

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 19, 2025

Menu Name:	High School Lunch	Include Cost:	No
Site:			
Use Alternate Menu Name:	No		

Monday - 12/01/2025Reimbursable Meal Total 4

	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)
990168 Week 2																	
002967 2-Chicken,Mand Orange w/Rice	servings	1	376	3.43	224	9.02	0.00	4.17	0.00	55	65.43	2.35	19.07	*N/A*	20.4	0.00	3.78
002623 2-Beef Rib Grill Honey BBQ Sandwich-only	1 each	1	360	4.00	870	14.00	0.00	12.00	0.00	40	44.00	5.00	21.00	*N/A*	240.0	1.20	3.60
990333 2-Chicken Nuggets w/ Fries & Dinner Roll	serving	1	505	2.17	515	4.36	0.00	18.79	0.00	22	65.85	6.49	22.52	*N/A*	43.4	6.10	3.72
990557 2-Burrito, Los Cabos	each	1	296	4.05	499	1.09	0.00	8.94	0.00	18	40.86	8.81	15.12	*N/A*	200.0	1.20	2.70
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	4	53	0.00	1	10.51	0.00	0.17	0.00	0	13.98	2.40	0.26	*N/A*	6.0	4.61	0.12
002590 2-Juice,Fruit Punch,4oz	1/2 cup	4	60	0.00	15	15.00	0.00	0.00	0.00	0	14.00	0.00	0.00	*N/A*	0.0	1.20	0.00
003505 2-Carrots, Baby	1/2 cup	4	26	0.00	57	3.51	0.00	0.10	0.00	0	6.07	2.14	0.47	*N/A*	0.0	0.00	0.00
990136 2-Beans, Seasoned Pinto	1/2 cup	1	147	0.00	207	0.00	0.00	0.84	0.00	0	24.99	12.98	7.26	*N/A*	91.6	0.04	2.42
001036 .																	
001039 TOTAL																	

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 19, 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)
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	2	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
000470 2-Soy Sauce packet	.5 oz	1	0	0.00	6	0.00	0.00	0.00	0.00	0	0.01	0.00	0.01	*N/A*	0.0	0.00	0.00
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000804 2-Mustard, packet, 1/5 oz	1 each	1	1	0.00	60	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001870 2-Ranch packet, 12 gram	ea	2	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			902	6.93	1068	58.94	0.00	27.01	0.00	45	130.82	15.46	37.51	*0	530.3	8.54	5.06
% of Calories				6.91%		26.14%	0.00%	27.0%	0.0%		58.0%		16.6%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Tuesday - 12/02/2025 Reimbursable Meal Total 4

	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)
990168 Week 2																	
001210 2-Chicken w/Mashed Potato Bowl	Serving	1	470	2.71	617	4.49	0.00	16.39	0.00	28	57.18	5.67	25.78	*0	43.7	38.20	2.67
002174 2-Turkey & Cheese Sandwich	1 each	1	303	2.50	1281	4.08	0.00	6.52	0.00	50	36.84	4.13	25.82	*N/A*	167.7	0.92	1.49
990615 2-Yogurt Fruit Cup-Peaches	servings	1	354	0.67	251	25.10	0.00	3.95	0.00	7	67.80	3.71	15.21	*N/A*	302.2	1.31	1.40
990117 2-Pizza, Pepperoni-homemade	each	1	347	6.32	742	5.36	0.00	12.50	0.00	32	32.22	3.28	25.32	*N/A*	9.8	0.02	1.49

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 19, 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)
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
000477 2-Peaches, sliced, canned	1/2 cup	1	55	0.00	0	10.90	0.00	0.00	0.00	0	13.09	1.09	1.09	*N/A*	0.0	1.31	0.00
004515 2-Juice, Apple (4oz.)	1/2 cup	4	50	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001676 2-Beans, Green, canned	1/2 cup	1	21	0.00	146	2.09	0.00	0.00	0.00	0	4.18	2.09	1.04	*N/A*	20.9	2.51	0.75
003505 2-Carrots, Baby	1/2 cup	4	26	0.00	57	3.51	0.00	0.10	0.00	0	6.07	2.14	0.47	*N/A*	0.0	0.00	0.00
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	2	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001870 2-Ranch packet, 12 gram	ea	2	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			803	6.56	1200	51.07	0.00	25.50	0.00	41	107.89	9.14	39.57	*0	511.5	11.67	2.83
% of Calories				7.35%		25.44%	0.00%	28.6%	0.0%		53.7%		19.7%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Wednesday - 12/03/2025 Reimbursable Meal Total 4

