00	0.81	*0.00	0	16.72	1.36	1.78	*0	15.4	27.52	0.28	\$37.656
002777 SANDWICH, PB & GRAPE WG 2.6OZ	EACH	375	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	\$111.722
002778 SANDWICH, PB & STRAWWG 2.6OZ	EACH	375	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	\$116.948
003176 SANDWICH, PB & CHOCOLATE WG 2.6 OZ	EACH	350	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	\$7.299
003177 SANDWICH, PB & RASPBERRY JAM WG 2.6 OZ	EACH	350	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	\$7.496
003241 WOWBUTTER & STRAWBERRY JAM WG (PEANUT FREE)	EACH	50	570	7.00	430	13.00	11.00	33.00	*N/A*	*N/A*	49.00	9.00	20.00	*N/A*	262.0	*N/A*	4.00	\$14.175
001917 CHEESE, MOZZARELLA STRING LAND O LAKES	EACH	1500	80	3.00	200	0.00	0.00	6.00	*N/A*	20	1.00	0.00	6.00	*N/A*	220.0	*N/A*	*N/A*	\$28.316
003434 VEG, GREEN BEANS (SYSCO)	#8 SCOOP	3000	20	0.00	290	0.00	0.00	0.00	0.00	0	3.00	1.00	1.00	*N/A*	30.0	*N/A*	0.80	\$167.156
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
003468 PEANUT BUTTER CUP 1.1 OZ	CONTAINER	2000	180	3.00	130	3.00	2.00	14.99	0.00	0	8.00	2.00	7.00	*N/A*	16.0	*N/A*	0.50	\$1.411
002957 PEPPERONCINI WHOLE	SERVING (3)	2000	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	\$33.156
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	\$12.667
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	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

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	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 (mcg 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
000230 MILK,1% WHITE	CARTON	800	130	0.00	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	1500	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
003320 MILK, NONFAT STRAWBERRY	CARTON	500	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			736	5.74	1826	*45.52	*7.69	24.72	*0.00	*40	98.97	12.75	*33.66	*1	*720.5	*112.69	*3.86	\$269.593
% of Calories				7.02%		*24.74 %	*4.18%	30.2%	*0.0%		53.8%		*18.3%					
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10											

Friday - 10/09/2026

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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002729 TACO, TURKEY SOFT 10" TORTILLA	SERVINGS	1500	416	8.02	906	*0.00	*0.00	19.33	*0.00	75	37.59	1.00	20.62	*N/A*	405.4	*0.54	3.52	\$170.518
003055 TAMALE CHEESE WG (SYSCO)	SERVINGS	1500	379	7.99	469	0.00	0.00	26.95	0.00	35	28.95	0.00	11.98	*N/A*	265.5	0.00	1.00	\$17.844
002673 VEG, CORN CANNED - SYSCO	#8 SCOOP	3000	54	0.00	152	5.42	*N/A*	0.54	0.00	0	10.83	1.08	1.08	*N/A*	3.2	0.00	0.00	\$136.438
003347 LETTUCE SHREDDED (1/4") FRESH	SERVINGS	2000	15	0.00	10	0.00	*N/A*	0.00	0.00	0	3.00	1.00	1.00	*N/A*	26.0	*N/A*	0.36	\$0.000
003348 SALSA MILD RED GOLD (SYSCO)	SERVING 2 TBSP	2000	40	0.00	280	4.00	4.00	0.00	0.00	0	8.00	4.00	0.00	*N/A*	0.0	*N/A*	0.00	\$173.939
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	\$86.456

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcmm (mg)	Vit-C (mg)	Iron (mg)	Cost
003159 BAR, BLACK BEAN SPICY (COLD)	#8 SCOOP	2000	110	0.00	337	*0.17	*0.17	0.00	*0.00	0	20.25	8.02	7.02	*N/A*	35.3	*2.69	*1.92	\$1.580
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
003427 CHEESE CHEDDAR MILD FEATHER SHREDDED YELLOW	SERVING	2000	110	5.00	180	0.00	0.00	9.00	0.00	30	0.00	0.00	6.00	*N/A*	200.0	*N/A*	0.00	\$58.658
003138 PINEAPPLE RAW	1/2C SERVING	2000	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
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
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
000230 MILK,1% WHITE	CARTON	800	130	0.00	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	1500	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
003320 MILK, NONFAT STRAWBERRY	CARTON	500	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			931	11.43	1707	*44.30	*4.70	34.17	*0.00	82	115.78	14.93	37.38	*1	*862.4	*3906.44	*4.25	\$451.510
% of Calories				11.05 %		*19.03 %	*2.02%	33.0%	*0.0%		49.7%		16.1%					
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10											

Monday - 10/12/2026 Reimbursable Meal Total 3000

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
003393 POCKET PEPPERONI STUFFED SANDWICH (SCHWANS) 4.46OZ	EACH	1500	300	5.00	590	5.00	1.00	12.00	0.00	30	31.00	3.00	19.00	70	240.0	0.00	2.70	\$164.178
002677 SANDWICH, GRILLED CHEESE	EACH	1500	317	10.33	1208	*2.00	*0.00	21.33	*0.00	50	23.00	3.00	15.00	*N/A*	296.0	*0.00	1.20	\$107.767
003486 VEGETABLE FROZEN MIX 4 WAY (30#)	#8 SCOOP	3000	39	0.00	31	0.00	0.00	0.00	0.00	0	8.47	1.54	1.54	*N/A*	16.9	*N/A*	0.77	\$61.589
001983 VEG, GARBANZO BEANS	#8 SCOOP	2000	130	0.00	110	0.00	0.00	0.00	0.00	0	21.00	4.00	7.00	*N/A*	20.0	*N/A*	1.40	\$182.370
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
000450 VEG, CARROTS BABY	BAG	2000	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
002587 FRUIT, DRIED CRANBERRIES	SERVING	1000	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
002752 FRUIT, RAISINS UNSWEETENED	BOX	1000	114	0.00	4	23.00	*N/A*	0.00	0.00	0	30.00	1.00	1.00	*N/A*	0.0	0.00	0.00	\$0.000
003411 APPLESAUCE FANCY (SYSCO)	#8 SCOOP	2000	90	0.00	0	5.00	5.00	0.00	0.00	0	24.00	3.00	0.00	*N/A*	7.0	*N/A*	0.00	\$270.115
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
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
000230 MILK,1% WHITE	CARTON	800	130	0.00	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
003320 MILK, NONFAT STRAWBERRY	CARTON	2000	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			875	7.76	1275	*62.41	*9.25	17.80	*0.00	51	144.56	15.25	40.64	*36	*893.9	*44.42	*5.00	\$506.355
% of Calories				7.98%		*28.53 %	*4.23%	18.3%	*0.0%		66.1%		18.6%					
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10											

Tuesday - 10/13/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
001488 CHICKEN, ORANGE MANDARIN NOODLE	SERVING	1500	353	0.33	515	*11.23	*11.23	7.94	*0.00	41	55.57	3.45	18.22	*N/A*	28.2	*0.08	3.07	\$702.628
001035 EGG ROLL, VEGETABLE	SERVING 2 EACH	1500	260	1.00	400	6.00	2.00	8.00	0.00	0	42.00	6.00	8.00	0	60.0	0.00	2.00	\$19.820
000687 RICE, WHITE STEAMED	.5 CUP	1500	102	0.05	8	0.04	*0.00	0.20	*0.00	0	22.26	0.32	2.12	*0	15.1	*0.00	0.95	\$0.000
002476 VEG, BROCCOLI STEAMED	.5 CUP	3000	26	0.00	22	1.00	*N/A*	0.00	0.00	0	5.00	3.00	3.00	*N/A*	0.0	0.00	0.00	\$0.000
000607 COOKIE, FORTUNE	COOKIE	3000	18	0.00	2	1.64	*N/A*	0.00	*N/A*	0	4.11	0.00	0.33	*N/A*	0.0	0.00	0.00	\$0.371
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
003309 NOODLE, CHOW MEIN LA CHOY - DRY	#8 SCOOP	2000	130	1.50	250	0.00	0.00	5.00	*N/A*	0	19.01	2.00	3.00	*N/A*	0.0	0.00	1.60	\$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	\$12.868
001358 VEG, BROCC 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
002672 FRUIT, PEAR CANNED DICED SYSCO	#8 SCOOP	2000	60	0.00	0	0.00	0.00	0.00	0.00	0	15.00	2.00	0.00	*N/A*	13.0	0.00	0.00	\$216.731
001355 FRUIT, STRAWBERRY	1/2 cup	1000	23	0.01	1	3.52	0.00	0.22	0.00	0	5.53	1.44	0.48	1	11.5	42.34	0.30	\$0.000

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003163 BAR, MANGO (FRESH 4OZ PK)	cup	500	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
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	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
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
000230 MILK,1% WHITE	CARTON	800	130	0.00	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	1500	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
003320 MILK, NONFAT STRAWBERRY	CARTON	500	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			862	1.83	905	*46.83	*8.53	13.09	*0.00	28	158.18	20.69	36.25	*22	*434.5	*97.19	*5.39	\$521.798
% of Calories				1.91%		*21.73 %	*3.96%	13.7%	*0.0%		73.4%		16.8%					
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10											