Portion Values

Dec 1, 2025 thru Dec 19, 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)
990168 Week 2																	
990425 2-Spaghetti w/Meatballs (All Natural)	servings	1	667	10.30	1007	0.00	0.00	29.39	0.50	68	75.21	10.19	32.32	*N/A*	230.2	17.96	7.53
990376 2-Meatless Pasta-spaghetti	servings	1	548	8.61	1010	0.00	0.00	20.49	0.00	56	71.71	10.19	26.40	*N/A*	412.5	17.96	6.53
990388 2-Cheeseburger on a bun (Steak Burger Patty) Delux	1 each	1	385	7.00	986	5.30	0.00	18.30	0.00	66	33.69	3.69	25.30	*N/A*	286.3	4.69	3.78
001231 2-Vegetarian Wrap	1 each	1	594	13.51	1641	3.16	0.00	37.56	0.00	55	43.28	4.94	17.35	*N/A*	336.0	12.60	1.53
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
000813 2-Raisins,Individual-1.5oz box	1/2 cup equ	1	114	0.00	9	0.00	0.00	0.00	0.00	0	27.18	1.75	0.88	*N/A*	17.5	0.00	0.95
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	4	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
990452 2-Celery & Carrot Sticks	1/2 cup	4	22	0.01	59	2.43	0.40	0.17	0.00	0	4.98	1.74	0.64	*N/A*	28.8	2.34	0.20
990350 2-Chickpeas Roasted, Italian Seasoning	Serving-1/2 cup	1	186	1.25	171	1.22	0.00	9.33	0.00	0	19.85	6.12	6.12	*N/A*	48.9	0.00	1.81
990481 j-Lettuce, Pickle & Tomato Cup - Deluxe	serving	1	13	0.00	297	1.30	0.00	0.10	0.00	0	2.69	0.69	0.50	*N/A*	7.7	4.69	0.18
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	2	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00

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Portion Values

Dec 1, 2025 thru Dec 19, 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)
000804 2-Mustard, packet, 1/5 oz	1 each	1	1	0.00	60	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001870 2-Ranch packet, 12 gram	ea	2	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			1051	13.69	1754	39.98	0.40	44.53	0.12	72	122.88	13.14	43.39	*0	739.0	87.42	6.66
% of Calories				11.72 %		15.22%	0.00%	38.1%	0.1%		46.8%		16.5%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Thursday - 12/04/2025

Reimbursable Meal Total 4

	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)
990168 Week 2																	
990482 2-Tri Tip Sandwich	Sandwich	1	356	0.07	2783	6.84	0.00	11.73	0.00	59	36.74	3.00	25.33	*N/A*	209.6	0.00	1.86
002525 2-Chicken, Spicy Sandwich Deluxe	each	1	443	3.00	897	6.30	0.00	17.10	0.00	25	50.69	6.69	22.50	*N/A*	247.7	4.69	4.68
001828 2-Salad, Chicken Caesar w/ roll	each	1	492	4.53	869	6.64	0.00	26.30	0.00	68	39.77	3.80	25.05	*N/A*	111.9	2.24	1.94
990530 2-Pizza, Cheese - Homemade	each	1	316	5.12	622	5.36	0.00	9.62	0.00	25	32.22	3.28	24.12	*N/A*	9.8	0.02	1.49
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
000493 2-Pear, diced, canned	1/2 cup	1	63	0.00	0	0.00	0.00	0.00	0.00	0	17.12	2.70	0.00	*N/A*	11.7	1.08	0.00

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Dec 1, 2025 thru Dec 19, 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)
002590 2-Juice,Fruit Punch,4oz	1/2 cup	4	60	0.00	15	15.00	0.00	0.00	0.00	0	14.00	0.00	0.00	*N/A*	0.0	1.20	0.00
001589 2-Broccoli,Fresh,Raw	1/2 cup	4	11	0.00	10	0.54	0.00	0.12	0.00	0	2.09	0.83	0.89	*N/A*	14.9	28.11	0.23
001681 2-Corn	1/2 cup	4	111	0.00	18	3.69	0.00	0.92	0.00	0	16.61	1.85	1.85	*N/A*	36.9	0.00	0.00
990481 j-Lettuce, Pickle & Tomato Cup - Deluxe	serving	1	13	0.00	297	1.30	0.00	0.10	0.00	0	2.69	0.69	0.50	*N/A*	7.7	4.69	0.18
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	2	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001870 2-Ranch packet, 12 gram	ea	2	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			944	6.69	1810	48.64	0.00	32.81	0.00	56	114.00	9.73	42.64	*0	576.8	33.09	3.65
% of Calories				6.38%		20.61%	0.00%	31.3%	0.0%		48.3%		18.1%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Friday - 12/05/2025

Reimbursable Meal Total 4

	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)
990168 Week 2																	

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Dec 1, 2025 thru Dec 19, 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)
990622 2-Pozole Chicken Verde	servings	1	575	2.48	1347	96.68	0.91	17.74	0.00	57	85.96	9.04	21.00	*0	165.5	63.24	4.01
990095 2-Burrito, Los Cabos-Lunch	each	1	296	4.05	499	1.09	0.00	8.94	0.00	18	40.86	8.81	15.12	*N/A*	200.0	1.20	2.70
001104 2-Wrap,Spicy Chicken	1 each	1	597	7.51	1163	2.09	0.00	28.54	0.00	40	54.32	5.16	23.21	*N/A*	138.9	0.92	3.88
990346 2-Breaded Cheese Pocket	serving	1	290	3.11	476	2.07	1.04	10.35	0.00	36	28.99	0.00	19.67	*N/A*	469.0	0.00	2.07
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
002424 2-Mixed Fruit Cup	1/2 cup	1	70	0.00	0	4.98	0.00	0.00	0.00	0	16.94	1.00	0.00	*N/A*	5.0	1.20	0.00
004515 2-Juice, Apple (4oz.)	1/2 cup	4	50	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000275 2-Peas	1/2 cup	1	91	0.00	112	5.96	0.00	0.00	0.00	0	16.38	5.96	5.96	*N/A*	6.1	0.00	0.33
003505 2-Carrots, Baby	1/2 cup	1	26	0.00	57	3.51	0.00	0.10	0.00	0	6.07	2.14	0.47	*N/A*	0.0	0.00	0.00
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	2	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36

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Portion Values

Dec 1, 2025 thru Dec 19, 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)
001666 2-Sauce, Taco, packet, 9 gram	1 each	1	5	0.00	95	0.00	0.00	0.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			825	6.80	1258	63.65	0.49	26.23	0.00	48	111.12	10.03	36.89	*0	621.5	17.24	4.13
% of Calories				7.42%		30.86%	0.00%	28.6%	0.0%		53.9%		17.9%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Monday - 12/08/2025

Reimbursable Meal Total 1

	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)
990167 Week 1																	
990431 2-Teriyaki Chicken w/rice Kit	Servings	1	338	1.42	435	6.00	0.00	4.17	0.00	54	56.38	1.34	16.03	*N/A*	20.4	0.00	2.70
002524 2-Corn Dog-only	1 each	1	240	2.50	470	7.00	0.00	9.00	0.00	40	30.00	2.00	9.00	*N/A*	100.0	0.00	1.50
002018 2-Honey BBQ Pork Rib Sandwich	each	1	413	6.07	848	13.11	0.00	19.21	0.00	25	42.14	4.01	20.16	*N/A*	220.2	1.22	2.89
990557 2-Burrito, Los Cabos	each	1	296	4.05	499	1.09	0.00	8.94	0.00	18	40.86	8.81	15.12	*N/A*	200.0	1.20	2.70
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
001036 .																	
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	1	53	0.00	1	10.51	0.00	0.17	0.00	0	13.98	2.40	0.26	*N/A*	6.0	4.61	0.12
002590 2-Juice,Fruit Punch,4oz	1/2 cup	1	60	0.00	15	15.00	0.00	0.00	0.00	0	14.00	0.00	0.00	*N/A*	0.0	1.20	0.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 19, 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)
003505 2-Carrots, Baby	1/2 cup	1	26	0.00	57	3.51	0.00	0.10	0.00	0	6.07	2.14	0.47	*N/A*	0.0	0.00	0.00
990136 2-Beans, Seasoned Pinto	1/2 cup	1	147	0.00	207	0.00	0.00	0.84	0.00	0	24.99	12.98	7.26	*N/A*	91.6	0.04	2.42
001039 TOTAL																	
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000804 2-Mustard, packet, 1/5 oz	1 each	1	1	0.00	60	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001870 2-Ranch packet, 12 gram	ea	1	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000470 2-Soy Sauce packet	.5 oz	1	0	0.00	6	0.00	0.00	0.00	0.00	0	0.01	0.00	0.01	*N/A*	0.0	0.00	0.00
001039 TOTAL																	
001036 .																	
Weighted Daily Average			2552	24.10	3746	113.43	0.00	87.17	0.00	157	335.38	41.72	111.44	*0	1439.9	9.47	15.51
% of Calories				8.50%		17.78%	0.00%	30.7%	0.0%		52.6%		17.5%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Tuesday - 12/09/2025