Wednesday - 10/14/2026

Reimbursable Meal Total 3000

	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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003415 BACON CHEESE BURGER	EACH	1500	334	6.00	719	3.00	*0.00	15.50	0.00	50	29.00	5.00	22.50	*N/A*	129.0	*0.00	*2.05	\$42.945
003391 VEGGIE BURGER, BLACK BEAN	EACH	1500	340	1.00	720	6.00	*1.00	9.50	0.00	0	52.00	10.00	17.00	*N/A*	*48.0	*0.00	*1.00	\$0.622
002987 POTATO MCCAIN REG CRINKLE FRY	SERVINGS	3000	120	0.50	35	0.00	*N/A*	5.00	0.00	0	20.01	1.00	1.00	*N/A*	10.0	0.00	0.30	\$0.000

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (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	2000	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*	\$27.112
000776 VEG, TOMATO FRESH	4 SLICES	2000	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
002279 VEG, ONION SLICED (PURPLE)	2 SLICES	2000	36	0.00	9	*N/A*	*N/A*	0.09	0.00	0	8.56	1.02	0.91	*N/A*	22.7	5.44	0.30	\$0.000
000419 FRUIT, MIXED USDA	#8 SCOOP	2000	60	0.00	10	*N/A*	*N/A*	0.00	0.00	0	17.00	0.00	0.00	*N/A*	0.0	0.80	0.00	\$12.667
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	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
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
000230 MILK,1% WHITE	CARTON	800	130	0.00	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	1500	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
003320 MILK, NONFAT STRAWBERRY	CARTON	500	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			748	4.09	1176	*32.53	*2.42	18.67	*0.00	*32	122.92	13.43	32.21	*60	*465.8	*47.01	*2.78	\$55.440
% of Calories				4.92%		*17.40 %	*1.29%	22.5%	*0.0%		65.7%		17.2%					
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10											

Thursday - 10/15/2026 Reimbursable Meal Total 3000

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
002796 LASAGNA, SHEET PAN BEEF	SERVINGS	1500	179	4.15	379	*0.29	*0.22	8.45	*0.00	33	11.04	1.18	15.70	*0	12.1	2.84	1.24	\$3.596
003220 MAC & CHEESE JTM (W/MILK)	6 OZ SERVING	1500	327	9.01	793	4.13	*N/A*	16.19	0.00	47	29.21	2.00	15.75	*N/A*	398.1	0.09	1.00	\$309.917
003228 BREAD DINNER ROLL WG FRANZ (1 SVG = 2 ROLLS)	2 PIECES	1500	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
003434 VEG, GREEN BEANS (SYSCO)	#8 SCOOP	2000	20	0.00	290	0.00	0.00	0.00	0.00	0	3.00	1.00	1.00	*N/A*	30.0	*N/A*	0.80	\$167.156
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
003468 PEANUT BUTTER CUP 1.1 OZ	CONTAINER	2000	180	3.00	130	3.00	2.00	14.99	0.00	0	8.00	2.00	7.00	*N/A*	16.0	*N/A*	0.50	\$1.411
002957 PEPPERONCINI WHOLE	SERVING (3)	2000	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	\$33.156
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	\$12.667
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	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
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
000230 MILK,1% WHITE	CARTON	800	130	0.00	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	1500	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
003320 MILK, NONFAT STRAWBERRY	CARTON	500	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162

	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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			753	8.67	1570	*41.78	*3.36	24.06	*0.00	48	100.23	12.19	*35.84	*1	*787.9	*100.40	*3.97	\$306.820
% of Calories				10.36 %		*22.19 %	*1.78%	28.8%	*0.0%		53.2%		*19.0%					
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10											

Friday - 10/16/2026

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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003078 TAMALE CHICKEN SALSA VERDE CHEESE LOS CABOS	1 TAMALE	1500	309	6.53	622	1.06	0.00	13.76	0.00	56	28.40	2.70	17.27	*N/A*	202.6	3.59	1.37	\$26.052
003431 QUESADILLA, MOZZARELLA CHEESE	EACH	1500	696	17.71	1818	*0.00	*0.00	28.82	*0.00	81	44.11	1.00	61.75	*N/A*	160.0	*0.00	2.30	\$118.101
002673 VEG, CORN CANNED - SYSCO	#8 SCOOP	3000	54	0.00	152	5.42	*N/A*	0.54	0.00	0	10.83	1.08	1.08	*N/A*	3.2	0.00	0.00	\$136.438
003347 LETTUCE SHREDDED (1/4") FRESH	SERVINGS	2000	15	0.00	10	0.00	*N/A*	0.00	0.00	0	3.00	1.00	1.00	*N/A*	26.0	*N/A*	0.36	\$0.000
003348 SALSA MILD RED GOLD (SYSCO)	SERVING 2 TBSP	2000	40	0.00	280	4.00	4.00	0.00	0.00	0	8.00	4.00	0.00	*N/A*	0.0	*N/A*	0.00	\$173.939
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	\$86.456
003159 BAR, BLACK BEAN SPICY (COLD)	#8 SCOOP	2000	110	0.00	337	*0.17	*0.17	0.00	*0.00	0	20.25	8.02	7.02	*N/A*	35.3	*2.69	*1.92	\$1.580
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
003427 CHEESE CHEDDAR MILD FEATHER SHREDDED YELLOW	SERVING	2000	110	5.00	180	0.00	0.00	9.00	0.00	30	0.00	0.00	6.00	*N/A*	200.0	*N/A*	0.00	\$58.658
003138 PINEAPPLE RAW	1/2C SERVING	2000	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