Reimbursable Meal Total 4

	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)
990167 Week 1																	

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 19, 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)
990393 2-Chicken and Waffle (Maple)	serving	1	466	4.67	547	12.87	0.00	22.02	0.00	37	46.89	4.60	18.88	*N/A*	42.7	0.00	1.56
990388 2-Cheeseburger on a bun (Steak Burger Patty) Delux	1 each	1	385	7.00	986	5.30	0.00	18.30	0.00	66	33.69	3.69	25.30	*N/A*	286.3	4.69	3.78
001104 2-Wrap,Spicy Chicken	1 each	1	597	7.51	1163	2.09	0.00	28.54	0.00	40	54.32	5.16	23.21	*N/A*	138.9	0.92	3.88
990530 2-Pizza, Cheese - Homemade	each	1	316	5.12	622	5.36	0.00	9.62	0.00	25	32.22	3.28	24.12	*N/A*	9.8	0.02	1.49
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
000477 2-Peaches, sliced, canned	1/2 cup	1	55	0.00	0	10.90	0.00	0.00	0.00	0	13.09	1.09	1.09	*N/A*	0.0	1.31	0.00
004515 2-Juice, Apple (4oz.)	1/2 cup	4	50	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001676 2-Beans, Green, canned	1/2 cup	1	21	0.00	146	2.09	0.00	0.00	0.00	0	4.18	2.09	1.04	*N/A*	20.9	2.51	0.75
003505 2-Carrots, Baby	1/2 cup	4	26	0.00	57	3.51	0.00	0.10	0.00	0	6.07	2.14	0.47	*N/A*	0.0	0.00	0.00
990481 j-Lettuce, Pickle & Tomato Cup - Deluxe	serving	1	13	0.00	297	1.30	0.00	0.10	0.00	0	2.69	0.69	0.50	*N/A*	7.7	4.69	0.18
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	2	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 19, 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)
000804 2-Mustard, packet, 1/5 oz	1 each	1	1	0.00	60	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001870 2-Ranch packet, 12 gram	ea	1	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			863	9.22	1385	48.29	0.00	33.30	0.00	53	102.08	9.30	39.54	*0	502.0	4.13	3.79
% of Calories				9.62%		22.38%	0.00%	34.7%	0.0%		47.3%		18.3%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Wednesday - 12/10/2025

Reimbursable Meal Total 4

	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)
990167 Week 1																	
990613 2-Pasta w/Meat Sauce-elbow	servings	1	396	5.82	513	3.80	0.00	12.66	0.00	43	49.26	2.96	20.68	*N/A*	211.5	0.08	2.68
990614 2-Pasta, Meatless-elbow	servings	1	415	7.30	496	3.80	0.00	15.11	0.00	48	49.76	2.96	20.10	*N/A*	421.3	0.08	1.77
002525 2-Chicken, Spicy Sandwich Deluxe	each	1	443	3.00	897	6.30	0.00	17.10	0.00	25	50.69	6.69	22.50	*N/A*	247.7	4.69	4.68
000733 2-Sesame Chicken Salad w/ roll	serving	1	379	3.62	471	6.52	0.00	14.73	0.00	518	39.22	20.02	25.30	*N/A*	41.5	8.34	3.15
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
000813 2-Raisins,Individual-1.5oz box	1/2 cup equ	1	114	0.00	9	0.00	0.00	0.00	0.00	0	27.18	1.75	0.88	*N/A*	17.5	0.00	0.95
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	4	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 19, 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)
990452 2-Celery & Carrot Sticks	1/2 cup	4	22	0.01	59	2.43	0.40	0.17	0.00	0	4.98	1.74	0.64	*N/A*	28.8	2.34	0.20
990350 2-Chickpeas Roasted, Italian Seasoning	Serving-1/2 cup	1	186	1.25	171	1.22	0.00	9.33	0.00	0	19.85	6.12	6.12	*N/A*	48.9	0.00	1.81
990481 j-Lettuce, Pickle & Tomato Cup - Deluxe	serving	1	13	0.00	297	1.30	0.00	0.10	0.00	0	2.69	0.69	0.50	*N/A*	7.7	4.69	0.18
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	2	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001870 2-Ranch packet, 12 gram	ea	2	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			910	8.78	1172	42.97	0.40	32.99	0.00	170	114.13	14.05	40.20	*0	653.3	77.41	4.88
% of Calories				8.68%		18.89%	0.00%	32.6%	0.0%		50.2%		17.7%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Thursday - 12/11/2025

Reimbursable Meal Total 4

	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)
990167 Week 1																	
990154 2-Beef Dunkers, Teriyaki w/brown rice & Broccoli	serving	1	433	4.64	600	80.70	0.76	13.66	0.51	44	56.18	6.51	22.91	*0	68.9	0.24	3.38

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Dec 1, 2025 thru Dec 19, 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)
990333 2-Chicken Nuggets w/ Fries & Dinner Roll	serving	1	505	2.17	515	4.36	0.00	18.79	0.00	22	65.85	6.49	22.52	*N/A*	43.4	6.10	3.72
009538 2-Salad, Taco, beef	Servings	1	679	10.80	1336	3.11	0.00	42.79	0.00	58	50.25	3.62	26.90	*N/A*	216.3	8.68	3.96
001806 2-Pizza, Veggie	Slice	1	323	5.12	624	6.23	0.00	9.67	0.00	25	33.85	3.72	24.40	*N/A*	13.7	8.63	1.58
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
000493 2-Pear, diced, canned	1/2 cup	1	63	0.00	0	0.00	0.00	0.00	0.00	0	17.12	2.70	0.00	*N/A*	11.7	1.08	0.00
002590 2-Juice,Fruit Punch,4oz	1/2 cup	4	60	0.00	15	15.00	0.00	0.00	0.00	0	14.00	0.00	0.00	*N/A*	0.0	1.20	0.00
001589 2-Broccoli,Fresh,Raw	1/2 cup	4	11	0.00	10	0.54	0.00	0.12	0.00	0	2.09	0.83	0.89	*N/A*	14.9	28.11	0.23
001681 2-Corn	1/2 cup	4	111	0.00	18	3.69	0.00	0.92	0.00	0	16.61	1.85	1.85	*N/A*	36.9	0.00	0.00
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	2	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001870 2-Ranch packet, 12 gram	ea	1	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000470 2-Soy Sauce packet	.5 oz	1	0	0.00	6	0.00	0.00	0.00	0.00	0	0.01	0.00	0.01	*N/A*	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 19, 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)
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			1004	8.82	1170	65.38	0.19	35.83	0.13	48	124.26	10.45	42.45	*0	515.7	36.09	4.27
% of Calories				7.91%		26.05%	0.00%	32.1%	0.1%		49.5%		16.9%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Friday - 12/12/2025