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
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
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
000230 MILK,1% WHITE	CARTON	800	130	0.00	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	1500	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
003320 MILK, NONFAT STRAWBERRY	CARTON	500	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			1036	15.54	2239	*44.83	*4.70	32.32	*0.00	96	118.76	16.28	60.59	*1	*708.2	*3907.97	*3.83	\$429.406
% of Calories				13.50 %		*17.31 %	*1.81%	28.1%	*0.0%		45.9%		23.4%					
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10											

Monday - 10/19/2026

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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001862 PIZZA PEPPERONI 5" WG (WILD MIKES)	EACH	1500	417	8.13	640	5.08	0.00	17.28	0.00	41	36.60	1.02	19.32	*N/A*	374.1	6.10	2.03	\$407.387
001861 PIZZA CHEESE 5" WG (WILD MIKES)	EACH	1500	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	\$344.443
003486 VEGETABLE FROZEN MIX 4 WAY (30#)	#8 SCOOP	3000	39	0.00	31	0.00	0.00	0.00	0.00	0	8.47	1.54	1.54	*N/A*	16.9	*N/A*	0.77	\$61.589

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
001983 VEG, GARBANZO BEANS	#8 SCOOP	2000	130	0.00	110	0.00	0.00	0.00	0.00	0	21.00	4.00	7.00	*N/A*	20.0	*N/A*	1.40	\$182.370
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
000450 VEG, CARROTS BABY	BAG	2000	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
002587 FRUIT, DRIED CRANBERRIES	SERVING	1000	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
002752 FRUIT, RAISINS UNSWEETENED	BOX	1000	114	0.00	4	23.00	*N/A*	0.00	0.00	0	30.00	1.00	1.00	*N/A*	0.0	0.00	0.00	\$0.000
003411 APPLESAUCE FANCY (SYSCO)	#8 SCOOP	2000	90	0.00	0	5.00	5.00	0.00	0.00	0	24.00	3.00	0.00	*N/A*	7.0	*N/A*	0.00	\$270.115
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
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
000230 MILK,1% WHITE	CARTON	800	130	0.00	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
003320 MILK, NONFAT STRAWBERRY	CARTON	2000	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			955	8.16	951	*63.45	*8.75	18.27	*0.00	48	152.86	14.26	43.29	*1	*1037.9	*50.47	*5.42	\$746.297
% of Calories				7.69%		*26.58 %	*3.66%	17.2%	*0.0%		64.0%		18.1%					
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10											

Tuesday - 10/20/2026 Reimbursable Meal Total 3000

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003352 CHICKEN, TERIYAKI SMOKED NOODLE BOWL YANGS	SERVINGS	1500	330	1.33	689	*9.00	*9.00	8.37	*0.00	70	45.16	3.45	22.00	*N/A*	28.0	*0.08	3.06	\$118.206
002979 TOFU TERI WITH NOODLES	HEAPING #16	1500	718	4.34	6005	*35.21	*35.21	36.60	*0.00	0	84.17	4.32	22.35	*0	81.6	0.12	5.65	\$332.969
002476 VEG, BROCCOLI STEAMED	.5 CUP	3000	26	0.00	22	1.00	*N/A*	0.00	0.00	0	5.00	3.00	3.00	*N/A*	0.0	0.00	0.00	\$0.000
000607 COOKIE, FORTUNE	COOKIE	3000	18	0.00	2	1.64	*N/A*	0.00	*N/A*	0	4.11	0.00	0.33	*N/A*	0.0	0.00	0.00	\$0.371
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
003309 NOODLE, CHOW MEIN LA CHOY - DRY	#8 SCOOP	2000	130	1.50	250	0.00	0.00	5.00	*N/A*	0	19.01	2.00	3.00	*N/A*	0.0	0.00	1.60	\$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	\$12.868
001358 VEG, BROCC 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
002672 FRUIT, PEAR CANNED DICED SYSCO	#8 SCOOP	2000	60	0.00	0	0.00	0.00	0.00	0.00	0	15.00	2.00	0.00	*N/A*	13.0	0.00	0.00	\$216.731
001355 FRUIT, STRAWBERRY	1/2 cup	1000	23	0.01	1	3.52	0.00	0.22	0.00	0	5.53	1.44	0.48	1	11.5	42.34	0.30	\$0.000
003163 BAR, MANGO (FRESH 4OZ PK)	cup	500	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
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	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
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
000230 MILK,1% WHITE	CARTON	800	130	0.00	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	1500	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
003320 MILK, NONFAT STRAWBERRY	CARTON	500	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			1029	3.97	3790	*60.31	*24.02	27.50	*0.00	42	162.93	19.69	44.25	*22	*437.6	*97.25	*6.73	\$386.161
% of Calories				3.47%		*23.44 %	*9.34%	24.1%	*0.0%		63.3%		17.2%					
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10											