Reimbursable Meal Total 4

	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)
990167 Week 1																	
003634 2-Burrito, Big O Beef	servings	1	793	7.28	2178	6.11	0.00	18.00	0.00	43	115.13	12.12	33.41	*N/A*	198.3	2.78	6.88
002525 2-Chicken, Spicy Sandwich Deluxe	each	1	443	3.00	897	6.30	0.00	17.10	0.00	25	50.69	6.69	22.50	*N/A*	247.7	4.69	4.68
990574 2-Wrap, Chicken Caesar	each	1	643	6.96	1411	3.14	0.00	31.44	0.00	68	62.00	3.12	26.70	*N/A*	302.1	2.24	4.42
990346 2-Breaded Cheese Pocket	serving	1	290	3.11	476	2.07	1.04	10.35	0.00	36	28.99	0.00	19.67	*N/A*	469.0	0.00	2.07
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
002424 2-Mixed Fruit Cup	1/2 cup	1	70	0.00	0	4.98	0.00	0.00	0.00	0	16.94	1.00	0.00	*N/A*	5.0	1.20	0.00
004515 2-Juice, Apple (4oz.)	1/2 cup	4	50	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000275 2-Peas	1/2 cup	1	91	0.00	112	5.96	0.00	0.00	0.00	0	16.38	5.96	5.96	*N/A*	6.1	0.00	0.33

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 19, 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)
003505 2-Carrots, Baby	1/2 cup	1	26	0.00	57	3.51	0.00	0.10	0.00	0	6.07	2.14	0.47	*N/A*	0.0	0.00	0.00
990481 j-Lettuce, Pickle & Tomato Cup - Deluxe	serving	1	13	0.00	297	1.30	0.00	0.10	0.00	0	2.69	0.69	0.50	*N/A*	7.7	4.69	0.18
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	2	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			949	7.85	1701	43.15	0.26	30.83	0.00	54	123.71	9.94	42.84	*0	684.4	4.50	5.52
% of Calories				7.44%		18.19%	0.00%	29.2%	0.0%		52.1%		18.1%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Monday - 12/15/2025 Reimbursable Meal Total 4

	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)
990168 Week 2																	
002967 2-Chicken,Mand Orange w/Rice	servings	1	376	3.43	224	9.02	0.00	4.17	0.00	55	65.43	2.35	19.07	*N/A*	20.4	0.00	3.78
002623 2-Beef Rib Grill Honey BBQ Sandwich-only	1 each	1	360	4.00	870	14.00	0.00	12.00	0.00	40	44.00	5.00	21.00	*N/A*	240.0	1.20	3.60
990333 2-Chicken Nuggets w/ Fries & Dinner Roll	serving	1	505	2.17	515	4.36	0.00	18.79	0.00	22	65.85	6.49	22.52	*N/A*	43.4	6.10	3.72

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Dec 1, 2025 thru Dec 19, 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)
990557 2-Burrito, Los Cabos	each	1	296	4.05	499	1.09	0.00	8.94	0.00	18	40.86	8.81	15.12	*N/A*	200.0	1.20	2.70
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	4	53	0.00	1	10.51	0.00	0.17	0.00	0	13.98	2.40	0.26	*N/A*	6.0	4.61	0.12
002590 2-Juice,Fruit Punch,4oz	1/2 cup	4	60	0.00	15	15.00	0.00	0.00	0.00	0	14.00	0.00	0.00	*N/A*	0.0	1.20	0.00
003505 2-Carrots, Baby	1/2 cup	4	26	0.00	57	3.51	0.00	0.10	0.00	0	6.07	2.14	0.47	*N/A*	0.0	0.00	0.00
990136 2-Beans, Seasoned Pinto	1/2 cup	1	147	0.00	207	0.00	0.00	0.84	0.00	0	24.99	12.98	7.26	*N/A*	91.6	0.04	2.42
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	2	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
000470 2-Soy Sauce packet	.5 oz	1	0	0.00	6	0.00	0.00	0.00	0.00	0	0.01	0.00	0.01	*N/A*	0.0	0.00	0.00
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000804 2-Mustard, packet, 1/5 oz	1 each	1	1	0.00	60	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 19, 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)
001870 2-Ranch packet, 12 gram	ea	2	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			902	6.93	1068	58.94	0.00	27.01	0.00	45	130.82	15.46	37.51	*0	530.3	8.54	5.06
% of Calories				6.91%		26.14%	0.00%	27.0%	0.0%		58.0%		16.6%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Tuesday - 12/16/2025 Reimbursable Meal Total 4