Wednesday - 10/21/2026 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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003419 CHICKEN, BREADED WG SANDWICH	SERVING	1500	350	2.00	670	*3.00	*N/A*	12.50	0.00	35	40.00	6.00	22.00	*N/A*	*48.0	*0.00	*1.00	\$181.073
003413 BREADSTICK CHEESE FILLED (SYSCO)	2 PIECES	1500	440	7.00	620	2.00	2.00	14.00	0.00	30	54.00	2.00	24.00	*N/A*	428.0	*N/A*	4.00	\$336.893
003414 SAUCE MARINARA DIPPING CUP (SYSCO)	CONTAINER	1500	30	0.00	260	1.00	1.00	0.50	0.00	0	6.00	1.00	1.00	*N/A*	*N/A*	*N/A*	0.40	\$2.799
002987 POTATO MCCAIN REG CRINKLE FRY	SERVINGS	3000	120	0.50	35	0.00	*N/A*	5.00	0.00	0	20.01	1.00	1.00	*N/A*	10.0	0.00	0.30	\$0.000
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	2000	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*	\$27.112
000776 VEG, TOMATO FRESH	4 SLICES	2000	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
002279 VEG, ONION SLICED (PURPLE)	2 SLICES	2000	36	0.00	9	*N/A*	*N/A*	0.09	0.00	0	8.56	1.02	0.91	*N/A*	22.7	5.44	0.30	\$0.000
000419 FRUIT, MIXED USDA	#8 SCOOP	2000	60	0.00	10	*N/A*	*N/A*	0.00	0.00	0	17.00	0.00	0.00	*N/A*	0.0	0.80	0.00	\$12.667

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
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	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
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
000230 MILK,1% WHITE	CARTON	800	130	0.00	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	1500	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
003320 MILK, NONFAT STRAWBERRY	CARTON	500	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			821	5.09	1232	*31.03	*3.42	19.67	*0.00	*40	132.42	10.43	35.96	*60	*615.3	*47.01	*3.95	\$294.039
% of Calories				5.58%		*15.12 %	*1.67%	21.6%	*0.0%		64.5%		17.5%					
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10											

Thursday - 10/22/2026 Reimbursable Meal Total 3000

	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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003303 STEAK SALISBURY WITH BROWN GRAVY	STEAK PATTIES	1500	230	6.00	868	*0.00	*0.00	15.93	*0.00	45	9.72	1.00	*0.13	*N/A*	55.2	*0.00	1.80	\$0.622
000687 RICE, WHITE STEAMED	.5 CUP	1500	102	0.05	8	0.04	*0.00	0.20	*0.00	0	22.26	0.32	2.12	*0	15.1	*0.00	0.95	\$0.000
002763 SANDWICH, VEGGIE STACKER	SANDWICH	1500	358	10.00	1274	*3.00	*0.00	20.50	*0.00	50	32.75	4.46	17.46	*N/A*	315.3	*3.70	1.36	\$105.068

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
003434 VEG, GREEN BEANS (SYSCO)	#8 SCOOP	2000	20	0.00	290	0.00	0.00	0.00	0.00	0	3.00	1.00	1.00	*N/A*	30.0	*N/A*	0.80	\$167.156
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
003468 PEANUT BUTTER CUP 1.1 OZ	CONTAINER	2000	180	3.00	130	3.00	2.00	14.99	0.00	0	8.00	2.00	7.00	*N/A*	16.0	*N/A*	0.50	\$1.411
002957 PEPPERONCINI WHOLE	SERVING (3)	2000	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	\$33.156
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	\$12.667
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	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
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
000230 MILK,1% WHITE	CARTON	800	130	0.00	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	1500	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
003320 MILK, NONFAT STRAWBERRY	CARTON	500	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			775	10.12	1969	*40.09	*3.25	29.55	*0.00	55	99.47	12.48	*26.97	*1	*761.7	*100.78	*3.91	\$202.909
% of Calories				11.75 %		*20.69 %	*1.68%	34.3%	*0.0%		51.3%		*13.9%					
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10											

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

Friday - 10/23/2026 Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcmm (mg)	Vit-C (mg)	Iron (mg)	Cost
001930 SANDWICH, TURKEY & CHEESE	EACH	250	256	6.00	959	2.00	*0.00	12.50	0.00	53	22.00	3.00	19.00	*N/A*	174.0	*2.60	1.58	\$52.819
003241 WOWBUTTER & STRAWBERRY JAM WG (PEANUT FREE)	EACH	250	570	7.00	430	13.00	11.00	33.00	*N/A*	*N/A*	49.00	9.00	20.00	*N/A*	262.0	*N/A*	4.00	\$14.175
000450 VEG, CARROTS BABY	BAG	500	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
003373 POTATO CHIPS 0.5 OZ (LAYS)	BAG	500	81	0.51	71	0.00	0.00	5.06	*N/A*	0	8.10	*N/A*	0.00	*N/A*	0.0	*N/A*	0.30	\$12.940
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	200	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	100	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
000230 MILK,1% WHITE	CARTON	250	130	0.00	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	200	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
003320 MILK, NONFAT STRAWBERRY	CARTON	40	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	5	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	5	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			735	7.07	974	*36.90	*6.29	29.29	*0.00	*36	91.08	*10.86	30.50	*1	*609.2	*31.56	*4.18	\$48.578
% of Calories				8.66%		*20.08 %	*3.42%	35.9%	*0.0%		49.6%		16.6%					
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10											

Monday - 10/26/2026 Reimbursable Meal Total 3000

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	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 (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Cost
003206 CHICKEN, TENDERS FULLY COOKED BREADED-2 PER SVG	2 PIECES	1500	220	2.00	400	2.00	2.00	12.00	0.00	40	12.00	2.00	20.00	*N/A*	0.0	0.00	2.00	\$7.925
002847 PULL-APART ITALIAN GARLIC	PACKAGES	1500	304	6.08	527	5.06	*N/A*	13.16	0.00	30	32.40	2.02	14.18	*N/A*	344.3	0.00	1.82	\$268.290
000866 POTATO, WEDGES	.5 CUP	3000	84	0.00	100	1.00	*N/A*	0.00	0.00	0	19.00	2.00	2.00	*N/A*	0.0	0.00	0.00	\$0.000
001983 VEG, GARBANZO BEANS	#8 SCOOP	2000	130	0.00	110	0.00	0.00	0.00	0.00	0	21.00	4.00	7.00	*N/A*	20.0	*N/A*	1.40	\$182.370
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
000450 VEG, CARROTS BABY	BAG	2000	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
002587 FRUIT, DRIED CRANBERRIES	SERVING	1000	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
002752 FRUIT, RAISINS UNSWEETENED	BOX	1000	114	0.00	4	23.00	*N/A*	0.00	0.00	0	30.00	1.00	1.00	*N/A*	0.0	0.00	0.00	\$0.000
003411 APPLESAUCE FANCY (SYSCO)	#8 SCOOP	2000	90	0.00	0	5.00	5.00	0.00	0.00	0	24.00	3.00	0.00	*N/A*	7.0	*N/A*	0.00	\$270.115
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
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
000230 MILK,1% WHITE	CARTON	800	130	0.00	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
003320 MILK, NONFAT STRAWBERRY	CARTON	2000	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			874	4.13	908	*63.44	*9.75	13.72	*0.00	46	150.29	14.72	41.18	*1	*781.1	*44.42	*4.20	\$446.901
% of Calories				4.25%		*29.03 %	*4.46%	14.1%	*0.0%		68.8%		18.8%					
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10											

Tuesday - 10/27/2026

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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003339 RICE CHICKEN FRIED	3/4 Cup	1500	248	0.38	351	*0.88	*0.38	2.67	*0.00	17	47.24	2.91	9.36	*N/A*	17.4	3.60	1.11	\$15.090
003418 EGGROLL, CHICKEN	EACH	1500	150	1.00	500	1.00	1.00	5.00	0.00	10	20.00	2.00	6.00	*N/A*	*N/A*	*N/A*	1.20	\$10.106
003011 TOFU TERIYAKI BOWL WHITE RICE	1C RICE/#16TOFU	1500	368	0.80	947	*5.50	*5.50	9.31	*0.00	0	58.31	0.14	13.93	*0	47.7	0.01	3.34	\$66.493
002476 VEG, BROCCOLI STEAMED	.5 CUP	3000	26	0.00	22	1.00	*N/A*	0.00	0.00	0	5.00	3.00	3.00	*N/A*	0.0	0.00	0.00	\$0.000
000607 COOKIE, FORTUNE	COOKIE	3000	18	0.00	2	1.64	*N/A*	0.00	*N/A*	0	4.11	0.00	0.33	*N/A*	0.0	0.00	0.00	\$0.371
003158 SALAD, SIDE VEGGIE	1 CUP	500	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	\$71.436
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	1500	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
003309 NOODLE, CHOW MEIN LA CHOY - DRY	#8 SCOOP	2000	130	1.50	250	0.00	0.00	5.00	*N/A*	0	19.01	2.00	3.00	*N/A*	0.0	0.00	1.60	\$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	\$12.868
001358 VEG, BROCC 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
002672 FRUIT, PEAR CANNED DICED SYSCO	#8 SCOOP	2000	60	0.00	0	0.00	0.00	0.00	0.00	0	15.00	2.00	0.00	*N/A*	13.0	0.00	0.00	\$216.731