	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)
990168 Week 2																	
001210 2-Chicken w/Mashed Potato Bowl	Serving	1	470	2.71	617	4.49	0.00	16.39	0.00	28	57.18	5.67	25.78	*0	43.7	38.20	2.67
002174 2-Turkey & Cheese Sandwich	1 each	1	303	2.50	1281	4.08	0.00	6.52	0.00	50	36.84	4.13	25.82	*N/A*	167.7	0.92	1.49
990615 2-Yogurt Fruit Cup-Peaches	servings	1	354	0.67	251	25.10	0.00	3.95	0.00	7	67.80	3.71	15.21	*N/A*	302.2	1.31	1.40
990117 2-Pizza, Pepperoni-homemade	each	1	347	6.32	742	5.36	0.00	12.50	0.00	32	32.22	3.28	25.32	*N/A*	9.8	0.02	1.49
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
000477 2-Peaches, sliced, canned	1/2 cup	1	55	0.00	0	10.90	0.00	0.00	0.00	0	13.09	1.09	1.09	*N/A*	0.0	1.31	0.00
004515 2-Juice, Apple (4oz.)	1/2 cup	4	50	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001676 2-Beans, Green, canned	1/2 cup	1	21	0.00	146	2.09	0.00	0.00	0.00	0	4.18	2.09	1.04	*N/A*	20.9	2.51	0.75

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 19, 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)
003505 2-Carrots, Baby	1/2 cup	4	26	0.00	57	3.51	0.00	0.10	0.00	0	6.07	2.14	0.47	*N/A*	0.0	0.00	0.00
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	2	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001870 2-Ranch packet, 12 gram	ea	2	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			803	6.56	1200	51.07	0.00	25.50	0.00	41	107.89	9.14	39.57	*0	511.5	11.67	2.83
% of Calories				7.35%		25.44%	0.00%	28.6%	0.0%		53.7%		19.7%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Wednesday - 12/17/2025 Reimbursable Meal Total 4

	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)
990168 Week 2																	
990425 2-Spaghetti w/Meatballs (All Natural)	servings	1	667	10.30	1007	0.00	0.00	29.39	0.50	68	75.21	10.19	32.32	*N/A*	230.2	17.96	7.53
990376 2-Meatless Pasta-spaghetti	servings	1	548	8.61	1010	0.00	0.00	20.49	0.00	56	71.71	10.19	26.40	*N/A*	412.5	17.96	6.53
990388 2-Cheeseburger on a bun (Steak Burger Patty) Delux	1 each	1	385	7.00	986	5.30	0.00	18.30	0.00	66	33.69	3.69	25.30	*N/A*	286.3	4.69	3.78
001231 2-Vegetarian Wrap	1 each	1	594	13.51	1641	3.16	0.00	37.56	0.00	55	43.28	4.94	17.35	*N/A*	336.0	12.60	1.53

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Dec 1, 2025 thru Dec 19, 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)
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
000813 2-Raisins, Individual-1.5oz box	1/2 cup equ	1	114	0.00	9	0.00	0.00	0.00	0.00	0	27.18	1.75	0.88	*N/A*	17.5	0.00	0.95
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	4	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
990452 2-Celery & Carrot Sticks	1/2 cup	4	22	0.01	59	2.43	0.40	0.17	0.00	0	4.98	1.74	0.64	*N/A*	28.8	2.34	0.20
990350 2-Chickpeas Roasted, Italian Seasoning	Serving-1/2 cup	1	186	1.25	171	1.22	0.00	9.33	0.00	0	19.85	6.12	6.12	*N/A*	48.9	0.00	1.81
990481 j-Lettuce, Pickle & Tomato Cup - Deluxe	serving	1	13	0.00	297	1.30	0.00	0.10	0.00	0	2.69	0.69	0.50	*N/A*	7.7	4.69	0.18
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	2	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000804 2-Mustard, packet, 1/5 oz	1 each	1	1	0.00	60	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00

Portion Values

Dec 1, 2025 thru Dec 19, 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)
001870 2-Ranch packet, 12 gram	ea	2	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			1051	13.69	1754	39.98	0.40	44.53	0.12	72	122.88	13.14	43.39	*0	739.0	87.42	6.66
% of Calories				11.72 %		15.22%	0.00%	38.1%	0.1%		46.8%		16.5%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Thursday - 12/18/2025 Reimbursable Meal Total 4