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001355 FRUIT, STRAWBERRY	1/2 cup	1000	23	0.01	1	3.52	0.00	0.22	0.00	0	5.53	1.44	0.48	1	11.5	42.34	0.30	\$0.000
003163 BAR, MANGO (FRESH 4OZ PK)	cup	500	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
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	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
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
000230 MILK,1% WHITE	CARTON	800	130	0.00	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	1500	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
003320 MILK, NONFAT STRAWBERRY	CARTON	500	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			898	2.22	1364	*42.42	*5.36	13.57	*0.00	21	163.27	18.92	37.13	*22	*416.5	*99.53	*5.19	\$218.324
% of Calories				2.22%		*18.90 %	*2.39%	13.6%	*0.0%		72.7%		16.5%					
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10											

Wednesday - 10/28/2026 Reimbursable Meal Total 3000

	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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002856 CORN DOG, MINI CHICK TYSON	SERVING (6)	1500	315	3.64	570	6.06	*N/A*	16.98	*N/A*	49	27.89	2.42	14.55	*N/A*	24.3	0.00	1.75	\$228.916

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
003492 CHEESE BITES MOZZARELLA (WILD MIKES FROM SYSCO)	SERVING (4 EA)	1500	280	6.00	460	1.00	1.00	10.00	0.00	35	28.00	2.00	19.00	*N/A*	453.0	*N/A*	2.00	\$19.227
002987 POTATO MCCAIN REG CRINKLE FRY	SERVINGS	3000	120	0.50	35	0.00	*N/A*	5.00	0.00	0	20.01	1.00	1.00	*N/A*	10.0	0.00	0.30	\$0.000
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	2000	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*	\$27.112
000776 VEG, TOMATO FRESH	4 SLICES	2000	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
002279 VEG, ONION SLICED (PURPLE)	2 SLICES	2000	36	0.00	9	*N/A*	*N/A*	0.09	0.00	0	8.56	1.02	0.91	*N/A*	22.7	5.44	0.30	\$0.000
000419 FRUIT, MIXED USDA	#8 SCOOP	2000	60	0.00	10	*N/A*	*N/A*	0.00	0.00	0	17.00	0.00	0.00	*N/A*	0.0	0.80	0.00	\$12.667
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	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
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
000230 MILK,1% WHITE	CARTON	800	130	0.00	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	1500	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
003320 MILK, NONFAT STRAWBERRY	CARTON	500	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			709	5.41	972	*31.56	*2.42	19.66	*0.00	*49	110.37	8.14	29.24	*60	*615.9	*47.01	*3.12	\$157.728
% of Calories				6.87%		*17.81 %	*1.37%	25.0%	*0.0%		62.3%		16.5%					
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10											