	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)
990168 Week 2																	
990482 2-Tri Tip Sandwich	Sandwich	1	356	0.07	2783	6.84	0.00	11.73	0.00	59	36.74	3.00	25.33	*N/A*	209.6	0.00	1.86
002525 2-Chicken, Spicy Sandwich Deluxe	each	1	443	3.00	897	6.30	0.00	17.10	0.00	25	50.69	6.69	22.50	*N/A*	247.7	4.69	4.68
001828 2-Salad, Chicken Caesar w/ roll	each	1	492	4.53	869	6.64	0.00	26.30	0.00	68	39.77	3.80	25.05	*N/A*	111.9	2.24	1.94
990530 2-Pizza, Cheese - Homemade	each	1	316	5.12	622	5.36	0.00	9.62	0.00	25	32.22	3.28	24.12	*N/A*	9.8	0.02	1.49
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
000493 2-Pear, diced, canned	1/2 cup	1	63	0.00	0	0.00	0.00	0.00	0.00	0	17.12	2.70	0.00	*N/A*	11.7	1.08	0.00
002590 2-Juice,Fruit Punch,4oz	1/2 cup	4	60	0.00	15	15.00	0.00	0.00	0.00	0	14.00	0.00	0.00	*N/A*	0.0	1.20	0.00
001589 2-Broccoli,Fresh,Raw	1/2 cup	4	11	0.00	10	0.54	0.00	0.12	0.00	0	2.09	0.83	0.89	*N/A*	14.9	28.11	0.23

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 19, 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)
001681 2-Corn	1/2 cup	4	111	0.00	18	3.69	0.00	0.92	0.00	0	16.61	1.85	1.85	*N/A*	36.9	0.00	0.00
990481 j-Lettuce, Pickle & Tomato Cup - Deluxe	serving	1	13	0.00	297	1.30	0.00	0.10	0.00	0	2.69	0.69	0.50	*N/A*	7.7	4.69	0.18
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	2	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001870 2-Ranch packet, 12 gram	ea	2	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			944	6.69	1810	48.64	0.00	32.81	0.00	56	114.00	9.73	42.64	*0	576.8	33.09	3.65
% of Calories				6.38%		20.61%	0.00%	31.3%	0.0%		48.3%		18.1%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Friday - 12/19/2025

Reimbursable Meal Total 4

	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)
990168 Week 2																	
990622 2-Pozole Chicken Verde	servings	1	575	2.48	1347	96.68	0.91	17.74	0.00	57	85.96	9.04	21.00	*0	165.5	63.24	4.01
990095 2-Burrito, Los Cabos-Lunch	each	1	296	4.05	499	1.09	0.00	8.94	0.00	18	40.86	8.81	15.12	*N/A*	200.0	1.20	2.70

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 19, 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)
001104 2-Wrap,Spicy Chicken	1 each	1	597	7.51	1163	2.09	0.00	28.54	0.00	40	54.32	5.16	23.21	*N/A*	138.9	0.92	3.88
990346 2-Breaded Cheese Pocket	serving	1	290	3.11	476	2.07	1.04	10.35	0.00	36	28.99	0.00	19.67	*N/A*	469.0	0.00	2.07
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
002424 2-Mixed Fruit Cup	1/2 cup	1	70	0.00	0	4.98	0.00	0.00	0.00	0	16.94	1.00	0.00	*N/A*	5.0	1.20	0.00
004515 2-Juice, Apple (4oz.)	1/2 cup	4	50	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000275 2-Peas	1/2 cup	1	91	0.00	112	5.96	0.00	0.00	0.00	0	16.38	5.96	5.96	*N/A*	6.1	0.00	0.33
003505 2-Carrots, Baby	1/2 cup	1	26	0.00	57	3.51	0.00	0.10	0.00	0	6.07	2.14	0.47	*N/A*	0.0	0.00	0.00
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	2	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001666 2-Sauce, Taco, packet, 9 gram	1 each	1	5	0.00	95	0.00	0.00	0.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			825	6.80	1258	63.65	0.49	26.23	0.00	48	111.12	10.03	36.89	*0	621.5	17.24	4.13
% of Calories				7.42%		30.86%	0.00%	28.6%	0.0%		53.9%		17.9%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 19, 2025

Weighted Averages		1022	9	1557	56	0	35.49	0.02	67	131.53	13.36	45.10	*0	650	29.83	5.24
% of Calories			8.23%		21.86%	0.00%	31.3%	0.0%		51.5%		17.7%				

**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.