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2026 thru Oct 31, 2026

Thursday - 10/29/2026

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 (mcg RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)	Cost
002010 TURKEY AND GRAVY SM BATCHW/ROL	#8 SCOOP	1500	133	0.60	1058	*0.15	*0.00	3.28	*0.00	45	11.43	0.16	15.45	*N/A*	3.0	*0.01	1.94	\$0.558
002252 POTATO, MASHED (IDAHO) LS W/GR	1/2 CUP	1500	78	0.22	108	*0.00	*0.00	0.81	*0.00	0	16.72	1.36	1.78	*0	15.4	27.52	0.28	\$37.656
002777 SANDWICH, PB & GRAPE WG 2.6OZ	EACH	375	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	\$111.722
002778 SANDWICH, PB & STRAWWG 2.6OZ	EACH	375	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	\$116.948
003176 SANDWICH, PB & CHOCOLATE WG 2.6 OZ	EACH	350	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	\$7.299
003177 SANDWICH, PB & RASPBERRY JAM WG 2.6 OZ	EACH	350	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	\$7.496
003241 WOWBUTTER & STRAWBERRY JAM WG (PEANUT FREE)	EACH	50	570	7.00	430	13.00	11.00	33.00	*N/A*	*N/A*	49.00	9.00	20.00	*N/A*	262.0	*N/A*	4.00	\$14.175
001917 CHEESE, MOZZARELLA STRING LAND O LAKES	EACH	1500	80	3.00	200	0.00	0.00	6.00	*N/A*	20	1.00	0.00	6.00	*N/A*	220.0	*N/A*	*N/A*	\$28.316
003434 VEG, GREEN BEANS (SYSCO)	#8 SCOOP	3000	20	0.00	290	0.00	0.00	0.00	0.00	0	3.00	1.00	1.00	*N/A*	30.0	*N/A*	0.80	\$167.156
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
003468 PEANUT BUTTER CUP 1.1 OZ	CONTAINER	2000	180	3.00	130	3.00	2.00	14.99	0.00	0	8.00	2.00	7.00	*N/A*	16.0	*N/A*	0.50	\$1.411
002957 PEPPERONCINI WHOLE	SERVING (3)	2000	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	\$33.156
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	\$12.667
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

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
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
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
000230 MILK,1% WHITE	CARTON	800	130	0.00	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	1500	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
003320 MILK, NONFAT STRAWBERRY	CARTON	500	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			736	5.74	1826	*45.52	*7.69	24.72	*0.00	*40	98.97	12.75	*33.66	*1	*720.5	*112.69	*3.86	\$269.593
% of Calories				7.02%		*24.74 %	*4.18%	30.2%	*0.0%		53.8%		*18.3%					
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10											

Friday - 10/30/2026 Reimbursable Meal Total 3000

	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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002729 TACO, TURKEY SOFT 10" TORTILLA	SERVINGS	1500	416	8.02	906	*0.00	*0.00	19.33	*0.00	75	37.59	1.00	20.62	*N/A*	405.4	*0.54	3.52	\$170.518
003055 TAMALE CHEESE WG (SYSCO)	SERVINGS	1500	379	7.99	469	0.00	0.00	26.95	0.00	35	28.95	0.00	11.98	*N/A*	265.5	0.00	1.00	\$17.844
002673 VEG, CORN CANNED - SYSCO	#8 SCOOP	3000	54	0.00	152	5.42	*N/A*	0.54	0.00	0	10.83	1.08	1.08	*N/A*	3.2	0.00	0.00	\$136.438
003347 LETTUCE SHREDDED (1/4") FRESH	SERVINGS	2000	15	0.00	10	0.00	*N/A*	0.00	0.00	0	3.00	1.00	1.00	*N/A*	26.0	*N/A*	0.36	\$0.000
003348 SALSA MILD RED GOLD (SYSCO)	SERVING 2 TBSP	2000	40	0.00	280	4.00	4.00	0.00	0.00	0	8.00	4.00	0.00	*N/A*	0.0	*N/A*	0.00	\$173.939

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
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	\$86.456
003159 BAR, BLACK BEAN SPICY (COLD)	#8 SCOOP	2000	110	0.00	337	*0.17	*0.17	0.00	*0.00	0	20.25	8.02	7.02	*N/A*	35.3	*2.69	*1.92	\$1.580
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
003427 CHEESE CHEDDAR MILD FEATHER SHREDDED YELLOW	SERVING	2000	110	5.00	180	0.00	0.00	9.00	0.00	30	0.00	0.00	6.00	*N/A*	200.0	*N/A*	0.00	\$58.658
003138 PINEAPPLE RAW	1/2C SERVING	2000	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
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
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
000230 MILK,1% WHITE	CARTON	800	130	0.00	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	1500	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
003320 MILK, NONFAT STRAWBERRY	CARTON	500	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			931	11.43	1707	*44.30	*4.70	34.17	*0.00	82	115.78	14.93	37.38	*1	*862.4	*3906.44	*4.25	\$451.510
% of Calories				11.05 %		*19.03 %	*2.02%	33.0%	*0.0%		49.7%		16.1%					
Weekly Nutrient Guideline			550 - 650	<10	<=1110		<10											

		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 (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
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Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

Weighted Averages		852	6.30	1454	*46.66	*6.77	21.94	*0.00	*46	130.62	*14.92	*37.14	*21	*667.1	*599.77	*4.51	\$329.389
% of Calories			6.65%		*21.91 %	*3.18%	23.2%	*0.0%		61.3%		*17.4%					

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*
** - denotes combined nutrient totals with either missing or incomplete nutrient data*
¹ - denotes required nutrient values
Added Sugars target is informational only, with an effective date of July 1, 2027.
Per the Whole Milk for Healthy Kids Act of 2025, saturated fat from fluid milk is excluded from HHFKA menu analysis.

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